



The efficiency of life skill training on emotional intelligence in chronic addicted women with a history of spousal abuse

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Short Communication

Abstract

BACKGROUND: Low emotional intelligence (EI) could affect individuals' coping strategies and make them vulnerable to violence and addiction. This study aims to study the effect of life skill training to improve EI in chronic addicted women with a history of spousal abuse.

METHODS: The study was semi-experimental with a pre-test, post-test design. Conducted between October 2016 and January 2017, this study included women addicted to cannabis with a history of spousal abuse referring to some addiction intervention clinics in Tehran, Iran. 30 individuals were selected based on the inclusion and exclusion criteria and also cut-off point for EI using the convenience sampling method. They were then assigned to two groups randomly (each group n = 15). In six sessions, the experimental group received life skill training and the control group were in the waiting list. Both groups were evaluated in baseline and after the intervention by Ghahari's domestic violence questionnaire and Bar-on Emotional Quotient Inventory (EQ-i). Data were analyzed using multivariate analysis of covariance (MANCOVA) in SPSS software.

RESULTS: The experimental group had improvements in total score and components of EI including interpersonal EQ ($F = 312.30, P < 0.050$) and intrapersonal EQ ($F = 295.04, P < 0.050$).

CONCLUSION: Life skill training could improve EI in addicted women with a history of spousal abuse.

KEYWORDS: Addiction; Life skills; Emotion intelligence; Spouse Abuse

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Introduction

Spousal abuse includes any violent behaviors including physical, emotional, and sexual aggression against spouse.¹ Cannabis dependence is prevalent in the world and Iran.² The ability to detect emotions of yourself and others and regulate them in social relationships

is called emotional intelligence (EI or EQ). EI includes understanding and expression of emotions of self and others. Additionally, emotion regulation is related to empathy.³

Several studies have shown that low EI is associated with addiction behaviors and low EQ may make individuals vulnerable to violence.^{4,5} A study showed that women with a history of spouse abuse have lower emotional and social intelligence compared to other women.⁵

Life skill training could promote EQ in population and improve their coping strategies and positive emotions,⁶⁻⁸ in addition to

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reducing drug and alcohol use.⁹

The objective of the current study was to evaluate life skill training to improve EI in chronic addicted women with a history of spousal abuse.

Materials and Methods

The current study was semi-experimental with a pre-test post-test design. Between October 2016 and January 2017, this study was carried out on women addicted to cannabis for at least 5 years and with a history of spousal abuse who had referred to some addiction clinics in Tehran, Iran. 30 individuals were selected based on the inclusion and exclusion criteria and also cut-off point for EI (participants under 50 have less) using the convenience sampling method. Then, they were assigned to two groups randomly (each group n = 15).

The study inclusion criteria were being married, spousal abuse background, cannabis use for at least 5 years, and tendency to participate in the study. The exclusion criteria consisted of suffering from psychological problems such as psychotic and bipolar disorder, use of another substance, being single, and lack of spousal abuse history. The contents of the intervention package were based on the World Health Organization (WHO) psychological literature and participants trained in 6 sessions with 1.5 hours per session.⁶

Data were analyzed using descriptive statistics multivariate analysis of covariance (MANCOVA). It should be mentioned that statistical analysis was performed in SPSS software (version 24, IBM Corporation,

Armonk, NY, USA).

Ghahari's Spousal Abuse Questionnaire (SAQ):

This questionnaire includes 44 items, with 20, 10, and 14 items assessing emotional, physical, and sexual abuse items, respectively. Formal validity of this instrument was confirmed by some psychiatrists and clinical psychologists in Tehran Institute of Psychiatry; Cronbach's alpha coefficient for the reliability of this questionnaire was 0.98 in Iran.¹

BAR-ON Emotional Quotient Inventory (EQ-i):

This questionnaire is used to measure the emotional intelligence. Bar-on developed this scale in 1997.¹⁰ The questionnaire contains a total score (Emotional Quotient), five main scales, and 15 subscales with two scales for inconsistency. The primary reliability and validity coefficients of this questionnaire in South Africa were reported as 0.85 and 0.75, respectively. Moreover, the internal validity for this questionnaire was 0.753 in Iran.¹¹

Results

MANCOVA was conducted to investigate the homogeneity of the groups in the components of EI in baseline without significant difference between the two groups of women (Table 1).

However, table 2 shows that there is a statistically significant difference between the components of EI in the two groups after the intervention and the components of EI; i.e. intrapersonal [F (28,1) = 312.3, P < 0.001, $\eta^2 = 0.94$], interpersonal [F (28,1) = 295.04, P < 0.001, $\eta^2 = 0.91$], coping [F (28,1) = 217.24, P < 0.001, $\eta^2 = 0.84$], general mood [F (28,1) = 104.84, P < 0.001, $\eta^2 = 0.79$], and stress tolerance [F (28,1) = 110.29, P < 0.001, $\eta^2 = 0.81$] after controlling the pretest scores.

Table 1. Demographic characteristics of the two groups

Variable		Intervention group	Waiting-list group
Age (mean \pm SD)		24.67 \pm 6.33	25.23 \pm 5.46
Marital status [n (%)]	Married	7 (47.00)	8 (53.00)
	Divorced	8 (53.00)	7 (47.00)
Educational status [n (%)]	Master's	2 (13.33)	3 (20.00)
	Bachelor's	5 (33.33)	4 (26.67)
	Diploma	6 (40.00)	7 (46.67)
	Below diploma	2 (13.33)	1 (6.67)

SD: Standard deviation

Table 2. Multivariate analysis of covariance (MANCOVA) for comparing groups

Variable	Subscale	df	F	P	Effect size
Life skill training	Intrapersonal scale	28-1	312.30	0.001	0.94
	Interpersonal scale	28-1	295.04	0.001	0.91
	Coping	28-1	217.24	0.001	0.84
	General mood	28-1	104.84	0.001	0.79
	Stress tolerance	28-1	110.29	0.001	0.81

Df: Degree of freedom

Therefore, it can be concluded that life skill training could be effective in increasing the components of EI.

Discussion

The current study showed that the life skill training could improve EI components in chronic addicted women with a history of spousal abuse. These results are consistent with several studies performed on different groups regarding the efficacy of life skill training on reduction of negative emotions and addiction.⁷⁻⁹ Furthermore, several studies have noted that life skill training could be effective in enhancing the ability of individuals to cope with life stressors, relationship conflicts, emotion regulation problems, and relapse prevention.^{3,10-12}

In general, life skill training could enable people for coping with stressors and reduce the risk of use of substances in short and long term.^{3,12}

Another study indicated that the aggression and substance use could relate with low EQ, so that life skill training could play an effective role in reducing the aggression and improvement of emotion regulation. Providing life skill training program for addicted women could provide new opportunities for them to improve their ability for coping with addiction.^{3,12}

Conclusion

This study revealed that life skill training could improve EI in addicted women with a history of spouse abuse. Considering this finding, we suggest life skill training for improvement of EQ in addicted women.

Conflict of Interests

Authors have no conflict of interests.

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