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## **An exploratory study to assess the level of emotional quotient of patient with substance abuse in selected deaddiction centres of Pune city**

**Pramila Gorde, Monita Thockchom and Sunita Chavan**

### **Abstract**

**Title:** To assess the level of emotional quotient.

**Purpose:** To assess the level of emotional quotient of patient with substance abuse.

**Material and Methods:** The research approach adopted for this study is quatitative approach and research design adopted for the study was Non Experimental descriptive exploratory design. The sample selection done by Non-probability convenient sampling technique. The tool consisted of demographic data, Ankoolhyde, Sanjyo tpethe, Upindar dhar -emotional intelligence scale was used. The validity and reliability were done. Pilot study on 30 samples were conducted and found to be feasible. The data was collected from 300 samples.

**Results:** A total of 300 patient with substance abuse participated, of whom 89% were males and 11% were females. 16.7% of the patients with substance abuse had high emotional quotient, 76.3% of them had normal emotional quotient and 7% of them had low emotional quotient. Fisher's exact test for association of level of emotional quotient of patient with substance abuse with selected demographic variables. Since all the p-values are large, none of the demographic variable was found to have significant association with level of emotional quotient of patient with substance abuse.

**Conclusion:** This study suggests that there was no significant association between emotional quotient of patient with substance abuse and demographic variables and less had low emotional quotient. This study requires additional investigation including repeat testing of the participant group after treatment as well as enlarging the sample group.

**Keywords:** Assess, emotional quotient, substance abuse

### **1. Introduction**

Addiction is a chronic disease characterized by drug seeking and use that is compulsive or difficult to control, despite harmful consequences. Repeated drug use can lead to brain changes that can lead to an addiction which lack self-control and interfere with their ability to resist intense urges to take drugs. These brain changes can be persistent, that is why drug addiction is consider as a "relapsing" disease, people in recovery from drug are at increased risk for returning to drug even after years of not taking the drug.

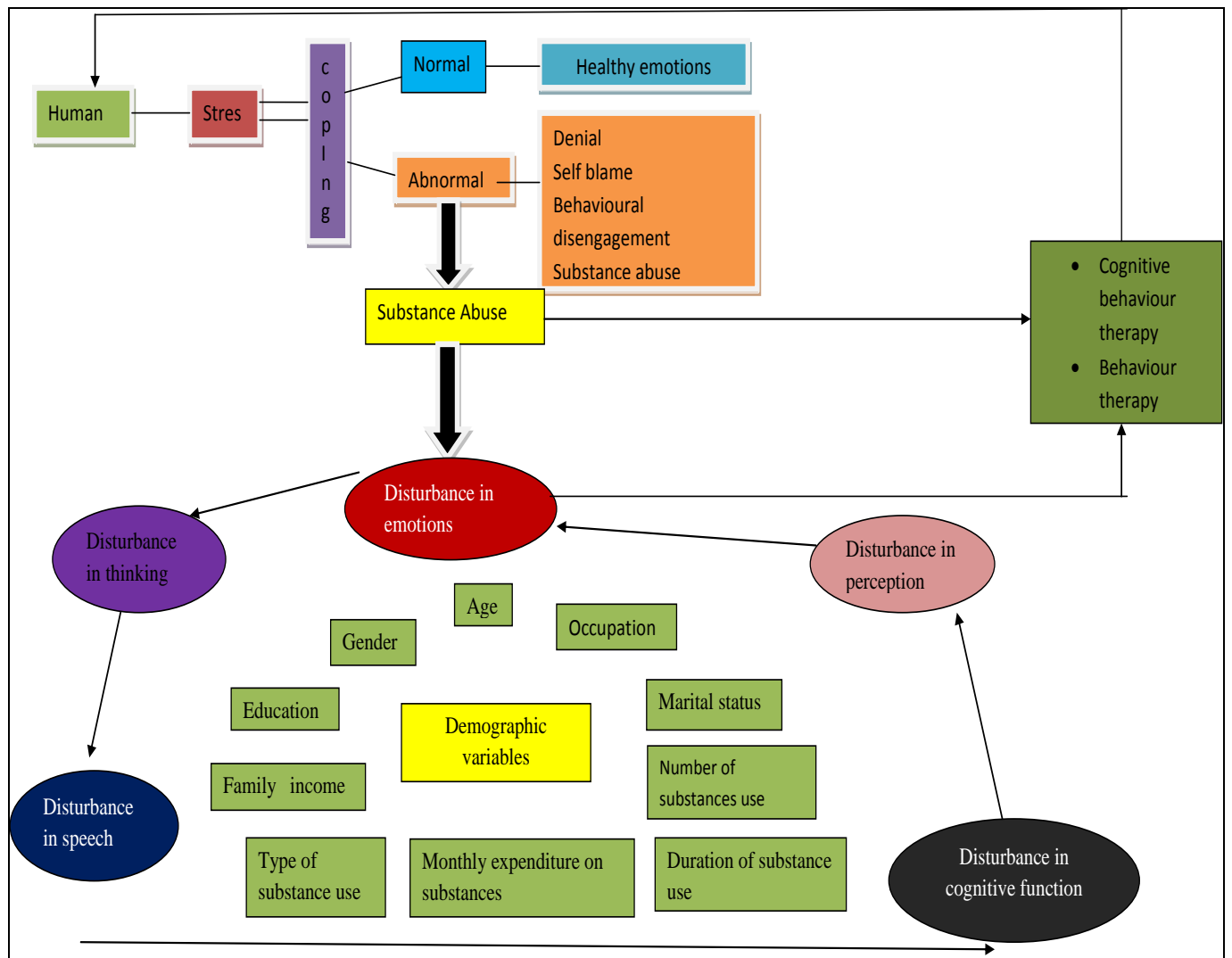
Substance abuse requires prevention and awareness regarding the problem of substance abuse. Substance abuser have problems in emotional management, problem solving skill, and do not have good relations with other people. The other possible causes of orienting towards drugs are defects in problem solving, stress-management and prevention from dangerous and impulsive behaviours.

Research indicate that assessment of emotional quotient which will help the individual to aware about emotions and able to manage it. Quotient score will empower individuals to understand their own emotional quotient so they can avoid making high-risk decisions without understanding how their emotions are influencing their choice. Instead they can make educated, sound decisions with their head, instead of just their heart

### **2. Research Objectives**

1. To assess the level of emotional quotient among patient with substance abuse
2. To associate the findings with selected demographic variables.

### 3. Conceptual framework



**Fig 1:** Dorothy Johnson Conceptual Framework

### 4. Material and Method

#### Research assumption

- There may be relation between level of emotional quotient and patients with substance abuse.

#### Methodology

In order to achieve the desired objectives quantitative research approach with Non Experimental descriptive exploratory design was adopted for the present study. Using Non probability convenient sampling 300 substance abuse patients of deaddiction centers of Pune city, were enrolled for the study. After obtaining administrative approval and

written consent from participants, tool was administered for data collection. Data collection was accomplished by using tool comprised of, Section-I: Demographic data. Section -II Ankoor Hyde, Sanjyot Pethe, Upindar Dhar-emotional intelligence scale was used. The validity and reliability were done. Pilot study on 30 samples were conducted and found to be feasible. The data was collected from 300 samples.

### 5. Results

#### Section-I

Description of samples (patient with substance abuse) according to demographic variables.

**Table 1:** Description of samples (patient with substance abuse) based on their personal characteristics in terms of frequency and percentage N=300

Demographic variable	Frequency	Percentage
Gender		
Male	267	89.0%
Female	33	11.0%
Age		
20-30 years	96	32.0%
31-40 years	121	40.3%
41-50 years	83	27.7%
Marital status		
Married	183	61.0%
Unmarried	94	31.3%
Divorced	19	6.3%
Widowed	4	1.3%
Education		
Primary	22	7.3%
Secondary	121	40.3%
Graduate	112	37.3%
Postgraduate	37	12.3%
Any other	8	2.7%
Occupation		
Service	129	43.0%
Business	98	32.7%
Agriculture	39	13.0%
Housewife	4	1.3%
Any other	30	10.0%
Family income		
Upto Rs.5000/-	38	12.7%
Rs.5000-10000/-	82	27.3%
Above Rs.10000/-	180	60.0%
Type of substance		
Alcohol	150	50.0%
Alcohol+smoking	18	6%
Alcohol+Cigarette+Ganja	2	0.7%
Alcohol+Ganja	10	3.3%
Alcohol+Ganja+Tobacco	8	2.7%
Alcohol+Tobacco	38	12.7%
Alcohol+Tobacco+smoking	5	1.7%
Alcohol+Tobacco+Charas+Ganja	3	1.0%
Smoking	24	8%
Charas	2	0.7%
Charas+Ganja	2	0.7%
Ganja	26	8.7%
Ganja+smoking	2	0.7%
Ganja+Tobacco	2	0.7%
Tobacco	7	2.3%
Tobacco+smoking	1	0.3%
No of Substances		
One	196	65.3%
Two	84	28.0%
Three	18	6.0%
Four	2	0.7%
Duration of substance use		
11 to 15 years	43	14.3%
6 to 10 years	75	25.0%
More than 15 years	56	18.7%
Up to 5 years	126	42.0%
Monthly expenditure on substance		
More than Rs.10000	57	19.0%
Rs. 2001-6000	123	41.0%
Rs. 6001-10000	57	19.0%
Upto Rs. 2000	63	21.0%

Analysis of demographic variables revealed that 11% of the patients with substance abuse were females and 89% of them were males, 32.0% were in between the age group of 20-30 years, 40.3% were in between the age group of 31-40 years and 27.7% were in between the age group of 41-50 years, 61% of them were married, 31.3% of them were unmarried, 6.3% of them were divorced and 1.3% of them were widowed, 7.3% of them had primary education, 40.3% of them had secondary education, 37.3% of them had graduation, 12.3% of them had post-graduation and 2.7% of them had some other education, 43% of them had service, 32.7% of them had business, 13% of them had agriculture, 1.3% of them were housewives and 10% of them had some other occupation 43% were doing service, 60% of them had family income above Rs.10000, 27.3% of them had income Rs.5000-10000 and 12.7% of them had family income Upto Rs.5000, 50% of them were having alcohol, 6% of them had alcohol and smoking, 0.7% of them had alcohol, smoking and ganja, 3.3% of them had alcohol and ganja, 2.7% of them had alcohol, ganja and tobacco, 12.7% of them had alcohol and tobacco, 1.7% of them had alcohol, tobacco and smoking, 1% of them had alcohol, tobacco, charas and ganja, 8% of them had smoking, 0.7% of them had charas, 0.7% of them had charas and ganja, 8.7% of them had ganja, 0.7% of them had ganja and smoking, 0.7% of them had ganja and tobacco, 2.3% of them had tobacco, 0.3% of them had tobacco and smoking, 65.3% of them had one substance, 28% of them had two substances, 6% of them had three substances and 0.7% of them had four substances, 65.3% of them had one substance, 28% of them had two substances, 6% of them had three substances and 0.7% of them had four substances, 18.7% of them were using substance for 11 to 15 years, 25% of them were using substance for 6 to 10 years, 14.3% of them were using substance for more than 15 years and 42% of them were using substance for less than 5 years, 19% of them had monthly expenditure of more than Rs.10000 on substance, 41% of them had expenses Rs. 2100-6000, 19% of them had expenses Rs.6001-10000 and 21% of them had expenses upto Rs. 2000

## Section II

Analysis of data related to assessment of the level emotional quotient among patient with substance abuse

**Table 2:** Level of emotional quotient among patients with substance abuse N=300

Emotional quotient	Frequency	Percentage
Low (Score < 52)	21	7.0%
Normal (Score 52-84)	229	76.3%
High (Score above 84)	50	16.7%

Table no. 2 shows that 16.7% of the patients with substance abuse had high emotional quotient, 76.3% of them had normal emotional quotient and 7% of them had low emotional quotient.

## Section-III

Analysis of data related to association of level of emotional quotient of patient with substance abuse with selected demographic variables

**Table 3:** Fisher’s exact test for association of level of emotional quotient of patient with substance abuse with selected demographic variables N=300

Demographic variable		High	Low	Normal	p-value
Gender	Male	7	1	25	0.597
	Female	43	20	204	
Age	20-30 years	16	6	74	0.999
	31-40 years	20	9	92	
	41-50 years	14	6	63	
Marital status	Married	31	13	139	0.986
	Unmarried	17	7	70	
	Divorced	2	1	16	
	Widowed	0	0	4	
Education	Primary	1	2	19	0.562
	Secondary	18	9	94	
	Graduate	23	7	82	
	Postgraduate	8	3	26	
	Any other	0	0	8	
Occupation	Service	17	9	103	0.511
	Business	17	8	73	
	Agriculture	10	2	27	
	Housewife	2	0	2	
	Any other	4	2	24	
Family income	Upto Rs.5000/-	9	2	27	0.735
	Rs.5000-10000/-	13	7	62	
	Above Rs.10000/-	28	12	140	
Type of substance	Alcohol+Cigarate	2	0	6	0.945
	Alcohol+Cigarate+Ganja	0	0	2	
	Alcohol+Ganja	1	1	8	
	Alcohol+Ganja+Tobacco	2	1	5	
	Alcohol+Smoking	3	0	6	
	Alcohol+Tobacco	5	3	30	
	Alcohol+Tobacco+Cigarate	1	0	4	
	Alcohol+Tobacco+Charas+Ganja	0	0	3	
	Cigarate	1	0	7	
	Cigarate+Alcohol+Smoking	0	0	1	
	Charas	0	0	2	
	Charas+Ganja	0	0	2	
	Ganja	2	2	22	
	Ganja+Cigarate	0	0	2	
	Ganja+Tobacco	0	0	2	
	Smoking	4	1	11	
	Tobacco	1	1	5	
	Tobacco+Cigarate	0	0	1	
	Alcohol	28	12	110	
Number of substance	One	35	15	146	0.966
	Two	12	5	67	
	Three	3	1	14	
	Four	0	0	2	
Duration in years	11 to 15 years	9	3	31	0.966
	6 to 10 years	10	5	60	
	More than 15 years	10	4	42	
	Up to 5 years	21	9	96	
Expenditure on substance	More than Rs.10000	7	4	46	0.666
	Rs. 2001-6000	17	9	97	
	Rs. 6001-10000	12	3	42	
	Upto Rs. 2000	14	5	44	

Since all the p-values are large, none of the demographic variable was found to have significant association with level of emotional quotient of patient with substance abuse.

**6. Discussion**

The findings of the study have been discussed with reference to the objective and assumption stated. In this section the major findings of the present study have been discussed with the reference to the results obtained by other researcher.

A study was conducted by Dr. Thiyam Kiran Singh, Shivi Saxena in 2014, conducted research on emotional intelligence and self-esteem of alcohol and cannabis dependents in Jaipur, India. The sample size consists of 120 samples out of which 60 are alcohol dependent and 60 are cannabis dependent. Assessment was done using severity of alcohol dependents questionnaire of Edwards 1978, cannabis use disorder identification test (Adams & Sellman, 2003), Raqon emotional intelligence test and Rosenberg self-esteem scale. The result found that alcohol

dependents are poor in emotional intelligence and self-esteem in comparing with cannabis dependents and with increase in severity of dependence emotional intelligence and self-esteem of alcohol dependents were reduced similarly in cannabis dependents with increase in severity of dependence emotional of cannabis dependents were reduced but self-esteem of cannabis dependents were increased

### 7. Conclusion

The purpose of the present study was to assess the level of emotional quotient of patient with substance abuse in selected deaddiction centres of Pune city, exploratory research, and descriptive exploratory design was used for the study, which consisted of 300 samples that were selected on the basis of the convenient sampling technique. The content validity and reliability of the tool was done, which suggested that the tool was reliable. The pilot study was conducted among 30 samples and the feasibility of the study was established. Based on the objectives and the assumption the collected data was analyzed by using descriptive and inferential statistics. The data analysis was done by calculating the mean, mean percentage, frequency and percentage, fisher exact test.

### 8. Recommendations

- Another study by using larger sample in different setting to confirm these study findings in recommended
- A comparative study can be done to assess the level of emotional quotient among male and female in urban setting.
- A comparative study can be done to assess the level of emotional quotient among adolescents from urban and rural setting.
- Assess the stress and emotional quotient among adolescent.
- Comparative study can be done to assess the level of emotional quotient among working women and housewives.

### 9. Limitation

The limitation of the present study is as follows:

- A limited time available for data collection.
- The relevant literature was scanty, as hardly any nursing study has been conducted on the topic under investigation
- Study limited to those who are willing to participate in the study
- Patient with substance abuse between the age group of 20 to 50 years taken.
- In the study both males and females patients are included who know Marathi/English.
- Patient with substance abuse were taken from deaddiction centers.

### 10. Acknowledgement

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