



**THE EFFECTIVENESS OF GROUP TRAINING SELF-AWARENESS SKILLS ON
EMOTIONAL INTELLIGENCE AND SUBSTANCE RELAPSE**

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ABSTRACT

The main purpose of current study is to determine the effectiveness of group training self-awareness skills on emotional intelligence and substance relapse on under methadone treatment addicts.

30 addicts were selected through convenience sampling and were divided into two groups of control and experimental. The subjects of both groups were asked to fill out EQ-I questionnaire. Then, the experimental group received 8 self-awareness skills sessions. After a week later, experimental group filled out the questionnaire again. Data was analyzed by multivariate covariance and Chi-squared tests.

The results showed that, self-awareness training had a significant and positive effect on emotional intelligence. Also, it had a significant on decreasing the substance relapse.

Studying the emotional intelligence factors, this type of training had positive effects on interpersonal relationship factors like consistency, and no effect on intrapersonal relationship factors, controlling stress and public creation.

Key words: Self-Awareness Skill, Emotional Intelligence, Substance Relapse

INTRODUCTION

Addiction is a physical-psychological and mental disease, which because of its developing identity in every aspects of life; it

would endanger the health of person, family and society [15]. The therapy of addiction usually is one of the health policy's concerns

and also aligns considerable credits of health sector to itself. However the high rate of substance relapse has been posed as a major problem and made some challenges among the treatment of these patients [17] maintenance methadone treatment is such a treatment method, which is being used for substance addicts and its effects on duration of abstinence, psychological status and psychological well-being have been studied. Considering the slip and its reduction by psychological affairs is necessary where the slip of under maintenance methadone treatment patients causes major problems such as dangerous behavior, infection transmission to public, toxicity, relationship with drug dealers, lack of sustainability in treatment and at the end, failure in therapeutic purposes. In psychotherapy, according to types of theoretical models which the psychologists believe in, they use different therapies such as individual psychotherapeutics, psychodynamics, cognitive and behavioral therapies, cognitive-behavioral therapy, family therapy and group therapy. The therapists would use different approaches [1].

Self-awareness training is one of those cognitive and behavioral interventions which its effects on psychological and social damages were confirmed. Self-awareness

means realistic study of beliefs, values, emotions, goals and potential abilities and using them in decisions in a way that, it has benefits for self and others. This skill finally ends up to developed sense of confidence. Actually self-awareness is a continues and conductive process which during that, we realize who we are [16].

One of studied factor in this research is the implication of emotional intelligence which is defined as set of skills, talents and in cognitive abilities which raise the achievement abilities of a person in dealing with environmental pressures and demands by Bar-on test. So emotional intelligence is one of achievements factors of each person in life and has direct effects on personal psychological health [11]. Also, using drug and its return are important in therapy. Few conducted studies showed the negative relationship between low emotional intelligence and substance [5]. So, addiction is an event which has effects on physical and psychological health and leads to social and behavioral abnormalities. This issue needs more study, considering its treatment duration and costs. This survey tries to study what effects self-awareness skill training on emotional intelligence and substance relapse in addicts or in methadone treatment have.

Many studies have been done in relation with variables of this study which is consistent with each other. The findings of Zarei et al (2010) showed that, self-awareness skills training cause significant decrease in dangerous behavior among the male addicts [21]. The study of Esmat Panah and Khakshoor (2009) showed that, life skills training is effective on decrease of tending to substance in the improved addicts [9]. The researches of life skills training on emotional intelligence showed that, the life skills training has effects on 15 subscales of emotional intelligence in experimental group subjects. So, life skills training is effective on increasing of people ability to solve their life affairs and also relationships with others [2]. The results of Ahmadi (2013) showed that, the variables scores of attitude towards substance, depression and emotions were lower in experimental group than control group, but in variables of encouragement and self-controlling, it was more than this group, so life skills training would decrease dangerous factors and increase protective factors in delinquent adolescents [1]. The results of Beigi (2012) showed that, the scores of participants in training sessions were significantly higher than witness group in problem base and emotional base subscales, and it seems that, life skills

training can increase the quality level of personal life and presents effective techniques to deal with stress and negative emotions [3].

Abroad studies also confirm the results of effectiveness of self-awareness skills training. Shechman et al (2005) in a study determines the decrease of Meta morphine and using proper sexual behavior and decreasing sexual disease [19]. Botvin and Griffin et al (2004) also concluded that, teaching life skills to adolescent's ends up to decreasing of smoking, alcohol and substances by 0.50 [4]. Mohammadi Arya et al (2012) showed that, this training had a positive effect on adolescents [13]. Garcia et al (2008) in another research showed that, the severity of alcohol consumption and substance abuse is considerably predicts lack of self-awareness in people who use drug [12].

SUBJECTS AND METHODS

In current study, Quasi-experimental and pretest and posttest with witness group have been used. The purpose population included male addicts who were under maintenance methadone in two clinics in Shiraz, and they were 6 months under treatment. 30 people of these group were randomly selected (convenience sampling) and were divided into two groups of experimental and witness.

The measure tools include: Bar-on emotional intelligence questionnaire which is a self-reporter scale for evaluating the behaviors which are related to social and emotional intelligence (Bar-on, 1997). Bar-on social-emotional EQ-I questionnaire includes 133 items, and each item would get a score between 1 to 5. Some of the questions have negative score. This tool has 5 combinational scales which are composed from 15 subscales. In Iran, the stability coefficient of questionnaire is calculated 0.735 by using retest method. Stability coefficients of subscales are reported on average from 0.85 (self-assertiveness), to 0.899 (psychological pressure tolerance) (Dehshiri, 2003 from Rostami 2004). Also, the value of stability has been calculated by internal consistency and the Kronbach alpha coefficient average was calculated 0.733, which was the highest value for self-respect subscale (0.851), and the lowest value for social responsibility subscale (0.498) (Hosseinian et al 2011). Morphine test: by using laboratory kits (Abon Company) in clinic for under treatment people one time in each week which is used for diagnosing substance relapse.

After selecting subjects, the experimental group gave a pretest test, then the subjects were under self-awareness training from a set

of life skills during 8 sessions, two-90-minute sessions in every week and also in a group. In every session, the content and home works of previous session was briefly discussed. In these sessions, some training techniques of brainstorming and group discussion were used. The training activity in every session include: first session; introduction, rules, the definition of life skills, definition of self-awareness skills and its advantages. Second session; discussion around self-evaluating and identifying weakness and strength points, doing home works. Third session; a review of previous session, discussion around positive thought skills and creating positive self-concept, home works. 4th session; a review of previous session, comprehending emotions and self-concepts, home works and group discussion. 5th session; a review of previous session, self-awareness obstacles (inappropriate expectations, perfection, pride), group discussion. 6th session; the related factors with substance abuse, definition of self-confidence and increasing methods of it, brainstorming techniques. 7th session; a review of previous session, determining needs and realistic goals, answering to the paper of my honors. 8th session; a review on posed discussion in all sessions, feedback presenting, appreciating all group members.

RESULTS

Hypothesis 1: self-awareness skills training are effective on improving emotional intelligence of under methadone treatment male addicts.

Covariance analysis test is used to study this hypothesis.

In table 1, the main result in related row to group: according to this, that significance level related to group (0.001) is smaller than fallibility (0.55), it concluded that, the difference between experimental and control group in posttest by considering the covariant (emotional intelligence in pretest) is significant in level 0.05. In another word, there is a significant difference in emotional intelligence variable in posttest between experimental and control group by considering covariant adjustment. η^2 shows the effective value or test power which its value has been calculated 0.420 for difference of two groups which is a medium value and shows that two groups had significant difference.

According to table 2 and significance main covariance test and also comparing averages of above table which show the average of experimental group is totally higher than the assurance level of control group, one can conclude that the emotional intelligence variable has significantly increased more

than control group by self-awareness skills training. So the first hypothesis is confirmed.

Multi effects of emotional intelligence scales:

To study secondary hypothesis, first the effect of self-awareness skills training has been tested in multi forms on interaction between different scales of emotional intelligence by helping MANCOVA (multivariate analysis of variance). In another word, this analysis shows that, whether the training on emotional intelligence scales was effective or no.

Multivariate analysis of covariance (MANCOVA).

The result of table 3, shows that at least there is a significant difference in one of the variable between the groups. So, the effects of self-awareness skills training on each scale are in following table 4.

Table 4, shows that the interpersonal relationship variables has not been changed significantly rather than control group by training self-awareness skills; the consistency variable has been increased rather than control group by training self-awareness skills. The variable of control stress has not been changed significantly rather than control group by training self-awareness skills. Public creation variable has not been changed significantly rather than control

group by training self-awareness skills. So the secondary hypothesis is rejected.

According to table 5 that shows the abundance of substance relapse in two groups of experimental and control, the substance relapse value in experimental group was %33.3 (5 people) and in control

group was %80 (12 people). So according to calculated Chi-squared and its significance level, one can conclude there is significant difference between experimental and control groups from point of substance relapse value and self-awareness skills training was effective on decrease of substance relapse.

Table1: Covariance analysis for dependent variables: emotional intelligence in posttest

Reference	Type III total squares	Df	Average of squares	F	Significance level	η^2
Emotional intelligence in pretest	27888.640	1	27888.640	178.812	0.001	0.869
Group	3050.502	1	3050.502	19.559	0.001	0.420
Error	4211.093	27	155.966			

Table2: Adjusted averages of emotional intelligence variables in different groups in posttest

Group	Average	Scale error	Trust maximum	Space %95 Minimum
Control	433.686	3.305	426.905	440.467
Experimental	454.847	3.305	448.066	461.628

Table 3: MANCOVA analysis for dependent variables: emotional intelligence scales in posttest

Reference	Wilk's lambda	F	Df1	Df2	Significance level	η^2
Group	0.506	3.716	5	19	0.016	0.494

Table 4: Covariance analysis for dependent variables: emotional intelligence in posttest

Variable	Df1	Df2	F	Significance level	η^2
Intrapersonal conditions	1	27	16.112	0.001	0.374
Interpersonal conditions	1	27	2.650	0.115	0.089
Consistency	1	27	11.540	0.002	0.299
Public creation	1	24	2.298	0.141	0.078
Stress control	1	27	1.104	0.303	0.039

Table 5: Chi-squared test for substance relapse in two groups of control and experimental

Chi-squared	Openness	Significance
4.887	1	0.027

DISCUSSION AND CONCLUSION

Self-awareness skills training are effective on improving emotional intelligence of under methadone treatment addicts. The results showed that, this hypothesis is confirmed and by training self-awareness skills, emotional intelligence in experimental group has been significantly increased rather than control group. The results of current research is consistent with the researches of Bahreynian

(2011), Zarei (2010), Beigi (2011), Kashefi (2013), Shechtman et al (2005), Botvin and Griffin (2004), Garcia (2008) and Buhler (2007) [1,2,3,4,10,19,21]. To explain these findings, one can conclude that these findings are consistent with infrastructure logic of life skills. According to infrastructure logic of life skills, it is assumed that, these trainings increase the psychological capacity of subjects and as a result, the public and

private capability of people would improve for dealing with effective challenges with psychological-social pressures and difficult situations of life. Moreover, having a healthy life requires certain skills and self-awareness skills training, helps the person to gain skills such as deciding, comprehending emotions and dominating on cognitive behaviors and characteristics of self, and also makes the person to have a better and realistic view in dealing with life problems and to confront effectively with such these situations, so as a result, addiction would be decreased. Self-awareness skills training have effects on emotional intelligence and emotional intelligence improves the quality of life and psychological health.

Findings show that, self-awareness skills training are effective on substance relapse in under methadone treatment addicts. This hypothesis is confirmed. The current research findings showed that, self-awareness skills training is effective on substance consumption. This result was consistent with the researches of Shechtman (2005), Goli (2009) and Esmat Panah (2009) [1,9,19]. To explain these findings, one can express that, the studies show the relationships between weak self-awareness skills with many diseases such as substance abuse [12]. Moreover, getting help from internal and

personal power is an important factor in dealing with temptation of using substance, so empowerment and increasing of emotional intelligence can decrease substance relapse [8].

Self-awareness skills training are effective on increasing the intrapersonal relationships of under methadone treatment addicts. Findings express the effects of self-awareness skills training on increasing the intrapersonal circumstances of under methadone treatment male addicts. Subscales of intrapersonal relationship factor include emotional self-awareness, self-assertiveness, self-confidence, self-actualization and independence. This result is consistent with the researches of Sajedi (2009), Voroodi (2004) and Kashfi (2013) [1,10,18]. Self-awareness skills training cause that, people know their weakness and strength points and decrease their own weakness points. On the other hand, two important factors of self-awareness are self-confidence and self-assertiveness. By using self-awareness, the person can value himself and behaves more courage [12]. So knowing these cases probably increase intrapersonal relationships. Studies show that. Self-awareness skills training are effective on increasing the interpersonal relationships of under methadone treatment addicts. Current

research findings express that, self-awareness skills training has no effect on increasing the interpersonal relationship. Subscales of interpersonal relationships and empathy. This result is consistent with the researches of Sajadi (2009) and Bahreynian (2011) [2,18]. Also in the research of Bahreynian (2011), life skills had the most effects on self-confidence and the least on interpersonal relationships. It seems that, increasing interpersonal relationships skills require more working, time and accuracy [2].

Studies showed that, self-awareness skills training are effective on increasing the consistency of under methadone treatment addicts. The research findings confirm the existence of positive relationship of self-awareness training with consistency. This result is consistent with the researches of Moradpoor (2013) and Kashfi (2013). The subscales of consistency include: problem solving, realism and flexibility [10,14]. The identity of group training itself can have positive effects on increasing the self-awareness, because gathering the people together and feeling that others also have their similar problems is effective in consistency and realism. In this respect, Berg says:” most problems have social and interpersonal identity. When a person is placed in a group consulting session, he is

able to homogenize with other group features and by watching, he can get a correct view of his own problems. Group is an opportunity for gaining new solutions and satisfactory relationships with others”.

Self-awareness skills training are effective on controlling stress of under methadone treatment addicts. The current research expresses lack of effectiveness of self-awareness skills training on controlling stress. The subscales of controlling stress include: stress tolerance and momentum control. No research has been found for comparison, but it seems that, gaining skills of controlling stress requires more practice, and it is considerable that it cannot be gained in 8 sessions.

In studies, self-awareness skills training have effects on general public of under methadone treatment addicts. The findings showed that, the variable of general public and subscales of optimism and happiness have not been changed during self-awareness skills training. This result is inconsistent with the researches of Mahdavi (2010) and Beigi (2012). It is possible to express that, self-awareness training is to know the weakness and strength points and public is a more complicated issue which has genetic base and changing in it requires more time and special training [1,3].

The strength point of this research is intervention, in order to improve emotional intelligence and decrease the value of relapse. Since the addicts generally have problems with expressing their feelings, consistency and courage, studying this issue is valuable. The other positive point of this research is saving. It means that, instead of teaching all life skills, it is better to focus on self-awareness skills and it almost is as effective as all life skills.

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