

Socio-Psychological Factors in the Development of Emotional Intelligence of Drug Addicts

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Abstract: Drug addiction is a current global problem, which causes significant damage to the individual and society as a whole. Drug addicts have numerous disorders, among which the emotional sphere occupies an important place. Identification of social and psychological factors affecting the development of emotional intelligence of drug addicts will make it possible to optimize their psychological rehabilitation programmes.

The aim of the study is based on establishing the influence of social and psychological factors on the development of the emotional intelligence level in drug addicts.

Methods: The research programme uses standardized psychometric diagnostic methods (MSPSS, Self-Monitoring Scale, EQ-test, Self-esteem test). Descriptive statistics, the Kruskal-Wallis H test, and Pearson's linear correlation coefficient were used.

The Results: The study showed that a low level of emotional intelligence prevails among the surveyed drug addicts ($M=37.63 \pm 13.38$). At the same time, people with a low level have pronounced signs of low social self-control ($H=67.64$, $p \leq 0.001$), social support ($H=67.76$, $p \leq 0.001$), and self-esteem ($H=89.12$, $p \leq 0.001$). Correlation analysis revealed a close direct relationship between emotional intelligence and social self-control ($r=0.681$, $p \leq 0.001$), social support ($r=0.632$, $p \leq 0.001$), and self-esteem ($r=0.726$, $p \leq 0.001$).

Conclusions: The study found that the development of emotional intelligence of drug addicts is influenced by such social and psychological factors as social self-control, social support, and self-esteem. These factors determine the ability to manage emotions, adequately perceive them and objectively express them.

Prospects: The identified results can be used when building a system of psychological rehabilitation for persons with drug addiction. In particular, to develop emotional intelligence, and improving general emotional well-being.

Keywords: Social self-control, social support, self-esteem, emotional intelligence, emotion management, emotional awareness.

1. INTRODUCTION

Drug abuse and drug addiction have become acute global problems today, and every country is still looking for alternative ways to fight against them. Drugs cause significant physiological and psychological disorders. As a result, thinking deteriorates, self-control decreases, self-expression is deformed, and relationships with others become worse. Researchers identify many negative consequences of drug addiction. The most relevant ones are violations of social integration, interpersonal interaction, emotional sphere, and psychological degradation [1].

The emotional sphere, which undergoes significant destructive changes in drug addicts, deserves special attention. Emotional regulation in people with drug addiction occurs with the help of emotional intelligence, which enables managing one's own emotions, expressing them, perceive the emotions of other people. Emotional intelligence has been the object of close attention of researchers in recent years, as was proved that it is the basis of a person's psychological life, enables building and developing interpersonal relationships with others, and ensures full adaptation to the social environment. Emotional intelligence is the basis of empathy and compassion, which are necessary for effective interpersonal interaction [2]. Developed emotional intelligence can serve not only as an incentive for the rehabilitation of drug addicts but can also be a means of its prevention. Emotional intelligence is critical to success and plays an important role in regulating negative emotional states.

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Drug addiction causes a deformation of the emotional sphere, and a declining emotional intelligence. Drug addiction is characterized by affective dysregulation and poor emotional intelligence [3]. People with drug addiction have emotional maladaptation, which is expressed in the inability to adequately express their emotions or to express them inappropriately to the situation.

The development of emotional intelligence in drug addicts is influenced by many significant social and psychological factors. They include social self-control, social support, and self-esteem. Scientific studies have proven that people with drug addiction primarily have a violation of self-control, social interaction, the ability to constructively express their emotions, and a decline in self-esteem [4].

Developed emotional intelligence can be a means of relapse prevention among drug addicts, and treatment of addiction disorders. It is noted that the implementation of emotional intelligence development programmes is effective in the prevention of drug addiction [5].

Numerous studies show that the problem of studying emotional intelligence is quite relevant today. Identifying the main factors that form it will allow for predicting the rehabilitation process of drug addicts. The study aims to identify the influence of social and psychological factors on the emotional intelligence level of drug addicts. The aim involved the following research objectives:

- 1) identify the level of development of emotional intelligence in drug addicts;
- 2) establish the reliable influence of social and psychological factors on the emotional intelligence level of drug addicts;
- 3) determine the correlation between social self-control, social support, self-esteem, and emotional intelligence of drug addicts.

Given the aim and objectives of the research, the hypothesis was put forward that the emotional intelligence of drug addicts is influenced by social and psychological factors: social self-control, social support of significant people, and self-esteem.

2. LITERATURE REVIEW

Emotional intelligence as a scientific concept began to be actively developed in the second half of the 20th

century as a result of the active attention of researchers to the emotional sphere. Activation of interest in the phenomenon of emotional intelligence took place after the publishing of the work of the American psychologist D. Goleman entitled *Emotional Intelligence* in 1995. Goleman assumed that general intelligence cannot fully reflect the general picture of human development. In his opinion, the IQ coefficient determines success in a person's life by only 20%, while other factors account for 80% [6]. The author developed a theory of social intelligence, which became the basis for the study of emotional intelligence.

The very term "emotional intelligence" was first proposed by J. Mayer and P. Salovey in the 1980s to define the ability to manage emotions. The authors identified 4 levels of emotional intelligence: perception of emotions, understanding, management of emotions, and expression of emotions. People who have developed emotional intelligence are more adapted to the environment, successfully manage their lives, and have developed social contacts [7].

Modern researchers have significantly expanded the doctrine of emotional intelligence, and supplemented the theories of their predecessors. According to recent studies, emotional intelligence is an indicator of emotional competence [8], social adaptability [9], and psychological health [10]. Emotional intelligence ensures the formation of stable emotional skills that improve a person's integration into the social environment [11]. This, in turn, contributes to better success and productivity in life [12]. Individuals with high emotional intelligence are characterized by positive self-acceptance, constructive relationships with others, autonomy, and personal growth [13].

Research proves that the development of emotional intelligence can significantly increase a person's effectiveness in various social spheres. The researchers are developing different approaches to the factors contributing to the development of emotional intelligence. Self-efficacy [14], self-control [15], and achievement motivation [16], are identified as stimulating factors of emotional intelligence, social support, and interaction [17].

One of the first factors is the social self-control of drug addicts. It indicates their ability to enter society, establish social contacts, and manage their behaviour following norms. Social self-control is an individual's ability to control his/her behaviour and the expression

of his/her [18]. Self-control is reinforced using verbal and non-verbal self-expression. Appropriate use of these tools reflects social self-control level. Individuals with a high self-control level adequately perceive the emotional and behavioural manifestations of others [19]. At that time, drug addicts have signs of reduced self-control, which affects their emotional intelligence. They are unable to perceive the emotional states of others, cannot respond adequately to the circumstances of the situation, and optimally make decisions based on the received emotional reactions [20]. Such people do not control their behaviour and cannot create the right impression of other people about themselves.

Another important factor in the development of the emotional intelligence of drug addicts is social support from significant people. These can be family members, friends, work colleagues, etc. The emotional inclusion of such people in the life of a drug addict, their support, and respect contribute to the emotional confidence of an addicted person [21]. Social support is critical to overcoming addiction, as relationship problems are key factors in relapse for many drug addicts [22]. The type of social support also matters. Because even one person in the environment who supports continued drug use has a stronger influence than one person who supports abstinence [23].

The psychological factors in the development of the emotional intelligence of drug addicts also include self-esteem, which expresses the ability to adequately evaluate oneself and one's actions. Self-esteem is a psychological phenomenon that affects the emotional and cognitive aspects of a person. High self-esteem stimulates the achievement of certain results, while low self-esteem reduces the success of actions, and worsens the emotional state. The degree of adequacy of self-esteem is its most important characteristic, as it demonstrates the correspondence between desired and real successes [24]. Drug addicts have inadequate self-esteem, which is manifested in anxiety, emotional instability, feelings of inferiority, and disorientation [4]. They are dissatisfied with themselves, and in most cases, they feel loneliness, aggression, anxiety, inadequacy, and inability to solve problems [25]. All this indicates that low self-esteem is a predictor of the declining emotional intelligence of drug addicts, which increases the inclination to use drugs.

Some studies show that the emotional intelligence of people who have given up drugs is higher than that of drug addicts [26]. This confirms the fact that giving

up drugs is one of the conditions for the development of emotional intelligence [27]. Considering this, many researchers are creating programmes for the development of emotional intelligence, proving their effectiveness in reducing the manifestations of relapse in drug addicts [17].

Researchers proved the relationship between emotional intelligence, motivation, and dysfunctional state in substance abuse. According to the authors, drug addicts are characterized by a low level of emotional intelligence, and the inability to recognize their feelings and the feelings of other people [28].

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Numerous studies of emotional intelligence have been conducted over the past decades, and many of its signs and characteristics have been identified. However, one thing is clear, emotional intelligence plays a significant role in the functioning of the individual. It determines the place in social relations, ensures resistance to external influences, and promotes successful interpersonal interaction. Social self-control, social support from important people, and self-esteem can be considered the main factors in the development of emotional intelligence.

3. METHODS

3.1. Research Design

The research was conducted in the period from September 2022 to January 2023 and included several stages. The first stage involved an academic and methodological review of the information background on the research topic. The main scientific approaches and concepts were identified, the structure of the methodology was developed, the diagnostic tools were selected, and a representative sample of the study was made. The second stage was aimed at carrying out diagnostic procedures of the selected sample within the established time frame. The third stage provided for processing, interpretation, and substantiation of the research data. During this stage, the obtained results

were presented graphically using quantitative, qualitative, and statistical analysis. The fourth stage provided a description of the research results, highlighting the common and differences with other studies. The fifth stage involved summarizing the results of the research, determining limitations and shortcomings, and making justifications for further research.

The research procedure provided for the preparation of a diagnostic plan for conducting a partly group and partly individual survey of drug addicts. The survey was conducted at different time intervals to cover as many drug addicts as possible. Some refused to participate in group diagnostics, so individual diagnostics were conducted with such respondents.

3.2. Sampling

The number of drug addicts is critically increasing every year. Accordingly, the number of assistance services for such people is increasing. According to the data of the State Statistics Service, there were 40,324 cases of opioid abuse, 346 cases of cocaine abuse, and 4,732 cases of cannabinoid addiction in Ukraine as of 2021. According to the latest data, a total of 1 million to 1.5 million citizens use drugs in Ukraine. Annually, this indicator increases by 8-10%. There are 7,000 beds for drug addicts in drug addiction centers of Ukraine. At the same time, there are 72,000 addicts on the register. Odesa, Luhansk, and Kyiv regions are the leaders in terms of the number of drug users.

Under the research objectives, a representative sample of equal size was formed, which included 235 respondents (133 male and 102 female) aged 20 to 42, who were selected using random sampling. Clinically confirmed drug addiction was the inclusion criterion of the subjects. Relapse in drug addicts was the exclusion criterion.

The sample was formed based on the following institutions: Polinar Medical Centre (Odesa), Brik Narcological Centre (Odesa), Medlux Narcological Centre (Kyiv), Renaissance Narcological Centre (Kyiv), Europa Narcological Rehabilitation Centre (Kyiv).

3.3. Methods

The methods of survey, testing, and statistical analysis were used to achieve the goal. Valid and reliable standardized methods are included in the psychodiagnostic tools. The Multidimensional Scale of Perceived Social Support (MSPSS) was chosen in

order to determine the social factor of emotional intelligence of drug addicts. The scale serves as a diagnostic tool for revealing the subjective perception of external support received from family, friends, and a partner. The structure of the scale includes 12 items, 4 for each subscale.

Social Self-Monitoring Scale (SM). The technique was developed by Mark Snyder, an American psychologist from the University of Minnesota, in 1974. The purpose of the development was to create a questionnaire that diagnoses individual differences between people in managing their behaviour and expressing emotions. Therefore, the technique is intended for the study of social (communicative) self-control, that is, the ability of a person to control his/her behaviour and build effective relationships with others is determined. In this methodology, the emphasis is on communication skills, as communication is the basis of interaction and building relationships with others.

Hall Emotional Intelligence Test (EQ-test) was used to diagnose emotional intelligence. The purpose of this test is to reveal the ability to understand personality relationships represented in emotions and to manage the emotional sphere based on decision-making. The structure of the test includes 30 statements for answers. The obtained results enable us to present data on 5 scales: emotional awareness; managing your emotions; self-motivation; empathy; managing the emotions of other people.

Test-questionnaire "Determining the level of self-esteem" S.V. Kovalev was used to diagnose the level of self-esteem of drug addicts. The structure of the test includes 32 judgments, which must be answered by choosing the suggested options for the answers. The calculated test scores give grounds to distinguish 3 levels of self-esteem: low, medium, and high. The lower the score, the higher the self-esteem.

Data processing and interpretation of results were carried out based on quantitative, qualitative, and static analysis. Microsoft Excel 2013 and SPSS 29.0 were used during the analysis. The analysis of the average values of the research methods was carried out based on descriptive statistics. Differences in indicators of social self-control, social support, and self-esteem of drug addicts with different levels of emotional intelligence were determined using the Kruskal-Wallis H test. The Pearson correlation coefficient was used to identify the influence of social and psychological factors on the development of emotional intelligence of drug

addicts. Multiple linear regression analysis was used in order to identify the most significant factors that influence the development of emotional intelligence in drug addicts. Regression analysis was also used to identify the influence of age and duration of use of psychoactive substances on the level of emotional intelligence of the studied drug addicts.

3.4. Ethical Criteria of the Research

The ethics of the conducted research is based on the principles of the Declaration of Helsinki and was achieved through the informed consent of the respondents to conduct diagnostics, taking into account the anonymity of personal data. The subjects explained in detail the essence and purpose of the study, and the confidentiality provisions were indicated.

4. RESULTS

The obtained results showed the dominance of a low level of emotional intelligence among the drug addicts surveyed (Table 1).

People with drug addiction showed low emotional awareness ($M=7.95\pm 3.49$), low ability to control their emotions ($M=8.04\pm 3.30$), low self-motivation ($M=7.59\pm 3.01$), low empathy ($M=7.34\pm 3.17$) and a very low level of managing the emotions of other people ($M=6.72\pm 3.48$). In general, the level of emotional intelligence of the surveyed drug addicts is very low ($M=37.63\pm 13.38$). Such data indicate a violation of the

emotional sphere of the subjects as a result of drug use, which negatively affects their interpersonal interaction with others.

Using the Kruskal–Wallis H test independent samples, the peculiarities of social self-control (Table 2), social support (Table 3), and self-esteem (Table 4) of drug addicts with different levels of emotional intelligence were revealed.

The revealed differences in the results ($H=67.64$, $p\leq 0.001$) indicate that drug addicts with a low level of emotional intelligence have low social support, while high social support is observed in individuals with high emotional intelligence. Subjects with low self-control are characterized by reduced social adaptability and an unformed system of emotional reactions and self-expression. They are unable to express their emotions and adequately perceive the emotional states of the people around them. This negatively affects interpersonal interaction. Respondents with high self-control can control their behaviour and the expression of their emotions. They easily manage to convey their real emotional state or manage it depending on the situation.

The analysis of the results gives grounds to state that there is a reliable difference of high significance in the indicators of social support of drug addicts with different levels of emotional intelligence ($H=67.76$, $p\leq 0.001$). Drug addicts with low social support have

Table 1: Indicators of the Development of Emotional Intelligence of Drug Addicts (N=235)

Parameters of emotional intelligence	MIN	MAX	Mean	SD	σ
emotional awareness	1.00	13.00	7.95	3.49	12.20
managing your emotions	2.00	14.00	8.04	3.30	10.89
self-motivation	1.00	13.00	7.59	3.01	9.06
empathy	2.00	13.00	7.34	3.17	10.07
managing the emotions of other people	2.00	14.00	6.72	3.48	12.07
EI	14.00	57.00	37.63	13.38	179.26

(Source: created by the author).

Table 2: Social Self-Control of Drug Addicts with Different Levels of Emotional Intelligence (N=235)

Indicator	Level	N	Mean rank	M	H	P
Emotional intelligence	Low level	108	79.24	2.59	67.64	0.000
	Medium level	101	147.41	6.51		
	High level	26	164.79	8.40		

(Source: created by the author).

Table 3: Social Support of Drug Addicts with Different Levels of Emotional Intelligence (N=235)

Indicator	Level	N	Mean rank	M	H	P
Emotional intelligence	Low level	108	78.44	1.99	67.76	0.000
	Medium level	101	151.07	3.21		
	High level	26	153.87	5.14		

(Source: created by the author).

Table 4: Self-Assessment of Drug Addicts with Different Levels of Emotional Intelligence (N=235)

Indicator	Level	N	Mean rank	M	H	P
Emotional intelligence	Low level	108	163.00	58.2	89.12	0.000
	Medium level	101	83.38	35.16		
	High level	26	65.58	23.85		

(Source: created by the author).

low levels of emotional intelligence, while respondents with high social support tend to have high emotional intelligence. Social support demonstrates the degree of interest of significant other people in the affairs of the drug addict himself/herself. Accordingly, the greater this interest, the more the subject receives a reverse stimulus and can show emotional awareness, and empathy, knowing how to show emotions and perceive them. If there is no social support, then the manifestations of empathy, self-motivation, understanding of emotions, etc. are significantly reduced.

The conducted statistical analysis established significant differences in the indicators of self-esteem of drug addicts ($N=89.12$, $p \leq 0.001$). It was found that subjects with low self-esteem have a low level of emotional intelligence, while those with high self-esteem also have high emotional intelligence. Self-esteem characterizes the subject's attitude towards himself and the products of his activity. If self-assessment is adequate and constructive, it contributes to deeper self-understanding and emotional development.

During the correlation analysis, significant correlations were found between indicators of emotional intelligence and socio-psychological characteristics of drug addicts (Table 5).

The identified correlation coefficients indicate the connection of social control with such components of emotional intelligence as emotional awareness ($r=0.713$, $p \leq 0.001$), managing your emotions ($r=0.608$, $p \leq 0.001$), self-motivation ($r=0.647$, $p \leq 0.001$), empathy ($r=0.561$, $p \leq 0.001$), managing the emotions of other people ($r=0.427$, $p \leq 0.001$), as well as the general level of emotional intelligence ($r=0.681$, $p \leq 0.001$). Such a relationship indicates the mutual influence of social self-control and emotional intelligence. The higher the indicators of one parameter, the higher the indicators of another. Conversely, the less social self-control, the less emotional intelligence. Moreover, the highest coefficient can be traced between social self-control and emotional awareness, which may indicate the promotion of self-control in relationship to the development of emotional awareness.

Table 5: Correlational Analysis of the Relationship between Emotional Intelligence and Socio-Psychological Characteristics of Drug Addicts (N=235)

Factors	Components of emotional intelligence					EI
	emotional awareness	managing your emotions	self-motivation	empathy	managing the emotions of other people	
Social self-control	0.713**	0.608**	0.647**	0.561**	0.427**	0.681**
Social support	0.679**	0.537**	0.589**	0.526**	0.413**	0.632**
Self-esteem	0.732**	0.631**	0.652**	0.612**	0.522**	0.726**

Note: **- correlation coefficients for $p \leq 0.001$.

(Source: created by the author).

The study established a direct correlation between social support and emotional awareness ($r=0.679$, $p\leq 0.001$), emotion management ($r=0.537$, $p\leq 0.001$), self-motivation ($r=0.589$, $p\leq 0.001$), empathy ($r=0.526$, $p\leq 0.001$), recognition of emotions ($r=0.413$, $p\leq 0.001$), as well as the general level of emotional intelligence ($r=0.632$, $p\leq 0.001$). This means that high social support from significant people contributes to the high emotional intelligence of the studied drug addicts.

The correlation between self-esteem of subjects with drug addiction and emotional awareness ($r=0.732$, $p\leq 0.001$), managing your emotions ($r=0.631$, $p\leq 0.001$), self-motivation ($r=0.652$, $p\leq 0.001$), empathy ($r=0.612$, $p\leq 0.001$), managing the emotions of other people ($r=0.522$, $p\leq 0.001$), as well as the general level of emotional intelligence ($r=0.726$, $p\leq 0.001$) was statistically confirmed. Such connections demonstrate the interdependence of self-esteem and emotional intelligence. The higher the self-esteem of drug addicts, the higher their emotional intelligence, and the lower the self-esteem, the correspondingly lower the indicator of emotional intelligence.

The regression analysis identified significant factors for the level of emotional intelligence of drug addicts (Table 6).

The obtained data showed that 57% of emotional intelligence is explained by socio-psychological factors

($R^2=0.574$). The most significant factor in the development of emotional intelligence of drug addicts is social self-control ($\beta=1,42\pm 0,0398$). This means that the ability of a drug addict to harmonize his/her behaviour with the norms of the society in which he/she lives has a positive effect on the development of emotional intelligence. At the same time, violation of such norms creates a feeling of guilt, detachment, and abstraction from reality, which reduces emotional intelligence accordingly.

Regression analysis revealed the influence of age on the level of emotional intelligence of drug addicts (Table 7).

According to regression analysis, 29% of emotional intelligence is explained by age ($R^2=0.290$). Moreover, the inverse correlation coefficient ($r=-0.442$, $p\leq 0.001$) shows that higher indicators of emotional intelligence are characteristic of younger drug addicts, and low emotional intelligence is characteristic of older people. This indicates that with age, drug addiction leads to a decrease in emotional intelligence, a decrease in emotional awareness, and recognition of other people's emotions.

The regression analysis also revealed the influence of the duration of the use of psychoactive substances on the emotional intelligence level (Table 8).

Table 6: Regression Analysis of the Relationship between Emotional Intelligence and Socio-Psychological Characteristics of Drug Addicts (N=235)

	Coefficients			t	P
	B	SD	Beta		
Constant	53.974	7.169		7.529	0.000
Social self-control	1.422	0.398	0.234	3.320	0.001
Social support	1.194	0.650	0.122	1.838	0.067
Self-esteem	-0.445	0.073	-0.435	-6.071	0.000
Age	-0.523	0.195	-0.186	-2.686	0.008
Duration	0.581	0.248	0.161	2.345	0.020

Dependent Variable: emotional intelligence $R=0.758$, $R^2=0.574$, $F=65.18$, $p<0.001$.
(Source: created by the author).

Table 7: Regression Analysis of the Relationship between Emotional Intelligence and Age of Drug Addicts and Duration of Use of Psychoactive Substances (N=235)

	Coefficients			t	P
	B	SD	Beta		
Constant	73.913	4.501		16.421	0.000
age	-1.114	0.148	-0.442	-7.517	0.000

Dependent Variable: emotional intelligence $R=0.442$, $R^2=0.290$, $F=56.5$, $p<0.001$.
(Source: created by the author).

Table 8: Regression Analysis of the Relationship between the Emotional Intelligence of Drug Addicts and the Duration of Use of Psychoactive Substances (N=235)

	Coefficients			t	P
	B	SD	Beta		
Constant	52.524	1.803		29.134	0.000
duration of use of psychoactive substances	-1.360	0.176	-0.451	-7.718	0.000

Dependent Variable: emotional intelligence $R=0.451$, $R^2=0.504$, $F=59.5$, $p<0.001$.
(Source: created by the author).

The obtained results indicate that 50% of the emotional intelligence of drug addicts is explained by the duration of the use of psychoactive substances. The inverse correlation ($r=-0.451$, $p\leq 0.001$) indicates the inverse relationship. This means that the longer the use of psychoactive substances, the lower the emotional intelligence of drug addicts.

The obtained results testify to the revealed and statistically confirmed influence of social self-control, social support, and self-esteem on the development of emotional intelligence of drug addicts.

5. DISCUSSION

The conducted research identified signs of low emotional intelligence in drug addicts, in particular, its components such as emotional awareness, managing your emotions, self-motivation empathy, and managing the emotions of other people. Such persons cannot constructively perceive the emotions of others and adequately react to them. It is difficult for them to correlate their emotional state with the state of other people. In agreement with the study conducted in [29], we can assert that drug addiction has a destructive effect on the development of emotional intelligence and reduces its functional capabilities.

The identified differences between social self-control and emotional intelligence of persons with drug addiction demonstrate violations not only of the emotional but also of the behavioural sphere of drug addicts. Authors in [30], reached the same conclusion and claim that self-control is an important psychological trait and a prerequisite for drug addiction recovery. In their opinion, this will contribute to the development of the emotional sphere in general and emotional intelligence in particular [30]. The established statistically significant differences in the indicators of social support of drug addicts with different levels of emotional intelligence characterize the influence of the social environment on the development of their emotional sphere. The study proved that there is a

statistical difference in the self-esteem indicators of drug addicts with different levels of emotional intelligence. It was established that the low level of self-esteem of drug addicts corresponds to low emotional intelligence. The same is confirmed in the study [24], where was found that self-esteem is important in preventing emotional and behavioural disorders in people with drug addiction.

The study found a highly significant direct correlation between emotional intelligence and social self-control, social support, and self-esteem. This was found in other studies, where a positive correlation was established between emotional intelligence and social support in drug addicts [31], interdependence between emotional intelligence and positive relationships with others [26], a negative relationship between drug addiction and self-esteem, self-control [4].

The study found that the age and duration of drug use have a significant negative impact on the development of the emotional intelligence of drug addicts. The greater the age and duration of the use of psychoactive substances, the lower the emotional intelligence.

Such results show that the specified factors can be predictors not only of a decrease in the emotional intelligence of drug addicts but also be the cause of the addiction itself. Authors in [32] rightly noted in this regard that it is necessary to focus mainly on the development of emotional intelligence to reduce the potential for addiction.

6. CONCLUSIONS

The conducted research showed that emotional intelligence is an important condition for preventing and overcoming drug addiction. A high level of emotional intelligence is characterized by emotional awareness, the ability to manage one's emotions, adequately perceive the emotions of other people and show empathy. Effective management of emotions helps to reduce the risk of using narcotic substances.

It was established that the development of emotional intelligence is influenced by such social and psychological factors as social self-control, social support from family and friends, and self-esteem. Drug addicts with high self-esteem, social self-control, and social support have high emotional intelligence. On the contrary, individuals with low indicators of social self-control, social support, and self-esteem are diagnosed with low emotional intelligence. Older drug addicts have lower emotional intelligence, which explains the influence of age on the development of emotional intelligence. Duration of substance use is also a predictor of lower emotional intelligence. The higher the duration of drug use, the lower the emotional intelligence.

Research prospects include the elaboration of a programme for developing the emotional intelligence of drug addicts and determining its effectiveness, as well as identifying the influence of developed emotional intelligence on the possibility of relapse into drug use. It is appropriate to pay attention to the detection of the dependence of the level of emotional intelligence on the type of drug addiction and its duration.

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