Comparative Study

A Comparative Study on The Relationship Between Self-Efficacy, Emotional Intelligence, and Perceived Social Support of Alcoholics on Relapse

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ABSTRACT

Relapse is one of the major issues that is difficult in the process of treatment and rehabilitation of alcoholics. Normally, relapse is a common issue that happens to an alcoholic who is or has been undergoing rehabilitation, treatment and prevention of drug (Azizul, Jaafar, & Khir, 2018). The current study aimed to compare the relationship between Self-efficacy, Perceived Social Support, and Emotional Intelligence of alcoholics on relapse. The sample consisted of 100 alcohol addicts from different demographic background which were selected through the method of simple random sampling. Data was collected from two drug treatment centres of Bhubaneswar and Cuttack. The participants age ranged between 18-38 years respectively. Five research instruments were used in this study, such as General Self-efficacy Scale (GSES), Emotional Intelligence Scale (EIS), Multi-dimensional Scale of Perceived Social Support (MSPSS), Drug Relapse Scale (DRS), and written Informed Consent. Data for this study were analyzed by using Pearson Correlation. The result revealed that there was significant negative correlation found between Self-efficacy, Emotional Intelligence, and Perceived Social Support with alcohol addict on relapse. Implication for alcoholic counseling was also discussed.

Keywords: *Self-Efficacy, Emotional Intelligence, Perceived Social Support, Relapse, Alcoholics*

Alcohol use disorder / Alcoholism is a pattern of alcohol use that presumes causes in managing the drinking pattern, being pre-occupied with alcohol, continuing to use alcohol even if it constructs problems, having to drink more to get the same effect, or having withdrawal symptoms when try to decrease the level or completely stop consuming. The withdrawal symptoms vary from different types of substances. The psychological withdrawal symptoms include hallucinations, intense craving for using substances, anxiety, tremors, irritability etc. So far as the physical withdrawal symptoms are concerned, it includes nausea, headaches, turkey etc. Unhealthy alcohol consumption incorporates any use of alcohol that increases health or safety at risk or creates other associated

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problems related to consumption of alcohol. This also comprises binge drinking that is a pattern of drinking where a male uses five or more drinks within two hours or a female down at least four drinks within two hours. Binge drinking creates a significant health and safety risks. It has been found that if the process of drinking results in repeated significant distress and problems functioning in day-to-day life, the possibility of having alcohol use disorder is very high. It ranges from mild to severe. Furthermore, even a mild disorder can also mount and lead to very serious problems, so early intervention is crucial as well.

Basically, relapse is a common affair that happens to an alcoholic who is or has been undergoing rehabilitation, treatment and prevention of alcohol (Audi Azizul, Wan Jaafar & Mohd Khir, 2018). Alcohol relapse is one of the provocations i.e., difficult in the process of treatment and rehabilitation of alcoholics all over India nowadays. In addition to this, relapse is a matter of behaviour and a psychological problem that shows how an alcoholic cannot resist the desire to reuse the alcohol after the end of the recovery process. Rasmussen (2000) points out that relapse is triggered by continued crises such as looking down on problems, depression, weak future planning, thinking that everything cannot be solved and not working in a proper manner.

Figure 1
Cognitive–Behavioral Model of Relapse
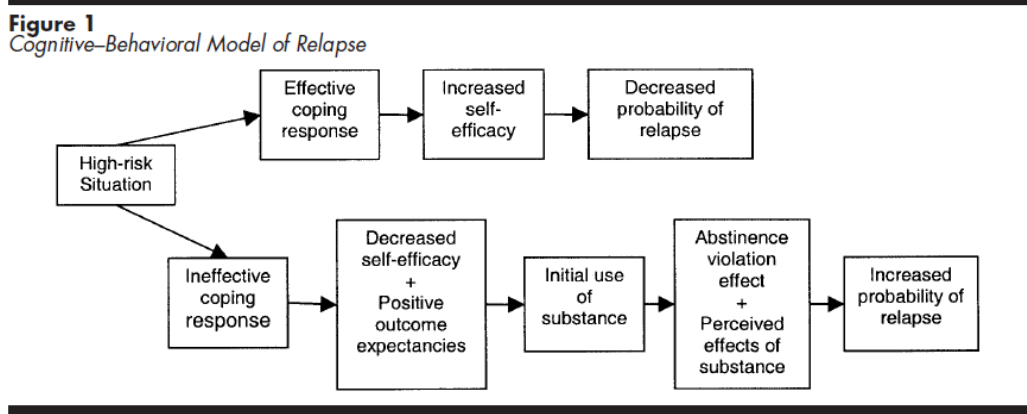
However, there is a significant role of Self-efficacy and according to Social Cognitive Theory of Albert Bandura that refers to the beliefs or judgments of individuals about his / her capabilities to produce dise effects by their own actions. Also, Bandura (1986), Corsini (1994), and Gossop (1997) explained that if higher the level of general self-efficacy is found within an individual during the entire process of recovery, as a consequence, the higher the probability the alcohol relapse will maintain a long live without consuming alcohol. On the other hand, so far as the aspects of personal factors are concerned in the achievement of an alcoholic to be off alcohol, there is a crucial role of general self-efficacy to change the alcoholic towards a sustained life support system according to Bandura's Social Cognitive Theory (1997). In an study Marlatt (1985) described that one of the most crucial intervention strategies that need to be taken to reduce the relapse case among alcoholics is to increase the alcoholic's level of self-efficacy.

Moreover, Perceived Social support is also becoming recognized as a positive influence on health and health maintenance. Forms of support which bolster the patient's sense of personal efficacy should enhance the alcoholic's ability to cope with a specific stressor. The current study focuses on the factors of self-efficacy, emotional intelligence and perceived social support among alcoholics. Various studies based on the issue of alcohol addiction that has been carried out, seemingly produce a variety of ingredients, including external and

internal factors (Marlatt, 1985). According to Marlatt (1985), the aspects such as self-efficacy, emotional intelligence and perceived social support can lead to relapse among alcoholics. Several studies conducted on alcoholics simply revealed the significant effect of self-efficacy (Abdollahi, Taghizadeh, Hamzehgardeshi & Bahramzad,2014; Ibrahim, Kumar & Samah, 2011, Nikmanesh, Baluchi, & Motlagh, 2017; Torrecillas, Cobo, Delgado & Ucles, 2015), emotional intelligence (Sudraba, Rancans, & Millere, 2012; Coelho, 2012) and social support (Nashee et al.,2014; Ibrahim & Naresh, 2009; Ibrahim, Zakaria, Nen, Sarnon, & Hassan, 2018) among alcoholics during the time of relapse as well.

Apart from that, there is a vital role of emotional intelligence in reducing the tendency of relapse among alcoholics, (Sudraba, et al., 2012). Emotional intelligence provides a smooth, healthy and relaxed mind as well. Moreover, Flynn (2005) reviewed that, it is very pathetic for ex-alcoholics to come back to the main stream as effective and like normal individuals without any social support as well. Previously, alcoholics always need social support especially from parents, siblings, peers and society at a large. Besides that, some other researches focused on less social support can increase the possibility of relapse to a greater extend. (Razali, 2016; Martino, Ellickson, & McCaffrey, 2009). There were also some researches which show the relationship of various factor associated with alcoholics on relapse in India, but there have been very less researches have been conducted especially on self-efficacy, emotional intelligence and perceived social support as important variables particularly in the context of Odisha. Simply, this indicates there is a need to study the interrelations of the above-mentioned variables in order to reduce the consumption of alcohol as a drug. Therefore, the current study has focused on the importance of the above-mentioned variables in reduction of the tendency of relapse among alcoholics to a large extend.

Objective
The primary objective of the current study was to compare the relationship between Self-efficacy, Perceived Social Support, and Emotional Intelligence of alcoholics on relapse.

METHODOLOGY
Design
The current research adopted a correlational research design using General Self-efficacy, Emotional Intelligence, and Perceived Social Support as research variables.

Sample
The sample for this study consisted of 100 male alcohol addicts using simple random sampling technique. All the participants were selected from two drug de-treatment centers of Bhubaneswar and Cuttack respectively. Only those drinkers who were not taking any other drugs and whom any psychological therapy was yet to be started were selected for the study. The age range of the participants varied between 18 to 38 years with the duration of alcohol use ranging from 1 to 15 years respectively.

Tools
- **Socio-demographic details Sheet:** In order to collect some relevant information like age, marital status, occupation, gender, caste, educational status, duration of drug use, etc. the demographic sheet was used.
- **General Self-efficacy Scale (GSES):** The Odia version of General Self-efficacy Scale, adopted by Sahoo, F.M. (2006) was used which is originally developed by

Schwarzer, R., & Jerusalem, M. (1995). The questionnaire comprised of 10 statements having a 4-point rating starting from Not at all True (1), Hardly True (2), Moderately True (3), & Exactly True (4) respectively. The internal reliability for General Self-efficacy Scale is between 0.76 and 0.90 respectively.

- **Emotional Intelligence Scale (EIS):** The Emotional Intelligence Scale developed by Goleman (1995) consisted of 35 items and each item was rated on a 5-point rating scale. The reliability of the scale was 0.83 respectively.
- **Multi-dimensional Scale of Perceived Social Support (MSPSS):** The multi-dimensional scale of perceived social support developed by Zimet et. al. (1988) contained 12 items and was rated on a 7-point Likert scale. The internal reliability of the scale was 0.88 respectively.
- **Drug Relapse Scale (DRS):** At last, the drug relapse scale developed by Marlatt and Gordon in the year 1985 used for the purpose of measuring relapse. The scale consisted of 42 items and each of the item was rated on a 4-point Likert scale. The reliability of the scale was 0.93 respectively.

Procedure

Ethical approval for this study was obtained from the Institutional Ethics Committee, Utkal University, Bhubaneswar, Odisha (Ref No: IEC/UU/2021-02) to conduct the study. Before collection of data, all the participants were given their written consent to be the part of the research. The data from the subjects belonging to alcoholics were collected from two drug treatment centres of Bhubaneswar and Cuttack, Odisha respectively. After obtaining permission from the concerned drug treatment centres, rapport was established adequately with the participants. After that the instructions were given regarding the research and also all the possible doubts and queries of the participants were addressed. After all the possible formalities, all the 10 alcoholics were administered the General Self-efficacy Scale, Demogr aphic details sheet, Emotional Intelligence Scale, Perceived social support scale and Drug Relapse Scale respectively. Approximately every participant took 30 minutes to complete all the questionnaires. After completion of the questionnaires, all the scores were added up to get a total score and scoring of responses was done according to the manual. All the ethical guidelines were followed during the time of data collection. In the next phase of the research, the collected scores were coded for further statistical analysis using SPSS V20 respectively.

RESULTS AND DISCUSSION

The aim of the current research was to compare the relationship between Self-efficacy, Perceived Social Support, and Emotional Intelligence of alcoholics on relapse. To do so, the variables were analyzed using correlation and frequency method (SPSS v20) and the summery of results along with figure are represented in table-1, table-2, table-3, table-4, with figure I respectively.

Descriptive Statistics

Table 1: Analysis of Socio-Demographic variables of 100 Alcoholics

Variables (N=100)	Level	Frequency	Percentage
Age	From 18 to 27 years	49	49
	From 28 to 38 years	51	51
Marital Status	Married	45	45
	Unmarried	55	55

Employment Status	Self-employed	12	12
	Currently Unemployed	56	56
	Student	28	28
Education Status	Primary Education	10	10
	Middle Class	11	11
	Secondary	24	24
	Higher Secondary	43	43
	Graduate	11	11
	Post-Graduate	1	1

Result Table-1 shows the number of participants along with percentages belonging to different variables such as Age, Marital Status, Employment Status, and Education Status respectively.

Inferential Statistics

Table 2: Showing the interrelations between Self-efficacy and Alcohol Relapse among alcoholics

Variable		Self-efficacy	Alcohol Relapse
Self-efficacy	**Pearson Correlation**	1	
	Sig. (2-tailed)		
	N	100	
Alcohol Relapse	**Pearson Correlation**	-.479**	1
	Sig. (2-tailed)	.002	
	N	100	100

p<0.01**

The result Table-2 reveals that there is a significant negative interrelation found between self-efficacy and alcohol relapse (r=-.479, p<.002) which indicates the tendency of alcohol relapse is less when level of self-efficacy is high.

Table 3: Showing the relationship between Emotional Intelligence and Alcohol Relapse among alcoholics

Variable		Emotional Intelligence	Alcohol Relapse
Emotional Intelligence	**Pearson Correlation**	1	
	Sig. (2-tailed)		
	N	100	
Alcohol Relapse	**Pearson Correlation**	-.361**	1
	Sig. (2-tailed)	.004	
	N	100	100

p<0.01**

According to Table 3 it can be understood that there is a significant negative relationship exist between emotional intelligence and alcohol relapse (r= -.361, p<0.01). Which suggests that when the level of emotional intelligence is high, the tendency of alcohol relapse is low and vice-versa respectively.

Table 4: Showing the interrelations between Perceived Social Support and Alcohol Relapse among alcoholics

Variable		Social Support	Alcohol Relapse
Social Support	Pearson Correlation	1	
	Sig. (2-tailed)		
	N	100	
Alcohol Relapse	Pearson Correlation	-.258**	1
	Sig. (2-tailed)	.002	
	N	100	100

p<0.01**

From the result Table-4 it is revealed that there is also a significant negative relation exist between perceived social support and alcohol relapse among the alcoholics (r= -.258, p<0.01), which indicates that when higher the level of perceived social support, the lower the alcohol relapse among the alcoholics and just vice-versa.

Figure I
The correlations of different variables with Alcohol Relapse are pictorially represented in Figure I respectively.

Showing Interrelations between Self-efficacy, Emotional Intelligence, and Perceived Social Support on Alcohol Relapse

SELF-EFFICACY   EMOTIONAL INTELLIGENCE   PERCEIVED SOCIAL SUPPORT
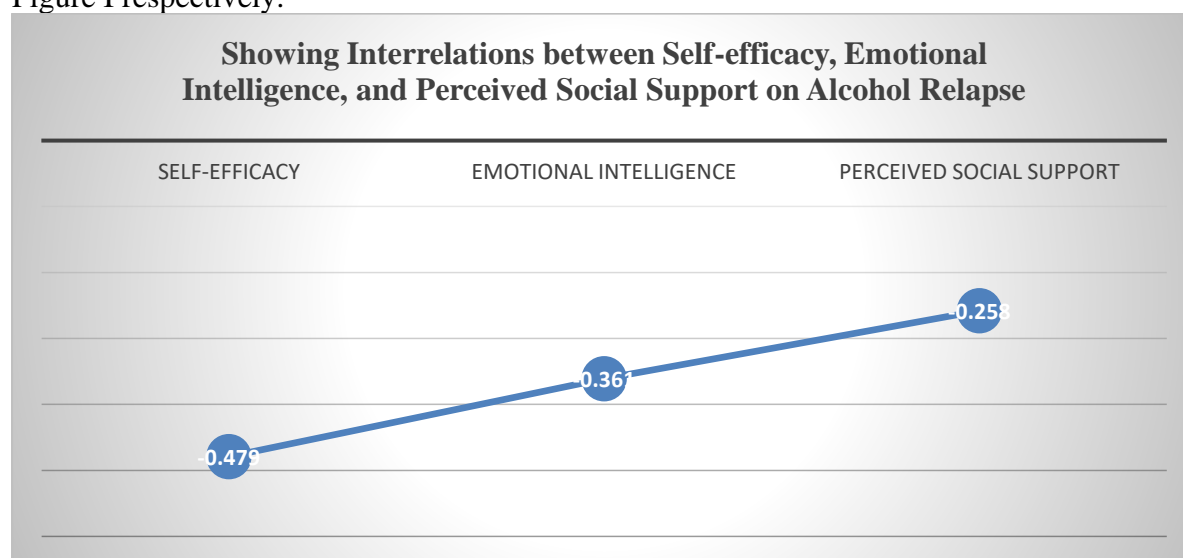
-0.258
-0.367
-0.479

Figure -I clearly reflects that there is a significant negative relationship exist with alcohol relapse considering self-efficacy, emotional intelligence, and perceived social support as variables. It means as the level of these three variables increase; the tendency of alcohol relapse decreases among the alcoholics.

The results revealed that there was a negative relationship exist between General Self-efficacy, Emotional Intelligence, and Perceived Social Support, which indicated that the higher the level of General Self-efficacy, Emotional Intelligence, and Perceived Social Support was the lower the tendency of alcohol relapse and vice versa. Bandura (1986), Corsini (1994), and Gossop (1997) explained that if higher the level of General Self-efficacy is found within an individual during the entire process of recovery, as a consequence, the higher the probability the alcohol relapse will maintain a long live without consuming alcohol. On the other hand, so far as the aspects of personal factors are concerned in the achievement of an alcoholic to be off alcohol, there is a crucial role of General Self-efficacy

to change the alcoholic towards a sustained life support system according to Bandura's Social Cognitive Theory (1997).

The findings supported by Ibrahim et. al. (2011) which also found a significant negative interrelation between General Self-efficacy and alcohol relapse. Individuals who have a lower level of Self-efficacy are more prone to continue the consumption of alcohol. Another study by Wiechelt Smyth (2016) also examined the groups who had a lower level of Self-efficacy are mostly the adolescents. Furthermore, most of the participants associated in this research are youths aged varies between 18-38 years respectively.

Though, the concept has been proposed in the theory of Emotional Intelligence, Goleman (1995) supports the competence of an individual in emotional self-motivation can either block a return to the alcohol relapse or remain out of alcohol. in addition, a significant negative interrelation with others will clear the strength of emotional intelligence in order to support an alcoholic. People who have a sense of high emotional intelligence are less likely to in turn to a tendency of relapse than those who have a sense of lower level of Emotional Intelligence as well.

On the other hand, the Social Cognitive Theory (1997), provides the effect of Perceived Social Support is better for the environment for alcoholics. Aspects of positive social interaction including community support, family members, and colleagues are environmental factors in order to support internally and externally the alcoholics who have been experiencing relapse (Bandura, 1997; Zimet et al., 1988). Perceived social support factors such as the support from peers, family, and the community are believed to have an influence on the reduction of alcohol relapse. Although, the interrelation between perceived social support with alcohol relapse is weak in the current study, but social support was found to have a significant relationship and identified between the factors that influence the tendency of alcohol relapse. The results of the current study were reliable with the findings of the Razali, Madon, Juhari and Samah (2016) which indicated that Perceived Social Support was given to alcoholics, especially after undergoing a treatment programme to a large extend.

CONCLUSION

Tu sum up, it is reasonable to conclude that, Self-efficacy, Emotional Intelligence, and Perceived Social Support are the important parameters for the alcoholics in order to maintain an alcohol free and healthy life style. After getting treatment from the rehabilitation centres, the importance of attending Narcotic Anonymous and Alcoholic Anonymous should be explained to the alcoholics. As they come back to the family, the family members need to be counseled in a proper manner and the right to love, respect, and accept to his own self is an essential part which ultimately support for coming back to the main stream as well.

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