The International Journal of
INDIAN PSYCHOLOGY

Research Paper

Difference in Emotional Intelligence and Positive-Negative Affectivity Among the Liquor Consumers and Non-Liquor Consumers

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ABSTRACT

The notions of Emotional Intelligence, Affect, and alcohol consumption hold profound importance within the realm of psychology. Acknowledging their significance, this study aims to investigate the Disparities in Emotional Intelligence and Positive-Negative Affectivity between individuals who consume alcohol and those who do not. A sample of 100 participants was meticulously chosen from the urban expanse of Delhi NCR. The findings of this study reveal a notable disparity in Emotional Intelligence between consumers of alcohol and non-consumers, while no discernible difference was observed in terms of Positive-Negative Affectivity. This underscores the intricate interplay between emotional facets and alcohol consumption. The implications of these results hold potential for a deeper understanding of psychological dynamics and their associations with alcohol utilization.

The research delves into the distinction between emotional intelligence and positive-negative affectivity in individuals who consume alcohol and those who do not. Embedded within the realms of Positive Psychology and Counselling Psychology, the study aims to unveil the influence of alcohol consumption on emotional intelligence and emotional states. It builds upon previous research that has hinted at a correlation between alcohol use and emotional intelligence components, as well as positive and negative affectivity.

Emotional intelligence, a pivotal aspect, encompasses understanding and managing one's own emotions as well as those of others. Its significance in leadership, job performance, and social interactions is well-documented. Factors such as genetics, environment, and personal attributes impact emotional intelligence. This trait also interlaces with academic achievements, workplace competence, and even medical practice. Notably, the Emotional Intelligence theory by Daniel Goleman outlines key components like self-awareness and empathy, underscoring the importance of emotional acumen in effective communication and

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leadership. Positive and negative affectivity constitute the emotional spectrum, influencing decision-making and behavior. The former embodies contentment and energy, while the latter encapsulates distress and unease. These states exert influence on judgments, often aligned with the current mood. However, it's worth noting that both positive and negative affectivity can coexist within an individual, challenging the conventional understanding of a bipolar emotional scale. Alcohol consumption introduces immediate and long-term psychological repercussions. While it may offer initial sensations of pleasure and relaxation, it can also impair cognitive functions, memory, mood, and emotional stability. Mood swings and emotional disturbances can ensue, potentially intensifying existing mental health conditions like depression and anxiety. Additionally, alcohol can lower inhibitions, leading to risky behaviors and flawed decision-making.

In essence, the study investigates how alcohol consumption impacts emotional intelligence and affective states. This unique inquiry aims to comprehend the intricate relationship between alcohol, emotional intelligence, and emotions. The study's emphasis on the Indian population adds a novel dimension to the research landscape. By illuminating the connections between alcohol, emotional intelligence, and emotional states, the study stands to offer valuable insights into alcohol's effects and contribute to the treatment of Alcohol-Use Disorder.

Continuous research is essential for gaining fresh insights into various phenomena. A thorough understanding of existing literature is crucial to build on prior knowledge, identify gaps, and create new theories and methods. Reviewing past research helps to eliminate redundancy and contributes to solving research challenges. By spotting gaps, researchers lay the foundation for addressing knowledge deficiencies. This process plays several critical roles in research, enhancing its effectiveness and quality. In the current study, the empirical research explores the variables of Emotional Intelligence, Positive-Negative Affectivity, and Liquor Consumption. The literature review concentrates on identifying psychological elements related to these variables, striving to discern relationships based on available literature. The chapter concludes with a summary of the literature review's findings.

A compilation of recent research sheds light on the Intricate connections between emotional intelligence (EI), peer interactions, subjective wellbeing, and their implications. *Hamilton et. al.*, (2021) found that positive peer interactions on social media can positively influence females' emotional reactivity and persistent affect. *Huebner et. al.,* (1996) highlighted the structural shift in subjective wellbeing from late childhood to early adulthood. *Brenadette et. al.,* (2010) emphasized the role of EI in addictions, particularly the decoding and regulation of emotions, which correlate with higher substance use. *Schutte, Malouff & Hine* (2011) revealed a link between lower trait emotional intelligence and heavy drinking, indicating that emotional intelligence may provide insights into problem drinking. *Peterson, Malouff & Thorsteinsson* (2011) identified a significant correlation between alcohol involvement and lower EI, particularly for alcohol-related problems. *Dallman, Bailliard & Harrop* (2022) showcased how momentary social contact and task satisfaction influence negative affect, with affective instability predicting depressed symptoms. Di Fabio, Saklofske et al. (2023) unveiled central EI and personality components, with sociability and emotionality acting as a link. Lastly, Galindo-Domínguez & Iglesias (2023) emphasized the importance of fostering emotional intelligence and healthy peer relationships in adolescents to mitigate adolescent suicidal behavior. These studies collectively underscore the critical interplay between emotional intelligence, peer interactions, wellbeing, and psychopathology, offering insights into potential interventions and understanding of these complex dynamics.

In summary, continuous research advances our understanding of various processes. Reviewing existing literature is a pivotal step, aiding in knowledge expansion, gap identification, and new theory formulation. The empirical study investigates emotional intelligence, affectivity, and liquor consumption, drawing connections between these variables based on comprehensive literature analysis.

METHODOLOGY

Aim:
To explore the differences in Emotional Intelligence and Positive – Negative Affectivity of liquor consumers and non-liquor consumers.

Objective:
- To assess if a significant difference exists in Emotional Intelligence scores between alcoholic consumers and non-alcoholic individuals.
- To examine whether a statistically significant difference in Affectivity scores exists between alcohol consumers and non-consumers.

Hypotheses
- H1 There would be no significant difference in the Emotional Intelligence scores between alcoholic consumers and non-alcoholic individuals.
- H2 There would be no significant difference in Affectivity scores between alcohol consumers and non-consumers.

Rationale of Study
This study investigates the relationship between emotional intelligence, affectivity, and alcohol consumption, contributing to an underexplored area. By examining potential variations, it enriches academic knowledge about alcohol's psychological effects. Findings could aid mental health professionals and intervention programs, offering practical tools to address emotional challenges. Moreover, it empowers individuals to make informed decisions about alcohol's impact on emotional wellbeing. This research also contextualizes emotional responses within cultural norms, providing insights for culturally sensitive interventions and public health campaigns. For young adults, it offers vital insights into how alcohol influences emotional intelligence during a critical developmental phase.

Research Design
This study employs a Descriptive Research Design, integrating key statistical measures such as mean and standard deviation to gain insights into sample characteristics. Additionally, inferential statistical methods, including the t-test, will be utilized to rigorously examine the hypotheses concerning differences in variables. The t-test is specifically employed to assess significant differences in Emotional Intelligence and Positive-Negative Affectivity between alcoholic and non-alcoholic participants. This design allows for a comprehensive understanding of the studied psychological variables within the context of alcohol consumption. The research centers on three primary variables: 1) Emotional Intelligence, 2) Positive-Negative Affectivity, and 3) Alcohol Consumption. The use of both descriptive and inferential statistics ensures a comprehensive analysis of these variables within the study population.

Sample

The study comprised a sample of 100 participants, divided into two categories: alcohol consumers and non-consumers. Among them, 50 individuals formed the alcohol consumer group, occasionally using alcohol, while the non-alcohol consumer group consisted of 50 individuals who abstained from alcohol. The sample was selected using a Purposive Sampling approach, incorporating specific selection criteria. All participants were within the age range of 20 to 25 years and resided in the Delhi NCR urban area. The average age was 22.36 years (SD= 15210). To ensure comparability, participants were matched for age, gender, socioeconomic status, and other relevant demographic and psychological characteristics. This matching aimed to minimize bias and confounding factors in the study's results.

Tools Used

The research utilized two key assessment tools: the Emotional Intelligence Questionnaire and the PANAS-SF. The former is a comprehensive 50-item questionnaire designed to evaluate an individual's self-awareness, self-regulation, motivation, empathy, and interpersonal skills. The latter, PANAS-SF, is a widely recognized tool for measuring mood, capturing the dynamic interplay of positive and negative affect across various personality traits. Participants' emotional states were assessed through a 20-item questionnaire, with responses scored on a 5-point Likert scale, providing valuable insights into their mood characteristics.

Procedure

The current study employs a Quantitative Research Design, which aims to determine the prevalence of specific viewpoints, behaviors, or emotions. This design relies on large sample sizes, focusing on the quantity of responses rather than nuanced emotional understanding. Uniform questions are posed to all respondents, allowing for a comprehensive and fair data sample. The collected information is presented numerically, facilitating statistical analysis. The mean, calculated by summing the provided numbers and dividing by the total count, is used for statistical evaluation. Additionally, the independent sample t-test is applied to compare means between two distinct groups. The research utilizes Purposive Sampling to select participants, ensuring a strategic representation of the sample. This approach aids in analyzing the variance and relationships between the studied variables.

RESULTS

Descriptive Statistics

Table 1: shows the study sample's descriptive data – mean and standard deviations and Independent Samples Test (significance values obtained from T-test)

	Mean	S.D.	Levene's Test for Equality of Variances (significance values)
Self-awareness-EI			
Consumers	36.87	4.97	0.095
Non-consumers	41.19	3.98	
Managing emotion- EI			
Consumers	34.01	5.21	0.779
Non-consumers	40.26	4.92	
Motivating oneself-EI			
Consumers	34.62	4.91	0.860

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Non-consumers	40.10	4.77	
Empathy-EI			
Consumers	36.35	5.28	0.096
Non-consumers	41.02	4.29	
Social skill- EI			
Consumers	35.90	4.51	0.343
Non-consumers	41.00	4.20	
Positive affect- PANAS			
Consumers	32.88	5.16	0.603
Non-consumers	34.84	5.51	
Negative affect- PANAS			
Consumers	28.38	5.62	0.800
Non-consumers	28.52	5.48	

The means, standard deviations, and t-values for each dimension are mentioned in table 1. For the dimensions of Emotional Intelligence (EI):

1. Self-awareness: The mean score for consumers (36.87) is lower than non-consumers (41.19). For Consumers the standard deviation of Self-awareness scores for alcoholic consumers is 4.97. Whereas, for Non-consumers the standard deviation of Self-awareness scores for non-alcoholic individuals is 3.98. However, the difference is not statistically significant ($p = 0.095$).

2. Managing emotion: The mean score for consumers (34.01) is again lower than non-consumers (40.26), and this difference is also not statistically significant ($p = 0.779$). For Consumers the standard deviation of Managing Emotion scores for alcoholic consumers is 5.21. Whereas, for Non-consumers the standard deviation of Managing Emotion scores for non-alcoholic individuals is 4.92.

3. Motivating oneself: Consumers (34.62) have a lower mean score than non-consumers (40.10), but this difference is not statistically significant ($p = 0.860$). For Consumers the standard deviation of Motivating Oneself scores for alcoholic consumers is 4.91. Whereas for the non-consumers the standard deviation of Motivating Oneself scores for non-alcoholic individuals is 4.77.

4. Empathy: Once more, consumers (36.35) have a lower mean score compared to non-consumers (41.02), but this difference is not statistically significant ($p = 0.096$). For Consumers the standard deviation of Empathy scores for alcoholic consumers is 5.28. Whereas for Non-consumers the standard deviation of Empathy scores for non-alcoholic individuals is 4.29.

5. Social skill: In this dimension, the mean score for consumers (35.9074) is lower than non-consumers (41.0000). For Consumers the standard deviation of Social Skill scores for alcoholic consumers is 4.51. Whereas for Non-consumers the standard deviation of Social Skill scores for non-alcoholic individuals is 4.20. However, even with the corrected values, the p-value is 0.343, indicating that there is still no statistically significant difference between consumers and non-consumers in terms of social skill.

For the dimensions of Affectivity (PANAS):

1. Positive affect: The mean score for consumers (32.88) is lower than non-consumers (34.84), but this difference is not statistically significant (p = 0.603). For Consumers the standard deviation of Positive Affect scores for alcoholic consumers is 5.16 whereas, for Non-consumers: The standard deviation of Positive Affect scores for non-alcoholic individuals is 5.51.

2. Negative affect: Consumers (28.38) have a lower mean score compared to non-consumers (34.84). However, once again, this difference is not statistically significant (p = 0.800). For Consumers the standard deviation of Negative Affect scores for alcoholic consumers is 5.62. Whereas, for non-consumers the standard deviation of Negative Affect scores for non-alcoholic individuals is 5.48.

The first hypothesis stated that there would be no significant difference in the Emotional Intelligence scores between alcoholic consumers and non-alcoholic individuals. Looking at the significance values for each dimension of Emotional Intelligence, it appears that none of them have p-values less than 0.05 (the chosen significance level). This suggests that there is no significant difference in Emotional Intelligence scores between alcoholic consumers and non-alcoholic individuals across all dimensions.

The second hypothesis stated that there would be no significant difference In Affectivity scores between alcohol consumers and non-consumers. Similar to the Emotional Intelligence analysis, when examining the significance values for Positive Affect and Negative Affect, both dimensions have p-values greater than 0.05. Therefore, there is no significant difference in Affectivity scores between alcohol consumers and non-consumers. These standard deviation values provide insights into the variability or spread of scores within each group (consumers and non-consumers) for each dimension. A higher standard deviation indicates greater variability, while a lower standard deviation suggests that scores are clustered closely together.

Thus, to conclude with for Emotional Intelligence there is no significant difference in Emotional Intelligence scores between alcoholic consumers and non-alcoholic individuals across various dimensions (self-awareness, managing emotions, motivating oneself, empathy, social skill) hence the null hypothesis is accepted. For Affectivity as well, there is no significant difference in Affectivity scores (both positive and negative affect) between alcohol consumers and non-consumers, hence the second null hypothesis is accepted as well. These results suggest that in your study, alcohol consumption did not show a significant impact on Emotional Intelligence or Affectivity scores among the participants.

In other words, the study did not find any substantial evidence to support differences in these dimensions between those who consume alcohol and those who do not within the sample population. These results align with the earlier conclusion that alcohol consumption alone does not appear to be a significant factor in explaining variations in Emotional Intelligence or Affectivity among the participants.

DISCUSSION

The study aimed to explore the differences in Emotional Intelligence (EI) and Affectivity (measured in terms of positive and negative affect) between alcohol consumers and non-consumers. To investigate this, various dimensions of Emotional Intelligence and Affectivity were assessed in both groups.

Difference in Emotional Intelligence and Positive-Negative Affectivity Among the Liquor Consumers and Non-Liquor Consumers

Emotional Intelligence (EI) is a vital aspect of an individual's psychological well-being. It encompasses self-awareness, the ability to manage emotions, motivation, empathy, and social skills. Affectivity, on the other hand, focuses on an individual's emotional state, including both positive and negative emotions. Understanding the potential impact of alcohol consumption on these psychological variables is essential, as it can shed light on the complex relationship between alcohol use and emotional well-being.

The study had two primary objectives the first objective was to assess if a significant difference exists in Emotional Intelligence scores between alcoholic consumers and non-alcoholic individuals. The second objective was to examine whether a statistically significant difference in Affectivity scores exists between alcohol consumers and non-consumers. These objectives set the stage for the investigation by clearly outlining the dimensions under study and the parameters for comparison.

The study formulated two hypotheses to investigate the impact of alcohol consumption on Emotional Intelligence (EI) and Affectivity the first hypothesis stated that there would be no significant difference in the Emotional Intelligence scores between alcoholic consumers and non-alcoholic individuals. Whereas, the second hypothesis states that there would be no significant difference in Affectivity scores between alcohol consumers and non-consumers. These hypotheses were designed to assess whether alcohol consumption, as a sole factor, could explain variations in EI and Affectivity among the study participants.

The research employed a quantitative research design to assess Emotional Intelligence and Affectivity among alcohol consumers and non-consumers. The study used key statistical measures such as mean, standard deviation, and the independent sample t-test to analyse the data. Purposive sampling was employed to select a sample of 100 participants, divided equally between alcohol consumers and non-consumers. Demographic characteristics, including age, gender, and socioeconomic status, were carefully matched between the two groups to minimize potential biases. The Emotional Intelligence Questionnaire and the PANAS-SF were utilized to measure Emotional Intelligence and Affectivity, respectively. Participants completed these questionnaires, and the scores were analysed using the t-test.

The study's findings, based on mean scores, standard deviations and t-values, indicate that there are no statistically significant differences between alcoholic consumers and non-alcoholic individuals in any of the dimensions assessed. This means that, within the sample population studied, alcohol consumption alone does not appear to be a significant factor in explaining variations in Emotional Intelligence or Affectivity.
The lack of statistically significant differences in Emotional Intelligence dimensions, including self-awareness, managing emotion, motivating oneself, empathy, and social skill, suggests that alcohol consumption does not lead to substantial changes in these aspects of emotional functioning. This finding challenges the notion that alcohol use significantly affects an individual's ability to recognize and manage emotions or engage in effective interpersonal relationships.

Similarly, in terms of Affectivity, the study found no significant differences between alcohol consumers and non-consumers in positive affect (measuring feelings of contentment and enthusiasm) or negative affect (measuring feelings of distress and anxiety). This implies that alcohol consumption, at least within the parameters of this study, does not appear to have a substantial impact on the emotional states of individuals.

It's important to note that these findings are specific to the study population and the instruments used for assessment. Individual differences, such as frequency and quantity of alcohol consumption, reasons for drinking, and other contextual factors, may influence the relationship between alcohol use and Emotional Intelligence or Affectivity. Additionally, longitudinal studies and more extensive samples may provide a more comprehensive understanding of the long-term effects of alcohol on emotional well-being.

In conclusion, this research contributes to the understanding of the relationship between alcohol consumption and psychological variables. The results suggest that, within the studied population, there are no significant differences in Emotional Intelligence or Affectivity between alcohol consumers and non-consumers.

SUMMARY AND CONCLUSION

This research explores differences in Emotional Intelligence and Affectivity between alcohol consumers and non-consumers. A purposive sample of 100 participants from the Delhi NCR urban area, divided equally, was studied. Descriptive statistics, including means and standard deviations, were used for analysis. The Levene's Test for Equality of Variances assessed variance equality. The research aims to uncover potential effect of alcohol consumption on emotional well-being, social interactions, and behavioural patterns, contributing to psychology's understanding of these relationships. Based on the t-values and p-values, it is evident that there are no statistically significant differences between alcoholic consumers and non-alcoholic individuals in any of the dimensions that were assessed, including Emotional Intelligence (self-awareness, managing emotion, motivating oneself, empathy, social skill) and Affectivity (positive affect, negative affect). In light of the study's hypotheses, objectives, and procedure, the findings reveal that alcohol consumption alone does not seem to lead to significant differences in Emotional Intelligence or Affectivity among the studied participants. This suggests that other factors, such as individual drinking patterns, motivations for alcohol consumption, or external stressors, may play a more substantial role in influencing emotional well-being.

These results underscore the complexity of the relationship between alcohol use and emotional functioning and emphasize the importance of considering individual variations in future research. Additionally, the findings have implications for public health strategies and interventions aimed at enhancing emotional well-being among alcohol consumers. Further research is needed to explore these relationships in more diverse populations and over extended periods to gain a comprehensive understanding of the effects of alcohol on emotional health.

Limitation

This study has several limitations that warrant consideration. First, the sample size of 100 participants, consisting mainly of young adults from a specific geographic region, raises concerns about the generalizability of the findings. Additionally, the use of a cross-sectional design prevents the establishment of causal relationships. Self-report measures introduced potential biases, including recall and social desirability bias. The purposive sampling method may have introduced selection bias, and a more diverse and randomly selected sample would enhance external validity. An exclusively quantitative approach limited the depth of exploration, and future research could benefit from mixed-methods approaches. Cultural factors were not thoroughly examined, impacting generalizability. The study did not explore potential mediating variables. Finally, the response rate may have introduced bias, and

objective measures of alcohol consumption were lacking. These limitations underscore the
need for caution when interpreting the results and suggest directions for future research.

Implications

The findings of this study have significant implications for both clinical practice and public
health initiatives. Understanding the differences in emotional intelligence and affectivity
between alcohol consumers and non-consumers can inform tailored interventions for
individuals struggling with alcohol use. Clinicians can use this knowledge to develop targeted
therapies that address emotional regulation in alcohol-dependent individuals. Furthermore,
public health campaigns aimed at promoting responsible alcohol consumption may benefit
from incorporating strategies to enhance emotional intelligence and affectivity, potentially
reducing the negative consequences associated with alcohol use.

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Conflict of Interest
The authors declare that there are no conflicts of interest pertaining to this research. We affirm that our work has been conducted without any financial or personal relationships that could potentially bias the outcomes or interpretation of the findings presented in this paper. Transparency and ethical conduct have been upheld throughout the research process.

How to cite this article: Roy, A.S. & Pandey, D. (2023). Difference in Emotional Intelligence and Positive-Negative Affectivity Among the Liquor Consumers and Non-Liquor Consumers. *International Journal of Indian Psychology*, *11(3),* 3398-3407. DIP:18.01.318.20231103, DOI:10.25215/1103.318