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INFLUENCE OF SELF-ESTEEM, EMOTIONAL INTELLIGENCE ON ALCOHOL USE AMONG CIVIL DEFENSE PERSONNEL IN JOS, PLATEAU STATE NIGERIA

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ABSTRACT

*This study investigated self-esteem and emotional intelligence on alcohol use among civil defense personnel. The participants were 100 civil defense personnel aged 35and above were (86%), age 26-35yrs (12%) and age 18-26 years (2%). The gender distribution revealed that (52%) were females and (48%) males. While (76%) were married and singles were 24%. The hypotheses stated in the study were tested with the 2-way analysis of variance (ANOVA) at 0.05 significance level. Results indicated that self-esteem had no significant effect on alcohol use (*F = 2.780, *p* = 0.099); *emotional intelligence had a significant effect on alcohol use (*F = 6.611, *p* = 0.012*); and there was no significant interaction effect of self-esteem and emotional intelligence on alcohol use among civil defense personnel (*F = 2.770, *p* = 0.099). *In conclusion, there was no interaction effect between self-esteem and emotional intelligence on alcohol use among civil defense personnel and therefore, recommended among others that families, government and religious institutions should be more proactive in the fight against the use of harmful substances such as alcohol and other illicit drugs.*

KEYWORDS: Self-esteem, Emotional Intelligence, Alcohol, civil defense, Personnel.

Introduction

Substance use and dependence has been a serious health problem for years. Risks of life-time alcohol related disorders to males and females are 15% and 8.10% respectively, and genetic and environmental factors are responsible for 60% and 40% of the risk (Anderson &Baumberg, 2006). Substance dependence has recently turned into one of the most important social problems. Clinical findings have shown personality traits, social relations, attitudes and values, along with emotional intelligence factors such as emotions, feelings, emotions management, challenging with problems, problem solving, tolerating psychological pressure, impulse control, self-esteem and interpersonal relations, to affect substance dependence (Haj Hosseini &MehdizadehZare Anari,2011) .While patients with substance dependence have a higher chance of becoming dependent on a second substance. An extensive monitoring called NSDUH (National survey on Drug use and health 2010) was carried-out in USA in 2010 on all

the substance related disorders reporting alcohol as the most commonly used substance after tobacco.

Emotional Intelligence determines how emotions direct an individual towards life objectives. The relationship between Emotional Intelligence and life skills shows that a higher level is accompanied with a better problem-solving skill and adaption as well as a lower level of anxiety (Mayer &Salovey, 1997). Emotional intelligence is an important factor that is often considered in terms of predicting peoples' choice in various life activities and predicted to have positive correlations with extraversion, empiricism, adaptation and conscientious and totally with stable behavior and emotion. On the contrary, it is thought to have negative correlations with neuroticism, instability and accordingly substance abuse. (Shafietabar, Khodapanahi&Sedgh Pour, 2008). According to Lubin& Johnson, (2000), individuals who consume alcohol and smoke, and consume other illegal drugs commonly have low Emotional Intelligence.

Numerous studies have evaluated different aspects of Emotional Intelligence like gender difference is not considered however, few studies have been conducted on the consumption of drugs and alcohol among female and males Emotional Intelligence is effective in alcohol use and negative affection tendency desire for alcohol as a withdrawal symptom at the beginning of treatment is higher in the alcohol dependent patients with low level of Emotional Intelligence (Brackett, Rivers, Lerner, Salovey, &Shiffman, 2006).

The effect of emotional intelligence on self-esteem alcohol dependency reflects an individual's overall subjective emotional evaluation of his or her own worth. It is the decision made by individual as an attitude towards the self. Self-esteem encourages beliefs about oneself, as well as emotional states, such as triumph despair, pride and shame (Brackett, & Caruso, 2005).

Self-esteem has traditionally been defined as a stable sense of personal worth and worthiness (Rosenberg, 1965). Also, self-esteem is related to similar notions like self-worth self-regard and self-respect that all compass the individual beliefs about his or herself (Lefley, 1997). It is not uncommon however to distinguish between self-esteem and self-confidence as the latter is more related to a person's sense of personal capacity rather than personal worth and refers to the appraisal of one's competence, skill or ability often in a specific domain with more objective criteria and past results as determinant (Crocker & Major, 1989). Simply put, Self-esteem means feeling about you. Smith & Mackie (2007) defines self-esteem as what we think about ourselves, is the positive or negative evaluations of the self, as in how we feel about it. Self-esteem basically refers to a person's assessment or appraisal of his or her own worth. Self-esteem is currently considered a universal psychological quality of outmost important for personal wellbeing (Cruikshank, 2006). According to Cruikshank (2006) self-esteem becomes a highly effective means for the individual to govern themselves in order to become healthy. Hence there is a dearth on the contribution of self esteem and emotional intelligence are to alcohol use.

Statement of the Problem

Looking at the rate in which alcohol has affect both the young and old negatively is a thing of concern and its contribution to the risk of developing heart disease. Also, it alters consciousness, cognition and emotional instability, which may result to accidental discharge

or negative behavior while on duty and in a long run making the user vulnerable and susceptible to crime and criminality. Thus because of the increase rate of alcohol use in Nigeria the study aimed to find out he role of self esteem and emotional intelligence among civil defense personal in Jos Plateau state.

Objective of the Study

To determine the effect of self-esteem on alcohol use among civil defense personnel

To determine the effect of emotional intelligence on alcohol use of civil defense personnel

To determine the interaction effect of emotional intelligence and self-esteem on alcohol use of civil defense personnel.

Method

Participants

The 100 personnel of the Nigerian Civil Defense Corps (NSCDC) in Jos, Plateau State. Aged 35and above were (86%), age 26-35yrs (12%) and age 18-26 years (2%). The gender distribution revealed that (52%) were females and (48%) males. While (76%) were married and singles were 24%were used for the study. The participants who participated in the study were selected using a purposive sampling technique.

Design

The ex-post facto design was used for the study. The independent variable were self-esteem and emotional intelligence, in which self-esteem has two levels: high and low and emotional intelligence also having two levels: high and low and alcohol use was the dependent variable.

Instrument

Rosenberg Self-esteem scale

Developed by Rosenberg (1965), the scale is a 10-item self-report measure of global self-esteem; The Rosenberg Self-Esteem Scale was originally developed to assess self-esteem among adolescents. It consists of 10 statements related to overall feelings of self-worth or self-acceptance. The items are answered on a five-point scale ranging from strongly agrees to strongly disagree. Items 1, 3, 4, 7, and 10 are positively worded, and items 2, 5, 6, 8, and 9 negatively.

The internal consistency of the scale in a validation test carried out by Martín-Albo, Núñez, Navarro, and Grijalvo was assessed with Cronbach's alpha. The values obtained in the first and the second administration were .85 and .88, respectively. The value of the test-retest correlation was .84. These results confirm the uni dimensional structure of the proposed by Rosenberg (1979) in which both the internal consistency and test-retest correlation were good, supporting the reliability of the scale. Coefficient alphas were calculated to determine the internal consistency of this variation of the RSES in general population. The results of these analyses demonstrated internal consistencies for the Total r= 0.69. An overall mean internal consistency of the RSES- is .59.

Wong and Law Emotional Intelligence Scale (WLEIS)

The Wong and Law Emotional Intelligence Scale (WLEIS). This scale was developed by Wong and Law (2002). It was adopted to measure the emotional-social intelligence of adolescents in

this study. The Wong and Law Emotional Intelligence Scale was developed and validated by Wong & Law (2002) and is based on Davies (1998) four-dimensional definition of emotional intelligence. There are 16 items on the scales which assess emotional-social intelligence competences in four areas; Self-Emotional Appraisal, Others-Emotions Appraisal, Use of Emotion and Regulation of Emotion. The scale is preferable for this study because it was built on Mayer, Caruso, & Salovey's (1999) Emotional Intelligence Test Scales It also contains a smaller number of items and has been validated and used among Nigerian students. The Wong and Law Emotional Intelligence Scale was measured on a 5-point Likert format type scale from "0"(strongly disagree) to "4"(strongly agree).Sample questions on this scale are "I have a good sense of why I have certain feelings most of the time", "I always know whether or not I am happy" and "I have good control of my own emotions". On the average, it takes 6 minutes to fill the questionnaire. Higher score on this questionnaire shows good emotional-social intelligence while lower scores indicate poor emotional-social intelligence. While the Wong and Law Emotional intelligence Scale, Coefficient alphas were calculated to determine the internal consistency in general population.

CAGE Alcohol Questionnaire

CAGE and CAGE-AID developed in 1970 and published by John Ewing 1984 was used to measure alcohol use. The Scale, a widely used self-report instrument for evaluating alcohol use and dependence in adults, it consists of 4 items that assess alcohol use and alcohol problems. Items responses are either "yes or "no. The results of these analyses demonstrated internal consistencies for the Total r= 0.90. Also, the CAGE and CAGE-AID Coefficient alphas were calculated to determine the internal consistency in general population as follows: Cronbach's alpha (α=.71).

Research Procedure

Approval was given for the research to be conducted by the management of civil defense Jos, Plateau state command. In line with ethical standard the participants were assured of confidentiality of all information provided and they can opt out at any time after words questionnaires were administered to them in their respective offices, in which they carefully answered and returned the questionnaires.

Method of Data Analysis

The data were analyzed using Statistical Packages for the Social Sciences (SPSS). The research hypotheses were tested using 2 ways ANOVA. The descriptive analysis tools in the SPSS were employed to develop tables and frequencies which were constructively analyzed.

RESULT

The descriptive and inferential results from the analyzed data collected are presented in the present chapter. The socio-demographic characteristics of the study participants are presented below.

Table 1: Socio-demographic Characteristics of Study Participants

	Frequency	Percent %
Age Group		
18-26 years	2	2.0
26-35 years	12	12.0
> 35 years	86	86.0
Gender		
Male	48	48.0
Female	52	52.0
Marital Status		
Single	24	24.0
Married	76	76.0
Religion		
Christianity	83	83.0
Islam	16	16.0
Others	1	1.0

Table 1 shows the socio-demographic characteristics of the study participants. The table revealed that the majority (86%) of the study participants were 35 years of age and above, the gender distribution revealed that the majority (52%) were females, indicating that there were more females than males. Regarding participant's marital status, majority (76%) were married; furthermore, majority (83%) of the participants were Christians.

Hypothesis Testing

The hypotheses stated in the study were tested with the 2-way analysis of variance (ANOVA) at $p \leq 0.05$ significance level and the results are presented below:

Table 2: 2-Way ANOVA Source Table for Self-esteem and Emotional Intelligence on Alcohol Abuse

Source	Type III Sum of squares	df	Means square	F-ratio	Sig.
Corrected Model	12.271	3	4.090	2.435	.070
Intercept	446.800	1	446.800	265.938	.000
Self-esteem	4.670	1	4.670	2.780	.099
Emotional intelligence (EI)	11.107	1	11.107	6.611	.012
Self-esteem*EI	4.654	1	4.654	2.770	.099
Error	161.289	96	1.680		
Total	740.000	100			
Corrected Total	173.560	99			

Hypothesis 1

Self-esteem will have a significant effect on alcohol abuse.

Results revealed that self-esteem did not have a significant effect on alcohol abuse, Mean; 2.35, 2.89; F (1, 96) = 2.780, p = 0.099 (p>.05). The hypothesis is not supported. Table 3 shows the mean scores alcohol abuse across levels of self-esteem.

Table 3: Mean Score of Alcohol Abuse across levels of Self-esteem

Self-esteem	Mean alcohol abuse	Std. Error	95% Confidence Interval	
			Lower Bound	Upper Bound
Low	2.35	.18	1.99	2.72
High	2.89	.26	2.37	3.42

Hypothesis 2

Emotional intelligence will have a significant effect on alcohol abuse.

Results revealed that emotional intelligence have a significant effect on alcohol abuse, Mean; 3.04, 2.21; F (1, 96) = 6.611, p = 0.012 (p<.05). The hypothesis is supported. This means that individuals with low emotional intelligence are predisposed to alcohol abuse. Table 4 shows the mean scores of alcohol abuse across levels of emotional intelligence.

Table 4: Mean Score of Alcohol Abuse across levels of Emotional Intelligence

Emotional intelligence	Mean alcohol abuse	Std. Error	95% Confidence Interval	
			Lower Bound	Upper Bound
Low	3.04	.28	2.49	3.58
High	2.21	.17	1.88	2.54

Hypothesis 3

There will be a significant interaction effect of self-esteem and emotional intelligence on alcohol abuse. Results revealed that there was no significant interaction effect of self-esteem and emotional intelligence on alcohol abuse, Mean; 2.50, 2.21, 3.57, 2.21; F (1, 96) = 2.770, p = 0.099 (p>.05). The hypothesis is not supported. Table 5 shows the mean scores of alcohol abuse across interactions.

Table 5: Mean Score of Alcohol Abuse across Self-esteem and Emotional Intelligence Interactions

Self-esteem	Emotional intelligence	Mean alcohol abuse	Std. Error	95% Confidence Interval	
				Lower Bound	Lower Bound
Low	Low	2.50	.25	2.00	3.01
	High	2.21	.27	1.68	2.73
High	Low	3.57	.49	2.60	4.54
	High	2.21	.20	1.82	2.60

Discussion of Findings

This study was aimed at investigating self-esteem and emotional intelligence on alcohol use among Civil defense Personnel. The first hypothesis indicated that self-esteem had no significant effect on alcohol use. This also implies that self-esteem was not an effective mediator of alcohol use amongst members of the Civil defense corps who participated in this

research This is in contrast with studies like Dashit&Zamani(2018) which showed significant effect of self-esteem on alcohol use among prison inmates.

The second hypothesis states that emotional intelligence will have a significant effect on alcohol use. Results revealed that emotional intelligence had a significant effect on alcohol use; this means that individuals with low emotional intelligence are predisposed to alcohol abuse. This result is supported by study of Dashit& Zamani (2018) who reported that emotional intelligence influence alcohol use among prison inmates.

Hypothesis three suggested that there will be a significant interaction effect of self-esteem and emotional intelligence on alcohol use of Civil Defense personnel. However, the results revealed that there was no significant interaction, as self-esteem and emotional intelligence did not significantly influence alcohol use which is in support of Farzad, Abbas &Saman (2014) findings that there is a negative significant correlation between tendency to substance abuse and self-esteem and also component of emotional intelligence. The lack of interaction may be due to the fact that most individuals with low self-esteem do not necessarily exhibit low emotional intelligence. In as much as low emotional intelligence influenced alcohol use, self-esteem had no significant effect.

Conclusion

The study investigated the role of self-esteem and emotional intelligence on alcohol use among Civil defense personnel. The study found that self-esteem did not influence alcohol use for both female and male participants. The study also revealed that emotional intelligence has a significant effect on alcohol use. There was no interaction effect between self-esteem and emotional intelligence on alcohol use among Civil defense personnel.

Recommendations

Based on the findings of this study, the following recommendations were made:

1. The family, government and religious institutions should be more proactive in the fight against the use of harmful substances such as alcohol and other illicit drugs.
2. There is a need for psycho-education of civil defense personnel which will enhance their emotional intelligence.
3. The need for training focusingon the dangers of using alcohol at the work place and host community.
4. More research should be conducted with a larger sample size.

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