

Analysis of the relationship between emotional intelligence, resilience, and family functioning in adolescents' sustainable use of alcohol and Tobacco

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The use of alcohol and tobacco is related to several variables, which act as risk or protective factors depending on the circumstances. The objectives of this study were to analyze the relationship between emotional intelligence, resilience, and family functioning in adolescent use of alcohol and tobacco, and to find emotional profiles for their use with regard to self-concept. The sample was made up of 317 high school students aged 13 to 18, who filled out the Brief Emotional Intelligence Inventory, the Resilience Scale for Adolescents, the APGAR Scale, the Alcohol Expectancy Questionnaire-Adolescents, and the Five-Factor Self-Concept Questionnaire. The results revealed that emotional intelligence and resilience, specifically stress management and family cohesion, were significant in the group of non-users. Family functioning acts as a predictor for the onset of use of tobacco and alcohol. Positive expectancies about drinking alcohol were found to be a risk factor, and the intrapersonal factor was found to be protective. Both stress management and family cohesion were protective factors against smoking. Furthermore, cluster analysis revealed the emotional profiles for users of both substances based on self-concept. Finally, the importance of the direction of the relationship between the variables studied for intervention in this problem should be mentioned. Responsible use by improving adolescent decision-making is one of the results expected from this type of intervention. © 2019 by the authors.

Adolescents

Emotional intelligence

Family functioning

Resilience

Substance use

adolescence

alcoholic beverage

cluster analysis

drinking

family structure

health risk

human behavior

mental health

tobacco

Nicotiana tabacum