



Effectiveness of Emotional Intelligence on Emotional Alexithymia of Married Women Teachers in Yasuj City

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ABSTRACT

Objective: This study aimed to investigate the effect of emotional intelligence on emotional Alexithymia in Yasuj were married women teachers. **Methodology:** In this study, using cluster random sampling method among married women teachers in all schools in Yasuj, 40 subjects were selected and the two control groups were replaced by random assignment. After pre-test using questionnaires emotional Alexithymia Toronto (1994) came into operation, experimental group received 8 weekly sessions of emotional intelligence training and the control group were placed on a waiting list. **Results:** The test was conducted using the same tools. Analysis of covariance showed that emotional intelligence training had a significant impact in reducing participants' emotional Alexithymia ($P < 0.05$). **Conclusion:** The results of this study raise the emotional ability of couples through emotional intelligence training and reduce its impact on women Alexithymia emotional stresses.

1. Introduction

Alexithymia emotion is a multifaceted construct consisting of the difficulty in identifying feelings and distinguishing between feelings and bodily agitation associated with emotional arousal, difficulty describing feelings to others, which limits visualization of fantasy marked by poverty. Alexithymia people with emotional, physical agitation are large, physical signs of emotional arousal and emotional distress through bad harvests and emotional complaints show (Taylor & Bagby, 2000). Information processing and emotion regulation and cognitive disabilities, emotional Alexithymia called (Taylor & Bagby, 2000). Alexithymia emotion is a multifaceted construct consisting of the difficulty in identifying feelings and distinguishing between feelings and bodily agitation associated with emotional arousal, difficulty describing feelings to others, which limits visualization of fantasy marked by poverty (Taylor and Bagby, 2000). Alexithymia people with emotional, physical agitation are big, physical symptoms of emotional arousal are bad harvest and emotional distress through emotional complaints show (Wolin et al., 2007). In the late 1940s, McLean (1949) raised the issue emotional experience that many patients with psychosomatic disorders of consciousness symbolic and the verbal elaboration (Bermond et al., 2006). In some literature the concept of emotional Alexithymia clinical report Bagby et al. (2014) noted that the apparent inability of many psychosomatic patients spoke of feelings in words. Bagby et al (2014), the lack of mental imagery in patients with poor response to psychotherapy based on the insights noted.

Rash and McLean this property to a defect in symbolic portrayal of the emotions; McLean (1949) argues that the neocortex is functionally relevant. Shortly after Banerjee et al. (2013) and Bayot et al. (2014) reported similar features in psychiatric patients. These characteristics include lack of emotional awareness, decreased vision, concrete thinking, exterior style of life that behavior by the rules, expectations, plans and guides others, not emotions, desires and personal values. These people are able to take advantage of Analytic Psychotherapy and Psychosomatics syndrome are prone and often eating disorders such as depression, alcohol abuse and compulsive behaviors to regulate their internal states are suffering harassment. Beadle et al. (2013), who worked in France in the field of psychosomatic disorder later, a similar report from operating on patients' physical style of thinking, inability to access the

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inner life of feelings and fantasies and a method published without emotion in relation to others (Barney & Parker, 2000). Taylor et al (2011) suggested these five domains of emotional Alexithymia:

Difficulty in describing feelings, difficulty in distinguishing between feelings and bodily excitement that comes with emotional arousal, the lack of introspection, social conformity, the imaginative life of poverty and poor dream recall (Carty, 2012). Some features of this disorder are as follows: inability to recognize their emotions and verbal descriptions of emotions, defect in symbolic thought, the detection limit of attitudes, feelings, and wishes and drag the rigid posture, lack of emotional disclosure, lack of empathy and insight about their ability (Bonnet et al, 2013).

2. Materials and methods

2.1 The aim of the study

Determine the effectiveness of teaching emotional intelligence to emotional Alexithymia married women teachers in Yasuj.

2.2 Hypothesis

Emotional intelligence training on married women teachers in Yasuj Alexithymia emotional impact.

2.3 Methods

This study is a semi-experimental method. The study design is a pretest-posttest control group.

2.4 The population, sample size, sampling

The population consisted of all married women in Yasuj high school teachers are in the 92-93 school year.

This study is a randomized cluster sampling. Education of all school districts that are 20 school in Yasuj, 4 schools were selected randomly. Of all married women school teachers were asked to complete questionnaires. From among the two variables based on questionnaires Alexithymia emotional excitement of Toronto (1994), high scores and marital satisfaction (1992) found lower scores, 40 subjects were randomly selected. The experimental group received the intervention and control group received no intervention will remain on the waiting list.

2.5 Research Tools

Toronto Alexithymia emotional scale (Taylor et al, 1999) is a 20-item scale with three difficulty in identifying feelings (Article 7) difficulty describing feelings (5) and objective thinking (including 8 females) in size Likert score of 1 (strongly disagree) to a 5 (strongly agree) measures. A total score is the sum of the three sub-scale scores for overall emotional Alexithymia calculated.

2.6 A descriptive study of demographic variables

Table 1. Frequency and percentage distributions of the study and control groups

Groups	Grade	Number	Percent
Control	Associate	2	10
	Bachelor	9	45
	Masters	9	45
	Total	20	100
Experimental	Associate	3	15
	Bachelor	13	65
	Masters	4	20
	Total	20	100

As observed in the study participants in both the experimental and control groups in three and a Masters Associate and is Lsyans. As can be seen in cross-section sample of Associate (5) Bachelor's Degree (22) and graduate level (13).

3. Discussion and results

3.1 Inferential statistics and research hypothesis

Table 2. Mean and standard deviation of the experimental and control groups according to the stage of emotional Alexithymia

Variable	Stage	Index		Mean	SD	Number
		Group				
Emotional Alexithymia	Pretest	Experimental		65.21	8.38	20
		Control		63.32	6.71	20
	Post-test	Experimental		48.45	5.61	20
		Control		65.89	9.36	20

Table of descriptive measures of central tendency for both groups and the dependent variable Alexithymia emotional show. As can be seen the pre-test mean for the control group and Experimental excited Alexithymia near to each other, but at post-test decrease the experimental group had a mean.

Table 3. Results of t-test for comparison of means before and emotional Alexithymia

Group	Mean	Standard deviation	Difference	Value of t	Degrees of freedom	Significance level
Experimental	65.21	8.38	1.89	0.232	38	0.57
Control	63.32	6.71				

Above the mean and standard deviation of the experimental and control groups in the pre-show excitement Alexithymia. The t-test between means of two Group. As can be seen in the table above, the calculated value of t (0.232) was rejected with a significance level 0.57. In other words, between experimental and control groups at pre-test, there were no significant differences in emotional Alexithymia. To determine the effect of emotional intelligence on emotional Alexithymia married teachers from analysis of covariance was used, because this test can neutralize the effect of the test results.

Table 4 Covariance analysis of the effect of emotional intelligence on emotional Alexithymia

dependent variable	Sum of squares	Degrees of freedom	Mean square	F	Significant	Effect size	Statistical power
effect of the pre-test	4343.68	1	4343.68	59.22	0.02	0.73	0.86
Group	2537.39	1	2537.39	43.50	0.005	0.47	0.94
Error	893.11	37	46.49				
Total	386841	40					

The above table shows that a significant level $F = 43.50$, $p \leq 0.05$ is significant, the difference between the mean post-test scores of the experimental group and control emotional Alexithymia, is significant. In other words, married women teachers teaching emotional intelligence could affect the emotional Alexithymia. This effect was dose group showed that 47 percent of the decline in emotional Alexithymia test of the effect of emotional intelligence. Statistical power 0.94 indicates that the sample size was insufficient for analysis. The first hypothesis is confirmed and emotional intelligence training on emotional Alexithymia married women teachers was effective in the post.

4. Conclusion

4.1 Discussion of Findings

Findings from analysis of covariance showed that the difference between the mean posttest scores of the experimental group and control emotional Alexithymia, is significant. In other words, married women teachers teaching emotional intelligence could affect the emotional Alexithymia. This effect was dose group showed that 47 percent of the decline in emotional Alexithymia test of the effect of emotional intelligence. Statistical power 94/0 indicates that the sample size was insufficient for analysis. To put it simply emotional intelligence training on emotional Alexithymia married women teachers was effective in the post. The results of this study with the findings of similar studies conducted in this field, including Bogdanov et al (2013), McCarthy (2012) and are in keeping fit. Domes et al (2011) in their study was to investigate the relationship between facial emotion recognition of speech emotion features were Alexithymia that people with facial emotion recognition Alexithymia emotional suffering or too weak to act but this problem is not necessarily always the black water and training can have a significant impact. That emotional intelligence training in reducing emotional Alexithymia improved detection and facial emotions in patients with borderline personality disorder who participated sample the research has left a significant impact. Alexithymia people with little ability to express emotional feelings and the emotions of others. These people feel that they are less able to speak to others and others to share in the positive and negative emotions. People with emotional Alexithymia capacity to empathize with the emotional state of others is limited. Constraints and the inability to empathize and sympathize with others, particularly in the fields of personal relationships and intimacy affect the coloring and makes it difficult. It can be argued that the probability of failure and inability Alexithymia emotion through empathy, increases interpersonal problems. Alexithymia emotional difficulty of self-regulated Gary emotional or cognitive processing of emotional information and failure to describe them. When describing feelings to other people's emotional information cannot be expressed in the person's emotional and cognitive turmoil and distress.

4.2 Suggestions

Due to the dimensions of emotional Alexithymia role in reducing marital satisfaction and approved according to the reduced effectiveness of teaching emotional intelligence emotional Alexithymia women participating in this study, recommended the family counseling centers in order to help alleviate the emotional Alexithymia and discontent of married life is helping people. Because of dissatisfaction with life can reduce social relations and the couple's desire for social isolation, emotional intelligence training is recommended to be used to enhance social communication couples. Counselors and therapists are trained to evaluate the cause of the incompatibility only focus on the causes and treatment of couples have no apparent difference but the emotional and psychological problems caused by Alexithymia emotional connection between the couple and the attention they consider their treatment process.

Revealing the highly undesirable effect of marital satisfaction, emotional disabilities, can be trained early intervention to all couples and family counseling centers that are associated with, the psychological and social pressures due to emotional problems and negative impact on marital satisfaction which can lead to a fire rages disputes between married couples and their eventual separation to help prevent them.

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