

### **Abstract**

The aim of the study was to explore the relationship between emotional intelligence and alcoholism. Additionally, it was aimed to explore the psycho-social factors underlying alcoholism. In the study I, a sample of 100 institutionalized alcoholic abusers was selected. Scale of Emotional Intelligence SEI (Batoool and Khalid, 2009) and Michigan Alcohol Screening Test MAST (Selzer, 1971) were administered. The results showed a significant negative correlation between scores of Emotional intelligence and severity of alcohol abuse. There was no significant effect of demographic variables e.g., marital status, age, level qualification, and income on the severity of alcohol abuse. In study II, the psycho-social factors underlying alcoholism were explored by using the Grounded theory method. Eight extended interviews with alcoholic abusers were conducted. The collected data were analyzed by following different steps, transcription of interviews, coding, extracting themes, and clustering major themes. The results were concluded in the theoretical framework. According to the theoretical model explaining alcoholism; a person starts abusing alcohol at a young age. There are usually two triggering factors; a drinking family member or a company of drinking friends. There are certain provoking situations e.g., intense emotional states, imaginations, social gatherings that encourage drinking. The contributory factors that play a vital role in becoming an addict include unhealthy home-environment, problematic personality characteristics, and socio-economic factors. According to this model, an alcoholic experiences negative and positive experiences and realizes that alcohol abuse is a curse. After realizing, either an alcoholic tries or quit drinking or continues drinking depending upon the level of will power, family support and his own personal choice.