



UDK: 159.9

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PSYCHOLOGICAL FEATURES OF EMOTIONAL INTELLIGENCE IN VIOLENT OFFENDERS

Annotation

The article analyzes the psychological features of emotional intelligence in violent offenders from a theoretical perspective within the context of penitentiary psychology. The study systematically reviews the main theoretical models of emotional intelligence—ability, mixed, and emotional-social approaches—and explains their relationships with aggressive behavior, emotional self-control, and penitentiary adaptation. Within the framework of the study, it is emphasized that the difficulties observed in the processes of perceiving and regulating emotions in violent offenders may be associated with aggressiveness, impulsivity, and social maladaptation. The article also notes that components of emotional intelligence, such as empathy, self-regulation, and social skills, play a crucial role in explaining the behavioral characteristics and resocialization potential of prisoners.

Key words: Emotional intelligence, violent offenders, psychological features, penitentiary adaptation, aggression

ПСИХОЛОГИЧЕСКИЕ ОСОБЕННОСТИ ЭМОЦИОНАЛЬНОГО ИНТЕЛЛЕКТА ОСУЖДЕННЫХ ЗА НАСИЛЬСТВЕННЫЕ ПРЕСТУПЛЕНИЯ

Аннотация

В статье представлен теоретический анализ психологических особенностей эмоционального интеллекта осужденных за насильственные преступления в контексте пенитенциарной психологии. В исследовании систематически рассмотрены основные теоретические модели эмоционального интеллекта — модели способностей, смешанные модели и эмоционально-социальный подход, а также объяснены их связи с агрессивным поведением, эмоциональным самоконтролем и пенитенциарной адаптацией. В рамках исследования подчеркивается, что трудности, наблюдаемые в процессах осознания и регуляции эмоций у лиц, совершивших насильственные преступления, могут быть связаны с агрессивностью, импульсивностью и дезадаптацией в социальных отношениях.

Также отмечается, что такие компоненты эмоционального интеллекта, как эмпатия, саморегуляция и социальные навыки, играют важную роль в объяснении поведенческих особенностей и потенциала ресоциализации осужденных.

Ключевые слова: Эмоциональный интеллект, насильственные преступники, психологические особенности, пенитенциарная адаптация, агрессия

ZO‘RAVONLIK JINOYATLARINI SODIR ETGAN MAHKUMLAR EMOTSIONAL INTELLEKTNING PSIXOLOGIK XUSUSIYATLARI

Annotatsiya

Maqolada zo‘ravonlik jinoyatini sodir etgan mahkumlar emotsional intellektning psixologik xususiyatlari penitensiar psixologiya kontekstida nazariy jihatdan tahlil qilinadi. Tadqiqotda emotsional intellektning asosiy nazariy modellari — qobiliyat, aralash va emotsional-ijtimoiy yondashuvlar tizimli ravishda ko‘rib chiqilgan hamda ularning tajovuzkor xulq-atvor, emotsional o‘z-o‘zini nazorat qilish va penitensiar adaptatsiya bilan bog‘liqligi tushuntirilgan.

Tadqiqot doirasida zo‘ravonlik jinoyatlarini sodir etgan shaxslarda emotsionalni anglash va tartibga solish jarayonlarida kuzatiladigan qiyinchiliklar tajovuzkorlik, impulsivlik va ijtimoiy munosabatlardagi dezadaptatsiya bilan bog‘liq bo‘lishi mumkinligi ta‘kidlanadi. Maqolada, shuningdek, emotsional intellektning empatiya, o‘z-o‘zini tartibga solish va ijtimoiy ko‘nikmalar kabi komponentlari mahkumlarning xulq-atvor xususiyatlarini hamda resotsializatsiya imkoniyatlarini tushuntirishda muhim rol o‘ynashi qayd etiladi.

Kalit so‘zlar: Emotsional intellekt, zo‘ravonlik jinoyatchilari, psixologik xususiyatlar, penitensiar moslashuv, tajovuzkorlik

Introduction. In modern penitentiary psychology, the personality traits and behavioral mechanisms of inmates who have committed violent crimes represent one of the areas of particular scientific interest. Research indicates that individuals belonging to this category are characterized by high subjectivity in their perception of reality.

Emotional instability, inadequate assessment of emotional states, and the tendency to perceive the external environment as hostile are critical factors in violent behavior. These psychological characteristics indicate that the concept of emotional intelligence is of particular importance in explaining the conduct of violent offenders.

Emotional intelligence is defined as "the capacity to reason about emotions, and of emotions to enhance thinking. It includes the abilities to accurately perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth" [6].

According to modern approaches, a low level of emotional intelligence is closely associated with increased aggressive behavior, impulsive reactions, and social adaptation problems. In this regard, studying the psychological characteristics of emotional intelligence in prisoners who have

committed violent crimes is of both theoretical and practical importance.

Emotions are a fundamental mechanism that regulates the relationship between an individual's internal state and the external environment, contributing to the formation of adaptive behavior. However, in the psychological profile of violent offenders, this regulatory system has specific characteristics. In this context, emotional intelligence, particularly the ability to differentiate emotions, provides important insight into how individuals regulate internal tension and at which stage aggressive reactions become uncontrolled. Therefore, it serves as a significant psychological indicator in understanding violent behavior.

Literature review. Emotional intelligence (EI) has become one of the main research topics in psychology since the late 20th century. In the early stages of theoretical research, EI was mainly considered a branch of cognitive abilities. Modern approaches, however, characterize it as a complex structure that determines an individual's adaptive potential.

In particular, various theoretical models (ability, mixed, and trait models) explain the functional relationship between an individual's perception of their internal emotional state and their behavior from different perspectives. The study of this theoretical framework makes it possible to understand the origins of emotional dysfunctions observed in individuals who have committed violent crimes, as well as to determine how these deficiencies are integrated with destructive personality tendencies.

Emotional intelligence (EI) as a scientific concept was shaped through the research of J.D.Mayer and P.Salovey. In their 1990 article, the authors established the scientific foundations of emotional intelligence and demonstrated the close relationship between emotional knowledge and intellectual functioning [9].

In the hierarchical model developed by the authors in 1997, emotional intelligence is divided into four main components: perceiving emotions, using emotions to facilitate thought, understanding emotions, and managing emotions. According to this model, emotions are not merely subjective states; rather, they are important sources of information that reflect changes in social relationships and facilitate an individual's adaptation to the environment.

In 1999, D. Caruso joined J.D.Mayer and P.Salovey, and together they developed the MSCEIT (Mayer-Salovey-Caruso Emotional Intelligence Test). This test, which utilizes performance-based tasks, has been widely used in research and has made it possible to identify the relationship between emotional intelligence and individual success in various life domains such as family, management, education [5].

The second major direction in the classification of EI is represented by mixed models. Within this approach, emotional intelligence is viewed as a synthesis of specific cognitive abilities and personal characteristics inherent to an individual.

One of the most prominent representatives of mixed models, Daniel Goleman, emphasizes the social significance of this phenomenon as follows: "If EI were to become as widespread as IQ has become, and as ingrained in society as a measure of human qualities, then, I believe, our families, schools, jobs, and communities would be all the more humane and nourishing" [4].

The model proposed by D.Goleman conceptualizes emotional intelligence as the integration of five main components: self-awareness, involving the recognition of one's own emotional states; self-regulation, which ensures the control of impulsive reactions; self-motivation, functioning as an internal mechanism directed toward goal achievement; empathy, referring to the ability to understand the feelings of

others; and social skills, which determine the effective management of interpersonal relationships. The five components proposed by D. Goleman serve as fundamental criteria for social adaptation and behavioral regulation. Consequently, deficiencies in these dimensions may play a decisive role in the emergence of aggressive tendencies and destructive behaviors.

One of the significant approaches aimed at explaining EI is the emotional-social intelligence model proposed by R. Bar-On. The author evaluates this phenomenon as a complex structure encompassing not only emotional but also social components, emphasizing that the term "emotional-social intelligence" is more adequate.

He substantiates this position with two main arguments: the close link between the concepts of emotional and social intelligence, and the insufficient representation of emotional components within the framework of traditional social intelligence [3].

The R.Bar-On model comprises five main components (intrapersonal and interpersonal spheres, adaptability, stress management, and general mood) incorporating 15 specific skills that play a crucial role in regulating behavior. The EQ-i (Emotional Quotient Inventory), developed for the empirical assessment of this model, is of particular importance in the analysis of violent offenders.

Thus, the indicators of "stress management" and "adaptability" provide important diagnostic opportunities for assessing an individual's control over aggressive impulses and their capacity for psychological adaptation to the penitentiary environment.

In this regard, studying the characteristics of emotional intelligence in violent offenders is of particular relevance from both theoretical and empirical perspectives.

The study by N. Moriarty and colleagues, which empirically examines the role of emotional intelligence in explaining criminal behavior, is of particular interest. The authors found that adolescent offenders (particularly sexual offenders) pay significant attention to their feelings, yet they struggle with the clarity of feelings and the ability to regulate negative emotional states (mood repair).

The findings indicate that these indicators are among the primary factors distinguishing offender and control groups, confirming the link between deficits in emotional awareness and emotional regulation processes and deviant behavior (Moriarty et al., 2001) [7].

In a study conducted by K. Aucoin (2005), the psychological characteristics of juvenile offenders exhibiting high levels of aggression were analyzed. The results showed that this group is characterized by high emotional reactivity and low levels of empathy. According to the author, the development of criminal behavior may be significantly influenced by deficits in emotional and social competencies, particularly weaknesses in empathy and self-regulation skills [1].

The level of emotional intelligence of prisoners reflect not only their internal psychological state but also provides insight into the nature of the committed crime. Studies conducted in penitentiary institutions (Pechersky et al., 2010) reveal clear differences in emotional intelligence indicators between individuals convicted of acquisitive and violent crimes. In particular, individuals who have committed violent crimes tend to have relatively lower levels of emotional intelligence. Compared to non-offenders, prisoners generally demonstrate weaker emotional intelligence, which confirms that this phenomenon is an important factor in the formation of adaptive social behavior and in reducing the risk of unlawful conduct [8].

In a study conducted in Nigeria by Balogun (2014), it was found that prisoners' personality traits, emotional intelligence, and social support indicators are significantly related to their subjective well-being. The results of the study show that emotional intelligence, together with social support and personality factors, influences prisoners' psychological well-being and highlights its adaptive functional role in the penitentiary environment [2]."

The analysis of literature shows a lack of sufficient differential studies on emotional intelligence components, particularly among adult violent offenders. Gender differences, situational anxiety, and the interaction between types of aggression and emotional intelligence remain under-researched. Addressing this gap provides a theoretical and practical basis for developing targeted rehabilitation and correction programs within penitentiary institutions.

Methodological Framework. Theoretical analysis indicates that emotional intelligence (EI) plays a distinct role in the behavior of violent offenders. Specifically, deficits in emotional regulation intensify internal aggression and anxiety, thereby hindering penitentiary adaptation. Given these correlations, the methodology of the present study aims to empirically investigate how these characteristics of emotional intelligence are associated with other psychological factors.

To achieve the research objectives, a multi-component methodological approach is applied to comprehensively assess the individual psychological characteristics of the inmates. The primary aim is to empirically identify the correlations between emotional intelligence indicators, affective-behavioral traits, and the level of penitentiary adaptation.

The study is designed around several key methodological directions. First, the assessment of emotional intelligence is envisaged. For this purpose, scientifically validated psychodiagnostic instruments based on both ability and mixed models of emotional intelligence will be employed.

Furthermore, the study examines affective-behavioral indicators among violent offenders, including various forms of aggression (physical, verbal, and internalized), levels of anxiety, and emotional impulsivity. The relationships between these indicators and components of emotional intelligence will be analyzed separately.

The research design is based on a quantitative, correlational, and comparative approach. The sample is differentially formed among violent offenders according to the type of crime and gender. Gender is considered as a separate variable explaining differences in emotional regulation and

adaptation processes. For data analysis, mathematical and statistical methods—including correlation analysis, intergroup comparisons, and other relevant statistical procedures—will be applied.

At the same time, emotional intelligence is considered an important determinant of socio-psychological adaptation within the penitentiary environment. Offenders who are able to manage their emotional states more effectively may demonstrate more stable indicators of social adjustment, self-acceptance, and behavioral control, whereas poor emotional regulation skills may be associated with increased internal tension, conflict proneness, and adaptation difficulties.

Conclusion. Theoretical analysis indicates that emotional intelligence is a fundamental factor in understanding the psychological profiles and behavioral mechanisms of violent offenders. It is assumed that the components of emotional intelligence—specifically emotion perception, emotional regulation, empathy, and impulse control—are closely linked to aggressive behavior, impulsivity, and penitentiary adaptation.

Analysis of existing theoretical frameworks indicates that emotional instability, the prevalence of affective reactions, and poorly developed emotional self-regulation may be associated with adaptation difficulties among violent offenders within the penitentiary environment. In this regard, the study of the structural components of emotional intelligence provides an important theoretical and practical foundation for a deeper understanding of inmates' behavioral patterns, social relationship systems, and adaptive capacities.

Furthermore, the analysis of the gender factor plays an important role in identifying differences in the emotional regulation mechanisms of male and female inmates, highlighting the necessity for differential psychological intervention methods. These findings may contribute to the development of more effective rehabilitation strategies aimed at improving social adjustment within correctional facilities.

In conclusion, the findings of this study are expected to demonstrate that emotional intelligence plays an important role in explaining the resocialization capacities and psychological adaptation potential of offenders. The results to be obtained in this area may provide both theoretical and practical contributions to the development of rehabilitation and correctional programs in penitentiary psychology, the improvement of psychological interventions aimed at enhancing emotional competence, as well as the reduction of recidivist behavior risk.

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