



## COMPARISON OF COPING BETWEEN PERSONS WHO ABUSE SUBSTANCE AND PERSONS WHO DO NOT ABUSE ANY SUBSTANCE IN KASHMIR

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### ABSTRACT

The purpose of the study is to compare the coping between persons who abuse substance and persons who do not abuse any substance in Kashmir. A total of 60 samples were taken and these 60 were further divided into two groups, persons who abuse substance and persons who do not abuse any substance, each group consisted of 30 samples. Purposive sampling was used. Tools that were used are socio demographic data and Ways of coping by Lazarus and folk man. For statistical analysis SPSS 16.0 version was used t test was used to get the results. Results showed that persons who do not abuse substance were having good coping as compared to individuals who were abusing substance.

**KEYWORDS :** Depression, Anxiety, Stress, substance abuse.

### Introduction:

The purpose of this study is to find out the comparison between of coping between persons who abuse substance and persons who do not abuse substance in Kashmir. Coping can be defined as an adaptation to environmental stress that is based on conscious or unconscious choice and that enhances control over behavior or gives psychological comfort. It develops from prior mastery of stressful situations and within social relationships. Environmental conditions during development contribute to the heterogeneity of an individual's response to adversity encountered as an adult. Social factors both reduce emotional reactivity and help modulate stress responses. Healthy activities—sleep, nutrition, physical activity and pleasurable and mastery activities can help reduce emotional reactivity.

### Coping and substance abuse:

Amy M. Young et al., (2000) conducted a study on prostitution, drug use, and coping with psychological distress. The purpose of the study was to explore the severity of substance abuse and reasons for using drug among prostituting African American women who smoke crack cocaine. Using a convenience sampling they took the 203 samples with a history of crack smoking. The samples were asked a variety of questions including being involved in prostitution as a source of income. The results revealed that those women who were involved in prostitution were found to have significantly higher severity of drugs and were significantly more likely to use drugs to increase confidence control, and closeness to others and to decrease feelings of guilt and sexual distress. Emily H. Brechting & Peter R. Giancola in 2008 conducted a longitudinal study of coping strategies and substance abuse in adolescent boys. Three hundred and twenty-six adolescent boys completed the *Wills Coping Questionnaire* (Wills, 1985) as well as a number of drug use inventories. Results showed that religious coping, measured at 12–14 years of age, predicted a significant reduction in number of drugs used, frequency of drug use, and problems associated with drug use measured at 15–16 years of age. These results were maintained even when controlling for age and other key coping variables.

Rajita sinha in her book psychopharmacology discussed about the topic how does stress increase risk of drug abuse and relapse. She discussed the notion that stress leads to drug abuse in vulnerable individuals and relapse in addicts is not new. Meeyoung Min et al., (2007). Conducted a study on impact of childhood abuse and neglect on substance abuse and psychological distress in adulthood. In this study they used structured equation modeling to examine the relationship of childhood trauma, education level, and use of avoidant coping strategies on substance abuse and psychological distress in a community sample of 285 women. Results indicated that self reported childhood trauma was significantly related to greater substance abuse and psychological distress through avoidant coping strategies.

### Objectives:

Comparison of coping between persons who abuse substance and persons who do not abuse any substance in Kashmir

### Research design:

The present study was a hospital based cross sectional comparative study between people with substance abuse and people without substance abuse.

### Sampling:

Samples were taken by using purposive sampling method from drug de addiction centre SMHS Srinagar

### Inclusion and exclusion criteria:

#### Inclusion criteria for patients

1. Patients attending DDC SMHS Srinagar, who are diagnosed with any substance abuse at dependence level according ICD- 10 (D.C.R)
2. Patients with substance abuse dependence of age between 16 to 60 years.
3. Patients who are having illness of duration not less than 1 year.
4. Patients who are educated up to minimum of 10<sup>th</sup>.

#### Inclusion criteria for persons without substance abuse or dependence:

1. Persons who are not taking any psycho active substance.
2. Persons within the age group of 16 to 60 years.
3. Persons who are educated up to minimum of 10<sup>th</sup> standard.

### Sample size and procedure:

Initially permission was taken from the director and the head of the department of the psychiatric social work of the institute for conducting the present study "*Comparison of coping between persons who abuse substance and persons who do not abuse any substance in Kashmir*". The samples were selected by using purposive sampling technique and a total of 60 samples which were further divided into 30 patients suffering from substance dependence and 30 persons who are not taking any substance. The objectives of the study were explained to the participants. After establishing the rapport and explaining the purpose of the study the details of the socio-demographic data and various scales like General health Questionnaire, ways of coping questionnaire by Lazarus and Folkman were administered. For the statistical analysis spss 16 version was used and t test was administered.

### The following tools were used in the study:

- **Socio demo graphic data sheet:** It is a semi structured, self prepared Performa especially created for the study.
- **Ways of coping by Lazarus and folk man:** This test was

developed by Susan Folkman and Richard S. Lazarus. The ways of coping questionnaire is designed to identify the thoughts and actions an individual has used to cope with a specific stressful encounter. It measures coping processes, not coping disposition or styles.

The reliability and validity of the scale can be found to 0.77 and 0.75 respectively

**Results :**

**Table 1 shows the comparison of socio demographic details**

Variables	Group				X <sup>2</sup>	
	Normal Control N =30		Substance N =30			
	N	%	N	%		
Religion	Hindu	1	3.30	2	6.70	2.35
	Islam	27	27	28	93.30	
	Sikh	2	6.70	0	0	
Education	Matric	5	16.70	9	30	4.00
	Intermediate	7	23.30	5	16.70	
	Graduation	11	36.70	9	30	
	Post Graduation	5	16.70	7	23.30	
	Other Higher Education	2	6.70	0	0	
Domicile	Urban	14	46.70	19	63.33	1.68
	Rural	16	53.30	11	36.66	
Marital Status	Married	17	56.70	20	66.33	1.89
	Unmarried	13	43.30	10	33.33	
Occupation	Unemployed	2	6.66	1	3.33	5.56
	Business	6	20	11	36.66	
	Professional	10	33.33	8	26.66	
	Government Service	5	16.66	8	26.66	
	Unskilled Labour	7	23.33	2	6.66	
Socio-economic Status	Low	3	10	2	6.66	1.37
	Middle	24	80	27	90	
	High	3	10	1	3.33	

**Table 2 shows the comparison of coping between individuals who abuse substance and persons who do not abuse any substance**

Coping	GROUP		t
	Persons with substance abuse M±SD	Persons without substance abuse M±SD	
Confrontation	10.3±2.90	13.4±3.03	4.08**
Distancing	14.4±2.73	7.03±3.05	9.92**
Self control	6.26±2.36	11.7±3.21	7.5**
Seeking social support	5.90±1.80	12.7±2.57	11.9**
Accepting responsibility	6.06±3.05	12.3±3.97	6.8**
Escape avoidance	16.4±4.09	6.4±3.46	10.2**
Plan ful problem solving	5.90±2.76	13.2±4.09	8.1**
Positive re appraisal	6.33±2.08	15.2±4.27	10.2**

\*\* = significant at 0.01 level.

**Discussion:**

In socio demographic variables no significant difference was found. In domain confrontation, the mean and standard deviation of individuals without substance abuse is **13.4±3.03** and mean and standard deviation of individuals who abuse substance is **10.3±2.90** which shows that individuals who do not abuse substance show more confrontation coping as compared to that of individuals who abuse substance.

In domain Distancing, the mean and standard deviation score of individuals who do not abuse substance is **7.03±3.05** and mean and standard deviation score of individuals who abuse substance is **14.4±2.73**, which is higher than that of Individuals who do not abuse. The score indicates that individuals who abuse substance show more distancing coping.

In domain Self control, the mean and standard deviation score of individuals without substance abuse is **11.7±3.21** and mean and standard deviation of individuals with substance abuse is **6.26±2.36** which is lower than that of individuals who do not abuse substance,

indicating that individuals who do not abuse substance show good self control.

In domain Seeking social support, the mean and standard deviation score of individuals who do not abuse substance is **12.7±2.57** and mean and standard deviation of individuals who abuse substance is **5.90±1.80**, which is lower than that of individuals who do not abuse substance indicating that individuals who do not abuse substance are interested to seek social support than individuals who abuse substance. In domain accepting responsibility, the mean and standard deviation score of individuals who do not abuse substance is **12.3±3.97** and mean and standard deviation score of individuals who abuse substance is **6.06±3.05** which is lower than that of individuals who do not abuse substance indicating that individuals who do not abuse substance are accepting responsibility more than that of individuals who abuse substance.

In domain escape avoidance the mean and standard deviation score of individuals who do not abuse substance is **6.4±3.46** and mean and standard deviation score of individuals who abuse substance is **16.4±4.09** which is higher than that of individuals who do not abuse substance, indicating that individuals who abuse substance show high escape avoidance than that of individuals who do not abuse substance.

In domain plan ful problem solving, the mean and standard deviation score of individuals who do not abuse substance is **13.2±4.09** and mean and standard deviation of individuals who abuse substance is **5.90±2.76** which is lower than that of individuals who do not abuse substance indicating that individuals who do not abuse substance show planful problem solving techniques as compared to that of individuals who abuse substance.

In domain positive reappraisal, the mean and standard deviation score of individuals who do not abuse substance is **15.2±4.27** and mean and standard deviation of individuals who abuse substance is **6.33±2.08** indicating that individuals who do not abuse substance show higher positive reappraisal as compared to that of individuals who abuse substance.

Overall findings of our studies reveal that individuals who do not abuse substance show positive coping styles and individuals who abuse substance show negative coping styles.

**Limitations:**

- Being time bound study sample size was small and hence the results could not be generalized. Comparison with some other disorder could have been done. The study needed to be carried out on a large sample with comparable representations of the both groups.
- **Future directions:**
- The future study must be attempted to include some other psychosocial aspect of the spouses of persons with substance abuse which are being experienced by them.

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