

Testing Personal Control Among Alcohol Dependents at Integrated Rehabilitation Centre for Addicts, Kajamalai, Tiruchirappalli.



Social Science

KEYWORDS : Testing personal control, Alcohol Dependence syndrome, Alcohol taking situations.

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ABSTRACT

Testing Personal control refers to the attempt to have "just one drink, joint, hit, and then quit". Alcohol dependents often do this to test their willpower or inner strength. Alcohol dependents may react to the loss of freedom to drink by testing personal control which may remain them as long as an alcohol dependent. Testing personal control can consist of proving that opponents are wrong. "I took one drink, see, you are wrong". Engaging in related behaviours to prove they are still in control. Becoming very angry at people they think they are responsible for their sobriety. These attitudes are dangerous because it determining which drink will make you become a binge drinker. The present study was designed to examine how individual differences in testing personal control is associated with responses to alcohol cues. The researcher adopted 36 samples from Integrated Rehabilitation Centre for Addicts, at Kajamalai, Tiruchirappalli District and used purposive sampling in this descriptive study. The researcher outlines on, skills to cope with testing personal control, Health consequences and Psychosocial consequences. And provide skills to avoid testing personal control in Alcohol Dependence Syndrome.

Introduction

An alcoholic will continue to drink even when faced with negative consequences, such as losing a job. People with alcohol dependence may know that their alcohol use is causing them and others harm. However, this is often not enough to make the person stop using alcohol. Sometimes, a person may consume too much alcohol, leading to problems, but he or she is not physically dependent on alcohol. This is known as alcohol abuse.

Alcoholics may engage in the following behaviors: drinking alone, drinking more to feel the effects of alcohol (having a high tolerance), becoming violent or hostile when asked about drinking, neglecting to eat or eating poorly, neglecting personal hygiene, missing work or school because of drinking, being unable to control alcohol intake, making excuses to drink, continuing to drink even when legal, social, or economic problems develop

Testing personal control

Testing personal control has been a key determinant of relapse among the recovered alcohol dependents, and even the present drinkers it works as a key agent for being an addict towards alcohol. A study conducted by G. Alan Marlatt and Lisa F. Friedman on Determinants of relapse: Implications for treatment, they found 9% of alcoholics have the desire to either test one's ability to have a drink or two and then stop, or the intention to test the effects of the abstinence oriented treatment program was given as the precipitating event.

Approximately one-fourth of all relapses were classified under the social pressure category. Whether the influence of social pressure was direct or indirect in nature. Testing personal control may be labelled as Abstinence violation Effect (AVE) the AVE is postulated to occur under the following conditions: (a) the individual is personally committed to an extended or indefinite period of abstinence from engaging in a specific behaviour; (b) The behaviour occurs during this period of voluntary abstinence.

Testing personal control is characterized by two key cognitive elements:

1. A cognitive dissonance effect (Festinger, 1957, 1964), where in the occurrence of the previously restricted behaviour is dissonant with the cognitive definition of oneself as abstinent. Cognitive dissonance is experienced as a conflict state, and underlies what most people would define as guilt for having "Given in to temptation".

2. A personal attribution effect (cf., Jones, Kanouse, Kelley, Nisbett, Valins and Weiner, 1972), wherein the individual attributes the occurrence of the taboo behaviour to internal weakness or personal failure, rather than to external situational or environmental factors. The additive effects of both reactions will greatly increase the probability of repeating the restricted behaviour and engaging in a full blown relapse.

SKILLS TO AVOID TESTING PERSONAL CONTROL:

• Using the decision matrix

The decision matrix, adapted from one developed by Dr. Alan Marlatt, will help them look at the immediate and long-term consequences of being sober or not sober so that they can make a decision.

• Setting Long-term and short term goals

Goals help them to be responsible for their behaviour and help them to feel in control. It is important to set realistic goals. If a goal is unmanageable, it can be setup for triggering negative feelings if they fail.

• Distinguishing Big Wants' from "Little Wants"

They need to distinguish what they truly want (their big wants) from their day-to-day cravings, desires, and wished to avoid something (Little wants). Their big goal may be "I want to stop drinking and using drugs and be sober from now on."

Review of literature

1. Carey, Kate B. (1993)

In their study on "Situational determinants of heavy drinking among college students." The situations associated with excessive drinking among college students were investigated. 78 undergraduates completed an assessment of their recent drinking patterns and the Inventory of Drinking Situations (IDS). In comparison with light and moderate drinkers, heavy drinkers were more likely to report excessive drinking in situations involving social pressure to drink, pleasant times with others, pleasant emotions, and physical discomfort. Heavy drinkers were no more likely than light and moderate drinkers to drink excessively in response to unpleasant emotions, testing of personal control, or urges and temptations to drink.

2. Annis, Helen M.; Graham, J. Martin (1995)

In their study on "Profile types on the Inventory of Drinking Situations: Implications for relapse prevention counselling". The Inventory of Drinking Situations (H. M. Annis, 1982) was used

to assess the situations in which 286 clients drank heavily in the year before entering an alcohol treatment program. The modal profile analysis (H. A. Skinner & H. Lei, 1980) classified 88% of this clinical sample into one of four types solely on the basis of profile shape: high negative profile, high positive profile, low physical discomfort profile, and low-testing personal control profile.

3. Julia D. Buckner et al (2006)

In their study on *Social Anxiety and Problematic Alcohol Consumption: The Mediating Role of Drinking Motives and Situations* they found Social anxiety is inconsistently associated with alcohol use variables. To elucidate factors that contribute to the relationship between social anxiety and problematic alcohol use, the present study investigated drinking motives and drinking situations in an undergraduate sample (N = 293). Social anxiety was significantly correlated with endorsement of enhancement drinking motives (i.e., drinking to enhance positive experiences or emotions) but not social or coping motives. Social anxiety was also correlated with endorsement of drinking in the following high-risk situations: unpleasant emotions, conflict with others, social pressure, and testing personal control.

METHODOLOGY

INTRODUCTION

This study is an attempt to study how the respondents test their personal control (by using various situations) which produces alcohol taking habit more and more.

SIGNIFICANCE OF THIS STUDY

Through various review of literature the researcher revealed that the testing personal control play a vital role in keeping the patient to be dependent on alcohol. Hence this present study highly focus on the various ways how people testing their personal control which pertaining to keep the patient depend on alcohol.

TITLE OF THE STUDY

Testing personal control among alcohol dependents at integrated Rehabilitation centre for addicts, Kajamalai, Tiruchirappalli.

AIM OF THE STUDY

To study Testing personal control situation among alcohol dependents at integrated Rehabilitation centre for addicts, Kajamalai, Tiruchirappalli.

OBJECTIVES

- To find out the socio-demographic details of the respondent's.
- To assess how alcohol dependents testing their personal control which increases alcohol use among the patients
- To find out the association between the dependent and independent variables.

HYPOTHESES

- There is no significant Association between social pattern of drinking and drinking moderate level.
- There is a significant Association between deterioration in standard of living and drink occasionally without getting hooked
- There is no significant Difference between total no of family members of the respondents and their overall testing personal control.

RESEARCH DESIGN

Descriptive research design

UNIVERSE

The universe of the study belongs to Alcohol Dependence patients between the age group of 26 to 62 admitted in Integrated Rehabilitation Centre for the addicts at Kajamalai, Tiruchirappalli.

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SAMPLING

This research adopted 36 respondents as samples from the universe. Sampling technique adopted by the researcher is purposive Sampling.

TOOLS FOR DATA COLLECTION

The researcher used IDTS (Inventory for drug taking situations) along with socio demography details of the patient. In which a client has used alcohol over the past one year were the samples of this study.

3: 21 STATISTICAL TEST

Chi-Square Test and one way ANOVA for interpreting the data.

Socio demographic characteristics' of respondents

	Variable	Frequency	Percentage
1.	Age		
2.	26 to 34	13	36.1
3.	35 to 43	14	38.9
4.	44 to 52	7	19.4
	53 to 62	2	5.6
5.	Living arrangement		
6.	Staying alone	1	2.8
7.	Reside in family units	28	77.8
8.	Transient arrangements	7	19.4
9.	Social pattern of drinking		
10.	Drinking only in social situations	9	25
11.	Drink alone when socially isolated	2	5.6
12.	Always alone drinker	25	69.44
13.	Deterioration in standard of living		
14.	Yes	24	66.6
15.	No	12	33.3
16.	Drink occasionally without getting hooked		
17.	Rarely	6	16.6
18.	Sometimes	6	16.6
19.	Frequently	7	19.4
20.	Very frequently	17	47.2

OVERALL TESTING PERSONAL CONTROL

S No	Testing personal control	Frequency N=36	Percent
1	sometimes	4	11.1
2	frequently	12	33.3
3	Very frequently	20	55.6

Association between social pattern of drinking and testing personal control

Sl.no	Social pattern of drinking	Testing Personal control				Statistical inference
		Rarely (n=0)	Sometimes (n=4)	Frequently (n=12)	Very frequently (n=20)	
1	Drink only in social situations	0	2	2	5	X ² =10.667 Df=2 P >0.05
2	Drink alone when socially isolated	0	1	0	1	Not significant
3	Always alone drinker	0	1	10	14	

Association between deterioration in standard of living and drink occasionally without getting hooked

Sl.no	Deterioration in standard of living	Drink occasionally without getting hooked				Statistical inference
		Rarely (n=6)	Sometimes (n=6)	Frequently (n=7)	Very frequently (n=17)	
1	Yes	2	3	5	14	X ² =22.222 Df=3 P <0.05 Significant
2	No	4	3	2	3	

The above finding shows as drinking occasionally increases it increase the deterioration in standard of living

One-way ANOVA difference between total no of family members of the respondents and their overall testing personal control

Sl.no	Overall social pressure	Mean	S.D	SS	Df	MS	Statistical inference
1	Between Groups			2.175	2	1.087	F = 2.439 P > 0.05 Not Significant
	G1 (n=7)	3.43	.535				
	G2 (n=28)	3.50	.694				
	G3 (n=1)	2.00					
2	Within Groups			14.714	33	.446	

G1 = 1-3 / G2 = 4-6 / G3 = 7 & above

CONCLUSION

In this context and in the emerging scenario of increasing harm from alcohol, it is crucial to evolve policies and programs which would improve health of the people. This requires a greater political commitment, professional involvement, cooperation of the media and an empowered society.

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