ORIGINAL RESEARCH PAPER

Volume-7 | Issue-7 | July-2018 | PRINT ISSN No 2277 - 8179

INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH

EFFECT OF COUNSELING ON IMPULSE LEVEL OF DRUG USERS.

Psychology

Dr Arpita Kackar Assistant Professor, Department of Psychology Jai Narain Vyas University Jodhpur

ABSTRACT

The main aim of present research work was to study the effect of counseling on impulse level of drug users. For this study a sample of 120 people was selected through incidental purposive technique. The total sample was divided into experimental group of (40) drug addicts and control group of(40) normals and (40) neurotics. It was hypothezied that drug users will have high score on impulse categories than ego and superego categories in comparison to normals and neurotics respectively. And after application of counseling technique level of impulse will be reduced. Impulse level was measured through IES test. Counseling duration varied from 1 week to 3 week. The result clearly indicate that drug addicts have a high level of impulse . Neurotic scored high on Ego category. Very little effect of counseling is there in both one week and three week Condition on their impulse level.

KEYWORDS

Introduction

Human history is a story of struggle and survival of imagination and innovation, of curiosity and courage, of oppression and revolt, of selfishness and sacrifice. The inherent traits of inquisitiveness, curiosity, experimentation churned up by reason and logic gave the human clues to the complexities of nature. But the matrix has been so large that even though millenniums of constant effort and search the endeavor seems nowhere near a complete understanding of nature. At times when man could not comprehend the meaning of his surrounding, he felt lost, scared and insecure. The vagaries of his fortune brought swings in his moods. Sometimes he felt euphoric, while at others he was depressed and dejected. In his constant struggle for survival, he often resorted to means of escape by the use of natural substances having mood altering effects.

Drugs. Drugs are compounds that because of their chemical structure, change the structure or function of biological system. (Grilly1989). Consciousness altering drugs, therefore are drugs that produce changes in consciousness or moods when introduced into the body. (Wallace and Fisher 1987)

Drug Addiction. The term"Addiction" is any behavior that dominates the individual to a degree that excludes in whole or part alternative normal forms of behaviour. Excessive drinking, eating reading, working, sexual activity, smoking or any other excess can be of addiction. Coleman (1976)gave the definition of drug addiction, according to the World Health Organization Expert Committe" drug addiction has been defined as a state of periodic or chronic intoxication, determintal to the individual and to the society, produced by repeated consumption of a drug either natural or synthetic.

If the first drug trial is a rewarding experience, a few more rewarding trials follow until drug use become a conditioned pattern of behaviour. Physiological and Psychological dependence often occur together and magnify individuals craving for and dependence on specific drugs

Treatment Modalities

1). Psychotherapy
2) Cognitive Behavioral Intervention
a) Relaxation/ Biofeedback training
b) Assertiveness/Social Skill Training
3) Herbal therapy and Nutrition
4) Behavioural Intervention
a)Techniques employing aversive stimuli
b) Extinction
c)Desensitization
d)Meditation
e)Counseling

Counseling. Drug addiction is not a medical problem alone. Medicine may control and reduce the effects of withdrawal symptoms and may detoxify an addict, but it cannot correct the personality aberrations of the individual nor the abberations of the immediate environment and the society that may have precipated the habit of drug use.

One type of treatment that has been found to be especially useful for the psychological problems of many substance abusers is counseling. Gustard (1953) defined counseling as a learning oriented process, carried on in a sample. one to one social environment; in which counselor, professionally competent in relevant psychological skills and knowledge, seeks to assist the client by methods appropriate to the latter's needs and within the context of the total personnel program to learn more about himself, to learn how to put such understanding into effect in relation to more clearly perceived, realistically defined goals to the end that the client may become a happier and more productive member of his society. Psychodynamic psychologist have described the population of substance abusers as being fixated at the oral level of development which results in narcissistic, passive dependent and depressive personality traits. Sometimes with compensatory independence. Many have self destructive tendencies, poor impulse control and low frustration tolerance. Because of these tendencies, insight oriented counseling is difficult with substance abusers. Group counseling offers an advantage in dealing with some of these difficulties. Other group members by being supportive and helpful encourage some gratification of narcissistic and dependency needs, which allow the substance abuser to feel safe enough to admit to and explore his addiction program.

Objectives:

1) To find out the pattern of impulse among drug users, non users and neurotic persons.
2) To find out the level of ego and super ego among drug users, non users and neurotic persons.
3) To find out the influence of counseling on the level of impulse among drug users.

Hypothesis

1) Drug users will have high scores on impulse category than ego and super ego categories in comparison to normal and neurotic respectively.
2) Level of impulse will show significant positive improvement after application of counseling techniques.

Methodology

Research Design. -.This is a co relational field type of research where counseling and drug intake are independent variables, whereas level of Id Ego, Superego are dependent variables. A control strategy is adopted in the present investigation. A group of neurotic patients as well as normal is used to compare the data of drug users on IES scores.

Sample. .
Incidental purposive sampling technique is used. In the present study a sample of 120 persons is taken. Age range between 20- 40years for all subjects with a mean of 29.20 and SD of 6.75.

The sample is further subdivided into three categories of 40 each ie (drug users 40 , normal 40, neurotic 40) . The 40 drug addicts are given counseling. 20 drug addicts are given counseling for 1 week and 20 are given for 3,weeks.

Tools Used

IES Test : The measuring instrument is based on psychoanalytic theory by Dombrose and Morton S. Stobien (1958). It consist of 4 sub test

1) The picture story completion test
2) Picture Analysis test
3) Picture Title test
4) Arrow Dot test

Procedure..... The sample was divided into three broad categories…Drug users, normals and neurotics. The procedure of test administration differed for the drug user from that of normals and neurotics. For the selection of sample 40 drug users were approached. The sample of 40 were further subdivided into 2 broad categories. Each subject was given IES test immediately after his admission to the rehabilitation center and after their detoxification had been done. The test was administered, individually by the investigator. The IES test consist of 4 subtest so interval of few minutes was given after every test administration. After test administration one week counseling to a group of 20 subjects was given. Counseling session was of 45 minutes. Same pattern was followed for other 20 subjects. Here the counseling continued for 3 weeks. Individual and group counseling was given. After counseling IES test was again administered on the subjects to see the degree of change in their level of impulses.

Normals were selected randomly from different parts of jodhpur and then IES test was administered on them. For the selection of neurotic sample psychiatric center was approached. Only those neurotics were approached who visited hospital for the first time.

Statistical Analysis

In the present study, to find out significant difference between the pre and post condition in all the 2 conditions (counseling- 1 week, counseling- 3 week) 't'test is used. Similarly 't' test is also used to compare the scores of normals and neurotics with drug users in pre test and post test for all the 2 conditions.

Result. Tables (6)

COMPARISION OF MEAN, S.D. AND "t" VALUE FOR PRE AND POST COUNSELING GROUPS (COUNSELING-3WEEKS), N= 20

Table 1.4

Counseling Group	Variables	Mean	S.D.	"t"	Significance Level
ARROW DOT Pre	I	7.00	2.59	1.70	N.S.
Post	I	5.65	2.34		
Pre	E	7.40	2.58	2.29	N.S.
Post	E	9.00	1.62		
Pre	S	5.6	2.08	0.36	N.S.
Post	S	5.35	2.18		
PICTURE STORY Pre	I	6.15	2.60	1.09	N.S.
Post	I	5.25	2.48		
Pre	E	3.85	2.68	1.48	N.S.
Post	E	5.15	2.71		
Pre	S	3.00	1.41	0.86	N.S.
Post	S	2.60	1.46		
PHOTO ANALYSIS Pre	I	6.55	2.60	0.87	N.S.
Post	I	5.85	2.30		
Pre	E	7.35	4.18	0.03	N.S.
Post	E	7.30	3.81		
Pre	S	4.10	2.26	0.93	N.S.
Post	S	4.85	2.66		
PICTURE TITLE Pre	I	5.15	1.81	1.61	N.S.
Post	I	4.15	2.00		
Pre	E	3.35	2.32	1.91	N.S.
Post	E	5.05	2.21		
Pre	S	3.50	1.84	1.38	N.S.
Post	S	2.80	1.23		

COMPARISON OF MEAN, S.D. AND "t" VALUE FOR PRE AND POST COUNSELING GROUPS (COUNSELING-1WEEK), N= 20

Table 1.3

Counseling Group	Variables	Mean	S.D.	"t"	Significance Level
ARROW DOT Pre	I	605	279	0306	N.S.
Post	I	635	336		
Pre	E	875	340	0608	N.S.
Post	E	945	385		
Pre	S	52	278	117	N.S.
Post	S	42	260		
PICTURE STORY Pre	I	560	245	100	N.S.
Post	I	485	225		
Pre	E	375	238	156	N.S.
Post	E	51	302		
Pre	S	365	205	122	N.S.
Post	S	295	150		
PHOTO ANALYSIS Pre	I	715	275	115	N.S.
Post	I	605	323		
Pre	E	605	351	107	N.S.
Post	E	725	358		
Pre	S	480	209	013	N.S.
Post	S	470	271		
PICTURE TITLE Pre	I	485	200	061	N.S.
Post	I	525	212		
Pre	E	330	207	078	N.S.
Post	E	385	234		
Pre	S	385	205	155	N.S.
Post	S	290	180		

COUNSELING -1 WEEK

It is clear from the table -1.3 that there is no significant difference found in all three categories of the four subsets of IES

Table 2.3

COMPARISON OF MEAN, S.D. AND "t" VALUE OF NEUROTICS VS. DRUG USERS

(COUNSELING-1WEEK)

Pre-Condition (Neurotics N-40 & Drug Users N-20)					
Subject	**Variables**	**Mean**	**S.D.**	**"t"**	**Significance Level**
ARROW DOT Neurotics	I	5.62	2.03	0.64	N.S.
Drug Users	I	6.05	2.79		
Neurotics	E	9.72	2.50	1.25	N.S.
Drug Users	E	8.75	3.40		
Neurotics	S	4.65	2.47	0.77	N.S.
Drug Users	S	5.20	2.78		
PICTURE STORY Neurotics	I	6.20	2.12	1.06	N.S.
Drug Users	I	5.60	2.45		
Neurotics	E	3.22	1.60	1.02	N.S.
Drug Users	E	3.75	2.38		
Neurotics	S	3.57	1.69	0.14	N.S.
Drug Users	S	3.65	2.05		
PHOTO ANALYSIS Neurotics	I	4.85	2.23	3.01	P<.01
Drug Users	I	7.15	2.75		
Neurotics	E	7.15	2.33	1.25	N.S.
Drug Users	E	6.05	3.51		
Neurotics	S	5.95	2.01	1.79	N.S.
Drug Users	S	4.80	2.09		

PICTURE TITLE Neurotics	I	4.95	2.07	0.17	N.S.
Drug Users	I	4.85	2.00		
Neurotics	E	2.79	2.41	0.50	N.S.
Drug Users	E	3.30	2.07		
Neurotics	S	4.07	2.11	0.39	N.S.
Drug Users	S	3.85	2.05		

Table 2.3-COMPARISON OF MEAN, S.D. AND "t" VALUE OF NEUROTICS VS. DRUG USERS

(COUNSELING-1WEEK)

Post-Condition (Neurotics N-40 & Drug Users N-20)

Subject	Variables	Mean	S.D.	"t"	Significance Level
ARROW DOT Neurotics	I	5.62	2.03	1.01	N.S.
Drug Users	I	6.35	3.36		
Neurotics	E	9.72	2.50	0.33	N.S.
Drug Users	E	9.45	3.85		
Neurotics	S	4.65	2.47	0.64	N.S.
Drug Users	S	4.20	2.60		
PICTURE STORY Neurotics	I	6.2	2.12	2.48	P<.01
Drug Users	I	4.85	2.25		
Neurotics	E	3.22	1.60	3.16	P<.01
Drug Users	E	5.10	3.02		
Neurotics	S	3.57	1.69	1.38	N.S.
Drug Users	S	2.95	1.50		
PHOTO ANALYSIS Neurotics	I	4.85	2.23	0.06	N.S.
Drug Users	I	6.05	3.23		
Neurotics	E	7.15	2.33	0.11	N.S.
Drug Users	E	6.05	3.58		
Neurotics	S	5.95	2.01	1.79	N.S.
Drug Users	S	4.70	2.71		
PICTURE TITLE Neurotics	I	4.95	2.07	0.51	N.S.
Drug Users	I	5.25	2.12		
Neurotics	E	2.97	2.41	1.32	N.S.
Drug Users	E	3.85	2.34		
Neurotics	S	4.07	2.11	2.11	P<.05
Drug Users	S	2.90	1.80		

Table 2.4-COMPARISON OF MEAN, S.D. AND "t" VALUE OF NEUROTICS VS. DRUG USERS

(COUNSELING-3WEEK)

Pre-Condition (Neurotics N-40 & Drug Users N-20)

Subject	Variables	Mean	S.D.	"t"	Significance Level
ARROW DOT Neurotics	I	5.62	2.03	2.16	P<.05
Drug Users	I	7.00	2.59		
Neurotics	E	9.72	2.50	3.34	P<.01
Drug Users	E	7.40	2.58		
Neurotics	S	4.65	2.27	1.45	N.S.
Drug Users	S	5.60	2.08		
PICTURE STORY Neurotics	I	6.20	2.12	0.08	N.S.
Drug Users	I	6.15	2.60		
Neurotics	E	3.20	1.60	3.98	P<.01
Drug Users	E	3.85	2.68		
Neurotics	S	3.57	1.69	1.29	N.S.
Drug Users	S	3.00	1.41		
PHOTO ANALYSIS Neurotics	I	4.85	2.23	2.33	P<.05
Drug Users	I	6.55	2.60		
Neurotics	E	7.15	2.33	0.21	N.S.
Drug Users	E	7.35	4.18		
Neurotics	S	5.95	2.01	2.81	P<.01
Drug Users	S	4.10	2.26		
PICTURE TITLE Neurotics	I	4.95	2.07	0.36	N.S.
Drug Users	I	5.15	1.81		
Neurotics	E	2.97	2.41	0.56	N.S.
Drug Users	E	3.35	2.32		
Neurotics	S	4.07	2.11	1.02	N.S.
Drug Users	S	3.50	1.80		

Table 2.4-COMPARISON OF MEAN, S.D. AND "t" VALUE OF NEUROTICS VS. DRUG USERS

(COUNSELING-3WEEK)

Post-Condition (Neurotics N-40 & Drug Users N-20)

Subject	Variables	Mean	S.D.	"t"	Significance Level
ARROW DOT Neurotics	I	5.62	2.03	0.04	N.S.
Drug Users	I	5.65	2.34		
Neurotics	E	9.72	2.50	1.17	N.S.
Drug Users	E	9.00	1.62		
Neurotics	S	4.65	2.47	1.06	N.S.
Drug Users	S	5.35	2.18		
PICTURE STORY Neurotics	I	6.20	2.12	1.67	N.S.
Drug Users	I	5.25	2.48		
Neurotics	E	3.20	1.60	1.76	N.S.
Drug Users	E	5.15	2.17		
Neurotics	S	3.57	1.69	2.18	P<.05
Drug Users	S	2.60	1.46		
PHOTO ANALYSIS Neurotics	I	4.85	2.23	1.42	N.S.
Drug Users	I	5.85	2.30		
Neurotics	E	7.15	2.33	0.61	N.S.
Drug Users	E	7.30	3.81		
Neurotics	S	5.95	2.01	1.58	N.S.
Drug Users	S	4.85	2.66		
PICTURE TITLE Neurotics	I	4.95	2.07	1.41	N.S.
Drug Users	I	4.15	2.00		
Neurotics	E	2.97	2.41	3.19	P<.01
Drug Users	E	5.05	2.21		
Neurotics	S	4.07	2.11	2.47	P<.05
Drug Users	S	2.80	1.23		

Table 3.3-COMPARISON OF MEAN, S.D. AND "t" VALUE OF NORMALS VS. DRUG USERS

(COUNSELING-1WEEK)

Pre-Condition (Normal N-40 & Drug Users N-20)

Subject	Variables	Mean	S.D.	"t"	Significance Level
ARROW DOT Neurotics	I	3.40	1.80	3.66	P<.01
Drug Users	I	6.35	3.36		
Neurotics	E	12.67	2.90	3.61	P<.01
Drug Users	E	9.45	3.85		
Neurotics	S	3.87	2.09	0.50	N.S.
Drug Users	S	4.20	2.60		
PICTURE STORY Neurotics	I	3.80	0.87	2.07	P<.05
Drug Users	I	4.85	2.25		
Neurotics	E	6.50	1.80	2.23	P<.05
Drug Users	E	5.10	3.02		
Neurotics	S	2.77	1.41	0.44	N.S.
Drug Users	S	2.95	1.50		
PHOTO ANALYSIS Neurotics	I	3.50	1.44	4.21	P<.01
Drug Users	I	6.05	3.23		
Neurotics	E	11.27	2.35	5.29	P<.01

Drug Users	E	7.25	3.58		
Neurotics	S	3.20	1.90	2.43	P<.05
Drug Users	S	4.70	2.71		
PICTURE TITLE Neurotics	I	5.25	1.94	0	N.S.
Drug Users	I	5.25	2.12		
Neurotics	E	4.17	2.15	0.54	N.S.
Drug Users	E	3.85	2.34		
Neurotics	S	2.67	1.30	0.55	N.S.
Drug Users	S	2.90	1.80		

Subject	Variables	Mean	S.D.	"t"	Significance Level
ARROW DOT Neurotics	I	3.40	1.80	3.84	P<.01
Drug Users	I	6.05	2.79		
Neurotics	E	12.67	2.90	4.64	P<.01
Drug Users	E	8.75	3.40		
Neurotics	S	3.87	2.09	1.99	N.S.
Drug Users	S	5.20	2.78		
PICTURE STORY Neurotics	I	3.80	0.87	3.39	P<.01
Drug Users	I	5.60	2.45		
Neurotics	E	6.50	1.80	4.95	P<.01
Drug Users	E	3.70	2.38		
Neurotics	S	2.77	1.41	1.92	N.S.
Drug Users	S	3.65	2.05		
PHOTO ANALYSIS Neurotics	I	3.50	1.44	6.71	P<.01
Drug Users	I	7.15	2.75		
Neurotics	E	11.27	2.35	6.82	P<.01
Drug Users	E	6.05	3.51		
Neurotics	S	3.22	1.90	2.91	P<.01
Drug Users	S	4.80	2.09		
PICTURE TITLE Neurotics	I	5.25	1.94	0.73	N.S.
Drug Users	I	4.85	2.00		
Neurotics	E	4.17	2.15	1.52	N.S.
Drug Users	E	3.30	2.07		
Neurotics	S	2.67	1.30	0.004	N.S.
Drug Users	S	3.85	2.05		

Table 3.3-COMPARISON OF MEAN, S.D. AND "t" VALUE OF NORMALS VS. DRUG USERS (COUNSELING-1WEEK)

Post-Condition (Normal N-40 & Drug Users N-20)

Table 3.4-COMPARISON OF MEAN, S.D. AND "t" VALUE OF NORMALS VS. DRUG USERS

(COUNSELING-3WEEK)

Pre-Condition (Normal N-40 & Drug Users N-20)

Subject	Variables	Mean	S.D.	"t"	Significance Level
ARROW DOT Neurotics	I	3.4	1.80	6 23	P<.01
Drug Users	I	7.00	2.59		
Neurotics	E	12.67	2.90	6.84	P<.01
Drug Users	E	7.40	2.58		
Neurotics	S	3.87	2.09	2.88	P<.01
Drug Users	S	5.60	2.08		
PICTURE STORY Neurotics	I	3.80	0.87	4.30	P<.01
Drug Users	I	6.15	2.60		
Neurotics	E	6.50	1.80	4.51	P<.01
Drug Users	E	3.85	3.85		
Neurotics	S	2.77	1.41	0.57	N.S.
Drug Users	S	3.00	3.00		
PHOTO ANALYSIS Neurotics	I	3.50	1.44	5.81	P<.01
Drug Users	I	6.55	6.55		
Neurotics	E	11.55	2.35	4.65	P<.01
Drug Users	E	7.55	7.35		
Neurotics	S	3.22	1.90	1.56	N.S.
Drug Users	S	4.10	4.10		
PICTURE TITLE Neurotics	I	5.25	1.94	0.19	N.S.
Drug Users	I	5.15	5.15		
Neurotics	E	4.17	2.15	1.38	N.S.
Drug Users	E	3.35	3.35		
Neurotics	S	2.67	1.30	1.99	N.S.
Drug Users	S	3.50	3.50		

Table 3.4-COMPARISON OF MEAN, S.D. AND "t" VALUE OF NORMALS VS. DRUG USERS

(COUNSELING-3WEEK)

Post-Condition (Normal N-40 & Drug Users N-20)

Subject	Variables	Mean	S.D.	"t"	Significance Level
ARROW DOT Neurotics	I	3.40	1.80	4.08	P<.01
Drug Users	I	5.65	2.34		
Neurotics	E	12.67	2.90	5.22	P<.01
Drug Users	E	9.00	1.62		
Neurotics	S	3.87	2.09	2.43	P<.05
Drug Users	S	5.35	2.18		
PICTURE STORY Neurotics	I	3.80	0.87	2.71	P<.01
Drug Users	I	5.25	2.48		
Neurotics	E	6.50	1.80	2.28	P<.05
Drug Users	E	5.15	2.71		
Neurotics	S	2.77	1.41	0.44	N.S.
Drug Users	S	2.60	1.46		
PHOTO ANALYSIS Neurotics	I	3.50	1.44	4.81	P<.01
Drug Users	I	5.85	2.30		
Neurotics	E	11.27	2.35	4.97	P<.01
Drug Users	E	7.30	3.81		
Neurotics	S	3.22	1.60	2.71	P<.01
Drug Users	S	4.85	2.66		
PICTURE TITLE Neurotics	I	5.25	1.94	2.02	P<.05
Drug Users	I	4.15	2.00		
Neurotics	E	4.17	2.15	1.49	N.S.
Drug Users	E	5.05	2.21		
Neurotics	S	2.67	1.30	0.35	N.S.
Drug Users	S	2.80	1.23		

Interpretation:

The above table A shows that there is no significant difference found in all the three categories of the four subtest of IES . It is clear from table B that drug users have obtained high mean score in post condition on Arrow dot ego and differ signicantly from the pre condition (t=2.29, p<0.01). It indicates that after counseling for 3 weeks was given it developed a strong, reality oriented ego in them. No other subtest of IES and its categories differ significantly in the pre and post condition. It is clear from table C that on Arrow dot test there is no significant difference between the two groups in all the three categories in pre and post condition. On picture story id the neurotics have obtained high mean scores in post condition and differ significantly from drug users. (t=2.48, p<0.01). It indicates the degree of objective reality with which the drug users perceive the external world. On picture title superego the neurotics have obtained high mean scores and differ significantly from drug users (t=2.11, p<0.05). It indicates a conscious feeling of being bad, unworthy or guilty by the neurotics. The drug users have obtained high mean score and differ significantly from neurotics (t=3.10 p<0.01). It implies a fantasy life of addicts laden with material satisfying to the impulse. It is clear from table D that drug users have obtained high mean score on Arrow dot (Id) in pre condition and differ significantly from neurotic (t= 2.16, p<0.01). On arrow dot ego the neurotics have obtained high mean score in pre condition and differ

significantly in post condition. On picture story ego the drug users have obtained high mean score in pre condition and differ significantly from neurotics. (t=.2.18, p<0.01). It indicates an accurate perception of the world by the drug users in comparison to neurotics. On picture story superego the neurotics have obtained high mean score and differ significantly from drug users (t=2.18,p<0.05). No other significant difference is found. On Photo Analysis id the drug users have obtained a high mean score in pre condition and differ significantly from neurotics. (t=2.23,p<0.05). It signifies more attention by the drug users to impulses in their surrounding. On photo analysis super ego the neurotics have obtained high mean score and differ significantly from drug users. (t=2.81, p<0.01). It reflects the degree to which neurotics see the outside world as moralistic, condemning and abiding by superego ideals. In the post condition no significant difference is found. On Picture title super ego in post condition the neurotics have obtained high mean score and differ significantly from drug users (t=2.47, p<0.05). It indicates that the neurotics have a conscious feeling of being bad, unworthy or guilty. It is clear from table E that drug users have obtained high mean scores on Arrow dot id and differ significantly from Normals (t=3.84, p<0.01) . The significant differences can also be seen in the post condition with high mean score for drug user (t=3.36, p<0.01). It indicates that the drug users have uncontrolled impulsive behavior which has decreased their efficiency in responding to reality. On arrow dot ego the normals have obtained high mean score and differ significantly (t=3.61, p<0.01). It indicates logical reasoning, considering causal relations by the normals. On Arrow dot superego the t value neither in the pre nor in the post condition is significant. On Picture story id the drug users have obtained high mean scores and differ significantly from normals (t=3.39,p<0.01) . The significant difference between the two groups is also apparent in the post condition where the drug users have obtained high mean score (,t=2.07, p<0.01). It indicates that the drug users see the external world in respect to their impulses. On picture story ego the normals have obtained high mean score and differ significantly from drug users in pre condition (t=4.95, p<0.01). 't' value between the two groups is also significant in pre condition (t=2.23,p<0.01). It means that the normals perceive the external world with objective reality. In the Photo Analysis id the drug users have obtained high mean scores and differ significantly (t=6.71, p<0.01) in the pre condition. It indicates that impulse expression and impulse dominated condition is there in the post condition where the drug users have obtained high mean score and differ significantly from normals (t=4.21,p<0.01). On photo analysis ego the normals have obtained high mean score and differ significantly from drug users. (t=6.28,p<0.01). It indicates that the ideation play a major part in the internal strivings of the normals. 't' value is significant between the two group in the post condition also. (t=5.29,p<0.01). In Photo analysis super ego pre condition the drug users have obtained high mean scores and differ significantly from users (t=2.91, p<0.01)significant difference is also seen in the post condition (t=2.43, p<0.01)where the drug user have obtained high mean scores. It indicates that moralistic consideration play a major role in the wants of the drug users.

None of the categories of Picture title neither in the pre or post condition show significant difference between the two groups ie Normals and drug users. It is clear from table F that drug users have obtained high mean score on arrow dot id in pre condition and differ significantly from drug users (t=6.23,p<0.01). It indicates open expression of impulsive behaviour by the drug users. In the post condition too drug users have obtained high mean scores and differ significantly (t=4.08,p<0.01). On arrow dot ego the normals have obtained high mean score and differ significantly in pre condition (t=6.84,p<0.01). 't' value is found to be significant in the post condition (t=5.23, p<0.01), where also the normals have obtained high mean score. On arrow dot superego pre condition the drug users have obtained high mean scores and differ significantly from normals (t=2.88, p<0.01). It indicates that the behaviour of drug users is influenced by the super ego forces. Significant difference is also found between the two groups in post condition(t=2.43, p<0.01). On picture story id the drug users have obtained high mean score in pre condition and differ significantly from normals (t=4.43,p<0.01).Significant difference is also apparent in the post condition (t=2.71, p<0.01). It indicates that the drug users pay more attention to impulses in their surrounding and a need to see the world in these terms. On picture story ego in the pre condition the normals have obtained high mean score and differ significantly from normals (t=4.51,p<0.01). 't',value is also significant in post condition between the two groups (t=2.28, p<0.01). It indicates accurate perception of the world without particular stress either upon impulse laden or moralistic conscience-bound activity by the normals. On photo analysis id in pre condition the drug users have obtained high mean scores and differ significantly from normals (t=5.81,p<0.01). 't' value is also significant in post condition (t=4.81, p<0.01). It indicates the drug users have a fantasy life laden with material satisfying to the impulses. On photo analysis ego the normals have obtained high mean score and differ significantly from drug users (t=4.65, p<0.01). It indicates a objective, realistic, conventional and usual aspect of living of normals. 't' value is also significant in the post condition (t=4.97, p<0.01). On Photo analysis a super ego in post condition the drug users have obtained high mean scores and differ significantly from normals (t=2.71, p<0.01). It means that drug users have a fantasy of being morally good and a wish to attain a high level of virtue and rectitude. On Picture Title id in post condition the normals have obtained high mean scores and differ significantly from drug users (t=2.02, p<0.01). It means there is realization of considerable impulse needs within their psychological self. Other categories of Picture title do not differ significantly.

Conclusion.

This study has been unique in the sense that therapeutic technique of counseling has been analyzed in its full range. It is apparent from the analysis that drug users have certain personality characteristics which promote the use of drugs. Drug users tend to be impulsive. Id plays a very dominant role in influencing their personality. They give more importance to the pleasure which they get after taking the drug. Immediate gratification of need is their, another important personality attribute. Drug users find the effects of drug rewarding. They take drugs because they anticipate positive results such as feeling of euphoria, excitation or energy. Similar findings are reported by Valomera, B Joaguin (2008) . He discusses freudian psychoanalytic perspective on drug addiction as a manifestation of the pleasure principle. Counseling was the technique used in the study.Counseling is an effective tool in the treatment of drug users. Gotheil , E Thornton, C.C., Weinstein,D.,Mayer. G.,Lauer.G (2003) reported effective preliminary treatment outcome to brief individual counseling. Omg, Tech- Hong (2005) examined the effectiveness of a group counseling program in after care services for drug addiction. The obtained results clearly indicate that the counseling has not been an effective tool as a therapy for the drug addicts. In the present study significant changes are neither seen in the one week nor in the three week condition. It may be because the technique used in the study might be similar to the techniques (similar pattern instruction) used in the past by the family members, psychiatric doctors, relatives or friends. So the drug addict did not pay attention to the counseling sessions. Counseling should have been supported by some other therapeutic technique. Another reason might be that drug users did not went out in their natural setting after counseling was given to them. Instead it was again measured while the addicts were in rehabilitation center.

Acknowledgment

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of interest

The author declared no conflict of interest

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