



A STUDY TO ASSESS THE LEVEL OF MOTIVATION AMONG SUBSTANCE ABUSERS IN A SELECTED TERTIARY CARE HOSPITAL OF LUDHIANA, PUNJAB

Nursing

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ABSTRACT

Background: Psychoactive substance use has become a matter of global concern because it put bad impact on individual's health and families. For the last many years there is an enhancing trend of substance use or drug addiction. This problem has been observed in most of the countries of the world. Motivation is an important first step toward any action or change in behavior. Although the professionals are focusing on substance abuse treatment, but what motivates the people to change addictive behavior is still not well understood. Recent researches focus on the construct of readiness for change and its application in abusers of different substance including alcohol, opioids and tobacco etc. **Aim:** To assess the level of motivation among substance abusers. **Methods:** A Quantitative research approach and non-experimental descriptive survey research design was used. Sample size was 60 substance abusers. Data was collected by using non-probability convenience sampling technique. Socio-demographic profile and The standardized SOCRATES-8D was used to assess the level of motivation among substance abusers. **Results:** Majority (65%) of the subjects had high level of motivation. Mean age score was found to be 34.23 ± 8.73 . The mean score of taking steps domain of motivation score (30.32) was highest as compared to mean recognition domain score (26.85) of motivation followed by mean ambivalence domain score (13.83) of motivation. **Conclusion:** The Study concluded that majority Of Substance Abusers had high level of motivation.

KEYWORDS

Substance abusers, Motivation.

INTRODUCTION:

Psychoactive substance use has become a matter of global concern because it put bad impact on individual's health and families. For the last many years there is an enhancing trend of substance use or drug addiction. This problem has been observed in most of the countries of the world. A study reported that, 22 lakh Punjabis are addicted to alcohol and 16 lakh to tobacco, less than 1 per cent (0.9) - 2.7 lakh of the state's population - may be hooked on drugs. Motivation is an important first step toward any action or change in behavior. Although the professionals are focusing on substance abuse treatment, but what motivates the people to change addictive behavior is still not well understood. Recent researches focus on the construct of readiness for change and its application in abusers of different substance including alcohol, opioids and tobacco etc.

AIM:

To assess the level of motivation among substance abusers with a view to prepare IEC material (pamphlet) on motivation for substance abusers.

METHODOLOGY:

Quantitative research approach and non-experimental descriptive survey research design was used. Sample size was 60 substance abusers, visiting psychiatry OPD and admitted in psychiatry ward of Dayanand Medical College & Hospital, Ludhiana. Sample was selected on the basis of inclusion and exclusion criteria. Non probability convenience sampling technique was used. The standardized SOCRATES-8D (Miller, William R, J.Scott /1990) was used to assess the level of motivation. Data was collected by interview method and analyzed by using descriptive and inferential statistics. Discussion was based on statistical analysis, current trends and literature.

RESULTS:

Maximum (47%) substance abusers were in the age group 29-39 years and all were male. They were married (40%) and educated up to senior secondary level (50%). Majority (60%) of them were Sikh, from nuclear family (88%) and belonged to upper middle socio economic status (38%). The majority (65%) of the subjects had high level of motivation. The mean score of taking steps domain of motivation score (30.32) was highest as compared to mean recognition domain score (26.85) of motivation followed by mean ambivalence domain score (13.83) of motivation but the mean % (76.71) of recognition domain of motivation was highest followed by mean% (75.8) of taking steps domain of motivation and low mean % (69.15) of ambivalence domain of motivation. Overall mean % of motivation was 74.73.

Table 1 : Distribution of substance abusers as per their level of Motivation N=60

Level of motivation	Score range	Frequency (%)
Low	19 to 44	03 (05)
Medium	45 to 70	18 (30)
High	70 to 95	39 (65)

Maximum Score= 95

Mean $\pm$ SD = 71 ± 12.22

Minimum Score= 19

Table 2 : Mean and SD of substance abusers according to domains of motivation as per level of motivation.

Domains	Score range	Range of score obtained	Mean $\pm$ SD	Mean %
Recognition	7-35	13-35	26.85 ± 5.47	76.71
Ambivalence	4-20	5-19	13.83 ± 3.16	69.15
Taking steps	8-40	17-40	30.32 ± 5.46	75.8
Overall Motivation	19-95	41-89	71.00 ± 12.22	74.73

Table 3 : Association between level of motivation & socio-demographic variables among substance abusers .

Socio-Demographic Variables	n	Level of motivation				p Value df	
		Low	Medium	High	(χ^2)		
		Score (19 to 44)	Score (45 to 70)	Score (70 to 95)			
Age (In Years)							
18-28	16	01	06	09	4.34	0.63 ^{ns}	6
29-39	28	02	06	20			
40-50	14	00	06	08			
51-60	02	00	00	02			
Gender					NA	-	-
Male	60	03	18	39			
Female	00	00	00	00			
Education					4.87	0.56 ^{ns}	6
Illiterate							
Elementary to Middle	06	00	03	03			
Secondary to Senior Secondary	06	01	02	03			
Graduate & Above	30	02	07	21			
	18	00	06	12			

Occupation							
Working	44	01	13	30	2.72	0.25 ^{NS}	2
Not working	16	02	05	09			
Marital Status							
Unmarried	13	2	02	09			
Married	40	1	12	27	9.40	0.15 ^{NS}	6
Divorced /	05	0	02	03			
Separated	02	0	02	00			
Widow/Widower							
Habitat							
Rural	36	1	11	24	0.93	0.62 ^{NS}	2
Urban	24	2	07	15			
Type Of Family							
Nuclear	53	3	16	34	0.45	0.79 ^{NS}	2
Joint	07	0	02	05			
Socio-Economic							
Status							
Upper	03	0	00	03			
Upper Middle	23	0	11	12	8.47	0.20 ^{NS}	6
Lower Middle	16	1	03	12			
Upper Lower	18	2	04	12			

CONCLUSION:

Motivation level among substance abusers varied from low to high. Association of motivation with socio-demographic variables were found to be statistically non-significant. Findings revealed that assessment of level of motivation will reduced the relapses among substance abusers.

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