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Presumptive stressful life events among Addicts and Non-Addicts; a comparative analysis

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Abstract
The present study was conducted to get an insight into, and to compare the Presumptive stressful life events of Addicts and Non-addicts. The study was conducted in Chandigarh which was a purposive selection, covering Non addicts in three Educational Institutes –Punjab University, Sector 14, D.A.V. College, Sector –10 and Institute for Hotel Management Sector 42. Addicts were covered from three De-addiction centers; Govt. Medical College and Hospital, Sector-32, Lala Lajpat Rai Bhawan Sector-15 and Alcoholic and Narcotics Anonymous. The subjects were 100 in number, (50 Addicts, 50 Non-addicts) all males, in the age group 17-21 years. The tool used in the study was Stressful Life Events Scale by Singh, Kaur & Kaur (1983). It was reported that Addicts had significantly high undesirable life events whereas non-addicts had significantly high desirable life events. Thus, it could be concluded that desirable life events are necessary for proper overall development of adolescents

Key words: addicts-habitual of drugs, undesirable life events- negative and unwanted events, desirable life events-positive and wanted events, adolescents-stage of life from onset of puberty till attainment of adulthood.

1. Introduction
Addiction is the biggest social menace today. Unless tackled and eradicated this will engulf the youth & the aged, the poor and the rich, the urban & the rural men and women, and all classes of the society. (Banerjee & Banerjee, 2002)
There are a large number of determinants & variables of drug addiction. The present study is designed to quantify the effect of drug addiction on Presumptive stressful life events among Addicts and Non-Addicts Attachment is generally defied as enduring affectional bond of substantial intensity-the firsts and the most basic forms of love felt by the child towards another human (Armsden & Greenberg 1987). One important factor that distinguishes adolescent who navigate the transition of this age, with success those who do not is the quality of relationship that they have both with parents and peers (Loible, Carlo and Raffaelli, 2000). Adolescents who lack attachment to their parents have poor communication and high alienation to parents, get inclined towards addition. They start taking alcohol and other drugs substance use. A healthy family system would however prevent adolescent drug use even in the face of heavy peer pressure. Family's essential dynamic structure depends upon parental ability to form a coalition maintain boundaries between generations and adhere to adolescents happiness thereby avoiding stress. Adolescents may go towards addiction as escapism from those stressful situations in life. Addicts have significantly higher level of stress in their lives and show significantly poor social and personal adjustment as compared to non-addicts. Individuals exposed to expired stress are more likely to become addict of alcohol and other drugs. There exists a close relationship between stress and drug addiction (Weatherman K.E, 1998). Drug addiction is the state when an individual starts taking drugs habitually, for reasons other than medical in any amount, strength, frequency that damages his physical and mental functions. Addiction is a menace in itself and is spreading life a fire in society; efforts should be made to minimize this as early as possible. Parents, Teachers & community must provide possible and useful services for addicts by giving them proper guidance & counseling.

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2. Method

The present study aimed at comparing the presumptive stressful life events among addicts and non-addicts.

The study covered the non-addicts in three institutes of Chandigarh; Punjab University, Sector 14, D.A.V. College, Sector 10, and Institute for Hotel Management, Sector 42, Chandigarh. Addicts were covered from three de-addiction centres; Government Medical College and Hospital, Sector 32, Chandigarh; Lala Lajpat Rai Bhawan, Sector 15 and Alcoholic and Narcotics Anonymous.

Selection of sample The sample for addicts was selected from three de-addiction centres. The sample for Non-addicts was selected from three educational institutes. The first step included taking the permission from the Heads of the de-addiction centres, and the Principals of the Educational institutes selected for the study. Then, rapport was formed with the subjects.

2.2 Actual administration of the test

Stress is the disturbed state of mind, which includes changes in an individual's functioning or health. A state of stress interacts with situational and general outcomes. A person who experiences stressful life events may, as a result undergoing psychological growth, presume his life without substantial permanent change and experience a change for the worse in his functioning of health.

Presumptive stressful life events scale by Singh, Kaur and Kaur (1983) measures the stressful life events and gives the quantitative estimates of presumptive stress (weighted scores) as experienced by Indian adult population on each specified life event. Secondly, to estimate the mean number of stressful life events experienced by the addicts and the non addicts in their life time. This scale was developed for Indian setting on the basis of social readjustment rating schedule (Holmes & Rahe, 1967) and scaling of life events (Paykel, Prussoff & Uhlenhuth, 1971). It can be used for both sexes and for the age group (15-75) years. The scale consists of 51 items comprising of life events relevant to the Indian settings. For content validation authors made similar exercises on males and females, single people to be married across several cultures and found all the coefficient of correlations ranged between 0.65 to 0.98. The mean stress score were applied to lifetime events; desirable, undesirable, & ambiguous dimensions and the mean stress scores were found out. High degree of negative scores (undesirable events) report greater amount of subjective stress

2.3 Scoring

Scoring was done after the collection of the data sheets from the respondents. The total life events of every individual were noted on the basis of the response obtained. The responses of the subjects for various dimensions (as given in table 1) such as desirable, undesirable and ambiguous as per the manual of the test were noted down. Frequencies of total life events, desirable, undesirable, ambiguous, dimensions for both addicts as well as non-addicts were found out. The mean stress score (given in table 2) were applied to lifetime events; desirable, undesirable, & ambiguous dimensions and the mean stress scores were found out. High degree of negative scores (undesirable events) report greater amount of subjective stress.

2.4 Statistical Analysis

Once the data was obtained, it was coded, tabulated and analysed, keeping in mind the objectives of the study. Appropriate statistical tools were used to draw meaningful inferences. The statistical tools used in the present study are given under:

Table 1: Statistical tools used for analysis of data

S. No.	Statistical tools	Formula	Purpose
1.	Mean (x)	X = ΣX/N where, X = Variable N = No. of sample	To find out the average scores of variable used in the study.
2.	Percentage (%)	% = X/N x 100 where, x = Derived score n = total score	To find the distribution of subjects with regard to various variables of the study.
3.	Standard Deviation (S.D.)	$0 = \overline{\sqrt{\Sigma x / N}}$ Where, X = Deviation from actual mean X = mean. X = variable. N = number of samples.	To find out deviation from the man scores of the variables.
4.	Standard error of mean (S.E)	S.E = 0/n Where 0 = S.D. n= number of observations	To find out the degree to which the mean is effected by the error of measurement and sampling.
5.	't' test	$t = (x1-x2) / S$ $\sqrt{n1n2/n1 + n2}$ Where, x1 = mean of 1st sample x2 = mean of second sample S = combine S.D. n1 = number of observations in 1st sample. n2 = number of observations in 2nd sample	To compare the average score of any two groups or to find out whether the mean of the two samples vary significantly from each other.

Table 2: Distribution of items in the desirable, undesirable and ambiguous dimensions along with number of items and the item numbers:

S. No.	Dimensions	Item Numbers	Number of items
1.	Desirable	21, 27, 31, 34, 35, 38, 39, 40, 46, 51	10
2.	Undesirable	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 17, 18, 19, 22, 23, 24, 25, 26, 28, 29, 30, 32, 33, 36, 37, 44	31
3.	Ambiguous	16, 20, 41, 42, 43, 45, 47, 48, 49, 50	10

Table 3: Mean ranked stress scores of each item

| S. No.	Life events	Mean stress score
1.	Death of spouse	95
2.	Extramarital relations of spouse`	80
3.	Marital separation/divorce	77
4.	Suspension or dismissal from job	76
5.	Detention in jail of self or close family member	72
6.	Lack of child	67
7.	Death of close family member	66
8.	Marital conflict	64
9.	Property or crops damaged	61
10.	Death of friend	60
11.	Robbery or theft	59
12.	Excessive alcohol or drug use by family member	58
13.	Conflict with in-laws (other than over dowry)	57
14.	Broken engagement or love affair	57
15.	Major personal illness or injury	56
16.	Son or daughter leaving home	55
17.	Financial loss or problems	54
18.	Illness of family member	52
19.	Trouble at work with colleagues, superiors or subordinates	52
20.	Prophecy of astrologer or palmist etc.	52
21.	Pregnancy of wife (wanted or unwanted)	52
22.	Conflict over dowry (self or spouse)	51
23.	Sexual problems	51
24.	Self or family member unemployed	51
25.	Lack of son	51
26.	Large loan	49
27.	Marriage of daughter or dependent sister	49
28.	Minor violation of law	48
29.	Family conflict	47
30.	Break-up with friend	47
31.	Major purchase or construction of house	46
32.	Death of pet	44
33.	Failure in examination	43
34.	Appearing for examination or interview	43
35.	Getting married or engaged	43
36.	Trouble with neighbour	40
37.	Unfulfilled commitments	40
38.	Change in residence	39
39.	Change or expansion of business	37
40.	Outstanding personal achievement	37
41.	Begin or end schooling	36
42.	Retirement	35
43.	Change in working conditions or transfer	33
44.	Change in sleeping habits	33
45.	Birth of daughter	30
46.	Gain of new family member	30
47.	Reduction in number of family functions	29
48.	Change in social activities	28
49.	Change in eating habits	27
50.	Wife begins or stops work	25
51.	Going on pleasure trip or pilgrimage	20

3. Results and Discussion

The present study was undertaken to get an insight into the difference in stressful life events of addicts and non-addicts.

Means of the raw scores of the tests namely presumptive stressful life events was used to assess the respective differences between addicts and non-addicts. They were

further subjected to statistical analysis. Tests of significance (t-test) of difference between the means was used to compare the respective means of the two groups of samples i.e. addicts and non-addicts.

Results were calculated and their discussion was carried out as under:

The difference in stressful life events of addicts and non-addicts.

Presumptive stressful life events scale was use to find the difference in stressful life events of addicts and non-addicts.

Table 4: Mean, Standard deviation, standard error and t-values for stressful life events of addicts and non-addicts.

N=100 — 50 Addicts — 50 Non-addicts
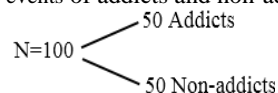
S. No.	Variables	Subjects	Mean	S.D.	S.E.M	t -value	Lev. of sig.
1.	Total stressful life events	Addicts	8.52	9.02	1.27	0.387	NS
		Non – addicts	7.82	9.05	1.28		
2.	Desirable life events	Addicts	1.76	1.65	0.23	3.7226	0.001
		Non – addicts	3.8	3.2	0.45		
3.	Undesirable life events	Addicts	5.16	5.3	0.60	3.522	0.001
		Non – addicts	2.4	2.9	0.41		
4.	Ambigous life events	Addicts	1.7	3.107	0.43	0.132	NS
		Non – addicts	1.62	2.95	0.41		
5.	Mean stress score of total life events	Addicts	384.92	322.87	45.66	1.27	NS
		Non – addicts	315.04	208.11	29.4		
6.	Desirable mean stress score of life events	Addicts	59.76	48.8	6.9	6.732	0.001
		Non – addicts	135.24	32.5	4.59		
7.	Undesirable mean stress score of life events	Addicts	267.68	220	31.1	3.723	0.001
		Non – addicts	124.58	123.4	17.45		
8.	Ambiguous mean stress score of life events	Addicts	57.48	54.07	7.64	0.2128	NS
		Non – addicts	55.22	52.21	7.38		

NS – Non-Significant
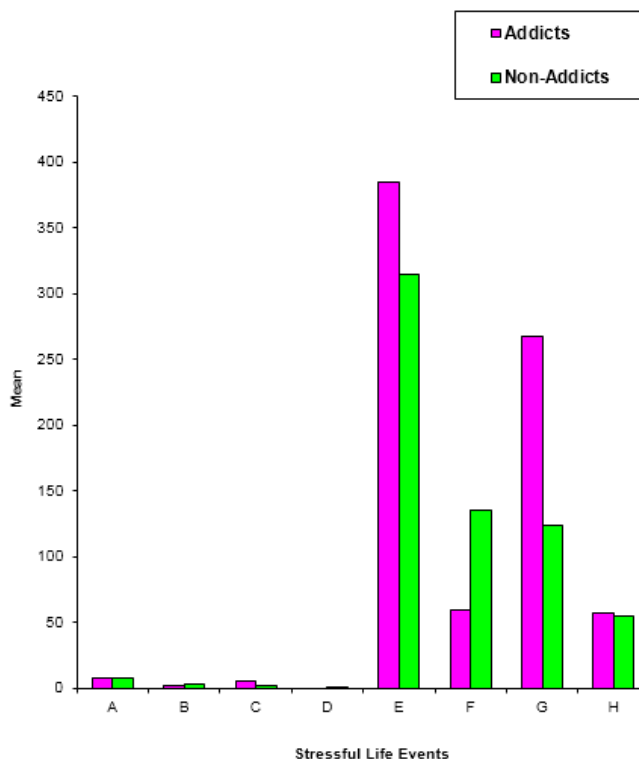
A – Total stressful life event
B – Desirable life events
C – Undesirable life events
D – Ambiguous life events
E – Mean stress score of total life events
F – Desirable means stress score of life events
G – Undesirable mean stress score of life events
H – Ambiguous mean stress score of life events

The results of the findings of the study suggest that there is significant difference in the means of various areas of stressful life events of addicts and non-addicts. Addicts have significantly high undesirable life events and that non-addicts have significantly high desirable life events. The results also indicates that though there is non-significant difference in total and ambiguous life events, but in both the areas addicts have high mean values as compared to non-addicts. These results could be due to the reason that the personality of addicts have maladaptive patterns and that they have low attachment to parents, so may not be able to disclose their feelings to their parents. Lack of social support may also be one of the reasons.

The results are supported by the studies conducted by Koobs (1999) & Ranagaswami (1983) which revealed that alcoholics experience more stressful life events as compared to non addicts. Other studies supporting the results are by Gunthly & Jain (1998), Flower, Lislow & Tanna (1980) revealed that addicts face more undesirable life events than non addicts. Similar other studies by Mathew & Baby (1998), Thankachan & Kodandaram (1992), Doherty (1991), Lodhi & Thakur (1993) and Dubey (1993) also support the present study and revealed that addicts score significantly high on the life stress events and negative life experiences.

4. Conclusion
In the end it can be concluded that addicts face more and high Stressful life events in day to day living.

5. Acknowledgment

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