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## Correlation of some psychoparameter of drug abuse among youth in Darbhanga district of North Bihar

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### Abstract

In India, Drug problem is not a new phenomenon. India could well be called the first drug culture in the world. The frequency of drug abuse today is much more than ever before. National sample survey (1975) found that with the rise in per capita income the expenditure on intoxicants in society has increased. The problem of drug use among youth has reached epidemic proportions (Sethi and Manchanda, 1977). India has become a country of drug culture. They use drug on awakening (coffee or tea), and to reduce pain (aspirin). The study centres around drug taken by young generations & its psychopathological effect on their affective state in terms of aggression, frustration, anxiety and adjustment. Youth have become maladjusted due to unemployment, living away from home, relaxed parental controls etc. The environments most conducive to drug use are large cities, especially areas where crime and vice are common and drugs are easily available. They lack adjustment. It refers the degree of harmony between individual & its surroundings.

Total 400 (200 Drug users and 200 Non-drug users) were taken from different four colleges situated in Darbhanga commissioner area. The age range of sample were from 18 to 25 years with an average age range of 22 years. The purposive sampling technique with regards to psychoparameters such as adjustment, anxiety, frustration and aggression was adhered during sample selection time.

**Keywords:** Darbhanga, north Bihar, anxiety, psychoparameter, adjustment

### Introduction

Today drug abuse is a universal problem threatening the health and harmony of communities on a global scale. Almost all the national governments in the world have outlawed drugs that tend to alter the human mind that can ultimately lead to an array of social problems including crime. A drug will be defined as "Any substances other than food which by its chemical or physical nature alter the structure or functions in living organism" (Ray, 1983) [5]. Drug is also defined by WHO (2004) [7] as "Any substances that when into the living organism, may modify one or more of its function." Its affects is more than 7% of people at some point in their lives. Drug abuse is often used interchangeable with other term such as drug addiction or drug dependence. Abuse in its strictest sense refers to the taking of drugs without medical need, in an amount large enough to threaten the quality of life of health and safety of user or other. Drug addiction also called substances dependence or chemical dependency. Use of drug substance can cause for the sufferer, either sociality or in terms of their work performance. More than 2.6% of people suffer from drug addiction at some time. Drug abuse may not be exactly a problem of magnitude at present, but it may become one within several decades (Khan and Khan, 1982).

Following four categories of drugs are used in Darbhanga district:-

1. Over the counter drug i.e. Aspirin and related drug.
2. Mood and conscious altering i.e. Alcohol, Caffeine.
3. Illegal drugs i.e. Heroin, Ganja, Bhang (Cannabis), Tobacco.
4. Substances sold for non drug purposes but effects one's mood i.e. Glue, Turpentine etc. in addition to alcohol.

In India, NGO survey revealed that 63.6% of patient coming in for treatment were introduced to drug at a young age below 15 Years. According to another report 13.1% of the people involved in drug and substance abuse are below 20 years. Heroin, Opium, Alcohol, Cannabis and Propoxyphene are the five most common drugs being abused by children in India.

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A survey show that of all alcohol, cannabis and opium users 21%, 3% and 0.1% respectively are below the age of eighteen. An emerging trend about child drug abuser is the use of a cocktail of drugs through injection, and often sharing the same needle, which increases their risk of HIV infection. Overall 0.4% and 4.6% of total treatment seekers in various states were children.

### Material and method

The subjects have been selected from different school, colleges and coaching institute of Darbhanga district of north Bihar represent administrative commissionaire as a geographical unit of Bihar. After selection of the sample tests have to be administered to them allowing sufficient time. Finding established with the sample for creating a climate of mutual trusts and cooperation.

### The selected sample centres are

1. +2. Govt. High School, Kolhanta Patori, Darbhanga.
2. C.M. Sc. College, Darbhanga.
3. C.M (Arts) College, Darbhanga.
4. Coaching Institutes of Darbhanga.

The sample of the study comprised 50 students belongs to drug abuser group and also 50 students are selected from non drug abuser group of mentioned +2 school, colleges and coaching institutes. Thus, 100 students have been selected from each center, accordingly the total number of students are 400. The selected students composite age range of sample was 18 – 25 years.

The purposive sampling technique was adhered during sample selection time. Self prepared personal data sheet was used to collect respondent's personal background information. To measure the frustration level of respondent's, frustration scale developed by Chauhan and Tiwari (1972) was used. To measure the anxiety level of respondent's Sinha's W.A. Self Analysis Scale was used. Hindi Version of Bell's adjustment by Burleson was used to measure the respondent's adjustment level.

### Result and discussion

The principal reasons for drug misuse are a combination of personality and social variables. Psychoparameter believe that the drug addict is an immature orally fixated individual. Addiction can have profound effects on a person's thoughts, feelings and behaviour. It usually disturbs perception and attitudes and can significantly disrupt someone's personally. This is due to substance involved- such as alcohol, nicotine, cocaine, heroin, cannabis, tobacco, etc. that can also interfere with the chemistry nature of brain (Freud, 1933) [3]. However, the amount of psychological effects from an addiction varies hugely. Darbhanga district people are severely affected psychological depends of their mental health before becoming addicted and ongoing circumstances of their lives. There are certain psychological symptoms that most addicted suffer sooner or later, either all at once or in clusters (Dollar *et al.* 1939 and Cohen, 1970) [2, 1]. Psychoparameters correlation among anxiety, frustration,

aggression and adjustment are the important factors to determine the behaviour level of drug abuser especially in Darbhanga district.

### Correlation findings on anxiety and frustration

The correlational findings obtained between the score on anxiety and frustration measures are presented in table-01.

**Table 1:** Correlational findings between respondent's anxiety and frustration scores

	Frustration and its different areas				
	Aggression	Fixation	Regression	Resignation	Total
Total anxiety score	0.52*	0.43*	0.50*	0.47*	0.65*

\* Significant at < .01 level of confidence.

Looking at the table – 01, we find that, the respondent's anxiety scores and frustration (with its different areas) were found positively correlated. The calculated scores. (.52, .43, .50, .47 and .65 respectively) were found significant at <.01 level of confidence. These findings cleared that the respondent's anxiety is also responsible for their frustration level.

### Correlational findings on frustration and adjustment

Correlation between frustration scores and different aspects of adjustment and its total scores were also computed. The obtained findings are given in the following table – 02.

**Table 2:** Correlational findings between respondent's frustration and adjustment scores

	Adjustment and its different areas				
	Home	Health	Social	Emotional	Total
Total frustration score (High)	0.65*	0.59*	0.43**	0.68*	0.61*

\* Significant at < .01 level

\*\* Significant < .05 level

The correlational values that presented in above table revealed that, respondent's frustration scores was negatively correlated with their adjustment scores. The correlational values on adjustment measures and its different dimensions (home, health, social and emotional) was negative by their frustration level. According to this result, it is clear that respondent's frustration level was the responsible factor for their poor adjustment. By means of high level of frustration, individual become maladjusted in all the aspects of adjustment.

### Correlation findings on anxiety and aggression

The scores on respondent's anxiety and aggression measures were correlated. The findings are displayed in the following table – 03.

**Table 3:** Correlation finding between respondent’s anxiety and aggression scores

	Aggression and its different areas								
	Assault	Indirect Aggression	Irritability	Negativism	Resentment	Suspicious	Verbal Aggression	Guilt	Total
Total Anxiety Score (High)	0.42*	0.44*	0.64**	0.63**	0.49*	0.57**	0.54**	0.39*	0.69**

\* Significant at < .01 level

\*\* Significant < .05 level

An observation of above table revealed that the respondent’s anxiety scores was positively correlated with their total aggression and also in its different areas. The correlational values on assault, indirect aggression, resentment and guilt were found significant at <.05 level of confidence and the correlational values on total irritability, negativism suspicious, verbal aggression on total level were found significant at <.01 level of confidence. These findings revealed that, when respondents feel more anxiety than they

also become aggressive. In other words, we can say that anxiety was also a responsible factor for aggression.

**Correlational findings on aggression and adjustment**

Correlation between different areas of aggression scores and adjustment (with all dimensions) scores were also computed. The correlation findings are presented in table-04.

**Table 4:** Correlational analysis of scores on areas of aggression and adjustment

Aggression and its areas	Adjustment and its dimensions				
	Home	Health	Social	Emotional	Total
Assault	0.59	0.62	0.49	0.45	0.52
Indirect aggression	0.54	0.64	0.52	0.47	0.62
Irritability	0.62	0.69	0.61	0.56	0.65
Negativism	0.52	0.59	0.62	0.64	0.62
Resentment	0.59	0.62	0.67	0.54	0.64
Suspicious	0.36	0.67	0.59	0.64	0.63
Verbal aggression	0.67	0.54	0.62	0.58	0.67
Guilt	0.63	0.69	0.54	0.68	0.69
Total	0.65	0.63	0.61	0.58	0.64

All users were significant at <.01 level of confidence.

The above table stated that, there were positive and negative correlation between the scores on aggression and adjustment measure. All the drug abusers were found significant at <.01 level of confidence. This result showed that if the aggression was found higher than respondent’s adjustment problem would be seen large.

**Correlation findings on anxiety and adjustment**

The scores on anxiety and adjustment measures also correlationally analyzed. The obtained results are given in the following table-05.

**Table 5:** Correlation findings between respondent’s anxiety and adjustment scores

	Adjustment and its dimensions				
	Home	Health	Social	Emotional	Total
Total anxiety score (High)	0.65*	0.53**	0.66*	0.52**	0.63*

\* Significant at < .01 level

\*\* Significant < .05 level

The findings that presented in above table revealed that, there were high and negative correlations among the scores of home and social and on total level were found significant at <.01 level and correlational value on health and emotional dimensions were found significant at <.05 level of confidence. This result cleared that, if anxiety among respondent’s seen more than their maladjustment also would be seen greater. In another words, by means of more anxiety the respondents were affected from maladjustment.

**Conclusion**

To conclude, it can be said that drug users were more psychologically disorder than non user. Drug abuse is a complex phenomenon in Darbhanga district of north Bihar which has various social, cultural (Miller, 1958) [4], biological and economic aspects. Table-01 reveal that significant at <.01 level of confidence cleared that the respondent’s anxiety is responsible for their frustration level. Correlation value of table-02 finding score of

frustration score was negative with the adjustment score. This result clarifies that drug abuser's frustration level was the responsible factor for their poor adjustment. Table-03 finding revealed that, the respondent's anxiety score was positively related with their aggression. So, we can say that anxiety was also a responsible factor for aggression. Table-04 showed there were high and low correlation between the scores on aggression and adjustment measures. All were found significant at  $<.01$  level of confidence. Table-05 result cleared that more anxiety of drug abuser seen more than their adjustment. It is important to realize that the psychoparameter effects of addiction are not only experienced by the person who misuses drug, but also by those who are personally involved with them, such as families, friend and colleagues.

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