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Effect of comprehensive exercise therapy in rehabilitation of drug addicts in relation to their attitude

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Abstract

The research project was conceptualized and titled as “Effect of comprehensive exercise therapy in rehabilitation of drug addicts in relation to their attitude. The study was conducted at Elmhirst Institute of Community Studies, Santiniketan, and West Bengal. And the addict patients reported in the centre for de-addiction and rehabilitation were only exclusively used as subjects. The study was further confined to addicts to those drugs that were as found available. Further, the comprehensive alternate therapy program was confined within following areas: Yoga, Meditation, Physical Exercise and Recreational Games. The study was confined to the following variables for testing a Psychological Variables i.e. Attitude. Further the program will also significantly improve personality profile, attitude, and self- confidence of drug addicts selected as psychological variables to experiment upon. The alternative rehabilitation program will be significantly better effective than existing rehabilitation program of Elmhirst Institute of Community Studies in every aspect. This statistical finding clearly implies that significant changes in attitude resulted as an effect of respective rehabilitation programs. The magnitude of mean difference being higher in experimental group can be concluded that changes or transforming of attitude towards positive in experimental group was better than the control group. The findings proved that the alternative exercise rehabilitation programme was better effective than the regular rehabilitation program of the centre and produced positive changes in the attitudes for experimental group. Positive transformation in personality profile and psychological traits achieved through better health status and fitness (attained through exercise rehabilitation programme) directly changes attitude of drug addicts towards life and drug and reinforces his will power and desire for de-addiction or resistance to drugs.

Keywords: comprehensive, rehabilitation, attitude, drug addicts etc.

Introduction

A concept that aims to describe the full reality of addiction must incorporate non-biological factors as essential ingredients in addiction-up to and including the appearance of craving, withdrawal, and tolerance effects. Different cultures regard, use and react to substances in different ways, which in turn influence the likelihood of addiction. Thus, opium was never prescribed or considered a dangerous substance in India, where it was grown and used indigenously, but it quickly became a major social problem in China when it was brought there by the British.

Addiction, at its extreme, is an overwhelming pathological involvement, the object of addiction is the addicted person’s experience of the combined physical, emotional, and environmental elements that make up the involvement for that person. Addiction is often characterized by a traumatic withdrawal reaction to the deprivation of this state or experience. Tolerance-or the increasingly high level of need for the experience-and craving are measured by how willing the person is to sacrifice other rewards or sources of well-being in life to the pursuit of the involvement. The key to addiction, seen in this light, is its persistence in the face of harmful consequences for the individual.

The very fact that ability development, working capacity improvement, improvement in body image, health improvement, immunity development that could be realized through a organized exercise programs and all this has significant bearing on addicts psycho- especially emotions, personality, approach towards life etc. needs to be well understood by people concern, dealing with drug addict rehabilitations. With above understanding this research project was conceptualized and titled as “Effect of comprehensive exercise therapy in rehabilitation of drug addicts in relation to their attitude.

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Methodology

The study was conducted at Elmhirst Institute of Community Studies, Santiniketan, and West Bengal. And the addict patients reported in the centre for de-addiction and rehabilitation were only exclusively used as subjects. The study was further confined to addicts to those drugs that were as found available. Further, the comprehensive alternate therapy program was confined within following areas: Yoga, Meditation, Physical Exercise and Recreational Games. The study was confined to the following variables for testing a Psychological Variables i.e. Attitude. It was hypothesized that the program will also significantly improve personality profile, attitude, and self- confidence of drug addicts selected as psychological variables to experiment upon. It was also hypothesized that the alternative rehabilitation program will be significantly better effective than existing rehabilitation program of Elmhirst Institute of Community Studies in every aspect. For assessing Attitude Parasar’s Optimistic Pessimistic Attitude Scale (OPAS) was applied. Before administering the Comprehensive Alternative Exercise Rehabilitation Program, all the selected subjects taken up were checkup in terms of their health status & fitness level. Pretest were conducted on experimental and Control group. After the 6 weeks experiment on the Experimental group the post test was conducted to see the effect of Comprehensive Alternative Exercise Therapy Program. Posttest was also conducted for control group which were exposed to center’s existing normal rehabilitation program. For analysis of data ‘t’ test was used to find out the effect of Comprehensive Exercise Program on Psychological Variable i.e. Attitude

and Further to find out efficacy of comprehensive exercise program over regular program of the Elmhirst Institute of community study, de addiction centre, analysis of co variance was used. The level of significance was kept at 0.05.

Results

Table 1: Comparison of mean values between pre and post test on attitude of experimental and control group

Groups	test	Mean	Mean different	Std. Dev	d.f	S.E. of mean	‘t’- Ratio
Experimental Group	Pre	19.95	12.90	2.91	19	0.65	18.06*
	Post	32.85		2.60		0.62	
Control Group	Pre	18.65	8.05	2.7	19	0.60	12.69*
	Post	26.70		2.79		0.62	

*significant at 0.05 (19) = 1.729

It is evident from table-1 of mean comparison between pre and post value on attitude that there is significant difference between pre and post mean of both experimental and control group.

Since t- ratio value of 18.06 and 12.69 was observed for experimental and control group respectively higher than the tabulated t- value i.e. 1.729 required to be significant. This statistical finding clearly implies that significant changes in attitude resulted as an effect of respective rehabilitation programs. The magnitude of mean difference being higher in experimental group can be concluded that changes or transforming of attitude towards positive in experimental group was better than the control group.

Table 2: Analysis of co-variance of experimental and control group on attitude

Test	Experimental group	Control group	Sum of square		d.f	Mean sum of square	F-ratio
Pre test mean	19.95	18.4	A	24.03	1	24.03	2.75
			W	331.75	38	8.73	
Post Test mean	32.85	26.7	A	378.23	1	378.23	48.43*
			W	296.75	38	7.81	
Adjusted post test mean	32.51	27.04	A	279.62	1	279.62	44.21*
			W	234.03	37	6.33	

*Significant at 0.05 level F.05 (1, 38) =4.10 F.05 (1, 37) =4.11

Table-2 shows that the obtained ‘F’ value 44.21 was much higher than the tabulated ‘F’ value 4.11 required to be significant. Since ‘F’ value was found to be significant Post hoc mean Comparison was employed to find out the difference on attitude among the two groups. The Post hoc test is presented in table-3.

Table 3: Adjusted mean, mean difference and critical difference of attitude

Groups	Adjusted mean	Mean difference	Critical difference
Experimental	32.51	5.47*	1.62
control	27.04		

*Significant at 0.05 level

Table-3 indicates that the adjusted mean difference between experimental and control group 5.47 was higher than the critical difference 1.62 required to be significant. Further the findings proved that the alternative exercise rehabilitation programme was better effective than the regular rehabilitation program of the centre and produced positive changes in the attitudes for experimental group. The

graphical representation of mean comparison on attitude of experimental and control group is presented in fig-1.

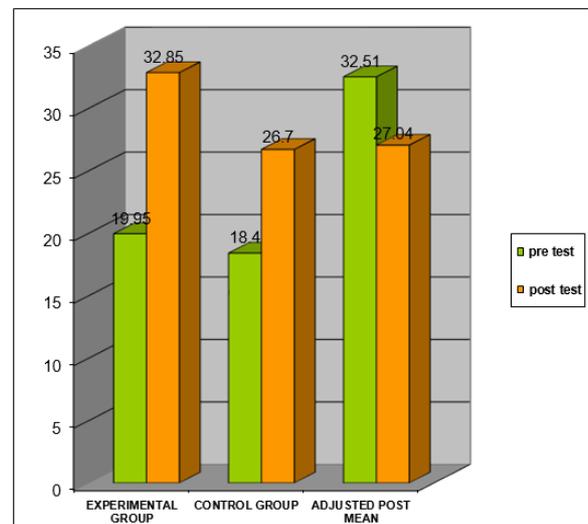


Fig 1: Mean Comparison Of Attitude Between Experimental And Control Group

Discussions

The study was conceptualized with the very idea that when worldwide trends in rehabilitation programme of drug addiction primarily emphasis on regaining health and fitness status through structured exercise program Indian practices have shown complete negligence to this fact. The efficacy of exercise based rehabilitation programme is not well understood or not accepted in the context of practices in India. Hence taking up a research work on drug rehabilitation with exercise programme concurrently with a regular stereo typed programme of an established centre did fill up a need of the time. This could have been eye opener to people concern associated with drug addict rehabilitation to become aware about latest practice, effective rehabilitation programme, modalities involve in planning and carrying out comprehensive exercises based rehabilitation programme. So, much was at stake on this study. Findings have clearly showed that, the two hours of rehabilitation programme have invariably effected positive changes in selected criterion parameter on which rehabilitation effect of programme was seen.

Conclusions

The findings of the study have revealed a most of facts in relation to experimentation of Comprehensive Alternative Exercise Rehabilitation programme for the rehabilitation of drug addicts. Further extensive review that were carried out during course of conduct and completion of the study provided in-depth understanding about research trends on area of experimentation modalities for rehabilitation programming etc. Much was deliberated on the findings of the study. And hence based on all above and considering existing facts research scholar would like to offer following conclusion.

1. The statistical findings clearly implies that significant changes in attitude resulted as an effect of respective rehabilitation programs.
2. Comprehensive Exercise Rehabilitation programme for addicts must consider the elements of recreation, health accomplishment, and sense of satisfaction and feel good factor through participation in exercise programme.
3. Development in health and fitness status brings in significant positive transformation in personality profile and psychological traits.
4. Positive transformation in personality profile and psychological traits achieved through better health status and fitness (attained through exercise rehabilitation programme) directly changes attitude of drug addicts towards life.
5. Exercise based rehabilitation programme are significantly effective in rehabilitation of drug addicts than conventional programme of existing drug rehabilitation centre of India.

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