A Study on Personality and Self-esteem of Adolescents with Drug Addiction

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I.   INTRODUCTION

Kashmir is regarded as one of the most beautiful places in the world. But due to unrest in Kashmir people have been affected in many ways. Many social evils have also crept into society, drug abuse, and drug addiction being most dangerous and prevalent. People in kashmir are more prone to drugs. Mainly yout indulging into drug abuse.

Drug is a chemical substance that changes brain function and results in alteration in perception mood consciousness or behavior, or a chemical substance that acts primarily upon the central nervous system where it alters brain function resulting in temporary changes in perception mood, consciousness and behavior. These substances may be used medical purposefully to improve the performance or alter one's consciousness or ethnogeny. Some of the drugs which have therapeutic value are prescribed by physician of anesthetics. Many of the substances (especially stimulants and depressants) can be habit forming causing chemical dependency and may lead to substance abuse.

Drugs its types

There are three main groups of drugs.

Depressants, stimulants and hallucinogens. Most drugs fit into one or more of these groups.

Depressants.

These drugs Slow Down central nervous system they make people feel relaxed less tense and less aware of events around them, Example of depressants are:-Alcohol, Heroine, Inhalants ,Sleeping pills, Ketamine, Prescription pain killers, Opioids, Oxycontin

Stimulants

These drugs speed up the central nervous system. They help people feel more alert and they increase the user's physical energy. Stimulants are taken to make people feel happy and to decrease appetite.

Examples of stimulants are:-Tobacco, Cocaine/ Crack, Amphetamines, Methamphetamine

Hhallucinogens

These drugs are sometimes called mind altering or "mind-expanding" drugs. They can increase a person's awareness of sight, touch, taste, feeling and hearing. Objects may take on different shapes and sizes, sounds maybe heard louder or softer. Hallucinogens can also alter a person's mode. Examples of hallucinogens are:-, Marijuana (cannabis or weed), Ecstasy, LSD (Lysergic acid diethylamide), Other Drugs, Steroid, and Herbal Drug Addiction, also called Substance Use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Substances such as alcohol, marijuana and nicotine also are considered drugs. When you're addicted, you may continue using the drug despite the harm it causes. Drug Addiction can start with experimental use of a recreational drug in social situations, and, for some people, the drug use becomes more frequent. For others, particularly with opioids, drug addiction begins with exposure to prescribed medications, or receiving medications from a friend or relative who has been prescribed the medication. The risk of addiction and how fast you become addicted varies by drug. Some drugs, such as opioid painkillers, have a higher risk and cause addiction more quickly than others. As time passes, you may need larger doses of the drug to get high. Soon you may need the drug just to feel good. As your drug use increases, you may find that it's increasingly difficult to go without the drug. Attempts to stop drug use may cause intense cravings and make you feel physically ill (withdrawal symptoms). You may need help from your doctor, family, friends, support groups or an organized treatment program to overcome your drug addiction and stay drug-free.

Personality is defined as the set of habitual behavior, cognition and emotion patterns that evolve from biological and environmental factors. It refers to the habits, attitudes as well as physical traits of person which are not same they vary from person to person. Personality also refers to

individual differences in characteristics patterns of thinking, feeling and behaving. The study of the psychology of personality, called personality psychology, attempts to explain the tendencies that underlie differences in behavior. Many approaches have been taken to study personality, including biological, cognitive, learning and trait based theories as well. The study of personality focuses on two broad areas: one understands individual differences in particular personality characteristics, such as sociability or irritability. The other understands how the various parts of a person come together as a whole. Personality does not change just from one day to another; actually it changes hardly at all. If there are any changes these are very limited and slow. If they occur they may be caused by trauma or life changing experience. Personality is something that is always with us. It affects our thinking, feeling and behavior, where and with whom we are, in any situation at any time. It helps us to adjust, survive and deal with daily challenges surrounding us.

According to the world drug report 2017, there are 29.5 million people suffering globally from drug abuse disorder, estimates indicate that there are around three million drug addicts in India with Punjab leading around with 2 lakh drug addicts. The state Jammu and Kashmir paints a story picture with around 70, 0000 drug abusers which include 22,000 females, according to news report of greater Kashmir no. of patients having psychiatric issues like mania etc. and during the course of treatment many of them tested positive for substance use. Thus it has become routine in Kashmir that patients need hospitalization

In Kashmir, cannabis tops lists of substance abused followed by opium and other related products and moreover doctors have reported growing incidence of opium use from the areas of Srinagar.

Self-esteem and drugs.

Self-esteem is defined as a confidence in one' s own abilities. This type of self-respect plays a crucial role in the likelihood that a person will abuse drugs, which in turn means that a drug abuse treatment program works to combat and improve the factors that influence low self-esteem. When a person has low self-esteem, they may be more influenced by the world around them and their resulting actions. For example, a person with low self-esteem may have trouble overcoming negative thoughts or feelings and therefore turn to outside experiences or activities to change those negative thoughts into positive ones. Drugs can be one of

the outside activities they turn to in a negative situation or state of mind. The Mental Health and Counseling Center of the University of Texas reported that low self-esteem can lead to lack of development and/or tendency toward drugs or alcohol consumption. It' s important to understand, however, that in many cases, there is not necessarily a direct connection between low self-esteem and addiction. There can be many other factors that play a role in drug abuse causes, such as family history, other mental or behavioral disorders, and more.

II. REVIEW OF LITERATURE

Milica Mitrovica, Marina Hadzi-Pesica , Dunja Stojanovicb , Nebojsa Milicevica(2014) Personality traits and global self-esteem of alcohol addicts. Recognizing alcoholism as a serious disease has prompted numerous studies which have sought to uncover those aspects of personality that differentiate people who become addicts from those ones who do not develop addiction. The purpose of this study is to examine the existence of differences in personality traits according to the alternative five-factor model and global self-esteem between alcohol addicts and non-clinical population. The research was conducted on the sample of 72 respondents – 36 alcohol addicts and 36 healthy individuals, with no mental and somatic disorders. The obtained results point to the existence of statistically significant differences between the groups in personality trait Neuroticism-Anxiety (N-Anx) and global self-esteem. The significance of the results lies in the possible contribution to the planning and implementation of a psychological treatment of alcoholism.

Cynthia ST Wu,   Ho Ting Wong, Carmen HM Shek and   Alice Yuen Loke(2014) Multi-dimensional self-esteem and substance use among Chinese adolescents Substance use among adolescents has caused worldwide public health concern in recent years. Overseas studies have demonstrated an association between adolescent self-esteem and substance use, but studies within a Chinese context are limited. A study was therefore initiated to: (1) explore the 30 days prevalence of substance use (smoking, drinking, and drugs) among male and female adolescents in Hong Kong; (2) identify the significant associations between multidimensional self-esteem and gender; and (3) examine the relationship between multi-dimensional self-esteem and substance use.
Aneela Akhtar (2013) Relationship between Substance Use and Self-Esteem. The purpose of

this research is ' to see the relationship between Self-Esteem and Substance Use among adults aged 20-30. A sample of 240 participants was selected from different areas and educational institute of Karachi, Pakistan. 80 participants were selected for each drug. It was hypothesized that ' low self-esteem would be associated with high substance use & high self-esteem would be associated with lower substance use. Results supports the hypothesis (t value=3.45, df= 238). Demographic Sheet was used to collect the personal information. Rosenberg Self-Esteem Scale (Rosenberg, 1979)[1] was administered to measure the participant' s Self-Esteem & Severity of Dependence Scale (SDS)[2] was used to obtain information about the severity of dependence on drug. Mean, Percentages and t-test were applied for statistical analysis

Nicholas .A. Turiano, Shawn D. Whiteman, Sarah .E. Hampson (2012). Personality traits predict substance use in adolescence, but less is known about prospective substance use in middle age and beyond. Moreover, there is growing interest in how personality change and the multiplicative effects among personality traits relate to substance use. Participants included approximately 4,000 adults aged 25– 74 who participated in two waves of the Midlife in the U.S. (MIDUS) study. Higher levels of neuroticism, extraversion, openness, and lower levels of conscientiousness and agreeableness predicted longitudinal substance use. Increases in neuroticism and openness predicted increased substance use while increases in conscientiousness and agreeableness predicted decreased substance use. Higher levels of conscientiousness moderated two of the other trait main effects. Personality, trait change, and interactions among traits reliably forecasted 10-year substance-use behaviors.

Michael Young, Chudley E. Werch(1989) Area Specific Self-Esteem Scales and Substance Use among Elementary and Middle School Children The relationship between self-esteem and the use and expected use of legal and illegal drugs was examined. Students in grades four-nine (n = 2,032) representing 16 schools from Arkansas completed an anonymous questionnaire concerning self-esteem and drug use. Results indicated statistically significant differences both for home self-esteem and school self-esteem on 18 or 19 measures of use and expected use. Results for peer self-esteem showed no differences for any of 19 measures. Results suggest including area specific self-esteem enhancement as a potentially important part of comprehensive drug education programs. Findings also highlight the role parents and

teachers may play by promoting self-esteem at home and school.

Significance of Study
Studying the drug abuse and addiction and its effect on personality is very important. People of all age groups are suffering from harmful effects of drug addiction. Exposure to drugs can cause serious health threats school going children and adolescence are highly vulnerable to harm drug abuse. Moreover, this study would also be beneficial in order to rule out the relationship between self-esteem, personality and drug addiction.

III. METHODOLOGY
Universe: - The Universe of the study shall be from District Srinagar Jammu & Kashmir
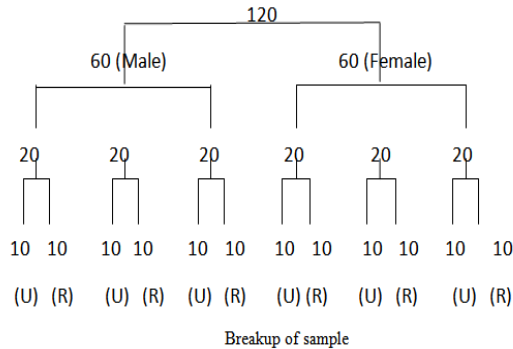
OBJECTIVES
1.   To study the self-esteem and personality traits in the Adolescents with Drug Addiction
2.   To study the relationship between self-esteem and personality traits in the Adolescents with Drug Addiction
3.   To study the gender difference in self-esteem and personality traits in the Adolescents with Drug Addiction
4.   To compare the self-esteem and personality traits in the Adolescents with Drug Addiction from rural and urban areas
Hypotheses
1.   There will be no significant difference between male and female among drug addiction adolescents on personality traits.
2.   There will be no significant difference between male and female among drug addiction adolescents on self esteem
3.   There will be no significant difference between self-esteem of urban and rural adolescent in relation to drug addiction.
4.   There will be no significant difference between personality traits of urban and rural adolescents in relation to drug addiction

Sample: The investigator   used simple random sampling technique for this study. Given the taboo associated with Substance Abuse, the investigator for his/ her own feasibility collected the data from Drug De-Addiction and Rehabilitation Centre, Srinagar**.** Given the nature of the Study, a total of 120 adolescents (60 male and 60 female). The sample was manipulated by using the geographical

variables viz, gender, locality, parent occupation and types of social management.

Breakup of sample

Tools Used
Simple Screening Instrument for Substance Abuse (SSI-SA)

The Simple Screening Instrument for Substance Abuse (SSI-SA) was developed by the consensus panel of TIP 11, Simple Screening Instruments for Outreach for Alcohol and Other Drug Abuse and Infectious Diseases (Center for Substance Abuse Treatment 1994c). The SSI-SA has previously been called the Simple Screening Instrument for Outreach for Alcohol and Other Drug Abuse; the Simple Screening Instrument (SSI); and the Simple Screening Instrument for AOD (SSI-AOD). To avoid confusion, the consensus panel suggests using SSI-SA" (Simple Screening Instrument for Substance Abuse) when referring to this screening instrument. As a government-supported document, the SSISA is in the public domain, can be used without charge or permission and can be reproduced without limit, including the instructions. It is a 16-item scale, although only 14 items are scored so that scores can range from 0 to 14. These 14 items were selected by the TIP 11 consensus pane lists from existing alcohol and drug abuse screening tools. A score of 4 or greater has become the established cut-off point for warranting a referral for a full assessment.

NEO-FFI (Costa and McCrae (1985)

To measure the personality traits of participants, NEO-FFI (Five-Factor Inventory) developed by Costa and McCrae (1985) will be applied. Each of the five factors were assessed using 12 items from a total of 60 items of big five. It will be used to measure the five personality traits as described by Five Factor Model, Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. A five-point Likert scale was used ranging from 1 (strongly disagree) to 5 (strongly agree).

Rosenberg Self-Esteem Scale (RSES)
This scale is used for evaluating individual self-esteem, was investigated using item response theory. This scale is developed by Dr. Morris Rosenberg in 1965.
Factor analysis identified a sing common factor, contrary to some previous studies that extracted separate self-confidence and self-depreciation factors. A uni-dimensional model for graded item responses was fit to thee data. A model that constrained of 10 items
A 10 item scale that measures global self-worth by measuring both positive and negative feeling about self
All items are answered using 4 point likert scale format ranging from strongly agree to strongly disagree the pattern of functioning of the item was examined with respect to their content, and observations are offered with complications for validating and developing future personality instruments.

Data analysis and interpretation
Data analysis provides a general depiction of the type of statistics used in study and a brief description of data organization method.

Table: 4.1: shows the gender wise distribution of the respondents.

	Frequency	Percent
Male	50	50
Female	50	50
Total	**100**	**100.0**

The above table shows the gender wise distribution of the respondents. The table shows that 50% were males and 50% were females.

Table 4.2: shows the area wise distribution of the respondents.

	Frequency	Percent
Rural	50	50
Urban	50	50
Total	**100**	**100.0**

The above table shows the area wise distribution of the respondents. The table shows that 50% of respondents were from rural area and 50% of respondents were from urban area.

Statistical analysis of data
Mean comparison table

Gender	N	Mean	St. Deviation	t-value	Significant level
Male	142	15.70	2.868	0.401	NS
Female	161	15.52	5.122		

The above table shows that mean comparison between male and female drug addiction on their self-esteem. The result revealed that there is no significant difference between male and female drug addicted adolescents on self-esteem.

Group	N	Mean	Std. deviation	T value	Level significant
Rural	159	15.36	2.869	1.910	NS
Urban	139	15.63	3.746		

This table shows the mean comparison between rural and urban drug addicted adolescents on their self-esteem. The result revealed that there is no significant difference between rural and urban drug addicted adolescent on self esteem

IV. RESULT AND CONCLUSION

The present focus personality and self-esteem among on the drug addicted adolescents. The investigator was used simple random sampling technique for this study, given the taboo associated with substance abuse, the investigator for her own feasibility was collected the data from Drug DE addiction and rehabilitation Centre, Srinagar. Given the nature of study, a total of 120 adolescents (60 male and 60 female).the sample was manipulated by using the geographical variables viz, gender and locality. In order to access the tools the investigator used the simple screening instrument for substance abuse (SSI-SA) was developed by the consensus panel of TIP 11. The NEO-FFI developed by costa and McCrea (1992) Self-esteem: self-esteem scale is developed by Dr. Morris Rosenberg in 1965.

V. CONCLUSION

The study that 10% of the total residents were having the monthly income of parents below 5000; 24% were having monthly income of parents between 5000-10000, 15% were having between 20000-30000, 9% were having between 30000-

40000,21% were having 40000-50000 and only 12% of the respondents were having the monthly income of above 50000

The study found that used alcohol or other drug (such as wine. Beer, hard liquor ,pot ,coke, heroin or other opiates ,4,432 ,uppers, downers, hallucinogens, or inhalants 35% says yes and 65% says no. felt that yes use too much alcohol or other drug 29% says yes and71% says no. tried to cut down or quit drinking or using drug 61% says yes and 39% say no.

- It was found that found that drinking or other drug use caused problems at school or at work 49% says yes and 51% says no. arrested or had other legal problems (such as bouncing bad cheeks, driving while intoxicated, theft, or drug posession25% says yes and 75% lost temper or gotten into arguments or fights while drinking or using drugs92% says yes and 8% sys no . need to drink or use drugs more or more to get the effect you want 86% says yes and 14% says no.
- The study found that personality is positively correlated with self-esteem among drug addicted adolescents.
- This study found that there is no significant mean difference between male and female drug addicted adolescent on their personality.
- The study found that females have high personality as compared to male drug addict adolescents.
- It was found that there is no significant difference between rural and urban drug addicted adolescents on self-esteem; therefore both rural and urban drug addicted adolescent have same level of self esteem

- The study found that there is no significant difference between male and female drug addict adolescents on self-esteem ;therefore both male and female drug addict adolescents have same level of self esteem
- It was found that there is significant mean difference between rural and urban drug addict adolescent on their personality

- The study found that urban drug addict adolescent which shows that urban have high personality as compared to rural drug addict.

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