

Stress Among Drug-Addicted People

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ABSTRACT

The present study aimed to know the stress among drug addict people. The Personal Stress Source Inventory (PSSI) by Arun Kumar Singh (2017) was used. The sample constituted total 120 peoples out of which 60 were from tobacco addicted peoples (30 male and 30 female) and 60 were from alcohol addicted peoples (30 male and 30 female). The data was collected from Ahmedabad City. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that (1) There is significant difference in the mean score of the stress among drug addicted i.e., tobacco & alcohol peoples. A result could be said that the drug-addicted i.e., tobacco of peoples group is having more stress than alcohol peoples group, (2) There is no significant difference in the mean score of the stress among male and female and (3) There is no significant difference in the interactive effect of the mean score of the stress among drug addicted and gender.

Keywords: *Stress, drug addicted i.e., tobacco & alcohol, male & female.*

Stress is a normal reaction the body has when changes occur. It can respond to these changes physically, mentally or emotionally. Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional response. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. Even positive life changes such as a promotion, a mortgage, or the birth of a child produce stress.

Stress has long been known to increase vulnerability to addicted. The last decade has led to a dramatic increase in understanding the underlying mechanisms for this association. Behavioral and neurobiological correlates are being identified, and some evidence of molecular and cellular changes associated with chronic stress and addicted has been identified. Human studies have benefited from the emergence of sophisticated brain-imaging tools and the cross examination of laboratory-induced methods of stress and craving and their association to specific brain regions associated with reward and addicted risk.

The human body is designed to experience stress and react to it. Stress can be positive, keeping us alert, motivated, and ready to avoid danger. Stress becomes negative when a person faces continuous challenges without relief or relaxation between stressors. As a

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result, the person becomes overworked, and stress-related tension builds. The body's autonomic nervous system has a built-in stress response that causes physiological changes to allow the body to combat stressful situations. This stress response, also known as the "fight or flight response", is activated in case of an emergency. However, this response can become chronically activated during prolonged periods of stress. Prolonged activation of the stress response causes wear and tear on the body –both physical and emotional.

Stress that continues without relief can lead to a condition called distress – a negative stress reaction. Distress can disturb the body's internal balance or equilibrium, leading to physical symptoms such as headaches, an upset stomach, elevated blood pressure, chest pain, sexual dysfunction, and problems sleeping. Emotional problems can also result from distress. These problems include depression, panic attacks, or other forms of anxiety and worry. Research suggests that stress also can bring on or worsen certain symptoms or diseases. Stress is linked to 6 of the leading causes of death; heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.

Stress also becomes harmful when people engage in the compulsive use of substances or behaviors to try to relieve their stress. These substances or behaviors include food, alcohol, tobacco, drugs, gambling, sex, shopping, and the Internet. Rather than relieving the stress and returning the body to a relaxed state, these substances and compulsive behaviors tend to keep the body in a stressed state and cause more problems. The distressed person becomes trapped in a vicious circle.

Rajita Sinha (2009) had finding that stress exposure enhances drug self-administration and reinstates drug-seeking in drug-experienced animals. The deleterious effects of early life stress, child maltreatment, and accumulated adversity on alterations in the corticotropin-releasing factor and hypothalamic-pituitary-adrenal axis (CRF/HPA), the extrahypothalamic CRF, the autonomic arousal, and the central noradrenergic systems are also presented. The effects of these alterations on the corticostriatal-limbic motivational, learning, and adaptation systems that include mesolimbic dopamine, glutamate, and gamma-amino-butyric acid (GABA) pathways are discussed as the underlying pathophysiology associated with stress-related risk of addicted. The effects of regular and chronic drug use on alterations in these stress and motivational systems are also reviewed, with specific attention to the impact of these adaptations on stress regulation, impulse control, and perpetuation of compulsive drug seeking and relapse susceptibility. Finally, research gaps in furthering our understanding of the association between stress and addicted are presented, with the hope that addressing these unanswered questions will significantly influence new prevention and treatment strategies to address vulnerability to addicted.

Dulce Aparecida Barbosa (2012) had conducted the study of quality of life and presence of stress in caregivers of drug-addicted people. The Study was carried out at four Psychosocial Care Centers in Mato Grosso. Demographic and quality of life data were collected for 109 caregivers using the Medical Outcomes Study 36 – Item Short-form, depression symptoms (Beck Depression Inventory) and stress of caregivers (Caregiver Burden Scale). Results: Of 109 caregivers, 55.9% were mothers with a mean age of 47.66 years; 23.8% had depressive symptoms. The SF36 scores most compromised were emotional aspects, vitality, pain and mental health. Mean stress among caregivers was 2.24. A significant correlation in quality of life, depression and stress of caregivers was seen. Findings confirmed that quality of life was compromised and stress was high among caregivers, highlighting the need for providing emotional support.

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Objective

The objectives are:

- To know whether stress is more among drug addicted i.e. tobacco & alcohol of peoples.
- To know whether there is any difference among the stress among male and female.
- To know whether there is any interactive difference among the stress among drug addicted and gender.

METHODOLOGY

Hypothesis

- There will be no significant difference in the mean score of the stress among drug addicted i.e., tobacco & alcohol of peoples.
- There will be no significant difference in the mean score of the stress among male and female.
- There will be no significant difference in the interactive effect of the mean score of the stress among drug addicted and gender.

Sample

The sample constituted total 120 peoples out of which 60 were from tobacco addicted peoples (30 male and 30 female) and 60 were from alcohol addicted peoples (30 male and 30 female).

Research Design

A total sample of 120 peoples equally distributed between drug addicted and gender from Ahmedabad City selected for the research study.

Showing the table of Sample Distribution:

Gender	Drug addicted		Total
	Tobacco	Alcohol	
Male	30	30	60
Female	30	30	60
Total	60	60	120

Variable:

Independent Variable

Drug addicted: Tobacco and Alcohol

Gender: Male and Female

Dependent Variable: Stress Score.

Control Variable:

- The study was restricted to drug-addicted i.e. tobacco & alcohol people from Gujarat State.
- The sample size selected for this study was limited to 120 drug-addicted i.e. tobacco & alcohol people only.
- To conduct the research effectively care was taken for the test situation to be free from noise, improper lights, and other disturbing factors to the extent possible.
- All the instructions were given to the subjects accordingly to test manuals.

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Tools

Personal Stress Source Inventory (PSSI) by Arun Kumar Singh (2017) is used. The test consists total 40 items each having three alternatives as seldom, sometimes and frequently. Validity index was 0.76. The test re-test reliability was calculated and was found to be 0.82, which was significant of 0.01 level.

Procedure

The data collection for survey method in Ahmedabad City after the establishment of rapport, personal information and the Stress Scale was administrated the data was collected, scored as per the manual and analyzed. The statistical method 'F' test was calculated and results were interpreted.

RESULT AND DISCUSSION

Table: 1 The Table showing sum of variance mean 'F' value and level of significance of drug addicted and gender.

Sum of Variance	Df	Mean	F-value	Sign. Level
SS _A	1	1786.41	4.17	0.05
SS _B	1	238.01	0.56	N.S.
SS _{A*B}	1	85.01	0.20	N.S.
SS _{Error}	116	428.00	—	—
SS _{Total}	119	51756.93	—	—

Significant level 0.05 = 3.92 and 0.01 = 6.84

Table: 2 The Table showing the Mean Score of stress of drug addicted peoples.

	A (Drug Addicted)		'F' value	Sign.
	A ₁ (Tobacco)	A ₂ (Alcohol)		
M	91.63	83.92	4.17	0.05
N	60	60		

The above table no.2 shows the mean score of stress among the people of drug taking tobacco & alcohol. The mean score of stress among people taking tobacco is 91.63, and people taking alcohol is 83.92. Calculating "F" shows that is significant at 0.05 level. The mean score of stress among tobacco persons is found to be higher than that of alcoholics. The reason could be that taking alcohol the persons might sleep and forget the stress. So, stress level is found to be low while the stress level remains the same among the tobacco chewing persons because tobacco chewing do not make them sleep nor relaxed.

Table: 3 The Table showing the Mean Score of stress of male and female.

	B (Gender)		'F' value	Sign.
	B ₁ (Male)	B ₂ (Female)		
M	86.37	89.18	0.56	N.S.
N	60	60		

The above table no.3 shows the mean score of stress among male and female. The mean score of male groups is 86.37 and female group is 89.18. The 'F' value is 0.56, which was found to be not-significant level at 0.05. The hypothesis no.2 that, "There is no significant difference in the mean score of the stress among male and female" is accepted.

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Table: 4 The Table showing the interactive effect of the Mean Score of stress of drug addicted and gender.

			A		‘F’ value	Sign.
			A ₁	A ₂		
M	B	B ₁	91.07	81.67	0.20	N.S.
		B ₂	92.20	86.17		
N			60	60		

The above table shows the interactive effect of the stress of the drug addicted and gender. The result was found to be significant from table no.4 shows that ‘F’ value 0.20 which was found to be significant level at 0.05. This means that the two-group interaction effect under study does not differ significantly in relation to stress. The mean score is 91.07 for the drug addicted i.e., tobacco of male group, the mean score is 92.20 for the drug addicted i.e. tobacco of female group, the mean score is 81.67 for the drug addicted i.e. Alcohol of male group, the mean score is 86.17 for the drug addicted i.e. Alcohol of female group. Therefore, the hypothesis no.3 that, “There is no significant difference in the interactive effect of the mean score of the stress among drug addicted and gender” is accepted.

CONCLUSION

- There is significant difference in the mean score of the stress among drug addicted i.e., tobacco & alcohol peoples. A result could be said that the drug-addicted i.e., tobacco of peoples group is having more stress than alcohol peoples group.
- There is no significant difference in the mean score of the stress among male and female.
- There is no significant difference in the interactive effect of the mean score of the stress among drug addicted and gender.

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Conflict of Interest

The author(s) declared no conflict of interest.

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