

Suicidal Tendency and Self-Efficacy among Substance Abuse

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ABSTRACT

The current study was to find out the Relationship between Suicidal Tendency and self-efficacy among substance abusers. The total sample considers 120 Substance Users. 120 Persons equally distributed on type of Substance 60 substance Alcohol user & 60 substance drugs User. Substance users (Alcohol And drugs) were selected randomly from various areas of Gujarat state. The study tool was Suicidal Tendency Developed by Dr. D. J. Bhatt and Dr. R. G. Meghnathi (2004) & self-efficacy. Dr. S. Mathur (2007). The use for data collection. Statistical analysis Mean, SD, and t-test used. Significant Difference is Found in the alcohol and drug users (type of substance users) of substance abuse with regards to suicidal tendency. It means Alcohol user and Drug user are having Different of Suicidal tendency. No Significant Difference is Found in the 20 to 35 years and 36 to 55 years age (age groups) of substance abuse with regards to suicidal tendency. No significant difference is found in the alcohol and drug users (type of substance users) of substance abuse with regards to self-efficacy. No significant difference is found in the 20 to 35 years and 36 to 55 years age (age groups) of substance abuse with regards to self-efficacy.

Keywords: *Suicidal Tendency, Self-Efficacy, Substance Abuse*

Substance abuse also known as drug abuse, is a patterned use of substance in which the user consumes the substance in amount or with methods neither approved nor supervised by medical professionals. Drug abuse/substance abuse is no longer a current medical diagnosis in either of the most used diagnostic tool in the world, the American Psychiatric Association .diagnostic and statistical manual of mental disorder (DSM), and world health organization international statistical classification of disease(ICD) substance abuse has been adopted by DSM as a blanket term to include 10 separate classes of drugs, including alcohol, caffeine, cannabis, hallucinogen, inhalants, opioids, sedatives, hypnotics and anxiolytics, stimulants, tobacco, and other substances. When an individual continuously using alcohol or other drugs despite problem related to use of substance, drug dependency may be diagnosed continuous and repetitive use may result in tolerance of that particular drug/substance and also there will be severe withdrawal symptoms when use is reduced or stopped.

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Meaning of substance abuse:

Substance abuse can simply be defined as a pattern of harmful use of any substance for mood-altering purposes. "Substances" can include alcohol and other drugs (illegal or not) as well as some substances that are not drugs at all.

"Abuse" can result because you are using a substance in a way that is not intended or recommended, or because you are using more than prescribed. To be clear, someone can use substances and not be addicted or even have a substance use disorder, as defined in the Diagnostic and Statistical Manual, Fifth Edition (DSM-5)

What is An Addiction?

An addiction is an activity or substance people repeatedly crave and for which they are willing, if necessary, to pay the price of negative consequences that affect other areas of their lives.

Meaning of Suicide: Originally, the word suicide, founded on Latin language 'sui' (oneself) and 'caedes' (killing) suicide constitutes all cases of death directly or indirectly resulting from act of a person who is aware of the consequences of the behavior.

Suicide is the act of intentionally taking one's life. This definition, however, has been expanded to describe the range of thoughts and behaviors that are exhibited by individuals who are in some manner considering suicide. Suicidal ideation involves having thoughts of killing oneself or of being dead. Suicidal intent involves having a plan for how to kill oneself and intending to carry that plan out. Suicidal behavior is a broad term that includes all actions related to suicide (i.e., all the terms in this paragraph), but also includes some behaviors not captured by the other terms listed here, including actions related to suicide that did not result in an attempt, such as gathering bottles of pills (without taking them), or tying a noose (without using it). A suicide attempt occurs when an individual intends to take his or her own life, acts on that intent, but does not die. A suicide completion occurs when an individual intends to take his or her own life and dies as a result.

Virtually all people can identify goals they want to accomplish, things they would like to change, and things they would like to achieve. However, most people also realize that putting these plans into action is not quite so simple. Bandura and others have found that an individual's self-efficacy plays a major role in how goals, tasks, and challenges are approached.

M. Wypiór, A. Sobieraj, A. et al (2020) substance abuse is common issue in youth and may influence youth's suicide thoughts or actions. It can lead to social isolation, low self-esteem, loss of work or school, estrangement from family and friends – all these may create a core of stresses that may lead to suicidal tendencies. Analysis addictive factors correlating with occurrence of suicidal thoughts and behaviours among adolescents at the age of 18–20. Study was based on 50 authorial, previously validated questionnaire, included 16 questions about suicidal thoughts. Questionnaires were filled by adolescents (age 18–20) of 21 Secondary Schools in Katowice. From the group of 965 adolescents, 28.8% had suicidal thoughts. From all respondents: 31.3% smoked, 92.7% drunk alcohol, 16.0% used legal highs and 30.9% – drugs; 35.8% of smoking adolescents had suicidal thoughts. In group of non-smoked adolescents – 25.6%. There was statistical significant difference ($P = 0.0012$) between these groups. Among adolescents who drunk alcohol, 28.8% had suicidal thoughts. In the group of non-drinking alcohol adolescents – 27.9%. There was no statistical

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significant differences ($P = 0.88233$) between these groups. There were 43.7% adolescents with suicidal thoughts who used legal highs. In the group of non-users of legal highs, 26.0% adolescents had suicidal thoughts. Adolescents that are using examined stimulants are in the group risk of suicidal thoughts and auto destructive behaviours. Results show the need of psychiatric and psychotherapeutic support that is aiming to prevent suicides and auto destructive behaviours in this group. Screening questionnaires that are assessing the problem of addiction within the adolescent may help to identify persons with suicidal tendencies.

Dhankar A., Kaur N., Majumdar O., & Grover S. (2021) self-efficacy is one of the most widely researched topics in positive psychology. The role of self-efficacy in dealing with drug use has been extensively researched. However, such researches are limited in the Indian context. Drug use has increased tremendously in recent times especially in certain north Indian parts like Punjab and New Delhi. According to a report published by the United Nations Office on Drugs and Crime (2019), drug use in India has increased by 30% in the last decade. The present study aimed to assess the role of self-efficacy in dealing with drug use among young adults (18-25 years) in Delhi-NCR. To assess the levels of self-efficacy, the general self-efficacy scale (1995) by Schwarzer and Jerusalem was used. The total number of participants in the study were eighty-six ($N=86$). The participants were divided into two groups based on the use of drugs. 43 participants used drugs whereas the other half did not use drugs. The results showed that there was a significant difference in the self-efficacy levels among people who used drugs and people who didn't use drugs ($t= 3.19, p<0.05$).

Objective

1. To study the difference between alcohol and drug users (type of substance users) of substance abuse with regards to suicidal tendency.
2. To study the difference between 20 to 35 years and 36 to 55 years age (age groups) of substance abuse with regards to suicidal tendency.
3. To study the difference between alcohol and drug users (type of substance users) of substance abuse with regards to self-efficacy.
4. To study the difference between 20 to 35 years and 36 to 55 years age (age groups) of substance abuse with regards to self-efficacy.

Hypotheses

1. There will be no significant difference between alcohol and drug users (type of substance users) of substance abuse with regards to suicidal tendency.
2. There will be no significant difference between 20 to 35 years and 36 to 55 years age (age groups) of substance abuse with regards to suicidal tendency.
3. There will be no significant difference between alcohol and drug users (type of substance users) of substance abuse with regards to self-efficacy.
4. There will be no significant difference between 20 to 35 years and 36 to 55 years age (age groups) of substance abuse with regards to Self-efficacy.

Sample

A total sample of 60 substance users based on the type of substance users and age group. The sample was equally distributed as: type of substance users (Alcohol and Drugs users) and age groups (20 to 35 years and 36 to 55 years age users) Approximately 100 sample was selected in each category for the research study The final sample consists of 60 substance users. The sample distribution is depicted as follows,

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Research Design

Age	Substance Abuse		Total
	Alcohol User	Drug User	
20 to 35 Year	15	15	30
36 to 55 Year	15	15	30
Total	30	30	60

Variable

Independent Variables

- Type of substance users (Alcohol and Drugs users)
- Age group (20 to 35 years and 36 to 55 years age users)

Dependent Variables

- The score of substance abuse on suicidal tendency test.
- The score of substance abuse on self-efficacy scale.

Tools

Suicidal Tendency Scale (STS): The Scale was developed by Dr. D. J. Bhatt and Dr. R. G. Meghnathi (2004). To measure the suicide tendency. Suicidal tendency scale has presented in a simple and understandable style. Moreover, 40 data were accommodating in that moreover marks are giving to these 40 data by four options. For example: strongly agree, agree, disagree and strongly disagree. The items of the scale are related to four modes of suicidal tendency and each mode has 10 items. Suicidal Tendency modes include personality characteristics, emotional disturbances, conflictive thoughts and self-harm tendency. In this scale scoring is as per the four divisions. In each division, minimum 10 score and maximum 40 score is available. In this scoring the more the score the more is the suicidal tendency. In addition, the less the score the less is the suicidal tendency. It interpreted this way. In this way in all the divisions minimum score 40 and maximum score 160 is available. Age group above 16 years. the Co-relation of this reliability has been seen as $r = 0.83$.

Self- Efficacy Scale (SES): Self-Efficacy Scale (SES) by Dr. G. P. Mathur and Dr. Raj Kumari Bhatnagar (2012). The scale consists of 22 items. Each item has five response options: Strongly Agree, Agree, Undecided, Disagree, and Strongly Disagree. Age group above 14 years. Reliability it ranges between 0.73 to 0.81 and in females 0.79 to 0.86. and is significant at 0.01 level of significance. Validity ranges in males 0.73 to 0.81 and females 0.76 to 0.83.

Procedure

The researcher has visited different NGOs, hospitals, and other places for which prior permission was taken from the concerned hospital Authority. After selecting a convenient group of patients Self- information sheets were provided and asked to fill them up. Scoring was done as per the manual and the results were statistically analyzed.

RESULT AND DISCUSSION

Table: 1 Mean, Standard Deviation (SD) & 't' Value of Suicidal Tendency of Alcohol user and Drug User.

Substance Users	N	Mean	SD	"t" value	Level of Significant
Alcohol Users	30	118.03	11.39	2.2	0.05
Drugs users	30	112.43	8.02		

Table Value 0.05 level = 2.00 & 0.01 level = 2.66

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Table 1. Show that the mean score of Alcohol user found to be 118.03 with SD 11.39 and Drugs user found to be 112.43 with SD 8.02 with regard to **Suicidal Tendency**. the “t” value testing the significant means difference between Alcohol and Drug user found to be 2.2 which is significant at 0.05 level. the null hypothesis stating, “There will be no significant difference between the alcohol and drug users (type of substance users) of substance abuse with regards to suicidal tendency is Rejected. It indicates that Alcohol user and Drug user are having Different of Suicidal tendency Because some Physical and Psychological Symptoms are present.

Table: 2 Mean, Standard Deviation (SD) & ‘t’ Value of Suicidal Tendency of age group 20 to 35 year and 36 to 55 year

Age Group	N	Mean	SD	“t” value	Level of Significant
20 to 35 years	30	114.17	9.88	0.81	NS
36 to 55 years age	30	116.3	10.5		

Table Value 0.05 level = 2.00 & 0.01 level = 2.66

Table 2. Show that the mean score of 20-to-35-year age found to be 114.17 with SD 9.88 and 36 to 55 Year age found to be 116.3 with SD 10.5 with regard to **suicidal Tendency**. the “t” value testing the significant means difference between 20 to 35 year age and 36 to 55 Year age Substance user found to be 0.81 which is not significant at 0.05 level. the null hypothesis stating, “There will be no significant difference between 20 to 35 years and 36 to 55 years age (age groups) of substance abuse with regards to suicidal tendency is accepted. It indicates that 20 to 35 years and 36 to 55 years age (age groups) of substance abuse are having same level of Suicidal tendency.

Table: 3 Mean, Standard Deviation (SD) & ‘t’ Value of Self Efficacy of Alcohol user and Drug User.

Substance Users	N	Mean	SD	“t” value	Level of Significant
Alcohol Users	30	66.03	9.57	1.13	NS
Drugs users	30	68.87	9.85		

Table Value 0.05 level = 2.00 & 0.01 level = 2.66

Show that the mean score of Alcohol user found to be 66.03 with SD 9.57 and Drugs user found to be 68.87 with SD 9.85 with regard to Self- efficacy. the “t” value testing the significant means difference between Alcohol and Drug user found to be 1.13 which is not significant at 0.05 level. the null hypothesis stating, “There will be no significant difference between the alcohol and drug users (type of substance users) of substance abuse with regards to self efficacy is Accepted. It indicates that Alcohol user and Drug user are having same of Suicidal tendency.

Table: 4 Mean, Standard Deviation (SD) & ‘t’ Value of Self efficacy of age group 20 to 35 year and 36 to 55 year.

Age Group	N	Mean	SD	“t” value	Level of Significant
20 to 35 years	30	67.87	9.55	0.33	NS
36 to 55 years age	30	67.03	10.06		

Show that the mean score of 20 to 35 year age found to be 67.87 with SD 9.55 and 36 to 55 Year age found to be 67.03 with SD 10.6 with regard to **Self efficacy**. the “t” value testing the significant means difference between 20 to 35 year age and 36 to 55 Year age

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Substance user found to be 0.33 which is not significant at 0.05 level. the null hypothesis stating, “There will be no significant difference between 20 to 35 years and 36 to 55 years age (age groups) of substance abuse with regards Self – Efficacy. indicates that 20 to 35 years and 36 to 55 years age (age groups) of substance abuse are having same level of Self efficacy.

CONCLUSION

1. Significant Difference is Found in the alcohol and drug users (type of substance users) of substance abuse with regards to suicidal tendency.it means Alcohol user and Drug user are having Different of Suicidal tendency. Because some Physical an Biological symptoms are presents.
2. No Significant Difference is Found in the 20 to 35 years and 36 to 55 years age (age groups) of substance abuse with regards to suicidal tendency. it means 20 to 35 years and 36 to 55 years age (age groups) of substance abuse are having same level of Suicidal tendency.
3. No Significant Difference is Found in the alcohol and drug users (type of substance users) of substance abuse with regards to Self- Efficacy it means Alcohol user and Drug user are having same of Self-Efficacy.
4. No Significant Difference is Found in the 20 to 35 years and 36 to 55 years age (age groups) of substance abuse with regards to Self Efficacy. it means 20 to 35 years and 36 to 55 years age (age groups) of substance abuse are having same level of Self-Efficacy.

Limitations

- The Sample was randomly selected 60 substance users (30 Alcohol and 30 Drug) from Gujarat state.
- The study was confined only to dependent variable of suicidal tendency, self-efficacy.
- As an independent variable only type of substance users (alcohol and drug), types of duration (below 3 years and above 3 years) and age groups (20 to 35 years and 36 to 55 years age) has been taken in the present investigate.

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Conflict of Interest

The author declared no conflict of interest.

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