

Relationship of Depression, Anxiety and Self-Esteem Among Substance Abusers and Non-Abusers of Sikkim

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ABSTRACT

Substance abuse is one of the biggest challenges and problem the world is facing today. There are many studies on substance abuse that has been researched in India. But there are only few studies that have been researched in Sikkim. Despite Sikkim has always been known for high rates of substance abuse. The main focus of the study was to see depression, anxiety and self-esteem among males' substance abusers and non- substance abusers. Seventy participants were taken out of which thirty-five were male substance abusers and thirty-five were male non- substance abusers (male substance abusers=35; male non-substance abusers=35) responded to Beck Depression Inventory, IPAT Self Analysis Form and Rosenberg Self-Esteem Scale. The Results showed that there was a significant difference in Depression, Anxiety and Self- Esteem among Substance Abusers and Non- Substance Abusers of Sikkim. Depression, Anxiety and Self- Esteem were negatively correlated among Substance Abusers than non-Abusers.

Keywords: *Self- Esteem, Depression, Anxiety, Substance Abusers, Non-Substance Abusers*

Substance Abuse refers to the repeated use of psychoactive substance effects an individual in a hazardous manner including alcohol and illicit drugs (WHO,2021). WHO characterizes substance abuse as a 'sickness' while American Psychological Association defines drug abuse as the illegal utilization of any common consumption of any pharmaceutical substance for the purpose of changing the way, in which a person feels, consider, or carry on without understanding or contemplating the harming physical and mental symptom that are caused (World Drug Report, 2012).

The most frequently drugs used in India are Ganga, Alcohol, Opium, Cannabis, heroin etc. (Srivastava, et. al., 2003). In Sikkim, at present Substance abuse is one of the burning issues which are seen in every society of Sikkim especially among the youngsters. It has always been a rising challenge in our State, where students were reported to be indulged in inhaling dendrites (a volatile contact adhesive (glue) used for sticking wooden material, rubber, leather etc. and misused as an inhalant) and consuming alcohol and tobacco (Balla, A, 2006;

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Relationship of Depression, Anxiety and Self-Esteem Among Substance Abusers and Non-Abusers of Sikkim

Rasaily, S, 2018). Mishra (2016) reported that the majority of the drug abusers in Sikkim were among the age group of 15-35 years. Although, they were aware of all the de-addiction centers or various medical help and counselling provided, youths of east and south Sikkim were more indulge into Substance abuse as compared to other parts of Sikkim.

The uses of drugs have a major impact on psychological problems like Depression, Anxiety followed by various suicide ideation. Fooladi N et.al (2014) reported that the substance abuser scored higher in depression, anxiety and stress as compared to normal population. In addition, the quality of life was also significantly lower among substance abuser as compared to normal population. According to Esmaealzadeh S. et.al (2018), there is a significant association between depression, tobacco use and cannabis use and between alcohol use and anxiety.

Akhtar A (2013) concluded that low self-esteem is highly associated with the use of alcohol and other psychoactive substances. It was also found that who takes drugs into high rate will definitely lead to one's low self-esteem. In the study conducted by Nguyen, D. T (2019) found that low self-esteem plays a very important role in the development of different social issues such as depression and anxiety and impact on other issues like violence, negative insights detachment from social relationship, disturb social cohesion etc.

Since alcoholism and other substance abuse is one of the biggest problems that we have to face, it is necessary to find its trend and understand the variables associated with its dependence among the people of Sikkim. It is necessary for empowering the community to deal with the problem of alcohol and substance abuse. According to the Sikkim Human Development Report (2014), the main reasons for suicide are due to drug abuse, illness and family problem. Finding a solution to this problem may also help in bringing down the high rates of suicide in the state. Many of which are the result of alcohol and substance abuse. It will also help in guiding future intervention strategies dedicated to treating substance abuse. The present study is preliminary attempt to access the Depression, Anxiety and Self-esteem of Substance dependence of Sikkim.

Operational definition of the variables used:

1. **Depression:** Bibring, E. (1953) defined depression as an emotional reaction to a feeling of ego-powerlessness and inability to live up to certain strongly held narcissistic ideals.
2. **Anxiety:** The word anxiety has its root '*angst*', German for 'fear'. Hallman (1992) defined anxiety as a word used in everyday conversation and refers to a complex relationship between a person and his situation.
3. **Self-esteem:** Rosenberg (1965) defined self-esteem as an individual overall evaluation to the self. According to him person with high self-esteem they have respect for themselves as well as considered themselves valuable.

Objectives of the study

1. To find out the relationship between Depression, Anxiety and Self-esteem among Substance abuser and Non-abuser of Sikkim.
2. To make a comparison between Substance abuser and Non-abuser of Sikkim on Depression, Anxiety and Self-esteem.

Relationship of Depression, Anxiety and Self-Esteem Among Substance Abusers and Non-Abusers of Sikkim

Hypotheses of the study

1. There will be a significant relation between Depression, Anxiety and Self-esteem of Substance abuser and non-abuser.
2. Males' substance abuser will score high on Depression than non-abuser.
3. Males' substance abuser will score high on Anxiety than non-abuser.
4. Males' substance abuser will score low on Self-esteem than non-abuser.

METHODS AND PROCEDURE

Sample

The present study is a quantitative method wherein the selected sample is assessed using the standardized questionnaires with purposive sampling methods. The data were collected from 70 participants where 35 males were Substance- abusers and 35 males were Non abusers. The age range of both Substance abusers and Non abusers was between 20-40 years.

Participants Inclusion Criteria

1. The male participants in the age range between 20-40 years were included.
2. The participants who used different types of drugs were included as Substance-abusers
3. The participants who do not use any drugs were included as non- substance abusers.

Ethical consideration

1. Confidentiality of information given by participants was maintained.
2. Cooperation of the participants was sought.
3. Avoiding duplication.

Tools used

1. **Socio-demographic Data Sheet (Self, 2018):** Participants were asked to report their age, gender, address, name of the institution, family type, educational qualification, social group, community, religion, parent's occupation and previous history of suicide attempt.
2. **Beck Depression Inventory-II:** Beck Depression Inventory (BDI) was developed by Aaron Beck in 1961. It is a self-report measure of depression. It contains 21 items, scored 0 to 3, of which 15 items deal with psychological symptoms and only 6 items are concerned with somatic symptoms. It has high reliability and validity. The maximum score is 63 and the minimum is 0. The split-half reliability is reported to be around 0.9 and its test-retest reliability is approximately 0.75. Split-half reliability reported being satisfactory (0.81). Clinical validity was found to be adequate.
3. **IPAT Self Analysis form (Cattell & Scheier, 1963):** The IPAT anxiety scale (Cattell & Scheier, 1961) measures the free-floating anxiety of the respondent. Each of the responses to the statements yields a score of 0, 1 or 2 for the single choice of response on the three-point scale. The reliability of the IPAT Anxiety Scale from the test-method over a period of two weeks which provided coefficients ranging from .83 to .88. The split-half method provided reliability coefficients in the range of .76 to .80.
4. **Rosenberg Self-Esteem Scale (Rosenberg, 1965):** The Rosenberg Self-Esteem Scale (1965) is perhaps the most widely-used self-esteem measure in social science research. A 10-items scale that measures global self-worth by measuring both positive and negative feelings about the self. The scale generally has high reliability:

Relationship of Depression, Anxiety and Self-Esteem Among Substance Abusers and Non-Abusers of Sikkim

test-retest correlations are typically in the range of .82 to .88, and Cronbach's alpha for various samples are in the range of .77 to .88.

Procedure

The data for the present study was taken from both the substance abusers males and non-abusers males. The Substance abusers' sample was collected from patients who were admitted in Detoxification and Rehabilitation Centre, 36th Mile, Sikkim whereas the samples of non-abusers were collected randomly from Jorethang area of Sikkim. Initially, for data collection permission was taken from the head of the institute. Before filling up the questionnaires, the participants were briefed regarding the research study and told that the study was conducted for academic research purposes and later instructions were given for filling up the questionnaires. They were also assured that their responses would be kept confidential and were told that the results would be analyzed in a group not individually. So, after providing the information regarding the study of the questionnaires were distributed to all the participants. After finishing up the questionnaires while returning each and every participant's questionnaire were checked so that they have filled up all the items in the provided questionnaires. Later, each and every participant was thanked for their co-operation.

Statistical Analysis

The data were analyzed using SPSS (Statistical Package for the Social Sciences). Descriptive analyses of the data collected were done for each and every variable. Statistical techniques used were Pearson correlation and t-test.

RESULTS AND DISCUSSION

Table 1: Mean, SD and Coefficient of Correlation between the variables Depression, Anxiety and Self-Esteem among Substance Abusers and Non-Abusers (N=70)

Variables	Mean	SD	Depression	Anxiety	Self-Esteem
Depression	19.60	11.30	1.00		
Anxiety	27.70	11.70	.39*	1.00	
Self-Esteem	18.08	3.04	.073	.32*	1.00

**Significant at the 0.05 level (2-tailed)*

From the Table 1, it can be observed that there exists a significant correlation between Depression and Anxiety ($r = .39$) at 0.05 levels which is in the expected direction. There exists significant relationship between Self-Esteem and Anxiety. The significant have positive relationship between Self-Esteem and Anxiety suggest that participants having high level of Self-Esteem are showing high level of Anxiety. Dishman et al. (2006) also found a strong positive relation between global physical Self-Concept and Self-Esteem and a moderate inverse relation between Self-Esteem and Depression Symptoms. Trautwein et al. (2006) demonstrates that reciprocal effects were found between Self Esteem, Academic Self-Concept and Academic Achievement. Therefore, hypothesis 1 which states "There will be a significant relation between Depression, Anxiety and Self-Esteem of Substance Abusers and Non- Abusers" is partially accepted.

Relationship of Depression, Anxiety and Self-Esteem Among Substance Abusers and Non-Abusers of Sikkim

Table 2: Mean, SD and t-value of Substance Abusers and Non-Abusers on Depression, Anxiety and Self-esteem (N=70)

Variables	Group	N	Mean	SD	df	t-value	Significance
Depression	Substance Abusers	35	28.09	9.07	68	9.26	0.00
	Non-Substance Abusers	35	11.26	5.75			
Anxiety	Substance Abusers	35	37.9	6.92	68	15.09	0.00
	Non-Substance Abusers	35	17.4	4.11			
Self-esteem	Substance Abusers	35	16.74	3.26	68	-4.08	0.00
	Non-Substance Abusers	35	19.43	2.11			

Table 2, shows the significant difference of three scales for the three variables Depression, Anxiety and Self-Esteem series of t test. The result obtained on the basic area of Depression reveals significant difference of Substance abusers and non-abusers. The t- value is 9.26 ($P < 0.00$) which suggests that there is a significant difference between Substance abusers and Non abusers on Depression. The mean score of substance abusers was also found to be high ($M = 28.09$) compared to the non-abusers ($M = 11.26$).

From the mean scores, it can also be interpreted that substance abusers were more depressive as compared to non-abusers. Similar results were also found by Joshi (2010) who conducted a study on 20 drug users and non- users. Therefore, hypothesis 2 which states “Male Substance Abusers will score high on Depression than Non- Substance Abusers” is accepted. This finding is also supported by the study done by Mohamed, I. I. et.al ,2020 where they reported that substance use is highly associated with Depression.

It can also be observed from Table 2 that the t- value is 15.09 ($P < 0.00$) which suggest that there exists a significant difference between Substance Abusers and Non-Abusers on Anxiety. Further, the mean score reveals that Substance Abusers scored high mean score ($M = 37.9$) compared to the non-abusers ($M = 17.4$). This finding is supported by similar study conducted by Kaasboll (2018) on the association between cannabis use, anxiety, and depression in Norwegian Adolescent” where they reported that cannabis users show significantly more symptoms of anxiety compared to non-users. Therefore, hypothesis 3 which states “male substance abusers will score high on anxiety than non-abusers “is proved. Other study also supports the above findings that abusers score high on anxiety level as compared to non-abusers (Sonbol, H. 2022; Fooladi, N. 2014; Richert, T. 2020).

The result on the basic area of Self-Esteem reveals significant difference of Substance Abusers and Non-Abusers. As it can be observed from Table 2 that the t- value is -4.08 ($P < 0.00$) which suggest that there exists a significant difference between Substance Abusers and Non-Abusers on Self-Esteem. The mean score of Substance Abusers on Self-Esteem was low ($M = 16.74$) compared to the non-abusers ($M = 19.43$). A similar study was conducted by Hamid (2011) using 300 research sample out of which 200 were those recorded with addiction, theft and prostitution in the central prison of Kerman City and 100 were ordinary people. Results shows that those who were involved in addiction, theft and prostitution have lower Self- Esteem compared to ordinary people. Therefore, hypothesis 4 which states “Male Substance Abusers will score high on Self-Esteem than non-Abusers” is proved.

CONCLUSION AND LIMITATION OF THE STUDY

The current study aimed to explore the relationship between depression, anxiety and self-esteem among the substance abuser and non-abuser of Sikkim. For the present study, the data had been collected from the 70 male participants. Out of which 35 were substance abuser and 35 were non-abuser. The results show that there is a significant difference between Depression, Anxiety and Self-esteem of Substance abuser and non-abuser. In terms of depression and anxiety, substance abusers were found to be score higher as compared to non-abusers. Similarly, substance abusers score slightly high in self-esteem as compared to non-abuser. Depression and anxiety among the substance abusers may be because they might experience more unfavorable feelings like feeling of anxiety, hopelessness, peer rejection, depressed mood, sadness, emptiness and many more when they are exposed to substance use as compared to non-abusers.

The limitation of the present study should also be noted. Firstly, the sample of the present study comprised of only 70 samples as with small samples, it is not enough to make general conclusion. Secondly, the present study comprised of male participants only. Therefore, for future research, more sample size, both the gender (females and males) can be included for better results.

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Relationship of Depression, Anxiety and Self-Esteem Among Substance Abusers and Non-Abusers of Sikkim

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Conflict of Interest

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