The International Journal of Indian Psychology
ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print)
Volume 12, Issue 3, July- September, 2024
DIP: 18.01.109.20241203, DOI: 10.25215/1203.109
https://www.ijip.in

Review Paper

Well-Being and Addiction: A Comprehensive Review

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ABSTRACT

Addiction, whether it is substance-related or not, has been shown through various studies to have a negative impact on human health and well-being. This paper aims to shed light on the existing evidence of how addiction can adversely affect one's psychological well-being. In a 2018 survey conducted by the Public Information Bureau, it was discovered that 14.6% of India's population is addicted to alcohol, 2.83% to cannabis, and 2.1% to opioids. Moreover, new research suggests that non-drug addiction behaviors are also increasing, with 20% to 40% of young adults in India being vulnerable to the negative effects of "internet addiction," which can lead to anxiety, aggression, and low self-satisfaction. DSM-5 recognizes substance-related disorders, including Gambling Disorder, but does not include other types of behavior addictions such as food, sex, impulsive buying, and internet gaming addiction, this may significantly affect people's mental health and general well-being. Interestingly, one study has found that heroin addiction and internet gaming addiction affect the same region of the brain. While there are numerous studies on substance addiction, empirical data on non-substance addiction is lacking. Thus, further study on the long-term effects of non-substance addictions on mental health and well-being could be undertaken.

Keywords: *Well-being, Substance Addiction, Non-substance Addiction, Mental Health, Comprehensive*

Well-being

Hedonic happiness and Eudaimonic happiness are the two different forms of happiness. Pleasurable behaviors including eating, mating, and shopping are the sources of Hedonic happiness. In contrast, Eudaimonic happiness is achieved by completing challenging tasks, self-growth, and knowing one's fullest potential. If hedonic happiness makes people happy and cheerful then eudaimonic happiness tries to find out the reason for it. One could argue that pleasure is correlated with greater positive and less negative effect. But psychological well-being encompasses far more than just these kinds of happiness.

Quality of life can also be referred to as psychological or general well-being. It has to do with how content and pleased a person is with his life. **Diener (2000)** asserts that the essential elements of wellbeing are life satisfaction, or the overall assessment of one's life, and contentment in significant areas like the family and workplace. Psychological well-being was characterized by **Ryff and Keyes (1995)** as having six measurable components:

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Received: April 21, 2024; Revision Received: August 13, 2024; Accepted: August 17, 2024

positive relationships with people, environmental mastery, self-acceptance, autonomy, personal growth, and purpose in life. According to **Diener (1984)**, well-being is also a subjective concept since it depends on an individual's perception of how rich their life is. **Keyes & Magyar-Moe (2003)** provide one model of subjective well-being that incorporates the three dimensions of emotional, psychological, and social well-being. Happiness, life satisfaction, negative affect, and positive affect are all components of emotional well-being. In addition to the elements listed by Ryff and Keyes, psychological well-being also includes social acceptance, social actualization, social contribution, social coherence, and social integration. Autonomy, personal growth, purpose in life, self-acceptance, environmental mastery, and positive relationships with others are all components of psychological well-being.

Addiction

A condition of psychological or physical dependence—or both—on alcohol or other substance use is known as addiction. The phrase is sometimes used to refer to behavioral illnesses like internet, gambling, and sexual addictions and is frequently used as a synonym for substance abuse **(APA, 2007).** For something to be considered an addiction, one has to be physically or psychologically dependent on it and when he or she is not permitted to use it, must show some withdrawal symptoms.

Substance addictions include food addictions, sex addictions, internet addictions, smartphone addictions, thieving, and so forth. There are 9 different categories of substance-related disorders. DSM-5 has also included gambling disorder which was present as pathological gambling in previous editions apart from that stealing is mentioned in the impulse control disorder section. **(DSM-5, 2013).**

Relationship of Addiction and Well-Being

Addiction to Medications and Injected Drug

Addiction of both types, substance, and non-substance is harmful to any individual. Usually, it has been observed that people often abuse the drugs prescribed by doctors. One such drug is Benzodiazepines, used in anxiety disorders and sleep disorders. A similar category of drug, known as Z-drugs is also used. While benzodiazepines directly affect and raise GABA levels, Z-drugs only have a sedative effect via targeting the alpha-1 subunit of the GABA-A respecter. However, patients who are taken either of these medications run the danger of developing an addiction to them **(Cabaj et al., 2023)**. Another prescribed substance is Opiate, used as a painkiller for severe and acute pain. People who abuse opiates may have side effects such as opiate overdose coma and, in some cases, may die due to respiratory depression **(Belmaker & Lichtenberg, 2023).**

A study conducted in Bangladesh shows that of people who were injectable drug users (IDUs), 27% of them were service holders before injectable drug addiction and after the addiction only 2% remained in service, rest of them were involved in scandalous jobs such as pick pocketers, street pickers and stealing **(Molla et.al., 2006).**

These researches show the adverse effects of substance abuse on health and jobs. According to one survey, done in 2018 on people aged 10 years to 75 years by the Public Information Bureau, 14.6% of people are addicted to alcohol, 2.83% to cannabis, and 2.1% to opioids in India **(PIB, 2018)**. However, no massive surveys are available on non-substance addiction.

Non-Substance Addiction and Well-Being

Addictions, which are in focus, are substance related but nowadays the prevalent types of addictions may not be related to substance. In Asian countries, the prevalence was 3.8% for 'Internet gaming Disorder' in 2010 **(Olga et.al., 2021)**. 20% to 40% of college students, as per a study, are increasingly at risk of becoming addicted to the internet **(Joseph et al., 2021)**. In addition to Internet addiction, the list also includes addictions to gaming, cell phones, and social media. Since almost everyone in the world now carries a smartphone, everyone is susceptible to becoming addicted to technology.

Studies show that smartphone addiction is responsible for many psychological problems. One study, conducted on 374 medical students showed that 46.06% of the total participants used their smartphones for 5-10 hours daily and a significant positive correlation was found between smartphone addiction and anxiety **(Fahira, Sulistiawati & Karimah, 2023)**. Not only smartphone addiction is associated with anxiety but stress, low academic performance, and dissatisfaction with life also seem to be correlated with it **(Samaha & Hawi, 2016).**

A study examining the impact of social media addiction on self-concept revealed that the degree of social media addiction was positively correlated with a lower degree of negative self-concept **(Sari et al., 2023).** In one study, researchers looked into how aggressive behavior relates to social media addiction and mental well-being and the results of the study indicated that aggression partially mediates social media addiction and mental well-being which means that social media addiction helps to predict negative mental well-being in individuals through aggression (Rustamova et.al., 2023).

One such social media app is Instagram which is heavily popular among youth. It provides the facility to post pictures and short videos and people can like it and comment on it. Along with these facilities, one feature is to scroll through short videos called 'Instagram Reals'. Addiction to these reels is obvious because with minimal effort they provide immediate pleasure to the individual. A study was conducted to see the effect of Instagram Addiction on well-being and found that addiction to Instagram was negatively associated with eudaimonia, life satisfaction, and positive affect. Other than this it was found to be associated with depression. The study also showed that people who have low resilience and low self-esteem were at higher risk of developing mental problems because of Instagram addiction (Lin et.al., 2023).

All addictions pleasure the individual and therefore the individual is trapped in it whether the addiction is of substance or non-substance. However, they all can impact on brain's pleasure pathway. Research, which is both, frightening and interesting, claims that gaming addiction and heroin addiction may share similar brain regions (Wang, 2023).

DISCUSSION

All these studies show the adversities of non-substance disorders however they are still not in the DSM or ICD other than pathological gambling. Gambling disorder has enough biological and neurological similarities to substance abuse disorder, for instance, abnormal functioning of the ventral medial prefrontal cortex is associated with low activation, gambling disorders and substance misuse of the ventral striatal is associated with craving in both, gambling and substance addiction **(Brewer & Potenza, 2008; Potenza, 2008)**, but other addiction such as internet overuse or sex addiction lack such researches **(Grant & Chamberlain, 2016).**

The working group of the 11th edition of the International Classification of Diseases (ICD-11) has recommended that the category of impulse control disorder be kept, but it should be expanded to include other disorders such as persistent failure to control an urge or impulse that is rewarding to the individual (short-term rewarding) but causes long-term harm to the individual or others **(Grant et al., 2014)**. Other non-substance disorders that are not mentioned in DSM-5 are also behavioral addictions which many people are suffering from and which hinder a person's psychological well-being.

CONCLUSION

It can be concluded that any type of addiction has a negative impact on an individual's well-being. People have been found to abuse prescribed drugs for addiction, such as anti-anxiety and opioid pain relief drugs, which have adverse effects on their physical and psychological health. Research has also shown that having an addiction to smartphones, Instagram, or social media use can have unfavorable effects like depression, anxiety, stress, low academic performance, low life satisfaction, and low self-esteem.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Parihar, I. & Khan, B.F. (2024). Well-Being and Addiction: A Comprehensive Review. *International Journal of Indian Psychology, 12*(3), 1136-1140. DIP:18.01.109.20241203, DOI:10.25215/1203.109