

DIFFERENTIATION OF ADDICTS BASED ON SELF- KNOWLEDGE COMPONENTS

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Abstract

Researchers believe that individual factors that refers to the internal conditions, individual states and the internal structure of individual such as self – knowledge has been taken as major risk factors tendency to addiction. This study aims to distinguish healthy subjects from the addicts based on self-knowledge component. Descriptive and correlational was this research methods. Statistical Population of research were all addicts of Ardabil drug-addiction centers and all Mohaghegh Ardabili university students. From the addicts population 71 addicts and from the students population 73 students were randomly selected. For data collection, self-knowledge scale and researcher made scale were used. Acquired data were analyzed using discriminate analysis. Results showed that addicts compared with non-addicts have a lack of self-knowledge in terms of its three components. On the other hand, it was found that with scores of self-knowledge, can be recognize addicted or no addicted of persons. Standardized coefficients showed that childish feelings of power and unrealistic desires and a person's perception of himself and his perception of others, have a major role in differentiation of two groups. Also according to the values of the coefficients can be said that childish feelings of power and unrealistic desires are most correlated with the differentiation function. Results of this study support the findings of similar studies and expand their results, well research evidence made accessible to researchers about the nature of self- Knowledge role in differentiation of the addicted individuals. It is recommended to researchers that in future research to test the correlations between this research variables in other social classes. Experts recommend along with other treatments to be taken seriously the addicts understanding of self. Parents and education authorities are recommended to help the properly self- knowledge of children in different stages of child development to prevent future abuse.

Keywords: Self- knowledge, Addiction, Differentiation.

INTRODUCTION

Around the world, the number of drug users has reached 190 million and official statistics reports the number of drug abusers in Iran 2/1 to 2 million and the average age is 18 years (Rastgar and Sak, 2003). Addiction in the past 30 years, had growth rate of 8 percent in Iran. Age verification referred to addiction treatment centers show that the age of onset of 30 to 35 decreased 20 to 25 years (Bagiani Mogadam, Fazelpoor and Rahaei, 2008). According to figures cited drug addiction is a painful reality, especially in adolescents and young adults and is one of the most important social, economic and health problems that consequences that arise from it are considered a serious threat to human society in various fields (Khanjani, Fakhraei, and Badri, 2011).

Surveys on drug abuse among students have amassed comprehensive data but most findings focus on the increase of illegal drug abuse among students (Mohammadi et al, 2011; Swendsen, 2000). 73% of the students among drug abusers were nonnative that 45% of them lived in the dormitory (Bolhari et al, 2007). Risk and protective factors for substance abuse can be classified into five categories of individual, family, academic, social and peers (Yaghobi, Asgari, Taremi and Peyrovi, 2012). Yaghobi and et al (2012) have reported that according to the student's view, individual factors that are related to the internal conditions, personal states and their internal structure are considered as the most important risk factor. Many investigations have studied the impact of cultural, economic and social factors of addiction but have paid less attention to individual factors. So, in this research, the concept of self-knowledge that people imagine about

themselves is taken into consideration. Self-knowledge is the skill of identification and neutralization of destructive habits of self-deception. Contemplation of self, causes to acquire protective skills in identifying motivations and as Wittgenstein says self-consciousness means awareness of motivation, conceptualization and contemplation of what forces us to move (Bucher, 2011). Experimental evidence in the academic psychology shows that self-knowledge is effective in making constructive and behavioral changes (Penn baker, 1995). Several studies (Mollazamani&Fathi-Ashtiani, 2008; Sheikholeslami & Latifian, 2002; Marshet al, 2004) have been carried out on the role of positive perception of self in promoting the mental health. Some serious disorders such as dissociative disorders directly interfere with the processes of self-knowledge and promoting the self-knowledge is effective in the treatment of a wide range of psychological disorders (Delano, 2000; Ghorbani, 2005).

1) Difference, indicate the fundamental difference between people's perceptions of themselves and others perception of them. In simple terms, this scale distinguishes people and others' thought about themselves. Research shows that people who have poor self-image and are unable to understand other's imagination about them, are people that do not recognize their own worth and feel worthless. 2) Guilt reflects the stability of childish feelings of guilt, helplessness and punishment. When people grow up and develop their personalities, they are expected to set aside the childish thoughts, habits and behavioral patterns. This scale is related to childish prohibition that is applied by parents that its high scores indicate that people are captured in the past constraints. 3) Power, signs of the stability of childish feeling concerning absolute power and unrealistic desires. Since those children in the early years of their lives are supported by others, they have subconsciously believed that world is completely under their volition. This leads to the imagination of fanciful power and this has shaped the belief that their wishes and desires should be immediately fulfilled. The stronger this belief, the less concrete is people's self-image (Reza-Khani, 2007). Bucher (2011) finds that people have poor self-knowledge are at higher risk in dealing with high-risk behaviors such as alcohol and drug abuse. In fact, these people have poor and incomplete understanding regarding their behavior, thoughts and decisions and therefore are susceptible to different types of psychosocial problems. People, who suffer from feelings of inferiority and have frequent periods of depression, have difficulty in socializing with others and cannot express their feeling, thus, are drawn towards loneliness. In this cause, taking the drug helps these people rebuild and retain their confidence to overcome their timidity and feelings of inferiority (Rafieian, 1998).

As noted above, the deficient in self-knowledge could be related with other psychological disorders such as depression and anxiety and these disorders may underlie the tendency to be addictive. If yes, then the people who are trapped in addiction in terms of self-knowledge are different with people who are people who are not addicted. In past, lot of research have been conducted on addiction and related variables in Iran and the world (Ahmadi Nodeh, Habibi, Soori, Bigdelli, Nabipoor Ashrafi, 2008; Soltani, Fooladvand, Fathi Ashtiani, 2010; Katibaei, Hamidi, Yarian, Ganbari, Seyed Moosavi, 2010). But it seems that the role of self-knowledge in the tendency of individuals to addiction has not been studied. Instance, both inside and outside of Iran, no research has conducted on the classification of individuals into addicts and not addicts groups based on their self-knowledge. But given the results of related studies, would be predicted that with information about individual self- knowledge addicts and not addicts of them Is detectable. The main issue of this study is in line with the above claim: The basis of self-knowledge of individuals, Whether they can be classified as addicts and non-addicts?

METHOD

The descriptive-correlative method was applied for conducting the research. The statistical population included all addicts of Ardabil drug-addiction centers and all the students of Mohaghegh Ardabili University. From the addicts population 71 addicts and from the students population 73 students were randomly selected. For data collection, self-knowledge scale and researcher made scale were used. Self-knowledge Questionnaire contains 29 items that was translated and validated by Reza-Khani (2007). The reliability and validity of this questionnaire is high and the coefficient alpha was equal to .76. Each item contains three options out of which the respondent must choose one. This questionnaire contains three scales D, G, P that indicate people's self-image. Acquired data were analyzed using discriminate analysis.

RESULTS

This study was carried out on 144 individuals (73 addicts and 71 nonaddicts students students). All subjects were mal and single. The age range of subjects were 18-25, average age and standard deviation

of the sample were 23.14 and 2.11, respectively. Addicts diploma to graduate and were healthy individuals All of addicts educated from diploma to graduate and nonaddicts were undergraduate students. Table 1 shows the descriptive indices of the study's variables.

Table 1. Descriptive indexes of Self-knowledge components

Self-knowledge components	Nonaddicts (n=71)		Addicts (n= 73)	
	M	SD	M	SD
Stability of childish feelings of guilt, failure and punishment	7.14	3.09	7.58	3.68
Stability of childish feelings of power and unrealistic desire	8.89	3.04	11.33	2.85
Difference between one's and others' perception of him	5.94	2.65	8.34	2.85

Equality test group averages (Table 2) showed that based on stability of childish feelings of power and unrealistic desire ($\lambda=0.86$ and $F_{(1, 14)}=24.74$); and the difference between one's and others' perception of him ($\lambda=0.87$ and $F_{(1, 14)}=23.62$), there was a significant difference between the two drug addicts and healthy groups ($P_s<0.01$). Check out the groups means (Table 1) shows that addicts have earned higher grades in both components.

Table 2. Summary of discriminate analysis: the distinction between addicts and healthy

Predictors variables	Means equality		Standard coefficient	Structure coefficient*
	λ	F		
Stability of childish feelings of guilt, failure and punishment	0.99	0.59	-0.34	0.14
Stability of childish feelings of power and unrealistic desire	0.85	24.74**	1.14	0.93
Difference between one's and others' perception of him	0.87	23.62**	-1.12	.91

* Largest absolute correlation between each variable and discriminate function

** $P<0.01$

Eigenvalue (0.20) and canonical correlation of discriminate function (0.041) showed that this function can well distinguish normal and addicted groups. Test the of null hypothesis for the discriminate function showed that this function isn't identical for both groups of addicts and healthy subjects ($\lambda =0.83$, $x^2=25.63$ and $P<0.01$).

Standardized coefficients in Table 2, show the contribution rate of each of the predictor variables on the ability to distinguish between groups. These coefficients imply that the components of stability of childish feelings and unrealistic desire and the difference between one's and others' perception of him have greatest contribution in distinguishing the group. Also according to the values of the coefficients can be said that

childish emotional stability of power and unrealistic desire factor most correlated with the discriminate function.

Table 3. Results of the classification of subjects in addicts and healthy groups based on the self knowledge components

Real condition of subjects	Predicted group membership		
	Addicted	Healthy	N
Addicted	51	22	73
Healthy	21	50	71

The results of discriminate analysis showed that if the classification of subjects into addicted and healthy groups is based on the self knowledge components, 101 out of 144 subjects (%70.1) will be correctly in their groups (Table 3).

DISCUSSION

The purpose of this study was to distinguish healthy subjects from the addicts based on self-knowledge component. Results showed that addicts compared with non-addicts have a lack of self-knowledge in terms of its three components. On the other hand, it was found that with scores of self-knowledge, can be recognize addicted or no addicted of persons. These findings were in line with the studies done by Butcher (2011) and Rafieian (1998). However, from among the components of self-knowledge, difference and power had more significant role in the prediction of addiction potential.

According to studies, people who have a poor self-image and are unable to understand others' mental picture about themselves, do not recognize their own worth and feel worthless (Schuckit, 1994; Reza-Khani, 2007) and as we know feelings of inferiority and lack of confidence drive people toward depression and anxiety. Some people compensate for low confidence through becoming dependent on addictive substances (Rafieian, 1998). People, who are anxious, may get addicted to drug expecting it to reduce their tension and anxiety (Gold Smith, 2009; Raimo, 1998).

The other component of self-knowledge that has a role in retaining the tendency toward addiction is power. Since children are supported by others in the early years of their lives, get to shape this feeling that the world is completely under their volition. This leads to the imagination of fanciful power. This feeling of empowerment among young people can shape the thought of being protected against the risks of substances. For this reason, it is possible to take illegal drugs to experience such emotions by these peoples.

Due to some of the limitations in carrying out the present study, there should be cautious in generalizing the results. This study was carried out on students and addicts from Ardabil city. Thus, its results can't be generalized to all the other people. This research was a descriptive- correlation study. So, it would be reckless to argue on the subject of the causal relationship between its variables. This study relied on the self-reports of self knowledge which may not reflect the realities available in the real life of people. Therefore, further research should elaborate on the role of self-knowledge in addiction potential in future

studies through literal, operational and systematic repetitions in large samples of both clinical and nonclinical, different age range with varying psychological symptoms or disorders and with more qualified therapists or more objective scales of assessment. Other personal differences like meta-cognition and meta-emotion may explain another part of addiction potential variance. Future studies can examine the relationship between these variables and addiction potential in students. Regardless of the above methodology limitations, the results of this study provide researchers with good research evidence on the nature of self-knowledge role in the addiction potential.

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