**ASSESSMENT OF PRECIPITATING FACTORS FOR CAUSATION OF SUBSTANCE DEPENDENCE AMONG SUBSTANCE DEPENDENTS**

**Abstract**

Substance use is when someone consumes alcohol or drugs Substance use does not always lead to addiction; many people occasionally use alcohol or certain drugs without being addicted. However, substance use always comes with the risk that it might lead to addiction, Substance abuse, meanwhile, is when a person consumes alcohol or drugs regularly, despite the fact that it causes issues in their life.

**Objectives of the study,** To assess precipitating factors for causation of substance dependence among substance dependents in Aurangabad City and To find the association between precipitating factors for causation of substance dependence and the selected demographic variables among substance dependents in Aurangabad City.

**Methodology:** The research methodology adopted for the study was quantitative research approach. The investigator used non experimental univariant descriptive method for the present study. The study was conducted in deaddiction units, psychiatric and mental healthcare unit. Accessible population was all the substance dependents who were available during the course of the study. 500 samples were selected with the help of non-probability convenient sampling as per inclusion criteria from the selected areas. Semi structured questionnaire, Likert scale and open-ended questions was developed for the study.

**Result:**

**Study results of demographic variables**

The majority 33.3% of samples were from age 21-30 years, 32.7% of them from 31-40 years, The 82.80% of the samples from group were males and 17.20% of the samples were females. 36.80% of them had secondary education, 29.60% of them were graduates. The highest percentage 37.80% of them were employed, 31.20% of them were unemployed. distribution of the samples according to their family monthly income that majority 21.60% of them had income Rs. 20,001/- 30,000/-, another 17.20% of them had family income above Rs. 40000. 28.40% of them were single, 52.10% of them were married. The highest percentage 36.4% of them were alcohol dependent, 34.4% of them had mixed dependence. Among respondent highest percentage 64.8% of them were Urban and 35.2% of them were rural.

**Analysis of data related to precipitating factors for causation of substance dependence among substance dependents:**

1. Highest percentage in biological factors 64.4% of the substance dependents had family history of substance dependence
2. In physical factors highest percentage 53.4% to become physically strong and when they were not able to sleep
3. In psychological factors Highest percentage of dependents had substance when they were having low self-esteem, and for spending good time with their friends, society.
4. Assessment of Sociological Factors shows that 63.2% of them using substance under the influence of friends and the 43.2% of them always, had substance when they feel lonely.
5. About economic factors 59.6 % of them always, were facing financial loss or not satisfied with their occupation.

**Conclusion:**

The study will help to find out various precipitating factors for causation of substance dependence.

**Keywords:** Precipitating factors, causation, substance, dependence, and Substance dependent.

**INTRODUCTION**

Any drug, medicine or poison which may be misused is known as a substance.Dependence is physical and psychological dependence on alcohol or other misuse drugs which impact the central nervous system in such a way that withdrawal symptoms develop when the drug is withdrawn. Abuse is a word which refers to an ill-adaptive behaviour of using drugs which has a negative drug on one's health. Dependence is a phrase used to describe the physiological and psychological implications of repeated use of a drug1.

**Drug Addiction Disease of Body, Mind and Spirit**

For most individuals, it seems that drug addiction is not possible. Nobody's going to become drug or alcohol addicted. Nobody intends to get addicted or to become drug dependent. Some individuals might take an unlawful drug for the first time only to get excited or to match the crowd. Some individuals need prescription medicine, yet misuse it and take it too often. After a difficult day, many individuals drink to make themselves feel better. In any case, they do not like it2**.**

**BACKGROUND:** Substance use is when someone consumes alcohol or drugs Substance use does not always lead to addiction; many people occasionally use alcohol or certain drugs without being addicted. However, substance use always comes with the risk that it might lead to addiction, Substance abuse, meanwhile, is when a person consumes alcohol or drugs regularly, despite the fact that it causes issues in their life. The issues caused by abuse may be related to their job, their personal life, or even their safety, substance dependency is full- blown addiction3.

India has the main public young adult's populace followed by China, us, Indonesia and Pakistan. In India, this age section structures 21.4% of the whole populace. Juvenile formative tasks built-in difficulties of personality, independence, scholastic working, peer connections and sexuality Cicchetti. and Rogosch, Erikson, Formany teenagers, this is in many cases a period incorporates regulating trial and error with apparent aspects of grown-up life. Youths are more probable than grown-ups to connect in hasty and risk-taking conduct like substance misuse hazardous sexual practices, careless driving and audacious way of behaving. Among them, substance misuse is that the normal significant issue among higher lyceum understudies illicit drug use is one among the significant issues influencing youthful age not in India alone, but rather than tire world. World Wellbeing Association (1957) characterizes white plague as a state of rambling or persistent inebriation, destructive to the individual and to society; created by the rehashed utilization of a medication either regular or synthetic4.

**MATERIAL AND METHOD:** The research methodology adopted for the study was quantitative research approach. The investigator used non experimental univariant descriptive method for the present study. The study was conducted in deaddiction units, psychiatric and mental healthcare unit. Accessible population was all the substance dependents who were available during the course of the study. 500 samples were selected with the help of non-probability convenient sampling as per inclusion criteria from the selected areas. Semi structured questionnaire, Likert scale and open-ended questions was developed for the study.

**Criteria for samples election**

The sample criteria are the considerations that will determine which topic will be assigned to the sample frame. The following inclusion and exclusion criteria were used in this investigation.

**Inclusion criteria**

• Substance abusers who are willing to take part in the research

• During data collection, substances that are substance dependent are available.

• Substance abuser who is addicted to alcohol, opiates, cannabinoids, narcotic analgesics, nicotine, and other substances.

**Exclusion criteria**

* 1. • Substance-abusing individuals who are able to read and write Marathi and English • Substance dependents who are not accessible during study period

• Substance dependent who are not dependents on alcohol, opioids, Cannabinoids, narcotican algesics, nicotine etc.

**Plan for tool preparation**

An extensive review of research and non-research literature related to precipitating factors for causation of substance abuse Opinions and suggestions from experts.

**Method of data collection**

* 1. 5 point Likert scale was used for assessment of precipitating factors for causation of substance dependence among substance dependents
  2. **RESULTS:**
  3. **1. table 1- Demographic Data Analysis**

|  |  |  |
| --- | --- | --- |
| **Demographic variable** | **Freq** | **%** |
| **Age** | | |
| Below 20 years | 120 | 6.7% |
| 21-30 years | 237 | 33.3% |
| 31-40 years | 49 | 32.7% |
| 41-50 years | 56 | 18.7% |
| 51-60 years | 27 | 4.7% |
| Above 60 year | 11 | 6.7% |
| **Gender** | | |
| Male | 414 | 82.8% |
| Female | 86 | 17.20% |
| **Education** | | |
| Primary | 89 | 17.80% |
| Secondary | 184 | 36.80% |
| Graduate | 148 | 29.60% |
| Postgraduate | 67 | 1.40% |
| Any other | 12 | 2.40% |
| **Occupation** | | |
| Employed | 189 | 37.8 % |
| Unemployed | 156 | 31.2% |
| Business | 93 | 18.6 % |
| Any other specify: | 62 | 12.4 % |
| **Monthly income of the family in Indian rupees** | | |
| Below 10000/- | 100 | 20.00% |
| 10000/-20,000/- | 140 | 28.00% |
| 20,001/-30,000/- | 108 | 21.60% |
| 30,001/- 40,000/- | 66 | 13.20% |
| 40,001/-and more | 86 | 17.20% |
| **Marital status** | | |
| Single | 142 | 28.40% |
| Married | 256 | 52.10% |
| Divorce/separate | 58 | 11.60% |
| Widow/widower | 44 | 8.80% |
| **Type of substance dependence** | | |
| Alcohol | 182 | 36.% |
| Narcotic analgesic s | 44 | 8.8% |
| Nicotine | 48 | 9.6% |
| Cannabinoids | 54 | 10.% |
| Mixed dependence | 324 | 64.8% |
| **Area of living** | | |
| Rural | 176 | 35.2% |
| Urban | 324 | 64.8% |

**2. Analysis of data related to precipitating factors for causation of substance dependence among substance dependents in selected areas  
  
2.1. Biological precipitating factors (Family history of substance dependence) for causation substance dependence:**

Among respondent 64.4% of the substance dependents had family history of substance dependence and 35.6% of them did not have family history of substance dependence.

**2.2. Physical precipitating factors for causation of substance dependence among substance dependents**

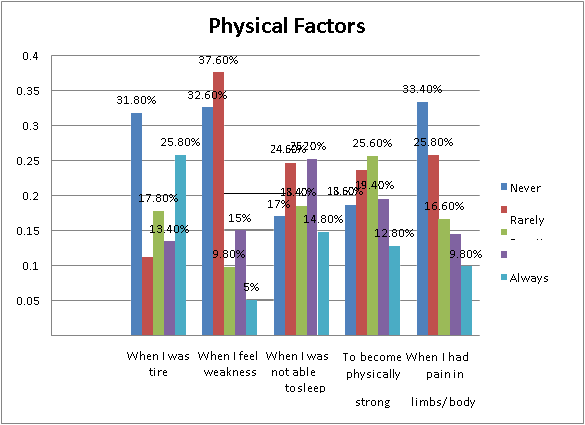


Fig 1- Bar graph showing changes in physical factors

**2.3. Sociological precipitating Factors for causation of substance dependence among substance dependents**

* Highest percentage shows that 35.6% of them never, 19.2% of them sometimes, 16% of them very often, 12.8% of them always and 16.4% rarely used substance as a part of social drink.
* The 21.6% of them always, 17.2% of them very often, 22% sometimes, 20.8% were used rarely, 18.7% never had substance because of frequent quarrels in family.
* The 23.2% of them always, 21.6% of them very often and 23.2% of them sometimes, 16.4% of them rarely and 15.6% of them never had substance when they feel lonely.
* The highest percentage 50.4% of them never, 13.6% of them rarely 12.8% of them sometimes, 12.4% of them very often 10.8% of them always had substance because of religious reasons.
* The 26% of them always, 22.8 % of them very often and 20.8% of them sometimes, 16% of them rarely and 14.4 % of them never had substance dependence for spending good time with their friends, society.
* The 31.2% of them always, 23.2% of them very often and 21.2% of them sometimes, 11.2% of them rarely and 13.2% of them never had substance because availability of substance was ease for them.
* The 40.4% of them never, 19.2% of them rarely and 17.2% of them sometimes, 13.2% of them very often and 10% always had substance because of poor relation with co-workers.
* The 20.8% of them always, 23.6% of them very often and 25.2% of them sometimes, 16.4% of them rarely and 14% never had substance because friends/ people in their contact were regular user of substance.

Table 2. **Psychological precipitating factors for causation of substance dependence among substance dependents**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **PSYCHOLOGICAL FACTORS** | **Never** | | **Rarely** | | **Sometimes** | | **Very often** | | **Always** | |
| **Freq** | **%** | **Freq** | **%** | **Freq** | **%** | **Freq** | **%** | **Freq** | **%** |
| When I was having low Self esteem | 134 | 26.8% | 84 | 16.8% | 98 | 19.6% | 76 | 15.2% | 108 | 21.6% |
| Because I was having curiosity  About substance | 114 | 22.8% | 64 | 12.8% | 110 | 22% | 90 | 18% | 122 | 24.4% |
| I get irritated easily | 26 | 17.3% | 13 | 8.7% | 43 | 28.7% | 31 | 20.7% | 37 | 24.7% |
| To avoid problems at  work/home | 140 | 28% | 78 | 15.6% | 106 | 21.2% | 86 | 17.2% | 90 | 18% |
| To cope with stress | 27 | 18.0% | 16 | 10.7% | 38 | 25.3% | 34 | 22.7% | 35 | 23.3% |
| When I was facing  Failure in school/ college | 174 | 34.8% | 74 | 14.8% | 114 | 22.8% | 72 | 14.4% | 66 | 13.2% |
| When lost hope | 92 | 18.4% | 82 | 16.4% | 128 | 25.6% | 102 | 20.4% | 96 | 19.2% |
| When I feel  Psychological distress | 86 | 17.2% | 58 | 11.6% | 132 | 26.2% | 128 | 25.6% | 96 | 19.2% |
| Due to my poor  Performance at / in work | 174 | 34.8% | 104 | 20.8% | 90 | 18% | 76 | 15.2% | 56 | 11.2% |
| Because one of my ideal figure/ people was Substance user | 244 | 48.8% | 64 | 12.8% | 72 | 14.4% | 60 | 12% | 60 | 12% |
| Because it encourages to improve my performance/skills | 130 | 26% | 78 | 15.6% | 110 | 22% | 86 | 17.2% | 96 | 19.2% |
| Due to lack of support  from my family | 146 | 29.2% | 74 | 14.8% | 116 | 23.2% | 68 | 13.6% | 96 | 19.2% |

**2.5. Economical precipitating factors for causation of substance dependence among substance dependents**



**ECONOMICALFACTORS**

300.00%

250.00%

200.00%

150.00%

100.00%

50.00%

0.00%

When I was financially independent

Because we had sufficient family income

When I was facing financial loss

**Fig 2- Bar graph showing changes in economical factors**

**Conclusion of data related to precipitating factors for causation of substance dependence among substance dependents**

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**RECOMMENDATION**

* Similar review can be directed on large subject to generalize the result
* A review can be led to survey hastening factors for causation of substance dependence for one substance inside and out.
* The same study can be conducted for a long period to get more dependable outcome.
* The subjective review to survey hastening factors for causation of substance reliance
* The review should be possible in different settings eg. College, Work places, local area region and so forth.
* A Similar review can be recreated with bigger example size and in different settings.
* A comparable review can be done with respect to information on substance maltreatment among grown-ups.
* Comparative review might be led between understudies concentrating on specialized courses and expert courses.
* Comparative review might be led to figure out similitudes or contrasts in information among different region like urban and rural
* A study may be conducted to find out factors that influences substance abuse and preventive aspects among students

**CONCLUSION**

This was non experimental descriptive study to assess precipitating factor for causation of substance dependence among substance dependents. The study will help to find out various precipitating factors for causation of substance dependence in selected area. The result of the study helped us to identify the factors which help to prevent substance dependence.

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