

## ***ABSTRACT***

Drug dependence has been popularly described as overpowering the impulses through narcotics or intoxication. Drugs have been regarded as a problem because they are said to impair an individual ability to mobilize him and direct his life not meaningful to him or to the society. Some drugs are believed to undermine moral restraints and lead to criminality and violence.

## **DRUG ABUSE AND MENTAL-HEALTH**

Mental health has been variously described in such terms as creativity, spontaneity in interpersonal relations, integrated personality, correct perception of oneself and of ones environment, autonomy, self-actualization and continued growth, richness of experience and active mastery of environment. As persons mental health is related to his attainments of positive goals. The negative goals become the source of mental illness. However, the effect of emotional problem and emotional maturity cannot be ruled out. The significance of mental health is by and large depending on an individual positive-ness towards his fellow members in the society itself. Understanding of physical health is slowly expanding. We no longer think of physical health as simply 'normal' functioning and the absence of symptoms, but instead as a pattern of behavior of a particular kind of organism, of age, sex and constitution, with a particular hereditary endowment. The impact of environmental conditions is important. The outside environment is no longer a matter of heat and cold and humidity which affect ones health. The question of mental health is related with the circumstances of individuals social and cultural life, past and present-the state of his emotional, social and spiritual life.

## ***DRUG ABUSE AND SELF ESTEEM***

*Self-esteem* is a vital human need (Greenberg et al, 1992). Self-esteem is the value individual place on the selves they perceive. If their self-appraisal leads to self-acceptance and approval, to a feeling of self worth, they have high self-esteem. If they view themselves negatively, their self-esteem is low. One study revealed those high

levels of problems in the areas of health and physical development and home and family were associated with low self-esteem in adolescent girls. A positive self-esteem is important to interpersonal competence and social adjustments, and to emotional wellbeing, progress in school and vocational aspirations. Negative self esteem is related to delinquency. Those who can accept themselves are more likely to be able to accept others and be accepted by them. There is a positive correlation between self-acceptance, social adjustment and social support. (Blain, Thompson, and Whiffing, 1993).

### ***DRUG ABUSE AND AGE***

The drug problem has become more acute and alarming, as reported by the studies relating to drug abuse. The rate of drug abuse amongst student-population has gone up phenomenally. The cases of these hard-core addicts and ex-addicts are reported to be largely in the age group of 20-30 of age. Main causes towards drug indulgence particularly among adolescents are family conflicts and poor communication at home, apathy and alienation, rejection of parental and social values, social incentives like acceptability, availability and vast appealing publicity through media, culturally and socially permissive attitude for drugs, continued loneliness, deprivation of affection, personal failure in a competitive society, aggressive, impulsive, search for personal identity, search of feelings for adulthood and their expression, subconscious destructive motives, desire to experiment, inability to accept oneself, absence of positive values and lack of correct ideology in personal and found much less among neurotics and psychotics as compared to general population.

### **DRUG ABUSE AND MOTIVATION**

The term 'Motivation' refers to an internal state that activates and gives direction to our thoughts. Motives are at the center of our lives-they arouse and direct what we think, feel and do. Motivation and emotion are closely linked concepts for three reasons:

1. The arousal of emotions activates behavior as motives do.

2. Motives are often accompanied by emotions.
3. Emotions typically have motivational properties of their own, for-ex, if you are in love, you are motivated to be with your special person; if you are angry you want to strike out at the object of your anger.

## **DRUG ABUSE AND SOCIAL SUPPORT**

Social support can be defined as the degree of support provided to individuals particularly in times of need by persons involved with spouse, family, friends, neighbors, co-workers and members of the larger community (Johnson and Saran 1979). Gottlieb, 1981 has defined social support as, “the help that helps extend”. Thoits, 1982 has characterized social support as the degree to which an individuals need for affection, approval, belonging and security are met by significant others.

It is clear from the perusal of the proceeding sections that drug abuse is a common phenomenon in India among different sections of people. The above available literature shows that it leaves an adverse impact on different psychological characteristics of individuals. As seen earlier the drug abuse leads to bringing down the motivation negatively influences the mental health and also hampers the self-esteem of people using drugs. Moreover attempts have shown that people want to get rid of this habit of substance abuse in which social support, concern of the family and community, unavailable facilities play crucial role. The present study has been planned to see the presence and absence of social support influences different psychological characteristics under study, i.e., mental health, motivation and self-esteem as a function of drug abuse.

The findings of this research clearly that the presence of social support in an individual's life has positive significant impact on him thus helping him to have better mental health, high achievement motivation level and self-esteem. It is seen generally when stress is low, social support doesn't matter. But when stress is high, social support protects the individual from harmful consequences. Thus, the combination of high stress and little social support produces the worst health.

The first part of the first hypothesis that drug users for lesser period will differ from drug users for longer period to be significant as shown in tables 4.15 to 4.17. the results and discussion of the present study clearly indicated that mental health, motivation and self-esteem of drug users abusing drugs since more than five years (M=14.39) was poorer as compared to users will have lower achievements motivation in comparison with non-users was proved to be true as table 4.10 revealed that non-addicts (M=25.55) had better motivational capabilities than drug-addicts (M=16.16).

The 2<sup>nd</sup> hypothesis that the self-esteem of drug user will be low in comparison with non-user has been confirmed. Table 4.11 clearly showed that non-addicts had higher mean values (32.51) and standard deviation (10.21), which signified that they had higher self-esteem as compared with addicts (7.57 and 6.85 respectively). As for the 3<sup>rd</sup> hypothesis that the mental health of drug user will be poorer in comparison with non-users has been proved true. Table 4.9 indicated clearly that non-addicts (M=33.30) had better mental health as compared with drug addicts (M=16.00). with respect to the 4<sup>th</sup> hypothesis that the length of the period of drug abuse will show its impact on all the dimensions namely mental health, achievement motivation and self-esteem was proved to be significant. According to table 4.30, 4.31 and 4.32 drug addicts/non-addicts differ significantly on mental health, achievement motivation and self-esteem scores with respect to their period of abusing impact on their mental health, motivation and self-esteem scores with respects to their period of abusing drugs. Subjects who abused drugs for longer period of time will have negative impact on their mental health , motivation and self-esteem.

As for the 5<sup>th</sup> hypothesis that presence of social support will show better mental health, high achievement motivation and self-esteem in comparison with absence of social support has been confirmed. The results of the tables 4.12 to 4.14 indicated that the presence of social support had significant impact on the subjects, helping them to have better mental health, motivation level and high self-esteem (M=26.43, 25.29, 21.71 for addicts and M=34.17, 26.20, 33.83 for non-addicts respectively) as compared to addicts/non-addicts without social support (M=15.00,15.29, 6.29 for addicts and M=26.44, 20.44, 22.11 for non-addicts respectively).

The 6<sup>th</sup> and the last hypothesis that age will significantly influence mental health, achievement-motivation and self-esteem of subjects was not proved. Table 4.6 to 4.8 showed addicts/non-addicts did not differ significantly on all the three dimensions. Age of the subjects had no significant impact in achieving better mental health, motivation and self-esteem.