



A CO RELATIONAL STUDY OF DRUG ABUSE AND STRESS AMONG COLLEGE GOING STUDENTS

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Abstract

The aim of this research is to find out the relationship between drug abuse and stress among college going students. The total number of samples was 100 and the data was collected through random sampling and a descriptive survey method was used to collect the data. Findings revealed that a positive relationship has been found between drug abuse and stress among college going students.

Introduction

Health is a method to help a function of human in broader community, alternately an end in itself. A healthy life allows the means to show a full life with meaning and motive. But heath effected by drugs. Drug Abuse refers to the habitual or excessive use of drugs in a manner that is harmful to an individual's physical, mental and social well-being. It involves the miss use of both legal and illegal substances.

Drug Abuse can affect people from all walks of life and may stem from various factors , including genetic predisposition , environmental influences , mental health disorders , social pressures, and personal circumstances. A healthy life allows the means to show a full life with meaning and motive. But heath effected by drugs. A drug is some material which, if take into the body, change the outcome of body likewise physically and mentally. Drugs may be legal or illegal. while drug may provide a temporary respite for stress, in the long run, drug



abuse actually makes stress more pronounced and leads to a variety of physical and emotional health issues as well as behavioural and social concerns. Stress can cause changes in the brain like those caused by addictive drugs. Who become addicted to drugs may already be hypersensitive to stress.

A drug is a chemical that interacts with proteins in the body to affect a physiological function. This is the general idea behind all medicine. Once these chemicals are absorbed into the systemic circulation they bind with certain proteins and this changes the functioning of the cell slightly. For example, anticancer drugs bind to proteins on the surface of cancer cells this stimulates the cell to die. In this case cell death is the physiological action of the drug. Psychoactive drugs are chemical substances that affect the function of the central nervous system, altering perception, mood or consciousness.

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Stress is a change that causes physical, emotional, or psychological strain. Stress can be triggered by various factors such as work-related pressures, personal relationships, financial difficulties, health concerns or major life events. Stress is feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body 's reaction to challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. But when stress lasts for a long time, it may harm your health.

Stress is a natural physical and mental reaction to life experiences. Everyone expresses stress from time to time. Anything from everyday responsibilities like work and family to serious life events such as a new diagnosis, war, or the death of a loved one can trigger stress. For immediate, short-term situations, stress can be beneficial to your health. It can help you cope with potentially serious situations. Your body responds to stress by releasing hormones that increase your heart and breathing rates and ready your muscles to respond. Stress the body 's reaction to a change that requires a physical, mental or emotional adjustment or response. is define by psychologists as the body 's reaction to a change that requires a physical, mental, or emotional adjustment or response (Dyer, K.A. 2006).



Objectives of the Study

1. To find out the relationship between drug abuse and stress on the basis of area (urban and rural).
2. To find out the difference between drug abuse and stress on the basis of area (urban and rural).

Hypothesis of the Study

- **H1:** There will be significant relationship between drug abuse and stress among college going students.
- **H2:** There will be a significant difference between drug abuse and stress among college going students

Review of Literature

Havens. et al., (2011): This study was on the data of national survey on drug use and health. Non-medical use of prescription drugs (Pain reliever, Tranquilizers, Sedative and Stimulants) was found more likely than urban adolescents. major depressive episodes were found in adolescents of rural areas.

Tran et al., (2019): conducted a study to provide a global picture of substance use disorder research. Thirteen thousand six hundred eighty-five papers related to illicit drugs (5403), Tobacco (4469), and Alcohol (2137) use disorders and treatment were published between 1971 and 2017. Findings suggested a need for research policy that supports the examination of interventions that culturally adhere to different local contexts to address substance use disorder in communities.

Muller et al., (2020): conducted a study does acute stress influence the Pavlovian-to-instrumental transfer effect? Implication for substance use disorders. The ability to conditioned stimuli to affect instrumental responding is a robust finding from animal as well as human research and is assumed as a key factor regarding the development and maintenance of addictive behaviour. The established role of stress in addiction appears not to be driven by an augmenting effect on the ability of drug stimuli to promote – seeking.



Ruisoto and Contador (2019): Conducted a study on the role of stress in drugs addiction. The high prevalence and burden to society of drug abuse and addiction is un dispute. The aim of this paper is to integrate the most influential literature to date on the role of stress in drug addiction. This review elucidates the crucial role of stress in drug addiction and highlights the need to incorporate the social context where brain-behaviour relationships unfold into the current model of addition.

Dariotis and Chen (2020): has done a study on stress coping strategies as Mediators: Toward a Better Understanding of Sexual, Substance, and Delinquent Behaviour-Related Risk-Taking among Transition-Aged Youth. Transitional aged youth (18–24) report increasing and peaking risk-taking (sexual, substance, and delinquent behaviour). Stressful life events (SLE) are associated with these risk-taking behaviours. This study tests whether various coping strategies mediate the relationship between SLE and risky behaviour. Significant indirect effects of SLE via avoidance coping were found for illicit drug use both concurrently. Prevention and intervention strategy implications for reducing avoidance coping and promoting alternative coping styles are discussed.

Research Methodology

The methodology is most important part of the research as it is the frame work for conducting a study. It indicates them general pattern of organizing procedure together valid and reliable data for investigation. The following methodology was adapted to the study of drug abuse and stress among college going students.

Sample of the Study

For the present study the target population from which the sample was drawn the adults. The research selects 100 samples of adults. Out of the selected adults, there were 50 rural adults and 50 urban adults.

Tools used in the Study

- Drug abuse screening (DAST-10), by Skinner, H.A. (1986).
- The standard stress scale (Gross and Seebab, 2016)



Research Design

Descriptive research design has been used for realizing objectives and testing the hypothesis of the study.

Variables of the Study

Independent variable: Drug Abuse

Dependent Variable: Stress

Statistical Analysis of the Study

t- values will be calculated to locate the mean differences in variables.

Karl- Pearson product moment correlation will be adults to find out the relationship between variables.

Result and Discussion

Table 1.1 Relationship between Drug Abuse and Stress among Adults (N=100)

Category	N	r	Sig./Not Sig.
Adults	100	0.53	Sig. at .01 level
Rural Adults	50	0.44	Sig. at .01 level
Urban Adults	50	0.64	Sig. at .01 level

Table 1.1 shows that the coefficient of correlation between drug abuse and stress among adults as 0.53 which is positive and significant at .01 level of confidence which shows that there exists a significant positive relationship between drug abuse and stress among adults. The coefficient of correlation between drug abuse and stress among rural adults as 0.44 which is positive and significant at .01 level of confidence which shows that there exists a significant positive relationship between drug abuse and stress among rural adults. The coefficient of correlation between drug abuse and stress among urban adults as 0.64 which is positive and significant at .01 level of confidence which shows that there exists a significant positive relationship between drug abuse and stress among urban adults. As a significant positive relationship was found between drug abuse and stress among adults irrespective of



their locale, therefore Hypothesis 1 stating, —*There will be significant relationship between drug abuse and stress among college going students stands accepted.*

Table 1.2 Difference between Mean Scores of Drug Abuse among Urban and Rural Adults (N=100)

Group	Variable	N	Mean	S.D	SE _M	t-ratio	Sig./Not Sig.
Rural	Drug Abuse	50	6.94	1.28	0.18	4.74	Sig. at .01 level
Urban		50	5.70	1.33	0.19		

Table 1.2 revealed that the mean scores of drug abuse among rural and urban adults as 6.94 and 5.70 respectively. The t-ratio is calculated as 4.74 with df=98 which is significant at 0.01 level of confidence. This revealed that a significant difference exists between mean scores of drug abuse among rural and urban adults. Further as the mean score of rural adults on drug abuse was found to be significantly higher than that of urban adults, hence it may be concluded that the rural adults are more drug addicted as compared to their urban counterparts.

As a significant difference was found in mean scores of rural and urban adults on drug abuse, therefore Hypothesis 2 stating, — *There will be significant difference in drug abuse of rural and urban Adults, stands accepted.*

Significance of Difference between Mean Scores of Stresses among Urban and Rural Adults (N=100)

Group	Variable	N	Mean	S.D	SE _M	t-ratio	Sig./Not Sig.
Rural	Stress	50	100.62	5.87	0.83	0.94	Not Sig. at .05 level
Urban		50	99.48	6.25	0.88		



The table revealed that the mean scores of stress among rural and urban adults as 100.62 and 99.48 respectively. The t-ratio is calculated as 0.94 with $df = 98$ which is not significant at 0.05 level of confidence. This revealed that no significant difference exists between mean scores of stress among rural and urban adults. As no significant difference was found in mean scores of rural and urban adults on stress, therefore Hypothesis stating, —***There will be significant difference in stress of rural and urban adults***||, stands rejected. As a significant positive relationship was found between the use of drug abuse and stress, drug abuse and stress among adults irrespective of their locale (rural – urban. Drug may provide a temporary respite for stress, in the long run, drug abuse actually makes stress more pronounced and leads to a variety of physical and emotional health issues as well as behavioural and social concerns. Stress can cause changes in the brain like those caused by addictive drugs. Who become addicted to drugs may already be hypersensitive to stress.

Conclusion

A drug is some material which, if take into the body, change the outcome of body likewise physically and mentally. Stress is a risk factor for developing an addiction. This risk is higher if you are exposed to stress in early childhood or exposed to chronic stress at any time. Stress is also a barrier to recovery for people in active addiction. So it is suggested that educational institutions and government may undertake programs to help adults to be more aware about the negative effects of drugs. Time to time counselling session should be organized for adults. Seminar, meditation and yoga should be organized to reduce the stress level of the adults. We should take the initiative before it completely destroys the future of our youth.



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