

“THE STUDY OF PERSONALITY PROFILE OF ALCOHOL AND DRUG ADDICT”**Mahveen Jahan****Research Scholar****Department of Psychology****Mewar University Chittorgarh Rajasthan****Dr. Rakesh Kumar****Visiting Professor & Research Supervisor****Department of Psychology****Mewar University Chittorgarh
Rajasthan****ABSTRACT:**

The study is about addiction which has become a prime social problem and has posed its grave concern and is causing havoc in the whole world for the last five decades. Alcohol and other drugs are being consumed by many people nowadays and it has devastated many lives thus there has to be given some attention to this life threatening problem. In this study the personality profile of drug and alcohol addicts are studied. In this study 75 substance abuse patients are studied in which 35 are drug dependent and 40 are alcohol dependent. The age ranges from 16-45 years. The test administered on substance abuse patients to assess the personality is 16 PF (Personality profile) test developed by Raymond B. Cattell 1991 “last revised issue”. 16 PF.

The results indicate that there is significant correlation of personality profile ($P > 0.01$) of alcohol and Drug addict on 16 PF (Personality Profile). Which indicates that the issue of alcohol and drug addiction is becoming a serious concern in today's life as the people are falling in the trap of addiction and ruining their life. The person who is involved in addiction does not suffer only himself but there are other people also related to him who suffer. An addict's family is also affected drastically because of his behavior. They are emotionally less stable easily annoyed. They tend to be low in frustration tolerance for unsatisfactory conditions, changeable and plastic, evading necessary reality demands, neurotically fatigued, fretful, easily annoyed and emotional, active in dissatisfaction, having neurotic symptoms (phobias, sleep disturbances, psychosomatic complaints, etc.). They tend to be restrained, reticent and introspective. They are sometimes dour, pessimistic, unduly deliberate, and considered smug and primly correct by observers. They tend to be sober, dependable people. They will not be bothered with will control and have little regard for social demands. That they tend to be mistrusting and doubtful. They are often involved in their own egos and are self-opinionated and interested in internal, mental life. Usually they are deliberate in their actions, unconcerned about other people, and poor team members. They tend to be polished, experienced and shrewd. Their approach to people and problems is usually perceptive, hard headed, and efficient an unsentimental approach to situations. Their approach to people and problems is usually perceptive, hard headed and efficient an unsentimental approach to situations. Persons with high score on these factors are apprehensive, self-blaming, guilt prone, insecure, worrying, they have a strong sense of obligation and high expectation of themselves. They tend to worry and feel anxious and guilt-stricken over difficulties. Often they do not feel accepted in groups or free to participate. Anti-social traits are found in addicts. People with some anti-social characteristics can be harmful for them because these kinds of people have a high risk of falling into addiction because there is a whole cycle which revolves around them in which they get trapped and simultaneously they join

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Test Administered:

The test administered on substance abuse patients to assess the personality is 16 PF (Personality profile) test developed by Raymond B. Cattell 1991 “last revised issue”. 16 PF is an objectively scorable test devised by basic research in psychology to give the most complete coverage of personality possible in brief time

Result:

MEAN , SD & CORRELATION OF 16 PF PERSONALITY PROFILE TEST (STEN SCORE FACTOR ONE ANALYSIS) ALCOHOL AND DRUG					
16 PF (Personality Profile)	ALCOHOL ADDICT		DRUG ADDICT		CORRELATION ALCOHOL AND DRUG ADDICT
SUB SCALES	MEAN	SD	MEAN	SD	r (correlation)
A	5.10	2.25	5.48	2.03	0.01*
B	5.05	2.12	3.97	1.77	0.03*
C	4.05	1.93	4.30	1.85	0.02*
E	5.50	2.20	5.00	1.96	0.10*
F	4.55	2.03	5.05	1.97	0.24**
G	5.20	2.15	4.80	1.92	0.04*
H	5.40	2.18	5.54	2.04	0.70**
I	5.95	2.27	6.11	2.12	0.22**
L	6.67	2.38	6.20	2.15	0.11*
M	4.85	2.09	5.22	1.99	0.07*
N	6.45	2.35	6.77	2.21	0.01*
O	6.40	2.34	6.65	2.2	0.01*
Q1	6.15	2.31	5.85	2.09	0.13**
Q2	5.47	2.20	5.34	2.01	0.52**
Q3	4.75	2.07	4.71	1.91	0.08**
Q4	6.00	2.28	5.85	2.09	0.23**

** Significant P> 0.01, * Not Significant.

The result indicates that there is significant correlation of personality profile (P>01) of alcohol and Drug addict on 16 PF (Personality Profile). Factor “F”, “H”, “I”, “Q1” and “Q4” is suggestive that they are restrained, serious and they tend to be reticent and introspective. They are sometimes pessimistic, unduly deliberate and considered smug and primly correct by observers. They tend to be sober, dependable and also tender minded, sensitive, over protected, intuitive. They tend to be emotionally sensitive, day-dreaming, artistically fastidious and fanciful. They are sometimes demanding of attention and help, impatient dependent, temperamental and not very realistic. They dislike crude people and rough occupations. In a group, they often tend to slow up group performance and to upset group morale by undue fussiness. Sometime more conservative, respecting traditional ideas, and confident in what they have been taught to believe, and accept the “tried and true” even when something else might be

better; they are cautious and compromising in regard to new ideas. Thus they tend to oppose and postpone change, and are inclined to go along with tradition, and are more conservative in religion and politics.

Overall both groups are tense, frustrated, overwrought, restless, fretful, impatient and hard working. They are often fatigued, but unable to remain inactive. Their frustration represents an excess of simulated but undercharged drive. Extremely high tension levels disrupt school and work performance.

The factors on which alcoholics have scored low are factor “C, F, Q3 & M” which indicates that they are emotionally less stable easily annoyed. They tend to be low in frustration tolerance for unsatisfactory conditions, changeable and plastic, evading necessary reality demands, neurotically fatigued, fretful, easily annoyed and emotional, active in dissatisfaction, having neurotic symptoms (phobias, sleep disturbances, psychosomatic complaints, etc.). they tend to be restrained, reticent and introspective. They are sometimes dour, pessimistic, unduly deliberate, and considered smug and primly correct by observers. They tend to be sober, dependable people. They will not be bothered with will control and have little regard for social demands. They are impetuous and are not overly considerate, careful, or painstaking. They may feel maladjusted, and many maladjustments (especially the affective, but not the paranoid). Such people tend to be anxious to do the right things, attentive to practical matters, and subject to the dictation of what is obviously possible. In short, they are responsive to the outer, rather than the inner world.

The factors on which alcoholics have scored high are “L &M” which indicates that they tend to be mistrusting and doubtful. They are often involved in their own egos and are self- opinionated and interested in internal, mental life. Usually they are deliberate in their actions, unconcerned about other people, and poor team members. They tend to be polished, experienced and shrewd. Their approach to people and problems is usually perceptive, hard headed, and efficient an unsentimental approach to situations, an approach akin to cynicism.

The factors on which drug addicts have scored low are “B, C, G & Q3” which indicates that They will not be bothered with will control and have little regard for social demands.. Such people will not be bothered with will control and have little regard for social demands. They may feel maladjusted, and may maladjustments especially the affective, but not the paranoid.

The factors on which drug addicts have scored high are factor “L, N& O” people who score high on these factors tend to be mistrusting and doubtful. They are often involved in their own egos and are self- opinionated and interested in internal, mental life. Usually they are deliberate in their actions, unconcerned about other people and poor team members; they tend to be polished, experienced and shrewd. Their approach to people and problems is usually perceptive, hard headed and efficient an unsentimental approach to situations. Persons with high score on these factors are apprehensive, self –blaming, guilt prone, insecure, worrying, they have a strong sense of obligation and high expectation of themselves. They tend to worry and feel anxious and guilt-stricken over difficulties. Often they do not feel accepted in groups or free to participate.

DISCUSSION AND CONCLUSION:

The issue of alcohol and drug addiction is becoming a serious concern in today's life as the people are falling in the trap of addiction and ruining their life. The person who is involved in addiction does not suffer only himself but there are other people also related to him who suffer. An addict's family is also affected drastically because of his behavior. The addicts are manipulative; they tend to be mistrusting and doubtful. They are often involved in their own egos and are self-opinionated and interested in internal, mental life. Usually they are deliberate in their actions, unconcerned about other people, and poor team members. They will not be bothered with will control and have little regard for social demands. They do not care for social norms and do not hesitate to break the rules and regulation. They tend to be emotionally sensitive, day-dreaming, artistically fastidious and fanciful. They are sometimes demanding of attention and help, impatient dependent, temperamental and not very realistic. They dislike crude people and rough occupations. They are liars are not at all trustworthy. . Usually they are deliberate in their actions, unconcerned about other people and poor team members; they tend to be polished, experienced and shrewd. Their approach to people and problems is usually perceptive, hard headed and efficient an unsentimental approach to situations are apprehensive, self-blaming, guilt prone, insecure, worrying, they have a strong sense of obligation and high expectation of themselves. They tend to worry and feel anxious and guilt-stricken over difficulties. Often they do not feel accepted in groups or free to participate.

The addicts are hard headed and have high grandiosity they feel whatever they do and say is correct and they do not like to be controlled. They have low frustration tolerance and cannot handle pressure because they are weak. They are emotionally unstable and cannot control their emotions. Anti-social traits are found in addicts. People with some anti-social characteristics can be harmful for them because these kinds of people have a high risk of falling into addiction because there is a whole cycle which revolves around them in which they get trapped and simultaneously they join the anti-social groups and become part of that group. Where they get introduced to the substance and under the influence of group they cannot resist themselves and start becoming part of the vicious cycle. Addicts have rigid thought process and they do not accept change in their thinking, their way of thinking becomes very negative and people who try to reform their life or suggest them something positive are their enemies. They cannot accept people trying to control their thinking. Whatever is engrained in their mind they believe that and do not want to change with the situation? They demand attention and will do something abnormal by which people's attention will be drawn towards them. The addicts are impatient and have child-like behavior they cannot wait whatever they want they want it instantly. Thus addicts are anxious-stressed people who have a tendency of becoming anxious on every possible thing and get stressed out on small things. They get easily anxious and disturbed by life stress. People with mental deficiency also are at high risk of falling into addiction because they lack decision making ability and take wrong decisions. People with family history of addiction have high chances of addiction. If a family has a history of substance abuse there is a chance that it can run through genetics in their off spring. Thus measures should be taken to control such behaviors of people at an early stage so that they do not reach the severe level where nothing

works not any medicine or any psychotherapy. Such behaviors should be identified and given early intervention.

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