



## **A Study of Self Esteem in Patients With Substance Dependence and Healthy Control**

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### **Abstract**

Alcoholics (substance addicts) were studied to a healthy control group in terms of Self-Esteem in this study (Non- Addicts). Only a little amount of study has been done to participants for Self-Esteem. In order to conduct this study, 40 patients with alcoholism and 40 non-alcoholics were recruited. It was used to measure Self-Esteem in all participants, respectively. Self- Esteem were assessed using an independent t-test, and the alcohol-dependent group scored considerably lower than the control group. The self-esteem of the alcohol-dependent group was considerably lower than that of the control group. Self-esteem were found to have a favourable correlation.

**Keywords:** Self-Esteem, Substance Dependent, Alcohol addicts.

### **Introduction**

As per National Mental Health Survey substance abuse is a prevalent problem in India. It affects rural as well as urban areas. Many psychological and physiological problems have been attributed to alcohol dependence. A number of studies have been conducted to find prevalence of alcohol dependence and its impact on psychological aspects. Majority of studies conclusively found alcohol to have negative influence on human psychology. As there can be number of psychological aspects which can be studied, therefore a dearth of studies done on alcoholics in India is felt. Realising this need, if more studies are conducted, it will help to deal with alcoholics socially as well as clinically. Research will be further useful in devising Government policies for alcoholics rehabilitation. Alcohol dependence not only cause bodily loss to person but also moral loss to society. Present study is a contribution to this need.

### **Self Esteem**

The evaluative component of self-knowledge, or self-esteem, is described as how much value others place on them. In a nutshell, it's the exploration of one's own self, or one's thoughts on oneself. It also has to do with how much fun we're having. It's a sense of contentment and



pleasure with oneself and one's accomplishments. When it comes to human functioning, some argue that self-esteem is critical, while others argue that it has little value and may even be harmful. Between these two extremes, there are a variety of intermediate positions. The formation of positive interpersonal connections, academic and professional success, and other aspects of our life are all impacted by our sense of self-worth. Parental thoughts and behaviours have an impact on a child's self-esteem growth.

### **Affective Models of Self-Esteem**

#### **1. Two components of self esteem**

In the affective model of self-esteem, two types of feelings are essential for the early development of self-esteem. There are two kinds of emotions: one that stems from a sense of belonging and one that stems from a sense of self-worth. Belonging is a feeling of unconditional affection and respect, not because of a person's particular qualities, but because of who they are. The familiarity of one's surroundings provides a sense of security. In this way, kids feel valued and appreciated regardless of their circumstances.

#### **2. The development of self esteem**

In the notion of self-esteem, it is said that a sense of belonging and ownership develops early in life. Emotions can be discovered by applying Erikson's psychosocial development model. Developing trust with people who care for you is one of the earliest developmental tasks that children confront, according to Erikson. An infant's confidence will grow in tandem with their sense of belonging, which is a crucial component of a strong sense of self-worth. The "autonomy vs humiliation and misgivings" phase is the next step in Erikson's model. This is the stage where the host's feelings begin to take shape. When children are encouraged to explore, create, and modify their surroundings, they get a sense of control (for example- things to build or draw). In the absence of these feelings, we are unable to cultivate them in our children.

#### **3. Attachment bonds and self esteem**

Erikson's theory emphasises the importance of the interaction between caregivers and their children. Other theories of self-esteem growth, such as the theory of adherence, also play a significant role in this discussion. Understanding the fundamentals of attachment connections has been a priority for him. It dawned on him that in humans and other animals, newborns



are linked to their carers as well. Why? Connecting mothers and children has what purpose? In Bowlby's view, this closeness serves a paradoxical purpose. Having a strong bond with a mother allows a kid to feel comfortable enough to leave her and explore the world around her.

### **Objective :**

The objectives of the present study are:

To measure the Self-Esteem in Alcohol dependent individuals and Healthy individuals.

### **HYPOTHESIS**

Null Hypothesis (H<sub>0</sub>) – There will be no significant difference in Self-Esteem of Alcohol Addicts and Healthy Individuals.

Alternative Hypothesis (H<sub>1</sub>) - There will be significant difference in Self-Esteem of Alcohol addicts and Healthy Individuals

### **Methodology**

#### **Sample:**

Purposive sampling was employed to select samples for the quantitative portion of this investigation. Alcoholics and non-alcoholics were both included in the study's total of 80 samples, with 40 samples from each group. The sample was taken from both government and private hospitals in Hisar, Haryana. Only males were included in the study. The sample is comprised of people between the ages of 25 and 50. The sample had no additional psychological comorbidities or physical illnesses. Those who could read and write in both English and Hindi were chosen as a sample group for the questionnaire's reading and comprehension questions.

#### **Tools:**

Using a five-point likert scale, Rosenberg's self esteem scale is commonly graded (SES). Each of the ten questions has been answered on a scale of one to four. In the 1960s, the Guttman scale was created for a group of 5,024 high school juniors and seniors from ten different New York State schools, all chosen at random.

### Variables under the Study

#### A) Independent Variables:

- Alcohol Addicted individuals.
- Healthy Individuals

#### B) Dependent Variables:

- Self-Esteem

### Procedure:

There were 40 patients with an ICD-10 diagnosis of alcohol dependency and 40 healthy persons who met the inclusion and exclusion criteria for participation in the study, respectively. Afterwards, a clinical interview was conducted and the patient's informed permission was obtained. Self Esteem questionnaire was administered to alcohol-dependent persons, as well as healthy individuals, after permission.

Figure 1 Group Statics

Self Esteem	N	Mean	Std. Deviation	Std. Error Mean
Alcohol Addicts	40	13.9	2.862	0.45263
Non Addicts	40	20.25	3.4325	0.54273

Figure: 2 t-test results for Self-esteem of Addicts and Non-addicts

	Frequency	Significance	t-value	df	Sig,
Self Esteem	1.206	0.276	-8.985	78	0
			-8.985	75.564	0

Self-Esteem differ significantly between patients with alcohol addiction and those who are not. Addicts have a mean of 13.90 and a standard deviation of 2.86, whereas non-addicts had a mean of 20.25 and a standard deviation of 3.43 in Rosenberg's self-esteem scale. This shows that non-addicts had greater Self-Esteem than alcohol addicts, which is consistent throughout



the two studies. In Self-esteem t-statistics in Figure 2: the Self-esteem one is 8.985 which is higher than the t-statistics value correspond to 99% significance level. The findings of the current study are in sync with the other findings of similar studies done in the literature.

### **Discussion**

The present section summarizes the results derived in the data analysis conducted. Analysis is done in order to prove the Hypothesis of the study. The study found significant difference in the comparison of Alcohol Dependents and Non Addicts in The Rosenberg's Self Esteem Scale which indicates that Alcohol dependent individuals have lower self-esteem as compared to Non Addicts. The reason may be because alcohol dependents due to their prolonged habit of drinking they lost confidence, self-esteem and feel worthless in life. Supportively, DeHart et al (2009) examined the relations among implicit self-esteem, interpersonal interactions and alcohol consumption in college students. Multilevel analyses revealed that students with low implicit self-esteem drank more on days when they experienced more negative interpersonal interactions. These findings suggest that people with low implicit self-esteem may unintentionally drink as a way to regulate unfulfilled needs for acceptance. Reay (2006) found in his study that drug user scored lower on the questionnaire which had been employed for the assessment of

### **Conclusion**

From this study it can be included that Alcohol dependents are poor in Self Esteem as compared to the healthy control group. Self-Esteem are negatively correlated with severity of Alcohol Dependence. And it further tells us that with the increase in severity of dependence in alcohol, Self-esteem are reduced. Further, we can see that a statistically significant difference was found in Self-Esteem of Alcohol Addicts and Healthy Individuals which is in support of the research done by Annel G., Karla S. L. Garcia, Francisca Lopez (2018) on Self-Esteem, in connection with Alcohol Consumption to make a systematic review and meta-analysis which analyzes the role that self-esteem plays in alcohol consumption in Latino adolescents. The results of this study were Self-esteem is related negatively and significantly to alcohol consumption in Latino adolescents. Also a study done by Eric R. Pedersen, Sharon Hsin Hsu, Clayton Neighbors, Andrew P. Paves, Mary E. Larimer (2013) about how different conceptualizations of Self-Esteem predict drinking behavior and they too concluded that while global self-esteem was positively associated with drinking for the whole sample.

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