



# SELF-ESTEEM IN RELATION TO INTERNAL AND EXTERNAL LOCUS OF CONTROL AMONG DRUG ADDICTS OF JAMMU CITY

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**Abstract:** The present study has been undertaken to instigate the variance explained by locus of control with respect to self-esteem among young drug abusers and non abusers. Youth is the most vulnerable section of the society that is at higher risk of becoming drug addictive. It is a time period in which they are at delicate age of their life and show higher risk taking behavior. Person with high self-esteem are more likely to have internal locus of control, while person with low self-esteem are more likely to have external locus of control and are more prone to become drug abusers. Adolescence make use of drugs to deal with stress, peer pressure, and emotional distress, if this behavior is not learned during adolescence due to infrequent exposure to risk, there may be a good chance that drugs will not be used later in life to handle distress. Self-esteem as a personality variable refers to the degree to which a person values and accepts him- or herself. Results of regression analysis show that external locus of control explains 7.90% variance among drug abusers. It can be said that self esteem among abusers can be improvised by enhancing their external locus of control.

**Index Terms-** Internal and external locus of control, self esteem, drug addicts, Jammu city Regression analysis.

## I. INTRODUCTION

Adolescents and young adults use several drugs which is a major public health concern. Drug use may have important influence on the health and well-being of adolescents and young adults as they move to adulthood, young adults who use drugs are more likely to have high probability of developing mental or physical problems that in turn hamper their educational and occupational activities (Sommers et al., 2006). Research studies have revealed a high association between adolescent abuse and later becoming a drug user in adulthood, studies have also found that drug and alcohol use represent one of the leading cause of death among the 15-24 age group of Population (Chakravarthy et al., 2013). Substance use by adolescents has significant influence to their well-being, alcohol and other substances are often the causes of accidents, homicides, and suicides and leads to significant morbidities in the life (Blum, 1987). Moreover, social, emotional, and physical problems in adults occur as a result of adolescent substance use (Newcomb & Bentler, 1987).

The use of drugs among adolescents and young adults has become major concern during the past 25 years, with many characterizing the increases as of epidemic proportions (Lee & Kim, 2017). It is a persistent and has a behavioral and social impact. Substance abuse is one of the important endanger behaviors among adolescents (Duhig et al., 2005; Sussman et al., 2000). Drug addiction is a chronically relapsing disorder that is defined by two major aspects such as compulsion to take the drug and a loss of control in limiting intake (American Psychiatric Association 1994; World Health Organization 1992).

Research on the causes and antecedents of drug use during the teenage years has found various factors such as (Danzo, et al., 2017), parent drug use, (Stacy-Ann et al., 2017; J Ostergaard, et al., 2016) perceived adult drug use, (Miller et al., 2016; Roussell, et al., 2016) peer use, (Watkins, 2016) poor academic grades (Osman et al., 2016) poor relationship with parents, low self esteem, depression, and psychological distress, (Okagua et al., 2016; Haye et al., 2015).

Positive self-esteem promote healthy functioning that are displayed in different life aspects such as achievements, success, satisfaction, and the ability to cope with diseases like cancer and heart disease, where as an unstable self-concept and poor self-esteem can play a role in the development of mental disorders and social problems, such as depression, anorexia nervosa, bulimia, anxiety, violence, substance abuse and high-risk behaviors (Mann et al., 2004). It was also suggested that self-esteem is the major psychological factor that contributes to health and quality of life (Evans, 1997). Several studies indicate that individual well-being is remarkably correlates with high self-esteem and self-esteem show significant differences in both mental well-being and happiness (Zimmerman, 2000). It has been found to be the most dominate and strong predictor of happiness (Furnham and Cheng, 2000). Positive Self esteem acts as a defensive factor against substance abuse. Negative schemas about the self, others and the social world lead to undesirable and even distressing interpersonal dealings and less adaptive achievement oriented behaviors (Di Paula & Campbell, 2002).

## II. OBJECTIVES

To examine the internal locus of control as determinant of self esteem among abusers and non abusers

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## III. HYPOTHESES

There is a significant positive relationship of internal locus of control with self esteem among non abusers

There is a significant negative relationship of external locus of control with self esteem among abusers

## IV. SAMPLE

A sample of 100 young adults was collected for the purpose of the study. Purposive sampling technique was employed for the collection of data for drug addicts. The sample was collected from the Jammu city. Before collecting data, the consent of the participants was taken and was asked about the importance of the study. The detailed description of the measures was given and was asked about the locus of control and self-esteem. The nature of the study was also explained to them. The participants will be asked about the confidentiality of data whereas for the non-abusers, incidental sampling technique was applied.

## V. MEASURES

### 5.1. Self-esteem Scale (Rosenberg, 1965)

Self-esteem scale was developed by Rosenberg (1965). It consists of 10 items that measure global self-worth by measuring both positive and negative feelings about the self. All items of the scales are answered on a five point Likert scale ranging from strongly agrees to strongly disagree.

### 5.2. Locus of control Scale (Rotter, 1996)

Locus of control scale was developed by Rotter (1996). The scale is comprised of 29 items. The categories are sub grouped into internal locus of control and external locus of control. The respondent has to choose one item. The higher score indicates external locus of control and low score signifies internal locus of control. There is one score for the correct item. The scale is the self assessment of the participant. Based on his/her feeling, the subject will respond accordingly.

## VI. RESULTS AND DISCUSSION

Regression analysis has been applied to internal and external locus of control as determinant of self esteem among drug abusers.

**Table 4.1: Model Summary**

Variable	R	R Square	F	Significance
External locus of control	.281	.079	8.382	.01

**Table 4.2: Coefficients**

Variable	Unstandardized Coefficients	Standardized Coefficients	t	Significance
Self esteem	29.32		16.21	.01
External locus of control	.362	.281	2.89	.01

Perusal of the table 4.1 shows us the regression coefficients for the sample of drug abusers. It provides us with Model Summary table representing the values of R and R<sup>2</sup> which determine how well a regression model fits the data. R column represents the value of the multiple correlation coefficients. R can be considered as one of the measure of the quality of the prediction of the dependent variable. A value of 28.1 indicates a level of prediction. R Square is the proportion of variance in the dependent variable that can be explained by the independent variables. R square column depicts that the predictor show a variance of 7.90%. The F value shows that the predictor statistically significantly predicts the criterion variable i.e. self esteem.

The coefficient of regression shows unstandardized coefficients (B) and standardized coefficients ( $\beta$ ) in the table 4.2. External locus of control is predicting self esteem among addicts. It can be said if having a high locus of control can be an influencing factor for the good self esteem among drug addicts. People with an external locus of control tend to experience more anxiety as they assume that they have no control over their lives on the other hand people with internal locus of control appear to be better off, and they tend to be more achievement oriented and get better jobs (Joelson, 2017). It is often found in previous research studies that low self-esteem is related with risky health behaviors such as substance abuse, early sexual activity, eating problems and suicidal ideation (Mcgee and Williams, 2000). High self-esteem individuals are more likely than low self-esteem individuals to survive or persevere in the face of failure (Baumeister et al., 2003). Adolescents and young adults with an internal locus of control are less likely to abuse drugs (Karren et al., 2006). It can be illustrated from the results that external locus of control is linked with drug dependence among adolescents and on the other hand, is also related with self esteem of adolescents. The more the external locus of control among adolescents, the more is their self esteem. High self-esteem has many positive aspects which include initiative, coping skills, endurance in the face of challenges, happiness, and longevity (Baumeister et al., 2003). Self-esteem is one of the most determining factors of human behavior which has a great influence on the locus of control of individuals (Judge et al., 2002). It is considered as determining factor in the individualistic and holistic development of adolescents. Having a high self esteem can enhance the external locus of control among drug addicts which can be an excitatory agent in the drug dependence of adolescents. The results shows very little contribution of external locus of



control among drug abusers, there might be some other factors that are instilling the abusers towards drugs. These may be number of socio-psychological factors, biological factors, and environmental factors.

## VII. IMPLICATIONS

Adolescents and young adults use several drugs which is a major public health concern. Drug use may have important influence on the health and well-being of adolescents and young adults as they move to adulthood, young adults who use drugs are more likely to have high probability of developing mental or physical problems that in turn hamper their educational and occupational activities (Sommers et al., 2006). Research studies have revealed a high association between adolescent abuse and later becoming a drug user in adulthood, studies have also found that drug and alcohol use represent one of the leading cause of death among the 15-24 age group of Population (Chakravarthy et al., 2013).

Adolescence is an important phase of transition to young adults which is characterized as stage of independence and self-rule which mainly and partly got inflicted by family environment. This study has importance in taking into account the self-esteem and locus of control in addicts and non-addicts. It is important to understand the behavior of adolescents in term of self-esteem and locus of control. It will help the counselors, policy makers, investigator to overview the self-esteem and locus of control on addicts and non-addicts. The adolescents are the futures of any society. The aim of the present study is to find out the relationship between self-esteem and locus of control among addicts and non-addicts. Person with high self-esteem have internal locus of control and individual with low self-esteem have external locus of control. This study has formed some central result that has suggestion for society as a whole. These will conveniences our understanding of the family environment factors which are considered to be accountable for a healthy personality of adolescents that extensively contributes in one's success in life. There is need to understand the high self-esteem foremost to the development of adolescents. The counseling sessions should be started for parents also. It is very significant to educate them also so that the better methods of cope mechanisms should be encouraged among adolescents. The parents should be encouraged parents to maintain a good and sympathetic relationship with their children's. There is needed to keep updated about their current problems or the situations through which they are going through. Reframing of norms or some organized patterns should be encouraged among the parents so that youth first deal with the self discipline technique from their home.

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