



To Explore the Self Esteem as Related to Vulnerability to Drug Addiction among Secondary School Students

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Abstract: Addiction is the most important problems of the contemporary society and on other hand self esteem is one of the most important variable and concept that might have meaningful influence on this problem. The aim of this study is to determine the relationship between self-esteem and vulnerability to drug addiction among secondary school students. The sample consist of 100 of 10+2 secondary school students 50 each from the government school and private school were taken for the study from Shimla city of Himachal Pradesh. Self-Esteem Inventory has been used for assessing self-esteem of the secondary school students and their Vulnerability to Drug Addiction were measure on vulnerability to drug addiction scale statistical analysis Correlation and t-test and qualitative analysis were used. Finding indicated that self-esteem is significantly and negatively related with overall vulnerability to drug addiction in terms of its sub-factors among secondary school students.

Keywords: Self-esteem, Drug Addiction, adolescents

I. INTRODUCTION

Addiction is the most important problems of the contemporary society. In recent years, there has been increasing concerns that drug abuse poses great danger to addicts, those around them and the society at large [14]. Research has proven that adolescent substance abuse heightens the risk of nicotine dependence, alcohol, marijuana and other illicit drug use disorders. According to the National Center on Addiction and Substance Abuse [2], the abuse of substances by adolescents affects their physical, mental, academic and interpersonal relationships. In Addiction adolescence is a critical developmental phase involving significant physical, cognitive, emotional, social and behavioural changes. The neurobiological alterations underlying these complex developmental process may predispose adolescents to initiative drug addiction to experience potentially serious long lasting substance related adverse consequence (5).

Self Esteem refers to an individual's sense of his or her value or worth, or the extent to which a person values, approves of, appreciates, prizes or likes him or herself. The most broad and frequently cited definition of self esteem is by Rosenberg (13), Low self esteem is the universal common denominator among literally all people suffering from addictions to any and all mind altering substances such as drug addiction. Low self esteem ultimately worsens and becomes further aggravated and compounded as life's inner and outer conflicts and

problems continue, in our interpersonal relationships and in our love lives, and in every other area of our lives on the job and off the job, in the home and outside the home. Low self esteem plagues and corrupts our professional lives and our private lives. Emerging studies on the other hand have found a significant negative relationship between drug addiction and self-esteem among college students [3]. Comparatively, result emanating from a recent study reveals a pattern suggesting the reduction of drug addiction through high self-esteem [4]. Self-esteem is not only the fundamental element of mental health, the scholars argued that it also protects and contributes to improved health and confident social behavior, because it buffers harmful effects [7]. An adolescent's self-esteem is an enormous segment of their self- empathy that is likely to fluctuate and is receptive to both overt and covert influence [1]. Self-esteem is extensively documented as a vital facet of psychological work during adolescence. Stressful life issues were significantly reduced among adolescents with high self-esteem [11]. More so, both earlier and later studies [6], [16] have found significant and negative correlations between self-esteem and substance abuse among adolescents.

2. Objective

- To study the relationship of self-esteem with vulnerability of drug addiction among government and private secondary students in Shimla.

2.1 Hypotheses

- There would be a significant relationship of self-esteem with vulnerability of drug addiction among government and private secondary students in shimla.

3 Research Methodology

The following methodology was used to test the hypotheses formulated.

3.1 Design

In the present study correlation design was used in order to see the relationship of self-esteem and vulnerability to drug addiction among government and private secondary school students. Further in order to see the difference between govt. and private school students t-Test and qualitative analysis was computed.

Table 1. Design to explore the self esteem as related to vulnerability to drug addiction among secondary school students

1	Government Secondary School Students	50
2	Private Secondary School Students	50

3.2 Participants: In total Hundred (100,plus two level)secondary school (50) each from the government school and private school were taken for the study from Shimla city of Himachal pradesh.

3.3Tool used

In the present study the following tools were administered

1. *Self-Esteem Inventory developed by Prasad and Thakur [12].*

Self-Esteem Inventory developed by Prasad and Thakur (1977) has been used for assessing self-esteem of the Secondary School Students. It contains 30 items in which 17 are socially desirable and 13 are socially undesirable

items. Each item has seven point answer scale from completely true to completely false. The items which are socially desirable got seven score for answering completely true and for answering completely false. The scoring was reversed for socially undesirable items. The highest and lowest scores on SEI-1 are 210 and 30 respectively.

2. Measurement of Vulnerability to Drug Addiction

A 50 items scale was developed having five sub-Factors namely, vulnerable environment, Peer Pressure, Attitude, Future Intention and past experience with regard to addiction was used to assess the vulnerability to drug addiction among secondary school students. It is four point scale ranging 3 to 0. The score 3 is given to strongly Agree, 2 is given to Agree, 1 is given to Disagree and 0 is given to strongly disagree. The reverse scoring is done for opposite items of the scale. The score are calculated by summing the total number of response of each sub-factors separately and then by summing the scores of each factor, the overall score of the subjects vulnerability is observed. The high score would represent the higher vulnerability.

4.Result and Discussion

The present investigation was undertaken to explore the self esteem as it related to Vulnerability to Drug Addiction among secondary school students of Govt. and Private schools. Firstly correlation analysis was done to observe the relationship of self esteem with vulnerability to drug addiction among the subjects and further t-Test and Qualitative analysis was computed to see the difference between Govt and private school students on these variables.

4.1 Correlation analysis

Table 2 showed the significant and negative correlation on the scores of personally perceived self esteem with the scores of vulnerability to drug addiction in terms of peer pressure (.583** $p < .01$), vulnerable environment (.502" $p < .01$), attitude (.554 $p < .01$), intentions (.651** $p < .01$), past experience (.569* $p < .01$) and overall vulnerability to addiction (.580* $p < .01$) among the Govt. schools students. The correlation is also significant and negative between the scores of socially perceived self esteem and the peer (.530** $p < .01$) pressure (.530** $p < .01$), vulnerable environment (.450** $p < .01$), attitude (.538. $p < .01$), intentions (.604. $p < .01$), past experience (.485** $p < .01$) and overall vulnerability (.512. $p < .01$) to addiction in these students.

Table 2. Correlation of government secondary school students on their variable

	PPS	SPS	LOC	PP	VE	ATT	INT	PE	OV
PPS	1.00	-.935**	-.428**	-.583**	-.502**	-.554**	-.651**	-.569**	-.580**
SPS		1.00	-.383	-.530**	-.450**	-.538**	-.604**	-.485**	-.512**
LOC			1.00	.704**	.551**	.710**	.688**	.654**	.673**
PP				1.00	.829**	.899**	.944**	.925**	.973**
VE					1.00	.873**	.856**	.830**	.904**
ATT						1.00**	.901**	.836**	.919**
INT							1.00	.895**	.942**
PE								1.00	1.00
OV									

*=0.5 level($P<0.05$); **=0.1 level($P<0.01$)

List of Abbreviations: PPS= Personally Perceived Self Esteem, SPS= Socially Perceived self esteem, LOC= Locus of control, PP= Peer Pressure, VE= Vulnerable Environment, ATT= Attitude, INT= Intention, Past Experience, OV= Overall Vulnerability to drug Addiction.

Among the private school group the result showed that the scores of personally perceived self esteem are significantly and negatively correlated with the score of Peer Pressure (.828**, $p<.01$), vulnerable Environment (.758**, $p<.01$), attitude (.753** $p<.01$), intentions (.770** $p<.01$), past experience (.762** $p<.01$) and overall vulnerability to addiction (.636** $p<.01$) in these students. The scores of socially perceived self esteem are also significant and negative with the scores of peer pressure (.784**, $p<.01$), vulnerable environment (.705** $p<.01$), attitude (.700** $p<.01$), intentions (.718**, $p<.01$), past experience (.711** $p<.01$) and overall vulnerability to drug addiction (.568** $p<.01$) in this group (See Table 3).

Table 3. Correlation of Private secondary school students on their variable

	PPS	SPS	LOC	PP	VE	ATT	INT	PE	OV
PPS	1.00	-.988**	-.602**	-.828**	-.758**	-.753**	-.770**	-.762**	-.636**
SPS		1.00	-.532**	-.784**	-.705**	-.700**	-.718**	-.711**	-.568**
LOC			1.00	.688**	.667**	.673**	.678**	.678**	.623**
PP				1.00	.973**	.934**	.960**	.923**	.909**
VE					1.00	.941**	.953**	.907**	.959**
ATT						1.00	.926**	.916**	.929**
INT							1.00	.969**	.940**
PE								1.00	.904**
OV									1.00

*=0.5 level($P<0.05$); **=0.1 level($P<0.01$)

List of Abbreviation: PPS= Personally Perceived Self Esteem, SPS= Socially Perceived self-esteem, LOC= Locus of control, PP: Peer Pressure, VE= Vulnerable Environment, ATT= Attitude, INT= Intention, PE= Past Experience, OV= Overall Vulnerability to drug Addiction.

4.2 t-Test

In order to see the difference between Govt. and Private school students on these variables t-test was computed. The result showed that there is a significant difference between Govt. and private school students on Personally perceived self-esteem (9.484**. $p < .019$.735*. $p < .01$), locus of control (External) (4.672 $p < .01$) and overall vulnerability to drug addiction (2.257". $p < .05$). But the difference has not emerged significant on the sub factors- Peer Pressure (.024), Vulnerable environment (.741), Attitude (1.10), Past experience (3.88) except Intentions (1.95) (See Table 4).

Table 4. t- Test Table

Variable	Private Secondary school Students		Government secondary School student		t-value
	Mean	Std. Deviation	Mean	Std. Deviation	
PPS	135.80	17.16	175.87	23.11	9.484**
SPS	132.81	16.61	174.43	24.45	9.735**
LOC	8.94	3.33	5.87	2.81	4.612**
PP	11.00	10.33	10.95	7.40	.024
VE	14.48	4.80	13.60	6.39	.741
ATT	28.28	9.33	26.36	6.53	1.10
INT	1.36	1.49	1.07	1.34	.95
PE	1.52	.944	.4146	.59	3.88**
OV	68.66	16.309	65.78	15.50	2.257**

X=05 level ($P < 0.05$); XX=01level($P < 0.01$)

List of Abbreviation: PPE=Person Perceived Self-esteem, SPE= Socially Perceived Self-esteem, LOC= Locus of Control, PP= Peer Pressure, VE=Vulnerable Environment, ATT= Attitude, INT= Intention, PE= Past Experience, OV= Overall Vulnerability

4.3 Qualitative Analysis

In order to find the numbers of students having negative self esteem, positive self-esteem and high overall vulnerability to drug addiction. The scores of students were also analyzed in this regard and the Table 5 showed that among government secondary school there are fifteen (15) students who have shown negative self regards and out of these fifteen (15) respondents, nine(9) showed higher overall vulnerability to drug addiction in term of its sub factor Peer pressure, Past experience, Vulnerable environment, Attitude, Intention and the rest of the thirty(35) students have showed positive self regard and out of five (5) respondents have reported higher overall vulnerability to drug addiction in terms of its sub factor Peer pressure, Vulnerable environment, Attitude, Intention and Past experience.

Table 5. Number of Govt. secondary school students having positive self regard and Negative self regard with respect to high vulnerability to drug addiction

Sr. No.		Total number of Participants	Number of Participants Vulnerability to drug addiction
1	Positive self regard	35	5
2	Negative Self regard	15	9

As well as in Private school secondary students there are twenty three (23) students who have reported negative self regard and out of these there are eighteen (18) students who have showed high overall vulnerability to drug addiction in term of its sub factors Peer pressure, Vulnerable environment, Attitude, Intention and Past experience There are twenty eight (28) students who reported positive self regard and out of these eight (8) have shown overall vulnerability to drug addiction in term of its sub factors Peer pressure, Vulnerable environment, Attitude, Intention and past experience (See Table 6)

Table 6. Number of Private. secondary school students having positive self regard and Negative self regard and with respect to high vulnerability to drug addiction

Sr. No.		Total number of Participants	Number of Participants Vulnerability to drug addiction
1	Positive self regard	28	8
2	Negative Self regard	23	18

Among total sample the Table 7 showed that there are thirty eight (38) students who have shown negative self regard and Out of these twenty seven (27) showed high overall Vulnerability to drug addiction in terms of its sub factors Peer Pressure, Vulnerable environment, Attitude, Intention and Past experience. There are sixty three (63) respondents who have reported positive self regard and the thirteen (13) have showed high overall vulnerability to drug addiction in terms of the sub factors Peer pressure, Vulnerable environment, Attitude, Intention and Past

experience. In Nutshell, The result of the present study showed that: The scores of both personally perceived and socially perceived correlated with the scores of Peer pressure, Vulnerable environment, attitude Intention and Past experiences and Overall vulnerability to drug addiction among Govt. and Private school secondary students.

Table 7. Number of Total secondary school students having positive self regard, Negative self regard with respect to high vulnerability to drug addiction

Sr. No.		Total number of Participants	Number of Participants Vulnerability to drug addiction
1	Positive self regard	53	13
2	Negative Self regard	38	27

The earlier studies do support the result of the present studies Michel T.M Ckay., (2012) low self- esteem may be crucial factor in drug addiction among adolescents B. L. Zamboanga et al., (2009) revealed the effect of self-esteem in the diminution of substance abuse. R. C. Swaim et. al. (2004) evaluated Self-esteem is the most consistent predictor of the likelihood and extent of substance abuse.

5 Conclusion

On the basis of the research result, it can be concluded that secondary school students who are vulnerable in drug addiction have lower self-esteem compare with the secondary school students who have high self- esteem. Thus, it is necessary to increase secondary school student's self-esteem in order to decrease their vulnerability to addiction.

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