

Prediction of Addiction Potential in Youth According to Attachment Styles

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Article information	Abstract
<p>Article history: Received: 19 Dec 2011 Accepted: 5 Jan 2012 Available online: 18 May 2013 ZJRMS 2014; 16(5): 89-91</p> <p>Keywords: Youth Attachment styles Addiction Potential</p>	<p>Background: The present study aim is to predict the psychological inclination to drug use in youths by studying their attachment styles.</p> <p>Materials and Methods: The research sample includes male and female students of Zahedan Medical Science University with the average age of 19-24. The proportional cluster random sampling was used for selection of participant. The hypotheses were analyzed, using Pearson correlation method, regression analysis, one way variance analysis and <i>t</i>-test for two independent groups.</p> <p>Results: The results indicated positive relationships among addiction aptitude and insecure-avoidant attachment style and negative relationship between addiction aptitude and secure attachment style.</p> <p>Conclusion: It is necessary to focus training intervention and prevention on all students.</p> <p>Copyright © 2014 Zahedan University of Medical Sciences. All rights reserved.</p>

Introduction

One of the most important community mental health challenges is the health-threatening behaviors, that most of the country in the world are somehow involved with it and widespread and server problems will be imposed on communities [1]. Trends in drug use associated with areas such as understand people's attitude of the legality and social acceptance, material losses due to drug use or unfortunate circumstances and consequences of drug use [2]. Despite the irreparable losses damage that during use have in society and since measures of behavior change at the individual level and social is lengthy and costly, seems to be prevention is the best approach to lower the behaviors that associated with drug abuse. Especially among teenagers and young adults, have increased experts worry about personal health and it's leading to shape variety of educational program to promote healthy lifestyle but prevention of risky behaviors the factors involved in it [3]. Whereas successive return to drug and there is disability to give up in the vast majority of addicts, the researchers think drug abuse should have root in older structure which they have crucial aspects on behavior [4]. Attachment style is one of the known mechanism that on tendency of individuals to drug use and dependence. Attachment is relatively stable emotional, affection able bond that is created between the child and the mother or people who is in regular and permanent relation with them [5]. One of the primary functions of attachment is regulation of affective experience in interpersonal relationships. People with insecure attachment style for auto regulation use other methods such as alcohol or drug use [6]. In this regard, many studies have shown that there

are significant relationship between risky behaviors such as drug use and alcohol with people's attachment style [7-10]. Nowadays, numerous studies have examines the relationship between attachment and psychopathology in childhood, adolescence and adulthood. The results generally indicate that undeniable importance of attachment style is an essential factor in mental health [11-13]. Due to the developmental model of pathology evaluate clinical problems in a dynamic and multi-dimensional process and it's trying due to a combination of factors consider more complex relations attesting trauma. This study aimed to examine how of relationship trend to drug use with personality characteristics and attachment styles and it want answer the following questions. 1: is there any relationship between attachment styles and trends to drug use among young people? 2: Is the variable of attachment styles predictor of tendency for drug use in young people?

Materials and Methods

Descriptive correlation method use to predict and evaluate the relationship between variable, in the present study multiple regressions was used. The study was about all students of Zahedan Universities of Medical Sciences who study in second semester 88-89. Three hundred twenty people selected randomly as proportioned cluster random. Research tools: Adult attachment scale (RAAS) (revised edition): RASS it has three subscales: dependence, closeness, and stress. Adult attachment scale examines quality of the assess an individual's communicate skills and the style of his/her intimate

relation. It has 18 items that respondents on Likert scale of 5 degrees stated their agreement or disagreement with each statement. The questionnaire has three subscales: the dependence that indicates the trust and relies of subject on other. The near subscale that measure subject of emotional intimacy with others and anxiety subscale assess individual concern about be rejected. They use 80% Cronbach alpha for validity of the test, the reliability of the test-retest method was done by 95% correlation between the two performances in Iran. Addiction potential scale was used to measure trend toward drug use from subscale substance. Addiction potential scale (ASP) consists of three subscales addiction potential scale (ASP), addiction acknowledgment scale (APS) and macandrew's alcohol scale. Subscale consists of 39 questions [13]. Presented answers to any of the materials consist of "Yes" or "No". Scale reliability is calculated by 53% Cronbach alpha and by 53% two halves method in Iran. In the present study, alpha coefficient of the questionnaire was measured by 67 members of 80% respectively.

Results

Sample characteristics: student's average age was 19-24 who 188 of them were female and 132 of them were male from sample of 320 people. Forty eight health students, 62 nursing, 67 paramedical personal, 100 were medico and 43 dentistry. To answer the research questions was used from inferential statistics correlation and regression. Correlation results show there is a positive correlation between inclination to drug use and ambivalent attachment style (0.172) and there is an inverse correlation between inclination to drug use and secure attachment style. In other words, with more secure attachment will reduce inclination to drug use and isn't observed any significant relation between avoidant attachment and inclination to drug use.

Discussion

Results indicate ambivalent insecure attachment style has direct correlation with trend in drug use in youth. Theoretical and experimental evidence suggest that

ambivalent people always suffer from a kind of distress. In deal with the new situations, they show distress and negative emotions and maybe to release from bad moods they chose inductive emotional regulation like drug use. To confirm of the result of the present study, in the previous research when ambivalent avoidant attachment style have been studied during two separate groups, ambivalent attachment style or anxious has approved more confirmation with trend in drug use [8, 9, 14]. Also the result showed avoidant insecure attachment style has not any meaningful relationship with trend in drug use in youth. Perhaps this is due to that, people with an avoidant style have refrained from approaching and communicating with the community and this caused they are not in danger of communicate with friends and creating new opportunities in drug use, and also avoidant an secure attachment styles have inverse relationship with inclination to drug use in girls. In the interpretation of results must be considered to gender differences. As noted about people with avoidant insecure attachment, they don't trust others and always keep a psychological distance with others and often have some sort of animosity toward others. Thus it can be said these features in girls compared with boys are factors of inverse prediction for drug use.

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Authors' Contributions

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Conflict of Interest

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