The analysis of personality features, coping strategies and stress relations in drug addicts

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ABSTRACT

The purpose of this study is the analysis of the relation between personality features with coping strategies against the mental disorders and stress in drug addicts in Kahnuj city. Personality features include five factors: extroversion, mental disorders, solution, agreement and consciousness. Coping strategy mentioned in this study is dealing with excitement and it is avoidable. The questionnaire was given to 120 drug addicts who voluntarily looked up to clinic. In order to collect the data 2 types of questionnaire were used: Neo questionnaire, and Endler & Parker questionnaire. The collected data was analyzed according to descriptive, correlation and Regression procedures. Conclusion illustrated that drug addicts use the coping strategy of excitement more and instead of dealing with problem that the purpose is to eradicate the problem, they use coping strategy of excitement. In this coping strategy person tries to control the excitement results, does not consider solving the problem, and does not use matter strategies a lot. Regarding the aspect of mental disorders, drug addicts have high scores and due to wrong evaluation, these persons are usually disturbed, worried, depressed and affected by feelings and excitements. They act according to important people's expectation or decision and affected by their environmental condition.

1. Introduction

In recent years, efforts for analyzing of the relation between consumption of drugs, and personality features have been done. In fourth edition of statistic instructor of mental disorders, consumption of drugs causes personality disorders and augmentation of its symptoms and this increases the danger of suicide. In many studies, which are done, the relation of personality disorders and drugs is reported. it means that they relate to each other (Ball,2005). These studies show that personality features play an important role in starting and relying on drugs. In one study, it was shown that those who drink lots of alcohol gain high scores in dimension of mental disorders. In whole, copying strategies, show efforts for avoiding, managing, and decreasing mental disorders. The inability of people, in using copying strategies, in correct way, can lead people to addiction. Lazarus and Folkman believe that comparison concludes collection of efforts for conquest of external and internal matters. From the point of view of Lazarus, defense is an arbiter changeable, that exist between negative incidents of life, and mental health (Esmaili et al., 2009). Some believe that stress, itself, does not effect on health of individual, but pattern of comparison with stress. Abusing drugs and alcohol, take place, when the desires of a person are more than his power or ability. It means that he cannot control these leaning or desires, so in this case, he abuses drugs and alcohol. Endler and Parker described three types of coping strategies in 1990: Question coping strategy, Excitement coping strategy, and Avoidable coping strategy. Question coping strategy is a guide that describes the actions, which the person do, in order to eradicate mental disorders. This coping strategy includes searching more information about question. In contrast, excitement coping strategy, describes the methods in which person recognizes himself and tries to decline his unpleasant feelings. These feelings include, crying, being fidget or nervous, and abstractionism. Finally, avoidable copping strategy includes actions, which have the aim of avoiding mental disorders.

These actions include participating in a new activity or society and creating new relation with the others. In this study, there are two viewpoints. One of them is adjective viewpoint and the other one is situational viewpoint. In the first view point, the individual personality depends on inheritance or internal factors and the second one emphasizes on situational factors. By combining these two view points, we can describe personality as follow: personality includes collection of characteristics or a person's feature that gas almost constable patterns. (Person can react positively in different situations) .According to the theory of Iznek, there are three dominant factors of personality which include:

- extroversion in contrast with introversion
- mental disorder in contrast with excitement constancy
- mental disorders in contrast with individual control

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Those who are extrovert have tendency toward social contacts and prefer to have contact with other people. They are patient, controlling and active people, whereas introvert people are conservative, independent, and shy. People with psychological disorders show extreme reactions. These people are anguished, deject, illogical, and capricious who suffers lack of self confidence. Mental people are those, who are aggressive, realistic and arrogant. Most of the times, they are heedless and inattentive people. Paul T Costa, Jr and Robert R McCrae (1992) recognized the model of personality as follow: mental disorders, extroversionism, solution, agreement, and consciousness.

Mental disorder features: disagreement, nervousness, and negative feelings Such as fear, anger, and sense of guilt. These people are dejected, shy and vulnerable. Features of extroversion: these people are sociable. They like other people, they participate in communities, and they like to hold feasts. They are decisive and like excitement and activity. They are also optimistic people and have hope of future. Features of solution: the life of these people is full of exercises .they use the experience of other people and like new ideas. Features of agreement: they are like extrovert people. They are sympathetic and like to help other people.

2. Materials and methods
2.1. Consciousness
Conscious person has strong desires and goals. Those, who get a high score in this criterion, are careful, obsessive, punctual and reliable. Many studies done about the role of personality features state that these features have a significant role in starting, development and continuance of drug dependence .in a study based on three factors of Iznek , it was concluded that those who drink alcohol a lot, get high scores in mental disorders (Bakhshipur, 2008). In addition, the Studies based on five personality factors by Costa and McCrae (1992) represent relations between drug dependence. In addition to personality features, In a study that was done by Bakhshipur (2008), it was represented that after the quit; those who return to drugs have high scores in mental disorders and low scores in consciousness. In 2006, a study was done in Kashan city. It was concluded that opium users had 14.9 % stress, 11.6 mental weaknesses, and 10.1 % unsocial personality. Those who are addicted to heroin had 17.6 percents stress, 14.4 percents depression and 14.4 percents unsocial personality (Sepehrmanesh, 2007). vitrik reported that in contrast to other persons, drug users commit more crimes so they have more tendencies toward drugs. Some people believe all that affects health is not just stress but is a pattern of copping with stress. on the other hand, copping strategies that interferes in relations between mental pressure and mental disorders , has been in center of attention (Ball,2005).lacking enough copping skills is a dangerous factor for an adolescent in beginning to consume drugs . In addition, there is a relation between coping strategies and useless solutions for drug consumers. in analysis of coping strategies in some cocaine addicts with the mean age of 32,Ball showed that those who copped with stress in past and were less supported by society, used excitement coping strategies and consumed cocaine as a way of coping with stress in their life (Ball,2005). Regarding copping strategies, it is clear that people with extreme mental disorders participate in inappropriate coping strategies while those with features of extroversion, follow active coping strategies and social support. Another dimension of personality that is dutifulness is correlated with coping strategies. In mental disorders those who benefit from question coping strategies, apply behaviors for cognitive recreation of problem or variant of disorder situations.

2.2. Method
Statistical population of the present study, were addicts who were referring to the clinic for quitting drugs in Kahnouj County. In a descriptive –sectional study, 120 addicts were chosen, during 3 months they went to clinic for the sake of quitting drugs. The questionnaire was distributed among them as the available sample. Our study consisted of 18.33 percents of 20-29 years, 44.6 percents of 30-39,29.18 percents age of 40-49 and 5.8 percents age of 50-59 years old samples. 66.67 percents had no education degrees, 12.5 percents had bachelors degree and higher. Regarding consumable drugs, 87.5 percents use opium, 7.5 percents extract of opium, and 5 percents heroin. These were consumed by 67 percents smoking, 20 seating and 13 % injection.0.75 percents were married, and 22.5 percents single and 2.5 percents were divorced. The following tools used for gathering data.

A: Neo personality questionnaire
Is based on a 5-factor pattern includes mental disorders, extroversion, solution, agreement and consciousness. Scores for each criterion are 0-4, that is adjusted from totally disagree to totally agree. Internal isotropy of this questionnaire is 0.68 percents to 0.86. and reanalysis during two weeks 0.86 to 0.90 percents for 5 measures is reported (Costa & McCrae , 1992).according to Bakhshipur (2008), Iran final coefficient for a,u,e,n is 83,75,80,79,79 percents respectively (Fathi Ashtiani,2008).

B: Copping with stress questionnaire
This questionnaire was made by Endler and parker in 1990 and includes 48 items that analyze three main fields of coping strategies. Sixteen elements analyze question copping strategies.16 elements analyze excitement strategies and 16 elements, avoidance strategies. Questions are in form of 5 degree options (No.1: never to No.5: always).In a study that was done by Mohammadkhani (2008). Cronbach's alpha was 84 percents for copping strategy questionnaire.

2.3. Research hypotheses
H1. There is a relation between coping strategies and personality features
H2. There is a relation between excitement coping strategies and personality features.
H3. There is a relation between avoidance coping strategies and personality features.

3. Results and discussion
Mean and standard deviation of personal dimension, and coping strategies in the study are shown in table 1 and 2.

Table 1: Mean and standard deviation of personal dimension

changeable	No.	Mean	Standard deviation
Mental disorders	120	27.95	6.239
extroversion	120	27. 75	6.714
solution	120	20. 80	5.254
agreement	120	25.57	6.747
consciousness	120	25.43	6.466

Table 2: coping strategies

Changeable	No.	Mean	Standard deviation
excitement	120	54.31	12.512
avoidance	120	3908	7.794
question	120	49.67	11.462

Table 3: correlation between personality features and coping strategy

Style	Measure	Question	Avoidable	Excitement
Personality features	Mental disorder	0.464	-0.248	0.313
	Extroversion	0.357	0.278	-0.285
	Solution	-0.139	-0.021	0.188
	Agreement	0.404	0.214	-0.329
	Consciousness	0.518	0.300	-0.337

As you see in table 3, highest mean in these personality features is for mental disorders and extroversion, and the lowest mean belongs to consciousness and agreement, respectively. The mean and the criteria deflection of coping strategy in this study indicated that excitement and matter variants had respectively the highest and lowest mean.   .
H1: there is a relation between the personality features and excitement coping strategy.

Table 4: variance analysis of regression model for the sake of excitement coping strategies prediction and addicts' personality features

Model	Total Quadrates	Option degree	Quadrates mean	F	Sig	R	R quadrate	Variant pattern
regression	7981.011	20	399.051					
surplus	10650.956	99	107.585	3.709	0.001	0.54	0.428	**excitement**
total	18631.967	119	-					

As you see in table 4, excitement coping strategy prediction and predictor variants of personality features show that the variance analysis of regression model (P= 0.01 F= 3.709) is meaningful and the model can anticipate 42 variance percent of excitement coping strategy. Therefore, abovementioned hypothesis based on personality features is acceptable.

The result of our study is according to the research, developed and proves this fact that as the score of mental disorders increases, the score of the person in excitement coping strategy will increase. Therefore, if the score increases according to mental disorder variants, the usage of excitement strategy in stressful condition will increase. Among personality variants, considering share-based, psycho variant is meaningful, but it is negative in matter coping strategy anticipation. As the score of the person according to psycho aspect was increased, drug addicts were using matter-coping strategy lessened therefore; the consciousness variant would be positive and meaningful in matter coping strategy anticipation. Drug addicts usually deal with useless resolutions.

H2: there is a relation between personality features and avoidable coping strategy.

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Table 5: variance analysis of regression model for the sake of avoidable coping strategy anticipation and addicts' personality feature

Model	Total Quadrates	Option degree	Quadrates mean	F	Sig	R	R quadrate	Variant pattern
regression	7981.011	20	399.051					
surplus	10650.956	99	107.585	3.709	0.001	0.654	0.428	**excitement**
total	18631.967	119	-					

As you see in table 5, variance analysis of regression model (P=0.001 F= 3.709) is meaningful and the model can anticipate 50 variance percent of avoidable coping strategy. Therefore, these data accept the hypothesis. The personality features have positive relation with avoidable coping strategy and consciousness is meaningful in avoidable coping strategy anticipation. The result of the hypothesis is according to studies of Gomez (1997). In this study, psycho variants are meaningful according to relation rank but they are negative based on avoidable coping strategy. The consciousness and extroversion variants are positive and meaningful in relation with avoidable coping strategy.
H3: there is a relation between personality features and matter coping strategy.

Table 6: variance analysis of regression model for the sake of matter coping strategy anticipation and addicts' personality features

Model	Total Quadrates	Option degree	Quadrates mean	F	Sig	R	R quadrate	Variant pattern
regression	9472.619	20	473.631					
surplus	6161.706	99	62.239	7.610	0.001	0.788	0.606	**matter**
Total	15634.325	119	-					

As you see in table 6, matter copping strategy anticipation and addicts' personality features show that variance analysis of regression model is meaningful and can anticipate 60 variance percent of matter copping strategy. Therefore, abovementioned hypothesis, based on the role of personality features in matter coping strategy is acceptable. Our study is according to Haren and Mitchell (2003), Endler and Parker (1990), Costa and McCrae (1992).those who benefits from matter coping strategy in stressful condition, behave in such ways to reform the matter in unfavorable, stressful conditions. Among personality features, share based, psycho variant is meaningful, but opposite in matter coping strategy anticipation. Consciousness, extroversion, and agreement variants are positive in use of matter coping strategy.

4. Conclusion
Our study about personality and addiction has showed that addicts achieve high scores according to mental disorder factors (Bakhshipur et al. 2008). In this study, drug addicts' mean score based on mental disorder factor was high and statistically meaningful. This fact indicates experiencing of negative feelings, such as: fear, sadness, shame, anger, sin, disgust and implacability against stress. Furthermore, the study with regard to coping strategies, determines that the highest and lowest mean respectively belong to excitement and avoidable coping strategies. Analysis illustrated that drug addicts apply useless guidelines in dealing with problems. Finally, unhealthy personality features are more prevalent in them.
The result of the study indicated that drug addicts use excitement-coping strategy more. I n other words, instead of dealing with problem correctly, they apply excitement-copping strategy to solve their problem. In this coping strategy, addicts intend to control exciting results. These persons usually affected by their feelings and instead of dealing with problem, they get involved in mental conflicts. To eliminate these conflicts, drug addicts first, represent negative feelings and mental disorders. Persons with high score mental disorders due to incorrect evaluation, do not give themselves the opportunity to think and percept the situation. As a result, addicts apply useless coping strategies, such as excitement and due to wrong evaluation; these persons are disturbed, worried, depressed, hurried and vulnerable most of the times.

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