Prediction of Addiction Potential in Youth According to Attachment Styles

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Article information

Abstract

Background: The present study aim is to predict the psychological inclination to drug use in youths by studying their attachment styles.

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 t-test for two independent groups.

Results: The results indicated positive relationships among addiction aptitude and insecure-avoidant attachment style and negative relationship between addiction aptitude and secure attachment style.

Conclusion: It is necessary to focus training intervention and prevention on all students.

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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 severe problems will be imposed on communities [1]. Trends in drug use associated with areas such as understanding 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 addiction potential in youths by studying their attachment styles.

Keywords:
Youth
Attachment styles
Addiction Potential

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
attachment style (0.172) and there is an inverse
between inclination to drug use and ambivalent
Correlation results show there is a positive correlation
used from inferential statistics correlation and regression.
and 43 dentistry. To answer the research questions was
62 nursing, 67 paramedical personal, 100 were medico
from sample of 320 people. Forty eight health students,
who 188 of them were female and 132 of them were male
attachment style. In other words, with more secure
correlation between inclination to drug use and secure
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.

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.
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