



## The Relationship between the Attachment Patterns and the Coping Skills with Drug Abuse

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**Abstract:** The Purpose of the present Study is to assess the attachment patterns and the skills to cope with drug abuse. The method of the study was descriptive, from a cohesive kind. The sample of the study included 108 subjects who were randomly chosen. To gather information, three questionnaires of attachment patterns, the coping skills, and researcher-made questionnaires were used. The data was analyzed, using multi-variable regression analysis. The results of the study indicated that the model under study explains 76% of the variance of the variable of criterion meaningfully and also there is a meaningful relation between the excitement-based skills of coping and drug abuse.

**Key Words:** Attachment Patterns, Coping Skills, Drug Abuse

### INTRODUCTION

There are many factors in relation with drug abuse. Some of them are personal, some others family, and also some are social. Raising in an unhappy family, having parents who are easygoing, or providing themselves as models regarding drug abuse, the effects of friends, and unfavorable social conditions are in relation with drug dependence which creates new needs that have to be met<sup>1</sup>. One of the factors effective on the behaviors of people, are their attachment patterns. According to Bowlby<sup>2</sup>, getting separated from security inspiring source (mother) can be in relation with disruption of a person's relation with other people and his tendency toward drug abuse in order to escape fears, anxieties, and taking refuge in dreams. Studying the children grown up in orphanages, it was found that attachment within the first years of life is a biologic need. In regard to adults, although the need to social connection is not critical for survival, but unavailability of close connection exposes humans to different physical and mental diseases,

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such as the weakness of immunity system of body, committing suicide, drug abuse, and other mental diseases<sup>3</sup>. One of the other personality factors that necessary to be assessed logically, is the patterns of coping with mental pressure. According to Lazarus<sup>4</sup>, confrontation is actually behavioral and cognitive attempts to cope with internal and external special demands. Lazarus and Folkman<sup>5</sup> have defined confrontation as attempts to resolve issues. The skills to cope with stress have an extensive concept and include various cognitive and behavioral factors. Generally, it's defined as an attempt to increase individual compatibility with environment to prevent the negative outcomes of pressuring conditions.

In a study Walsh et al.<sup>6</sup> assessed the cognitive factors effective on the abstinence from drug abuse among teens. Researchers reported that the teens who have always abstained drug abuse, have had better coping skills than others. In another study, Windle, and Windle<sup>7</sup> said that not having enough coping strategies is a real factor affecting teens regarding drug abuse. In Rogojanski et al.<sup>8</sup> study, it was reported that most of those who have drug abuse, have incompatible confronting strategies.

Regarding the relationship between the attachment patterns and drug abuse, Davidson and Carol<sup>9</sup> assessed the relationship of attachment pattern and hardiness with tendency toward drug abuse. According to the findings of this study, there is a meaningful difference between secure and non-secure, ambivalent (double-oriented), and abstaining non-secure attachments and tendency toward drug abuse and also there is a reverse meaningful relationship between hardiness and tendency toward drug abuse. In another study titled as "the Attachment Patterns, Addiction, and Mental Profiles of Addicted People in Comparison with non-Addicted People of self-Famous Centers of Booshehr Province" that conducted by Doumas<sup>10</sup>, the results of profiles analysis for assessing the effect of addiction and the attachment pattern on the mental profiles of groups at the level of  $P < 0.01$  was meaningful and also the results indicated that there is a relation between the attachment pattern and addiction, in addition to the relation of attachment and addiction with the mental profiles. Also, ShaikhiFini et al. reported relationship between attachment styles and substance abuse<sup>11</sup>.

Based on the results of the previous studies and the present theoretical principles, in the current study, the relation between the attachment patterns and the skills of coping as the predictor variables and drug abuse as the variable of criterion was assessed.

## **MATERIALS AND METHODS**

This is a descriptive study, from a cohesion kind. The statistical population of the study, includes all drug abused and non-drug abused males of Laar County, which according to the figures gained, they totaled 150 ones. The sampling method in the study is a simple random one and the number of the subjects, determined according to Morgan Table was 108. The researchers used three questionnaires of Collins and Read<sup>12</sup> adults attachment patterns (RAAS), coping with mental pressure of Endler and Parker<sup>13</sup>, and also the one of researcher-made level of drug abuse.

The scale of adults' attachment has 18 grades which assesses a person's relationship skills and his close relation pattern. This questionnaire has three scales of closeness, dependence, and anxiety. The stability of retest of this test for every one of the sub-scales of closeness, dependence, and anxiety reported 68%, 71%, and 52%, respectively.

The test of coping with mental pressure which was made by Endler and Parker in 1990 includes 48 items and covers three fundamental grounds that are as follow: issue, excitement, and abstinence-based copings. In Iran, the Alfa coefficient of coping sub-scales of issue-based, excitement-based, and abstinence-based reported 0.75, 0.82, and 0.73, respectively. The validity of the sub-scales of the test is as follow: issue-based, excitement-based, and abstinence-based copings, are 0.48, 0.41, and 0.45, respectively.

And also, in order to measure the level of drug abuse, a researcher-made questionnaire was used. This questionnaire included 15 questions and a response scale of 5 grades Likert. The maximum and minimum grades were 0 and 60, respectively. The admissibility of the questionnaire was determined based on content and its stability was also calculated 0.82 according to Cronbach's Alpha. Average calculation and standard deviation were taken into use in the descriptive section to analyze data and also multi-variable regression analysis in the inferential section was done so to test the research assumptions.

## RESULTS

As was indicated before, the descriptive factor of average and the standard deviation were used to describe the data. The average and the standard deviation of every one of the variables under study provided the Table 1.

**Table 1.** Descriptive statistics of study variables

Variable	N	Mean	SD
<b><i>Closeness</i></b>	108	21.80	4.57
<b><i>Dependence</i></b>	108	15.80	3.76
<b><i>Anxiety</i></b>	108	16	3.05
<b><i>Emotional - center coping</i></b>	108	55.14	6.91
<b><i>Problem - center coping</i></b>	108	47.48	4.57
<b><i>Substance abuse</i></b>	108	34.58	3.31

The multi-variable regression analysis in a synchronous way was used in order to test the assumptions of the study, which based on there is a meaningful relation between the variables of attachment patterns and the skills of coping as the predictor variables and drug abuse as the variable of criterion. The results of the ANOVA Test are shown in the Table 2, in order to test the meaningfulness of the model.

**Table 2.** The results of the ANOVA Test, regarding the meaningfulness test of the model under study.

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Model	SS	DF	MS	F	Sig.
<b>Regression</b>	195965.582	4	48991.396	301.632	0.001
<b>Residual</b>	60907.902	375	162.421		
<b>Total</b>	256873.484	379			

As can be seen from the Table, the ANOVA results show that the model under study, meaningfully predicts the variable of criterion. In Table 3, R, R<sup>2</sup> non-standard coefficients, standard coefficients, and the T value for the meaningfulness of every one of the standard coefficients provided.

**Table 3. Model summary**

Variable	B	Beta	T value	Sig.	R	R <sup>2</sup>
<b>Constant</b>	68.514		11.264	0.001	0.87	0.76
<b><i>Closeness</i></b>	0.54	0.38	5.248	0.001		
<b><i>Emotional - center coping</i></b>	0.75	0.24	3.534	0.001		

As can be seen from the Table above, the provided model has explained about 76% of the variance of the criterion variable. The standard coefficients and the calculated T value of every one of the predictor variables show a beta of 0.38 and excitement-based skills of coping with a beta of 0.24 have had a positive and meaningful relation with drug abuse. Other variables of predictor have not had any meaningful relation with variable of the criterion.

## DISCUSSION

The purpose of the present study is to assess the relation between the patterns of attachment and the skills to cope with the drug abuse. The results of study indicate that the model under study meaningfully explains 76% of the variance of the criterion variable. The results showed that the excitement-based skills of coping and predictor variable have a meaningful relation with drug abuse. This finding is consistent with the ones of previous studies<sup>6, 7, 8, 9, 10</sup>.

Various studies indicate that the attachment pattern provide an appropriate framework to assess the evolving pathology. Unsecure attachment does not affect personality directly, but the primitive attachment pattern, the structure of family, and other social experiences bring an individual to a cycle that makes him more vulnerable than others. Also, excitement-oriented skill of coping makes an individual to resort to ineffective approaches impulsively and thoughtlessly, such as drug abuse. The results of the present study can help psychologists and counselors regarding those who are addicted to narcotics.

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