

**Psycho Social attributes of drug abuser in CDI De - Addiction centre**

Submitted in partial fulfillment of Bachelor of Social Work V semester

Submitted by:

R. Zodingliana

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Roll no : 2023bsw026

Supervisor: Rosangliana Khiangte



**Department of Social Work**

**Higher and Technical Institute, Mizoram**

**Higher and Technical Institute, Mizoram**

**November, 2022**

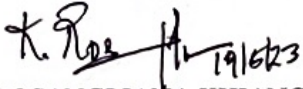
**CERTIFICATE**

This is to certify that the project title '*Psychosocial Attributes of Drug Abuser in CDI De-Addiction Centre*' submitted by R. Zodingliana, Department of Social Work, Higher and Technical Institute, Mizoram for the award of Bachelor of Social Work is carried out under my guidance and incorporates the student's bonafide research and this has not been submitted for the award of any degree in this or any other Universities or Institute of learning.


Dated: 1<sup>st</sup> November, 2022

Place: Lunglei, Mizoram

HATIM

  
(ROSANGLIANA KHIANGTE)  
Head,  
Department of Social Work  
HATIM  
Kawmzawl - 796691

Head  
Department of Social Work  
HATIM, Mizoram

  
(ROSANGLIANA KHIANGTE)  
Research Supervisor  
Department of Social Work  
HATIM  
Kawmzawl - 796691

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(Rosangliana Kiangte)  
Supervisor

(R.Zodingliana)  
Bachelor of Social Work

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## **CHAPTER-I**

### **INTRODUCTION**

#### **1.1 WHAT IS PSYCHO-SOCIAL ATTRIBUTES**

Mental, emotional, social, and spiritual health are the four main components of psychosocial health. The psychosocial approach considers an individual's mental and physical health as well as their ability to function in the context of their social environment and psychological factors.

#### **1.2 WHAT IS DRUG ABUSE:**

Excessive use of psychoactive drugs, such as alcohol, pain medications or illegal drugs. It can lead to physical, social or emotional harm. It is the use of drug in amounts or by methods which are harmful to the individual or others. It is a form of substance related disorder. The use of illegal drugs or the use of prescription or over the counter drugs for purposes other than those for which they are meant to be used, or in excessive amounts. Drug abuse may lead to social, physical, emotional, and job-related problems.

#### **1.3 CONCEPT OF PSYCHO-SOCIAL APPROACH**

Excessive use of psychoactive substances like alcohol, prescription painkillers, and illegal drugs. It may result in physical, social, or emotional harm. It refers to using drugs in quantities or in ways that are harmful to the user or others. It is a type of addiction to drugs. The use of prescription or over-the-counter drugs or illegal drugs in excess or for purposes other than those intended for them. Abuse of drugs can cause problems in one's social, physical, emotional, and professional lives.

#### **1.4 CONCEPT OF DRUG ABUSE**

There are many reasons why people start using drugs. Some individuals begin with experimental use for fun or because friends are doing it. They are curious because others are doing it and they want to fit in, or they want to feel good, stop feeling bad, perform better at school or work, or stop feeling bad. Teens frequently use the last reason. It gets more frequent over time. The type of drug used determines both the risk and the rate at which it becomes addicted. The addict may require larger doses to get high over time. They may become ill if they attempt to stop because it becomes more difficult to do so as the amount of drugs increases. The brain's functions, including how the brain feels pleasure, can be affected by repeated drug use.

## **1.5 IMPACT OF DRUG ABUSE**

Globally, the use of alcohol and other drugs is on the rise. Adolescence is typically when substance abuse begins, and its consequences pose significant threats to public health. Addiction is different from substance abuse. Any drugs, medications, or toxins that have the potential to be abused are referred to as substances. Addiction is a physiological and psychological dependence on alcohol or other drugs of abuse that affects the central nervous system to the point where stopping the use causes withdrawal symptoms. Abuse of drugs, also known as substance abuse, is a mental illness characterized by the destructive pattern of use of both illegal and legal drugs and medications. The condition has such an effect on the brain and behavior of the person that they are unable to control their drug use to the point where it makes it hard for them to function. The drug user consumes the substance in quantities or in ways that harm them or others.

## **1.6 SCENARIO OF DRUG MISUSE IN MIZORAM**

Due to the state's dry climate, cheap and easy access to drugs has a significant impact on society, and Mizoram has the highest rate of drug addiction. Because of the lucrative opportunities available to unemployed youth, Mizoram serves as a transit point for these drugs to other parts of the country. Mizoram has been plagued by the drug problem since 1984, and to date, 1,645 people have died as a result of drug abuse. There will be 67 deaths and 268 arrests for drug-related offenses in 2020 alone. The lack of life skills, inability to adapt, and behaviors that support how to effectively manage the demands and stress of everyday life contribute to the majority of young adults abusing substances. The fact that school dropouts account for the majority of substance abuse exemplifies the significance of life skills education for students in preventing or abstaining from substance abuse.

## **1.7 About Chhawmdawlina In:**

ESTD	: 18 <sup>th</sup> may 2000
No. of staff	: 22
No. of inmates	: 71
Girls	: 20 seat
Boys	: 25 seat
No. of quarter	: 4

Chapel	: 1
Skill training centre/room	: 5
Administrative building	: 1 ( Office, library, counselling room, medical room)

Project and Plan:

- 1) To cultivate a healthy mind set to be able to provide for oneself as well as heal mentally, physically and spiritually.
- 2) To dispose the feeling of being a prisoner in this place but a place to heal emotionally, physically and spiritually.
- 3) To make them feel at home.
- 4) Aiming for a distinct positive life choices before leaving.
- 5) To make CDI not only for de-addiction it also tries to trains them to be competent person.

Course and fees:

- i) Course – 9 months
- ii) Amount of fees – Rs 700 – the other half will paid by the MBKHP
- iii) Canteen deposit – Rs 500 – 1000.

Treatment programme:

- Personal and group counselling
- Work therapy
- Sermon, praise and worship
- Praying: personal, group and for their family.
- Goal set and review
- Moral education
- Bible study
- Games : every evening
- Library session
- Medical care.

The other treatment programme:

- i) Stage 1 – Rinna: it is a place where new admitted patients are tending for a few days, 3-7 days are usually spend.
- ii) Stage 2 – Beiseina group : those who are staying 1-3 months. It is a preparation for life in physically, mentally and spiritually.
- iii) Stage 3 – Hmangaihna group : it was used for making them to have an independent mindset by teaching them some skills.

*(Source: CDI-Booklet-2005)*

## **1.8 OBJECTIVES OF RESEARCH**

The researcher sets the following objectives for this current study under the guidance of his supervisor.

- i) To identify major psychological attributes to drug addiction
- ii) To identify major social attributes to drug addiction
- iii) To assess service provided in CDI De-Addiction centre.

## CHAPTER - II

### REVIEW OF LITERATURE

A literature review is essential because it helps the researcher comprehend the theoretical foundation and findings of various scholars. It helps one conduct a systematic study and provides insight into the research gaps.

#### **Gorsuch, R. L., & Butler, M. C. (1976).**

According to this review, appropriate research describing initial drug use suggests that disruptions in normal child-parent relationships, ineffective peer relationships, and a lack of involvement in organized groups may have contributed to some individuals' initial drug use. Other people's initial drug use may have been influenced by positive experiences with drugs, socialization to non-traditional norms, parental modeling of licit and illicit drug use, involvement with drug-using peers, and other factors. It is concluded that there must be a clear distinction between the various routes that lead to initial drug abuse in both theory and research. This is especially true given the possibility that individuals on each route will require their own statistical analyses.

#### **Shedler, J., & Block, J. (1990)**

A longitudinal study of subjects from preschool to age 18 examined the connection between psychological characteristics and drug use. The sample's best-adjusted adolescents were those who had experimented with drugs, primarily marijuana. Adolescents who used drugs on a regular basis were ill-adjusted and displayed a distinct personality syndrome that was characterized by interpersonal alienation, inability to control one's impulses, and obvious emotional distress. By the time they reached the age of 18, adolescents who had never tried any drugs were relatively anxious, emotionally restrained, and lacked social skills. Psychological differences between abstainers, experimenters, and frequent drug users can be traced back to early childhood and the quality of parental guidance received. It is argued that current drug prevention efforts are erroneous insofar as they concentrate on the symptom rather than the psychological syndrome that causes drug abuse.

#### **8<sup>th</sup> June 2007 by Cynthia L. Row & Howard A. Liddle**

When they looked at the current state of family-based drug abuse treatment, they came to the conclusion that it was a "promising, but not definitive" way to treat drug abuse in adults and adolescents. Family-based approaches have made significant progress in treating drug abuse issues, particularly in adolescents. Family-based treatments for drug abuse in adolescents are currently

regarded as one of the most effective options. With the recent systematic application and testing of engagement techniques and behavioral couples therapy approaches, family-based treatment for adult drug abuse issues has also made significant progress. This review identifies and discusses the current state of development of this subspecialty, as well as areas where additional research is required.

### **Tranquil shores, July 4 2016**

Teens are particularly susceptible to substance abuse, according to a Tranquil Shores study conducted on July 4, 2016. They are in a stage of life when it is common to test limits and go beyond them. Teens go through a lot of stress because of their developmental stages as well. Teen drug use is not a separate issue. Although drug use is not common among adolescents, it is a problem that affects many of them. Teens who abuse drugs and alcohol have a number of risk factors, including: Poor academic performance, a lack of parental involvement, a misperception of the dangers of drug use, a community's high tolerance for drugs and smoking, low self-esteem, being the victim of abuse at home or in school, and inconsistent school discipline are all contributing factors. Teens lack a mature awareness of their own mortality. They are not opposed to risks because they do not take risks and their repercussions as seriously as they ought to. They are unaware of the real-world risks associated with risky behavior due to their lack of life experience.

### **Zodinliani Ralte, Mizoram University, 2017**

According to Zodinliani's findings, the study profiled the socio demographic characteristics of female substance abusers in institutional care, identified the reasons for substance abuse, comprehended the pattern of substance abuse, and discovered their perceptions of the programs and services provided by institutions, as well as their difficulties and coping mechanisms. In every society, substance abuse is a widespread social problem. Substance abuse is a major health issue that affects everyone in society. Problems with substance abuse aren't just a problem for men. Women are also affected, particularly young women. Female substance abusers are thought to be underrepresented in treatment settings and face significant barriers to treatment as well. Women are more likely than men to have been exposed to drugs and to continue using them with friends or partners who may also be physically or sexually abusive.

**March 2020 by Lisa Curtin and Emily Rowe**

This study clearly demonstrates that adolescent substance abuse ranges from experimentation to high-risk substance abuse that can be linked to negative outcomes such as poor academic performance, relationship issues, accidents, suicide, and health issues. Between the ages of 13 and 19, approximately 60% of adolescents consume alcohol at some point in their lives. Adolescent substance abuse affects their behavioral health diagnoses, such as mood, sleep, and anxiety disorders.

**By Jennifer Casarella on September 29, 2020**

According to this study, substance abuse is clearly defined as excessive or inappropriate use of alcohol, prescription drugs, and other legal and illegal substances. Substance misuse contrasts from habit. Many people who struggle with substance abuse are capable of quitting or altering their unhealthy behaviors. In contrast, addiction is a disease. This indicates that even if your condition harms you, you can't stop using.

**June 11 2021 by Granite Recovery Centers**

It is clear from this review that substance use disorder can cause a lot of harm to a person's life, but it doesn't just affect one person. Substance abuse has many effects on families. Teen experimentation is one danger of substance abuse. Children are likely to emulate an older member of the household. Additionally, it causes a great deal of financial strain and ultimately has a variety of effects on a family. Feeding a substance use disorder costs money and only gets more expensive as the disorder gets worse. A substance use disorder may also make it more likely that a family will split up. This can result in a variety of issues, including family separation.

**October 21, 2021 by Pramod Kerkar**

The risky or harmful use of psychoactive substances, such as alcohol and illegal drugs, is discussed in this study as substance abuse. When a person uses alcohol, prescription drugs, and other legal substances excessively or improperly, they are considered to be abusing substances. It refers to the dangerous use of psychoactive substances, which can lead to dependence syndrome, which is a collection of behavioral, cognitive, and physiological phenomena that typically develops after repeated use of a substance. These phenomena typically include a strong desire to take the drug, difficulties controlling its use, giving drug use precedence over other activities and responsibilities, increased intolerance, and occasionally a physical withdrawal state.



**Harry croft MD, December 29,2021**

This study demonstrates that although the exact cause of drug abuse is unknown, genetic predisposition, co-occurring conditions, and environmental factors are likely to play a role. Pre-adolescents and adolescents frequently experiment with drugs, but only a small number of those users ultimately abuse drugs. Even though a lot of people use drugs, only a small number of people abuse drugs. However, it has been found that drug abuse often runs in families, which suggests that one of the causes of drug abuse is genetics. While having drug-abusing parents puts a child at risk, it is possible for the child to not have drug problems as a child. It is also possible to abuse drugs even if no one else in the family does so. Drug use may be used by an adolescent or pre-adolescent as a means of evading an abusive parent or gaining attention from an absent parent. Abuse of drugs can be brought on by repeated drug attempts. Although environmental, psychiatric, and genetic causes of drug abuse are all possible, it is more likely that a combination of risk factors is the true cause. If a person is genetically predisposed to drug abuse, it is likely that one of their parents is a drug user. As a result, your home life may become unstable, and you may experience emotional or mental issues. These can all contribute to drug abuse when combined.

**Taufiya Tazeen, 19-07-2022**

According to a study that was carried out on July 19, 2022, and which was carried out by Taufiya Tazeen, it is abundantly clear that one of the primary factors that contribute to adolescents developing these harmful behaviors is the belief among youth that smoking, using drugs, or drinking alcohol, is cool or progressive. Depending on the individual, drug and alcohol abuse can be brought on by a variety of factors. People are curious to have a personal experience with the taste of a particular drug or alcohol because they see references to them in newspapers, literature, radio, and other forms of media. Adolescents are tempted by friends' constant descriptions of how good they are feeling. The pressure to begin with drugs and alcohol is created by such inspiration from friends and peers. As a rule, people get overpowered by their everyday exercises, which at last leads them to an excess of hurtful substances and liquor to dispose of pressure. Children who grow up in families where substance abuse is accepted as normal are typically more likely to abuse drugs and alcohol. Drugs are sometimes used by people who want to work harder. Before exams, many students use drugs for the entire night. Most of the time, people who have experienced the pain of losing a loved one can fall into addiction. For those in pain, using drugs and alcohol is an easy way to escape the sad reality.

**Alla Levin, September 21, 2022**

This study demonstrates that substance abuse can be used as a means of escaping reality or coping with difficult emotions. Additionally, it can be very tempting for them to try drugs themselves if they observe their friends or peers doing so. Unfortunately, substance abuse can quickly develop into a very difficult-to-break addiction. It can cause breakups, harm to health, and criminal behavior. If you or someone you know is struggling with drugs, you must seek treatment immediately. The majority of people start using drugs for a variety of reasons. Some might be attempting to adapt to a horrible mishap, while others might look for a method for getting away from their day to day existences. To avoid the potential negative effects of drug abuse, it is critical to seek assistance as soon as possible, regardless of the reason.

## CHAPTER – III

### METHODOLOGY

A method for describing a researcher's research strategy is known as research methodology. It is a methodical and logical strategy for resolving a research issue. A researcher's approach to the research is outlined in a methodology to guarantee valid, reliable results that meet their goals. It includes the data that will be collected, where it will come from, and how it will be collected and analysed.

*(Indeed, team of editors, 15 December 2021)*

This chapter focuses on the study's methodology, which is the foundation upon which the data were collected and processed to arrive at the final conclusion. The methods used to arrive at this conclusion are outlined in the following.

#### **3.1 Field settings**

Universe of the study is the Drugs abuser in Chhawmdawlina in (CDI). It is de-addiction centre established by the BCM in 1999. It is located in melte, Lunglei it is about 7 km away from serkawn locality. As on 13<sup>th</sup> september 2022 there are 71 inmates (male 57 & female 14) in total and there are 22 no. of workers.

#### **3.2 Research Design:**

The research design is descriptive research design where a comprehensive study of the problem is made in order to procure overall knowledge. The unit of the study is Drug Abuser. Primary data were collected using interview schedule and interact with the inmates and the workers.

#### **3.3 Sampling Procedure**

The trainee Purposively selected Chhawmdawlina In de-addiction centre which is located in the area where the present student is living. The trainee used Stratified disproportionate random sampling. The total sample size is 14 (7 male & 7 female) from the total inmates of 71 to identify some difference between male and female.

#### **3.4 Sources of data:**

**i) Primary sources of data :** A primary source of data is an original data source that is, one which the data are collected first-hand by the researcher for a specific research purpose or project. The primary data of this study was collected from the inmates and workers of chhawmdawlina in (CDI). Those persons will be the sources of this research. We can obtain primary data observation and direct

communication with respondents in one form or another or through personal interviews with the worker and interview schedule or staff of the chhawmdawlina in.

**ii) Secondary sources of data :** Secondary data are basically second-hand pieces of information . These are not gathered from the source as the primary data. To put in other words, the secondary data are those that are already collected. So, the comparatively less reliably than the primary data. Information from Rehabilitation ( Chhawmdawlina in) research studies, books, internet information related to the topic were used as the secondary sources of data

### **3.5 Sources of data collection**

Data was collected by using primary as well as secondary method. The method which are used as follows:-

- i. Observation :** It is an important tool to Social Work practice as it helps the trainee to understand more about his field. The trainee observed the living standard of their status and their way of living.
  
- ii. Interview Schedule:** An interview schedule is a plan for the interviewer that contains a set of questions with already researched answers to interview a candidate. It is used to collecting data of the inmates of the drug abusers.

### **3.6 Data processing:**

The data is processed through MS excel and SPSS 22.0 package.

## CHAPTER – 4

### RESULTS AND DISCUSSION

To study the psycho-social attributes of drug abuser in relationships, their issues, their legal problems and impact of their personality as well as their family. This study was conducted in Chhawmdawlina In, Melte, that is de-addiction centre, this study was conducted from the V semester r fieldwork. The inmates and the workers were approached through interview, rapport building, observation, interview schedule as well. The project manager and the workers were met for approval of studies to be conducted to the study of mini-research.

#### 4.1. DEMOGRAPHIC PROFILE

Demographic profile of the respondents plays a crucial role in this research, it is include sex, religion, age, marital status, job status, educational qualification, family monthly income, type of family, form of family and year of indulging.

**Table No. 1**

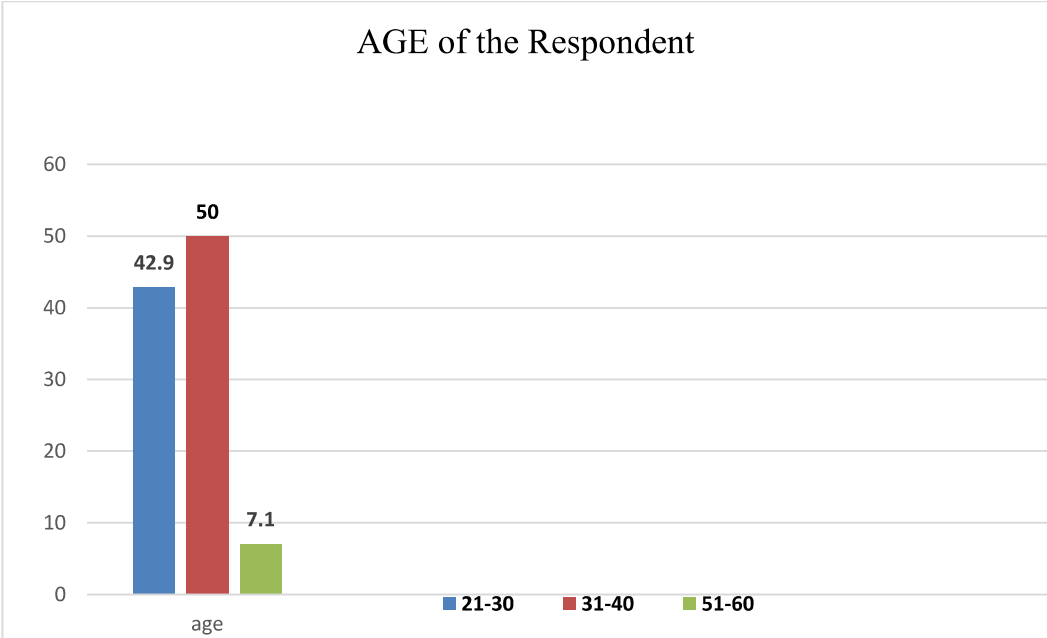
S/N	Particular	F (N-14)	Percentage
I	<b>Gender</b>		
	Male	7	50
	Female	7	50
II	<b>Religion</b>		
	Christian	14	100
III	<b>Job Status</b>		
	Yes	2	14
	No	12	85
IV	<b>Educational Qualification</b>		
	Below class 10	4	28
	Below Class 1w	5	35
	Under Graduate	4	28
	Post Graduate	1	7
V	<b>Type of family</b>		
	Nuclear	8	57
	Single Parent	3	21
	Extended	3	21
IX	<b>Form of family</b>		
	Stable	11	78
	Broken	3	21

*\*F stands for Frequency*

*\*\*N stands for total no of respondents.*

The table no-1 shows the profile of the respondents, As seen in the table the equal number of male and female selected purposively for the respondents. All the respondents belonging to Christian. It is observed that great majority of the respondents (85.7%) did not have job. And the other 14.3% have a job, they both work in 2<sup>nd</sup> BN, MAP. It is also further learnt that due to drug addiction, respondents discontinued to work their job. In terms of education qualification, the respondents are classified into four categories – Below class 10, Below class 12, under graduate and post graduate. Most of the respondent’s educational qualifications 35.7% are of below class 12, and the other 28.6% were below class 10 and under graduate. Another 7.1% were post graduate. It is also further learnt that the family type which the respondents are living is classified into nuclear, single parent and extended. The majority of the respondents (57.1%) are belonging to nuclear family while the rest single parent and extended are (21.4%). The family type which the respondents are living is classified into stable, broken and reconstitute. The majority of the respondents 78.6%. It is observed a significant percent of the respondents (21.4%) are belonging to broken family, thus the data shows that drug addiction and family setup closely related.

**4.1.1 Age of the Respondents:**

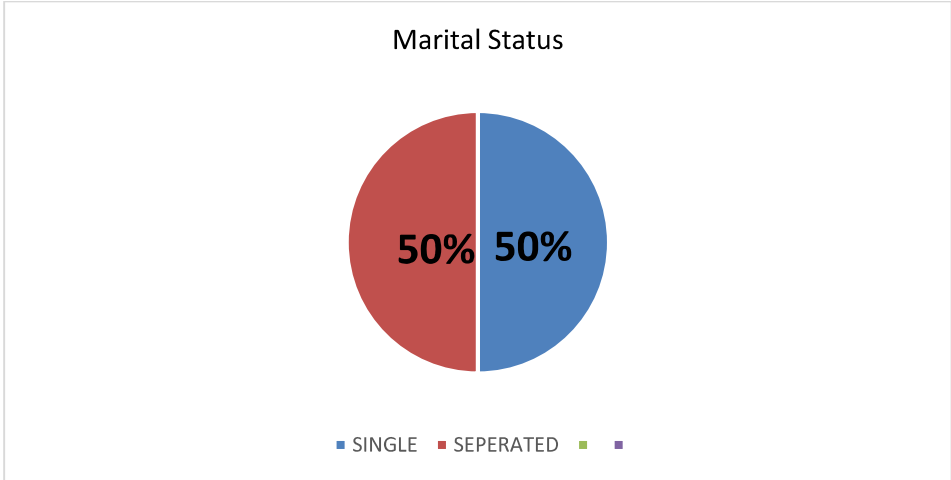


*Mean Age of the Respondents= (π 27)*

The above pie chart is to highlight is the age group of the respondents. Majority of the respondents (50.0%) were in the age group 31-40 years, and the other respondents (42.9%) were in the age group of 21-30 years, and the rest of the remaining (7.1%) were group of adults that were 51-60 years. This chart clearly reveals that drug is relevant to the adults as compared to youth. The mean age of the respondent is calculated as 17.

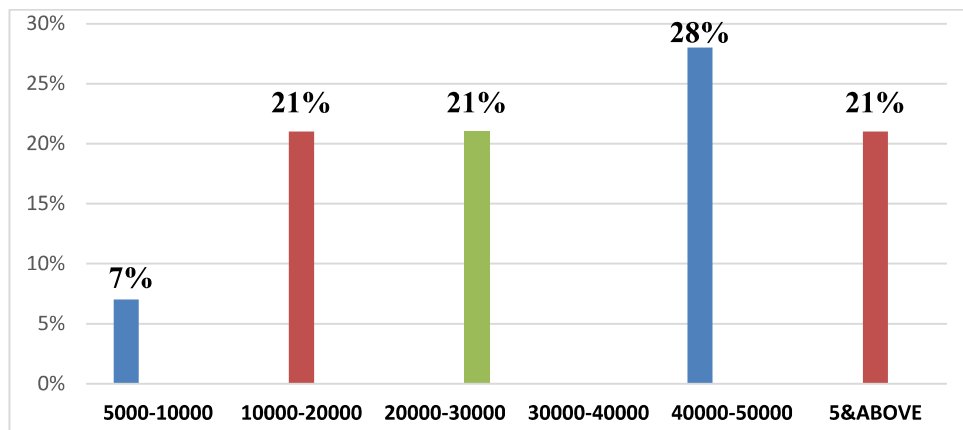
**4.1.2. Marital status**

Marital Status in this research plays a vital role, marital status indicate here is married and single.



The above pie chart highlights marital status of the respondents. The marital status is classified into 3 categories – Single, married, separated. Majority of the respondents 50% were Single and the other half 50% were separated because of their drug use. From this data it is observed that drugs has direct effect to marital status.

### 4.1.3 Family monthly income



*Mean Income = (π30000)*

The above pie chart is to highlight the profile of the respondents in the current study is their family monthly income. The mean percentage of the respondent is 3.8571. The majority of the respondents 28.6% monthly income is Rs 40,000-50,000. The other 21.4% i.e Rs 10,000-20,000, Rs 20,000-30,000 and Rs 50,000 and above have got the same percentage. This chart clearly reveals that drug is relevant to the normal income of the family.



## 4.2 Psychological Attributes:

Psychological attributes relate to the mental equilibrium of individuals embedded in their social interactions, as robust attractors within complex dynamic processes with emergent properties, distinct from physical entities located in precise areas of the brain.

**Table no. 2**

S/N	Particular	F (N-14)	Percentage
<b>I</b>	<b>In 1 day, how many times did you take drugs</b>		
	1 time	2	14%
	2-5 time	9	63%
	6&Above	3	21
<b>II</b>	<b>From where do you usually get your drugs</b>		
	From my own money	7	50
	From peer group else	4	14
	I ask someone to buy them for me	2	14
	I take it from my mother, father or siblings	1	7
<b>III</b>	<b>Which of the following are the reason did you use drugs</b>		
	Peer pressure	5	35
	Depression	2	14
	Curiosity	2	14
	Lack of parental guide	1	7
	Others	4	4
<b>IV</b>	<b>What is your perception about drugs</b>		
	Good	1	7
	Bad	5	35
	Very Bad	8	57

*\*F stands for- Frequency*

*\*\*N stands for total no of respondents.*

Table No. 2 highlights the Psychological Attributes of the respondents. The above table highlight is how many times did they take drugs in 1 day. The mean value is  $\pi 2.57$ . The majority of the respondents 64.3% which lies between 2-5 times, which means they usually take drugs 2-5 times in 1 day. Another respondents take 6 and above in one day, and 14.3% take drugs 1 time in 1 day. It is also further learnt that half of the respondents 50.0% have buy from their own money.

It means they may earn money from their daily labour or it may leads to robbery. From the above table we see that 2,3 and 4 have got the same percentage (14.3%). The other 7.1% take it from their siblings. The majority of the respondents 35.7% replied by saying that peer pressure is the main reason for drugs being abused while the other of the respondents 14.3% says that the main reason for their drug abuse is due to depression and curiosity. While 28.6% have choose the other option and the rest 7.1% said that the main reason is the lack of parental guiding. From the data highlighted above it can be said that drugs are often caused due to the friends, the surroundings, the environment in which a person lives is a factor as to how his life will be affected. A significant percent of the respondents in seen in other that is (28.6%) which means relationship issues and want to stay away from their guilty feelings. Its is observed that a significant percent of the respondents 35.7% said that their perception about drugs is bad and the rest 7.1% said that their perception about drugs is good. It is clear that drugs have different effects depending on the drug itself, the person taking it and their surroundings. Taking drugs can affect not just the physical and mental, but their whole life. From the results it can be seen that misuse of drugs is very bad.

**Table no. 3**

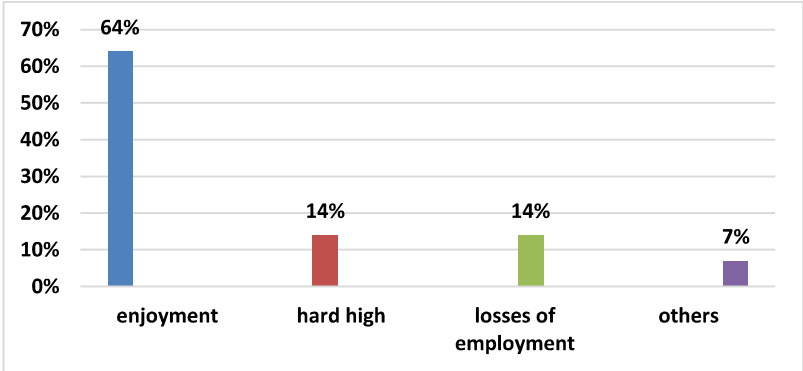
S/N	Statement	Responses		Total (N & %)
		Yes	No	
1	Did you lose the ability to interact with family, peers and society	13 (92%)	7 (7%)	14 (100%)
2	Have you ever been in trouble at work because of your drugs use	12 (85%)	2 (14%)	14 (100%)
3	Have you had medical problems as a result of your drugs use	9 (64%)	5 (35%)	14 (100%)
4	Do you ever feel bad or guilty about your drugs use	9 (64%)	5 (36%)	14 (100%)
5	Did you managed to change the habit of drug use	10 (71%)	4 (28%)	14 (100%)
6	Have you gone to anyone for help for a drug problem	11 (78%)	3 (21%)	14 (100%)

The above table highlight the ability to interact with their family, peers and social relationship which the respondents have faced. The majority of the respondents 92.9% have lose the ability to interact with their family, peers and to the society and the rest 7.1% have not. The main reason is that they get isolated from their friends and their partners left them because of their drug abuse. It is also learnt that the majority of the respondents 85.7% have trouble at work because of their drug abuse and

the rest 14.3% have not. From the data highlighted above drugs has affected the respondents in many ways in terms of job as well. This will effect the personality and change the respondents in many ways. A significant percent of the respondents 64.3% have medical problems because of their drug abuse and the other 35.7% have not. It is observed that the health of the respondents are affected highly because of drugs. It is observed that The majority of the respondents 64.3% feel bad or guilty about their drug use and the rest 35.7% have not. Many drug and alcohol abusers know that what they are doing is wrong, even though they keep doing it. Some addicts feel guilty for their actions. Most of the respondents 71.4% have managed to change their habit of drug use, and the rest 28.6% did not try to change their habit. Unfortunately, overcoming addiction is not easy. Many people think they can kick the problem on their own, but that rarely works. Most people who try to quit drug or alcohol need professional assistance or a treatment program to do so.

The majority of the respondents 78.9% have gone to someone for help for their drug problem and the rest 21.4% have not. Whether it's alcohol or drugs, sustaining an addiction requires a steady supply of the substance, creating a completely new and substantial expenditure that can ruin their finances fast

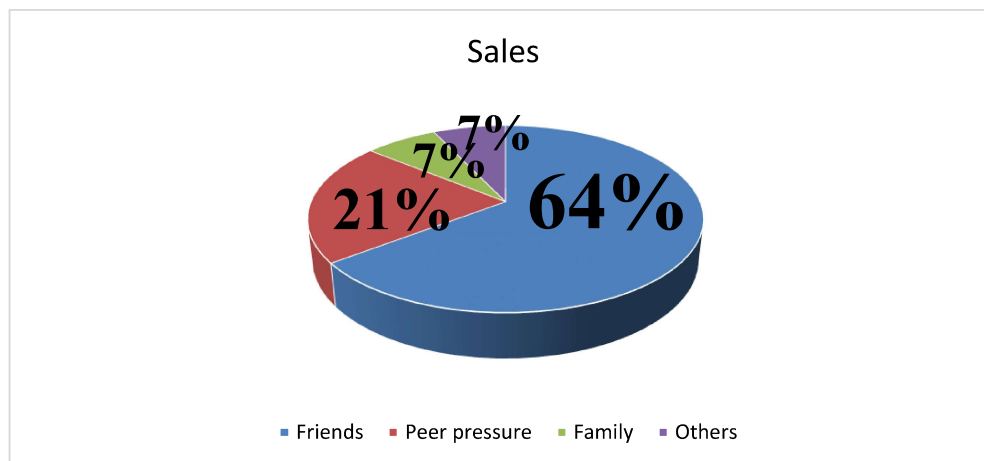
**Reason behind taking drug addiction:**



The above histogram highlights the reason behind taking drug addiction. The majority of the respondent 64.3% have said that the reason behind taking their drug is enjoyment, 14.3% are hard high and losses of employment and the rest 7.1% have choose the other option. People who use drugs may like the feelings of excitement, confidence and connection with others.

### 4.3 Social Attributes

The Social attributes formed by the interaction with other people over the lifetime. An individual attribute in this paper means peer, friend, family other in a social context.



The above pie chart highlights from whom they started to use drugs. More than half of the respondents 64.3% have started doing drugs from their friends, and the other 21.4% is because of peer pressure and the rest 7.1% is due to their family and one of the respondents have choose the others. The result from this data shows that friends are the main reason for their drug use.

**Table no. 4**

S/N	STATEMENT	RESPONSES		TOTAL
		YES	NO	
1	Are drugs easily available in your community	11 (78%)	3 (21%)	14 (100%)
2	Is there any other who used drugs in your family	5 (35%)	9 (64%)	14 (100%)
3	Does your parents/spouse complain about your involvement with drugs	14 (100%)	0	14 (100%)
4	Have you neglect your family because of your use of drug	10 (71%)	4 (28%)	14 (100%)
5	Has drug abuse ever created problems between you and your spouse	9 (64%)	5 (35%)	14 (100%)

The above table highlights if drugs are easily available in their community or not. From the respondents 78.6% have said that drugs are easily available in their community, and the rest 21.4% are not easily available. Its not hard to find drugs, there are many ways they can get their hands on drugs or alcohol without having to buy them from a store. Many drug transactions occur in parks or play ground etc. where they can sell their drugs to their peers. It is also learnt that the majority of the respondents 64.3% have said that there is no drug user in their family and the rest 35.7 said that there are another drug user in their family. The reason is that while having parents that abuse drugs puts a child at risk, it is possible for the child to grow up without drug abuse problems. It is also possible to abuse drugs without having any other drug abuser in the family. It is observed that all of the respondents 100% of their parents/spouse complain about their involvement with drugs. Parents should try their level best to keep tabs on their son/daughter schedule and whereabouts without looking disturbing. It is important to let them know that resisting peer pressure, and not following the crowd, may be the coolest they can do. As we see in the table no. 5 the majority of the respondents 71.4% have neglect their family because of their drug use and the other 28.6% have not. Who abuse substances are more likely to continue to struggle with their SUB's. Many will continue to enjoy and indulge in illicit substances, finding it difficult to slow down, and this leads to neglect their family. From the data highlight 64.3% have said that drugs abuse have created problems between their spouse, and the rest 35.7% have not. As drinking or drug use gets worse, it starts to take more and more time away from the couple, taking its toll by creating an emotional distance between the partners that is difficult to overcome.

**4.4 Service Provided:** Services provided in this study means Counselling, therapy, vocational training, Church service and detoxification.

**Table no. 5**

<b>I</b>	<b>About Counselling</b>	<b>Responses</b>		<b>Total</b>
		<b>Yes</b>	<b>No</b>	
1	Do you take a regular counselling from the counsellor	10 (71%)	4 (29%)	14 (100%)
2	Do you have any benefits from the counsellor	12 (85%)	2 (15%)	14 (100%)
3	Do you think counselling is enough to mold a person	11 (78%)	3 (22%)	14 (100%)
<b>II</b>	<b>About Therapy</b>	<b>Yes</b>	<b>No</b>	
1	Do you have regular therapy	13 (92%)	1 (8%)	14 (100%)
2	Do you make some benefit from your therapy	13 (92%)	1 (8%)	14 (100%)
3	Do you have any chance to ventilate your emotions	12 (85%)	2 (15%)	14 (100%)
4	Do the inmates and the workers have a healthy relationship	14 (100%)	0	14 (100%)
5	Did you get enough care from the workers	14 (100%)	0	14 (100%)
<b>III</b>	<b>About Detoxification</b>	<b>Yes</b>	<b>No</b>	
1	Did your detoxification period help you to overcome your current situation	11 (78%)	3 (22%)	14 (100%)
<b>IV</b>	<b>Church Service</b>	<b>Yes</b>	<b>No</b>	
1	Do you make use of Church service	14 (100%)	0	14 (100%)
2	Does the church help you to overcome your situation	14 (100%)	0	14 (100%)

V	Skill vocational training	Yes	No	Total
1	Do you make use of your skill vocational training	14 (100%)	0	14 (100%)
2	Does the skill vocational training give you quality	14 (100%)	0	14 (100%)

The above table highlight if they take regular counselling from the counsellor or not. Majority of the respondents 71.4% have take a regular counselling and the rest 28.6% did not take regular counselling. Alcohol and drug addiction counselling is an important part of many treatment programs in rehab across the world. Addiction is seen as an illness that can be treated through a combination of techniques and strategies. A drug addiction rehab may employ counsellors from different frameworks in an effort to broaden the skill set of its team. It is observed that 85.7% have benefits from the counsellor and the rest 14.3% have not. Counselling gives time and space to work through their problems. Counselling can help to regain wellbeing and balance in their life. It is also further learnt that the respondents 78.6% have said that counselling is enough to mold a person and the rest 21.4% have not. Counselling is a way of helping people to solve their own emotional, social, personal or interpersonal problems. Counselling is not giving advice, or solving their problems on behalf of them. Counsellor suggests strategies for managing and altering patterns of upsetting thoughts, feelings and behaviour. All of the respondents get enough care from the workers. From the result it is clearly find that the workers have a great hospitality. The majority of the respondents 92.2% have take therapy regularly. Various types of behavioural therapies helps users to handle stressful situations and various triggers that might cause relapse. The respondents (92%) have benefits from their therapy, and the rest 7.1% did not have benefit from their therapy. Therapy helps people develop social skills, as many users often feel isolated and alone.

The majority of the respondents 85.7% have said that they have a chance to ventilate their emotions, while the other 14.3% have not. From the result they have a chance to ventilate their emotions, many people get upset from time to time, whether they're sad about the loss of their loved ones, angry at their friends or family, or fearful about the state of the world, it often feels good to let it all out. It is further learnt that the workers and the inmates have a healthy relationship. It is necessary for the workers to treat the inmates with good hospitality, care and treat them with kindness. From the result it is clear that the workers treat them with good hospitality and care. It is also observed that if the detoxification period help them to overcome their situation or not. Out of 14 respondents more

than half of the respondents have said that they have overcome their current situation because of their detoxification period. For instance, alcohol leaves the body after a few days but detoxing from cravings may take much longer. How long the detox process lasts depends on a number of factors. It is also observed that all of the respondents have make use of their church service. The church service is important for those struggling with addiction because it reminds them that they are forgiven, they are loved, and God is there to guide their life and give them the strength to overcome challenges and temptations. All of the respondents have said that the church help to overcome their situation. The Christian church's purpose is to share the message of God's love, forgiveness and salvation with its members and with the community. The majority of the respondents have said that they make use of their skill vocational training. Vocational support can significantly improve the ability to meet some of the basic needs that everyone needs to live life. Many addicts and alcoholics use drugs to find stability for their emotions. After learning the life skills they learn how to work smarter and not harder and managing feeling uncomfortable with new experiences is attainable.

**Table No.6**

<b>I</b>	<b>About their course</b>	<b>Yes</b>	<b>No</b>	<b>Total</b>
	Do you make some benefit during your course	14 (100%)	0	14 (100%)
<b>II</b>	<b>About discrimination</b>	<b>Yes</b>	<b>No</b>	<b>Total</b>
	Is there any type of discrimination among the inmates	5 (35%)	9 (64%)	14 (100%)

All the inmates have benefits during their course. The environment of these rehabilitation centres is safe and carries the sign of natural environment. Almost everyone with an addiction has the same mindset. Some specialists are needed to treat such people. This facility is available to patients in rehabilitation/de-addiction centre. This is an important benefits of rehabilitation centres. The majority of the respondents 64.3% have said that there is no discrimination among the inmates while the rest 35.7 have said that there is discrimination among the inmates. There shall be no discrimination on the grounds of race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.



**Table no. 7**

<b>S/N</b>	<b>Particular</b>	<b>F(N-14)</b>	<b>Percentage</b>
<b>I</b>	<b>How was your therapy</b>		
	Bad		
	Good	8	57
	Fine	6	42
<b>II</b>	<b>How was the detoxification period</b>		
	Good	10	71
	Bad	2	14
	I don't know	2	14

*\*F stands for- Frequency*

*\*\*N stands for total no of respondents.*

The above table shows the therapy they take in the center in Good enough to mold a person. In therapy the users learn to replace negative thoughts and behaviors with positive ones. They better feel mentally, physically, and emotionally the less likely they are to turn to drugs and alcohol. The entire process may take anywhere from a few days to several weeks depending on the multiple factors, including how long the substance has been used. For instance, alcohol leaves the body after a few days but detoxing from cravings may take much longer.

## CHAPTER – V

### CONCLUSION AND SUGGESTION

This chapter include major findings, conclusion, suggestions, references and questionnaire.

#### 5.1 Major Findings

##### 5.1.1 Demographic Profile

2. All the inmates are Christian.
3. The present study found that majority of the respondents (50%) were in the age group of 30-40 years.
4. The study found that 50% of the respondents are single and the other 50% were separated because of their drug abuse.
5. More than half of the respondent (85.7%) did not have job whereas the other (14.3%) have a job.
6. Out of the total respondent, two respondents reported that they quit their government job as voluntary pension because of their addiction.
7. The study found that the mean income of the respondent is calculated 3.8571%.
8. More than half of the respondent's families (57.1%) are nuclear family; this shows that drugs can easily be addicted even if a person belongs to a family of normal background.
9. As already mentioned in the previous point the result is almost the same which means more than half of the respondents 78.6% are lived in a stable family.
10. The present study found that most of the inmates have started doing drugs at the age of 10-20 years which got the high percentage 42.9% which means that drug is quite relevant to the young adults.

### **5.1.2. Psychological attribute**

1. The majority of the respondent 64.3% shows that the reason behind taking drug is enjoyment. The main reason is that they though taking drug or alcohol can lead to be more socialised.
2. The majority of the respondents (35.7%) have been found that the reasons they use drugs is because of peer pressure. Influenced by close friends is found to be one of the main reasons to get started in misused of drug.

### **5.1.3. Social Attributes.**

1. The majority of the respondents 64.3% have introduced drugs by their friends. They are mainly influenced by their close friends and it is also found to be one of the main reasons to get started in misused of drugs.
2. From the study we find that 78.6% of the respondents can easily take their drugs in their own community. The main reason is that in many communities play grounds, parks and recreational areas are taken over by the drugs trade, this is the reason where drug user can easily take their drug from the dealer.

### **5.1.4. Service provided.**

#### ***About Counselling as perceived by the respondents:***

1. The study revealed that the majority of the respondents 71.4% have a regular counselling and the rest 28.6% did not take a regular counselling from the counsellor. The reason is that anyone who wants to have a counselling class can go whatever they want.
2. The majority of the respondents 85.7% have benefits from the counsellor. Counselling provides with motivation and hope, this, in turn, helps in feeling empowered and strong. Counsellor can help with self-acceptance and understanding their worth. This makes them realize their importance and worthiness.
3. The majority of the respondents 78.6% though that counselling is enough to mold a person. Counselling lets to communicate easily and freely. It helps to express emotions and feelings easily. Counsellors understand the obstacles that are forbidding from expressing themselves and help to find a solution to overcome them.

***About Therapy as perceived by the respondents:***

1. The majority of the respondents 92.9% said that they have a regular therapy. Alcohol and drug addiction therapy is an important part of many treatment programs in Chhawmdawlina In rehab centres.
2. The majority of the respondents 92.2% said that they make some benefit from their therapy. Therapy helps people develop social skills and make benefit of addiction counselling is learning to recognize triggers, which are different for every individual.
3. The majority of the respondents 57.1% have said that their therapy is good. Therapy help a person with addiction stop using their drug of choice.

***About Church Service as perceived by the respondents:***

1. All of the respondents said that they make use of their church service. Christian church's purpose is to share the message of God's love, forgiveness, and salvation with its members and with the community.
2. All of the respondents said that the church service help them to overcome their situation. It is important for those struggling with addiction because it reminds them that they are forgiven, they are loved, and God is there to guide their life and give them the strength to overcome challenges and temptations

***Vocational Training:***

1. All of the respondents said that they make use of their skill vocational training. It is important for their career development, which is why it is crucial for the inmates to pursue vocational training.
2. All of the respondents said that the skill vocational training give them the quality. Vocational training might lead to more work activity resulting in positive life changing situations, which could be related to reduced substance abuse.

***About Detoxification as perceived by the respondents:***

1. More than half of the respondents 71.4% said that the detoxification period was good. Detox is the process by which all traces of alcohol and drugs are removed from the body, ensuring that a person is physically stable and ready to start therapy to overcome their addiction. The purpose of detox is to safely manage withdrawal symptoms.

2. The study finds that 78.6% have make use of their detoxification period to overcome their current situation. When someone is addicted to alcohol or drugs, they will often need to go through a detoxification process, as an important first step in their recovery from addiction.

3. The majority of the respondents 85.7% said that they have a chance to ventilate their emotions during detoxification period.

## **5.2 Conclusion**

The goal of the study is to learn more about the effects of drug abuse in Chhawmdawlina, which is in Melte, Lunglei. In terms of time, the drug-related issues in Mizo history are still relevant. There has been a lot of drug awareness, but it is still not enough to stop the state's drug problem. Mizoram's drug abuse remains a major problem today.

The respondents have issues in their families, relationships, mental health, and social and psychological well-being. They are the people who want to change and become better people; however, their condition prevents them from quitting the drugs to which they are addicted. In addition, they are the people who are willing to be rehabilitated and who still have the potential to do so.

Chhawmdawlina In, rehabilitation focus assists an individual with being pretty much as free as conceivable in ordinary exercises and empowers cooperation in work, diversion and significant life jobs like dealing with family, and to be a superior individual in his/her life. The rehabilitation assists them in returning to their normal lives and attempting to preserve or enhance the abilities they require for day-to-day life. Going to rehab is beneficial for anyone who is struggling with an addiction to alcohol or drugs. The staff members equip the inmates with the necessary resources and tools to overcome addiction. They help to make the journey easier than going it alone by providing a safe, supportive environment, medical assistance around the clock, daily therapy, and treatments to help a person better understand and overcome their addiction.

From the findings and result alone it tends to be seen that medication is one of the principal issue influencing the family, monetary, social, mental and its kin too. The present study concludes with the conscious realization that substance abusers require assistance and encouragement to transform their physical and mental lives. In addition, the observation and interview schedule revealed that every respondent claimed to have received some benefits throughout their course. The same mentality characterizes almost all addicts. These people need to be treated by specialists.

### **5.3 Suggestions:**

#### **Psychological attributes**

1. Beware of peer pressure: Respect and nurture each child for the individuality, choice, and personality that they possess. When it comes to academics, sports, or any other activity, a child, son, or daughter should not be pressured to perform beyond their capabilities.
2. Counselling and education: It is essential for parents to educate and counsel their children on how to deal with stress and problems and how to positively accept failures and disappointments as a part of life.
3. Seeking professional and medical help: A lot of assistance is available from qualified psychologists, psychiatrist, and de-addiction and rehabs to help individuals suffering from drug and alcohol abuse. With their help, the affected individual, with sufficient efforts and willpower, can get rid of the problem completely and lead a perfectly normal and healthy life.

#### **Social Attributes:**

1. By cutting off the drug supply: The Mizo society believes that drugs will always be abused as long as drug dealers continue to sell them, but it turns out that drugs will always be abused when demand is high. Therefore, community leaders ought to devise strategies for lowering the level of demand for drug dealers.
2. Awareness to the family: From the findings it is evident that majority of the respondents started doing drugs from their friends. So, parents should be careful not to let their children indulge in any kinds of drugs that could destroy the lives of their son/daughter and their family as well.

#### **Possible Social Work Intervention:**

**Micro Level-** By conducting case study, it is required in order to find out the more details of the needs and challenges of the drugs addicts.

**Mezzo Level-** By giving self – awareness among the family, community, peer pressure and their friends how the addicts need care, support and prevention.

**Macro Level-** Conducting empirical research on the issues and challenges faced by the Center, this will help the programmes planners for better future treatment of the inmates.

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**Annexure-1**

**INTERVIEW SCHEDULE**

Psycho-social attributes of drug abusers in Chhawmdawlna In (CDI) De-addiction centre.

Conducted By:-

Supervisor:-

R.Zodingliana

Rosangliana Khiangte

**1. DEMOGRAPHIC:**

1 . Sex: i) Male  ii) Female

2. Religion:

i)Christianity  ii) Hindu  iii) Muslim  iv) Other

3. Age:

4. Marital status: i) Single  ii) Married  iii) Seperated

5. Do you have any job: i) Yes  ii) No

6. If yes, Specify: .....

7. Education qualification:

i) Below class 10  ii) Below class 12  iii) Under graduate

8. Family Monthly income:

(i). Rs. 5000-10000  ii)Rs.10000-20000  iii)Rs. 20000-30000

(iv) Rs.30000-40000  v) Rs40000-50000  vi) Rs.50000 above

.9. Type of Family:

i) Nuclear ii)  Single parent  iii) Extended

10. Form of Family:

Stable  Broken  Reconstructed

11. At what age did you started doing drugs :

## II. Psychological Attribute

1. Did you loses the ability to interact with family, peers and society because of your drugs use:

i) Yes  ii) No

2. In 1 day, how many times did you take drugs

i) 1 time  ii) 2-3 time  iii) 4-5 time  iv) 6 & above

3. From where do you usually get your drugs?

i) I buy from my own money  ii) I buy from someone else

iii) I ask someone to buy them for me  iv) My friend gave them to me

v) I take it from my mother, father or siblings  vi) Others

4. Which of the following are the reasons did you use drugs?

i) Peer pressure  ii) Depression  iii) Curiosity

iv) Lack of parental guiding  v) Others

5. If others please specify :

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6. Have you ever been in trouble at work because of drug abuse?

i) Yes  ii) No

7. Have you had medical problems as a result of your drugs use ( e.g., Memory loss, hepatitis, convulsions, bleeding etc.?)

i) Yes  ii) No

8. What is your perception about drugs ?

i) Excellent  ii) Good  iii) Bad  iv) Very Bad

9. What is the reason behind taking drug addiction:

- i) Enjoyment  ii) Work  iii) hard High  iv) Losses of Employment   
v) others

10. Do you ever feel bad or guilty about your drugs use:

- i) Yes  ii) No

11. Did you managed to change the habit of drug use:

- i) Yes ii)  No

12. Have you gone to anyone for help for a drug problem:

- i) Yes ii)  No

### III. Social Attribute

1. Who introduced you to drugs:

- i) Family ii)  Friends iii)  Peer pressure iv)  Others

2. Are drugs easily available in your community:

- i)Yes  ii) No

3. Is there any other who used drugs in your family:

- i)Yes ii)  No

4. Does your parents/ Spouse complain about your involvement with drugs:

- i) Yes ii)  No

5. Have you neglect your family because of your use of drugs:

- i) Yes ii)  No

6. Has drugs abuse ever created problems between you and your spouse?

- i) Yes ii)  No

#### IV. Service Provided

1. Do you take a regular counselling from the counsellor:

i) Yes  ii) No

2. Do you have any benefits from the counsellor:

i) Yes  ii) No

3. Do you think counselling is enough to mold a person:

i) Yes  ii) No

4. Do you make some benefit during your course:

i) Yes  ii) No

5. Did you get enough care from the workers:

i) Yes  ii) No

6. Do you have regular therapy:

i). Yes ii)  No

7. Do you make some benefit from your therapy:

i). Yes ii)  No

8. How was your therapy:

i). Bad ii)  Good

9. Do you make use of church service:

i). Yes ii)  No

10. Does the church help you overcome your situation:

i). Yes ii)  No

11. Do you make use of your skill vocational training:

i). Yes ii)  No

12. Does the skill vocational training give you quality:

i). Yes ii)  No

13. How was the detoxification period:

i). Good  ii) Bad  iii) I don't know

14. Did your detoxification period help you to overcome your current situation:

i). Yes ii)  No

15. Do the inmates and the workers have a healthy relationship:

i) Yes  ii) No

16. Do you have any chance to ventilate your emotions:

i). Yes  ii). No

17. Is there any type of discrimination among the inmates:

i.) Yes  ii). No