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PREDICTING TRENDS BASED ON THE SUBSTANCE'S IDENTITY CRISIS, THE LEVEL OF AGGRESSION AND DEFENSE MECHANISMS

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ABSTRACT

Researches show that young people who have less adjustment, are facing with many problems such as trends to addiction. Effective factors in young people's adjustment are identity crisis, aggression and defense mechanisms. The aim of the current study was to determine the relationship between identity crisis, aggression and defense mechanisms with trends to substance abuse in university students. So during a descriptive-correlation research ,data from 150 students (71 females and 79 male) with samples available among students of university Shiraz and Hamadan were collected, and by tendency to drug abuse questionnaire, identity crisis questionnaire, aggression questionnaire (Saatchi *et al.*, 2008) and Defense Style Questionnaire were evaluated. Data by multivariate regression, Pearson correlation and independent t-test analyzed that indicated between tendency to substance abuse with the identity crisis, aggression and immature defense mechanisms have a significant positive correlation ($p < 0.05$). Also between females and male was a significant difference in tendency to substance abuse, that boys had more tendency to use substance abuse ($p < 0.05$). The current study hasn't found any significant difference between females and male in the identity crisis, aggression and defense mechanisms ($p > 0.05$). The results of the current study emphasize identity crisis, aggression and immature defense mechanisms in tendency to substance abuse in the students are so important.

Keywords: *Identity Crisis, Aggression, Defense Mechanism*

INTRODUCTION

Young people in each country in terms of social mobility and development play a central role in the development work. To achieve the development goals identified problems faced by young people is of great importance.

In order to identifying youth at risk for abuse Drug (with positive attitudes toward drug use) and other high-risk behaviors should be the main concern of education authorities. All the pundits and experts agree that this drug addiction and drug abuse should be considered as one of the most significant bio psychosocial problems (National Institute on Drug Abuse, 2007). According to statistics on the countries and the percentage of young people who are 15 to 29 years of general population, Iran by 2.31 of the world is second country after Jordan (With 9.32 percent) (National Youth Organization, 2001).

Because adolescence is a time for experimenting, and personal choices, personal identity is shaped in this period, the youth against drug abuse and risky behavior are particularly vulnerable (Rotheram-Borus *et al.*, 2002). In this regard, Bishop *et al.*, (2002) reported an inverse linear relationship between the complexity of addiction, identity and student's scores on alcohol use exam. Samavi and Hussein Chary

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(2008) also found a positive relationship between identity and dispersed drug abuse. Other variables that appear to affect drug abuse trends are aggression.

Jaff (2005) in searching about the relationship between opioid use and aggression concluded that aggression has positive correlated with some drugs. Epstien *et al.*, (2000) in one study were examined 517 adolescents and the results showed that aggression and maladaptive behaviors are associated with the onset of substance.

In one internal study, Fathi and Mehrabizade (2006) showed levels of aggression are higher in addicts than unaddicts.

Other variables that were examined in this study are mechanisms of defense which is as an important component of personality. Defense mechanisms and trends in relation to addiction, nickel and Engel (2006) believe that addicts are unable in utilizing defense mechanisms in stressful situations and move toward destructive behaviors such as drug use. Spielberger and Reheiser (2006) found the relationship between use of immature defense styles and the use of addictive substances such as tobacco.

According to the increasing spread of drug abuse, particularly in teenagers and youth research, this study aims to investigate the relationship between identity crisis, aggressive style of defense as predicted trends of drug abuse in students.

MATERIALS AND METHODS

Method

Research method, Society, sample and sampling method: Current study is a kind of descriptive–correlation study. Participants were all students in the academic year 2012-2013 who studied in Payame Noor Hamadan Branch. So, 150students were selected among them (71 females and 79 males). Data were analyzed by multivariate regression, Pearson correlation and independent t-test analyzed ethical research principle.

Instruments

In the present study, in order to collect data four questionnaires were used which there is brief description about them as follows:

Questionnaire for Detecting Individuals at Risk of Addiction: This scale constructed by Dehkrordian (2000) to identify individuals at risk for addiction and included 60 phrases for conducting on student's performance and standardization. Test reliability is obtained through Cronbach's alpha, which is 0.88.

Identity Crisis Questionnaire: It is a pencil-paper scale that has 30 phrases and developed by Ahmadi (1996) and the rate of infection will be assessed among adolescents and young people's identity crisis by emphasizing 10 separate sections. In research by Boalid and Kamani (2000), Cronbach's alpha was calculated for the test, 0.89 and the degree of internal validity has been reported 0.95 (quoted by Saatchi and Kamkari, 2009).

Aggression Questionnaire: This questionnaire which prepared by Saatchi *et al.*, (2009), consisting of 30 articles that fourteen factors related to anger, eight items related to aggressiveness factor and 8 factors measured the malice factor. Retest coefficients is reported 0.70 which obtained between subject's scores on two occasions. Also, Cronbach's alpha is expressed 0.87 (Saatchi *et al.*, 2009).

Defense Style Questionnaire: This scale examines defensive behavior by the scale empirical evaluation of conscious derivatives of defense mechanisms in everyday Life (San *et al.*, 2004). Besharat and Iravani (2000) reported Cronbach's alpha coefficients for each of developed and underdeveloped style and neuroticism, 0.75, 0.73 and 0.74, respectively and during 4 weeks interval, test-retest reliability coefficient was 0.82.

RESULTS AND DISCUSSION

Results

The data in Table 1 indicate that there is a significant positive correlation among the identity crisis, aggressive and undeveloped defensive style with a tendency to drug abuse, i.e, by increasing in these

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variables (identity crisis, aggressive and undeveloped defense styles) probability in trends related to drug abuse is increased, too.

Table 1: Results of Pearson correlation method on trends related to drug abuse by research variables in students (identity crisis, aggression and defense styles)

		Identity Crisis	Aggression	Developed	Undeveloped	Neuroticism
trends related to drug abuse	Correlation coefficient	0.162	0.245	0.455	-0.06	0.06
	P value	0.04	0.02	0.001	0.22	0.23
	number	150	150	150	150	150

But there is no significant correlation between developed defensive and neurotic defense styles with a tendency to drug abuse. The following variables like Identity Crisis, aggressive and undeveloped defense styles correlation was obtained with a tendency to addiction and entered to regression model that results in the table below.

Table 2: Summary of regression models for predictive variables of identity crisis, aggressive and undeveloped defense styles and trends of drug abuse criterion in students

Model	R2	Arranged R2	F	P value
1	0.21	0.19	13.17	0.001

As can be seen from the above table, the variables of an identity crisis, aggressive and undeveloped defense styles were able to explain 0.19 of the variance in student’s attitudes to substance.

Discussion

Regarding the high prevalence of drug use among young people and the importance of identifying factors that influence in the field of prevention programs, this study was conducted to investigate the relationship between identity crisis, aggressive defensive style, with a tendency to drug abuse among college students. The finding suggests that there is a significant positive correlation between the identity crisis, the level of aggression and undeveloped defense styles tendency to substance abuse.

It means, the scores increased with an identity crisis, aggressive and undeveloped defense styles, and trends of drug abuse in students. The importance of using multi-variable regression is also proved. The identity crisis, aggressive and undeveloped defense styles were able to explain 0.19 of the variance in student’s attitudes to substance abuse and the role of undeveloped defense styles is more obvious.

These findings were in the line with previous researches, such as nickel and Engel (2006), Spielberger and Ryhayzr (2006), Jaff (2005), Bruce and Colleagues (2002), Bishop *et al.*, (2002), Aypstn and Colleagues (2000), Balyk *et al.*, (1997), Slajgh and Colleagues (2011), Celestial and Hussein (2008), Zardkhaneh *et al.*, (2007), Fathi (2006), that emphasized on role of identity crisis, the tendency to addiction, aggression and defense mechanisms.

To explain the role of identity crisis, the tendency to addiction, Kroger (2000) suggests that non-adherence to the positive goals and membership of such persons in antisocial, paranoid, angry, helpless and hopeless feeling and lack a clear sense of identity can be simplified as turning them into drug use.

In order to clarify the role of aggression in the abuse, it may be stated that high-aggressive people not only use the materials solely for pleasure but also to suppress and overcome internal rebellion to employ. On the other hand, it is likely that the aggressive behavior causes exclusion from friends and colleagues who deal with life problems in a positive sense and self-appropriation response, and this may lead to join youths into the deviated group that could provide fertile ground for drug disposition.

In order to explain the importance and the role of defensive style, Cramer (1998) believes that children who use poor defending with age, in their adulthood, affective and cognitive, and social levels of difficulty will also deal with inhibition (quoted by Heydari, 2005). The results of this study can help

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provide preventative plans to reduce drug abuse among young people, especially college students. It is also suggested that there should be special attention to the research and treatment of addiction, the role of such an identity crisis, aggressive defensive style. The results of this study can help provide preventative plans to reduce drug abuse among young people, especially college students. It is also suggested that there should be special attention to the research and treatment of addiction, the role of such an identity crisis, aggressive defensive style and findings this study it can to be used by the counselors and therapists in planning prevention and treatment.

Limitation of the Study

Should be noted that the study was descriptive and it makes the findings not brought as to the cause, In addition, the study was limited in selecting samples among the students and assigned to a specific geographic region, and this problem causes that there should be more cautious in generalizing the results to the all members of society. In the end, it is recommended that, if possible, in future studies, clinical samples that are suffering from somatoforme disorder will be examined.

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