

Relationship Between Addiction Potential and Self- Efficacy Among University Students

Sahar Mohammadnabizadeh

Social Determinants of Health Research Center,
Mashhad University of Medical Sciences,
Mashhad, Iran
Mohammadnabizadehs@mums.ac.ir

Abstract

Introduction: The high substances use outbreak among young people and consumption patterns changes make it required to consider this essential and basic problem of youth. This investigation aimed to assessment the relationship between addiction potential and self-efficacy among university students. **Methods:** This is a cross-sectional investigation that was done among 438 students of Mashhad Universities of Applied Sciences. The data collection tools were demographic questionnaire, self-efficacy questionnaire and addiction potential questionnaire. Data were analyzed by SPSS software. **Results:** The results showed that addiction potential had significant negative correlation with self-efficacy. **Conclusions:** A high self-efficacy is an important factor that protect individuals from unhealthy and damaging impacts and can strengthen the self-esteem to reject substance used offers. Therefore, it is recommended that interventions and training related to promoting self-efficacy beliefs be considered in the design of educational programs.

Keywords: Self-Efficacy, Addiction Potential, Students

Introduction

Because of the misbeliefs, cultural reasons, and particular geographical location in Iran, substance abuse frequency is increasing, especially among young people (1). Addiction is a social, physiological, and psychological disease, that occurs of misuse of substances like opium, alcohol, cocaine, and leads to a substance dependence, leaving harmful psychological, physiological, and social effects (2). students of Universities are an efficient and main part of the human resource of the society. Nevertheless, proofs have shown that this important and influential community is threatened via high-risk factors, such as substance abuse tendency (3).

Various investigations carried out about substance abuse indicated the considerable impacts of psychological variables on reducing the addiction risk and as well as improving successful treatment, among which self-efficacy has a remarkable importance (1, 2). Bandura has described that the self-efficacy is a constructive and useful power, by which the skills of behavioral, social, and cognitive of individuals are efficaciously organized in order to achieve different

purposes (4). In fact, self-efficacy is defined as an individuals' belief of their capabilities in order to improve motivations, apply cognitive resources, and control over the specified events (5). Particularly, when faced with stressful occurrences, having a control feeling over the condition is a significant factor of different statuses adaption (6).

Weak belief of self-efficacy divests the peoples' ability of solving the problems (7). Various investigations determined that low self-efficacy leads to a risk increment of drug abuse among youths (8, 9). For instance, Tate et al showed that low self-efficacy sets the basis for drug use of adults (10). Moreover, studies indicated that self-efficacy has a particular role in health improvement and treatment results prediction of substance-dependent persons (11).

The high substances use outbreak among young people and consumption patterns changes make it required to consider this essential and basic problem of youth. Therefore, with regard to the significance of addiction potential evaluation and given to the importance of predictive factors recognition in different groups, particularly young people, and protective factors education against addiction, this investigation aimed to assessment the relationship between addiction potential and self-efficacy among university students.

Methods

This is a cross-sectional investigation that was done among 438 students of Mashhad Universities of Applied Sciences. Participants were collected using cluster sampling. The inclusion criteria included informed consent and complete questionnaire, and excluded criteria includes personal unwillingness and incomplete questionnaires. The research protocol was approved by the Mashhad University of Medical Sciences.

Data collection tools

Information of demographic such as participants' age, sex, marital status, and education was assessed in the first section of the questionnaire. Moreover, Sherer questionnaire was applied to assess general self-efficacy (3). It contains 17 items with a 5-point Likert scale (completely disagree=1, completely agree=5). Scores are between 17 and 85. The validity of this scale was confirmed by Najafi et al (12). A reliability of 0.78 was estimated for this scale by Cronbach's alpha. Furthermore, in order to assess the addiction potential, we used Iranian version of Addiction Potential Scale which has been approved by Zargar et al (13). The questionnaire includes of 36 items and 5 lie detector questions. Each question is scored from zero (completely true) to three (completely false); so, the total score range is zero to 108. In the current investigation, a reliability of 0.90 was assessed for this scale by Cronbach's alpha.

Analysis

Data were analyzed applying SPSS 21 software and Pearson correlation coefficient at the significance level of 0.05. The quantitative data were demonstrated by mean and standard deviation and qualitative variables were displayed by percent and frequency.

Results

The mean age of students was 21.53 years. 104 of the workers were married (23.7%), 334 were single

(76.3%). Related to education, 279 had Associate degree (67.8%) and 141 had Bachelor science degree (32.2%). 160 of the students were men (36.5%) and 278 were women (63.5%).

Table 1- Demographic characteristics of the students

Age (year), Mean (Standard Deviation)	21.53 (3.34)
Sex, Number (%)	
Male	160 (36.5)
Female	278 (63.5)
Education, Number (%)	
Associate degree	297 (67.8)
Bachelor science	141 (32.2)
Marital status, Number (%)	
Married	104 (23.7)
Single	334 (76.3)

The results displayed in table 2 are related to the mean and standard deviation of self-efficacy and addiction potential.

Table 2- Mean and standard deviation of variables

Variable	Mean	Standard deviation
Addiction potential	56.93	15.82
Self-efficacy	52.33	6.57

The results showed that addiction potential had significant negative correlation with self-efficacy (table 3).

Table 3- Correlation matrix among variables

Variables	Self-efficacy	P-value
Addiction potential	-0.79	0.0001

Discussion

According to the results, a significant relationship was observed between addiction potential and self-efficacy. One of the importance self-efficacy aspects is having the confidence and belief that the individual can affect the life consequences via controlling them, particularly when faced with stressful situations (6). On the other hand, addiction potential is much higher in individuals who are junkie of adrenaline, extrovert, and vulnerable (14). Moreover, these people usually have pessimistic attitudes and self-doubt (15). Bahadori Khosroshahi, as well as Sterling et al showed that low self-efficacy leads to a more risk of substance use in youths and adolescents (16, 17). Moreover, Torrecillas et al indicated a negative correlation between drug use and self-efficacy among addicts seeking treatment (15). Tate et al showed that low self-efficacy sets the basis for drug use of adults (10). In addition, Poorkord et al demonstrated a significant relation between addiction potential and self-efficacy among adolescents. Based on their findings, individuals with poor self-efficacy were more susceptible to drug use, compared to normal people (18). Dolan et al showed that individuals with higher self-efficacy have much tendency to drug use discontinue and in the face of the substances abuse risk, are less persistent to use them (9). In other investigations, Ramo et al (19), Walton et al (20), and

McKay et al (21), indicated that individuals with higher self-efficacy have high self-confidence degrees and are able to resist against substances such as cocaine, crack, alcohol, etc. for longer time. The findings of another research reported that poor self-efficacy was associated with a higher number of days with experiences and problems related to substance abuse (22).

Self-efficacy to substance abuse abstain could result from observing and having the positive achievement experiences of abstaining, or being encouraged of the positive abstaining consequences (23). Individuals who assume him/herself more efficient, have a higher degrees of life satisfaction and a lower high-risk behaviors inclination as well as to being more successful performance (10). In fact, self-efficacy by enhancing self-esteem, prevents the different negative behaviors and also hollowness feeling (10, 16). In addition, self-efficacy helps the way individual motivations generate, thinks, and action in different conditions (24). People with higher degrees of self-efficacy apply their thoughts in line with generating motivation, guiding, and operating towards aims and as a result are more successful.

Individuals who have firm and specific self-efficacy have higher psychological health levels; therefore, they are less likely performing unhealthy behaviors such as substance use in order to solve their obstacles and problems (15, 25). Higher self-efficacy let youth

to be more self-assured in their capabilities of decision-making. Based on this, it is recommended that interventions and training related to promoting self-efficacy beliefs be considered in the design of educational programs. Moreover, however the resultants of this investigation are important and significant for the public health stakeholders, it is necessary to carry out future researches with larger sample sizes, too.

Conclusions

Self-efficacy promotes people's capability to resist against of the pressures of social environment to use

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