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Loneliness among Substance Abusers of Type A and B Personality

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Abstract: *The present research aimed to explore feelings of loneliness among substance abusers of type A and B personality. The study shows the difference between substance abusers and normal individuals. The sample consisted of N= 120 participants, substance abusers (60) and normal individuals (60). Their age range was 25–40 years. Only male substance abusers were included in the study. Demographic variables were also analyzed. The study shows the difference between substance abusers and normal individuals. Findings show that normal individuals have less loneliness level in type B as compared to drug-addicted type A personality. It was also found that loneliness is directly correlated to type A personality and indirectly correlated to type B personality of drug addicts.*

Key Words: Loneliness, Substance Abuse, Type A and B Personality

Introduction

The medical term of addiction is a chronic, frequent circumstance characterized by excessive drug seeking and application despite adverse effects. Because it involves functional changes to brain circuits associated with reward, stress, and self-control, it is regarded as a brain condition. It's frequently spoken of as a pathological condition. Drugs have an extreme impact on the neurochemical balance in the brain, which directly impacts how you feel and how you act. Users who suffer from emotional anguish use drugs as a way to block out their issues. Addiction and abuse of drugs may result from this. It is drug addiction or use that is harmful and compulsive since the initial use of drugs is often a response to a situation or behaviour that the user considers to have been out of control or as a statement of style.

The overuse of chemicals like nicotine, alcohol, or cocaine, as well as the consumption of foods rich in calories that cause excessive obesity, can all be examples of addictive behaviour based on a pathological need for the substance or activity (Ghanbari Zarandi et al., 2018). One of the most common and stubborn mental health issues affecting our society today is addictive behaviour. Both the addict and their relatives and friends suffer severe personal harm as a result of addiction. Health issues can arise for those who become drug addicts. Addicts could experience difficulties maintaining employment or pose a risk to those people they come into contact with. There are numerous societal issues that are caused by addiction (Tsai et al., 2022)

Alcoholism in Type B alcoholics is more severe than it is in Type A alcoholics. Alcoholism of type B, which is more common in males than women, seems to be influenced by inherited factors than Type A alcoholism. In addition to being more impulsive and having a stronger familial history of alcohol consumption, Type Bs are also likely to have more severe alcohol dependency, polydrug addiction, and

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psychiatric illnesses, including antisocial personality disorder (Basterfield, Hester, & Bowden, 2019). Additionally, people might develop psychological addictions to substances and activities. These pursuits enhance their happiness, self-confidence, and other qualities. They might carry on using these substances so they can continue to feel these emotions. In these situations, the individual develops psychological and physiological dependence (Hardie & Tee, 2007). Loneliness is a headache, if depression is a psychopathology's cold. Unlike solitude, the state of loneliness is a debilitating mental illness that lasts for a long time and makes a person feel emotionally famished and cut off from their friends. Physical separation from others is all that constitutes loneliness. We have all experienced the agony of loneliness occasionally (Johnson et al., 2016). Every one of us has experienced times when there was no one to talk to, when everyone else seemed to be with someone else while we were alone, and when all of our relationships seemed unimportant. Both grief and depression are not. Even yet, loneliness can lead to sadness. They are not equivalent in any way. Individuals who are lonely are pushed to form new relationships in order to escape the miserable situation they are in (Ingram et al., 2018).

Personality is a collection of items, usually questions or assertions concerning emotions or behaviour, to which respondents must reply by providing an answer or by indicating their agreement or disagreement. Both internal (such as feelings) and outward (such as behaviours) aspects of personality can be measured. "Personality is a dynamic organisation, within the individual, of psychophysical systems that produce a person's distinctive patterns of behaviours, thoughts, and feelings (Sewwandi et al., 2017).

People's interactions with others, their work ethic, and their reactions to stressful situations can all be influenced by their personality. The pattern of feelings, ideas, and actions that characterize each person is referred to as their personality. A person's primary traits can indicate if they are a Type A or Type B personality. These characteristics could affect their interactions with others, their work, or their studies. Their health could potentially be impacted by them. An individual possessing a type A personality may exhibit traits like impatience, anger, and tenacity in addition to being driven and ambitious. Individuals with type A personalities tend to have a strong focus on goals and deadlines, operating as if they are in a race against the clock (Hisam et al., 2014).

Type A and Type B also showed disparate findings within the personality aspects. People with type A personalities displayed more agreeableness, conscientiousness, cooperativeness, and self-direction. Furthermore, Type A and Type B showed disparate outcomes within the personality traits. Higher degrees of conscientiousness, cooperativeness, self-direction, and agreeableness were displayed by type A personalities. On the other hand, neuroticism, novelty seeking, and injury avoidance were more prevalent in Type B personalities. These characteristics may be highly correlated with substance use problems or mental disease. Moreover, these effects persisted in the face of antisocial personality and mental symptoms (Karsten et al., 2012).

The examination of sensation seeking, hostility, crime, violence, and impairment of social adjustment revealed that Type B substance abusers outperformed Type As substance abusers. In addition, compared to Type A cocaine addicts, Type Bs consumed more drugs more frequently and for longer periods of time. Additionally, Type Bs reported abusing additional drugs more frequently to ease withdrawal symptoms and experienced more negative drug-related side effects, such as unconsciousness, violent behaviour, and chest pain. For their first use, first binge, first regular use, first daily use, and first signs of addiction, Type B drug users started using substances when they were younger (Shireen, Abi & Thomas, 2021).

Numerous studies on drug users' type A and B personalities, as well as their feelings of loneliness, have been conducted in Western nations, but no such studies have been conducted in the East. In order to learn how the personality type of substance abusers affects their feelings to participate in their society, this investigation is important.

Objectives of the Study

For the present study, the following objectives have been made:

- To find out the level of loneliness among type A and B personality of drug addicts.
- To determine the level of loneliness among unmarried and married drug addicts.
- To determine the level of loneliness among low-educated and high-educated drug addicts.

- To determine the level of loneliness among type A and B personalities of normal individuals to determine the level of loneliness among unmarried and married normal individuals.

Method

Research Design: This was descriptive research, and a survey method was used to collect data. Structured questionnaires were the instrument of the study, and it took two months to collect the data from July 2023 to August 2023.

Participants: According to Anderson (2021), Substance use was identified in 32.4% of inpatients, and a purposive sampling technique was used for sample selection. There were 60 substance abusers who fulfilled the criteria of sample selection during the months of July and August 2023, and an equal number of normal individuals were included in the sample to make comparisons easily. The sample consisted of 120 participants, of which 60 were drug addicts and 60 were non-drug addicts, normal individuals. The age ranges are 25-40 years. Only male substance abusers were included in the sample for this study, and the substance abusers facing any other major disease were excluded from the criteria of sample selection.

Instruments: To assess the variable, two scales were used

Type A Behavior Pattern Scale: The type A scale consists of 12 items and constitutes three subscales named aggressiveness/hostility, time urgency and competitiveness, each sub-scale having scored. One statement deals with a Type A Behaviour pattern, whereas the other deals with a Type B behaviour pattern in each item. Statement for type A is given one score while statement for type B is given a score of 0; hence, the score range is from 0-12. Those who scored fall between 9-12 on this scale had type A personality, those who scored fall between 1-4 on this scale had type B personality, and those who scored fall between 5-9 had neither type A nor type B personality. To measure the type A personality, the scale of the type A behaviour pattern developed by Anjum Khalique (1991) was used.

Loneliness Scale: In the present study, differential loneliness scales by (Schmidt & Sermit, 1983) are used to measure loneliness. The mean was determined, and the scores below that mean value showed a low level of loneliness, and the scores above that mean value showed a high level of loneliness on this scale. It consisted of 20 items and measured loneliness. It is a dichotomous type scale with a true and false format.

Results

Table 1

Level of loneliness among type A and B personality of drug addicts

	N	Mean	St Dev	SE Mean	t- value
Lon B	5	6.40	1.67	0.75	
Lon A	14	4.36	1.69	0.45	2.32

$P < 0.016$, $P < 0.05$ $df=17$

Results show that the level of loneliness is lower in type B personality ($M=6.40$, $Sd= 1.67$) than in type A personality ($M=4.36$, $SD=1.69$) of drug addicts.

Table 2

Level of loneliness among unmarried and married drug addicts

	N	Mean	St Dev	SE Mean	T value
Lon UM	19	5.95	1.90	0.44	
Lon M	41	4.63	1.65	0.26	2.14

$P < 0.004$, $P < 0.05$, $df=58$

The table shows that the level of loneliness is higher in unmarried as compared to married substance abusers.

**Table 3**

Level of loneliness among low-educated and high-educated drug addicts

	N	Mean	St Dev	SE Mean	T value
Lon L.Edu	41	35.44	3.72	1.4	
Lon H.Edu	17	31.44	2.96	1.7	1.98

$P < 0.005$, $P < 0.05$, $df=58$

Results show that the level of loneliness is higher in low-educated ($M=35.44$, $Sd= 3.72$) than high educated ($M=31.44$, $SD=2.96$) in drug addicts.

Table 4

Level of loneliness among type A and B personality of normal individuals

	N	Mean	St Dev	SE Mean	T value
Lon A	5	6.60	1.34	0.60	
Lon B	8	4.75	2.55	0.90	1.48

$P < 0.083$, $P < 0.05$, $df=11$

Results show that there is a significant difference in the level of loneliness in type A ($M=6.60$, $Sd= 1.34$) than in type B personality ($M=4.75$, $SD=2.55$) of normal individuals.

Table 5

Level of loneliness among unmarried and married normal individuals

	N	Mean	St Dev	SE Mean	T value
Lon UM	21	4.33	2.87	0.63	
Lon M	39	3.28	2.41	0.39	1.51

$P < 0.068$, $P < 0.05$, $df=58$

Results show that there is a significant difference in the level of loneliness in unmarried ($M=4.33$, $SD= 2.87$) than in married ($M=3.28$, $SD=2.41$) normal individuals.

Discussion

It was that the level of loneliness is higher among drug addicts of type A personality than it will be lower in type B personality. (Sewwandi et al., 2017) Research on personality traits has made significant contributions to understanding clinical syndromes such as substance abuse and personality disorders. Personality characteristics are to recognize that they can be changed. It is also important to know that loneliness is a common experience. Some of the personality dispositions directly related to loneliness include shyness, introversion and self-consciousness. Most of these characteristics are in type A personality. Then type b personality as type B personalities are more social people and enjoy hanging with friends and others. Therefore, type A personalities have a higher chance of developing loneliness. Therefore, when type A personalities become drug addicted, their loneliness increases, and to get rid of these feelings, they take more drugs and keep themselves at work. As these people are not more social, they do not share their feelings with others. They keep themselves alone, and this increases the loneliness level in type A personality as compared to type B personality.

Married drug addicts have more responsibilities in the family than unmarried drug addicts. Baldoni (2010) theorized that during the period of adolescence, adolescents should relinquish their parents as their parents are primary attachment figures. Instead, the adolescents search for somatic partners to form an adult attachment with during the transition period. Adolescents experience loneliness as they search for their primary attachment figure. The research on loneliness, human nature, and the need for social connection suggests that chronic loneliness belongs among health risk factors such as smoking, obesity or lack of exercise. Unmarried drug addicts think more about themselves and rely fully on their parents to serve when they become drug addicted; family and friends do not like to take or meet them. They remain alone and take drugs to overcome feelings of guilt, depression, loneliness, and worthlessness. Compared

to married drug addicts, his family, wife, and children pressure him to fulfil his responsibilities and serve them. They put pressure on others to earn and solve family problems. As they share their feelings and matters with their family and get the feeling of connection with them. This can lower the feeling of loneliness as compared to unmarried drug addicts.

Loneliness is a condition of human life, an experience of being human which enables the individual to sustain, extend and deepen his humanity. Loneliness is within itself. Loneliness, whether a state of being alone, feeling lonely or experiencing solitude, is portrayed as an essential aspect of human existence, an inescapable fact of life. When educated become drug addicts, they feel more lonely as compared to those low-educated people. Because they have their prestige level and do not want to insult themselves by showing their habit of addiction to others. In order to avoid comments and humiliation, they prefer not to participate and remain alone. As addiction hinders the path of progress so, they prefer to remain alone. They hide their feelings and do not share them with others, and they feel lonely. Their social group becomes less after drug addiction, their social interaction decreases, and they are more prone to become introverted. Lower-educated people are mostly social. They do not care much about social prestige. They spend more time in peer groups or social activities and do not complete their education. They want to remain in addicted company and show a low level of loneliness as compared to highly educated drug addicts.

It was also studied that the level of loneliness is higher in unmarried individuals than in married individuals. It showed that an unmarried and married normal individual shows no significant difference in the level of loneliness. (Blai, 1989) Thinking of loneliness in terms of personal satisfaction, a person has very little contact with people, but if he is satisfied with that contact, then he won't feel lonely. Unmarried and married normal individuals both have their groups and due to their social groups, they do not feel lonely. Married people mostly share their feelings with their wives or their family members or friends, and unmarried people also have friends and spend more time with them; therefore, they also do not feel lonely because they share their feelings with them. Yang (2017) theorized that the period of adolescence they suggested adolescents relinquish their parents as their primary attachment figure. Instead, the adolescents relinquish their parents as the primary attachment figure. Instead, the adolescent searches for a romantic partner to form an adult attachment with. During the transition period, adolescents experience loneliness as they search for their primary attachment figures. So, there is no significant difference in the level of loneliness.

Conclusion

Thus, from the above discussion, it is concluded that there are some differences between normal individuals and drug addicts regarding their level of loneliness in type A and B personality. The research also focused on educational level, marital status, and differences in loneliness in type A and B personality of drug addicts. The result shows that the level of loneliness is higher among unmarried and low-educated drug addicts than among married and highly educated drug addicts.

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