

The Effectiveness of Enduring Training upon Ego – Control of Addicted Persons

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ABSTRACT: The aim of this research was to determine the effectiveness of enduring training upon ego – control of addicted persons. The present study is a semi – experimental with pretest – post test with control group. 30 persons were selected among 240 addicted persons that were screened. To gather data, it was used questionnaire ego – control questionnaire. According to the data enduring training can be effective upon the rate of ego – control of addicted persons ($P < 0.001$). It is better to use this method in withdrawal clinics and clinical affairs.

Keywords: Enduring Training, Ego – Control, Addicted Persons.

INTRODUCTION

Dependency to drugs is one of the important problems among people. It is necessary to identify dangerous factors for dependency to drugs. According to some reporting's, there are 4 million addicted persons in our country which 2-3 millions of them are certain addict and nearly 400.000 persons are injective addict. According to hygiene, therapy medical training ministry study that was administered with assistance UNODCCP, the number of users estimated 3.67 million that 1.39 million persons of them were classified as abusers and 1.16 million. Persons as addicted or dependent to drugs. Also %16.3 of art course students, 8.85% of humanistic sciences students, 6% of technical & engineering student and 5.1% of medical students in Tehran Universities were known as addicted persons (Taremiayn et al., 2007).

Addiction crisis like the other crisis & including environment destroy poverty & famine, war & bloodshed and the appearance of new diseases is harmful for human's health. The problems related to addiction to narcotic drugs shows extensive spectrum that one side of this spectrum consists of family problems and the other side of it is political & economic inconsistency. The commerce of Narcotic drugs is the second benefit commerce in the world. The reforest the role of political, social, economic & cultural affairs upon addiction is clear (Ghoreishi Zadeh, 1898). The heavy cost of fighting with narcotic drugs smuggling that is done by persistent protection from frontiers and creating look – out towers and spreading disciplinary forces toward frontiers, with injuries related to fines depended to narcotic drugs and heavy costs of addicted person's therapy are very harmful for our government budget (Pourafkari & Habituation, 1998).

Ego – enduring has been conceptualized as one of the main constructs of personality to understand motivation, emotion and behavior (Werner & Smith, 1982). Ego – Enduring is known as "natural mechanism of human's self – reforming". Werner (1982) believes that ego – enduring is a potential factor for all persons. Enduring is the adjustment ability of control level on the basis of environmental circumstances (Letzring et al., 2005).

With securing human's primary needs, enduring appears. Enduring process can reform of adjust and or even disappear unpleasant effects (Friborg et al., 2006; Tugade & Fredrickson, 2004; Friborg et al., 2006). Unpleasant circumstances affect mental health of injured persons. Ego – Enduring can adjust stress levels and disability in unpleasant circumstances. Friborg et al showed in one study that enduring can be useful upon persons and behave in front of difficult circumstances in flexible.

However, enduring training can be effective upon many variables. According to the research, persons with low enduring are more vulnerable and have no boldness, encouragement motivation and basic strategies to change stressful circumstances, exaggerate about their problems and aren't satisfied from the existing circumstances, know themselves poor and don't show any attempt to solve stressful circumstances. They also behave inflexible and show fear toward their future and feel disability against their problems, however, persons with high enduring, have strong motivation to succeed and their self – reliance and self – believing is high (Maddi & Khoshaba, 2005).

Therefore, enduring can increase ego – control of addicted persons. The aim of this study to find the answer to this question "can enduring be effective upon ego – control upon addicted person?"

Objectives

The aim of this research is to determine the effectiveness of enduring training upon ego – control of addicted persons.

MATERIALS AND METHODS

The present research is one semi – experimental study.

The research design is pretest – past test with control group.

The statistical population of this research was the all addicted persons inferring to mmt drug therapy center of sari Behzisti (240 persons). Ego- control questionnaire were administered among the population, then 30 persons were selected among persons with low score and were divided in two groups, each group 15 persons, randomly. Experimental group received enduring training and control group received no training. Experimental group received the training at 9 sessions. At the end of training period, past-test as administered upon both groups.

(SRS) Ego – control scale

Ego – control scale is one self – report scale including 30 items that evaluates the rate of emotional falconry and the ability of anger suppressing. Weinberger and Schwartz created this test in 1990 and it is known as one scale of Weinberger adjustment questionnaire. Ego – control scale consists of one total scale and four subscales. The subscale of this test that are similar and separate constructs include: suppressing anger, impulse control, others regarding and responsibility. Weinberger reported the correlation coefficient of this scale %91. The retest reliability has been reported %89 at 2 weeks (n = 49) and %76 at 7 months during (n = 337) (Weinberger & Schwartz,1990). The internal consistency of total test in the other research was %85 - %88 and the internal consistency of anger suppressing subscale %79 - %82, impulse control %66 - %69, others regarding %68 and responsibility %76 - %77 (Feldman & Weinberger,1994).

The aims of the sessions

Session 1: they become familiar with concepts, structure, stages, the method of program executing and duties.

Session 2: It was noticed to identify and control emotions (for example the level of happiness, feelings about self and the rate of confronting with problems). The relaxation training, gradual muscular relaxation and mental imaging exercises were executed.

Session 3: The methods of important unanimity level executed, philanthropy behavior, helping, acceptance, considering and consoling to each other were trained.

Session 4: They became familiar with ego – control and ego – end enduring words. Ego – control is an item that enables addicted persons to delay instant enjoyment. Ego – enduring is contributed to the person's ability for adjustment and flexibility. This technique was used to improve the level. For example it was used the challenge with coevals and group working.

Session 5: it was discussed about the ability of creating good communications and also verbal & nonverbal effective communication.

Session 6: The good witty nature sense – group partnership to improve the level was trained.

Session 7: Self – identification sense (for example by work notes and group discussions), positive self – perception (for example gathering positive features) and self – efficiency were trained to increase ego – control.

Session 8: metacognition problem solving, the survey of negative thoughts cycle and having positive attitude were trained to increase their.

Session 9: the fixation of believers and religious or spiritual expectations and future aims were considered.

Session 10: The aim of this session was fixing the learned abilities during sessions and included the concrete of emotional, social and cognitional enduring for addicted persons. The past test was administered at this session.

RESULTS

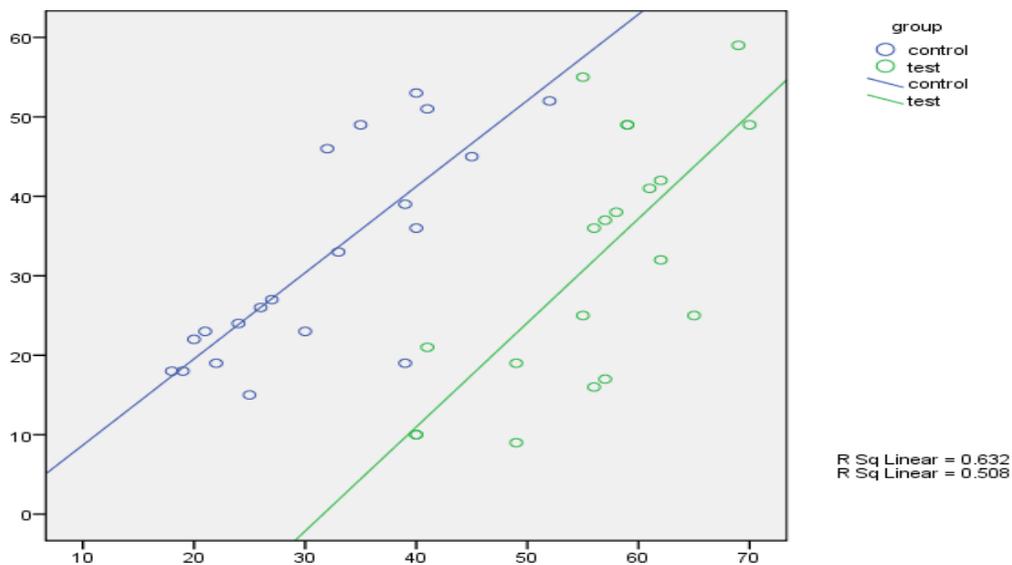


Figure 1. The mean of ego – control for enduring training group and control group.

Table 1. Box test to survey matrix homogeneity.

| Sig. | df ₂ | df ₁ | F | M Box's |
|------|-----------------|-----------------|-----|---------|
| %8 | 141 121 | 3 | 2.3 | 7.47 |

As it is clear from Box test and not being significant sig = %8, $F(3.141121) = 2.3$, variance – covariance matrixes are home generous. The equality assumption survey of variances error has been reported at table 3.

Table 2. The equality assumption of variances error.

| Variables | F | df ₁ | df ₂ | Sig. |
|-------------|-------|-----------------|-----------------|-------|
| Ega control | 0.595 | 3 | 22 | 0.560 |

At this survey the significance level of dependent variables ego – control is more than %5, therefore the data confirm the equality assumption of variance error.

Table 3. The mean & standard deviation scores of pretest & past test for experimental & control groups.

| Variables | Experimental group | |
|-----------------------|--------------------|--------|
| | Mean (\bar{X}) | SD (s) |
| Ego – control pretest | 33.057 | 0.870 |

Table 4. The adjusted mean & standard deviation

| Variables | Control Group | | Experimental | |
|-----------------------|--------------------|--------|--------------------|-------|
| | Mean (\bar{X}) | SD (s) | Mean (\bar{X}) | SD |
| Ego – control pretest | 23.897 | 1.242 | 42.216 | 1.219 |

Research Hypothesis: Enduring training is effective upon ego – control of addicted persons.

Table 5. Covariance statistical analysis of experimental and control groups upon the rate of ego – control.

| Diffraction source | SS | df | MS | F | Sig. |
|------------------------|----------|----|----------|--------|-------|
| Ego – control variable | 2433.216 | 1 | 2433.216 | 112.19 | 0.000 |
| Error | 585.557 | 27 | 21.687 | | |

According to the results of table 5, the calculated $F(P=0.0001)$, $F(1,27)= 112.19$, the significance level is low than $P=0.005$, therefore the calculated F is significant statistically. We can conclude that enduring is effective upon ego – control. With regarding to being significant of means difference, we can state with 99% assurance that the research hypothesis is confirmed “enduring training is effective upon ego – control of addicted persons.

CONCLUSION

Research Hypothesis: Enduring training is effective upon ego – control of addicted persons.

According to being significant of the means difference, we can state with 99% assurance that the research hypothesis is accepted “enduring training is effective upon ego – control for addicted persons”.

Enduring is active & constructive participation in self environment.

Enduring is person’s ability in creating biological – mental equilibrium in dangerous situations. Researchers believe that enduring is a kind of self – amendment with positive emotional, affective and cognitive conclusions (Masten, 2001). Persons with having sensitivity toward punishment, show anxiety and depression more and against, persons with having sensitivity toward reward may show the behavioral disorders such as delinquency and hyperactive – attention deficiency. This finding is congruent with the results of Demos (1989).According to Garee (Argyle, 2001), persons with high ego – control sensitivity experience more anxiety than the other persons. The very high sensitivity of behavioral ego – control system may result to anxiety or depression disorder. The high activity of behavioral activating system may result to the increase of criminal behaviors.

Garee (Argyle, 2001) stated that emotions are the reflectors of acquired predictions for good conclusions (happiness & hope) or favorite conclusions (anxiety & disappointment). He introduced one personality & motivation system based on neuropsychological with the name of behavioral activating system (BAS) and behavioral inhibition system (BIS). BAS is the neurophysiological base of impulsiveness and BAS is the neurophysiological base of anxiety. We can state that BAS is related to positive emotions and BIS with negative emotions. There are a lot of differences in responding these two systems to the related stimulus that are the reasons brain reactions to different kinds of mental pathology.

The sex variable has been controlled in this research. Therefore the generalization of these findings to females needs to separate intervention. The rate of the effectiveness this method isn’t clear according to the using narcotic drug. Since the origin of the a lot of behavioral disorders for young people is related to the deficiency of abilities and skills, therefore, we propose that skills training, especially mentioned two skills is known as training necessity.

Conflict of Interest

The authors declare no conflict of interest.

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