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Happiness and life satisfaction level in recovered drug addicts

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Abstract---Happiness is a subjective feeling marked by emotions of joy, fullness, satisfaction, and contentment. With a hedonistic approach, it can be explained as an actual, momentary experience which is both delightful and transitory whilst avoiding painful adventures. Life satisfaction, then again, is surprisingly confounded; the terms are usually viewed as equivalent; however, they are two particular ideas. The assessment of one's life in general and not exclusively one's present level of pleasure, is called life fulfilment. This research is aimed at studying the affective and cognitive components of the subjective well-being i.e., Perceived happiness and Life satisfaction respectively, in recovered drug addicts. Happiness measures by M.W. Fordyce and Satisfaction with life scale (1985) were used among 96 selected samples of recovered drug addicts of age 19 years and above with a drug free period of minimum 2 years. High levels of happiness and life satisfaction were recorded among the recovered drug addicts.

Keywords---Happiness, Life satisfaction, Subjective well-being, recovered drug addicts, Drug addicts, Drug addiction.

Introduction

Happiness

The term Happiness is considered quite ambiguous and can be interpreted from different perspectives. Certain people, particularly those who are profoundly dedicated to their religious faith, see it in terms that accentuate morality, reverence, and awakened spirituality. Others describe happiness as the intrinsic peace and gratification that results from being content with one's situations, relationships, and accomplishments. Similarly, several others define happiness as a delightful interaction with one's personal environment, like having a fun, meaningful, rewarding, and stimulating career and interests. Happiness, as defined by psychological researcher Sonja Lyubomirsky, "is the sensation that one's life is excellent, significant, and worthy, accompanied with feelings of joy, pleasure, or positive well-being". Aristotle, a Greek philosopher, divided happiness into two types: Hedonic and Eudemonic. Hedonic joy is derived from pleasure. It is primarily linked to doing what makes you feel good, self-care, achieving desires, enjoying the moment, and feeling fulfilled. Eudaimonia, on the alternative end, is a type of pleasure that originates from an ambition for integrity and worth. The sense of meaning, value, and significance throughout one's life are all critical elements of eudaemonic wellbeing. It has more to do with sticking to promises, setting long term plans, caring for others' well-being, and upholding one's own expectations. Overall, Happiness is an internal sensation that ranges from mild amusement to extreme exhilaration, and it does not have to be voiced in order to be savoured.

Life satisfaction

Life satisfaction is a term used to refer to how people feel about their options and direction regarding their future. The term is here and there utilized all over the place conversely with happiness, yet they are two separate ideas. Life satisfaction is a general appraisal of one's life overall, rather than one's current level of delight. As per Ellison and partners "Life satisfaction is the cognitive assessment of an underlying state thought to be relatively consistent and influenced by social factors". It is a global assessment instead of a specific one that is based at one particular moment and on a particular area. There are two speculations of life satisfaction: Bottom-up hypotheses and Top-down hypotheses. The Bottom-up speculations express that we experience life satisfaction as an aggregate impact of assuagement in various spaces of our lives while the Top-down hypotheses propose that the satisfaction we have in various areas of our life relies to a great extent upon our general life satisfaction. Regardless, life satisfaction and contentment in various spaces of life are interrelated. The criteria to determine a person's satisfaction with life is that it not only encompasses momentary happiness but happiness in life in general. Life satisfaction falls under four unique classes: Life Chances, Course of Events, Flow of Experience, and Evaluation of life. Under the heading of life chances, social factors such as culture and social equality and personal factors like material holdings and relationships, can be found. The course of events comprises of things that we come across as we go through life like solitude or company and make us eventually go towards a particular direction: satisfaction or dissatisfaction. Flow of experience includes

the reaction to the things and events that we encounter during life i.e., feeling safe or anxious, loneliness or love. The evaluation of life is the average effect of all the above said factors and how we rate our own life according to our set ideal. A high life satisfaction makes us enjoy our life even more and has a positive impact on our overall wellbeing as well.

Drug addiction

The word "addiction" derives from the Latin verb "addicere," which means "to give or bond a person to something." Addiction is a term commonly used in the drug sector to describe persistent, obsessive, or uncontrollable drug usage to the point that a person (an 'addict') can't or won't quit using certain drugs. It usually signifies a high level of psychological and physical dependence, which leads to a Withdrawal syndrome when the substance is removed. Drug addiction is viewed as a move from intentional, sporting substance use to impulsive drug seeking way of behaving upheld by neurobiological change from prefrontal to striatal command over drug chasing and use, as well as a movement from the ventral to the dorsal striatum. In today's perspective, there are three types of drug usage: (1) incidental, regulated, or social use, (2) substance abuse or risky use, and (3) illicit and chronic drug use. In clinical terms, incidental yet restricted drug use varies from expanded drug use, loss of command over restricting drug consumption, and the rise of persistent fanatical drug seeking, for that portrays enslavement. Chronic drug use, as characterized by American Psychiatric Association, is portrayed by (i) A powerful urge to search out and consume the substance, (ii) Loss of control in restricting admission, (iii) Negative passionate emerges (e.g., dysphoria, nervousness, peevishness) when admittance to the drug is confined.

Literature Review

Keith J Zullig, Robert F Valois, E. Scott Huebner, John E Oeltmann, J. Wanzer Drane directed a study to comprehend the connection between perceived life satisfaction and teenagers' substance misuse propensities among 5032 secondary school understudies in 2001 using the 1997 Youth risk conduct study of South Carolina and calculated relapse examination. It was figured out that drug use and misuse was remarkably connected with diminished life satisfaction.

In 2019, Roshan Lal, Ritu Sekhri, and Jasvir Singh performed research comparing depression, stress, and happiness in drug addicts and non-drug addicts. The participants ranged in age from 19 to 40 years old and included 30 drug users and 30 non-drug addicts. The parameters were tested using the Beck depression assessment, the Perceived Stress Scale, and the Oxford Happiness Inventory. Variables diverged greatly among addicts and non-addicts, according to the findings. The former was shown to have a high level of despair and stress, but a low level of happiness.

Asbah Binti Razali, Nur Azah Binti Razali, Farimah Dokoushkani, Aida Mehrad coordinated research on recidivism and quality of life among previous opioid addicts in 2015, in view of recently led examinations. It was agreed upon that quality of life is significantly associated with the prediction of total life satisfaction and could offer an optimistic outlook on an individual's overall existence. Also,

Quality of life was found to be inversely proportional to the predisposition of relapse.

Lion Shahab and Robert West led a review to investigate the peculiarity of happiness among smokers, ex-smokers and never smokers in 2015. The connection between smoking status and Happiness was researched utilizing a cross-sectional family investigation of a nationwide sample of grown-ups. Similitudes in the happiness level were found between Ex-smokers and the individuals who had never smoked. Moreover, it was inferred that it was contrarily associated to Smoking.

Leeza Rooks led a review to explore the connection between life satisfaction and substance use in pre-adulthood in the year 2010 at the University of South Florida. The sample included 130 Hispanic high school students. Strong inverse bivariate connections among adolescent life satisfaction and liquor, smoking, and cannabis use were discovered. Moreover, it was also found that gender affected the relationship between life satisfaction and one category of substance abuse i.e., alcohol in male samples. They did not experience reduced life satisfaction.

Yuet wah Cheung and King fai Lee directed a review to find out about the significance of research in drug policy in Hong Kong whilst featuring life satisfaction from two longitudinal investigations of substance victimizers from the years between 2000-2002 and 2009-2011. The discoveries delineated observable and negative relationship between life satisfaction and continuation of drug use.

Scope of the study

After studying this literature, we found that there have been independent and comparative studies done to learn about life satisfaction and happiness directly or indirectly, mostly among the population of drug users and abusers. Moreover, not much work has been done to explore these variables collectively and among the sample individuals of Recovered drug addicts. The purpose of our research is to analyse the lives of drug addicts after they had recovered to learn about the components of subjective well-being i.e., life satisfaction and happiness level, inclusively yet individually.

Objectives

- To learn about life satisfaction level among recovered drug addicts.
- To check the happiness level in recovered drug addicts.
- To explore and understand the daily lives of recovered drug addicts.

Methodology

Participants

In the present study, a total number of 96 individuals, irrespective of gender, were selected. All were recovered drug addicts with the age range of 19 years and above with a drug free period of minimum 2 years. Identities of the participants were kept confidential.

Tools

The Happiness Measures (Fordyce, 1988): This questionnaire, also known as Fordyce emotions questionnaire, was developed by Michael W. Fordyce in the year 1988. The HM consists of 2 items in total, the first measuring the intensity on a 10-point scale that ranges from 'Extremely Happy' to 'Extremely Unhappy', with '0' being the happiest and the second evaluating the frequency of Happiness by estimating the percentage value of time that one feels 'happy', 'unhappy' and 'neutral'. It assesses an individual's perceived happiness.

Satisfaction with Life scale: This scale was created by Ed Diener, Robert A. Emmons, Randy J. Larsen, and Sharon Griffin in the year 1985. It estimates a singular's general satisfaction with life and gives a comprehensive examination of how an individual's life is going. It comprises of 5 statements which are to be appraised on a 7-point Likert scale going from 7 that is, 'strongly agree' to 1 being 'strongly disagree'.

Results and Interpretation

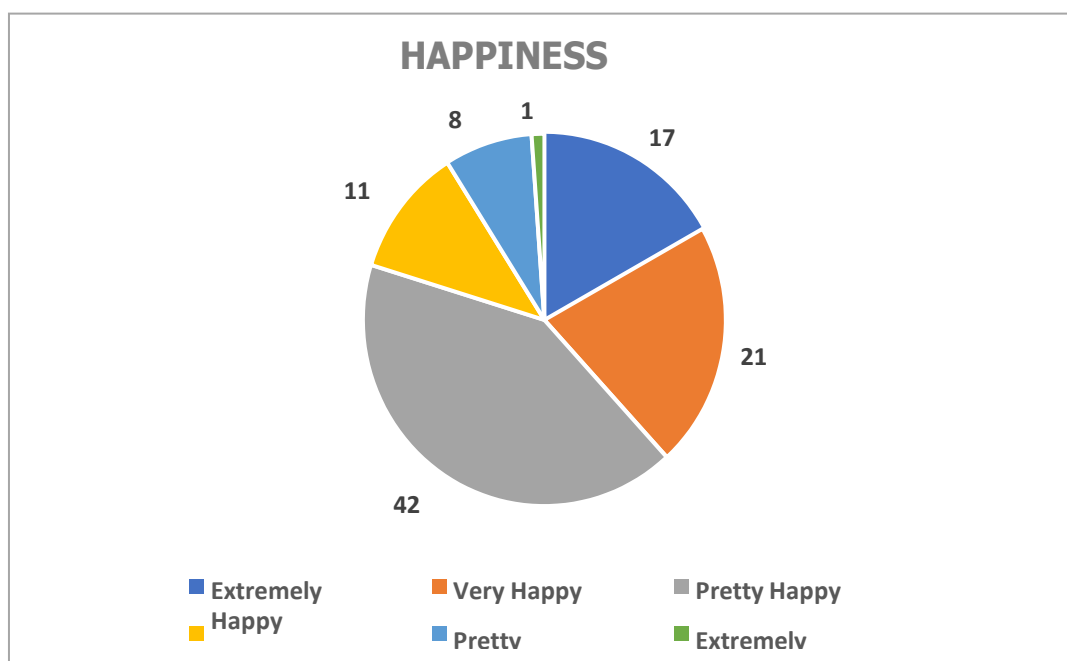


Figure 1.1

The above pie chart (Figure 1.1) illustrates the happiness level in recovered drug addicts. More than 75% of the selected individuals were found to be on the happier side, with 17% being

Extremely happy, 21% being Very happy and 42% being Pretty happy. However, 11% were found to be Neutral i.e., neither happy nor unhappy. Alternatively, 9% were found on the gloomy side, with 8% being unhappy and 1% being extremely unhappy.

In addition, it was unearthed that 78% of the respondents felt happy and joyous on an average of almost 70% of the time, whereas 15% of them felt neutral well-nigh more than 50% of the time and 7% were found to be unhappy on an average of nearly 60% of the time.

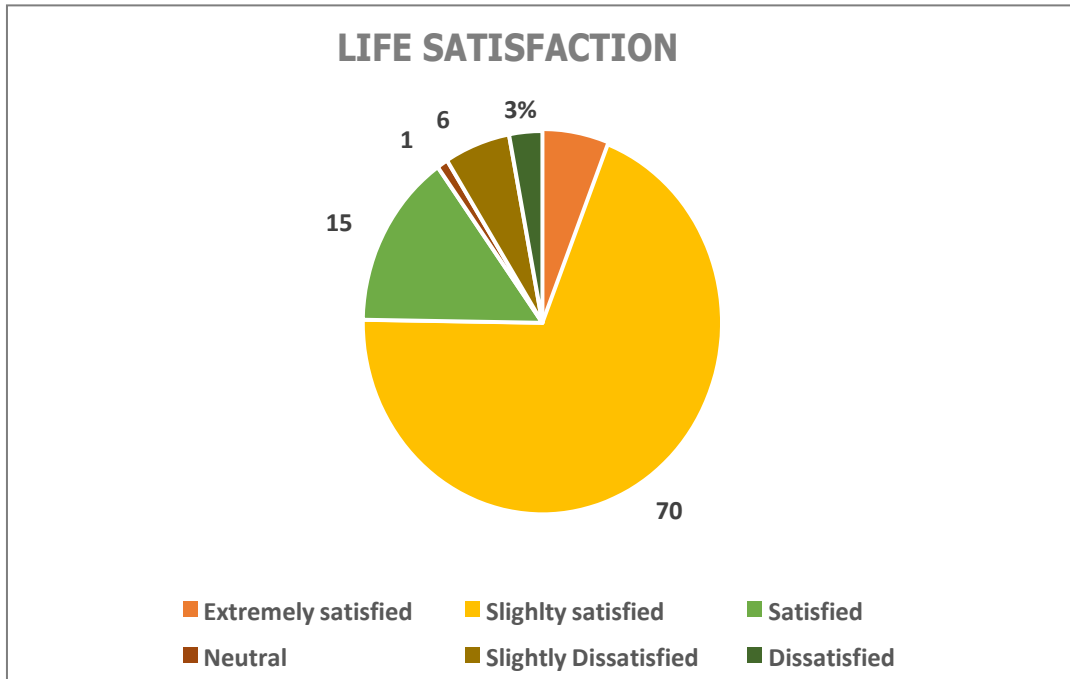


Figure 1.2

The above pie chart (Figure 1.2) elucidates the Life satisfaction level among recovered drug addicts. Almost 90% of the individuals were found to be quite satisfied and content with their life, with 6% being Extremely satisfied, 15% being satisfied and 70% being slightly satisfied. However, 9% of them expressed dissatisfaction towards life.

Conclusion

The level of happiness and satisfaction with life can be concluded to be quite high in recovered drug addicts. It could be seen that 80% of the individuals reported being happy and felt ecstatic and elated with high spirits. Similarly, 90% of individuals expressed high satisfaction with life. Although, contradicting results could be seen with approximately 9% of them being desolate and malcontent with life, these were mostly found among individuals with long term disease, family issues or problems that arose as consequences of past drug addiction. Alternatively, support and understanding from the family and friends positively impacted their life satisfaction level. Moreover, the time period of remaining free from addiction was found to be directly proportional to the happiness and life satisfaction level.

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