

## THE ROLE OF FAMILY IN THE REHABILITATION OF DRUG ABUSE

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### **Abstract**

*This study examines the role of family in the rehabilitation of drug abuse at Mayar Jandool, Dir Lower, Khyber Pakhtunkhwa, Pakistan. The conceptual frame work comprises of dependent variable (rehabilitation of drug abuse) and independent variable (family role). A total of 100 addicts' family members were interviewed through snow ball sampling technique. A Chi-square test was used for testing the association between the two variables. The results indicates that there is highly significant relationship between drug abuse rehabilitation and the family role statements that family play a pivotal role in the rehabilitation of drug addiction, the closeness of the parent-child bond prevent from drug abuse, communication gap between parents and children leads to anti-social behavior, rewards and punishment decrease drug abuse problem, enhancing family resilience play a pivotal role in preventing drug abuse, keep away family members from the drug-using peers decrease drug use problem, drug addicts parents leads their children to be drug addicts, ever refer your addict member for rehabilitation center or hospital. The study concludes that the family play a central role in involvement in rehabilitation and preventing drug abuse among its family members.*

**Keywords:** *Family role; drug abuse; rehabilitation*

### 1.1. INTRODUCTION

In general perspective family is considered one of the utmost significant factor of socialization, and therefore of impacts, for its members and particularly children (Daly & Clavero, 2002; Watters & Byrne, 2004). Families can, from one perspective, offer defensive factors which alleviate against the danger of the children going ahead to use alcohol and narcotic drugs; while on the other side, families can increase the risk factors which make the children's vulnerable to use the illegal drugs (Mendes, 2001). Families with a background of illegal drug use can lead chaotic lives, which may affect their supportive environment in which children can mature and their ability to provide a nurturing. The risks to which children may be unprotected when their parents use drugs are abundant, including the easy accessibility of illegal drugs in the home. Moreover, drug addict parents giving a little time with their children, particularly time spent doing activities as a family unit (Wils & Yaeger, 2003). According to some researchers, that the only most significant influence on children drug abuse is parental attitudes and behavior (Forney et.al.,1989).

So family is considered a responsible institution to socialize the members in a way, to guide children particularly away from drug abuse and problem behaviors (Kumpfer et al., 1998). Scholars concentrating on the role of family relations in the creation and support of drug use related problems have recognized a strong association between drug addictions and disrupted family relationships (McKeown, 2000; Daly & Clavero, 2002). Moreover, it is also essential for parents to have honest and open discussions with their children about alcohol and drugs use (Fuller & Hawkins, 2014).

There are considerable negative impacts of drug use problem for families and their functioning. The effects of drug abuse on the whole family overall include weakening relationships and dysfunctional of family, social and psychological problems, behavioral disorders, increased

stress and depression, all of which can contribute negative impacts on adult and children of the family and breakdown of family (UNODC, 2002). The effects may be short or long term leading to psychological and physical health problems.

Researchers have claimed that there are seven areas in which the family context could affect the child's drug use behavior: family communication, family relations versus structure, family cohesion, parental modelling of behavior, parental supervision, parent/peer influences and family management. (Velleman, et al., 1997; Velleman, et al., 1999; Mistral & Velleman, 1997).

Some psychological issues that affect the family and their drug addict members include the stigma related with guilt, craving and emotional withdrawal (Pokrajac, et al, 2016). Drug use has consequences at all levels including social life, family roles, communication and finances. For example, the financial standing of the family of a drug addict is affected at two levels. First, the addict does not earn and thus cannot add to the fate of the family. Second, drug user need money for drugs which can mainly be obtained from the existing family sources of income, thus overburdening the family. In other words, they are liabilities for their families, earning nothing, spending more for nothing and interfere with the lives of other members (Velleman, 1992; Schäfer, 2011).

Therefore, there is dire need of conducting a study in the local context to find out the role of family in the rehabilitation of the drug abuse. The present study is carried out with the methodology discussed below.

## **1.2. METHODS AND MATERIALS**

The present study was conducted in district Dir Lower. The location of the study was Jandool sub-division. The population consisted of a total of 100 families that were identified using

snow-ball sampling technique. Data collection was completed through a structured interview designed for the purpose. The data was tested through Chi-square test which, according to many statisticians was best suited statistical test (Kothari, 2004). Therefore, a Chi-square test was undertaken for the purpose of testing the significance of association between dependent and independent variables.

$$X^2 = \sum \frac{(O - E)^2}{E}$$

Where,

O = observed frequency and

E = expected frequency.

### **1.3. RESULTS AND DISCUSSION**

#### **Bi-Variate Analysis**

Bi-variate analysis tries to obtain the association between dependent (drug abuse rehabilitation) and independent variable (family role) through cross tabulation (chi-square test). The explanation of the association of both variables with appropriate reason is discussed as.

#### **Association between Family role and drug abuse rehabilitation**

To evaluate the relationship between family and drug abuse rehabilitation, variables were presented into few statements, as given in Table-1. Findings of the table are discussed below. To assess the association of family role and drug abuse rehabilitation, the perception of family role was limited to following statement mentioned in Table 1. The result shows that there was

highly significant ( $p=0.00$ ) relationship between rehabilitation aspect and the statement that family play a pivotal role in the rehabilitation of drug addiction. The researchers claimed that, family play a crucial role in the prevention and development of all delinquent behaviors (Repetti, et al, 2002; National Institute on Drug Abuse, 1997; Tolan, 1986).

Furthermore, a significant ( $p=0.051$ ) relationship was found between rehabilitation aspect and the closeness of the parent-child bond that would hinder drug abuse. There is also a strong association of the nature of parenting to enable children to cope with challenging situations including stress and anxiety. Increased attention to parenting also positively affect the socio-psychological wellbeing and avert the risk of indulgence in antisocial behavior. The same is also applicable to the use of drugs and abuse (Yoshikawa, 1994).

Additionally, a highly significant ( $p=0.005$ ) association was found between rehabilitation aspect and the statement that communication gap between parents and children leads to anti-social behavior. These results are in agreement with other experts that the intimacy of the parent-child communication has been found to depress drug abuse both directly and through its influence on choice of non-drug using company (Kandel & Andrews, 1987). Some researchers argued that greater levels of family cohesion results decrease the initial levels of use of drug use and abuse such as; cigarettes, alcohol and marijuana etc.(Duncan et al, 1995; Bahr et al, 1995). Moreover, low level interaction between children and parents, or communication gap has proved that to increase the risk of drug use and abuse, as well as numerous other anti-social behavior (Velleman et al., 2005).

Moreover, a highly significant ( $p=0.000$ ) association was present between rehabilitation aspect and the statement that parental supervision or monitoring on children discourage the drug abuse problem. According to an expert, parental supervision and monitoring can decrease or delay the onset of children drug use and abuse (Hutchinson, 2014).

Furthermore, a highly significant ( $p=0.007$ ) relationship was found between rehabilitation aspect and in the view that rewards and punishment decrease in drug abuse problem. The results are similar with the researchers suggested that the use of child-management practices which are contingent and consistent such as; punishment and rewards given for specific behaviors may increase family cohesion and attachment and decrease delinquent and disruptive behaviors among children (Fraser et al, 1988).

Nevertheless, a non-significant ( $p=0.166$ ) relationship was present between the statement that addict member is a social stigma for family. The researchers stated that the problem of drug addiction is a social stigma which exists worldwide (Pokrajac, et al., 2016).

However, a very highly significant ( $p=0.001$ ) relationship was present between the rehabilitation aspect and the idea that enhancing family resilience play a pivotal role in preventing drug abuse. According to some researchers, that use the family to prevent drug use and abuse amongst children is that of developing family defensive factors and indorsing family and children resilience (Velleman & Templeton, 2005; Velleman & Orford, 1999). Bryet al. (1998) classify five protective family factors– parent-child bond, monitoring and supervision, positive discipline, help seeking for child's benefit and family advocacy and information. Moreover, parental support encourages children to seek and strive, to dream and drive, to imagine goals and purposeful life and each of these factors are important in preventing the tendency to use drugs.

Similarly, a high significant ( $p=0.006$ ) association was established between rehabilitation aspect and the view that keep away from the drug-using peers decrease drug use problem. There is a strong relation between children drug use and abuse and interaction with drug-using friends (Bahr et al, 1995; Duncan et al, 1998). A study in the United States has been proved that the higher increase in the level of initial drug use and the developmental trajectory in use

of cigarettes, alcohol and marijuana corresponds with the chance for increased social interaction with the transition from middle level to high school level, at age 13 – 14 years (Duncan et al, 1995).

Furthermore, a very highly significant ( $p=0.000$ ) relationship was found between rehabilitation aspect and the statement that drug addicts parents leads their children to be drug addicts. The researchers Forney et al. (1989) stated that their study of adolescent drug use and abuse that parental interaction was the most influential for children. A study in Welsh reveals that, 1281 school students, between the ages of 15 – 16 years, proved that fathers’ substance use was positively related to experimentation with substance use in boys, as was mothers’ drug use with girls (Smith et al, 1995). According to the experts Andrews et al. (1993), claimed that parental behavior was a main influence on children of age between 11 to 15 years, in the initiation into and continued use of narcotic drugs.

Furthermore, a highly significant ( $p=0.001$ ) relationship was present between rehabilitation aspect and ever refer your addict member for rehabilitation center or hospital.

**Table 1 Association between Family role and drug abuse rehabilitation**

Family role	Response	Rehabilitation Aspect			Total	Chi-Square (P-Value)
		Yes	No	Don't Know		
Family play a pivotal role in the rehabilitation of drug addiction.	Yes	25(25)	25(25)	0(0.0)	50(50)	$\chi^2=107.895$ (.000)
	No	27(27)	21(21)	0(0.0)	48(48)	
	Don't know	0(0.0)	0(0.0)	1(1)	1(1)	
	Yes	42(42)	36(36)	0(0.00)	78(78)	

The closeness of the parent-child bond prevent from drug abuse.	<b>No</b>	07(6.9)	06(6)	0(0.00)	12(12)	$\chi^2=9.437$ (0.051)
	<b>Don't know</b>	05(5)	05(5)	0(0.00)	10(10)	
Communication gap between parents and children leads to anti-social behaviour.	<b>Yes</b>	33(33)	30(30)	0(0.00)	63(63)	$\chi^2=14.916$ (0.005)
	<b>No</b>	17(17)	13(13)	0(0.00)	30(30)	
	<b>Don't know</b>	03(3)	03(3)	01(1)	07(7)	
Parental supervision or monitoring of children discourage the drug abuse problem.	<b>Yes</b>	47(47)	36(36)	0(0.00)	83(83)	$\chi^2=40.605$ (0.000)
	<b>No</b>	05(5)	09(9)	0(0.00)	14(14)	
	<b>Don't know</b>	01(1)	01(1)	01(1)	03(3)	
Rewards and punishment decrease in drug abuse problem	<b>Yes</b>	37(37)	30(30)	0(0.00)	67(67)	$\chi^2=14.169$ (0.007)
	<b>No</b>	11(11)	13(13)	0(0.00)	24(24)	
	<b>Don't know</b>	05(5)	03(3)	01(1)	08(8)	
Addicts member is a social stigma for family	<b>Yes</b>	33(33)	32(32)	0(0.00)	65(65)	$\chi^2=6.475$ (0.166)
	<b>No</b>	17(17)	11(11)	01(1)	29(29)	
	<b>Don't know</b>	03(3)	03(3)	0(0.00)	06(6)	
Enhancing family resilience play a pivotal role in preventing drug abuse.	<b>Yes</b>	35(35)	30(30)	0(0.00)	65(65)	$\chi^2=17.712$ (0.001)
	<b>No</b>	16(16)	13(13)	0(0.00)	29(29)	
	<b>Don't know</b>	02(2)	03(3)	01(1)	06(6)	
	<b>Yes</b>	36(36)	29(29)	0(0.00)	65(65)	

Keep away individual from the drug-using peers decreasing drug use problem.	<b>No</b>	15(15)	11(11)	1(1)	27(27)	$\chi^2=14.563$ (0.006)
	<b>Don't know</b>	01(1)	06(6)	0(0.00)	07(7)	
Drug addict's parents leads their children to be drug addicts.	<b>Yes</b>	44(44)	34(34)	0(0.00)	78(78)	$\chi^2=55.524$ (0.000)
	<b>No</b>	09(9)	11(11)	0(0.00)	20(20)	
	<b>Don't know</b>	01(1)	01(1)	0(0.00)	02(2)	
Ever refer your addict member for rehabilitation centre or hospital.	<b>Yes</b>	42(42)	35(35)	1(1)	77(77)	$\chi^2=46.332$ (0.000)
	<b>No</b>	10(10)	10(10)	0(0.00)	20(20)	
	<b>Don't know</b>	01(1)	01(1)	01(1)	03(3)	

#### 1.4. CONCLUSION

There is significant evidence that family are play an important role in protecting his family members in relation to rehabilitation of drug abuse. The main aim of this study was to analyze the role of family in the rehabilitation of drug abuse, after analyzing this study found that family play a key role in rehabilitation of drug addiction e.g. hat family play a pivotal role in the rehabilitation of drug addiction, the closeness of the parent-child bond prevent from drug abuse, communication gap between parents and children leads to anti-social behavior, rewards and punishment decrease drug abuse problem, enhancing family resilience play a pivotal role in preventing drug abuse, keep away family members from the drug-using peers decrease drug use problem, drug addicts parents leads their children to be drug addicts, ever refer your addict member for rehabilitation center or hospital.

### 1.5. RECOMMENDATIONS

In the light of findings in this study, the following recommendations has been made for the improvement in rehabilitation

- The proper control should be taken by parents of drug addicts.
- To keep away from the drug addicts' friends.
- To keep busy the drug addicts in the education to away from the drug addicts' friends.
- To involve the drug addicts in other social activities.
- The sibling needs to spend more time with drug addicts.
- To consult the addict member to a doctor for proper rehabilitation.

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