Results of an Exploratory Research Study Examining NNMC Student Attitudes About Addiction, Its Causes and Behaviors

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Abstract

The main focus was to understand what NNMC students think causes people to engage in unhealthy addictive behavior. The first step is to understand the cause that leads to those behaviors. For some individuals, there is an event, factor, or force (i.e. environment, trauma, stress exposure, depression, and biological factors) that leads to unhealthy behaviors such as addiction. Pinpointing and understanding why people change is the first step in changing unhealthy addictive behaviors (Recovery Research Institute, 2018, web). The interpretation of this data suggests triadic interplay of people, situations, and systems account for social behavior which could also be linked to unhealthy addictive behaviors.

Introduction

It is psychologically important to understand why some people react due to certain occurrences while others do not. The research question is: How can one be affected by an event in such a way that will lead an individual to unhealthy addictive behavior, while another individual who has faced the same event not fall into such conduct?

Theory

Zimbardo introduced this claim: it is the triadic interplay of people, situations, and systems that accounts for social behavior (Krueger, 2008). Could this interplay also explain unhealthy addictive behaviors? I have chosen this theory to discuss because of the interest I have in human behavior. I think it is an experiment that proves how certain situations can change an individual’s demeanor, thought process and overall how a person chooses to react to circumstances which can lead to addictive behaviors.

Hypotheses

• x[1−y]: If higher trauma is increased in an individual’s life, then the more likelihood an individual will have an unhealthy addictive behavior such as illicit drugs and alcohol use
• x[1−y]: If higher trauma is increased in an individual’s life, then the less likelihood an individual will have an unhealthy addictive behavior such as illicit drugs and alcohol use
• x[1−y]: If trauma in an individual’s life is decreased, then the more likelihood an individual will have an unhealthy addictive behavior such as illicit drugs and alcohol use
• x[1−y]: There is no relationship indicating that unhealthy addictive behavior to illicit drugs and over consumption of alcohol is caused by an event, factor, or force such as significant trauma to an individual’s life.

Data Collection and Methods

A Likert- Type Rating Scale Survey was designed on Survey Monkey to gather data on an Exploratory Research Study Examining NNMC Student Attitudes About Addiction, Its Causes and Behaviors. The survey was confidential and completely voluntary.

I used the random number table to select at random 2019 NNMC courses to complete a survey on thoughts and attitudes on addictive behaviors. First, I selected every fourth program offered at NNMC Espanola Campus from the 2019 Schedule of Classes. I then numbered each course starting at 1 and ending at 57. I did exclude WEB based classes due to the difficulty of getting surveys distributed and returned on-line. I also excluded lab classes to ensure the same courses/students were not placed in the random selection twice. I used the random numbers table to select a random sample of 4 courses. The numbers selected were 01, 12, 46, and 02. Based off the numbers, the following classes have been selected to complete a survey on thoughts and attitudes on addictive behaviors: BIOL 110 Current Tips in Biology, Instructor West (Mon/Wed) GE 104, 12; BIOL 204 Topics- Lab Meeting, Instructor Nandy (No-days listed) GE 104, 46; ES 318 Silicivultur, Instructor Gallegos (Mon/Wed) GE 203, BIOL 204 Plant and Animal Form and Function, Instructor not listed: STAFF (Two/Thurs) GE 104

• The 4 classes originally chosen were classes I was unable to survey. The random number table was utilized again by using the same system to select other classes, Chem 110 and Speech 130. I was unable to survey Speech 130 class; however, I was able to survey Dr. Linnell’s Chemistry 110 class. After meeting with Dr. Marquez, she helped me select Soc 101 which I was also able to conduct my survey totaling 32 NNMC thoughts and attitudes on addictive behaviors.

In Table 1 below, shows the results of the data collection from the 32 NNMC students. There was a total of 18 surveys collected from Chemistry 110 and 14 surveys collected from Sociology 101. There were 5525 percent, 18 individuals were females, 40.63 percent, 13 individuals were males, and 3.13 percent 1 individual who chose not to specify (see table below).

How old are you?

<table>
<thead>
<tr>
<th>Under 18</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>45+</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>22</td>
<td>7</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

• The sample of 32 NNMC students is quite young, as can be seen in the table below. Fully 68.75 percent or 22 of the 32 are in the age group of 18-24.

How old are you?

<table>
<thead>
<tr>
<th>Under 18</th>
<th>18-24</th>
<th>25-34</th>
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</tbody>
</table>

Data Analysis and Findings

• Table 2. Dependent Variable describes the attitudes of NNMC students regarding the amount of addiction present in the Espanola and surrounding communities (see table below).

| SS 66.67 | 
| 24 | 
| 12 | 
| 6 | 
| 3 | 
| 1 | 

- The research question is: How can one be affected by an event in such a way that will lead an individual to unhealthy addictive behavior, while another individual who has faced the same event not fall into such conduct?

Discussion

After conducting the surveys and analyzing the data, the interpretation of this data suggests triadic interplay of people, situations, and systems account for social behavior which could also be linked to unhealthy addictive behaviors. It also shows how an individual’s choice can prevent them from repeating patterns. I can reject the null hypothesis, there is no relationship indicating that unhealthy addictive behavior to illicit drugs and over consumption of alcohol is caused by an event, factor, or force such as significant trauma to an individual’s life. According to the results presented in the bivariate analysis 5 out of 32 individuals experienced an event that led them to continue with the same behaviors they witnessed leaving a negative impact on their life.

References

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Acknowledgements

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