



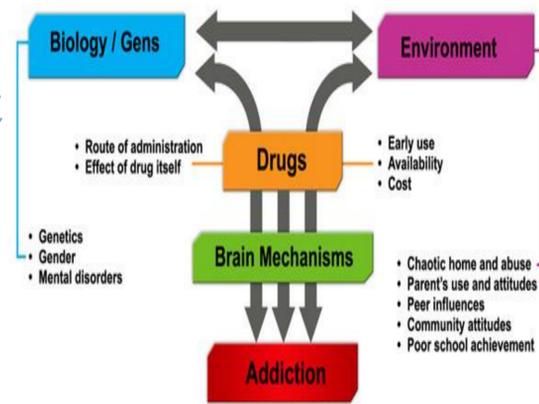
NORTHERN

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

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Factors Leading to Addiction



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

- $x \uparrow = y \uparrow$: 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
- $x \uparrow = y \downarrow$: 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
- $x \downarrow = y \uparrow$: 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
- $x \downarrow = y \downarrow$: If trauma in an individual's life is decreased, then the less likelihood an individual will have an unhealthy addictive behavior such as illicit drugs and alcohol use
- $x \neq y$: 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

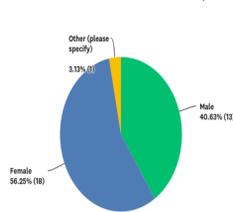
A Likert-Type Rating Scale Survey was designed on Survey Monkey to gather data on an Exploratory Research Study Examining NNMC Student Attitudes About Addiction, Its Causes and Behaviors. The survey was confidential and completely voluntary.

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 online. 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 Topics in Biology, Instructor West (Mon/Wed) GE 104, 12- BIOL 399 Topics: Lab Meeting, Instructor Nandy (No days listed) GE 104, 46- ES 318 Silviculture, Instructor Gallegos (Mon/Wed) GE 203, BIOL 204 Plant and Animal Form and Function, Instructor not listed- STAFF (Tues/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 56.25 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).

Q2 Table 1 Gender of Sample



• Table 1b Sample Age

- 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?

Answered: 32
Skipped: 0

ANSWER CHOICES-	RESPONSES-
- Under 18	0.00% 0
- 18-24	68.75% 22
- 25-34	21.88% 7
- 35-44	6.25% 2
- 45-54	3.13% 1
- 55-64	0.00% 0
- 65+	0.00% 0
TOTAL	32

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).

• 40.63 percent or 13 out of the 32 individuals agree with the statement below.

How much do you agree with the statement that Espanola and the surrounding community has an environment that may be described as having a negative impact on many people, such as high rates of addiction, resulting in families that have to cope with homicide, overdoses, death of a parent, abused, neglected children, poverty, and other problems.

Answered: 32
Skipped: 0

	STRONGLY DISAGREE (1)	DISAGREE (2)	NEUTRAL (3)	AGREE (4)	STRONGLY AGREE (5)	N/A	TOTAL WEIGHTED AVEF
-	6.25%	0.00%	18.75%	40.63%	34.38%	0.00%	
(no label)	2	0	6	13	11	0	32

Comments (17)

BASIC STATISTICS

Minimum	Maximum	Median	Mean	Standard Deviation
1.00	5.00	4.00	3.97	1.05

Based on the tables below, 3a shows 38.71 percent or 12 out of 32 respondents witnessed family members abuse alcohol and table 3b shows 25 percent or 8 out of 32 respondents who witnessed family members abuse illicit substances.

Table 3 a

I witnessed family members abuse alcohol substances (beer, hard liquor, wine)

Answered: 31
Skipped: 1

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	N/A	TOTAL WEIGHTED AVERAGE
-	6.45%	6.45%	16.13%	38.71%	25.81%	6.45%	
(no label)	2	2	5	12	8	2	31

Table 3b

I witnessed family members using illicit substances (pills, heroin, cocaine, Methamphetamine)

Answered: 32
Skipped: 0

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	N/A	TOTAL WEIGHTED AVERAGE
-	21.88%	18.75%	12.50%	25.00%	6.25%	15.63%	
(no label)	7	6	4	8	2	5	32

When completing a bivariate analysis, the qualitative results show the two types of individuals, those change due to certain circumstances while others did not (see table below)

Table 5 Qualitative results				
	Those who Witnessed	Those whose witnessing caused them not to use illicit substance/ alcohol	Those whose witnessing caused them to use illicit substance/ alcohol	Theme Interpretation
Respondent 13	"constant drunk/ pathetic "father"	Never drank, never used illicit substances		Strongly agrees addictive behavior is based on choice, disagrees it is based on circumstance
Respondent 11	"many of my cousins became addicted, so I chose to never to drugs"	Never used drugs but drinks occasionally		Strongly agrees addictive behavior is based on choice and on circumstance
Respondent 9	"A friend of mind doing cocaine and it made me very uncomfortable"		"I've done molly a few times in a few months"	agrees addictive behavior is based on choice
Respondent 6	"Having drunk parent my whole life is bad enough"	Never used illicit substances	Drinks when friends want to	Strongly agrees addictive behavior is based on choice
Respondent 5	"my cousin who overdosed showed me the dangers of heroin. Also showing me that drinking too much affects the brain a lot."	Never used illicit substances or alcohol		Strongly agrees addictive behavior is based on choice
Respondent 2	"My mom was using heavily at one point and wanted to commit suicide. She had cut open her wrist and that incident shocked me as I tried to calm her down."	Never used illicit substances or alcohol		Strongly agrees addictive behavior can be reversed and is based on circumstance
Respondent 1	"Watching my sister overdose, performing CPR"	Never used illicit substances	Occasionally drinks	Strongly agrees addictive behavior can be reversed and is based on circumstance and choice
Respondent 29	Witnessed "all cousins" using illicit substances		Uses illicit substances daily and drinks alcohol occasionally	Strongly agrees addictive behavior can be reversed and is based on choice
Respondent 25	"I lived in a life filled with unhealthy behaviors"		"All my family got high together... Q.11 used illicit substances daily: "I have over 3 years in recovery"	Agrees addictive behavior can be reversed and is based on circumstance

Discussion

I believe if the population sample was bigger, the larger the outcomes would be. I suggest this theory be tested again to identify any data or questions that may have been missed to get a better understanding as to why people change due to certain occurrences resulting in unhealthy addictive behaviors, while others do not. The limitations of this survey were not having enough individuals to survey. It was difficult reaching instructors and getting approvals to survey classes at NNMC. In order to move forward with further research on this topic, I recommend more individuals be surveyed to see if the results are the same.

Conclusions

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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