

SELF ESTEEM, EMOTIONAL SUPPRESSION AND SUBSTANCE ABUSE AMONG HOSTEL STUDENTS

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Article History

Submission: May 05, 2020

Revised: June 01, 2020

Accepted: June 29, 2020

Abstract

The current study meant to examine the relationship between self-esteem, emotional suppression and substance abuse among hostel students of Lahore. It was hypothesized that there would be a relationship between self-esteem emotional suppression and substance abuse among hostel students. Moreover also it was hypothesized that emotional suppression is likely to moderate the relationship between self-esteem and substance abuse in hostel students. Correlation research design was used in this research. The sample contained of 200 male hostel students, who live in a different university hostels of Lahore. Hostel students with age range of 19 to 30 years. Purposive sampling technique was used. Self-esteem questionnaire (Rosenberg, 1965) was used to measure anxiety and depression. Emotional suppression questionnaire (Ayers et al. 1998) was used to measure adverse life events. Substance abuse questionnaire (Skinner, 1982) was utilized to figure out drug abuse among different kind of groups like alcoholics cocaine dependents and depress personalities. Pearson Product Moment highlighted that there is a significant relationship between self-esteem and drug abuse among hostel students. Further stepwise Macro Process revealed that there is no moderation effect of emotional suppression among self-esteem and substance abuse. The study has the important implication for those students who live in hostels and therapeutic centers like rehabilitation centers for drug abusers.

Keywords: Self Esteem, Emotional Suppression, Substance Abuse

Abbreviations: NIL



JSCE

Journal of Social Transformation
and Education

Vol. 1 No. 1, 2020: pp. 14-25

<http://journals.theapra.org/index.php/jste>

INTRODUCTION

Drug abuse is every time someone consumes drugs or alcohol. Drug addiction happens when a person consumes drugs or alcohol despite negative consequences in his life. Drug dependence is when a person relies on substance or alcohol (Skinner, 1982). Substance abuse, also called drug use, is extremely predominant in a various

states. A drug is any stuff that progressions the body's average working. The World Health Organization describes a substance abuse is any material or item that changes the performance of an individual for the advantage of the receiver. Drug use, on the other side, is the substance abuse other than for the intended purpose in a way that harms the biological functioning of the body.

Addiction has a global issue and there are a large number of aficionados in each of the developed and underdeveloped countries of the world (Hussain, 2012). In Pakistani perspective substance abuse has become a major psychological or health problem and has caused a medical problem (Ali, Bushra & Aslam, 2009). As a measure shows, there were 50,000 drug addicts in Pakistan in 1980, seventeen lac in 1986, 31 lac in 1993, 38 lac in 1997, 40 lack in 2000 and 80 lac in 2010-2011, In 2011, substance use was increased to 96 lac. The most populated province of Pakistan, Punjab heavily influenced by drugs. The perversity of drug use proves to be a more difficult problem between the transitions from early age to latter age. Increasing trend of drug abuse is causing medical, social and economical problems, especially among young people (Qasim, 2012). And drug addiction also increases in our universities mostly hostel students who live in hostels. The region of Punjab is extremely affected by drugs. Occurrence of substance abuse turned into more severe problem during the phase of adolescence to adulthood. Most of the university students adopt drug addiction due to shortage of self-esteem that put them in a precarious situation. Self-esteem is the magic part of today's life. It is observed that self-esteem is the key to well-being, health and human success and is considered the cure for failure, misconduct and dependency. Self-esteem is also prevalent in educational circles. (Aspinwall & Taylor, 1993). Self-esteem has been a problem in many clinical-psychological situations, such as substance abuse, depression, anxiety, and eating disorders (Robson, 1988). Bartsch, Rebecca, Vidourek and Merianos (2017) conceded out a research to examine the effect of self-esteem on ongoing alcohol use past thirty days, and late hard core drinking at least five or more alcoholic beverage on one event among young people. This investigation played out an optional information examination of the National Longitudinal Study on Adolescent to Adult Health. All adolescent members were in grades 7 through 12. General ongoing alcohol used and late hitting the bottle hard expanded by review level. Adolescents with low self-esteem were at expanded chances for late hitting the bottle hard among male and female understudies, White understudies, and understudies in grades 7 and 8 and grades 11 and 12. Glendenning (2002) conducted a study on self-esteem and youth smoking he declared that global self-esteem was not identified by smoking, in any case, by focusing on the self-esteem of the region between peers and companions, disengagement and onset and onset of

smoking. Some pioneer dealt with stigmata of territorial self-esteem and drug abuse (Emery, McDermott, Holcomb & Marty, 1993). These researcher found that high self-esteem at home and at school is a defense against the use of various substances. Peer self-esteem has been associated with low substance abuse. These investigations were conducted sometime before.

Youth has been affected by increasing trend of substance abuse in Pakistan. Emotional suppression might lead to substance abuse among hostel students. If they positively regulate their emotions and they do not suppress their emotion then they can make better adjustment in hostel life. Emotion regulation is an essential element to lead a balanced and healthy personal and work life and emotional suppression leading to the substance abuse. Though substance use is supposed to be a developing problem in Pakistan, there is no available statistics on the degree of substance abuse, mostly among university students. The goal of this study is to measure how self-esteem and emotional suppression lead the substance abuse among hostel students and circumstances and causes connected with substance abuse among students.

Wegner, Broome and Blumberg (1997) suggested that chronic suppression of habituation may counteract emotional stimuli and, as such, may lead to hypersensitivity to considerations and indications or symptoms of anxiety and depression and substance abuse (Wenzlaff & Wegner, 2000). Lukas (2016) led an exploration in which he featured that substance abuse stays a standout amongst the most significant issues affecting both youthful and adult in the United States and the world. While unlawful substance are most as often as possible idea of just like the most concerning issue, lawful substances like tobacco, liquor, and medicine sedatives represents by far most of negative restorative, monetary, and social effect. Drugs that are used share numerous psychoactive properties despite the fact that the neurobiological systems of activity vary. Emotional suppression, narrow mindedness and physical reliance are basic highlights that add to the supportability of abused however visit backslide after effective detoxification makes it critical that as good as ever treatment techniques keep on being created.

Addiction is a global issue among hostel students in under developed and developed countries as well. Low self-esteem becomes bone of contention of this matter.

Many researchers have proved this phenomenon as a consequence of low self-esteem and substance abuse. By improving self-esteem we can eradicate this culprit from our society

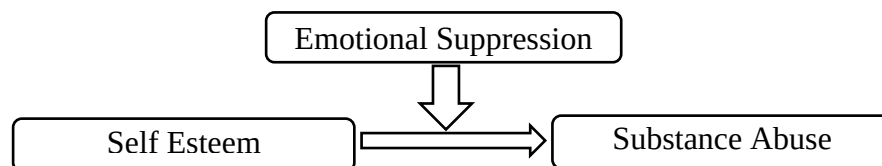
OBJECTIVES

Following are the objectives;

1. To investigate the relationship between self-esteem, emotional suppression and substance abuse in hostel students.
2. To examine the moderating role of emotional suppression between self-esteem and substance abuse in hostel students.

HYPOTHESIS

1. There is likely to be relationship between self-esteem emotional suppression and substance abuse among hostel students.
2. There is likely to be relationship between self-esteem and substance abuse.
3. There is likely to be relationship between emotional suppression and substance abuse.
4. Emotional Suppression is likely to moderate the relationship between self-esteem and substance abuse in hostel students.



METHODOLOGY

Sample

The sample comprised of 200 hostel male students ($N = 200$). A type of non-probability sampling (purposive sampling) technique was used in this study. Hostel students with age range of 19 to 30 years ($M = 23.65$ & $SD = 2.459$). In this sampling technique the participants will be selected on the basis of their specific characteristics. Sample was taken from Punjab university hostels and different government, private universities hostels from Lahore. The inclusion criteria of the sample included those students who will be included who have one year experience to live in hostel. Students will be included those who are studying in B.S (Hons). Students will be included semester III, IV, V and VI. Student will be included those who are studying in master and MPhil program. And only male student included. And excluded those student who are physically handicapped or mentally disabled.

Table I. Demographic showing sample characteristic ($N = 200$).

Characteristics	f (%)	M	SD
Age		23.65	2.48
Siblings		4.65	1.80
Education			
Bs. (Hons) 2nd year	18(9)		
Bs. (Hons) 3rd year	32(16)		

Bs. (Hons) 4th year	52(26)
Master	89(44)
M. Phil.	9(4.5)
Living Experience in Hostel	
Good	124(62)
Bad	31(15.6)
Neutral	44(22)
Family System	
Nuclear	95(47.5)
Joint	105(52.5)
Family Background	
Rural	94(45.5)
Urban	106(53)
Father Profession	
Government	43(21.5)
Private	56(28)
Former	45(22)
Nil	54(27)
House Visit	
Weekly	58(29)
Monthly	142(71)
Relationship with Roommate	
Good	127 (63.5)
Bad	39(19.5)
Unconcern	34(17)
Option to Change Your Roommate	
Yes	48(24)
No	152 (76)
Does Your Roommate Use Drug	
Yes	89(44.5)
No	108(54)

Note. M=Mean; SD=Standard Deviation; f=frequency; %=percentage

Assessment Measures

Following are the assessment measures used in the present study.

1. Demographic sheet
2. Self-esteem scale
3. Emotional suppression scale
4. Substance use Questionnaire

Demographics Sheet

A self-constructed demographic questionnaire was administered in addition to research questionnaires. Demographic questionnaire include name, age, marital status,

monthly family income, house visit, roommate use drug and relationship with roommate of the participant.

Self Esteem Scale

Self Esteem Questionnaire developed by Rosenberg (1965) is self-reported, 10 item scale designed to measured anxiety and depression. Respondents answer each item on a 4 point likert type scale ranging from 1 (strongly disagree) to 4(strongly agree) (Cronbach's alpha) of 0.95.

The Active Inhibition Scale

The active Inhibition Scale Ayers (1998) measures 11 items that assess the degree of emotional suppression in children and adolescents. Examples include: You try to hide your bad feelings and if you were upset, you claimed that nothing had gone wrong. Answers are on a five point scale of never (1) too much (5). Higher scores indicate stronger emotional suppression. This scale has demonstrated good reliability (Ayers et al., 1998). In the current sample, the active inhibition scale had an internal consistency (Cronbach's alpha) of 0.93.

Drug Abuse Screening Test

This tool was developed by (Skinner, 1982) to measure the experience of substance use. It consists of 10 declarations. For example, have you ever felt withdrawal symptoms (feeling sick) when you stopped taking drugs? High global value indicates increased drug use among young drug users. Addiction questionnaire had an internal consistency (Cronbach's Alpha) of 0.97.

PROCEDURE

Prior the consent was taken from the authors to use the relevant scales regarding each variable. The members were educated about the nature of the study after their approval to be included in the research. Insurance was sought of the information privacy regarding the results and information that would not be used for another purpose than the research. The nature and purpose of the study was explained before taking the written consent from those fulfilled the inclusion criteria and were willing to contribute. The questionnaires were distributed to a sample personally and were ask to fill up the questionnaires independently and honestly. They were also informed that they could withdraw from study anytime they feel inconvenience. The questionnaires will be completed within the presence of researcher. The examinee was instructed to fill all the items of the questionnaire and if they did not do that their responses was not be considered for results and questionnaire was invalid.

RESULTS

The results of the present research are presented for the emotional suppression of self-esteem and drug abuse among the students of the hostel. Data was assessed at four levels. Firstly each scale was tested reliability analysis and Cronbach's alpha was reported. Secondly, descriptive statistics for demographic variables were reported. Thirdly, the Pearson product moment correlation was used to evaluate the relationship between the variables in the study. Finally, to evaluate the moderation role of emotional suppression among self-esteem and substance abuse Macro Process regression analysis was applied.

First of all, reliability coefficients of the scales were find out that are described in table II.

Table II. Reliability coefficients of the Scales used in the Present Study (N=200).

Variables	<i>M</i>	<i>S.D</i>	<i>K</i>	<i>A</i>	Range	
					Potential	Actual
Self Esteem	23.60	4.99	10	.57	12 – 34	10– 40
Emotional Suppression	34.27	7.45	11	.80	14-51	11– 55
Substance Abuse	5.12	2.61	10	.73	0-10	0– 10

Note. M=Mean, SD=Standard Deviation, k = No. of items, α = Cronbach's alpha

It was hypothesized that there is likely to be relationship between self-esteem emotional suppression and substance abuse among hostel students. To assess this relationship Pearson Product moment correlation was applied and results are shown in the Table III.

Table III. Correlation Coefficients among study variables

Variables	Self-esteem	Emotional Suppression	Substance Abuse
1. Self-esteem	1	.04	-.27**
2. Emotional Suppression		1	-.08
3. Substance Abuse			1

Results in Table 3 revealed that self-esteem have negative relation with substance abuse, which means that lower the self-esteem is higher the substance abuse behavior would be in hostel students. Furthermore emotional suppression has no relationship with self-esteem and substance abuse. Hence, hypothesis was partially approved that there is likely to be relationship between self-esteem emotional suppression and substance abuse among hostel students.

It was hypothesized that emotional suppression is likely to keep moderate the relationship between self-esteem and substance abuse among hostel students. To test this hypothesis Macro Process regression analysis was applied and results are shown in the Table 4.

Table iv. Macro Process Analysis for Emotional Suppression as a Moderator between Self Esteem and Substance Abuse (N=200)

Variables	Substance Abuse (DV)			
	ΔR^2	B	LL	UL
Constant	.0012	4.37	8.73	8.73
(IV)Self esteem		-.10*	-.18	-.02
(M)Emotional suppression		-.01	-.06	.02
SE×ES		.001		
Controlling variables				
Age		-.10	-.25	.05
Relationship with roommate		-.29	-.80	.21
Option to change room		.64	-1.9	1.47
Roommate use drug		.85	-.02	1.74
Total R ²	.19			
F	7.63**			
Note. *p<.05; **p<.01; ***p<.001; β = Unstandardized Co efficient; ΔR^2 = R Square change; R ² = R Square; LL= Lower Limit; UL= Upper Limit.				

Results of table 4 shows that R is (.19) with (F=7.63) and (p=.00). Self-esteem negatively predicts the substance abuse also number of siblings significantly predicts the drug abuse in hostel students. Over all model is significant but the interaction is not significant because emotion suppression is not predict the substance abuse among hostel students. In the case of substance abuse among hostel students high score in substance abuse indicate high score in emotional suppression.

SUMMARY OF FINDINGS

- Results showed that negative relationship between self-esteem and substance abuse among hostel student, therefore the first hypothesis was accepted.
- Results showed that no significance relationship between emotional suppression and substance abuse which contradict the first part of second hypothesis.
- As it was hypothesized that emotional suppression acts as a moderator between self-esteem and substance abuse but results contradict this hypothesis that showed that emotional suppression does not act as moderator between these studied variables.

DISCUSSION

The main agenda behind the study was to find the relationship among self-esteem, emotional suppression and substance abuse among hostel students. Student from different university who live in a hostel of the Lahore comprised the sample (N=200). The data was collected on Self-esteem (Rosenberg, 1965), Emotional suppression (Ayers, 1998) and Substance abuse (Skinner, 1982). It was hypothesized that there would be a relationship between self-esteem, emotional suppression and substance

abuse among hostel students. Results showed an important negative relationship between self-esteem and substance abuse and also there was no relationship between emotional suppression and substance abuse. However, there was no positive relationship between self-esteem and substance abuse and also emotional suppression and substance abuse.

Self-esteem and emotional suppression are likely to be relationship substance abuse in hostel students. The first hypothesis was partially accepted. Pearson correlation analysis revealed that substance abuse showed negative relationship with self-esteem but not with emotional suppression among hostel students. The first hypothesis was accepted in the perspective of relationship between self-esteem and substance abuse. And the second hypothesis was not accepted, emotional suppression and substance abuse has relation. Because result revealed that there is no relationship between emotional suppression and substance abuse. These findings are consistent with the early findings. Emery (1993) found that self-esteem is meaningfully correlated to youth behaviors towards health issue and adolescent risk taking conduct has evaluated particular area of self-esteem, High school children with low self-esteem are vulnerable to substance abuse including alcohol, marijuana, tobacco and other all illegal drugs.

According to Gorman (1996) persons with high levels of self-esteem exhibited lower levels of serious involvement with alcohol or illegal drugs and showed lower propensity to experiment with either alcohol or illegal drugs. According to Steven, Hosier and Mile (2011) drug addicts are basically disappointed with themselves or environment or both of them and mostly suffer feelings of anxiety, , depression, loneliness, inadequacy, hatred, emotional sensitivity, severe nervousness, and especially interpersonal conflicts. They feel unable to solve difficulties and live in relative peace and comfort. Earlier works discovered that self-esteem has a considerably positive relationship with substance use in hostel students. According to Ifthikar and ajmal students who live in hostel become lazy and waste their time due to imbalance attitude and lack of parental care. Peer compel to indulge in drug abuse while living in hostel.

It was a hypothesis that emotional suppression has a relationship with substance abuse. Result showed that there is no relationship between emotional suppression and substance abuse. Previous literature revealed that a significantly positive relationship exists between emotional suppression and substance abuse (Jones, Corbin & Fromme 2001). Trull (2000) proposes that people who displayed problems in negative emotions handling are highly prone to develop substance abuse conduct. The main reason behind this hypothesized rejection is that my selected sample was social smokers. They smoke not because a to reduce stress or relief pain but they smoke due to peer

pressure so this might be a reason that substance abuse is not related with emotion suppression in my study.

It was hypothesized that emotional suppression is likely to moderate the relationship between self-esteem and substance abuse in hostel students. Results are not supported the hypothesis and revealed that emotional suppression not playing a moderation role between self-esteem and substance abuse. These findings are not consistent with the early findings. (Bryant, Schulenberg, O'Malley, Bachman, & Johnson, 2003). Kun and Demetrovics (2010), explain emotional suppression direct effect on substance abuse not even playing moderation role between self-esteem and substance abuse.

According to past examinations, substance abuse, drug addicts report less attention to their emotional states (Fox et al., 2008; Kun & Demetrovics 2010) and less adaptability to negative disorders (Riley & Schutte 2003). Although the relationship among emotion regulation and substance abuse disorder has long been studied, classical studies have been conducted exclusively on alcoholics or cigarette smokers (Kun & Demetrovics 2010). In fact, as current studies show, addicts do not always have difficulty recognizing their feelings.

LIMITATIONS AND SUGGESTIONS

Generalizability of present study's findings is not very good because of the limited sample size. As sample was selected only from the hostel of one city and sample size was very small. So it is suggested that, in order to make the greater generalizability sample should be selected from other cities and sample size must be large enough. The sample can be explored all over the country to get information about hostel life experience of students.

In our country, a very limited number of studies have been conducted on these construct, so there was very little literature on this subject. So it was difficult to predict the factors that lead the youth towards substance abuse. It is suggested that more studies should be conducted on these variables.

There is another limitation of present study that lay person of our community do not consider smoking as a substance abuse. Also the questionnaire used in this study has used the word substance abuse which people might think as abuse of heroin or alcohol. Many people who smoke did not fill the questionnaire by saying that they do not use substance. So people should be aware that smoking is a substance abuse which will be helpful in validating the scale and also replicating the findings.

IMPLICATION

The finding of the current study can be implicated in hostel students, who have one year experience to live in hostel. As this study shows that there is a significant negative relationship between self-esteem and substance abuse. And also present study revealed that if self-esteem increase of the hostel students then the chance of substance abuse will be reduced. This study has further more implications that make it useful. Finding of this research have implications in therapeutic centers like rehabilitation centers for drug abusers. By considering these findings, therapist would work on the self-esteem of youth to lower the chances of drug use. The present study provides groundwork for research using a more comprehensive and well-designed methodology in Pakistan.

CONCLUSION

The finding of the study provided interesting indications for the relationship between self-esteem emotional suppression and substance abuse among hostel students. Self-esteem is significantly correlated with substance abuse. High self-esteem indicates low chance of substance abuse and low self-esteem increases the chance of substance abuse behavior. Moreover result revealed that there is no relationship between emotion suppression and substance abuse. Furthermore siblings and roommate use drug have significantly correlated with substance abuse. Its means peer pressure also cause of substance abuse among hostel students and also age, relationship with roommate significant negatively correlated with substance abuse. Results also reflected that emotional suppression not playing moderation role between self-esteem and substance abuse among hostel students.

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