Research Paper

Relapse in Drug Addicts: A Study of Drug Rehabilitation Centre in LNJP Hospital, Kurukshetra District, Haryana

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ABSTRACT
Background: *Drug abuse is persistent and recurring illness. Many individuals try to use drugs again after their treatment for addiction. The major reasons of drug abuse are stressful life events, job stress, interpersonal and intrapersonal conflict, family dysfunction, peer pressure, sedentary life style. As far relapse is concern, it is a cycle of responses that ultimately lead an individual to take drugs. In relapse cases, most of theaddict's complaint about changes in their feelings, thoughts, attitude and behavioral patterns towards themselves, family and society. Relapse varies in intensity. Some individuals suffering from drug relapse may seek help after a single episode of drug use while some prefer not to take professional help and they continue to use drugs regularly. The factors which play very important role in recovery and stabilization plan of addicts are associated with the relapsing triggers.* ***Materials and Methods:*** *The present study was aimed to explore the causative factors of relapse in drug addicts. The present study is exploratory cum descriptive in nature. The researcher selected total 50 respondents from OPD &IPD of Psychiatric department, LNJP Hospital, Kurukshetra.The purposive sampling method was used to select the respondents. The data was collected by using the technique of semi-structured interviews. The secondary data was collected by reviewing the research reports, articles and newspapers.* ***Results and Conclusions:****In this study peer group was the main cause of relapse. As we know that peer group plays an important role in the life of individual, it is also true in case of drug addicts. Majority of the respondents were married and labourers from rural areas. As their new life started with their life partner, they are facenew responsibilities and this may affect their financial conditions. Sometimes,they found themselves unable to take these responsibilities properly. They couldn't manage the financial needs of their new family and this condition leads them to use drugs which ultimately becomeaddiction. To manage the daily life stress,they started using alcohols and sometimes drugs and with time situation became worse. Their dependency on drugs became addiction and they find themselves unable to control the situation.There is a need to Sensitizing younger generations about consequences of drug abuse at grass root level and also need regular follow-up to reduce the problem of relapse.*
Keywords: *Drugabuse, Drug addiction, Relapse, Drug addict*

I. INTRODUCTION

Drug abuse is persistent and recurring illness. Many individuals try to use drugs again after their treatment for addiction. The major reasons of drug abuse are stressful life events, job stress, interpersonal and intrapersonal conflict, family dysfunction, peer pressure, sedentary life style. As far relapse is concerned, it is a cycle of responses that ultimately lead an individual to take drugs. In relapse cases, most of the addicts complain about changes in their feelings, thoughts, attitude and behavioral patterns towards themselves, family and society. Relapse varies in intensity. Some individuals suffering from drug relapse may seek help after a single episode of drug use while some prefer not to take professional help and they continue to use drugs regularly. The factors which play very important role in recovery and stabilization plan of addicts is associated with the relapsing triggers. Relapse varies in intensity. Relapse is seen primarily during the initial 90 days of treatment or recovery because the drugs affect the individual mental ability. It is very difficult to stay away from the drugs during primary 90 days. Because, psychological dependency is very high during this time, however, the recovery rates rise notably after this period. When there is longer the period to recovery, there are fewer

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incidents of relapse (American Society of addiction Medicine, 2020). The national survey was conducted in 123 districts found that around 70,293 people were suffering from drugs dependence. About the accessibility of the treatment, one in 38 people with alcohol dependence was receiving any treatment. Only about one in 180 people with alcohol dependence werereceiving inpatient treatment. (NDDTC, AIIMS Report, 2019). The factors associated with the relapse play the very important role in the rehabilitation of the addicts. The drug addicts may be dependent on more than one drug. So, the rehabilitation plans are design according the patient needs and severity of the problems. The multidisciplinary team also focuses on familial and societal aspects and intervene both levels. Because family members and society people now expect that the addict to live likes any other individuals. They have no understanding about recovery issues faced by addict. The recovery stage is very complex as the addiction stage. The transition from a drug addicted phase to one that is drug-free needs more adjustments. This may mean a lot of great effort and the period can be very traumatic.The main objective of this study is to explore the factors which cause drug relapse.

II.   REVIEW OF LITERATURE

Kabisa, E.(2021). conducted a research study on "Determinants and prevalence of relapse among patients with substance use disorders: case of Icyizere Psychotherapeutic Centre, Rwanda." The main objectives of this study were to find out the prevalence and factors related to relapse drug abuse. The cross- sectional survey was conducted among 391 patients with substance use disorder at Icyizere Psychotherapeutic Centre. The researcher used multiple logistic regression models to find out the factors which cause relapse among the patients of substance use disorder. More than half of the respondents were male in the age group between 18 and 30 years with the age average of 33 years. The multivariate analyses indicate that the instances of relapse were high among the patients when they live with their peer group of drug addicts or when their personal relationships are disturbed.

Bhandari,S.et.al. (2019).in his research study entitled on "Factors associated with drug abuse relapse: A study on the clients of rehabilitation centers". The main objective of this study was to explore the factors related with drugs relapse. The researchers selected 114 respondents from the district rehabilitation centers of ChitwanandLalitpur. The census sampling technique was used toenrollthe respondents from the rehabilitation centre. The researcher collected data by using semi structured questionnaires. The researcher found that peer influence and the disturbed family relations were the main causes of relapse. The co-correlation between drugs and age and education were found positive. The low education level increases the possibility of relapse. The researchers found that more than half of the respondents were from medium and higher economic status, working class, low level of educational status.

Yang, M. (2015).in his research paper entitled on "From Abstinence to Relapse: A Preliminary Qualitative Study of Drug Users in a Compulsory Drug Rehabilitation Center in Changsha, China." The main objective of this study was to illuminate drug user's experiences and inhibitors during abstinence periods to drug use relapse. The researcher used the qualitative in-depth interview. The researcher selected 20 drug addicts from drug rehabilitation center. The researcher collected data by semi-structured interview schedule. The results indicated that negative feelings, interpersonal conflicts, and stressful events are the main casual factors of relapse in drug addicts.

Lian, T.et.al.(2013). conducted a study on "A Qualitative Study on Drug Abuse Relapse in Malaysia: Contributory Factors and Treatment Effectiveness." The study aims to explore the factors of drug relapse and effectiveness of the treatment among drug addicts in Malaysia. The study was descriptive in nature. The researchers collected data by in-depth qualitative interview. The researchers selected 17 drug patients and 3 staff members from the Malaysian Private Rehabilitation Centre. The researchers found that peer pressure and curiosity were the main two causes of drugs abuse. The treatmentprogramme designed by the centre was highly effective. Majority of the respondents have a very low curiosity to take drugs after recovery.

OBJECTIVES
* To study the socio-economic background of the respondents.
* To explore the causative factors of relapse in drug addicts.
* To suggest some measures to solve the problems of relapse drug addict.

RATIONALE OF THE STUDY

Drug addiction is a chronic illness. As the industrialization increases, life style of the people has been changed in the society. People spend more time to do their work but they have less time for their family and their love ones. This increases the communication gap and social distancing between the individuals. This affects the normal functioning of the individuals and increases their stress level. To reduce the stress level of the daily life some individuals start using alcohols or drugs but slowly-slowly they start relying on it which interferes with their daily life activities at work, school or at home. Some cultural activities also promote the use

of alcohol with the false belief of enhancing their immunity or promoting their health. But when the intake of alcohol or drug increases gradually and individual totally rely on the doze of the alcohol or drug thus he became the social drinker. This is the chronic stage of the addiction. Then patient admitted in the hospital for treatment but not follow the treatment plan properly. When they recovered, they withdraw from the treatment and symptoms of addiction appear again. Addiction recovery with medication also needed time to time patient and patient's family counseling for motivating the patient about treatment. So, there is a need to study the factor related to relapse and suggest some measures to help the addicts to overcome with the relapse problem.

III. METHODOLOGY

The present study is exploratory cum descriptive in nature. The researcher selected total 50 respondents from OPD &IPD of Psychiatric department, LNJP Hospital, Kurukshetra. The purposive sampling method was used to select the respondents.

TOOLS OF DATA COLLECTION: - The data was collected by using semi-structured interview schedule. The secondary data was collected by reviewing the research reports and articles and newspapers.

DATA ANALYSIS: -It was done by SPSS.

IV. RESULTS

Socio-economic Attributes of the relapse drug addicts

Table no.1

Distribution of respondents by Socio-economic Attributes

		DEMOGRAPHIC DISTRIBUTION		
	Variables	**Description**	**No. of Respondents**	**Percentage**
1.	**Age (in years)**	**18– 28**	24	48.0
		28– 38	11	22.0
		38 – 48	7	14.0
		48 and above	8	16.0
		Total	50	100
2.	**Residence**	**Urban**	22	44.0
		Rural	28	56.0
		Total	50	100
3.	**Religion**	**Hindu**	48	96.0
		Sikh	2	4.0
		Total	50	100
4.	**Occupation**	**Agriculture**	2	4.0
		Labour	21	42.0
		Govt Services	2	4.0
		Jobless/student	12	24.0
		Business	7	14.0
		Driver	6	12.0
		Total	50	100
5.	**Educational level**	**Illiterate**	12	24.0
		Literate but not go to school	5	10.0
		Up to Primary	21	42.0
		Up to Middle	3	6.0
		Up to Secondary	4	8.0
		Up to Senior Secondary	2	4.0
		Up to Graduation	2	4.0
		Up to Post Graduation	1	2.0
		Any others	0	0
		Total	50	100
6.	**Marital status**	**Married**	40	80
		Unmarried	5	10
		Widow/widower	2	4.0
		Divorced	3	6.0
		Total	50	100
7.	**Monthly income**	**5000 – 10,000**	36	72.0
		10,000 – 15,000	7	14.0

		15,000 – 20,000	5	10.0
		20,000 – 25,000	1	2.0
		25,000 – 30,000	1	2.0
		Total	50	100
8.	**Type of Family**	**Nuclear**	41	82.0
		Joint	9	18.0
		Total	50	100

Source: Primary Data

The data shown in the table no.1 reveals that 48 percent of the respondents were in the age group of 18-28 years. Only 14 percent of the respondents were in the age group of 38-48 years. The reason may be that in this age group, the relationship of people changes, according to Erikson theory, young adults when start new life with their life partner, they meet new responsibilities. This may affect their financial conditions and sometimes they are unable to take these responsibilities properly. They can't manage the financial needs of their new family and this condition leads them to the way of addiction. To manage the daily life stress, they start using alcohols and sometimes drugs and with time situation becomesworse. Their dependency on drugs becomes addiction and they are unable to control the situation. This is the reason why young adults are highly addicted to drugs.

Majority of the respondents were from rural area. Because researchers did this research in civil hospital where mostly patients visited from rural areas. 96 percent of the respondents were Hindu. The distribution of respondents according to religions indicates the religions composition of state population which is dominated by Hindu religion according to census 2011.

42 percent of the respondents were labourers. Only 4 percent of the respondents have government job. Because labour work needs more physical strength so they get tired by the day end and to cope up with this tiredness of the day, they start taking drugs and get addicted.

Majority of the respondents were educated up to primary level. Most of the respondents were married. Because after marriage conflicts with partner creates stress among the people, this leads them to take alcohol and other drugs andthey getaddicted. 72 percent of the respondents have monthly income Rs. 5000-10000. Majority of the respondents were from nuclear family.

Table no.2
Distribution of respondents by Causes of Relapse
Source: Primary Data

Causes of Relapse		
Causes	**Frequency**	**Percent**
Stress	45	90.0
Peer pressure	47	94.0
Family problem	43	86.0
Delay in follow-up	23	46.0
Financial loss	18	36.0
After/withdrawal symptoms	23	46.0
Total	50	100

Table no.2 depicts the causative factors of relapse in drug addicts. The peer pressure (94%), stress (90%) and family problems (86%) were the most responsible cause for the drug addiction. A common motive for the first-time alcohol or drug users among youth adults was peer pressure. The desire to impress their friends may override the fear of taking drugs. Once addicted, they get trapped into a vicious circle and it becomes difficult to come out of it. Dahal, M also found that peer pressure and family problems were the two main causes of relapse in drug addicts.

Table no.3
Distribution of respondents by source of information about Drugs

Sources	No. of respondents	Percentage
Family	9	18.0
Friends	33	66.0
Neighbours	3	6.0
Social Media	5	10.0
Total	50	100

Source: Primary Data

The table no.3 illustrates that the source of information about drugs. Majority of the respondents got information about drugs from friends (66%). Only 16 percent of the respondents got information from neighbors and social media. 18 percent of the respondents got information from family. As we know that peer group plays ansignificant role in the life of individual, it is also true in case of drug addicts.

V. DISCUSSION

Drug addiction is a chronic and relapsing illness. Many studies have been conducted to explore the causes of drug abuse and drug relapse. In the present study the ratio of young adults was very high in this study. Most of the respondents were married from rural area. More than half of the respondents were labourers and their nature of work motivated them towards addiction. Most of the respondents got information about drugs from friends and their friends induce them to use drugs. More than half of the respondents face difficulty to fulfill their financial needs because their income was very low. So, they start taking drugs to overcome with stress. This study clearly shows that peer group plays a very important role to shape the behaviour of individual in positive as well as negative direction. The similar study was also conducted by Kumar, et.al. foundthat peer groups are the main factor for the beginning of drugs. Deepti, S.S.etal. also found that more than half of the respondents were single from rural area. Only 44 percent of the respondents were married. Chowdhury A.N. et.al also found that peer influence is a significant factor for heroin initiation. Regular follow up, home visits, peer group counseling and social support are very important to prevent relapse in drug addicts.

VI. SUGGESTIONS

Relapse is not responsibility of a single profession. The professional experts from various disciplines work together in a team for treatment and rehabilitation of patients. The multidisciplinary team consists Psychiatrist Doctor, Psychiatric Social Worker, Psychiatric Nurses and Psychologist, Occupational therapists. On the basis of the present study findings, it is suggested that

- There is a need to organize school level literacy programme on drug abuse and aware the students about negative consequences of drug abuse.
- Sensitizing younger generations about consequences of drug abuse at grass root level.
- To organize therapeutic programme for helping relapse drug addict and their family. Therapeutic intervention can help an individual heal from past trauma.
- Provide psycho-education to the patients and their family members to develop better understanding about drinking behaviour.
- Help the patient to develop coping skills and resolve interpersonal and intrapersonal problems.
- Help the drug addict in making a realistic short term as well as long term sobertive programme to overcome with the relapse problem.
- Improve self-esteem and develop a suitable cognitive and effective repertoire to cope with demands of life situations.
- To reduce the relapse rate in the treatment patient should take his/her medicine properly and quit those friends who encourage for taking drugs.
- Sleep better also help to prevent addiction.

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