COMPARE IDENTITY STYLES AND COPING STRATEGIES AMONG MEN WITH SUBSTANCE-DEPENDENT AND -INDEPENDENT OF URMIA CITY

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ABSTRACT

In the present study to compare identity styles and coping strategies in patients with and patients without substance abuse are investigated. The population, all males with substance abuse of Urmia city that in order to abandonment they refer to the addiction clinics and researcher selected 3 clinic, Shafakhane, Aramesh and Mehrdad and the age range was between 20 and 35 years. The sample was 160 people and the sampling method is judgmental. The study was retrospective and case-control. The instrument used in this study consisted of a questionnaire of Identity Style Inventory, a questionnaire to coping with stress (CISS) Endler and Parker and is a researcher-made demographic form and the questionnaires were carried out individually. In order to analyze the results related to the hypothesis use the t test for independent groups and Pearson correlation coefficient. The results showed that people with substance abuse are used emotion-focused coping strategies and those without this syndrome are use problem-focused coping strategies less than others. Those without this syndrome were use more avoidant coping strategies.

KEYWORDS: identity styles, coping strategies, substance abuse, mental health

INTRODUCTION

The question that every human being about who and what from themselves, is the permanent and inescapable question in people's social life, And trying to answer this question and create a sense of identity, has very long history. Ideas and thoughts identity is seen even in ancient times, And in all languages and all thoughtful speech can be found a trace (Tryandis, 2009). Jazayeri *et al* (2013) believe that identity is such as a compass that led a person throughout his life. And is led to the creation of organized identity processing styles, through which a person interpretation and experiences and is influenced by experience. Addiction, in terms of economic, political and physical disadvantages, has different views. Our country due to its special geographical position, is one of the main victims of drugs. One of the most important actions in this field, is recognizing the theoretical approaches on the issue of drug addiction. Some psychological theories about drug abuse is character-based. In general drug addiction is one of the personality disorders in life that people with certain personality tendencies may be choose it under socio-cultural conditions.

Having a set of unique features character-growth, like impaired development of the soul, lack of sense of responsibility, lack of self-reliance and minor independence, lack of initiative and determination, intolerance against failure, and inability to ignore the fleeting pleasures in favor of achieving long-term goals, is predisposing factor in determining the classification of cognitive disorders, drug addicts (Mikulincer & Shaver, 2007).

Identity formation and achieve self-definition, is the most important aspect of human social and psychological development. Choice values, beliefs and life goals, are the most important characteristics of identity in adolescence and young adulthood. In the study of human personality, "identity" is the basic and internal aspects that help the person to communicate with his past, a sense of continuity and integrity comes in life (Krueger & Casey, 2000).

Ericsson believes that the formation and acceptance of individual identity, completely a task, described as difficulty and anxiety. People who achieve strong identity, are ready to deal with adult issues, and those who cannot achieve such identities, identity crisis experience; such people do not know who they were or what they are, Where they belong or where they want to go; as a result, it may be the normal way of life, education, employment and marriage withdraw (Schultz, 2010). The newest theories in the field of identity that is the theoretical basis of this research, the theory of Berzonsky identity styles is cognitive-social model. Marcia by matching two criteria the crisis and commitments with three areas of overall performance, that job, profession and gender, is created a method for measuring the "My Identity" (Shahr Aray, 2004). Marcia based on exploration and commitment, recognized four modes identity: Foreclosure identity, Moratorium identity, Business identity and missing identity (Eskandari and Shekrayy, 2014).

To deal with stress is behavioral and cognitive efforts to manage internal and external demands that a person is deemed threatening or harmful (Lazarous, 1984). Ben-Zur, & Reshef-Kfir, (2003) showed that individual strategies to cope on took up part of his Profile are vulnerable. The use of maladaptive strategies in the face of stressors could cause problems, while just coping strategies can lead to beneficial outcomes. One of the most important indicators of the health of individuals in stressful situations using their ability to inhibit is efficient and effective approaches (Naderi *et al.*, 2007). In other words, coping strategies are defined as cognitive and behavioral efforts, the curb, tolerance and reduce the need for internal and external demands and conflicts between them (Hazhir, 2007).

In a divided, coping strategies are classified as problem-focused and emotion-focused. Problem-focused strategies focused on the problem and possible solutions, but in emotion-focused strategies focus is on emotional basis (Hejazi & Fartash, 2010). When people feel they can not do anything to change the stressful situation; more use of emotion-focused approach. But for problem-focused coping is aimed at reducing the requirements for stress positions, when people use problem - focused approach, which believes requirements and resource are variable (Steiner *et al.*, 2012). Coping skills as a variable management is examined in many studies. Given that, drug dependence, will lead to serious changes in drug abusers, so that 90% of drug abusers suffer from one or more other disorders, That the most common, mood disorders, antisocial personality, anxiety disorders and with a lower incidence of chronic phobias, obsessive and schizophrenic hence it is important predisposing factors (Ganji, 2008).

The recent problems in the field of preventive measures for health promotion has caused Scientists attention to risk and talents personality and identity styles specific behaviors among substance abusers and non directed. According to what was said, discussed the formation and identity styles, communication and coping strategies among men of influence on how drug-dependent and -independent. In this study compares the identity styles and coping strategies among drug-dependent and -independent men will be in the Urmia city.

Background research
Some of the research, the relationship between identity status, as personality variables with substance abuse in adolescents and young adults, but less related research identity styles, have been studied with drug abuse.

Bagheri (2009) to study the relationship between coping strategies and trends in drug abuse among students of Azad University of Tehran 8th District, the results showed that the correlation between substance abuse and coping strategies significantly is 0/05.

Jafarnejad (2013) to study the relationship between the 5 major factor, coping styles and psychological health of undergraduates in teacher training took place. It was found that the participants' personality traits and coping styles were significantly associated with mental health.
Hajir (2007) found a positive relationship between coping skills, emotional and substance abuse.

McKEE, Hinson, Wall & Spriel (2008) studies showed that the drug can be predicted by several variables. But overall fighting style psychological pressure is greater than other variables predictive of addiction.

Javadi (2008) examine the relationship between identity status and addiction achieved the results that; between two groups of addicts and non-addicts in successful identity databases, there is a different significant, which means that non-addicted group scores in successful identity of addicts.

Endler & Parker (2009) found that coping with stress can be problem-oriented coping style, emotion oriented is or avoid.

Wells (2009) has shown that for coping strategies, both approaches cognitive behavioral therapy (CBT) and MCT (MCT) is effective.

Anda, Javidi, Jefford, Komorowski & Yanez (2011) Rise in the number of teens who turn to addiction and substance abuse as evidence of growing psychological pressure and stress ineffective coping strategies to deal with the pressures they know.

Steiner, Erickson, Hernandez, & Pavelski (2012) showed that coping strategies orientation with health problems and damaging behaviors to health have negative relationship, but avoidance coping strategies had a positive relationship with these issues.

Jazayeri, Jafarizadeh and Poorshahbaz (2013) showed that the drug addicts are use coping strategies with less focused and more ineffective strategies.

Riley & Schutte (2013) in their study showed that drug use is a coping strategy.
Jones (2014) in his study showed that subjects with successful identity compared with the early people, the more likely consumers are marijuana and cigarettes.

RESEARCH METHODOLOGY
Since this study was considered to compare the identity styles and coping strategies among drug-dependent and - independent men Urmia city. This study is a retrospective study a case control study.

In this study, researchers tried to compare the effect of identity styles and coping strategies in the development of substance abuse investigation and a group of healthy individuals or non-abuse.
The population in this study consists of all the men in Urmia city of drug-dependent and -independent. This study used an available non-random sampling.

Researcher to select the sample group, those who referred for quit the addiction in the date June 2015 to Septeber 2015 shafakhane, Mehrdad and Aramesh clinics and had filed select, And the unaffected group of patients are referred to Razi and Parsa hospital.

The sample size was 160 people in two groups infected and non-infected. 80 people, including people with substance abuse And 80 subjects were non-infected or healthy. It is Include noteworthy that the sample with the entry criteria for this study:
Testing positive for morphine, having reading and writing so that they understand the tests, and aged between 20 and 35 years. Also, if individuals have organic problems and neurological were excluded from this study. The unaffected group in terms of age and education matched group the patients and the unaffected group had no history of drug use and output criteria, such as group suffers.

SPSS software was used for data analysis. In order to describe the data used is the average frequency table. Descriptive analysis in this study is, age, marital status, educational level, reflecting a questionnaire items. The t test was used for independent groups and Pearson correlation coefficient.

MATERIALS AND METHODS
The questionnaire in this study, carried out by self-reporting and surveying will be carried out individually, thus, each participant was asked to respond carefully to each of the questionnaires. For the purpose of the study and the nature of it, the best way to gather the required information, the use of a questionnaire and the following three questionnaires were used for this purpose.

Identity Styles Questionnaire: This questionnaire was designed for first time by Berzonsky (1989) to measure social-cognitive processes that teenagers are dealing with identity issues (Berzonsky, 1989). This questionnaire has evaluates three identity styles that including information, norms and confused - Avoid and consists of 40 questions that has five options. Berzonsky (1992) has reported 0.62 Cronbach's alpha for informational style and 0/66 for normative identity style and 0.73 to alleviate the identity of confusion - Avoid (Berzonsky, 1992).

Coping Style Questionnaire: This questionnaire have made by Lazarus & Folkman (1984). That has 66 articles based on four ordinal Likert scale. There are eight subscales that covers two general style, problem-oriented (Seeking social support, accountability, strategic problem solving, positive reappraisal) and coping (coping methods to deal, to refrain, restraint, escape-avoidance). Lazarus, to meet each method has reported 0.66 to 0.79 reliability.

Addiction potential questionnaire: The questionnaire have made by Wade and Butcher (1992). And efforts have been made to determine its validity in Iran. In this study, will be used the Iranian scale of the questionnaire, that Zargar (2009) is built with respect to the psychosocial status of Iranian society. The questionnaire consists of two factors: And 36 articles, with five of the lie detector. Reliability was calculated 0.90 with Cronbach's alpha.

RESULTS

First hypothesis: identity styles (informational, normative, avoidance confused) among men without and those with substance abuse, have significantly different.

Table 1: multiple analysis of variance (MANOVA) identity styles (informational, normative, confused - avoidance) among men without and those with substance abuse.

group		Levene's test	significance level	F Statistics	significance level
Non-related men and Substance Dependence	Informational style	0.009	0.925	1.194	0.276
	Normative style	0.046	0.830	28.929	0.0001
	confused - avoidance style	1.392	0.295	13.552	0.0001

According to Table 1, which includes effect of addiction test on the dependent variable, taking into account linear relationship is the dependent variable. As can be seen, in all the components of identity styles (informational, normative, confused avoidance), with a significance level of 0.01, a significant difference was found between men without and those with substance abuse.

Second hypothesis: Patients with substance abuse in comparison with those without this syndrome was use more emotion-oriented coping strategies.

Table 2: Multiple Analysis Of Variance (MANOVA) emotion - focused coping strategies among men without and those with substance abuse.

group		Levene's test	significance level	F Statistics	significance level
Non-related men and Substance Dependence	Coping confrontation	0.306	0.581	2.760	0.099
	Refrain	0.006	0.937	15.248	0.001
	Continence	0.009	0.925	14.005	0.001
	Escape-avoidance	1.135	0.288	1.762	0.186

According to Table 2, which includes effect of addiction test on the dependent variable, taking into account linear relationship is the dependent variable. As can be seen, in components of the confrontation and escape-avoidance coping, respectively with a significance level of 0.099 and 0.186, a significant difference was observed between men without and those with substance abuse.

The third hypothesis: Patients in comparison with patients without substance abuse problem focused coping styles used less.

Table 3: Multiple Analysis Of Variance (MANOVA) among variables

group		Levene's test	significance level	F Statistics	significance level
Non-related men and Substance Dependence	Find social support	1.500	0.222	9.772	0.002
	Accountability	0.065	0.800	8.579	0.004
	Thoughtful problem solving	0.251	0.617	8.500	0.004
	Positive reappraisal	1.142	0.287	12.521	0.001

According to Table 3, which includes effect of addiction test on the dependent variable, taking into account linear relationship is the dependent variable. As can be seen, in all the components of Problem-Focused coping strategies, with a significance level of less than 0.01, a significant difference was found between men without and those with substance abuse.

DISCUSSION AND CONCLUSION
The two hypothesis of the Researcher, is that the majority of patients with substance abuse and avoidant emotion-focused use coping strategies. The results showed that in the fourth quarter; that people with substance abuse significantly use than emotion-focused coping strategies higher than others (p<0.000).
The results of this hypothesis is consistent with Stanton Peel comments (Vashtvn and bondi quotes, translation Masumian East, 2010), which, he believed, **that** People who are dependent on substances changing the mood, honestly believe that they can not changed disturbing feeling and stipulates that had the impression that can modified easily. And because have not learned coping with problems skills, and just have learned to blame others to confine their emotion-focused coping skills. The Vashton and bondi also stated that one of the reasons for the risk of substance abuse is the use of ineffective coping skills.

Because such people to solve their problems are untrained to efficient problem solving strategies and they have very little behavioral patterns.
I
nability to tolerate frustration, despair and faith to satisfy immediate desires and emotions such as anger, loneliness and depression of the factors that cause people with substance abuse trends to be dysfunctional coping skills and due to a weak coping skills, relaxation and comfort from substance abuse for such people, is more attractive and smoother user experience. As Seyed Mohammadi (2009) stated, young people more than adults deny their problematic emotions, quickly get angry, avoid organization rather (Sleep or consume drugs) or blame others, this type of their counter is primarily emotional.

In other words Sensitive individuals, immature and lopsided, often use emotion-focused coping with the stressors. Ahmadi *et al*. (2010) and Samoani (2007) also found that people with substance abuse in comparison with healthy normal individuals are use higher emotion-focused coping strategies. And the fact that drug abusers immature defense mechanisms and coping skills and problem solving strategies are weaker than others, verified in different studies. As the psychodynamic approach, substance abuse as a defense mechanism immature taken into account (Caspers, 2006). Dehqani (2007) also stated that in approaches to prevention and treatment of addiction with particular emphasis on problem-solving coping skills, It is believed that the lack of such skills likelihood of involvement with drug abuse, are increasing vigor.

But the second hypothesis results showed that people with substance abuse compared to healthy normal individuals use less avoidant coping strategies. In contrast to these findings, research (Erdman, & Caffery, 2003; Joukar, & Latifian, 2009) have shown that people with substance abuse use more avoidance strategies than healthy normal individuals such individuals, of drugs as a way to avoid disturbing emotions or deny their problems. Have been reported this

performance of defensive tackle and substance abuse patients, widespread in several studies (Kadivar, 2005). But Lazarus (according to Najarian & Barati Sadeh, 2006) believes The evaluation of any stress factors and deal with them on factors such as individual attitudes and beliefs about the incident, Previous experience in dealing with the incident or similar incidents, Aware of the consequences of the accident and evaluating the amount of force that should be used to tackle and adapt depends. To consider factors; can be found avoidant coping cause of the problem. In other words, it can be concluded that, when people are incapable of solving problems, tried to making and avoiding problems. The results of the third hypothesis the researchers showed that, infected people in comparison with normal people to use more problem-focused coping strategies abuse. The results (Klink Chris, 2004) have shown that, organizing the negative mood, self-confidence, the ability to solve the problems of life, full of optimism and patience to life; that attitudes based on such factors as stress resistance, associated with problem-focused coping. The results of this study are consistent with the above mentioned research. It is noteworthy that by analyzing demographic with substance abuse, it was found that the average age of substance abuse is 28.48 and 52/5% of them are married. The mean show that their education degree are less than diploma (47.5%) that the higher the level of education, declining the drug dependence. In non-involved, mean age of 27.39 years, 51.3% of them were married, and 57.5% of them have diploma.

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