



De La Salle University – Dasmariñas

PROFILE, CAUSE OF ADDICTION AND LIFE SITUATION
OF DRUG DEPENDENTS
IN A REHABILITATION CENTER

An Undergraduate Thesis Presented
to the Faculty of College of Liberal Arts
De La Salle University-Dasmariñas, Cavite

In Partial Fulfillment of
the Requirements for the Degree
of Bachelor of Arts in Psychology

By:
Kathlyn Pearl S. Lat
Myzza J. Mendoza
Psy 4-3

Prof. Virginia G. Aguilar
Thesis Adviser

02 JUL 2004

AKLATANG EMILIO AGUINALDO ARCHIVES



ABSTRACT

Name of Institution: De La Salle University-Dasmariñas

Address: Dasmariñas Bagong Bayan, Cavite

Title: Profile, Cause of Addiction and Life Situation of Drug Dependents in a Rehabilitation Center

Authors: Kathlyn Pearl S. Lat and Myzza J. Mendoza

Founding Source: Parents

Date Started: September, 2003

Cost: Php 8,000.00

Date Completed: March, 2004

Objectives of the Study:

A. General

This study aimed to know the background characteristics of the respondents, the motivating factors that led the respondents to be drug dependents and the individual characteristics related to the attitude of the institutionalized drug dependents towards the environment inside the rehabilitation center. It also aimed to identify their coping mechanism for being away from their family.



B. Specific

The specific objectives were to:

1. Know the background characteristics of respondents: educational attainment, religion, year they began to take drugs, the quality of the drugs they take for a day before they were rehabilitated, and the length of time of their stay in the rehabilitation.
2. Enumerate the motivating factors that led an individual to be a drug dependent.
3. State the reasons why such respondents are rehabilitated.
4. Identify the methods that the rehabilitation is using in helping their clients recover from their previous addiction.
5. Know the quality of their social relationship with family and friends at present.

Scope and Coverage

This study included nine patients of NBI Treatment and Rehabilitation Center in Tagaytay City. They were the patients who stayed there for about six months, and those who were admitted and released of the institution. The primary focus was on individual characteristics related to attitude of the institutionalized drug dependents towards the environment inside the rehabilitation center and on their coping mechanism for being away from their families.



Methodology

The researchers used case analysis method in gathering information that they needed for the study. This method is typically used in dealing with people and its environment. It is useful in finding out the actual situation of the drug dependents in a rehabilitation center, and the coping mechanisms that they used in staying at the rehabilitation center. It is also effective in gathering information on the reasons why such individuals are rehabilitated, the problems that they encounter and the actions that the institution implements in order to solve these problems.

Major Findings

1. Younger respondents were more active in using prohibited drugs and were exposed to different kinds of drugs than older respondents.
2. Religion may not be at all considered as one of the factors in an individual's dependence on drugs. This is true especially nowadays where religion is no longer the center of lives of many people.
3. Most individuals started taking drugs at a young age particularly during their teenage years since this was the stage where individuals could be easily get carried away by their peers and their curiosity.
4. Most of the respondents reached high school level. Four of them had entered college but only one of them was able to graduate from college. This could be attributed to their use of prohibited drugs. Dependence on any



kinds of drugs could hinder an individual from attaining his personal aspirations such as graduating from college and earning a degree.

Dependence on drugs detached the individual from school and decreased their commitment to education

5. The kind of drugs that they used were usually accessible to them. This adds burden since accessibility of any kind of drugs could add up to the person's addiction to drugs.
6. Curiosity and peer pressure were common among adolescent respondents while the adult respondents' motivating factor in taking drugs was family problems. While some respondents' reason for taking drugs was their desire to escape from pressure of life. These people did not only use drugs to forget their problems, but also to give pleasure for themselves.
7. Those individuals were put/placed in a rehabilitation center first because they were drug dependents and were not productive members of the society that they became nuisance to themselves, their family and society in general and they could not function well in the society. Most of these drug dependent individuals see the rehabilitation center as a place of change where they can think and put in mind the things that they've done
8. Only one out of eight respondents was not in a harmonious relationship with his family and friends.



9. Most of the respondents were not able to inform their friends outside the rehabilitation about their situation. This was all out of fear of being condemned and judged.
10. Not all drug dependents placed in a rehabilitation center became successful quitters for most of them had relapses. After a few months in an institution, these people were discharged but most frequently when they were out they were again exposed to drugs and return to their own habit. There were times when the methods of the rehabilitation center was not sufficient enough for their clients full recovery.

Conclusions

1. Most of the respondents' reasons for taking prohibited drugs were family problems, curiosity, peer pressure, boredom/frustrations and lack of parental supervision.
2. Being in the rehabilitation center somehow helped the respondents regain their family's trust once more. This was because of the changes brought by their stay inside the institution.
3. Most institutionalized drug dependents experience difficulty in adjusting to their new environment inside the rehabilitation center at first. This was due to the discomfort they felt since they were deprived of the privileges they experienced when they were outside of the rehabilitation center.



4. The support of the family was very important to the patient's recovery from drug dependence.
5. Being in the rehabilitation gave an individual a feeling of anxiety. This was due to their fear of being rejected by people once they knew that they had been in a rehabilitation center for they may not understand their situation.
6. There were drug dependents who learned and realized the consequences of taking drugs as a result of their rehabilitation. However, this was not an assurance that when they were discharged, they would not turn to drugs anymore.

Recommendation

1. The NBI Treatment and Rehabilitation Center should improve its program that enhances the knowledge of their patients about the short and long term effect of drugs, not only on the physical effects but also on emotional and psychological effects.
2. The institution should have a program that includes family members.
3. NBI Treatment and Rehabilitation Center must have more volunteer workers.



4. NBI Treatment and Rehabilitation Center should also ask assistance from the government to help them improve their facilities. The rehabilitation should take full advantage of the space of the vicinity.
5. The future researchers should do a more complex kind of research that involves the life situation of drug dependents in a rehabilitation center. They can use more than nine respondents to set norms. Besides interview and self made questionnaire the future researchers can interview family members and other people who have a background about the patients. They can also use observation method to observe the daily activities inside a certain institution and to understand more about the patient's behavior.