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DETERMINING THE EFFECT OF THE SOCIAL RELATIONS OF PEOPLE WITH SUBSTANCE USE DISORDER ON THE TREATMENT PROCESS

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Abstract: The aim of this study is to examine the effect and relationship of people with substance use disorder to struggle with addiction and to be together with their family or social environment during treatment. In the research, common parameters related to family or social environment were determined and statistical data were created by using the qualitative data in the Narcologist report published in Türkiye in 2018-2022. The research findings were created with the participation of people with substance use disorders who applied to the police departments for any reason in Türkiye. According to the results of the research, those who want to get rid of substance addiction were evaluated with different groups. For example: those who want to get rid of substance addiction-those who accept that their social relations have deteriorated, those who want to get rid of substance addiction-who are married, those who work in any job-who accept that their social relations etc. According to the analysis, it has been determined that there is a linear proportion between these groups. In addition, the findings of the study were supported by the literature, emphasizing that health representatives, family members and social environment should be in a holistic approach in the fight against addiction. The contribution of this study is to identify the common points of people with substance addiction and express their opinions, and provide guidance on the current situation and expectations in the fight against addiction. The secondary contribution includes suggestions that will contribute to future research in this field and the development of complementary treatment methods by examining the findings with a theoretical framework.

Keywords: Combating addiction, Family or social environment impact, Substance use disorder, Effect of social environment, Treatment process with addiction

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1. Introduction

1.1. Substance Addiction and the Process

It is possible to talk about addiction in case of deprivation that people feel when the products or substances they use decrease, their desire to gradually increase the dose or the presence of any unsuccessful quitting efforts. Dependence; It can be defined as a condition that causes personal or social problems by causing loss of self-control in the individual, which causes many diseases due to its repetitiveness (Yigitbas, 2022). Although addiction is a process development, it varies according to the physical, mental and social environment and family relations of the people.

Social impulses such as peer influence, raising awareness and attracting attention, which have increased with the effect of developing technology and social media use in recent years, have been encouraging to try alcohol and substance use. Contrary to what is known, according to previous studies, it can be said that alcohol and substance use disorder is widespread and gradually

increasing in people who have a high socioeconomic level, have a job or have a high school education level or higher.

Substance abuse can occur in the form of both physical and psychological dependence. Physical dependence is characterized by the symptoms that occur in the body of the person when the substance use is stopped. For example, when a person with alcohol or substance addiction quits, common symptoms are listed as tremor, sweating, nausea, restlessness and sleep problems (Kahraman, 2019). Psychological addiction is defined as a strong desire to use the substance. In general, the process that most affects people in the fight against addiction is to decide not to use it, to be able to resist this situation and to struggle with emotional disorders.

There are different methods such as psychotherapy, drug therapy, support groups, lifestyle changes and integrative therapy in the fight against substance abuse. Psychotherapy is a root cause research method applied to investigate the root causes of addiction and to change



the thought and behavior patterns of the person. Although Cognitive Therapy (CBT) is primarily preferred in the treatment of substance addiction, motivational studies, family and group therapies are also applied as complementary therapy methods (Şenormancı et al., 2010). Lifestyle Changes with Support Groups are managed by people who have successfully completed the fight against addiction, and provide a strong support network for sharing experiences and creating healthy lifestyle changes in groups that include people in the treatment process (Özdemir and Taşçı, 2013). Integrative Therapy is defined as a treatment plan that combines methods such as necessary drug use, psychotherapies and lifestyle changes according to the individual needs of the person and the type of addiction (Güleç and Gümüş, 2018). In addition, it is of great importance for addicts to have a supportive family and social environment during treatment in the fight against substance addiction.

1.2. Social Life and Support in Fighting Addiction

During the treatment of people struggling with addiction; the support and motivation provided by family members, work and social friends will make the person feel stronger, be enthusiastic about individual changes and continue the effort to get rid of addiction. Individuals who feel that they receive emotional support from their social environment can share their problems more comfortably and develop healthy communication skills by easing the emotional burden they carry. In addition, the social environment with which he is in effective communication will increase his resistance against addiction and will help him to maintain his new lifestyle. Thus, it will reduce the risk of relapse and relapse to substance use.

In his study on the effect of families on the fight against addiction, Mutlu (2013) emphasized that the inclusion of parents in the treatment process of young individuals with substance use disorder is the most important factor that increases success. Mutlu (2013) mentioned that the families of addicts should be informed about substance use, possible conflicts should be resolved and they should be educated about effective communication especially during the treatment process. The effect of the addiction process and family relations was examined by Yaman (2014) by conducting semi-structured interviews with 10 different young individuals between the ages of 15-25. According to the results of the research, it was stated that young people with substance addiction feel more secure when their family relationships are healthy and sufficient, and their desire to use drugs decreases. In the same study, it was revealed that alcohol or substance use decreased according to the extent of the social time spent with their families by young people struggling with addiction. In a book published by Duyan and Gövebakan (2021), the relationships and interactions of substance addicts with their families are discussed. It has been emphasized that in families where communication within the family is adequate and healthy, young people are prevented from turning to different searches during

adolescence, and it reduces the behavior of turning to substance use. In a qualitative study conducted by Erükçü Akbaş and Mutlu (2016), inferences were made from the experiences of 9 people with substance addiction. According to the results of the research, they stated that these people were left alone after they started using substances, they were socially excluded, and that people's approach to them with contempt and regret created a desire for more substance use. In another study conducted by Avşar et al. (2016), a questionnaire form "Perceived Social Support Scale and Self-Esteem Inventory" was applied to 100 people who applied to a state hospital in Türkiye for treatment. According to the results of the questionnaire forms applied, a comparison was made between the socio-demographic characteristics and the mean score of the social support scale perceived from the family. According to the results of the comparison, it has been determined that the average score of married individuals, who are among those who struggle with addiction, who work in a job and who feel the support of their families, is high. In addition, in the same study, it was emphasized that continuing the profession, being connected to a social environment and purpose are important factors in the formation of social support and self-confidence, and that these people should be supported socially instead of being fired.

When we look at the studies in the literature in the fight against addiction, the positive effect of a supportive environment in which social life, environment and family are together on the treatment process of people struggling with addiction is emphasized.

2. Materials and Methods

Narcologist reports published by the Presidency of Fight Against Narcotic Crimes in Türkiye were used as data source in the study (Narcologist, 2023). Narcologist reports for the years 2018-2022 published were examined on a yearly basis, and common parameters that could be data sources for each year were determined (Narcologist, 2023). The most important limitation of the data published in the narcologist reports is that the data were collected when the substance addicts, who constitute the research sample, were in the police stations for any reason. It contributes to our ability to comment on the current situation throughout the country by only making predictions.

3. Results

According to the Narcologist report data published between 2018 and 2022, the common parameters on a yearly basis are; it consists of the total number of people, gender distribution, marital status, those who work in a regular job, those who want to get rid of addiction and those who state that their social relations have deteriorated.

Looking at Figure 1, it is seen that male individuals tend to have more substance use disorders. It is thought that

this is due to the fact that men feel more courageous than women, willing to take risks and need to prove themselves individually, according to social norms and pressures. In addition, the fact that male individuals are shy than female individuals in hiding their feelings and meeting their emotional support needs causes stress, depression, etc. may want to use drugs to cope with situations. Substance use preference is an individual orientation, and the interpretation made according to gender distribution is aimed at explaining general trends. When Figure 2 is examined, 55% of substance addicts in 2018; of 68.30% in 2019; of 68.70% in 2020; 2021 71.40%; it has been calculated that 71.50% of them live with their families in 2022. It can be generalized that people with substance use disorders mostly live with their families. However, this shows that the person struggling with addiction is alone in coping with the emotional problems they experience. Situations such as lack of communication within the family and coping with problems and not providing enough information about the real dangers of drug use by the family can trigger people's desire to explore. In short, the main factor that living together with the family can prevent the choice of

substance use can be stated as the situations in which effective communication or sharing is in question.

When the yearly data of the number of substance addicts registered between 2018 and 2022 are examined; It was determined that 38.8% in 2018, 56% in 2019, 38.8% in 2020, 34.4% in 2021 and 35.5% in 2022 wanted to get rid of addiction (Figure 3). In addition, it is seen that there is a direct proportion between wanting to get rid of substance addiction and addicts who accept that their social relations have deteriorated.

According to the data published between 2018 and 2022, the relationship between individuals struggling with addiction and married individuals is given in Figure 4.

In our society, marriage is known as a situation that strengthens family ties and indirectly increases responsibilities. By focusing on the families and marriages of individuals who use drugs, they may want to stop using drugs in order to reduce the damage caused to the family order or to restore the quality of communication and relationship with their spouses. The fact that married individuals are together as the person who requests help in this regard and supports them in the process contributes positively to the treatment.

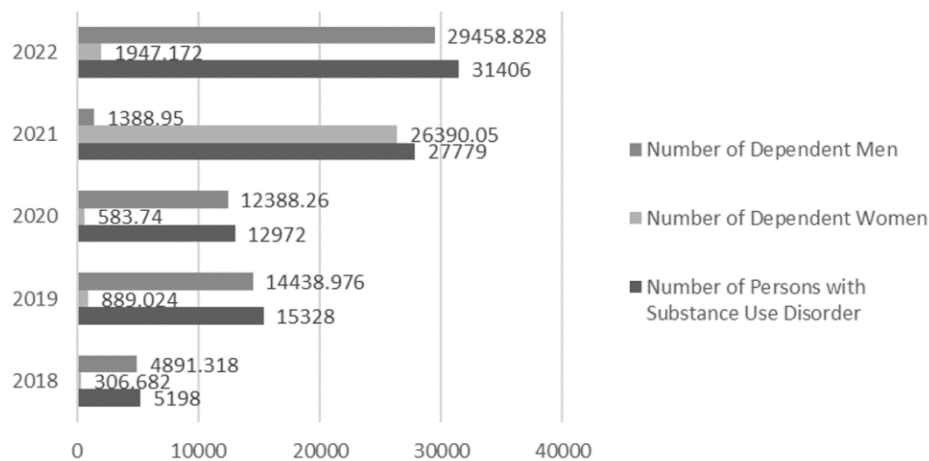


Figure 1. Substance abuses and gender distribution.

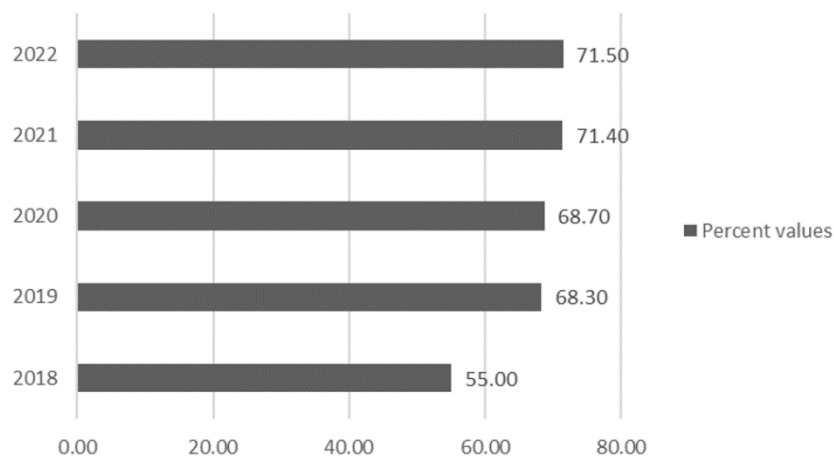


Figure 2. Percentage distribution of people living with their families.

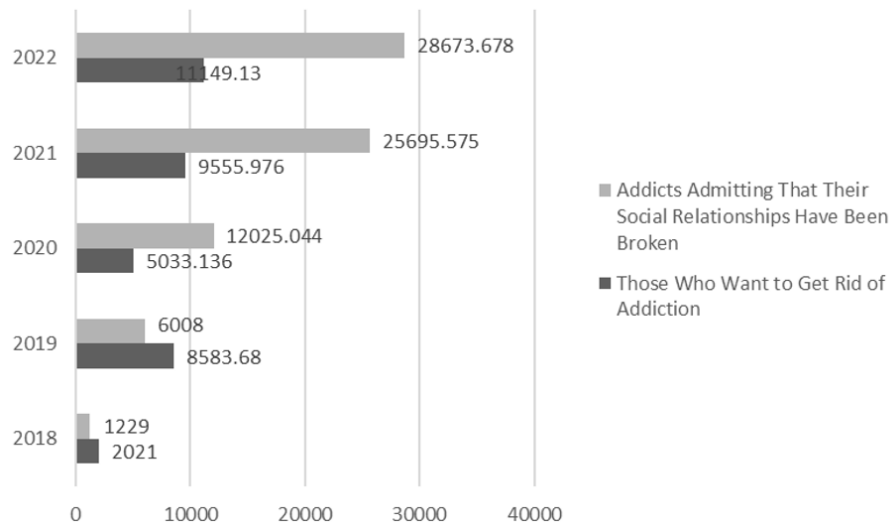


Figure 3. The relationship between those who accept their social relationships have been deteriorated and those who want to get rid of addiction.

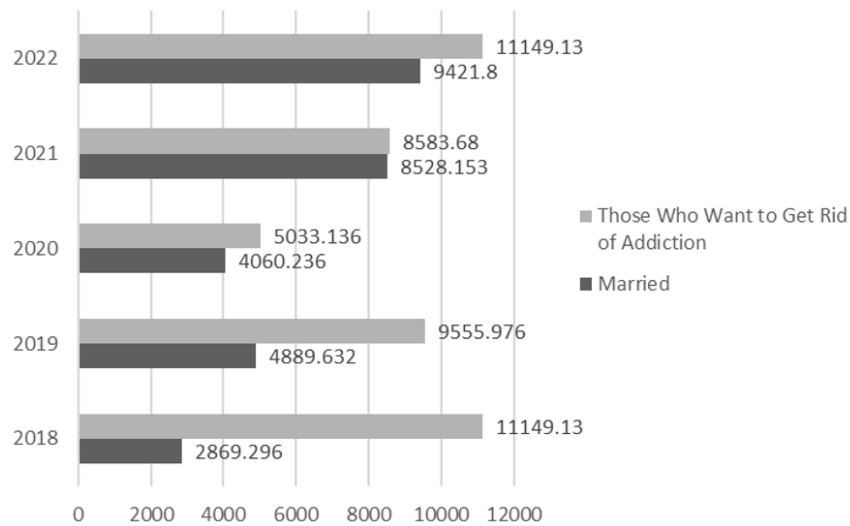


Figure 4. Those who are married and want to get rid of addiction.

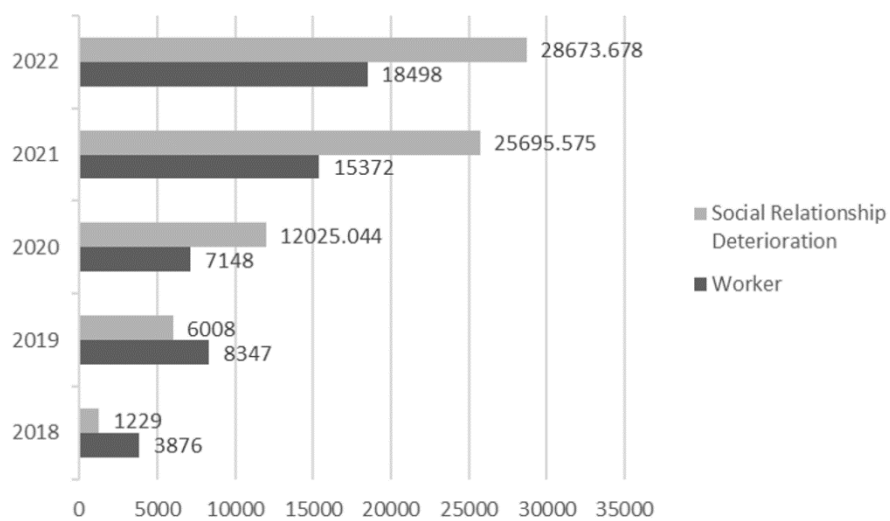


Figure 5. Employees in any job and people whose relationships with their social environments deteriorated.

When analyzed on a yearly basis according to the number of people with substance use disorders; 23.64% compared to 2018, 39.19% compared to 2019, 92.7% compared to 2020, 92.5% compared to 2021, 91.3% compared to 2022 He admitted that his relations with his social environment had deteriorated. The data showing the direct proportion among these people who continue in a job and whose social environment and relations have deteriorated are given in Figure 5.

Looking at Figure 5, it has been determined that the fact that people with substance addiction are working in any job does not prevent the deterioration of their relations with their social environment, and it increases in direct proportion. As a matter of fact, individuals with substance use disorder regardless of their occupation; they may turn to substance use as a stimulant in order to increase their work performance under stressful work life or intense pressure, or to prolong their sobriety during night work (Topaloğlu, 2014).

4. Discussion

Considering the limited number of people with substance addiction between the years 2018-2022, it is seen that the effect of social relations is an important factor in the fight against addiction. It has been determined that people struggling with addiction generally accept that they are addicted and at least 34% of them want to get rid of substance addiction every year. Social support and interaction in the fight against addiction play an important role in the process of recovering from substance addiction. In a study conducted by Tektaş Soy and Zorlu (2020), the perceptions of social exclusion of people with substance addiction were examined and 84.5% of the people who participated in the research stated that they were excluded by their environment because they used drugs. Since the feeling of social exclusion of addicts is related to drug use, holistic treatment methods including family, health representatives and social environment have been proposed to eliminate the perception of social exclusion. Altuntaş et al. (2019) investigated the effect of teamwork with moral support in the treatment of substance addiction and emphasized that medical intervention is the first considered treatment method, but this situation reduces the potential for positive results when used alone. Aktan Mutlu (2019) conducted a study with 80 patients who were treated in Bursa State Hospital Amatem Clinic. According to the results of the research, it was mentioned that it is an effective method for patients to know that they are being supervised and controlled so that they can continue their treatment and regularly attend health examinations. eg. telephone transfers or home visits, etc. According to the findings of a study conducted with a group struggling with addiction, it was determined that unmarried addicts were twice as likely to relapse compared to married addicts (Walter et al., 2006). In a different study, it was determined that the social follow-up of the addicted person accelerates the

purification process in the fight against addiction, which is carried out in cooperation with the family (Yücel et al., 2020).

5. Conclusion

In this study, the effect of social relations of people struggling with addiction during the treatment was tried to be emphasized. Looking at the research data, it has been determined that 94% of people with substance use disorder are male, with an average of 66% living with their families. Here, it has been emphasized by the studies in the literature that the most important factor is that living with the family can prevent the possibility of being an addicted individual only with effective communication and sharing within the family. It is seen that the reasons such as the deterioration of social relations and the inability to continue any work strengthen the desire to quit. The fact that addicted people accept the problem together with their families or social close circle and cooperate in the treatment process is an important factor in the positive progress of the process in the fight against addiction. In short, although alcohol or substance addiction is a process that starts individually, the treatment and the process of getting rid of this habit will make a positive contribution to the individual's ability to continue his life from where he left off.

Author Contributions

The percentage of the author(s) contributions is presented below. All authors reviewed and approved the final version of the manuscript.

	T.O.	M.E.Ö.
C	50	50
D	50	50
S	30	70
DCP	50	50
DAI	50	50
L	70	30
W	70	30
CR	30	70
SR	50	50

C=Concept, D= design, S= supervision, DCP= data collection and/or processing, DAI= data analysis and/or interpretation, L= literature search, W= writing, CR= critical review, SR= submission and revision.

Conflict of Interest

The authors declare that there is no conflict of interest.

Ethical Consideration

Ethics committee approval was not required for this study because of there was no study on animals or humans. The authors confirm that the ethical policies of the journal, as noted on the journal's author guidelines page, have been adhered to.

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