

A STUDY ABOUT IMPACT OF ADDICTIVE BEHAVIOR

Dr. Paras Jain

Director, Silicobite Katni Degree College,
Dikshabhumi Campus, Katni (M.P)

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ABSTRACT

Addictive activities such as gambling, eating, internet chatting and playing video games are particularly conducive to addiction because they provide the opportunity for immediate reward. Similarly, the frequent cell phone texting many people send and receive hundreds of messages a day, causes for addiction. Many observers contend that it may be problematic as it interferes with the development process. Present study is focused on finding of addictive behavior and its negative impact.

INTRODUCTION

If a behavior that may be controlled is normal behavior but if it can't be controlled is addictive behavior. Person who exhibits addictive behavior is unknown regarding this but other persons recognize it as addictive behavior. Control on this behavior involves strong negative emotions as depression and self-loathing. Addicts commonly continue their behavior even while reporting that the habit is no longer pleasurable.

Many addicts often substitute one compulsive problem for another. They become compulsive workers or gamblers, or use chemicals to combat the emptiness, boredom, anxiety, and depression that constantly threaten to overwhelm them.

Addicts often express a desire to quit completely, but are unable to follow through. Despite the development of some effective treatments, there is no cure for addiction. Recovering addicts often manage their tendency to make mistakes by exercising cognitive control, such as voluntarily reducing or eliminating future options. The main purpose is to reduce the probability of encountering cues that will trigger relapse.

OBJECTIVE

- Finding of addictive behavior among male and its harming impact
- Finding of addictive behavior among female and its harming impact

HYPOTHESIS

1. There is no significant addictive behavior among male and its harming impact

2. There is no significant addictive behavior among female and its harming impact

METHODOLOGY

Descriptive survey method was adopted for this study. 150 male and 200 female of age 16-45 years were randomly selected as sample. 50% rural and 50% urban were accompanied in sample. They were tested for addictive behavior using self-prepared questionnaire and their impact were studied through interview. Collected data was tabulated and comparatively analyzed using percentile, mean value, standard deviation and t value as statistical tool.

FINDING AND ANALYSIS

Table-1: Status of Addiction Behavior

Addiction	No. of Persons have Addicted Behavior	
	Male %	Female %
Food Addiction	21	27
Game Addiction	23	28
Mobile Addiction	54	56
Internet Addiction	47	41
Shopping Addiction	23	32
Gambling Addiction	19	8
Gossip Addiction	28	37

Table-2: Impact of Addiction Behavior

Impact	Male		Female		t Value
	Mean	S.D.	Mean	S.D.	
Mental Health	37.2	0.87	41.7	1.03	0.92
Physical Health	33.4	0.94	35.3	0.98	0.81
Time Loss	42.6	0.79	46.8	0.86	0.86
Relationship Loss	39.2	0.84	40.4	1.12	0.78
Finance Loss	44.1	1.31	39.8	0.95	0.82

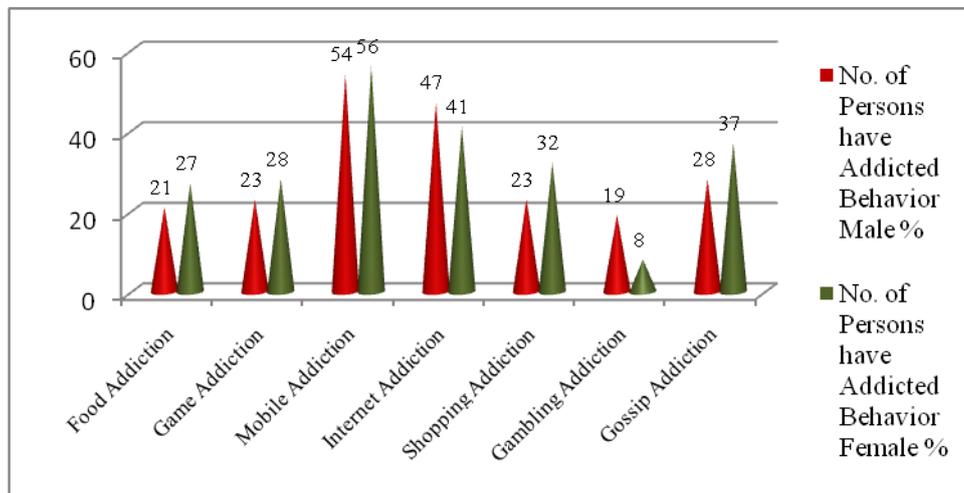


Chart-1: Status of Addiction Behavior

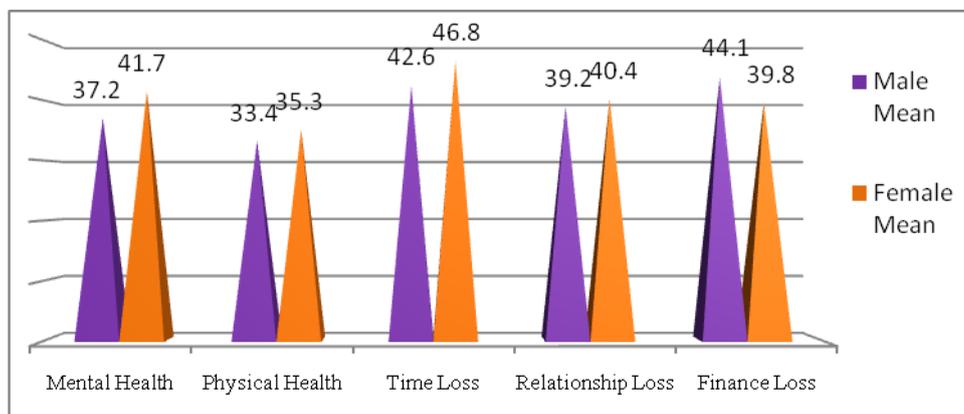


Chart-2: Impact of Addiction Behavior

Data table regarding male shows that food addiction is observed 21%, game addiction 23%, mobile addiction 54%, internet addiction 47%, gambling addiction 19% and gossip addiction 28%. Influence of addiction behavior shows that it affects mental health 37.2 and 41.7 as mean value for male and female. Physical health has mean value for male is 33.4 and for female is 35.3. Such behavior is responsible for time loss with mean value 42.6 and 46.8, and relationship loss shows mean value 39.2 and 40.4 for male and female respectively. Financial loss got mean value 44.1 and 39.8 for male and female respectively. Hence, hypothesis 1, there is no significant addictive behavior among male and its harming impact is rejected.

For females data observed remarkably for mobile addiction as 56%, internet addiction as 41%, gossip addiction 37% and shopping addiction 32%. Hypothesis 2, there is no significant addictive behavior among female and its harming impact is rejected.



CONCLUSION

Addictive behavior affects mental and physical health as well as social behavior. Self-medication is a best way to control it and realizes negative aspects of addiction. Study suggests that individuals with deficits in emotion-regulation skills may attempt to manage negative or distressing affective states.

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