



RESEARCH PAPER

Family Wellness Exigency: Dysfunctional Family's Association with Drug Addiction Among Males Members in District Kohat

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ABSTRACT

This qualitative study is conducted with objective of determining existence of drug addiction among male members from dysfunctional families in District Kohat. An enduring strong family system is a great blessing of Allah Almighty. The Allah Almighty's Last and Final Prophet - Holy Prophet Muhammad Peace Be Upon Him promotes marriage and family institution, for the greater welfare of human society. In addition, Allah Almighty and Muhammad Peace Be Upon Him ban all addictive substances for the believers, and for the whole humanity, because of their adverse effects, and because such addiction destroys the society. Total 18 drug addict male respondents were interviewed at Rehabilitation Center for Drug Addicts, Kohat. Study found that a dysfunctional family push male members toward drug addiction. It is recommended to make families functional-one, and to treat drug addicted in Rehabilitation Centers, through Professional Counselors, Human Resource Specialists and Social Workers.

KEYWORDS Abuse, Drug Addiction, Dysfunctional Family, Social, Stress

Introduction

In modern day growingly complex societies, there are phenomena that affect an individual's life. And there are different issues and problems that are of significant importance for Social Workers and Human Resource Specialists. Such issues affects, individuals, families, institutions, and society at large. Individuals with addiction or from dysfunctional families usually cannot perform their roles and duties appropriately in formal and in in-formal organizations. So, these issues are needed to be understood, for their effective, viable, and sustainable solution. The family is the universal social institution, and individuals are linked with it. If a family is dysfunctional, it implies that it is improperly functioning, so its members may be passing through different difficulties, and this scenario may will result in variant outcomes. Such outcomes may include, among others, the drug addiction for its members (the study focus on male members). The drug addiction is in itself devastating, which can cause further adverse outcomes, and it needs discontinuation. For this reason the study is justified, and is of significance. The currently study explored the relationship of family dysfunctionality with drug addiction of male members of the study area.

Literature Review

Concept of Family

Family, is a cluster of members linked either by consanguinity (recognized birth) or affinity (by marriage etc. relation). It shapes foundations for societal order (Brown & Brown, 2014). A family, is a cluster of people which gathers through relations and marriage ties, blood relation, or adopting someone, comprising one household and relating with one another in their concerned social positions, mainly comprising of parents, children, siblings, and spouses. The objective of the family is to sustain well-being of its participants, as well as, of society. Preferably, families offer structure, predictability, and protection as members mature and socialize for participation in the community (Collins, Jordan, & Coleman, 2019). The group of family shall be separated from a household, which may comprise roomers and boarders partaking common dwelling. It may be distinguished from a kindred (which also concerns blood lines), as a kindred can be divided into numerous households. Recurrently, family is not distinguished from marriage pair, but spirit of family cluster is parents-children's association which can be lacking from numerous marriage pairs.

Through the course of history, most societies use family primarily for association, nurturance, attachment, education, and socialization. Family connectivity is a specific characteristic of family's ties, and also mean as family or parental warmth, support, closeness, and receptiveness. Such family characteristic may be seen when a family maintain emotional connectivity to each other via development of collective family rituals, family traditions, and family celebrations (Manzi & Brambilla, 2014; de Jong & Reis, 2016). Among basic family functions, involves provision of an outline for production and reproduction of people socially, and biologically. And such phenomenon can happen via sharing of physical substances (for example food); the provision and reception of nurture and care (nurture kinship); jural obligations and rights, and also the sentimental and moral ties (Schneider, 1984; Russon, 2003; Murdock, 1950; Rivière, 1987).

Concept of Dysfunctional Family and its Conditions

A family can be known as a dysfunctional family wherein misbehavior, conflict, social gaps, and child abuse or neglect from the side of parents, and other family members do prevail on regular and continuous basis. The members and children living and growing up in dysfunctional families may consider these conditions as the normal one. The families that are dysfunctional primarily are the construct of two adults, one usually blatantly offensive and abusive, while the other is usually codependent. Such families' members can also be affected by drug abuse or other addiction's forms, or occasionally by a mental condition that is untreated. Parents that are grown up in families that are dysfunctional may over-correct or emulate their own parents. In currency of certain cases, leading parent may neglect or abuse one's child and the other parent may not object, and this can mislead children to assume blame. Persons that grew up in dysfunctional families usually experience that everything which goes wrong in globe is their responsibility (Masteller & Stoop, 2011). A family can be affected by variant factors. The members of dysfunctional families do have collective traits and behavior patterns as an end of their familiarities in a family structure, and this lead to generating dysfunctional behavior, either through perpetuation or enabling (Kaslow, 1996).

The dysfunctional families do have different conditions, some of them are discussed onwards: -

Anter and Beck (2020), share that the family members' addiction can lead to so many different unhealthy relationships among family members. Furthermore, the expectations of perfection from family members are wholly unrealistic, and they can impede the relationships and ties within families. Perfection is not possible in all conditions, and families set themselves up for failure and anger by supposing their children or members to do everything correctly. Similarly, the family members' abuse or neglect may cause harm, like for example, physical, verbal, or violence etc. On the other side, neglect cause an inactive damage, either emotional or physical. Both neglect and abuse are significantly challenging; the members who are socialized in such families do develop same behaviors, while they deal with their children.

Additionally, due to the fear and unpredictability, it is difficult to develop good relations when one live in a consistent fear of uncertainty. The members rarely know that how their parents are going to respond, and therefore they are consistently anticipating conflict and can not express them honestly. Similarly, with regard to conditional love, within a dysfunctional family the members can be scheming with their love, offering love solely when they need something from the family member. And with regard to the lack of boundaries, like for example, a controlling parent do makes life decisions for children without taking their opinions into consideration, or the intimidating parents do discourages children. The members of such families seldom has their own space, (members) less respect autonomy of each other, and living in such system results in codependent and unhealthy relation in later life (Anter & Beck, 2020). In similar manner, the lacking intimacy, is a condition of dysfunctional family in which one's family does not show marks of intimacy. Relationships like these make it hard for one to be close with anyone. While, the poor communication is such another factor, wherein, there is no sense of understanding between one and his family members, so one can not share and voice his opinions. There is mostly tension, and one do not feel safe communicating with them. Least members talk about their problems and instead, they just sweep issues under the rug (Anter, & Beck, 2020).

The Way Dysfunctional Family Cause Drug Addiction

There are various studies of drug addiction showed the prevalence of substance addiction between men and women due to family dysfunction. Girls were marginally more likely to avoid substance abuse issues than boys as reported in a study (Lee et al., 2010). Men use drugs to control psychosocial diseases, social conditions such as stress, anxiety, and unemployment etc. Women have reduced their detrimental effects during the stage of their hormonal cycle by examining the biological difference in medicinal abuse due to family dysfunction. Dysfunction further created stress and more likely to conduct risk-taking addictive drug experimentation (Perry, Westenbroek & Becker, 2016). Besides, childhood drug addiction was due to women dysfunction and men predisposes to drug misuse was converting adult into drug addiction which was due to elderly dysfunction condition. Salameh, et al. (2014) suggest that dysfunction of women have experienced more toward drug uses as compared to male's condition.

Nevertheless, research suggests that both genders have equal ratio of drugs addiction in specific regions is due to family dysfunction. Rozenbroek and Rothstein (2011) say that there was substantial difference between male and female students in prescription of drug addiction due to dysfunction. Research on Yemeni students also showed that dysfunction condition has substantial difference between male and female drug addiction (Hoffman & al'Absi, 2013). Goldstein et al. (2001) suggest that dysfunction condition among women have much used alcohol in society. Teferra (2018) suggested that female drug misuse condition was lower than male equivalents. Studies indicated

that females consumed less than their male counterparts in the use of certain drugs due to dysfunction condition (Salameh et al., 2014). However, recent findings of increased prevalence of drug misuse in men rather than women can be linked to societal norms and dysfunction characteristics conditions (Sorsdahl, Stein, and Myers, 2012). Dysfunction condition were reported more among both males and females in the form of drug addiction (Reda et al, 2012). The university male students were more likely to use drug than female students (Berhanu et al., 2017).

The literature indicated that drug addiction is also caused due to family dysfunctional activities. For instance, the family members with mental stresses are more vulnerable to drug abuse and addiction, as family dysfunction is one of the causes to compel them for drug addiction (Maier et al., 2013). In some cases, individuals use energy drinks for boosting their energy to achieve high goals and unfortunately they convert to drug addiction (Trunzo et al., 2014). Gebreslassie, Feleke and Melese (2013) suggested that drug addiction among peer group of students is a significant indicator of dysfunction of families (Gebrie et al., 2018). Another study reported that most drug addicted individuals explain that family dysfunction boost their behavior toward drug addiction (Berhanu et al., 2017). Stress can be defined as the body's response to an unpleasant state that ultimately prepares the body to respond to environmental requirements. Adult with dysfunction and risky behavior can commit more drug abuse, which are commonly involved in these activities due to depressive symptoms (Hatew, Podesta, & Van Laar, 2015).

Iqbal et al. (2023) shares that a significant number of individuals addicted to drugs engage due to less satisfaction from family members Dysfunction family disorder can leverage its individual in schools and hospitals and jobs toward drug addiction. However, family dysfunction does not support or promote the production or distribution of illegal drugs, nor it engage its individuals, but due to stress, they try to take drugs. Dysfunction drug treatment is very pathetic, and it needs strong consultancy. The prevention institution should work on family dysfunction to make them aware to provide outpatient therapy to people suffering from narcotic drug addiction. Consequently, a significant number of individuals addicted to drugs are due to adverse family conditions. Based on the data, the average facilities of the family of drug addicts are consumed to bear the cost of addiction. Additionally, individuals become drug addicted due to family dysfunctionality, and their rehabilitation treatments are very hard. The dysfunctional family's atmosphere motivate drug usage.

Material and Methods

The research is conducted while using qualitative methodology for understanding the phenomenon under study.

Population

The target population refers to identifying the criteria for knowing which cases are included in the study's population and which cases are excluded. So, in this study, all households of District Kohat' drug addicted male members as the target population, and unit of analysis were male members who are using drugs due to family dysfunctionality. Therefore, specifically those families were included whose male members were drug addicted, while other families with no male drug addict members were not included in this study.

Sampling Technique

In the study, those male respondents of a family were selected who currently use drugs. These respondents were within the age-bracket of above 18-years and below 40-years. The non-probability sampling technique is vital for the qualitative research (Singleton et al., 1988). To select respondents, non-probability sampling technique was utilized. Rationally, this study uses convenient sampling technique for the researcher to go and choose sample elements (drug users) and then take data from them. The primary data was collected through an interview guide. The participants were accessed at Rehabilitation Center for Drug Addicts, (Social Welfare, Special Education & Women Empowerment Department, Kohat). There were total eighteen (18) number of respondents included in the study from District Kohat.

Research Instrument

An interview guide was developed for qualitative data collection. The interview guide contained open-ended questions, for taking in-depth information from the male drug addict respondents. The coding was applied in all processed data and categories and codes were developed to analyze the data. A qualitative data analysis was made by the researchers to learn about participant perspectives on the study phenomenon. The researcher asks questions from the participant in an immersive environment and invites him/her to share one's ideas. The accessible and unrestricted talks usually produce ideas and include a resource of insight for the study purpose (Hennink, 2013).

Data Processing

After collection of data, the researcher processed it with transcription to follow up the key themes, categories, and codes. At this stage, open-ended responses were classified, on the basis of their characteristics, similarities, and differences.

Ethical Considerations

The researchers ensured all possible ethical considerations with respect to sensitivity of the research. The informed consent was taken at the first. The interview was made in such manner that it (any question) may not harm feeling of any respondent. Then, respondents were ensured that data taken from them will be purely used for academic purposes, besides, the data was reported in the study with anonymity in order to avoid any depiction of personal information of respondents.

Results and Discussion

The following primary data was collected from the respondents through qualitative interviews. The interviews were conducted through support of interview guide, which was designed based on study objective. The qualitative data analysis are made of the data as following: -

The findings of the research, based on the respondents view, did identify significant link between a disrupted family and drug addiction. The interviews were made with the participants who were using drugs due to their dysfunctional family system. The findings revealed that the significant majority of respondents did experience pain and trauma due to their family dysfunction in their lives, and dysfunctional families caused drug addiction, which contributed to their subsequent addictive behavior. These experiences affected their current relationships with their families and peers.

Additionally, all (purposefully) selected participants were drug addicted due to dysfunction of their families, experiencing family disruption, marital breakdown, loss of employment, loss of custody, depression, physical and psychological abuse, and health issues etc. Some respondents also commented that drug-related substances were used due to their families' dysfunctional system. Therefore, it is deducted that dysfunctional family dynamics do play a role in transforming their male members' to be drug addicted.

The researchers explored the impacts of dysfunctional family conditions on drug use based on insights from various participants. For example, dysfunctional families can contribute to substance use and drug addiction. Few respondents shared that stress, strain, and lack of support increase due to family vulnerability. The policymaker should work on addressing family dynamics and conflicts, which are crucial to stopping and dealing drug addiction among youth. Similarly, respondents showed robust discourse toward growing drug addiction issues due to family dysfunctional circumstances. The researchers should work on the affected people of drug addiction and suggest coping mechanisms for them. Substance use provides temporary relief from emotional disorders, but long-term effects are dangerous for health and well-being. It was found through respondents that the family dysfunctionality cause drug addiction.

The respondents shared that family dysfunction at majority times leads to drug addiction. Some respondents shared that their peers motivated them to use drugs at a young age. As a result, they grew up in a dysfunctional family environment, and there was consistent conflict and emotional negligence in the family system. Early intervention, therapy, and fostering open communication would have made a difference for drug addicts. Dysfunctional families can significantly impact substance use, the family dysfunctionality can create an environment where substance use becomes an escape or a way to cope with emotional distress.

Few respondents were feeling distressed and harrowing due to their dysfunctional homes, which subsequently influenced their addictive tendencies. Family dysfunctional events had pushed them toward drug addiction. Similarly, all participants replied that families' dysfunctional experiences have significant effects on their substance use. For instance, individual disruption, stress, physical and psychological abuse, and poor health, are the results of family dysfunctionality. Furthermore, several individuals had engaged in drug-related substances and had mishaps due to their family dysfunctionality, which further influenced their familial relationships. Hence, dysfunctional family dynamics may contribute to drug addiction among male individuals.

Conclusion

The study was conducted in order to understand the phenomenon of a family that is dysfunctional, and either it has a significant relationship with its male members' becoming, God forbid, drug addicted. Individuals with addiction or from dysfunctional families usually cannot perform their roles and duties appropriately in formal and in informal organizations. Based on the primary data and secondary data findings of the study, it is concluded that the family dysfunctionality has diverse conditions, like, for example, communication gap, stress, rows, anxiety, isolation, lack of attention, exchange of bitter words, etc. The family dysfunctionality cause varying adverse effects for its associated members. Many outcomes, including the outcome of deviance, isolation, mental illnesses, and above all, the drug addiction are significantly caused due to a family's dysfunctionality. The members' indulgence in drug addiction is due to their attempt for finding a way out of their difficult conditions, and as an escape. It was also

found that family dysfunctionality is not the sole cause of the drug addiction; there could be variant causes of drug addiction. The members of a dysfunctional family fall easy prey to drug addiction. The members find drug addiction as an escape and coping strategy to avert the diverse depressing effects of a family's dysfunctionality. And the habit of drug addiction impacts the addicts physiologically, economically, socially, psychologically, and emotionally. Therefore, it is necessary to mitigate both the family dysfunctionality and drug addiction.

Recommendations

- The recognition of the signs and effects of dysfunctional family behavior are necessary, and such steps lead toward a problem's solution.
- The key steps of processing one's emotions and making better choices of one's own mental wellness, in the situation of a family's dysfunctionality, are the control of one's stress, anxiety, isolation etc.
- Promoting open dialogue, setting boundaries, and encouraging self-care within a dysfunctional family are the better approaches to make a family sound and functional.
- The family's communication should be increased for control of drugs addiction, and family's dysfunctionality.
- Experts should emphasize emotional support, coping skills, and the well-being of adults and teach coping skills to handle stress and emotions of a dysfunctional family system.
- Schools, colleges, and universities are the best forums for awareness raising on promotion of family's functionality, and aversion of drug addiction.
- The parents should deal with their children in polite and proper manner; this can control and reduce drug addiction and family's dysfunctionality.
- The drug addicts may be given with proper treatment in specialized and professional drug rehabilitation centers.
- The Social Workers, Psychologists, Psychiatrists, and Professional Counselors must provide psychosocial counseling, awareness, and education of making families balanced, functional, and stable. They must also work on the addicts' complete rehabilitation.

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