

## Investigation the relationship between attachment styles to God, with a tendency to drug addiction

Abbas Shahraki<sup>1</sup>, Narges Azadmanesh<sup>1</sup>, Dr. Mahvash Raghbi<sup>2</sup>, Eshrat Karimi Afshar<sup>1</sup>

<sup>1</sup> MSc in Clinical Psychology

<sup>2</sup> Associate Professor in University of Sistan and Baluchestan

**Abstract:** In this study, the relationships between styles of attachment to God with tendency to addiction of drugs were investigated. Number of 400 students of the University of Sistan and Baluchestan were selected by cluster sampling. Tools of this research are questionnaires of attachment style to God (Rovatt and Kirkpatrick, 2002) and questionnaire of tend to addiction of drugs (Zargar, 2006). Styles of Attachment to God as predictor variables and tendency to addiction as variable of criterion were considered. Design of research is of correlation type and data of research with the Pearson correlation coefficient and stepwise regression analysis were analyzed. Results show existence of a negative correlation between secure attachment styles to God with desire to addiction. Also between avoidant secure attachment style to God and insecure ambivalent to God obtained positive correlation with the tendency to addiction. Coefficients of the regression analysis with method of stepwise entry show insecure avoidant style to God and insecure ambivalent to God are positive predictor for the tendency to addiction.

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### 1. Introduction

Addiction is a social problem and annual imposes a lot of financial losses to communities. On the other hand addiction treatment is very difficult and there is possibility of return in all kinds of common treatments. We should think a new approach to preventing addiction. Correct training and familiarity with the issues of belief not only in addiction issues, but also in other mental disorders have a major impact. In general, correct education of religious issues and creating a positive relationship with God as an eternal support in terms of emotional and psychological can increase resistance against stress of life significantly.

The present study examines the relationship between styles of attachment to God with desire to addiction. Because studies have shown that between attachment styles and the formation of personality patterns there is a relationship and As well as evidences showed between attachment with psychopathology in childhood, adolescence and adulthood, there is a meaningful relationship. (Cassidy & Shaver, 1999)

The impact of attachment to religious beliefs than its impact on adult emotional relationships is more explicit and clearer. The first specified point in impact of attachment on religion is observation and study of the individual relationship with God. Studies have shown that emotional experiences that often are considered in connection with religion are different qualitatively with experience of emotional relationships of adult.

In fact, experience form of the love to God, is just like a child's attachment to the mother. (Kirkpatrick, 1994) Thus, we can conclude that features of relationship with attachment and emotion and excitement that person experiences with the mother, there is in connection with God, too. Factors of biological, psychological, social and numerous familial is related to drugs abuse (Carr, 1999) the emphasis on the effective factors on drug addiction and frequent recurrence, more than anything is focused on the formation of lasting patterns of personality and this personality patterns strongly "influenced by the direction of the character (Carlson and Sroufe, 1999). Scientific evidence shows that between attachment style and psychopathology in childhood, adolescence and adulthood there is relationship. For example Shaver and his colleagues have reported the meaningful relationship between attachment styles with mood disorders, anxiety, personality and drug abuse. (Cassidy & Shaver, 1999).

Check problem of attachment is necessary and important because of the following:

1. The attachment is an inherent provocative force, trying to find and keep of contact with important people of life is a primary and inherent principle of human.

2. Secure attachment leads to autonomy and self-confidence in the people.

3. The attachment to key people of life is the primary cope with feelings of helplessness and emptiness. (Mac Farland and Wender- Kalk quoted of Borjali, Brshan, Dortaj 2011).

Today, problem of attachment to God in the field of mental suffering is regarded. One of the problems of human communities is drugs abuse and is essential that the impact of important variables such as attachment to God on the addiction be studied. If identify the factors influencing the propensity to drug abuse, with correct training of religious can gait to prevent abuse.

#### **The hypothesis of the study:**

1. Between secure attachment styles to God with a desire to drugs addiction, there is relationship.
2. Between avoidant insecure attachment styles to God with tend to drugs addiction there is relation.
3. Between ambivalent insecure attachments styles to God with tendency to drugs addiction there is relationship.

#### **Research Tools:**

##### **Questionnaire of tendency to addiction:**

Scale of tend to addiction by Weed &Butcher (1992) has been made and efforts have been done to determine its validity in the country of Iran (Kordmirza et al. 2003) used questionnaire in the present study is Iranian scale of the tendency to addiction that according to the socio-psychological conditions of Iranian society by Yadu'llah Zargar (2006) was created. This questionnaire consists of two factors and has 36 items plus 5 items of lie detector. Scoring each question is on a continuum from zero = strongly disagree, 1 = disagree, 2 = agree, 3 = strongly agree. In the first factor (active readiness) most of items is related to anti-social behavior, propensity to drugs use, positive attitude to drugs, depression and sensation seeking and in the second factor (passive readiness) most of items is related to the lack of assertiveness and depression.

For calculating the validity of the scale from two methods were used. In criterion validity, questionnaire of readiness to addiction has well distinguished two groups of addict and non-addicts from each other. Validity of scale through its correlating with 25-items scale of list of clinical symptoms (SCL-25) is calculated 0.45 that in level of less than 0.001 was meaningful. Reliability of scale with 0.90 Cronbach Alpha methods was calculated that is at an optimal level. (Zargar, 2006).

Also in survey by the Zarar, Najarian and Anami in 2008 as investigate the relationship between personality characteristics, religious attitudes and marital satisfaction with tendency to drugs addiction in staff an industrial company in Ahvaz was done. The validity of the scale by comparing scores of employees who said they had experience of drug use with employees who does not have such experience, carried out and observed meaningful difference between two groups.

They reliability of scale reported using ALFA KRONBAKH method 0.90, alpha coefficient for the first factor (active) 0.91 and for the second factor (passive) 0.75 reported. Test of attachment style to God (Rovat and Kirkpatrick, 2002): The new multi-dimensional scale of attachment to God consists of 9 proposition. In this test every 3 proposition describe one of the attachment styles to God and respondents were requested to determine the degree of match of their relationship with God in the range from 1 (strongly disagree) to 7 (strongly agree). Internal match of secure attachment, avoidant, and ambivalent in study of Shahabizadeh (2003) obtained respectively, 0.87, 0.70 and 0.76. Data collection methods:

The study is type of after event, which its subjects include 400 students from the University of Sistan and Baluchestan (Zahedan). After preparing questionnaires of personal information, the tendency to addiction, attachment to God, in order to selection of subjects is used method of stepwise cluster sampling, in this way that selected between of various faculties three faculties, Basic Sciences, Humanities and Technical Engineering and from each faculty six classes randomly selected and given a questionnaire to all their students. In order that effect of variable of gender can be controlled to some extent, the final volume of the sample consisted of 200 boys and 200 girls were selected. Initially 560 questionnaires were given then data were carefully controlled to ensure that all subjects are answered all questions. At these stage 35 questionnaires related to gender of boys and 29 questionnaires of girls were excluded because they had not responded to some questions.

In the next step, questions (6, 12, 15, 21, 33) questionnaire of tend to addiction that was related to measuring lie was controlled. To suggestion doctor Zargar, designer of questionnaire those who obtained more than a standard deviation of lying score were excluded that at this stage number of the 28 questionnaire of boys and 21 questionnaires of girls were excluded.

Finally 200 questionnaires relating to girls and 237 relating to boys remained that 200 questionnaires of boys randomly selected can be controlled variable of gender some extent.

**Statistical methods:** used Statistical methods are average, standard deviation, Pearson correlation coefficient, stepwise regression

#### **Research findings:**

Results Table 2 shows that between secure attachment style to God and total readiness, tendency to drugs addiction and its subscales (active Readiness and preparations passive) there is relationship "positive and meaning". Also between ambivalent insecure attachment styles God and insecure

avoidance attachment styles to God with total readiness, willingness to drugs addiction and its subscales (active readiness and passive readiness)

there is relationship "positive and meaningful" So hypothesis was confirmed.

Predictor variables can predict people's willingness to drugs addiction.

Table 1: Descriptive findings of Average and standard deviation of research variables

Standard deviation	Average		Variable
16.14	29.73	General readiness to addiction	Readiness to addiction
12.14	17.59	Active preparations addiction	
5.49	12.134	Passive readiness to addiction	
3.6	16.9	Secure to God	Styles of attachment to God
4.81	9.68	Secure ambivalent to God	
3.03	5.62	Secure avoidance of God	

Table 2: Pearson correlation coefficients between styles of attachment to God with total readiness of tendency to drugs addiction and its subscales (active and passive)

Passive Readiness	Active Readiness	Total Readiness	Predictor variables	
-0.248**	-0.238**	-0.268**	Secure	Attachment styles to God
0.314**	0.365**	0.390**	Ambivalent	
0.345**	0.409**	0.438**	Avoidance	

(p \* smaller than 0.05 and p \*\* smaller than 0.01)

Table 3: regression coefficients of predictive variables between with total core of readiness of tend to drugs addiction by stepwise.

T	Beta	S.D.E	B	R <sup>2</sup> Change	R <sup>2</sup>	R	Model
3.755	0.207**	0.293	1.102	0.193	0.193	0.439	Avoidance to God
3.979	0.212**	0.178	0.71	0.034	0.292	0.541	Ambivalent to God

Data analysis using stepwise regression that its results in Table 6 are presented shows that the predictor variables of avoidant insecure attachment style to God and ambivalent insecure attachment to God were entered into the regression equation and predictor variable Avoidant insecure attachment to amount of 19.3% and ambivalent insecure attachment to God to the amount of 3.4% explained variance for total readiness of tend to drugs addiction and secure attachment style to God dose not enter to regression equation and limited from equation.

### Discussion and Conclusion:

This study was done with the aim to investigate the relationship between attachment style in God with tendency to drugs addiction, on the university students of Sistan and Baluchestan.

Hypothesis: between styles of attachment to God, with tendency to drugs addiction there is relationship.

Results of this study showed that between secure attachments style to God, with tendency to drugs addiction there is relationship "meaningful and negative".

Also between avoidant insecure attachment style and ambivalent to God with total readiness of

tendency to drugs addiction and subscales (active Readiness and passive readiness) there is relationship "meaningful and positive".

In other words, whatever attachment be of secure type, amount of tendency of individuals to addiction is less and when the attachment style be of avoidant insecure and ambivalent insecure type, amount of tendency of individuals to addiction is more and are more at risk of addiction because insecure people are anxiety and frustration and to relieve stress, tension and their failure modes refuge to drugs until in refuge of its consumption obtained false tranquility.

A total from results of this study is understood that between secure attachment style and insecure with total readiness of tend to addiction and its subscales (active Readiness and passive readiness) there is a meaningful relationship.

These findings are generally consistent with reported research in this field. This results with results of the research that was done by Levinson in which relationship between attachment style and psychopathology had been studied and with studies Dozir and et al and with models addiction prevention and treatment Lizoo franz and with concept processing of cognitive by Judis Beck (1996) (quoted of Jazayeri and Dehghani 2003) are in one direction.

Dozir role of compensatory strategies of insecure children as a risk factor for mental health is highlighted. Lizoo Franz emphasize on the role of difficult and traumatic experiences of life in forming nuclear opinion, negative emotions and empowering the possibility of drugs abuse. (Quoted to Levinson et al. 1997).

Possibility of accompanying experience of negative emotions poor coping skills, immature mechanisms of impaired cognitive style inter-psychological and interpersonal conflict with insecure attachment styles is more. (Golinejad and sharify 2000- 2001 quoted of Jazayeri and Dehghan 2003) These factors may increase possibility of drugs abuse and present study has shown the relationship between insecure attachment styles and tendency to drugs consumption.

also Results this study with results of research of Borjali et al (2010) that showed avoidant insecure attachment style and ambivalent is attachment style of most drugs consumers and attachment style of most healthy people is secure attachment and with results of research Mahboubeh Vafaeian (2006), that states people with insecure attachment styles have less social skills (quoted to Borjali et al) and with research Behzadi (2007) that people with insecure attachment styles are more concerned about their weight and research of emotional consequences of attachment style of students that avoidant insecure attachment style and ambivalent insecure than secure attachment with elements of differentiation and reconstruction emotional have inverse relationship and with results Jahangiri and Gholamzadeh Natanzi (2005) that states between amount of attachment, commitment, participation, amount of belief with addiction there is relationship, is in the similar line.

Also Results of this study from results Soleimani et al (2011) which states Also results of this study protect from the results of research Soleymani et al. (2011), that states in dependent people to drugs, ambivalent insecure attachment styles and avoidant insecure is seen more than normal people and insecure attachment is a factor for tendency to drugs and its dependence.

It seems that the mentioned problems in insecure people place them more than secure people exposed abuse as a self-medication mechanism to control and suppression of negative emotions and experiences that in this study, too, between insecure attachment styles and trend to drugs abuse, the above subject confirmed research hypothesis.

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