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## Review Article

# ALCOHOL AND DRUG USE IN YOUNG ADULTHOOD AND ITS EFFECT ON CAREER AND PERSONAL GROWTH

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### ABSTRACT

Alcohol plays an important role in defiance of lifestyle in young adults. Nowadays, drugs are also included. People are very much indulged in drugs and adults and there personality is hampered by intake of these. Alcohol has wide effect on cognition of young adults and its high intake destroys you while a minimum is good for health. According to this research, the more intakes of alcohol and drugs, the more psychotic and neurotic the personality is and lie score tends to be high. Low level of alcohol addiction keeps you sane and there is no need of intervention in this. Also, there is no significant gender difference in the consumption.

#### Key Words:

People are very much indulged in drugs and adults and there personality is hampered by intake of these.

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## INTRODUCTION

### Alcohol

It is a narcotic medication which changes the manner in which we feel. It is unadulterated liquor is a scentless and inflammable liquid. Liquor as a medication does not contain any supplements for the body. Mixed refreshments have been utilized in numerous social orders for some reasons.

### Symptoms of Alcohol

- entire body: power outage, wooziness, insecurity, desiring, or perspiring
- Conduct: animosity, disturbance, enthusiastic conduct, pointless conduct, or absence of limitation
- State of mind: nervousness, elation, general discontent, blame, or dejection
- Gastrointestinal: queasiness or spewing
- Mental: ridiculousness or dread
- Additionally normal: physical substance reliance, issues with coordination, slurred discourse, or tremor.

### Drug Use

Fixation is a malady that influences your cerebrum and conduct. When you're dependent on medications, you can't fight the temptation to utilize them, regardless of how much

damage the medications may cause. Medication habit isn't about just heroin, cocaine, or other unlawful medications. You can get dependent on liquor, nicotine, opioid painkillers, and other legitimate substances.

At first, you may take a medication since you like the manner in which it makes you feel. You may figure you can control how much and how regularly you utilize it. Be that as it may, after some time, drugs change how your mind works. These physical changes can keep going quite a while. They influence you to lose discretion and can lead you to harming practices.

### Symptoms

#### Physical

- Ragged looking or coated eyes.
- Widened or tightened pupils.
- Unexpected weight changes.
- Issues resting or dozing excessively.

#### Behavioural

- Changes in demeanour/identity.
- Sadness.
- Sudden changes in an interpersonal organization.
- Emotional changes

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- Contribution in criminal action.

## METHODOLOGY

**Aim-** to study the impact of alcohol and drugs on career and personal growth.

### Objective

- To understand the effect of alcohol on personality.
- To understand the effect of drug use on personality.
- To have a look of each in career growth.
- To set up the relation among factors.

### Hypothesis

Hypothesis framed for the have a look at are as follows:

H0: High intake of alcohol and drugs has no impact on career growth.

H1: High intake of alcohol and drugs has an impact on career growth.

H0: High intake of alcohol and drugs has no impact on personal growth.

H1: High intake of alcohol and drugs has an impact on personal growth.

### Variables

Independent variable- Alcohol and Drugs are the independent variable in this study. Dependent variable- the personal and career growth are the dependent variables in this study these dependent variables are affected by independent variables.

### Locale of Study

The study was conducted on young adults who are in taking alcohol and drugs. The data was collected from various rehabilitation centres like west Delhi psychiatric centre within the age groups of 20 onwards.

### Sample and its Selection

Data collection- Survey

Type of data- primary data

Sample area- New Delhi

Type of questionnaire structured – research instrument questionnaire

Statistical tools used-

Sample size- 50

Sample age- 20-40

Sampling technique- random sampling

### Description

#### Alcohol Use Questionnaire

Alcohol use questionnaire is a small questionnaire which includes five questions about alcohol intake of young adults and has been helpful in identifying the amount of addiction of alcohol and how much it is hazardous. The questionnaire is made in a way in which it can be self-assessed. It is found out that rather than answering the face to face questions, young adults are more honest in answering the questions over here in this test. The questionnaire is helpful in addressing any issue if arises. It covers questions like the amount of alcohol consumed and inability of perform certain task due to alcohol consumption.

#### DAST-10

Drug use questionnaire is concerned with your potential involvement with drugs and its effect on your personality. Taking into account the increasing problem of drugs, this questionnaire was made in order to address the issue of high consumption of drugs and suggest its preferable interventions.

#### Eysenck's Personality Questionnaire

This questionnaire was made by Hanseysenck in order to measure the personality traits and it is commonly known as EPQ. It has 4 dimensions. The first one is called as psychoticism. It is having a deviance from reality and characteristics such as violence, anger, non-conformity are included. The second dimension is neuroticism in which there are episodes of anxiety attacks or chances of depression, where your emotions are heightened in a negative way. The third level is extraversion. This is a positive note where a person is outgoing and is indulged in various social activities. The last dimension is lie score. Here, it is determined about how much a person lie about his personality. The higher score indicates more lie. This is done to measure the personality of an individual.

#### Method of data Analysis

Random selection technique was used to collect data from patients in rehab and young adults. The sample size for the research was 50. The participants were informed about the study; the printed questionnaire was given to them. Briefing about the research was done. Informed consent was taken from each participant.

**Table 1** Correlation between alcohol use and drug use and its effect on personality growth

		Correlations					
		AUQ	DAST	P	N	E	L
AUQ	Pearson Correlation	1	.879**	.314*	-.328*	-.474**	.144
	Sig. (2-tailed)		.000	.026	.020	.001	.320
	N	50	50	50	50	50	50
DAST	Pearson Correlation	.879**	1	.414**	-.184	-.310*	.413**
	Sig. (2-tailed)	.000		.003	.202	.029	.003
	N	50	50	50	50	50	50
P	Pearson Correlation	.314*	.414**	1	.577**	-.229	-.159
	Sig. (2-tailed)	.026	.003		.000	.109	.271
	N	50	50	50	50	50	50
N	Pearson Correlation	-.328*	-.184	.577**	1	-.257	-.098
	Sig. (2-tailed)	.020	.202	.000		.072	.500
	N	50	50	50	50	50	50
E	Pearson Correlation	-.474**	-.310*	-.229	-.257	1	-.148
	Sig. (2-tailed)	.001	.029	.109	.072		.304
	N	50	50	50	50	50	50
L	Pearson Correlation	.144	.413**	-.159	-.098	-.148	1
	Sig. (2-tailed)	.320	.003	.271	.500	.304	
	N	50	50	50	50	50	50

\*\* Correlation is significant at the 0.01 level (2-tailed).

\* Correlation is significant at the 0.05 level (2-tailed).

AUQ has positive correlation with DAST, P, L as R=0.879, 0.314 and 0.144 respectively.

AUQ has negative correlation with N and E as R= -0.328 and -0.474 respectively.

DAST has positive correlation with AUQ, P, L, as R= 0.879, 0.414, 0.413 respectively.  
 DAST has negative correlation with N, E, as R= -0.184, -0.310 respectively.  
 P has positive correlation with N as R= 0.77  
 P has negative correlation with E and L as R=-0.229, -0.159  
 N has negative correlation with E and L as R= -0.257, -0.098 respectively.  
 E has negative correlation with L as R= -0.098

It shows there is no significant difference in the mean of the groups as the p-value of gender of each variable that is AUQ, DAST, P, N, E, and L is more than 0.05

**Table 2** One Way Anova

		ANOVA				
		Sum of Squares	df	Mean Square	F	Sig.
AUQ	Between Groups	11.266	1	11.266	.633	.430
	Within Groups	854.414	48	17.800		
	Total	865.680	49			
DAST	Between Groups	11.423	1	11.423	3.502	.067
	Within Groups	156.577	48	3.262		
	Total	168.000	49			
P	Between Groups	1.040	1	1.040	.054	.818
	Within Groups	931.460	48	19.405		
	Total	932.500	49			
N	Between Groups	15.701	1	15.701	.557	.459
	Within Groups	1352.299	48	28.173		
	Total	1368.000	49			
E	Between Groups	13.778	1	13.778	.435	.513
	Within Groups	1520.642	48	31.680		
	Total	1534.420	49			
L	Between Groups	5.792	1	5.792	3.536	.066
	Within Groups	78.628	48	1.638		
	Total	84.420	49			

**TABLE 3** Descriptive statistics

It shows the descriptive statistics of alcohol and drug use in assessing the personality growth. All variables result from sample size 50 – Males= 19 and females =31  
 In AUQ, the highest score of males and females in this aspect is 13 and minimum is 00.  
 In DAST, the highest score of males and females in this aspect is 6 and minimum is 00.  
 In P, the highest score of males is 19 and minimum is 5 and that of females is 19 and 4 respectively.  
 In N, the highest score of males is 23 and minimum is 6 and that of females is 24 and 6 respectively.  
 In E, the highest score of males is 21 and minimum is 6 and that of females is 21 and 3 respectively.  
 In L, the highest score of males is 8 and minimum is 5 and that of females is 8 and 4 respectively.  
 It depicts mean which is averages of all the responses in the questionnaire and standard deviation which depicts how much responses differ from the mean of the group. The mean for Alcohol use is 2.9200 and standard deviation is 4.20321 , mean for drug use is 1.6000 and standard deviation is 1.85164, mean for Psychotism is 11.5000 and standard deviation is 4.36241, mean for Neuroticism is 18.4000 and standard deviation is 5.28378 , mean for extraversion is 14.5400 and standard

deviation is 5.59595, mean for Lie score is 6.4600 and standard deviation is 1.31258.

**DISCUSSION**

The aim of the paper was to study the influence of drug use and alcohol consumption and its effect on career and personal growth.

- Alcohol consumption is hazardous activities and nowadays consuming marijuana and cocaine and other types of drugs have also become common among youngsters.
- Peer pressure/influence plays a vital role in all these habits.
- Also, many researchers studied how gender affects the drinking pattern. Being a male and not ‘drinking’ is nowadays not so acceptable in society whereas females are open to drinking as well. But “masculinity” is consuming alcohol.
- Family background is also a major influencer.
- Social media amongst youth is harmful as well as effective depends on the use.
- Lack of self-control and confidence is shown through regular intake of marijuana.
- Smoking regularly affects your cognition
- Alcohol consumption hampers physical stamina as well ability to perform actions well.
- All the habits also dull your emotional responses.
- Marijuana directly hampers short term memory and effect the creativity.
- The people who take drugs on daily basis starts it for fun or it creates a certain amount of pleasure in their body and they starts enjoying it but later it becomes their habit and difficult to leave
- Withdrawal symptoms are also sometimes fatal and not every person can overcome it.
- The career is directly affected because of lack of performance and physical stamina plus the ability to think decreases.
- The mental disorders like depression start taking place sometimes and physical problems like cancer, tumour and lungs infection starts developing.
- Intervention plans should be made properly for school going students and also therapies for youngsters should be available in order to provide a healthy platform for coming generation.
- Between genetic and environmental factor, environmental is more harmful.

**Summary**

The primary aim of the study was to find the impact of high intake of alcohol and drugs on personality growth. For that, a randomized sample was taken which has 50 participants who were admitted in a rehab or whose intake of alcohol was high. To collect the data, survey method was used in which alcohol use questionnaire for measuring the addiction of alcohol and drug assessment was used. The data was collected and analysed in SPSS 20, in which Pearson correlation was calculated. It was found out there was positive correlation between alcohol intake and psychotic behaviour (personality deviance) and one way

ANOVA was also calculated to see the significant difference between the groups.

#### Limitations of the Study

- The data might not have covered the whole population since sample size was 50.
- Biased answers are possible since the total questions in questionnaire were 105.
- The samples had more females so it might have not represented the population accurately.
- The samples were taken from different rehabs so the environment might have an effect.

#### CONCLUSION

There is a positive correlation between intake of alcohol and drugs and personality growth which indicates if a person is consuming high amount of alcohol then it is more likely to hamper his personal and career growth in a negative way. Young adults with high consumption had more psychotic personality with less extraversion and were high on lie score. Therefore, hypothesis of study has been proved.

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