Effect of Meditation on Impulse Level of Drug Users

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ABSTRACT *The main aim of present research work was to study the effect of meditation on impulse level of drug users. For this study a sample of 80 people was selected through incidental purposive technique. The total sample was divided into experimental group of (40) drug addicts and (40) normals. It was hypothezied that drug users will have high score on impulse categories than ego and superego categories in comparison to normals. After application of meditation technique level of impulse will be reduced. Impulse level was measured through IES test. Meditation duration varied from 1 week to 3 week. The result clearly indicate a high level of impulse. Little effect of meditation is there in both one week and three week condition on their impulse level.*

Keywords:

INTRODUCTION

Never before in the history of human kind, the abuse of drugs have been such a threat to the quality of life as it is today. In the contemporary world,illicit trafficking in drugs has increasingly assumed a transnational and international dimensions.

Drugs are compounds that because of their chemical structure or function of biological system. (Grilly, 1989). Consciousness altering drugs, therefore are, drugs that produce changes in consciousness or moods when introduced into the body. (Wallace and Fisher 1987). Coleman (1976) gave the definition of drug addiction, according to the World Health Organization Expert Committee, " drug addiction has been defined as a state of periodic or chronic intoxication,determintal to the individual and to the society, produced by repeated consumption of a drug, either natural or synthetic.

It is apparent that drug users have certain personality characteristics. Drug users tend to be impulsive. Impulsivity leads to impaired coping. We can say that in drug addicts Id play a very dominant role in influencing the personality. Expectancy and cognitive models have central place. The term expectancy usually refers to anticipation of a predictable regular relationship between event X or object Y and an outcome; outcome expectancies are a person's belief that consuming drug will produce a desired outcome. A commonly held view is seeing it as a" magic elixir" (Marlatt 1985). In other words people use drugs because it feels good; the effects produced by the drug are somehow rewarding (Wise and Barzarth 1987).

Drug addiction is not a medical problem alone. Medicine may control and reduce the effects of withdrawal symptoms and may detoxify an addict but it cannot correct the personality aberrations of the individual , nor it can impart to an ex addict the self confidence and skill required to maintain a drug free existence. To achieve the above stated goal a wide range of therapeutic techniques have been used in the treatment of drug abuse. Therefore an attempt was made to study the effect of meditation on impulses of drug users.

Meditation

Meditation is a power that enable us to resist our slavery to nature. It is the gate that opens infinite joy to us. Meditation is the science which teaches us to get direct experience of god. In meditation we divest ourselves, of all material condition and feel our divine nature.

The aim of the present research was to study the pattern of impulse among drug users and non users, to study the level of ego and superego among drug users and non users, and influence of meditation technique on the level of impulse among drug users. It was hypothezied that drug users will have high score on impulse categories than ego and superego categories in comparison to non users and level of impulse will show significant positive improvement, after application of meditation technique.

Methodology

Research Design

The present study is not possible experimentally because of the nature of investigation. The variable like drug addiction can be studied through co relation field type of research. In such an approach the variable under study are not directly manipulated rather variation in the variables of interest is achieved by some sort of selection procedure. In the present study Meditation technique and drug intake is independent

variable, whereas, level of Id, Ego and super ego were the dependent variable. A comparison of length of meditation technique reveals the degree of change in the level of impulse, ego and super ego of drug users as well as their attitude toward group environment.

Tools used

IES TEST:

The measuring instrument based on psychoanalytic theory, by Dombrose and Morton S. Slobin (1958). It consist of 4 sub test.

1) Picture Story Completion test
2) Photo Analysis Test
3) Picture Title Test
4) Arrow Dot Test

Sample

The incidental purposive sampling technique was used in the present study. 40 drug users were included which were further subdivided into 20 each in one group for one week and three week condition. 40 persons randomly selected from different parts of Jodhpur.

PROCEDURE

The sample was divided into two broad categories of normals and drug addicts. The sample of 40 drug addicts was further subdivided into 20 persons each (1 week meditation group & 3 week meditation group) Each drug addictwas given the IES test immediately after his admission to the rehabilitation center and after their detoxification had been done. The test was administered, individually by the investigator. The IES test consist of 4 subtest so interval of few minutes was given after every test administration. After test administration one week meditation to a group of 20 subjects was given. Same pattern was followed in 3 week condition. Meditation sessions of 45 minutes duration was held by a professional from Vivekananda Kendra. After meditation therapy was given for speculated time the IES test was administered again to see the degree of change in their level of impulse. Normals were selected randomly from different parts of Jodhpur and then IES test was administered on them. All the test were administered under proper and adequate testing conditions. All the instructions were strictly followed which are given by the author in the manual.

Statistical Analysis

In the present study, to find out significant difference between the pre test and post test in the two conditions (Meditation-1 week, Meditation- 3 week) student 't' was used. Similarly 't' test was also used to compare the scores of Normals with drug addicts

Result and Interpretation

TABLES

COMPARISON OF MEAN, S.D. AND "t" VALUE FOR PRE AND POST MEDIATATION GROUPS (MEDIATATION-1WEEKS), N= 20

Table A

Subject	Variables	Mean	S.D.	"t"	Significance Level
ARROW DOT					
Pre	I	5.65	1.66	0	N.S.
Post	I	5.65	1.89		
Pre	E	9.35	2.39	0.82	N.S.
Post	E	10.00	2.57	7	
Pre	S	4.5	2.03	0.20	N.S.
Post	S	4.35	2.56	4	
PICTURE STORY					
Pre	I	6.25	1.97	0.82	N.S.
Post	I	5.70	2.25		
Pre	E	4.80	1.98	0.72	N.S.
Post	E	4.30	2.20		

Pre	S	1.95	1.31	2.10	P<.05
Post	S	3.00	1.80		
PHOTO ANALYSIS Pre	I	6.15	2.73	0.42	N.S.
Post	I	5.80	2.41		
Pre	E	7.60	3.95	0.12	N.S.
Post	E	7.75	3.46		
Pre	S	4.25	2.33	0.29	N.S.
Post	S	4.45	2.01		
PICTURE TITLE Pre	I	5.20	1.98	2.35	P<.05
Post	I	5.65	1.46		
Pre	E	3.45	1.98	2.42	P<.01
Post	E	3.40	1.72		
Pre	S	3.35	2.25	0.85	N.S.
Post	S	2.95	2.08	3	

COMPARISON OF MEAN, S.D. AND "t" VALUE FOR PRE AND POST MEDIATATION GROUPS (MEDIATATION-1WEEKS), N= 20

Table B

Subject	Variables	Mean	S.D.	"t"	Significance Level
ARROW DOT Pre	I	6.5	2.31	2.94	P<.01
Post	I	4.45	2.25		
Pre	E	7.85	1.95	5.65	P<.01
Post	E	13.05	3.61		
Pre	S	5.65	1.59	5.12	P<.01
Post	S	2.5	2.23		
PICTURE STORY Pre	I	5.95	2.08	1.96	N.S.
Post	I	4.45	2.70		
Pre	E	4.05	2.41	2.45	P<.05
Post	E	6.55	2.45		
Pre	S	3	1.25	2.17	P<.05
Post	S	2	2.17		
PHOTO ANALYSIS Pre	I	6.9	2.40	2.60	P<.05
Post	I	4.7	2.90		
Pre	E	4.85	2.08	4.81	P<.01
Post	E	9.64	3.93		
Pre	S	6.25	2.63	3.12	P<.01
Post	S	3.65	2.62		
PICTURE TITLE Pre	I	5.5	1.84	2.35	P<.05
Post	I	3.9	2.40		
Pre	E	3.3	2.63	2.42	P<.05
Post	E	5.5	3.08		
Pre	S	3.2	1.90	0.85	N.S.
Post	S	2.65	2.5	3	

Table C.1

COMPARISON OF MEAN, S.D. AND "t" VALUE OF NORMALS VS. DRUG USERS (MEDIATATION-1WEEK)

Pre-Condition (Normal N-40 & Drug Users N-20)					
Subject	**Variables**	**Mean**	**S.D.**	**"t"**	**Significance Level**
ARROW DOT Neurotics	I	3.40	1.80	4.63	P<.01
Drug Users	I	5.65	1.66		
Neurotics	E	12.67	2.90	4.40	P<.01
Drug Users	E	9.35	2.39		
Neurotics	S	3.87	2.09	1.05	N.S.
Drug Users	S	4.50	2.03		
PICTURE STORY Neurotics	I	3.80	0.87	5.13	P<.01
Drug Users	I	6.25	1.97		
Neurotics	E	6.50	1.80	3.30	P<.01
Drug Users	E	4.80	1.98		
Neurotics	S	2.77	1.41	2.16	P<.05
Drug Users	S	1.95	1.31		
PHOTO ANALYSIS Neurotics	I	3.50	1.44	4.89	P<.01
Drug Users	I	6.15	2.73		
Neurotics	E	11.27	2.35	4.50	P<.01
Drug Users	E	7.60	3.39		
Neurotics	S	3.22	1.90	1.81	N.S.
Drug Users	S	4.25	2.33		
PICTURE TITLE Neurotics	I	5.25	1.94	0.09	N.S.
Drug Users	I	5.20	1.98		
Neurotics	E	4.17	2.15	1.28	N.S.
Drug Users	E	3.45	1.98		
Neurotics	S	2.67	1.30	1.46	N.S.
Drug Users	S	3.35	2.25		

Table C.2

COMPARISON OF MEAN, S.D. AND "t" VALUE OF NORMALS VS. DRUG USERS (MEDIATATION-1WEEK)

Post-Condition (Normal N-40 & Drug Users N-20)					
Subject	**Variables**	**Mean**	**S.D.**	**"t"**	**Significance Level**
ARROW DOT Neurotics	I	3.40	1.80	4.44	P<.01
Drug Users	I	5.65	1.89		
Neurotics	E	12.67	2.90	3.47	P<.01
Drug Users	E	10.00	2.57		
Neurotics	S	3.87	2.09	0.73	N.S.
Drug Users	S	4.35	2.56		
PICTURE STORY Neurotics	I	3.80	0.87	3.74	P<.01
Drug Users	I	5.70	2.25		
Neurotics	E	6.50	1.80	4.10	P<.01

Drug Users	E	4.30	2.20		
Neurotics	S	2.77	1.41	0.52	N.S.
Drug Users	S	3.00	1.80		
PHOTO ANALYSIS Neurotics	I	3.50	1.44	4.57	P<.01
Drug Users	I	5.80	2.41		
Neurotics	E	11.27	2.35	4.64	P<.01
Drug Users	E	7.75	3.46		
Neurotics	S	3.22	1.90	2.29	P<.05
Drug Users	S	4.45	2.01		
PICTURE TITLE Neurotics	I	5.25	1.94	0.80	N.S.
Drug Users	I	5.65	1.46		
Neurotics	E	4.17	2.15	1.42	N.S.
Drug Users	E	3.40	1.72		
Neurotics	S	2.67	1.30	0.62	N.S.
Drug Users	S	2.95	2.08		

Table D.1
COMPARISON OF MEAN, S.D. AND "t" VALUE OF NORMALS VS. DRUG USERS (MEDIATATION-3WEEK)

Pre-Condition (Normal N-40 & Drug Users N-20)					
Subject	**Variables**	**Mean**	**S.D.**	**"t"**	**Significance Level**
ARROW DOT Neurotics	I	3.40	1.80	5.46	P<.01.
Drug Users	I	6.50	2.13		
Neurotics	E	12.67	2.90	6.66	P<.01.
Drug Users	E	7.85	1.95		
Neurotics	S	3.87	2.09	3.16	P<.01
Drug Users	S	5.65	1.59		
PICTURE STORY Neurotics	I	3.80	0.87	4.39	P<.01
Drug Users	I	5.95	2.08		
Neurotics	E	6.50	1.80	4.38	P<.01
Drug Users	E	4.05	2.41		
Neurotics	S	2.77	1.41	0.63	N.S.
Drug Users	S	3.00	1.25		
PHOTO ANALYSIS Neurotics	I	3.50	1.44	5.69	P<.01
Drug Users	I	6.90	2.40		
Neurotics	E	11.27	2.35	10.30	P<.01
Drug Users	E	4.85	2.40		
Neurotics	S	3.22	1.90	4.48	P<.01
Drug Users	S	6.25	2.08		
PICTURE TITLE Neurotics	I	5.25	1.94	0.47	N.S.
Drug Users	I	5.50	1.84		
Neurotics	E	4.17	2.15	1.39	N.S.
Drug Users	E	3.30	2.63		
Neurotics	S	2.67	1.30	1.99	N.S.
Drug Users	S	3.50	1.90		

Table D.2

COMPARISON OF MEAN, S.D. AND "t" VALUE OF NORMALS VS. DRUG USERS (MEDIATATION-3WEEK)

Post-Condition (Normal N-40 & Drug Users N-20)					
Subject	**Variables**	**Mean**	**S.D.**	**"t"**	**Significance Level**
ARROW DOT					
Neurotics	I	3.40	180	177	N.S.
Drug Users	I	4.45	225		
Neurotics	E	12.67	290	043	N.S.
Drug Users	E	13.05	361		
Neurotics	S	3.87	209	224	P<.05
Drug Users	S	2.50	223		
PICTURE STORY					
Neurotics	I	3.80	0.87	1.16	N.S.
Drug Users	I	4.45	2.70		
Neurotics	E	6.50	1.80	0.008	N.S.
Drug Users	E	6.55	2.45		
Neurotics	S	2.77	1.41	1.41	N.S.
Drug Users	S	2.00	2.17		
PHOTO ANALYSIS	I				
Neurotics		3.50	1.44	1.70	N.S.
Drug Users	I	4.70	2.90		
Neurotics	E	11.27	2.35	1.99	N.S.
Drug Users	E	9.65	3.93		
Neurotics	S	3.22	1.90	0.71	N.S.
Drug Users	S	3.65	2.62		
PICTURE TITLE					P<.05
Neurotics	I	5.25	1.94	2.32	
Drug Users	I	3.90	2.40		
Neurotics	E	4.17	2.15	1.96	N.S.
Drug Users	E	5.50	3.08		
Neurotics	S	2.67	1.30	0.35	N.S.
Drug Users	S	2.80	2.15		

It is clear from table A that there is no significant difference among drug users in all the three categories of Arrow dot, Picture Story, Photo Analysis between pre and post condition. On Picture title id drug users have obtained high mean score in post condition and differ signifanctly from pre condition (t=2.35,p<.05). It indicates the degree of acceptance of impulses as part of the self of drug users,after meditation for 1 week is given to them. On Picture title ego the drug users have obtained high mean score in pre condition and differ signifanctly from post condition (t=2.42, p<.01). It indicates the integration of both impulse and super ego into a realistic pattern of responses. Picture title super ego do not differ signifanctly in pre and post condition.

It is clear from table B that drug users have obtained high mean score on Arrow dot id in pre condition and differ signifanctly from the post condition (t=2.94,p<.01). It signifies the functioning of drug users by which needs are satisfied immediately and directly without due consideration for realistic functioning. On Arrow dot ego the drug users have obtained high mean score in post condition and differ signifanctly from pre condition (t=5.65,p<.01). It indicates that after meditation session for 3 week has been given to the drug users a strong, reality oriented ego develops.On arrow dot super ego the drug users have obtained high mean score in pre condition and differ signifanctly from post condition (t=5.12,p<.01).It signifies that drug users experience strong pressure from their alienated super ego. On Picture Story id there is no significant difference between the pre and post condition. In Arrow dot ego the drug users have obtained high mean score in the post condition and differ signifanctly (t=2.54,p<.01). It indicates that after the meditation sessions drug users have developed an accurate perception of the world, uncluttered by personal needs

projected upon it. On picture story super ego in the pre condition the drug users have obtained high mean score and differ signifanctly from the post condition (t=2.17,p<.01). It indicates that there is an elevated degree of externalized punitive and moral pressure on the drug addicts, before meditation is given to them. On Photo Analysis id in the pre condition the drug addicts have obtained high mean score and differ signifanctly from the post condition (t=2.60, p<.01). It indicates the degree of impulse expression which the drug users wants and fantasies before meditation. On Photo Analysis ego in the post condition the drug users have obtained high mean score and differ signifanctly from the pre condition (t=4.81, p<.01). It indicates the development of ideational activity that stay close to objective, realistic and unemotional behaviour. On Photo Analysis a super ego in pre condition the drug addicts have obtained high mean score and differ significantly from the post condition (t=3.12, p<.01). It reveals the degree of moral approbation and righteousness which the drug users desire. On Picture Title id the drug users have obtained high mean score in the pre condition and differ signifanctly from the post condition (t=2.35, p<.01). It indicates maximum attention to impulses in one's surrounding before the meditation sessions. On Picture Title ego the drug users have obtained high mean score in post condition and differ signifanctly from the pre condition (t=2.42, p<.01). It signifies that after meditation sessions drug users develop a degree of objective reality which helps them to perceive the external world.

It is clear from table C that drug users have obtained high mean score on Arrow dot id and differ signifanctly from the Normals (t=4.63,p<.01). It indicates that the drug users want their need to be satisfied immediately and directly without due considerations for realistic restrictions or concerns for morality. The significant difference does not minimize in the post condition and significant difference can be seen (t=4.44, p<.01). On Arrow dot ego the normals have obtained high mean score and differ signifanctly from the drug users (t=4.40, p<.01). Normals exhibit realistic functioning. Significant difference is also seen in the post condition. Here too the normals obtain high mean score (t=3.47, p<.01). On Arrow dot ego and super ego no significant difference is found between the categories. On Picture Story id the drug users have obtained high mean score and differ signifanctly from the normals (t=5.13, p<.01). Drug users are sensitive to the impulse manifestation in the environment. In the post condition significant difference is apparent (t=3.47, p<.01) with high mean score for drug users. In Picture story ego the normals have obtained high mean score and differ signifanctly from the drug users.(t=3.30, p<.01). It indicates an accurate perception of the world uncluttered by personal needs projected upon it. The t value is significant also in the post condition (t=4.10, p<.01). In Picture story super ego test the normals have obtained high mean score and differ signifanctly (t=2.16, p<.01). It means that the normals experience an elevated degree of externalized punitive and moral pressure. No significant difference is found in the post condition. On Photo Analysis id the drug users have obtained high mean score and differ signifanctly from the normals (t=4.89, p<.01). It indicates a high degree of impulse expression. Significant difference is also seen in the same test in the post condition with a high mean score for drug users (t=4.57, p<.01). On Photo Analysis ego the normals have obtained high mean score and differ significantly from drug users (t=4.50, p<.01). It includes constructive planning and logical problem solving by the normals. In the post condition again the normals have obtained high mean score and differ significantly from drug users (t=4.64, p<.01). On Photo Analysis in super ego post condition the drug users have obtained high mean scores and differ significantly from normals (t=2.29, p<.01). It indicates moral righteousness which the normals desire. In the categories of Picture Story no significant difference is found neither in the pre condition nor in the post.

It is clear from table D that drug users have obtained high mean scores on Arrow dot id in pre condition ie before meditation sessions for 3 week and differ significantly from the Normals (t=5.46, p<.01). It indicates that the drug users have abundance of impulsive behavior which has escaped the control of both ego and super ego. But in post condition no significant difference is found between the two groups. On Arrow dot ego scale normals have obtained high mean scores and differ significantly from the drug users (t=6.66, p<.01). It indicates that the normals have a strong, reality oriented ego in comparison to drug users. But there is no significant difference in the post condition. On Arrow dot super ego the drug users have obtained high mean scores and differ significantly from the normals (t=3.16, p<.01). It indicates that the drug users experience strong pressure from the alienated super ego. In the post test condition again signifanctly difference is found between the two groups (t=2.24, p<.05). The mean score of normals is more than that of drug users in super ego category. It means that the normals do not experience super ego demands consciously but see them as external restrictions. It is evident from the table that Picture story Id drug users have obtained high mean scores and differ significantly from the normals (t=4.39, p<.01). It indicates that the drug users attend to a large extent to the impulse arousing aspects of his environment. No significant difference is found in the post condition. On Picture Story ego normals have obtained high mean

scores and differ significantly from the drug users (t=4.38, p<.01). Normals perceive the external world with a degree of objective reality. In post condition the difference gets minimized. Similarly in Photo Analysis id the drug users have obtained high mean scores and differ significantly from the normals (t=5.69, p<.01). Drug users live a fantasy life laden with material satisfying to the impulse. In the Photo Analysis ego the normals have obtained high mean scores and differ significantly from drug users (t=10.30, p<.01). It indicates ideational activity by the normals which stays close to objective,realistic and unemotional behaviour. On Photo analysis super ego drug users have obtained high mean scores and differ significantly from the normals (t=4.48, p<.01). Drug users wish to play the role of do gooder or martyr which could be inferred from the mean scores. In post condition there is no significant difference between the two categories. On Picture Title id the normals have obtained high mean scores in post condition and differ significantly from the drug users (t=2.32, p<.01). It means that there is a degree of acceptance of impulses as part of the self by the normals. No other significant difference can be seen between the two categories neither in the pre condition nor in the post condition.

The study has been unique in the sense that the therapeutic technique of meditation has been analysed in its full range. It is apparent from the analysis that drug users have certain personality characteristics which promote the use of drugs. Drug users tend to be impulsive,id plays a very dominant role in influencing their personality. They give more importance to the pleasure which they get after taking the drug. They take drugs because they anticipate positive results such as feeling of euphoria, excitation or energy. Similar findings were reported by Sandra Arevalo(2008)examined the role of spirituality, sense of coherence and coping responses in relation to stress and trauma symptoms among women in substance abuse treatment evaluation and program planning. G Alan Malatt (2004) reported vipassana meditation as a treatment for drug use disorders . Yi Yuan Tang (2013) reported that brief meditation training induces smoking reduction. The result of the present study indicate that meditation is effective tool in controlling the id impulses of the drug users which developed in them objective reality and help them to respond realistically, objectively and satisfying to their inner and outer environment. Meditation sessions of duration of three week brought more significant change in the level of impulse than the session of duration of one week. Though the drug addicts reported exhilaration and new experience the results do not show it. It may be due to its very short duration. A new insight was created in the drug addicts which help them to come out of the darkness of drugs.

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