

EFFECT OF MOTIVATIONAL INTERVIEW AMONG SUBSTANCE USERS- A META-ANALYTIC FRAMEWORK.

Lalhriatpui Fanai* & Roseline Florence Gomes** & Lalpeki Ralte***

*Alumni, Jyoti Nivas College Autonomous, Bangalore,

**Associate Professor, Jyoti Nivas College Autonomous, Bangalore

***Counselor and Psychologist, Bangalore.

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ABSTRACT

Self-esteem is a representation of basic behavioural motives of an individual. In retrospect this construct is related to several dimensions of psychological well-being and social behaviour. Self-esteem in a nutshell refers to a person's feelings or the value that they have for themselves. These individuals may feel basically marred or crippled and succumb to depressive inertia or masochistic fatigue. They are entombed in worthlessness and feel that every pore of existence is poisoned (Eigen, 1999).

The aim of the present study was to enhance the level of self-esteem among alcoholic individuals who have alcoholic parents themselves. An experimental within-group; single-group method was used to assess the level of self-esteem and to enhance the self-esteem by using the Motivational Interviewing technique. The study was conducted among 15 participants who are dependent alcoholics and have alcoholic parents. The study findings showed an increase in the level of the self-esteem by comparing the pre and post-test of the questionnaire given in which a technique i.e., motivational interviewing was used among alcoholics who have alcoholic parents. With the basic assumptions that revolved around alcoholism and their need of levelling up their self-worth, it is highly indicative of the fact that the approach used has helped in their aspects of livelihood and will have an impact on their road to sobriety and relapse rate.

Keywords: self-esteem, experimental within-group design, motivational interviewing, alcoholics.

CONCEPTUAL FRAMEWORK

Motivational interviewing is an empirically supported, client-centered, directive counselling approach designed to promote client motivation and reduce motivational conflicts and barriers to change. The underpinnings of motivational interviewing are related to several principles that drive rehabilitation counseling practice. Motivational interviewing focuses on issues that have been emphasized in the rehabilitation literature: clients' sense of the importance of potential changes, their confidence that change can be successful, and their readiness to make changes. Current and potential uses of motivational interviewing in rehabilitation counseling practice are outlined, and additional research directions are recommended. (McMahon, 2004)

The conceptual framework for this research paper is the ecological perspective, social learning theory, and the strengths perspectives. Therefore, these theories are deemed to fit best on the specific issue of parental addiction and also for adolescents living with an addicted parent or both the parents.

This study aims to benefit professionals working in the clinical field and to have a better judgement on alcoholism and the vast impact it can have to surrounding people. Also, it will be useful in awareness programme on the issue in general.

REVIEW OF LITERATURE

Donald W. Goodwin et al (1997) conducted a study on Alcohol Problems in Adoptees Raised Apart from Alcoholic Biological Parents that focused on drinking practices and problems, and other life experiences on a group of 55 men who had been separated from their biological parents early in life where one parent had a hospital diagnosis of alcoholism. The findings suggest that more of them had a history of drinking problems and needed psychiatric treatment. It also suggests that genetic factors may play a role in the development of alcohol problems. The findings of a longitudinal study in terms of the relationship of parent alcoholism to adolescent substance use tested parent alcoholism effects on growth curves of adolescent substance use and examined whether parent and peer influences, temperamental emotionality and sociability, and stress and negative affect could explain parent alcoholism effects (Chassin L. Curran et al. 1996). Longitudinal latent growth curve modeling showed that adolescents with alcoholic fathers, boys, and adolescents with drug-using peers had steeper growth in substance use over time than did adolescents without alcoholic fathers, girls, and adolescents without drug-using peers. Nancy Beckham (2003) study on motivational interviewing

with hazardous drinkers found that took resources from the community health care centres. The experimental group participated in one motivational interviewing session with the investigator, a family nurse practitioner (NP). The comparison group received no treatment. Alcohol use was tracked for 6 weeks after successful recruitment into the program. Participants in the study significantly decreased their average number of drinks per day.

NEED FOR THE STUDY

At present there is a need to understand and work on the psychological well-being of individuals who are into alcoholism. Several causal factors lead to the dependency level and also the motive is to build the cognitive skills of users in terms of introspecting on the self-esteem enhancement and challenges of withdrawal. There is a need to check the level of self-esteem among individuals who have alcoholic parents. The effects of Motivational Interviewing on the level of self-esteem among individuals who have alcoholic parents also have to be addressed.

OBJECTIVES

- To assess the level of self-esteem among individuals who have alcoholic parents.
- To find out if there was an enhancement in the level of self-esteem among individuals who have alcoholic parents.

HYPOTHESIS

There will be an enhancement on the level of self-esteem among participants who have alcoholic parents by using motivational interviewing technique.

METHODOLOGY

RESEARCH DESIGN

The research design that was implemented for this study is an experimental within-group (single group) research design which is used to study the levels of self-esteem among alcoholics in a treatment centre using motivational interviewing technique.

SAMPLE

The participants consist of 15 inpatients from a treatment centre.

TOOLS USED

- The Rosenberg Self-Esteem Scale, a widely used self-report instrument for evaluating individual self-esteem, was investigated using item response theory. Factor analysis identified a single common factor, contrary to some previous studies that extracted separate Self-Confidence and Self-Depreciation factors. A unidimensional model for graded item responses was fit to the data. A model that constrained the 10 items to equal discrimination was contrasted with a model allowing the discriminations to be estimated freely. The test of significance indicated that the unconstrained model better fit the data-that is, the 10 items of the Rosenberg Self-Esteem Scale are not equally discriminating and are differentially related to self-esteem.
- MI Module was administered to the participants and necessary materials were given to them. The participants who have their own materials were allowed to use theirs. Communication was the main activity during the sessions which helped the patients to communicate their thoughts, feelings and emotions freely. Instructions for each session were given before the start of each session. This module was incorporated with the view in mind that an individual will benefit through the process of inculcating understanding and motivation in their daily life and not just subjected them to their "disease". This module has various activities that have been proved helpful in getting closer with one's thought and ability to reason out the factors pertaining to it. However, it is known that there has been a dearth of research conducted using motivational interviewing method therefore it poses a slight challenge in the benefit it can bring. The module has four sessions that were conducted within a time span of one and a half month to fifteen participants who were in a De-addiction treatment facility. The researcher taps the self-esteem and the deviation it can lead to a person's overall health. So, the aim was to induce greater reasoning ability that will help in elevating self-esteem which simultaneously will help in relapse rate or on the participants' road to sobriety.

AIM

The aim of the study was to enhance the level of self-esteem among individuals who have alcoholic parents by using *MI. The participants consist of 15 inpatients from the treatment centre. In order to find out the effects, the self-esteem of the participants was measured using Rosenberg Self-Esteem Questionnaire by conducting pre and post test. Also, the researcher has used motivational interviewing approach and incorporating the same to bring in changes.

VARIABLES

Independent Variable: The self-esteem module.

Dependent Variable: The level of self-esteem of children of alcoholics.

INCLUSION CRITERIA

- Studies were only included if they if they were published or written in English language.
- Only participants who were under treatment in a De-addiction centre were assessed.
- Participants hailing from a specific community are the only sample included.
- The samples are of problem drinkers who have or had parents falling into the same category

EXCLUSION CRITERIA

- Gender difference comparison was excluded due to lack of required population.
- Substance abusers of other type of drugs apart from alcohol were excluded.
- Other cultures were excluded due to time-constraints.
- Participants diagnosed with other illness apart from alcoholism were excluded.

METHOD OF DATA COLLECTION

Quantitative Method

Administering the Self-Esteem Scale by Rosenberg to 15 participants from the treatment centre. The questionnaire was also used for pre-test and post-test assessment for the study. The questionnaire consists of 10-item scale that measures the self-esteem. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree.

Scoring

Items 2,5,6,8 and 9 are reversed scored. Response “Strongly Disagree” is 1 point, “Disagree” is 2 points, “Agree” is 3 points, and “Strongly Agree” is 4 points. Sum scores for all ten items. Higher scores indicate higher self-esteem and vice versa.

Reliability and Validity

The Rosenberg Self-esteem Scale presented high ratings in reliability areas; internal consistency was 0.77, minimum co-efficient of Reproducibility was at least 0.90.

A varied selection of independent studies each using such samples as-parents, men over 60, high school students, and civil servants-showed alpha co-efficient ranging from 0.72 to 0.87 (all fairly high). Test-retest reliability for the 2-week interval was calculated at 0.85, the 7-month interval was calculated at 0.63.

DATA ANALYSIS:

Descriptive Statistics

Descriptive statistics was used to find out the mean and SD to find the differences in pre and post test of the self-esteem.

Paired Sample ‘t’ test

This test was used to find the ‘t’ value to find the significance level of the pre and post-test group.

RESULTS AND DISCUSSION

The aim of the study was to enhance the level of self-esteem among individuals who have alcoholic parents. The researcher used an experimental within-group (single group) research design. This specific form was used to be able to quantify certain aspects of behaviour and to induce certain changes in the perception of self. This study also uses a technique to enhance the level of self-esteem. The technique was formed on the theoretical framework of client-centered technique and *MI was carried forward. The study aims to have a positive output in order for the participant to have a sense of worthiness and to enhance their self-control on their road to sobriety. The study uses Rosenberg Self-Esteem Scale wherein a pre and post test was conducted on the same sample population. After the pre-test was conducted, the intervention technique commenced with motivational interviewing. The participants were made aware of the situation and were

given freedom to express their thoughts and desires and simultaneously working together with the researcher to find ways to curb the issue at hand. After the sessions ended, the participants took another self-esteem scale test for the post-test result. The findings are indicative of whether there are changes occurring on the level of self-esteem among individuals who have alcoholic parents within using the training module.

Objective 1: To assess the level of self-esteem among individuals who have alcoholic parents. The hypothesis states that “there will be an enhancement on the level of self-esteem among individuals who have alcoholic parents”. (Using MI*)

Table 1 : Showing descriptive statistics for assessing the level of self-esteem of the participants in pre-test.

Variables (Self-Esteem)	N	Mean	SD	Interpretation
Pre-Test	15	18.4	3.01	Low self-esteem

Objective 2: To find out if there was an enhancement in the level of self-esteem among individuals who have alcoholic parents.

The hypothesis states that “there will be an enhancement on the level of self-esteem among individuals who have alcoholic parents using motivational interviewing technique”.

Table 2: Showing descriptive statistics and paired sample t-test for assessing the level of self-esteem of the participants between pre and post-test.

Variables (self-esteem)	N	Mean	SD	Interpre- tation	Mean difference	SD (Paired sample test)	‘t’	df	Significance
Pre-total		18.4	3.01	Low self-esteem					
Post-total	15	22.4	2.99	High self-esteem	-4.0	2.90	-5.33	14	.000**

** significant at 0.01 level

The above table 4.1 shows the descriptive statistics of self esteem prior motivational interviewing. The table interprets that the mean of the sample in the research was 18.4 in pre-test and the standard deviation is 3.01. The interpretation for the level of self-esteem for pre-test was found out to be of low self-esteem among the participants. Table 4.2 shows the descriptive statistics of self-esteem prior and post motivational interviewing as well as the value of paired sample ‘t’ test for the total of self-eateem in pre and post-test. The table interprets that the mean of the sample in the research was 18.4 in pre-test and 22.4 in post test. The standard deviation is 3.01 in pre-teat and 2.99 in post-test. The ‘t’ value is -5.33 and the significance is 0.00 taking confidence interval at 99%. The interpretation for post-test with the conduction of motivational interviewing was high self-esteem.

DISCUSSION

As the above results mentioned it has been highlighted that the technique carried out i.e., motivational interviewing technique has a positive influence on the self-esteem among the participants who have alcoholic parents. To date, there is a very limited source on the implementation of motivational interviewing on alcoholics although there has been a wide amount of research on addiction in general. The researchers’ main aim was to enhance the self-esteem using motivatonal interviewing method backed up by a module that included structured sessions. From the results obtained it can be seen that there is a significant difference on the level of self-esteem by implementing the use of motivational interviewing among the participants who have alcoholic parents in the pre-test and post-test scores. Individuals with substance use disorder frequently have low self-esteem and experience depression. They may have feelings of inadequacy, loneliness and isoltion which can lead to increased substance use. In order to restore self-esteem and confidence, it requires a willingness to accept responsibility for one’s personal behaviour and they need assistance to accept losses that they have experienced and to develop skills for coping in the future (Falvo, 2009). Therefore, motivational interviewing is a method in which there is possibility of inducing positive outlook on life thereby increasing the self-esteem of an individual but recovery from substance use is a continuing process that incorporates a long-term vigilance and a continuing commitment to remain drug-free. (Falvo, 2009)

SUMMARY

Major findings of the study

The study was conducted for enhancing the level of self-esteem among participants who have alcoholic parents by using motivational interviewing technique. The study used an experimental design with within-group; single-group analysis. The study comprises of 15 participants whose age group are between 26 to 60 and who are 'dependent' alcoholics undergoing treatment at a rehabilitation centre. Since the study aims at testing the level of self-esteem and levelling up the level of the same, the researcher use Rosenberg Self-Esteem Questionnaire for assessing the level of self-esteem among the participants with pre and post-test conducted and by implementing a motivational interviewing technique as a mediator or force to enhance their level of self-esteem. The hypothesis states that, "There will be an enhancement on the level of self-esteem among participants who have alcoholic parents using motivational interviewing technique". The pre-test and post-test on the level of self-esteem were assessed using Descriptive statistics and paired sample 't' test to find the level of self-esteem of the participants and the differences found after the *MI technique was used. It has been statistically shown that there was an uplift in the level of the self-esteem between prior and post-test. This further hypothesized that the technique used by the researcher for the elevation of self-esteem proved helpful in bringing change to the participants' level of self-esteem and also thereby answering the research questions being asked. Since the study was conducted on a specific community the findings could work as a propounding factor and the utilization of it can be seen especially in De-Addiction Centres.

IMPLICATIONS

- This study was conducted on alcoholic inpatient and will be applicable for other rehabilitation centres in the counseling setup.
- Since this study looks into the enhancement of self-esteem, it can be implied to adolescents who are constantly needing external validation which could results in having a lower self-esteem.
- It is important for clinicians to be aware of the possible risk and protective factors that could affect an adolescent who is growing up in a home with addiction.
- In the educational setup it can be helpful for students to sustain a mental make up for their further development.
- In the social setting it can help a person increase his or her interpersonal relationship among peers.
- In the clinical field, it can be useful in the counseling setup and to have a take on the self-esteem aspects of the clients.
- In the industrial setup, since a number of individuals especially in the marketing department are constantly dealing with interaction it would be apt for their training to work more efficiently.

LIMITATIONS

- The study only emphasized on a special population group of alcoholics hailing from a specific community of minorities.
- The sample group comprises of no separate study for gender differences.
- Culture specific: this study was conducted among a small group of population who has a similar history of being children of alcoholics.
- Culture differences can have various other influences and the current study might not be applicable to all culture.

SUGGESTIONS

- Further studies can be made in the same field with an increase in the number of sampling size which will give a wider aspects of the study especially with respect to self-esteem.
- Studies pertaining to alcoholism is in great demand and hence culture appropriate studies of various topics needs to be futher implemented or taken interest.
- Researchers can look for a similar pattern of approach which will be applicable for other population and culture.

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