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THE RELATIONSHIP BETWEEN ATTACHMENT STYLES AND PARENTING STYLES WITH TENDENCY TO DRUG ABUSE AMONG UNIVERSITY STUDENTS

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ABSTRACT

The purpose of this study was to investigate the relationship between attachment styles and parenting styles and trends in drug abuse. This study was to investigate the correlation of 302 students of Islamic Azad University of Rasht by Morgan and was selected by multistage cluster sampling method. To collect information from the questionnaire prepared by the Iranian scale addiction, Hazan and Shaver parental bonding and adult attachment scales were used. There were a significant relationship between attachment styles and parenting styles and trends in drug abuse, so that they could be entered into the regression equation as significant predictors. The results show that the model variables such as avoidant attachment style ($0.0001 >P$ and $0.33 = \beta$), Ambivalent attachment style ($0.0001 = P$; $0.27 = \beta$) and parenting style (optimal parenting) parent form ($0.007 = P$; $0.13 = \beta$) could significantly predict substance abuse. The results of this analysis showed that the average level of student substance abuse 0.27 is explained by 3 selected predictor variables. There should be a great consideration in the families in attachment styles and parenting styles on children and adolescents in order to prevent possible damage in adulthood.

Keywords: Drug Abuse, Attachment Styles, Parenting Styles

INTRODUCTION

Drug addiction and its willingness is the major issue in areas of social pathology. In the recent decade drug addiction is concerned families and programmers because lose out the human forces and human community. In term of pathology drug is a strategic threat and multi-faced that one figures is requirement that others (Moslemi, 2010). Addiction is a physical, mental, social and spiritual condition. Drug abuse and addiction crisis is one of the most important problems of the present day with a global scope, stepped beyond the bounds of health care which has become a family psychosocial problem (Yar and Asl, 2012), Although the rise in drug use in industrialized countries has declined to some extends, the trend among the youth has too (Barati *et al.*, 2012). It seems we are witnessing a rapid progression of addiction among youth, considering the geographical locations in the country and bordering by the countries of drug carriers (Khalili *et al.*, 2012). In fact in recent years, drug abuse, is not only among adults, but also rising among students and university students. Thus promoting and maintaining physical and mental health of young people will be important. In the institutionalization of family behavior and the emergence of drug abuse prevention is proven (Wills *et al.*, 2004; Stanhope, 2000; Hussein and Mohammad, 2009). Salehi (1992) argues that family is the most important element in the prevention of drug abuse and high-risk behavior is considered. Most addiction in adolescent is greatly occurring from their parents struggle, parent addiction; emotional shortage is common in family. Undoubtedly, no society without healthy families can make health claims. Therefore, with healthy families none of the social damages will impact the core of the families. The results of some studies suggest that Iran is one of the factors in preventing of addiction with respect to parental awareness of the risk factors that underlie addiction and symptoms of infection (Ghaemi, 2002). Psychologists also believe that parents play an important role in the socialization process of children and their behavior and life styles, cultural values, family and social life patterns as they learn (Goudarzi *et al.*, 2005). The parenting style was a determining and effective factor

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that always play an important role in the growth and mental development of children, especially their attitudes toward drug abuse. Parenting styles the collection or system-defined set of behaviors that parent-child interactions over a wide range of situations described. It is assumed that an effective and interactive atmosphere is created (Rahmati *et al.*, 2008). In general parenting styles is divided into three categories: landscape, democratic or authoritarian and rational authority. Permissive parenting style allows your child to do whatever he loves or knows reasonably without having any control over his actions. The authoritarian method to spend the parents of the child was applied to prohibit the opinion; otherwise, children will be punished by their parents.

In a democratic manner parents monitor the acts of their children and the let him to speak just in the right moment (Sotoudeh, 2005). Subsequently Shakya *et al.*, (2012) also stated that in their research single parental styles on a framework are derived in four the floor that derived from two interactive dimensions: Parental control - how much your parents interfere in the lives of young children - and parental warmth – how much positive effects of parents are shown for their adolescents. In general drug users compared with other peers among adolescents who have non-aggressive and non-aligned families. Family's other children are more developed in an anti-social behavioral manners with less behavioral controls and social responsibilities. Such adolescent internalized behavior experienced a lot of behavioral problems and they don't accept their parents as a model (Baumrind, 1991). In the meantime, some parents as neglectful or permissive parents. What the respondents and whether the applicant is low, not involved in the upbringing of children, the kids did not care and eventually even they may never accept. These groups of adolescents which have anti-social parents also tend to have problems, have turned to use drug, don't have long-term objectives and may participate in criminal acts (Sigelman, 1999; Rahmati *et al.*, 2008). Meanwhile attachment styles have been explored as well as the interpersonal factors associated with substance abuse issues. Valid reports indicate that the lack of parental affection (attachment) along with inappropriate parenting styles and behaviors of peers play the greatest role in sustaining behaviors that are incompatible.

The concept of attachment was originally developed by Bowlby's attachment has been introduced in the first drag that it can be built during the first parent to child relationship. Then with the evolution, it has undergone several changes and as a means of determining its impactation the way to the end to maintain the relationship in all aspects (Sayadpoor, 2006). Therefore Hazan and Shaver adult attachment styles that continue recognize the quality of childhood has secure attachment, avoidant attachment style and ambivalent attachment style. According to attachment styles also believe that there is a role that insecure attachment can play in the development trajectories of substance used in orders. Cook (1991) acknowledges that poor attachment in early childhood has led to internalized shame. It also puts the child at risk of further abuse. Finally Walant (1995) similarly argues that the vulnerable to alcohol and drugs, mainly suffered from neglect of the attachment needs, this is compensated by the use of drugs and alcohol. Family as the forming center of the child's personality is at a very important role in the tendency toward abnormalities and social injuries or healthy biology of family members. In this respect, noticing the effective family indicators toward social harm, including addiction, plays a crucial role in preventing it. Drug addiction is one of personal and social problems in today world and administrations cost a lot to fight against this social harm annually (Sadeghi *et al.*, 2014). Considering the above mentioned issues, this paper seeks to examine the relationship between attachment styles and parenting styles and trends in drug abuse among students.

MATERIALS AND METHODS

The method of this research was correlation. The statistical population in this study is all students of 22 to 36 years old, Islamic Azad University Rasht, who were enrolled in the academic year 2012-2013. This research is using multi-stage cluster sampling on Open University students aged 22-36 years old was conducted. The branches of threats, sciences, humanities and technical-engineering, humanities were randomly selected at the beginning. Fields of clinical psychology, general psychology and accounting, human sciences and disciplines of Electrical and Electronics, Electrical Engineering and branches were

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selected through the two general categories. And the string class and the sample was selected randomly and evenly (almost every field of 50) were selected from the six strings. The sample size for this study included 302 patients who were using Morgan. Multivariate linear regression and correlation analysis were used in order to analyze the data in this study.

Iran Ready Addiction Scale

This scale made by Zargar *et al.*, (2007) and it has 36 female and 5 lie detector. The Validity of this questionnaire is obtained by Zargar *et al.*, (2007), using Cronbach's alpha coefficient 0.90 and 0.82 in this study.

Parenting Style Questionnaire (PBI)

It is a self-report questionnaire of 25 questions to measure two aspects (or compassion) and Extreme Parental support that is made from the perspective of children. These means was performed on a relatively large sample consisted of 410 adolescents and 410 adults aged 12-75 years old which were soft on extensive clinical and non-clinical samples. 13 questions of this questionnaire have been scored in a direct way and 12 questions have been scored reversely. The direct investments are as follows: (3 = I did it, 2= it was almost; 1 =not nearly so, and 0=it does not). Validation results or reliability of the questionnaire has reported by Parker *et al.*, (1979), internal consistency, test-retest reliability, split-half reliability for 0.88 and 0.76 for the care and support for the radical 0.63. Cronbach's alpha reliability test was calculated to calculate the amount of paternal care in the next 0.92, maternal care, 0.84, paternal support 0.75 and 0.81 support maternal.

Hazan and Shaver Adult Attachment Inventory (AAI)

This scale made by Hazan and Shaver (1987) and in the Rahimian *et al.*, (2005) on the issue of nurses in public hospitals in Isfahan has been the norm. This questionnaire consists of 15 items that each of the three secure attachments, avoidant, and ambivalent related to 5 items. Scoring on a direct scale ranging is performed from never (score 0) to almost always (score 4). Attachment subscale scores is obtained by an average of 5 questions each subscale. Hazan and Shaver retest reliability of the questionnaire 0.81 and 0.78 Cronbach alpha reliability.

RESULTS AND DISCUSSION

Results

As can be seen in table Regression model was significant and 3 variables selected in step 3 in total have been able to explain 0.27 of the common variance of substance abuse [$0.0001 < P$ or $16.36 = (298 \text{ and } 3) F$]. Thus the final model variables such as avoidant attachment style ($0.0001 < P$ and $0/33 = \beta$), Ambivalent attachment style ($0.0001 = P$; $0.27 = \beta$) [$0.0001 < P$ and $16.36 = (298 \text{ and } 3) F$]. Authoritative parenting style (optimal parenting) parent form ($0.007 = P$; $0.13 = \beta$) could significantly predict substance abuse. The results of the analysis indicate that the average level of student substance abuse (0.27) is explained, by 3 selected predictor variables.

Table 1: Pearson correlation test results in the relationship between parenting styles with regard to the form of secure attachment with parents and trends of drug abuse

Trends of drug abuse		
Variable	Pearson correlation	.Sig
Optimal parenting/ Father	0.280**	0.012
Optimal parenting/ Mother	0.311**	0.001
Easy-emptive	0.060	0.559
Easy-emptive/ Mother	0.086	0.437
Parenting coupled with neglect/ Father	-0.235**	0.228
Parenting coupled with neglect/ Mother	-0.215**	0.301
Arbitrary (control without affection)/ Father	-0.132*	0.196
Arbitrary (control without affection)/Mother	0.060	0.604
Secure attachment style 302	0.025	0.612

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Table 2: Results of stepwise multiple regression analysis for prediction of drug abuse on the attachment style of parenting styles on students

Selected Variables	Statistical indicators				
	B	SE _b	B	T	Sig
First steps					
Avoidant attachment style	0.02	0.002	0.43	8.38	0.0001
The second step					
Avoidant attachment style	0.01	0.002	0.35	6.51	0.0001
Ambivalent attachment style	0.01	0.002	0.26	4.85	0.0001
Step Three					
Avoidant attachment style	0.01	0.002	0.33	6.32	0.0001
Ambivalent attachment style	0.01	0.002	0.27	5.10	0.0001
Improving maternal parenting style form	0.005	0.002	0.13	2.72	0.007
Summary Model	0.0001	36.16	0.15=SE _E	0.27=R ²	F _(3,298)

Discussion

Results of statistical analysis show that the authoritative parenting style (optimal parenting), substance abuse tend to form positive relationships with parents are the shares. The results are consistent with the results of research findings. Research findings such as McKinney and Rank (2008) and Wells and others (2009) indicating that children and young which have authoritarian parents feel better mental health and their behavioral exchanges are more appropriate with others (Pellerin, 2005). In another study which was conducted by McKinney and Rank (2008), it was found that teens that have at least one powerful parent are more compatible than teens that do not have such parent. Abar *et al.*, (2009), in their study concluded that authoritative parenting style with behavioral problems "alcohol and drug" is not statistically significant. Conducted research confirms that the authoritative parenting style is negatively and significantly associated with susceptibility to addiction and addiction potential significant negative predictor of children. Easy-emptive between parenting style "compulsory coupled with kindness" form parent orientation is directly related to substance abuse, but this relationship was not significant. The results of the research results are inconsistent and do not endorse them. The research conducted in this area show that parental permissiveness style is negatively correlated with substance abuse in children. Research carried out by people such as Wood *et al.*, (2004) and show that Free parenting style transition is negatively correlated with drug abuse in children. Free parents can cause an increase in alcohol consumption among teenagers (Wood *et al.*, 2004). Children and adolescents who describe their parents obliviously, they reported significantly greater drug use (Jackson *et al.*, 1998; Hayes *et al.*, 2004). On the other hand promotion of parents with children as a protective factor against drug addiction is mentioned (Javad, 2010). There is a significant relationship with a tendency to drug abuse between authoritative parenting styles, parent "mother form". The results have shown that there is a negative inverse relationship between authoritative parenting style "control without affection" fathers biased forms of substance abuse, but there is a significant relationship between authoritative parenting style "control without love" mother with a tendency to form substance abuse and positive direct relationship exists, but this relationship was not significant.

This means that, results of research in the form of a father is conflicting with previous research and in mother form is related but non-significant. Research such as Jackson (2002), Hayes *et al.*, (2004) reflects the fact that Authoritarian parents and teens to rebel more aggressive relationships that are associated with alcohol consumption (Jackson, 2002; Hayes *et al.*, 2004). Secure attachment and positive trends are directly related to substance abuse, but this relationship was not significant. However, as noted, in this study there was a significant relationship between secure attachment style and substance abuse trends. In support of this claim the results of Zahedan and Saman (2012) noted that sex addicts and healthy subject's ambivalent attachment style are different from each other. The discriminated analysis showed that insecure attachment style is the best to differentiate and predictors of sexual abuse and in 72.90% of

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sexual abusers are indistinguishable from normal people. But the relationship between secure attachment and addiction tends not to be significant in this study. Another study was performed by Mikulincer (2001) found that compared to non-infected individuals with insecure attachment styles, ambivalent abuse did not qualify for secure attachment. Mohammadi *et al.*, (2006) in their study showed that consumer groups compared to the control group to groups of drug users with secure attachment style more and more parents are careful. There is a tendency to drug abuse between insecure attachment styles (avoidant and ambivalent) that results are related to previous research. As Bowlby's view (1994) stated, one of the reasons for delinquency and drug abuse trends as a result of the failure and annoying experiences with his parents, who called it lacks flexibility and making you feel disturbed as an adult person and the person with no sense of guilt, sorrow or regret for consumption of the drug. In this way, insecure attachment may due to conduct disorder, delinquency and drug abuse.

Also Allan (2002) found that deviant behavior during adolescence is associated with insecure attachment. Hol *et al.*, (1986) have shown that insecure attachment encourages people to substance abuse. In other words, alcohol and drugs as a way to avoid annoying your emotions calm and relieve the distress of knowledge or use this finding is consistent with findings from studies and Arjmandi *et al.*, (2012), Dadgar *et al.*, (2010), Kassel *et al.*, (2007), Brennan and Shaver (1995), Zahdiyan *et al.*, (2012). In this regard, research and Arjmandi *et al.*, (2012) in their study found no significant differences between attachment styles and emotional maturity are addicts and non-addicts. Dadgar *et al.*, (2010) in their study of the relationship between attachment styles with substance use disorders showed that Avoidant attachment has meaningful relationship with drug abuse. As well as the difference between attachment styles in normal men and addicted one finding, Kassel *et al.*, (2007), have found out that the potential importance of adult attachment style revealed as a risk factor for drug use among university students. Specifically, the results show that there is a significant relationship (positive) between anxious attachment (fear of rejection) with a frequency of medication use and drug use and it is driving stress. Brennan and Shaver (1995) reported that insecure attachment with frequency of drinking among college students and even more powerful in order to deal with the stress associated with drinking alcohol. Zahediyan and Saman (2012) in their study showed that sex addicts and healthy subject's ambivalent attachment style are different from each other. We cannot generalize this investigation's results to other cities exactly, because it was done in Rasht. We can predict the prevention plans of behavioral problems such as delinquency and drug abuse with the usage of this study's results.

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