TO STUDY DIFFERENCES ON SELF-DISCREPANCY AND LOCUS OF CONTROL AMONG VARIOUS SUBSTANCE USER AND NON-USERS AGED BETWEEN 18 -30 YRS.

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Abstract: Across the globe we see that many people are involved in taking psychoactive substances for seeking pleasure or avoiding psychological distress. Percentage of youth using substance is increasing day by day. It affects many aspects of their personality. To study what is the difference in substance users and non-users main objective of the study decided to explore differences on self-discrepancy and locus of control among various substance users and non-users. Total 240 sample of age group 18years to 30 years were selected. The standardised scales were used to measure self-discrepancy and locus of control. Statistically analysis was done with't' test. The findings showed there are noticeable differences in self-discrepancy and locus of control among substance and non-substance user. From the findings, gender differences also seen.

Index Terms: Substance use, Self-discrepancy, Locus of control, Gender, Adolescence.

Introduction:

People have used substances to change their mood, thinking, or behaviour for many years. Some people believe that it is natural to alter their state of consciousness. That is why children spin around in order to feel dizzy. The substances that people use include alcohol, tobacco, caffeine, cannabis (marijuana) and others which may be legal. These habits include- smoking, drinking, eating substances, injecting, smelling, inhaling, etc. Substance abuse contains a major impact on people, families, and communities. The effects of misuse are many, these problems include: teenage pregnancy, domestic violence, child abuse, motor vehicle crashes, physical fights, crime, homicide and suicide. Particularly among youth, use of substance is quite popular. Substance use is a set of related conditions associated with the consumption of mind- and behavior-altering substances which have negative outcomes in behaviour and health area. Social attitudes and political and legal responses to the consumption of alcohol and illicit drugs make substance use one of the most complex public health issues. In recent years, the impact of substance and alcohol abuse has been increased in several areas.

Self-discrepancy:

Self-discrepancy is differences in our self-concept and how we would ideally like to be. Self-Discrepancy Theory was developed by Higgins (1987) is a shot to supply abstract basis for crucial between feelings of dejection and feelings of agitation evoked by discrepancies in self-beliefs. Self-discrepancies area unit comprised of inconsistencies between individual's self-concept and pertinent self-guides. Such discrepancies produce discomfort in the individual, which may motivate the person to minimize discrepancies in order to alleviate the discomfort (Higgins, 1987).

Locus of control:

According to Rotter Locus of control is an individual's belief about what determines his or her rewards or outcomes in life. Locus of management is classed on a spectrum from internal to external; wherever a private falls on the spectrum determines the extent to that they believe they will have an effect on the events around them. Internal Locus of Control – a belief that rewards in life is guided by our own decisions and efforts. External Locus of Control – a belief that rewards or outcomes are determined by either luck or others with more power than self. According to Osterman & Bjorkqvist (1999), internal locus of control is composed of dependent events mostly related to one's permanent characteristics. On the other hand, external locus of control is related to the feeling that outcomes are a result of fate, luck, chance, or in control of others.

According to Halloran & Doumas (1999) three types of locus of control have been identified. First, internal locus of control reflects the belief that one has personal control over the events that occur. Second, powerful- other locus of control is the belief that events are not determined by one's own behavior, but by those who are in positions of authority over the individual. Third, unknown locus of control is when a person does not know why events occur

According to Baron and Richardson, (1994) Internals are individuals who feel they can readily influence events in a wide variety of contexts. On the other hand, externals are individuals who feel generally powerless to influence the course of events around them. .

Hypotheses:

1) The self-discrepancy among substance users will be higher than non-users.

2) High substance users will score higher than medium and low as well as non-substance users on self-discrepancy.

3) The locus of control among substance users will be higher than non-users.

4) High substance users will score higher than medium and low as well as non-substance users on locus of control.

5) There will be gender differences on self-discrepancy factor

6) There will be gender differences on locus of control factor.

Sample:

The sample selected in the present study was selected by purposive sampling method. Total 240 sample of age group 18yrs to 30 years were selected. Out of 240 sample 30 males and 30 females were Non-User (total 60) and 90 males and 90 females were Substance users (total 180), which were further divided into three groups of Low, Medium and High based upon their intake(60 x 3). People using substance 1 to 7 times a month were considered put into Low group, 8 to 14 were considered Medium group, and 15 and above were put in High Group. Each group had total number 60 out of which 30 are males and 30 are females. This sample was from Pune city.

Tools:

Self-Discrepancy Questionnaire (Watson, 2004) and **Locus of Control (Duke & Nowicki, 1972)**.

- **Self-Discrepancy Questionnaire:**

It was developed by Watson 2004. In this questionnaire the subject has to rate his 28 characteristics on 1 to 7 scale 1 being the least and 7 being the highest and same 28 characteristics again but this time with his ideal expected scores.

Internal consistency alphas were systematically sturdy for the private construct measures (.90 to .92) and moderate to strong for the conventional construct measures (.82 to .90).Test-retest reliability of the test is above .70 for the personal construct and conventional construct measures.

- **Locus of Control scale:**

Scale developed by Duke & Nowicki in 1972. It has total 40 statements to which the subject has to respond in either yes or no format. There is no right or wrong answer. The subject has to respond 'yes' to an item if he feels/thinks the statement is right. Total score of 40 can be attained and score less than 17 represents an internal Locus of Control and score above 17 is interpreted as External.

The Internal consistency Split half reliability is from .74 to .86, the test retest reliability has varied from .65 to .83 within 7 week to 6 week interval.

Results & discussion

This section deals with the results and discussions of the study. It covers the results obtained by applying appropriate statistical techniques to test the hypotheses.

Table – 1 Differences on Self Discrepancy

Sr. no.	Variables	Category	Mean	Standard Deviation	"t" Value	Df
1	Self-Discrepancy	Substance user	49.88	15.20	5.97 **	238
		Non User	36.30	15.35		
2	Self-Discrepancy	High	60.18	16.62	4.67 **	118
		Medium	48.30	10.53		
3	Self-Discrepancy	Medium	48.30	10.53	3.59 **	118
		Low	41.15	11.22		
4	Self-Discrepancy	High	60.18	16.62	7.34 **	118
		Low	41.15	11.22		
5	Self-Discrepancy	Non User	36.30	15.35	1.97	118
		Low	41.15	11.22		
6	Self-Discrepancy	Non User	36.30	15.35	4.99 **	118
		Medium	48.30	10.53		
7	Self-Discrepancy	Non User	36.30	15.35	8.17 **	118
		High	60.18	16.62		

("*" in front of "t" values indicates statistically significant difference at 0.05 level of significance and "**" indicates statistically significant difference at 0.01 level of significance)

Discussion:

The hypothesis suggested that Self-Discrepancy among Substance users will be higher than Non Users is accepted. In present study the obtained" value for this hypothesis is 5.97 ** which is significant at 0.01 level of significance. The values for self-discrepancy are higher in high substance users than medium, low as well as non-substance users. The table showed medium substance users show high self-discrepancy then low and non-substance users. Low substance user show high self-discrepancy than non-substance user. Obtained values are significant at 0.01 level of significance.

Table – 2 Differences on Locus of Control

Sr. No	Variables	Category	Mean	Standard Deviation	"t" Value	df
1	Locus of Control	User	18.08	4.26	2.31 *	238
		Non User	16.62	4.16		
2	Locus of Control	High	17.10	4.32	2.30 *	118
		Medium	18.88	4.15		
3	Locus of Control	Medium	18.88	4.15	0.83	118
		Low	18.25	4.18		
4	Locus of Control	High	17.10	4.32	1.48	118
		Low	18.25	4.18		
5	Locus of Control	Non User	16.62	4.16	2.14 *	118
		Low	18.25	4.18		
6	Locus of Control	Non User	16.62	4.16	2.98 **	118
		Medium	18.88	4.15		
7	Locus of Control	Non User	16.62	4.16	0.62	118
		High	17.10	4.32		

The hypothesis suggested that Locus of Control among Substance users will be higher than Non Users is accepted. In present study the obtained" value for this hypothesis is 2.31* which is significant at 0.05 level of significance. As table showed score of high substance users are higher than medium and low as well as non-substance users on Locus of Control. Scores of medium substance users are higher than low and non-substance users on Locus of Control. It also showed scores of low Substance users on are higher than Non users on Locus of Control. Thus, hypotheses regarding Locus of control were accepted and the values were accepted on 0.01 and 0.05 level of significance.

Table - 3 Gender Differences

Sr. No	Variables	Category		Mean	Standard Deviation	"t" Value	Df
1	Gender differences. Self-Discrepancy	Overall	M	44.29	16.11	2.09 *	238
			F	48.67	16.27		
2	Gender differences. Self-Discrepancy	Non-Users	M	38.03	14.93	0.87	58
			F	34.57	15.82		
3	Gender differences. Self-Discrepancy	User	M	46.38	16.03	3.16 **	178
			F	53.38	13.53		
4	Gender differences. Self-Discrepancy	High	M	57.00	17.41	1.49	58
			F	63.37	15.43		
5	Gender differences. Self-Discrepancy	Medium	M	43.37	10.93	4.08 **	58
			F	53.23	07.47		
6	Gender differences. Self-Discrepancy	Low	M	38.77	13.42	1.66	58
			F	43.53	08.03		
7	Gender differences. Locus of Control	Overall	M	17.53	03.56	0.64	238
			F	17.89	04.89		
8	Gender differences. Locus of Control	Low	M	19.30	2.45	1.99	58
			F	17.20	5.22		
9	Gender differences. Locus of Control	Medium	M	16.97	3.20	4.00 **	58
			F	20.80	4.15		
10	Gender differences. Locus of Control	High	M	17.43	4.12	0.59	58
			F	16.77	4.56		
11	Gender differences. Locus of Control	Users	M	18.26	3.44	0.55	178
			F	17.90	4.96		
12	Gender differences. Locus of Control	Non-User	M	16.43	3.74	0.33	58
			F	16.80	4.60		

Analysis on gender showed differences in self-discrepancy in overall population. The 't' value is 2.09 which is accepted at 0.01level. Gender differences seen in user population. The 't' value is 3.16 which is accepted at 0.05 level of significance. Gender difference in locus of control seen in medium level of substance use. The 't' value is 4.00 which is accepted at 0.05 level of significance.

Conclusion

The present study was aimed to differences on self-discrepancy and Locus of control among various substance user and non-users aged between 18 -30 yrs. Total 240 sample of age group 18yrs to 30 years were selected. Tools were used to measure self-discrepancy and locus of control. Statistical analysis was done with 't' test. Result shows there are noticeable differences in self-discrepancy and locus of control among substance and non-substance user.

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