A Qualitative Analysis of the Psychological Factors of Relapsing Females

Yingtong Ai
School of Education Science and Management
Yunnan Normal University
Kunming, China
Faculty of Humanities and Social Science
City University of Macau
Macau, China
School of Pre School Education and Special Education
Kunming University
Kunming, China

Heyong Shen
Faculty of Humanities and Social Science
City University of Macau
Macau, China

Yun Tao*
School of Education Science and Management
Yunnan Normal University
Kunming, China
*Corresponding Author

Abstract—**This study aims to explore the psychological factors model of female addicts from their subjective perspective through qualitative interviews. A semi-structured in-depth interview of 10 female drug addicts is conducted by using self-made open-ended questions, and the data were analyzed by grounded theory and the data analysis software NVivo with the nature of computer aid. The results show that the "psychological model of female drug abuse" is composed of susceptible environment, life experience, emotional frustration and escape and vicious enhancement and circulation, and the four factors have a systematic relationship with each other.**

Keywords—relapsing women; qualitative interviews; factor model

I. INTRODUCTION

If you want to know how people understand their world and live the life, why not talk to them? (Kvale, 1996)

It is people's consensus that drugs, whether the types or variants, has derived a variety of tricks. As we all have individual differences, different people are from different environments, different environments generate different cultures, and different levels of culture will create different people. The other women are not unattractive to us after meeting Pandora, but we have lost the ability to see other women. The drug addicts said: the pleasure of drugs surpasses the sexual pleasure by thousands of times. The author thinks the drug is prepared for ghosts who live forever, instead of human. If they want to recover, or just not be bogged deeper and deeper by the drug, not only researchers should understand drug users, but it is also necessary for drug users to understand themselves. And qualitative

analysis is appropriate since we can not only understand their own world from their perspective, but also reveal the experience and significance of their life; we can see the epitome of world where female drug addicts live through this but don't explain whether it is scientific, as well as allow the author to fully fulfill the functions of a traveler (construction of information) and alchemist (knowledge mining).

II. QUALITATIVE ANALYSIS

A. The Determination of the Object of Study

In this case, 10 relapsing females are selected by random sampling. Subject selected criteria:

First, the subjects have completed the physical detoxification period; Second, they should pass the portfolio assessment of the medical staff of addiction treatment center, and the author himself SCL-90 (Wang Zhengyu, 1984) doesn't have psychotic symptoms and can make normal expression and conversation; Third, adopt the principle of voluntary participation and the degree of education subject is mainly above primary school.

B. Research Tools

It is one of the main difficulties of this study to determine the content of semi-structured in-depth interviews. In order to determine the interview outline, the author first interviews the staff engaged in drug detoxification (including grassroots and office) and senior psychological analysts to comprehend their understanding of drug rehabilitation, in order to obtain what kind of interview can obtain the most comprehensive

psychological mechanism elements of the women in compulsory rehabilitation period.

The author finds that the general number of qualitative research interviews is about 5-15 people through the analysis of the past qualitative research data. Because each interview takes about 2 hours, and recording the interview into text is a huge job, the final data analysis of grounded theory is more complex. Therefore, the author finally identifies 10 valid interviewees and end with the acquisition of content saturation.

III. RESEARCH PROCESSING AND ANALYSIS OF RESULTS

In this study, the qualitative analysis of semi-structured in-depth interviews is based on grounded theory. The grounded theory is one of the methods of qualitative research, of which the purpose is to establish the theory based on the empirical data and the characteristic is abstracting new concepts and ideas from empirical facts (Chen Xiangming, 2000). NVivo is the software for qualitative analysis based on the grounded theory. After inputting the data into NVivo, one can quickly and easily encode, archive, and search and so on. In this study, the contents of the interview of 10 patients are recorded into up to 20 million words, and then all the text data are input into the internal data of NVivo10. After that, the text of 20 million words are read and scrutinized repeatedly and the materials of similar nature are classified, and 132 encoded information points are obtained (reference points). The initial idea in the NVivo gradually gathered 36 open codes (free node). When doing encoding, the author gradually establishes and maintains the parallel and independent relationships between the free nodes and enriches the material information in each free node.

A. First Level Code (Open Login)

At this stage, the open coding of this study encodes 679 meaning units, with 59 nodes. They are: the first drug addiction experience, family environment, parents beat and scold, disharmony between parents, drop out, early childhood inferiority feeling, working environment, drug friends social contact, long-term unemployed, eager to be accepted, misled by drug fellows, curiosity driven, easy access to drugs, adolescent rebellion, desire to be recognized, smoking experience and indulgence, often in vain and bored, suspect and deny oneself, introspection after drug abuse, persuaded by family to detox, discrimination from ordinary people, drug abuse experience, borrow money everywhere, experience of drug addiction, drug dependence, diffident to quit, experience of making quick money, often access to entertainment venues, give up themselves, broken up family, unfortunate love and marriage, alienating interpersonal relationship, conceal drug abuse experience, heart addiction, regret drug abuse, escape reality, life pressure, drug force family, indebtedness to families, fall flat when back to the community, suicidal thought, family conflict, strong willpower to detoxification, cannot repair their actions, difficult to control themselves, re-face the boring life, give up themselves, constantly conscious of drug addiction, self-rehabilitation, understanding to rehabilitation, psychological rehabilitation, no drug fellow to trust, can't break from the drug fellow circle, receiving drug addicts lie, understanding to drug money, regain trust, faith conflict, the bottom of life, and religious beliefs.

B. Second Level Code (Associative Login)

In the axis login, the author conducts a deep screening and correlation analysis around a topic. The author not only considers the core issues, but also analyzes the meaning and motivation given by them behind the problems of subjects. In this study, four nodes were connected by axis login. That is, "susceptible environment, life experience, emotional frustration and escape, vicious strengthening and circulation" constituting the psychological factors of drug addicts.

C. Third Level Code (Core Login)

According to the extraction rule of selective code, the author takes the axis coding results as key clues and selects the nodes that occupy the core position, with strict logical and frequent occurrences. In addition, the author takes into account the depth and explanatory power of the theoretical model of architecture, and considers whether it is possible to find a fit point in cohesion and analytical psychology. In the study, the author continues to think about the coding category: drug abuse is closely related to the demographic characteristics, opportunities of exposure to drug and encountering drug fellows circle of drug addicts. The vast majority of drug users will experience the cycle of "external factors - try to take drug - internal factors - continuous drug use - try to detox- failure in detoxification- relapse". Even if they succeed in detoxification temporarily, they will restart to take drugs because of the stimulation of external factors or drug fellows circle. Therefore, in the process of formulating a systematic theoretical framework, the core code is defined as "analysis of the psychological factors of female drug addicts" and "analysis of drug rehabilitation route of female".

IV. ANALYSIS OF PSYCHOLOGICAL FACTORS

Every woman has the possibility of becoming a drug addict. "Susceptible environment, life experience, emotional frustration and escape, vicious enhancement and circulation" constitute the model of "psychological factors of female drug addicts".

A. Susceptible Environment

In real life, interpersonal relationships constitute our important support network. The main psychological basis for drug addicts to be more accessible to drugs and addiction is the lack of responsibility and obligation, disregard routines or guidelines, easy to conflict with society and others, and generate conflict and complaints. During the interview, it is found that most of the drug addicts have a clear susceptible psychological basis, mainly reflecting in the "distorted values" (79%) and "lack of responsibility" (21%). Some of the reasons behind their drug use are to prove that they are not the same as others. That is, "I believe that my will is stronger than others, so I can control", but in the end they will find "I have been stuck in". At the same time, drug addicts are less responsible for the family and society since

they think more of their own. Although they will have a sense of guilt to the family, but in front of drugs, the kind of guilt for them will disappear especially when the addiction comes back. People with a susceptible psychological basis will have less self-control when they are in contact with drugs and are easily tempted to surrender themselves in drugs.

B. Life Experience

There are two major categories of female drug addicts: relationship of family members of part of the females is alienated; another part of the females have superior family condition, so their parents spoil them very much with economical indulgence, leading to drug abuse and relapse. According to data of interviews with female drug addicts, young people drop out of school without receiving formal education, and elders cannot properly guide their behavior. Most of the drug addicts have relatively weak connection with the family before using drug, and some of the females mention that "I wanted to leave home to live alone at that time", and "my parents don't care about me". And the emotional, cognitive, and behavioral support and guidance of school and society for detoxification personnel has also been absent. Combined with the results of life event scale in quantitative study, it is extremely easy for them to form wrong outlook on life and value once encountering major events in life, and thus take the wrong road.

C. Emotional Frustration and Escape

Female drug use is an explicit behavior of temporarily escaping from the life often after emotional frustration. The females interviewed tell of their original family and conjugal relationship for more than once, as well as their own life events. According to the theory of personality traits, if the depth psychology digs too deep, there is the possibility of incomplete consideration of the actual living condition of people. Therefore, the author has been reminding himself to try to use the "open question" to maintain the research relationship, instead of guiding them to give the answer that has been predetermined. For example, the author uses "can you talk about your growing experience?" and "How do your family treat you?" to replace the negative suggestions like "When do you start to take drugs?", "Will your family be disappointed with you?" They will say "parental relation has been poor since childhood to now" and "I envy other people who have wonderful love". When they grow up, they subconsciously use drugs abuse to punish themselves.

D. Vicious Enhancement and Circulation

In the process of drug addiction, drug addicts often feel the inner emptiness, and "often feel wrong to do everything and there is no meaning for living." They say that "drugs can easily help spend the time, since after using it you will be indulged in the world of drugs without mind to think about others." The vast majority of drug users will experience the circulation of "external factors - try to take drug - internal factors - continuous drug use - try detoxification - failure in detoxification - relapse". Even if they give up temporarily, they will restart drug use because of the stimulation of drug

fellows circle or external factor. Psychodynamics explains that drug abusers try to integrate themselves with the mother to ease the tense inner needs since drug can release the internal tension be released, and restore self-integrity. In accordance with the common pursuit of "happy principle" of human, in order to avoid the uncomfortable feelings brought by negative emotions, they try to use drug, and after experiencing the pleasure that the drugs bring to them, drug addicts will be more willing to choose to immerse in the short pleasure brought about by the drug compared to the uncomfortable feelings of negative emotions, so as to pay for the "rapid consumption of time" to offset the price of "long seeking the meaning of life".

V. CONCLUSION

According to the analysis of the interview data, the author points out that the psychological factors of female drug addiction include environment, experience, and emotion and so on. The specific contents are: "susceptible environment, life experience, emotional frustration and escape, and vicious enhancement and circulation", which compose the model of psychological factors of female drug addicts".

REFERENCES

[1] Chen Xiangming. From one to the whole - inference problem of qualitative research results. Educational Research and Experiment, 2000 (2): 1-7.

[2] Han Li, Yuan Jiwei, Xu Mingbo. A Study on the Influencing Factors of Qiang's Psychological Restoration Force after the disaster based on nvivo Qualitative Analysis. Journal of Erhnology, 2015, 6 (5): 83-88.

[3] Li Xiaofeng. Qualitative research method. Wuhan University Press, 2006.

[4] Liu Ke, Yan Jun. Differences between Shield study and Quantitative Study. Chinese Journal of Nursing, 2003, 38(1), 68-69.

[5] Tang Yancan. A Study on the Life Meaning and Quality of Life of Drug Addicts. (Doctoral dissertation) Hunan Normal University, 2010.

[6] Wang Guangming, She Wenjuan, Song Jinjin. Efficient Mathematical Learning Mental Structure Model Based on nvivo10 Qualitative Analysis. Studies of Psychology and Behavior. 2014, 12(1), 74-79.

[7] Wang Zhengyu. Symptom Checklist (scl-90). Shanghai Archives of Psychiatry. 1984 (2).

[8] Giorgi, A. (1997). The theory, practice, and evaluation of the phenomenological method as a qualitative research procedure. Journal of Phenomenological Psychology, 28(2), 235-260.

[9] Morrow, S. L., Rakhsha, G., & Castañeda, C. L. (2001). Qualitative research methods for multicultural counseling.

[10] Sarah Knox, & Alan W. Burkard. (2009). Qualitative research interviews. Psychotherapy Research, 19(4-5), 566-575.