

## EMOTIONAL REGULATION AND ANTISOCIAL BEHAVIOUR IN DRUG USERS

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### Abstract

India has seen quite possibly the most extreme and unplanned lockdowns, is now confronting an unexpected blast in drug use. The pandemic had caused the closure of beverage outlets in Kerala at the end of 2020. There were a few suicides in the quick time frame, which were attributed to the non-accessibility of liquor. This causes the use of illegal alcohol or homemade preparations or expanded the utilization of drugs. This situation increased the crime rates. The bad temperament of drug users led to ruthless crimes. The basic objective of the study is the association between emotion regulation and antisocial behaviours of drug users in the Covid 19 lockdown period and how well they regulating their emotional expression. Participants are convicted offenders under the NDPS Act and the Kerala Abkari act. The details of the participants are obtained from police records. The present study has been conducted on 40 drug users both females and males having the age group between 18-40 years. The area of this study is the Kochi, Ernakulam district of Kerala. Accessibility to the arrested drug abusers and female drug abusers section is very limited. The research work is trying to discover that media should play an effective role as a watchdog among drug addicts in the present scenario. Authorities and media need to take important steps to create open communication surroundings to get rid of this trouble along with this separate effective policy for drug addicts to cover up the gap of knowledge and worry of COVID-19.

**Keywords:** Covid 19, drug use, emotion regulation, antisocial behaviour, crime, NDPS

### INTRODUCTION

Drug use poses great physical and mental damage to people. Drug use endangers the health of people, families and the public. The World Health Organization (WHO) defined substance abuse as "the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs" (1948). Usage of drug can cause neuropsychological harm, including harm to emotional and cognitive capacities. Emotion regulation is the ability of an individual to modulate an emotion or set of emotions. Fox et al. discovered that drug abusers have many difficulties in regulating, understanding and managing emotions and in controlling impulsivity, particularly at beginning phases of tendency to drug. Antisocial behaviour doesn't really indicate the presence of a personality disorder. According to Gale Encyclopaedia of Children's Health, "antisocial activities are hostile or offensive conducts that threaten others' relationships".

Studies have highlighted a relationship between drug use and antisocial behaviours, which can be portrayed as disrespectful conduct and violation of rights. Alcohol/Drug consumption may be a stress reliever during the pandemic time. The mental state impact of this pandemic can't be belittled, especially of patients influenced by drug use. Elevated public stress and anxiety levels due to increasing isolation play a role within the multiplication and continuous relapse of substance abuse and behavioural addiction. Given previous findings in the area, the present paper focuses on emotion regulation and anti-social behaviour in drug users.

### REVIEW OF LITERATURE

Abbas Abolghasemi (2013), studied The Role of Self-regulation and Affective Control in Predicting Interpersonal Reactivity of Drug Addicts. They found that self-regulation and affective control play important roles in exacerbating as well as reducing interpersonal reactivity of addicts. Hamed Choopan, and at all., (2016), Studied Effectiveness of Emotion Regulation Training on the Reduction of Craving in Drug Abusers. Gross

model-based emotion regulation training reduced signs and beliefs associated with temptation in drug-addicted people.

Fernanda Lüdke Nardi, and at all.,(2010), studied Drug use and antisocial behaviour among adolescents attending public schools in Brazil. Researchers found that over 80 % of adolescents consume alcohol and cigarettes between the age of 14 and 17 years old. The proportion of participants who engaged in ant-social behaviour was significantly higher among those who used marijuana, cocaine or crack compared those who did not. Ana estévez, and at all.,(2017), Studied Attachment and emotion regulation in substance addictions and behavioural addictions. Emotional regulation predicts all addictive behaviours assessed in this study (alcohol and drug abuse, gambling disorder, video game addiction, and problematic Internet use) whereas attachment predicted non-substance-related addictions (gambling disorder, video game addiction, and problematic Internet use).

Estefanía Estévez and Nicholas P. Emler, Studied Assessing the links among adolescent and youth offending, antisocial behaviour, victimization, drug use, and gender. Significant differences were found in patterns of interactions among variables included in the study between males and females, as well as between early-middle adolescence and late adolescence-youth. Sehat Aibod, and at all.,(2017 and Revised in 2018), Studied Comparison of cognitive emotion regulation strategies among drug-dependent people and non-drug-dependent people in Ilam Province-Iran and found that drug-dependent people used negative cognitive emotion regulation strategies rather than control group.

## OBJECTIVES OF THE STUDY

To understand the relationship between emotional regulation and antisocial behaviour in drug users.  
To know the relationship between cognitive reappraisals, rule breaking and social Aggression in drug users.

## HYPOTHESIS OF THE STUDY

H1: there would be a negative relationship between emotional regulation and antisocial behaviour in drug users.

H2: There would be a positive relationship between social aggression and rule breaking behaviour in drug users.

H3: There would be a negative relationship between cognitive reappraisal and social aggression in drug users.

## METHODS

A total of 46 participants participated in this study. But, 15 participants were omitted from this study due to uncompleted tests. This study was conducted in Kerala during the second Lock downtime in 2020. Participants were frequent drug users and peddlers who have been convicted under the NDPS act and Kerala Abkari Act. Convenient sampling was used by the researchers. Non – experimental correlational design was used. Bivariate correlation was used for analysing the relationship between variables. Mainly two variables being analysed are antisocial behaviour and Emotional regulation.

Tests used:

Emotion regulation questionnaire (ERQ) developed by Gross, J.J. and John, O.P. A 10-item scale designed to measure respondents' tendency to regulate their emotions in two ways: (1) Cognitive Reappraisal and (2) Expressive Suppression. Respondents answer each item on a 7-point Likert-type scale ranging from 1 (strongly disagree) to 7 (strongly agree).

THE STAB: Subtypes of Antisocial Behavior Questionnaire : 32-item STAB questionnaire, which inquired about engagement in various antisocial behaviors over the past year using a 5-point scale ("Never", "Hardly ever", "Sometimes", "Frequently", "Nearly all the time"). A summed total antisocial behavior score (STAB-Total) and three subscales were calculated: a 10-item Physical Aggression scale ( $\alpha = .84-.91$ ), an 11-item Social Aggression scale ( $\alpha = .83-.90$ ), and an 11-item Rule-Breaking scale ( $\alpha = .71-.87$ ).

## RESULTS AND DISCUSSION

Emotional regulation and antisocial behaviour might have a relationship with drug users, especially individuals who were convicted for the violation of the NDPS act. In the second pandemic period- the Kerala lockdown affected all alcohol users badly. The unavailability of alcohol dug the pathway for increased use of psychotropic drugs and other local substances. This worse situation led to an increase in crime rates. This study focused on drug users who were all convicted under the NDPS Act and the Kerala Abkari Act. 31 participants participated in this study who had been an offender under the NDPS act. Details of the participants were taken from the police station, Ernakulum district. This research focuses on the relationship between emotional regulation and antisocial behaviour in drug users and the relationship between cognitive reappraisal, social aggression, and rule-breaking.

**Table 1. Correlation between Emotional Regulation and Antisocial Behaviour**

		Correlations	
		antisocial	emotionalregulation
antisocial	Pearson Correlation	1	-.332
	Sig. (2-tailed)		.068
	N	31	31
emotionalregulation	Pearson Correlation	-.332	1
	Sig. (2-tailed)	.068	
	N	31	31

Table 1 shows the correlation between emotional regulation and antisocial behaviour. The Pearson correlation coefficient between emotional regulation and antisocial behaviour is -.332, which means there is a negative association between emotional regulation and antisocial behaviour. But the relationship is weak. H1 is accepted.

**Table 2: correlation between Cognitive reappraisal, Social Aggression, and Rule breaking**

		Correlations		
		SocialA	rulebreaking	cognitiverea
SocialA	Pearson Correlation	1	.046	-.171
	Sig. (2-tailed)		.807	.359
	N	31	31	31
rulebreaking	Pearson Correlation	.046	1	-.256
	Sig. (2-tailed)	.807		.165
	N	31	31	31
cognitiverea	Pearson Correlation	-.171	-.256	1
	Sig. (2-tailed)	.359	.165	
	N	31	31	31

Here, social aggression and rule-breaking behaviour are positively associated, the coefficient is .046, and the association is very poor. The association between cognitive reappraisal and Social aggression is -.171, which is a negative relationship. When positive cognitive appraisal increases, social aggression decreases. However, the relationship is not found strong in this study. Table 2 shows the relationship between cognitive reappraisal and rule-breaking is -.171. There is a weak negative association between cognitive reappraisal and rule-breaking. H2 and H3 are accepted.

## CONCLUSION

There is a relationship between drug use and antisocial behaviours, which can be portrayed as disrespectful conduct and violation of rights. Positive cognitive reappraisal reduces antisocial behaviour. But negative cognitive reappraisal increases antisocial behaviour. As per the earlier studies, Expression suppression in emotional regulation has a strong association with physical aggression, and social aggression. This study found that there is a negative association between emotional regulation and antisocial behaviour and social aggression and rule-breaking behaviour are positively associated, the coefficient is .046, and the association is very poor. The association between cognitive reappraisal and Social aggression is -.171, which is a negative relationship. Only 31 participants were included in this study. It is a demerit of this study. Researchers are suggested to do this research again with an increasing number of participants.

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