

# Spiritual Health, Family Hardiness and Family Satisfaction: A Comparison between Addicts and Non-addicts

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## Abstract

**Background and Objective:** Spirituality and family are two important components in determining the psychological and social damages. The purpose of this study was to compare addicts and non-addicts in terms of spiritual health, family hardiness, and family satisfaction.

**Method:** The present study is a causal-comparative one whose statistical population consisted of all male addicts in Dehdasht city in 2015. In the present study, 70 addicts were selected through cluster random sampling method and also 70 non-addicts who were homogeneous in terms of demographic characteristics with addicts were selected through convenience sampling. Both groups completed the spiritual health questionnaire, family hardiness index, and family satisfaction questionnaire. The gathered data were analyzed by multivariate analysis of variance (MANOVA). All ethical issues were observed in this study and the researchers declared no conflict of interests.

**Results:** The results showed that there was a significant difference between addicts and non-addicts. The scores of addicts on all three variables of spiritual health (religious health and existential health), family hardiness, and family satisfaction were lower than non-addicts ( $P < 0.001$ ).

**Conclusion:** It can be concluded that addicts are at disadvantage in terms of spiritual health, family hardiness, and family satisfaction compared to non-addicts. In addition, in the treatment of addiction, these variables can be included as levers in the programs.

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## Summary

**Background and Objective:** Drug addiction is a multifactorial disorder caused by a variety of factors. Addiction causes damage in different aspects of physical, social, psychological, and family life. In other words, addiction is considered to be a mental damage that has negative consequences for the individual, negatively affecting both the family and society (1). Therefore, addiction is considered a psychosocial damage, and it is important to identify the factors that reduce the incidence of addiction, and the number of addicts. Spirituality and family are two important components in determining psychological and social empowerment. Spiritual health is one of the most

important dimensions of human health, which increases the purposefulness, hope, coordination and coherence and connection with the truth. Religious health and existential health are two major dimensions of spiritual health (2). In addition to spiritual health, family and its function is another important. In this regard, family hardiness and family satisfaction can be regarded as two important and effective factors in lowering or raising the tendency toward addiction. Family hardiness refers to the ability of family members to respond positively to negative events (3). Family Satisfaction is also the individual's subjective report about his or her satisfaction with family relationships. Given the importance of preventing and treating addiction as well as spiritual and family structures in explaining the ability of individuals in different areas

of life, the purpose of this study was to compare spiritual health, family hardiness and family satisfaction between addicts and non-addicts.

**Method:** The present study was a causal-comparative one whose statistical population consisted of all male addicts in Dehdasht city in Kohgiluyeh and Boyer-Ahmad Province in 2015. In the present study, 70 addicts were selected through cluster random sampling method and also 70 non-addicts who were homogeneous in terms of demographic characteristics (namely, gender, age, level of education, marital status, and living area) with addicts were selected through convenience sampling. Both groups completed the spiritual health questionnaire, family hardiness index, and family satisfaction questionnaire. The research tools had acceptable reliability and validity. The participants participated in the study voluntarily with informed consent. The gathered data were analyzed using descriptive and inferential statistics. In this study, multivariate analysis of variance (MANOVA) was used to test the hypothesis of the research.

**Results:** The results demonstrated that there was a significant difference between addicts and non-addicts. Based on the findings, the scores of addicts on religious health ( $F=33.73$ ,  $P<0.001$ ), existential health ( $F=34.30$ ,  $P<0.001$ ), family hardiness ( $F=32.93$ ,  $P<0.001$ ) and family satisfaction ( $F=56.80$ ,  $P<0.001$ ) were lower than non-addicts.

**Conclusion:** Considering addicts, it can be concluded that compared to non-addicts, they are at disadvantage as for spirituality, family hardiness, and family satisfaction. Furthermore, when treating addiction, these components can be included in therapeutic programs. What's more, one of the implications of these findings is that in order to prevent and treat addiction, along with other factors, we can emphasize spirituality and strength of the family. In fact, spirituality and family can play important roles in preventing addiction, reducing the tendency of people to addiction, and also treating addiction. The present study was conducted in the Dehdasht city of Kohgiluyeh and Boyer-Ahmad Province in 2015 and in generalizing these findings to other statistical populations such as female addicts or addicts in other cities of Iran caution should be exercised. It is suggested that a similar study be conducted on the statistical population of women. In addition, detailed research is needed considering the role of other family and spiritual factors in explaining addiction.

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