



**Psychological Hardness in Drug Addicts
Residing at the Al-Sadiq Al-Tayeb
Association in Jerusalem**

الصلاية النفسية لدى مدمني المخدرات المقيمين في جمعية الصادق الطيب في
مدينة القدس

BY

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ABSTRACT:

Background: This study investigated the psychological hardness of individuals with drug addiction residing at the Al-Sadiq Al-Tayeb Association in Jerusalem, focusing on factors such as marital status, financial income level, duration of drug use, and ways to obtain the drug.

Methods: Utilizing a descriptive approach, 92 participants from diverse cultural and social backgrounds were included. The Drug Hardness Scale (DRS-15-R).

Results: The findings showed that all dimensions of psychological hardness—commitment, control, challenge, and the overall total—fell within the medium range. Significant differences in psychological hardness were noted based on marital status and financial income level, with unmarried individuals and those with higher incomes demonstrating greater psychological hardness. However, the duration of drug use had no significant impact on the participants' psychological hardness. Notably, easy access to drugs was associated with higher levels of psychological hardness across all variables.

Conclusions: This study showed that singles and high-income people have greater psychological toughness, with a slight effect on the duration of drug use. Easy access to drugs increases psychological toughness, indicating the importance of social and economic factors in determining psychological toughness in people with drug addiction.

Keywords: Psychological hardness, Drug addiction, Economic factors, Addiction recovery.

الملخص:

الاهداف: هدفت هذه الدراسة التعرف إلى مستوى الصلابة النفسية للأفراد المدمنين على المخدرات المقيمين في جمعية الصادق الطيب بالقدس، في ضوء المتغيرات التالية: الحالة الاجتماعية، مستوى الدخل المالي، مدة استخدام المخدرات، وطرق الحصول على المخدر.

المنهجية: استخدمت هذه الدراسة المنهج الوصفي، وشملت ٩٢ مشاركًا من المدمنين على المخدرات. تم استخدام مقياس صلابة المخدرات (DRS-15-R).

النتائج: أظهرت النتائج أن جميع أبعاد الصلابة النفسية - الالتزام، السيطرة، التحدي، والمجموع الكلي - كانت ضمن النطاق المتوسط. لوحظت فروقات معبرة في الصلابة النفسية استنادًا إلى الحالة الاجتماعية ومستوى الدخل المالي، حيث أظهر الأفراد غير المتزوجين وأولئك ذوي الدخل المرتفع صلابة نفسية أكبر. ومع ذلك، لم يكن لمدة استخدام المخدرات تأثير معتبر على صلابة الأفراد النفسية. بشكل لافت، كان سهولة الوصول إلى المخدرات مرتبطًا بمستويات أعلى من الصلابة النفسية عبر جميع المتغيرات.

الاستنتاجات: أظهرت هذه الدراسة أن الأفراد العزاب وذوي الدخل المرتفع يمتلكون صلابة نفسية أكبر، مع تأثير طفيف لمدة استخدام المخدرات. سهولة الوصول إلى المخدرات تزيد من الصلابة النفسية، مما يشير إلى أهمية العوامل الاجتماعية والاقتصادية في تحديد الصلابة النفسية للأفراد المدمنين على المخدرات.

الكلمات المفتاحية: الصلابة النفسية، إدمان المخدرات، مستوى الدخل المالي، تعافي الإدمان.

Introduction:

Addiction poses a significant challenge to the mental health and psychological wellbeing of individuals, directly and materially impacting the social fabric of communities. According to scientific research, psychological hardness is a critical factor in determining the impact of addiction on individuals' mental health (Karimi et al., 2019). Individuals with high psychological hardness demonstrate a greater ability to face addiction challenges and adopt positive coping strategies, such as problem solving and active confrontation of events (Nabizadeh, 2017; Soleimani et al., 2016). Addiction is known as a chronic disease

with a neurobiological nature that arises from genetic, physiological, and environmental factors and is characterized by a loss of control over behaviour or a compulsion to engage in it, despite awareness of its serious consequences (Miller, 2013). The intense desire to use substances is a major trigger of substance use disorders (Kober & Bolling, 2014; Auriacombe et al., 2016). Addiction, as a chronic disorder, affects multiple aspects of an individual's life, including medical and psychological health; family; and occupational, legal, financial, and spiritual status. This disorder not only impacts the personal life of people with a history of addiction but also poses significant challenges for families and communities, leading to a decline in individuals and social performance (Rawson et al., 2013). Attachment patterns and family relationships greatly contribute to shaping individuals' personal and behavioral characteristics, which in turn can affect their tendency toward substance use (Newcomb & Richardson, 2000; Allen, et al., 2014). These patterns influence how an individual deals with stressful situations and life challenges and may help in developing the capacity to resist addiction or reduce the inclination towards it (Ghasempour & Mahmoodi Aghdam, 2015; Andres et al., 2014).

Research shows that individuals with low psychological hardness tend to be more prone to addiction when they rely on negative coping strategies such as denial and avoidance (Bartone et al., 2012; Saremi et al., 2016). It is also important to understand individual differences in people's propensity for addiction, which may result from environmental, biological, and psychological factors, including inherited personality traits (Fergusson, et al., 2008; Nation & Heflinger, 2006). Research emphasizes the importance of psychological hardness as a

protective factor against addiction and as an important indicator of an individual's ability to deal with life challenges in a healthy and positive manner (Rahimi, et al., 2021). Psychological hardness, as a fundamental concept in psychological studies, is an important element in determining individuals' ability to maintain a healthy state during stressful times and is particularly important in the context of addiction (Bartone et al., 2013). Psychological hardness also protects against the negative effects of stress in various contexts, meaning that individuals with high psychological hardness can better adapt to pressure and challenges (Maddi et al., 2014). Addicts can exhibit moderate levels of certain psychological aspects (Li, et al., 2023; Sabri, & Jencius, 2020).

Related studies addressing these variables delve into the impact of social and personal factors on the psychological hardness of people with drug addiction. According to Tracy et al. (2005), having a partner does not directly influence the improvement of individuals' psychological hardness. On the other hand, a study by Heinz et al. (2009) revealed that married individuals exhibit lower drug consumption rates than unmarried individuals, suggesting a potential positive effect of marriage on psychological hardness. Additionally, a study by Ramya et al. (2019) revealed significant differences in resilience between wives of alcohol addicted individuals and wives of nonaddicted individuals. In a related context, a study by Scott et al. (2010) addressed factors such as increased stress and singleness as predictors of negative outcomes associated with alcohol addiction. A study by Mojtabai et al. (2017) discussed the relationship between mental health and marital stability, focusing on the impacts of these factors on people with a history of addiction and highlighting the importance of maintaining mental

health in enhancing the psychological hardness and marital stability of individuals prone to substance abuse.

Studies also highlight the link between economic factors and psychological hardness. According to research conducted by Jones-Sanpei and Nance in 2021, many people recovering from substance use disorders face financial challenges and a strong desire to develop their financial skills. A study by Shahrabadi and colleagues in 2020 emphasized the importance of economic factors, such as income level, for their impact on the psychological hardness of people with drug addiction. This study also revealed the significant relationship between addictions and individuals' financial capability.

A study by Poudel et al. (2016) indicated that prolonged drug use impacts the psychological and social health of individuals in multiple ways, illustrating how addiction affects various aspects of their lives. Additionally, a study by Dennis and colleagues (2005) addressed the profound effects of sustained stress on the brain, contributing to the development and perpetuation of addiction and impacting the psychological hardness of users, demonstrating the complex relationship between addiction, stress, and mental health.

This study focused on the role of psychological hardness in the recovery of addicted individuals at the Al-Sadiq Al-Tayeb Association, aiming to understand how this trait helps individuals overcome addiction challenges, improve rehabilitation programmes, and assess the impact of support and care provided for developing the psychological hardness of addicted individuals.

Significance of the Study

This study is highly important for enhancing treatment and rehabilitation programs for individuals with drug addiction.

By focusing on the psychological hardness of this group, we can develop more effective therapeutic strategies that aid in the recovery process and reduce the chances of relapse. This means that the findings of this study could be of significant value to treatment institutions and therapists, and this study contributes to increasing awareness of the importance of mental health in addiction treatment. This study improves the societal perspective on addiction and supports a comprehensive approach to treatment that includes psychological and mental health care.

Study Problem:

One of the main problems addressed by this study is the lack of specialized research on the psychological hardness of people with drug addiction in Jerusalem. This shortage makes it difficult to develop rehabilitation programs specifically designed to meet the needs of this particular group, necessitating in-depth and directed study. Another challenge lies in identifying the factors that affect psychological hardness in the context of addiction, which forms a fundamental part of the challenges this study seeks to address.

Study Procedures

Methodology and Hypothesis: A descriptive approach was used in the study, employing a specially designed questionnaire because of the exploratory nature of the research. The proposed hypothesis is as follows: There are no statistically significant differences at the $\alpha \leq 0.05$ level in the psychological hardness of individuals with drug addiction residing in the Al-Sadiq Al-Tayeb Association in Jerusalem according to the study variables (Marital status, financial income level, duration of time using, Ways to get the drug).

Participants: This research focused on individuals with drug addiction residing in the Al-Sadiq Al-Tayeb Association in Jerusalem, taking into account their diverse cultural and social

backgrounds. A convenience sampling method was used. The study included 92 participants; 45.7% of the participants were unmarried, 37.0% were married, and 17.4% were divorced. Economically, 10.9% of the participants reported a monthly income of less than 1500 shekels, 33.7% earned between 1501 and 3000 shekels, and 55.4% had an income exceeding 3000 shekels. Regarding the duration of drug use, 33.7% of the participants stated that they had used drugs for a period ranging from one to three years, while 66.3% had been using drugs for more than three years. Finally, 89.1% of the participants reported easy access to drugs, while 10.9% faced difficulties obtaining them. Table 1 illustrates the distribution of the study sample.

Table 1: Distribution of the Study Sample According to Study Variables.

Variables	Levels	Frequency	Percent %
Marital status	Single	42	45.7
	Married	34	37.0
	Divorced	16	17.4
Financial income level	Less than 1500	10	10.9
	From 1501 to 3000	31	33.7
	More than 3000	51	55.4
Duration of time you are using	From one to three years	31	33.7
	More than 3 years	61	66.3
Ways to get the drug	Easy	82	89.1
	Difficult	10	10.9

Study instrument: This study utilized the Drug Hardness Scale (DRS-15-R), a widely used measure. This scale consists of 15 items divided into three subscales. The early version of the 'Short Hardness Scale' showed good psychometric quality in specific aspects and overall assessment. The Norwegian version of this scale, based on Barton's version (1995), was used to develop the 15-item DRS-15-R. In this context, Hystad et al. conducted a

study in 2010 on a large sample of military and civilian personnel, including 7,280 individuals, confirming the construct validity of the scale. A hierarchical structure of hardness was verified, and the effectiveness of the components of commitment, challenge, and control was established. Another study by Risan et al. in 2022 reported reliable levels of general hardness and its components, with suitable Cronbach's alpha values for each dimension. The responses in the study were recorded using a five-point Likert scale. Consequently, response levels were classified as low (1 to <2.33), medium (2.34 to <3.67), or high (3.68 to 5).

Validity and Reliability of the Instrument: The validity of the instrument was confirmed by calculating Pearson's correlation coefficient for the questionnaire items against the total score of the instrument, which showed statistical significance across all items. The reliability of the instrument was established using Cronbach's alpha equation, with a value of 0.88 for the psychological hardness scale.

Statistical analysis: Data processing included calculating arithmetic means and standard deviations for each item after the patients were collected. Statistical analyses, including t tests, one-way ANOVAs, Pearson's correlation coefficients, and Cronbach's alphas, were conducted using SPSS, version 23.

Analysis:

This section outlines the methods used to analyse data collected from 92 drug-addicted participants residing in the Al-Sadiq Al-Tayeb Association. Tables were designed to clearly display various demographic information.

Table 2: Arithmetic averages and standard deviations of psychological hardness (n92).

Psychological hardness (DRS-15-R)	M	SD
Commitment	3.10	.98
Control	3.54	.61
challenge	2.96	.49
Total hardiness	3.20	.62

The data related to psychological hardness, according to the Likert scale, show that all dimensions—commitment, control, challenge, and the overall total—fall within the medium range (2.34 to <3.67), with averages ranging between 2.96 and 3.54.

Table 3: Analysis of variance (ANOVA) of psychological hardness according to social status

Variables	Marital Status	N	M	SD	F value	p value
Commitment	Single	42	3.45	.85	7.72	.00
	Married	34	2.99	1.02		
	Divorced	16	2.41	.85		
Control	Single	42	3.63	.56	2.77	.06
	Married	34	3.59	.62		
	Divorced	16	3.22	.66		
challenge	Single	42	3.08	.48	7.98	.00
	Married	34	3.01	.45		
	Divorced	16	2.55	.40		
Total hardiness	Single	42	3.38	.54	7.22	.00
	Married	34	3.20	.63		
	Divorced	16	2.72	.60		

Table 3 displays the results of the analysis of variance (ANOVA) for the level of psychological hardness based on marital status. Statistically significant differences were observed in the variables of commitment ($F = 7.72, p = .00$), control ($F = 2.77, p = .06$), challenge ($F = 7.98, p = .00$), and overall hardness

($F = 7.22$, $p = .00$). Among the variables of commitment and challenge, unmarried individuals had the highest levels, followed by married individuals and finally divorced individuals.

Table 4: Analysis of variance (ANOVA) of psychological hardness according to the variable of financial income level

Variables	Financial income level	N	M	SD	F value	p value
Commitment	Less than 1500	10	2.42	.97	6.42	.00
	From 1501 to 3000	31	2.83	.95		
	More than 3000	51	3.39	.91		
Control	Less than 1500	10	2.88	.66	10.34	.00
	From 1501 to 3000	31	3.45	.42		
	More than 3000	51	3.73	.61		
challenge	Less than 1500	10	2.62	.54	3.63	.03
	From 1501 to 3000	31	2.92	.35		
	More than 3000	51	3.05	.53		
Total hardness	Less than 1500	10	2.64	.67	8.23	.00
	From 1501 to 3000	31	3.07	.50		
	More than 3000	51	3.39	.61		

Table 4 presents the results of the analysis of variance (ANOVA) for the levels of psychological hardness based on financial income level. Statistically significant differences were observed in the variables of commitment ($F = 6.42$, $p = .00$), control ($F = 10.34$, $p < .00$), challenge ($F = 3.63$, $p = .03$), and overall hardness ($F = 8.23$, $p = .00$). For all the variables, individuals with higher incomes (more than 3000) had the highest incomes, followed by those with middle incomes (from 1501 to 3000) and, finally, individuals with lower incomes (less than 1500).

Table 5: Comparative analysis of psychological hardness according to the variable Duration of Time Used

Variables	Duration of Time Used	N	M	SD	T value	p value
Commitment	From one to three years	31	3.05	.96		
	More than 3 years	61	3.12	1.00	-.30	.76
Control	From one to three years	31	3.46	.64		
	More than 3 years	61	3.59	.60	-.90	.37
challenge	From one to three years	31	2.94	.49		
	More than 3 years	61	2.97	.50	-.23	.81
Total hardness	From one to three years	31	3.15	.62		
	More than 3 years	61	3.22	.63	-.52	.60

Table 5 presents an analysis of variance (ANOVA) examining the relationship between the duration of drug use and levels of psychological hardness, including commitment, control, challenge, and overall hardness. The compared groups are individuals who have used drugs for a period of one to three years versus those who have used them for more than three years. The results indicate no statistically significant differences in any of the variables: commitment ($T = -.30$, $p = .76$), control ($T = -.90$, $p = .37$), challenge ($T = -.23$, $p = .81$), or overall hardness ($T = -.52$, $p = .60$).

Table 6: Comparative analysis of psychological hardness according to Ways to get the drug

Variables	Ways to get the drug	N	M	SD	T value	p value
Commitment	Easy	82	3.26	.92	4.94	
	Difficult	10	1.80	.26	11.03	.00
Control	Easy	82	3.66	.52	6.41	
	Difficult	10	2.56	.36	8.60	.00

challenge	Easy	82	3.02	.47	4.94	
	Difficult	10	2.44	.33	11.03	.00
Total hardness	Easy	82	3.31	.56	6.41	
	Difficult	10	2.26	.26	8.60	.00

Table 6 presents the results of a t test analysis examining the effect of 'Ways to get the drug' on levels of psychological hardness. Statistically significant differences were observed for all variables: commitment (T = 11.03, p = .00), control (T = 8.60, p = .00), challenge (T = 11.03, p = .00), and overall hardness (T = 8.60, p = .00). Individuals who had easy access to drugs had higher levels of disease in all areas.

Discussion:

The results related to the psychological hardness of individuals with drug addiction residing in the Al-Sadiq Al-Tayeb Association in Jerusalem reflect a moderate degree of psychological hardness across its various dimensions. Commitment, control, and challenge—all are within the medium range according to the Likert scale. This means that the participants in the study, despite the challenges of addiction, possessed a moderate level of ability to adhere to their goals, control their environment, and deal with challenges. These results are consistent with the studies of Li et al. (2023) and Sabri et al. (Jencius, 2020), which indicated that people with drug addiction can exhibit moderate levels of certain psychological disorders.

It was found that unmarried individuals have higher levels of commitment than married and divorced individuals, suggesting that single individuals tend to demonstrate greater psychological hardness. This may be due to single individuals having a greater commitment to recovery and personal growth, perhaps due to fewer family responsibilities such as caring for a partner or raising children. This could also be due to singles

facing life challenges alone, enhancing their psychological hardness. Single individuals in recovery may find strength and motivation in their singleness, enhancing their commitment and psychological hardness. These findings are in line with the findings of Tracy et al. (2005), who suggested that the presence of a partner does not directly impact psychological hardness; moreover, these findings differ from those of Heinz et al. (2009) and Mojtabai et al. (2017), who suggested that a stable social status (such as marriage) may be associated with greater psychological hardness.

The study results showed that individuals with higher incomes possess greater levels of psychological hardness in all variables (commitment, control, challenge, and overall hardness) than do those with middle or low incomes. It is believed that individuals with higher incomes have financial resources that enable them to access better support and treatment methods, such as specialized psychological therapies and supportive programs, enhancing their psychological hardness. Additionally, financial stability may contribute to a sense of security and the ability to plan for the future, aiding in enhancing commitment and control. These results align with the findings of the studies of Jones-Sanpei and Nance (2021) and Shahrabadi and colleagues (2020), which suggest that financial stability and a higher income level may be associated with greater psychological hardness.

The results show no statistically significant differences in psychological hardness or in the variables of commitment, control, or challenge. It appears that individuals who have used drugs for a period ranging between one and three years and those who have used them for more than three years have equal levels of these aspects. These findings may indicate that the duration of drug use is not a decisive factor in determining the level of psychological hardness in people with drug addiction. Other factors, such as the type of substance used,

the quality of social and therapeutic support, and the personal circumstances of individuals with a history of addiction, may have greater impacts on psychological hardness . These results differ from those of Poudel et al. (2016) and Dennis and colleagues (2005), suggesting that the type of drug used may have a greater impact on patient health.

The results revealed significant differences in the variables of commitment, control, challenge, and overall hardness. These differences highlight the close relationship between easy access to drugs and higher levels of psychological hardness. This can be explained by the fact that individuals who find it easy to access drugs may feel more control and command in their lives, contributing to enhancing their ability to commit and face challenges. Easy access to drugs might be a factor that reinforces people's sense of control and ability to challenge them, reflecting their ability to directly address their desires and needs and giving them a sense of power and personal efficacy.

Conclusions:

The conclusions drawn from this study indicate that single individuals may possess greater psychological hardness due to fewer family responsibilities and their focus on recovery, while individuals with higher income show greater psychological hardness, perhaps due to their access to better support resources. Although the duration of drug use did not emerge as a decisive factor in determining psychological hardness, easy access to drugs might enhance feelings of control and contribute to increasing psychological hardness. These results highlight the complexities associated with the impact of social, economic, and addictive environmental factors on individuals' psychological hardness.

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