

STIGMATIZATION, SELF-CRITICISM AND COPING STRATEGIES OF INDIVIDUAL WITH SUBSTANCE ABUSE

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ABSTRACT

The aim of the study was to understand the relationship among Stigmatization, Self-Criticism and Coping Strategies of Individual with Substance Abuse. The sample size consisted of 100 substance abusers with 87 males and 13 females. The age range of the participants was 18-50 year old with (M=1.52 and S.D=.847). The purposive sampling strategy was used and study had correlational research design. The data was collected from different government and private hospitals as well as from rehabilitation centers. The data measurements used include demographic information sheet, The Discrimination and Stigma Scale (DISC-12; Thornicroft, Brohan, Rose, Sartorius, Leese, & INDIGO, 2009), Forms of Self-Criticizing/Self-Attacking and Reassuring Scale (Gilbert, Clarke, Hempel, Miles, & Irons, 2004) and The Ways of Coping questionnaire (Folkman & Lazarus, 1985). The results showed that there is a significant relationship between stigma and coping strategies. There is no significant relationship between coping strategies and self-criticism and also there is no significant relationship between self criticism and stigma. Multiple Regression analysis had 7 % variance in Coping Strategies ($F 3.672, p=.02$), Stigmatization was a significant predictors of Coping Strategies (Beta= .262, $p= .009$) whereas self criticism (Beta=-.078, $p=.434$) was a non-significant predictors of coping strategies The current study will help the healthcare professionals and clinical psychologist to have better understanding of stigma, self-criticism and coping. The implications are further discussed at the end of the research.

Keywords: Stigma, Self-criticism, Coping Strategies, Substance Abuse.