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The Impact of Life Enrichment and Promotion Program Training on the Prisoners Aggression Who Suffer from Drug Abuse

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Abstract

The research has been carried out to investigate the impact of life enrichment and promotion program training on the prisoners' aggression who suffer from drug abuse. Methodology: the research plan was quasi-experimental with pre-test and post-test with control group. The statistical population of the research includes all the prisoners of Chenaran prison, who were 3000 people. Among these 3000 people, based on their aggression score in pre-test, 30 persons who has both input and output criteria were formed our statistical sample. These 30 people were categorized to two groups A and B randomly; group A will get Life Enrichment Adult Program (LEAP), and the other group B will act as a control group and will go in the waiting list. Before and after performing the program, the questionnaire were filled by the sample group. Results: covariance analysis showed that in post-test, the aggression of experiment group has been decreased significantly in comparison with the aggression of control group. Conclusion: the results of the study approved this fact that life enrichment and promotion program training leads to a significant decrease in the aggression of prisoners who suffer from drug abuse.

Keywords: Life Enrichment and Promotion Training, Aggression, Drug Abuse

Introduction:

An issue like addiction, threatens the societies more than everything else. Despite the dangers and side effects of addiction, everyday more people get involved with issue; and even witnessing terrible scenes related to this matter could not warn people especially the youth (Amiri, Khosravi, Adabi and Sadeghi). Drug abuse harms societies socially, economically, politically, culturally and hygienically. Harms such

as: physical contagious diseases like Hepatitis and AIDS; mental-social diseases; increase in addiction-based crimes like theft and murder; self-immolation; unemployment; domestic violence; child abuse; increase in separation rates and dropouts of the children with addicted parents. In Iran, the statistics show that the amount of damages of addiction and the cost of fighting drug smuggling is 4 thousands and 800 million rials (about 135000 USD) each year (Narimani and Rajabi).

The impact of addicts' imprisonment on their mental status, social and family relations is not deniable. An addict imprisonment will affect his social-mental compatibility and health (Narimani and Rajabi).

Theoretical basis of research:

One of the psychological problems which is noticeable in prisoners who suffer from drug abuse and make their treatment hard is aggression. Anger and aggression are world-wide emotions which can be seen in every culture and are one of the most common behavioral problems which make other people sad and uncomfortable, and they disorder mental hygiene of family and society. Aggression is not an especial behavior; it points at those behaviors which lead to emotional, psychological or physical harms for others. On one hand, aggression is affected by situational and psychological factors; on the other hand, genetical and biological factors have major roles in creating and expanding it. Therefore, presenting an exact definition of aggression is a hard work. However, Baron and Richardson (1994) has explained aggression as behaviors whose goals are destroying and harming a creature's self and properties. A behavior which make the victim to show defensive reactions (a quote from Luutonen, 2007).

So human aggression has its roots in a general structure which can be shown as anger, violence, physical and psychological aggression. The results of researches show that aggression is one of the major parameters of some mental disorders such as conduct disorder, hyperactivity disorder, antisocial personality disorder and eating disorder. Aggression also has a direct relation with depression, cocaine consumption, alcohol consumption and suicide (Bush, 2009).

Aggression in the prisoners' who suffer from drug abuse is not only so common, but also it starts in the initial phase of treatment and will cause significant disorders in the process of treatment. Other studies show that aggression in drug users leads to low motivation for addiction treatment and other mental disorders; and in case in the process of treatment aggression is ignored, the treatment definitely will be unsuccessful and there will be a decrease in the compatibility of the addict with society (Springer et al., 2004). So, considering the negative impacts of aggression on mental health of addict prisoners and their treatment process, investing this factor and recognizing the effective treatments on decreasing this factor is of high importance.

Now, there exists many theoretical views who want to decrease aggression in the addicts with different approaches. Among these approaches, we can point at behavioral-cognitive approach, intellectual-emotional, systematic, choice theory and interaction analysis.

Among various psychological views, life enrichment and promotion program training is very significant because of its theoretical depth, widespread application and its newness.

Life Enrichment Adult Program (LEAP) is an active and educational approach. It is a method for helping people to control their drug abuse, aggression, and other destructive emotions by promoting life quality and increasing their happiness. This program investigates the nature of people's aims and activities and it also investigates the fact that how people can increase their opportunities to reach their goals (Salehi Fadardi et al.).

(Salehi Fadardi et al. quoting from Cox and Klinger, 2011) Life Enrichment Adult Program (LEAP) has been designed based on Systematic Motivational Counseling (SMC) principles. The aim of this program is helping drug abusers in these three fields: i) give them an understanding of how their drug use can affect their temper and emotional status; ii) teaching them how to reach their opportunities; and iii) leading a satisfactory life without dependency to drugs.

Regarding the above mentioned points, it seems that life enrichment and promotion training program has significant effect on the aggression of addicted prisoners. However, till now there has not yet been a research in this field which investigates this issue. So the aim of the research is investigating the impact of life enrichment and promotion training program on the aggression of prisoners who suffer from drug abuse.

Research methodology

The population, sample and sampling

The statistical population of the research includes all the prisoners of Chenaran prison, who were 3000 people. Among these 3000 people, based on their aggression score in pre-test, 30 persons who has both input and output criteria were formed our statistical sample. These 30 people were categorized to two groups A and B randomly; group A will get Life Enrichment Adult Program (LEAP), and the other group B will act as a control group and will go in the waiting list. It should be mentioned that this program has four sections which is performed in six sessions. These sections will help people in planning some methods for increasing their opportunities to reach their goals, decreasing stress, and increasing their happiness. Each section has some exercises as well. The sampling was random.

Research tools

Buss and Perry's Aggression Questionnaire: this questionnaire which has been designed by Buss and Perry in 1992 has 29 questions. It evaluates four factors of verbal aggression (5 questions), physical aggression (9 questions), anger (7 questions), and violence (8 questions) (Sanaee). The results of psychometric analysis of Buss and Perry's Questionnaire (1992) has shown that it has high internal consistency (89%). Also the validity of subscales of this questionnaire with each other and with the whole scale which is between 25% and 45% shows that this research tool has proper reliability (Mohammadi). Samani research (1386) has been done on 492 students of Shiraz University which has been chosen via cluster sampling and random sampling, and they has evaluated with Buss and Perry's Aggression Questionnaire. The data has been analyzed with statistical tests such as correlation coefficient factor analysis and t Test. The validity of this questionnaire was 78% by pretesting. Factors high correlation with the whole score of the questionnaire, low correlation of factors with each other, and their coefficient amounts show the efficiency and adequacy this questionnaire for researchers in Iran. Mohammadi research which has been done on a sample of 209 people from students of Shiraz University which were chosen randomly; the credibility of aggression questionnaire has been analyzed by three methods Cronbach's Alpha, retesting and bisection method, and three amounts have been calculated 89%, 78%, and 73%. The reliability of this questionnaire has also been investigated by indices such as convergent reliability, concurrent reliability and factor analysis. The convergent reliability of aggression questionnaire has been approved through calculating correlation coefficient of its subscales with each other and the whole questionnaire, and these coefficients were meaningful between 37% and 78%.

Concurrent reliability has also estimated through using mental harm scale, and its correlation coefficient (34%) was meaningful. The method of scoring is based on Likert Scale from 1 (it is completely against my personality) to 5 (it completely agrees with my personality). The score of question 24 and 29 is reversed. Total score is the sum of all questions' scores and its range is from 29 to 145. High score means more aggression

The Analysis of Data

In descriptive level, mode and deviation of the mean has been used for data analysis, and in inferential level, covariance analysis (ANCOVA) has been used.

Research Findings

In this part, the information about the frequency, mean and standard deviation of the results derived from implementing aggression questionnaire on the addicted prisoners in experiment and control group in pre-test and post-test. Table 1 shows descriptive indices of data derived from using aggression questionnaire in pre-test and post-test in different groups.

Table 1: descriptive indices of data derived from aggression pre-test and post-test

1. Group	2. Variable	3. Number	4. Pretest	5.	6. Post-test	7.
8. Experiment	9. Aggression	10. 15	11. Mean 12. 99.33	13. Standard Deviation 14. 17.21	15. Mean 16. 77.73	17. Standard Deviation 18. 15.21
19. Control	20. Aggression	21. 15	22. 103.60	23. 17.27	24. 103.67	25. 17.29

As it can be seen the mean of aggression of experiment group has noticeable decrease in post-test in comparison in with pre-test. This change cannot be seen in control group.

In order to evaluate the effectiveness of life enrichment and promotion program on the aggression of addicted prisoners covariance analysis is used. In covariance analysis, the difference of groups in one variable is calculated through controlling one or two other variables which may affect the results. So in order to compare the aggression scores of subjects of two groups in post-test covariance analysis has been used, and the effects of pre-test were controlled as variable. Before performing covariance analysis test, homogeneity assumption of variances of aggression has been investigated. The results of this test show that Levene Test in aggression variable ($F_{38.1}$ = 4.113, P = 0.069) is not meaningful and this shows that variances are homogeneous. There covariance analysis test can be used. In table 2, the results of this test which compares the means of aggression scores of two groups' subjects in post-test have been shown.

Table 2: comparison of aggression post-test in two groups with controlling pre-test effect

26. Change Resources	27. Df	28. F	29. P-	30. Impact Factor	31. Statistical Power

			Value		
32. Pre-test	33. 1	34. 0.459	35. 0.504	36. 0.016	37. 0.019
38. Group	39. 1	40. 19.013	41. 0.00	42. 0.404	43. 0.383
44. Error	45. 18	46.	47.	48.	49.
50. Total	51. 20	52.	53.	54.	55.

As it can be seen, the results which were derived from comparing aggression post-test in two groups with controlling the effect of pre-test show that those addicted prisoners who has participated in life enrichment and promotion program has shown a significant decrease in their aggression in comparison with those prisoners who were placed in control group ($F_{1.18}$ = 19.013, P < 0.0005). So life enrichment and promotion program has been effective for prisoners who suffer from drug abuse.

Conclusion:

The research has been done with the primary aim of investigating the effectiveness of life enrichment and promotion program on the aggression of prisoners who suffer from drug abuse. The results show that participating in the sessions of life enrichment and promotion will lead to a decrease in their aggression. The findings of this study are in line with the research results of Jon (2007), Sprecher (2002), Lawrence and Bradbury (2000), and Hahlweg, Baucom, and Markman (1988).

On the other hand, other researches also proved the effectiveness of LEAP. In the study which has been done by Abdolhosseini in order to compare the effectiveness of intellectual-emotional treatment and LEAP training, shows that the effectiveness of LEAP training on promoting temper and decreasing drug craving is higher than intellectual-emotional treatment.

In another research which has been carried out by Ashkani, the effectiveness of both LEAP and REBT program in promoting the marriage satisfaction of wives of veterans.

These findings mean that life enrichment and promotion program, is a proper and efficient training program for addicted prisoners and can affect their anger control, and it has also increased their life satisfaction. This means that life enrichment and promotion program is based on motivational structure modification and completes systematic motivational counseling. It will help drug users to control their drug consumption through promoting their life quality and increasing their happiness. LEAP will investigate the nature of people's aims and activities, and help them to enhance their opportunities for reaching their goals. Because controlling emotions and life satisfaction depend very much on having satisfactory aims and success in reaching them. The researches which have been done about life well-being and meaning have shown that life satisfaction and good feeling have a relationship with people's understanding of having important goals in life and success. LEAP is a new approach to investigating people's aims. This program assumes that most of mental problems originate from motivational disorders. It means the ineffective methods based on which people follow their goals. This method also helps addicted prisoners to decrease their drug consumption by fulfilling their lives emptiness.

This treatment for decreasing aggression is very new and has not many background. Generally speaking, this treatment can have significant effects on promoting people's interaction and mental health. And it has enough efficiency for investigating many of social harms.

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