

## Self esteem and Marital Adjustment among clients maintained on Methadone Maintenance Treatment Program (MMTP)

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### Abstract

**Introduction:** The individual loses the skills necessary to function in life and ultimately exchanges living for his or her addiction. Self esteem and marital adjustment has been seen as significant factors that impact in the individual's substance using behavior. The aim of the research was to evaluate the Self Esteem and marital adjustment among the clients in the Methadone Maintenance Treatment Program (MMTP).

**Methods:** The purpose of the study was to assess the level of self esteem and marital adjustment among the clients under Methadone Maintenance Treatment Program, Tribhuvan University Teaching Hospital. Study participants comprised of 61 clients who met the inclusion criteria and gave the consent. It was descriptive and cross-sectional study design. The study was carried out to determine the association between the socio demographic variables, self esteem and marital adjustment. Rosenberg self esteem scale was used to assess the level of self esteem and marital adjustment questionnaire (MAQ) was used to assess their marital adjustment.

**Results:** The result show there is no significant association between level of self esteem and different socio demographic variables including age group, sex, religion, occupation, and family type of the clients. Similarly, there is no significant association between level of marital adjustment and different socio demographic variables including age group, sex, religion, occupation, and family type of the clients.

**Conclusion:** The study has explored the self esteem and the marital adjustment of the clients under the treatment of oral substitution therapy. Clients under Methadone Maintenance Treatment Program (MMTP) report maintained marital adjustment, sexual adjustment, emotional adjustment, social adjustment and self esteem.

**Key words:** Marital Adjustment, Self Esteem, Methadone Maintenance Treatment

### Introduction

Substance use has been one of the most challenging problems in the family life as the drug dependent members ignore the spousal system<sup>1</sup>. The impact of the substance has been seen significant in marital adjustment as it impact negatively on family system including family rituals, roles within the family, family social life and family finances<sup>2</sup>. Individual with substance use and their partners report low marital satisfaction, frequent

and intense arguments, poor sexual functioning, higher levels of maladaptive marital interaction patterns and higher level of marital violence<sup>2</sup>. It creates an emotional distance between the partners as more time is involved in drugs. These couples argue a lot that at times become violent<sup>3</sup>. Couples who are substance dependent show a shortage in communication skills, problem solving ability as well as general relationship commitment and stability<sup>4</sup>. The drug dependent spouses

are passive aggressive and lack commitment to their intimate relationship which results maladaptive marital adjustment<sup>5</sup>.

Besides, self esteem has been believed to play an important role in the use of psychoactive substance<sup>6</sup>. Self esteem has been seen as a sort of psychological booster against involvement of individual risk behavior<sup>7</sup>. Study done on individual with low self esteem has shown more prone to health risk behavior such as smoking, drinking alcohol and using illicit drugs<sup>8</sup>. High self esteem indicates a personal sense of self respect and self worth, whereas low self esteem implies self dissatisfaction and self rejection<sup>9</sup>. High self-esteem is associated with an overall sense of well-being; low self-esteem may be related to risk behaviors and negative developmental outcomes<sup>10</sup>. Other studies have also demonstrated a possible link between low self esteem and health risk behaviors such as smoking cigarettes, drinking alcohol, and using illicit drugs<sup>7, 8</sup>.

Methadone maintenance treatment (MMT) is a substitution therapy<sup>9</sup>. It helps people who are dependent on opioids drugs stabilize their lives, increasing the time and opportunity to deal with their health, psychological, family, housing, financial, employment and legal issues<sup>10</sup>. From research and monitoring of service delivery, methadone maintenance treatment is effective in reducing illicit drug use, improving physical and mental health, improving social functioning and reducing criminality<sup>11</sup>.

The current study was done to study the Self esteem, Marital Adjustment among the clients maintained on Methadone Maintenance Treatment Program (MMTP) and their related socio demographic profile.

## Results

**Table 1 Cross tabulation of self esteem level and demographic variables**

Social demographic variables		Self esteem		Chi square Value	p value
		High	Low		
Age Group	Early Adulthood	16	16	0.455	0.500 NS
	Late Adulthood	17	12		
Sex	Male	29	25	0.30	0.864 NS
	Female	4	3		
Religion	Hindu	24	21	0.40	0.841 NS
	Non Hindu	9	4		
Occupation	Employed	25	21	0.005	0.945 NS
	Unemployed	8	7		
Family	Nuclear	21	12	2.634	0.105 NS
	Joint	12	16		

## Methods

This was a cross-sectional study. The study duration was six months and participants for the study comprised of clients attending the methadone maintenance treatment clinic of Department of Psychiatry and Mental Health, Tribhuvan University Teaching Hospital.

Ethical clearance was taken from the Institute Review Board of Medicine, Tribhuvan University. Inclusion criteria included clients who were on regular methadone maintenance treatment at least for 1 year prior to interview. Clients who refused to give consent to participate in the study were excluded from the study. A total of 61 clients using purposive sampling method were included in the study.

The tools used were self designed semi structured interview schedule, Rosenberg's scale of self esteem and marital adjustment questionnaire. Interview schedule was used to collect the client's socio demographic information questions consists client's age, sex, religion, occupation and type of family. Data entry and analysis was done to analyze the association between different variables. Marital adjustment was measured by using Marital Adjustment Questionnaire developed by Dr.Pramod Kumar & Dr.Kanchana Rohatgi (1999). The marital adjustment questionnaire (MAQ) has totally 25 'Yes-No' type items divided into three area like Sexual, Social, Emotional. The reliability of 0.96 and has been frequently used in Indian studies. Rosenberg's scale of self esteem is a 10-item scales that measures global self-worth by measuring both positive and negative feelings about the self. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree.

Table 1 shows that there is no significant association between level of self esteem and different socio demographic variables including age group ( $\chi^2=0.455$ ,  $p=0.500$ ), sex ( $\chi^2=0.30$ ,  $p=0.864$ ), religion ( $\chi^2=0.40$ ,  $p=0.841$ ), occupation ( $\chi^2=0.005$ ,  $p=0.945$ ), and family type ( $\chi^2=2.634$ ,  $p=0.105$ ) of the clients.

**Table 2 Cross tabulation of marital adjustment and demographic variables**

Social demographic variables		Marital adjustment		Chi square Value	p value
		Adjusted	Maladjusted		
Age Group	Early Adulthood	16	16	0.163	0.686 NS
	Late Adulthood	16	13		
Sex of clients	Male	26	28	0.070	0.792 NS
	Female	3	4		
Religion	Hindu	21	24	0.53	0.819 NS
	Non Hindu	8	8		
Occupation	Employed	21	25	0.268	0.767 NS
	Unemployed	8	7		
Family	Nuclear	14	19	0.755	0.385 NS
	Joint	15	13		

Table 2 shows that there is no significant association between level of marital adjustment and different socio demographic variables including age group ( $\chi^2=0.163$ ,  $p=0.686$ ), sex ( $\chi^2=0.070$ ,  $p=0.792$ ), religion ( $\chi^2=0.53$ ,  $p=0.819$ ), occupation ( $\chi^2=0.268$ ,  $p=0.767$ ), and family type ( $\chi^2=0.755$ ,  $p=0.385$ ) of the clients.

**Table 3 Spearman's Correlation between marital adjustment and self esteem**

Variable	Marital adjustment	Self esteem
Social adjustment	.548**	-.121
Emotional adjustment	.797**	.019
Sexual adjustment	.215	.194
Self Esteem	.016	1

\*\*Correlation is significant at the 0.01 level (2 tailed).

The data shows that marital adjustment was significantly correlated with social adjustment ( $r=.548$ ,  $p<0.01$ ), emotional adjustment ( $r=.797$ ,  $p<0.01$ ). However not significant with sexual adjustment ( $r=.215$ ,  $p<0.01$ ). Self esteem was very weakly correlated with marital adjustment (.016), social adjustment (-.121), emotional adjustment (.019) and sexual adjustment (.194).

## Discussion

The study shows that there is no significant association between the marital adjustment and occupation. In other studies shows that there is no significant difference exists between marital adjustment of working women of private and government sector<sup>12</sup>. The study show that there is no significant association between the marital

adjustment and sex. Similar result were found where there the married couples of male and female do not have difference in marital adjustment<sup>13</sup>. The study shows that there is no significant relationship between self esteem and marital adjustment of the MMTP clients. In other studies shows there is a significant relationship between self-esteem and their marital satisfaction rate<sup>14</sup>. The study shows that there is no significant association between self esteem and sex as well as family type. Similar type of result were found where sex and family type were not statistically significant<sup>15</sup>. Marital adjustment has a significant relationship between emotional adjustment and sexual adjustment of the MMTP clients. In another study similar results were found where the emotional adjustment was positively correlated with sexual adjustment and social adjustment<sup>16</sup>.

## Conclusion

Besides reduction in drug usage, MMTP has helped the client to see their problems from a different perspective, empower them to seek and effect changes in their life. The present study has revealed that self esteem and marital relationship of the MMTP clients have been maintained. At the same time, it has provided access to physical and psychiatric care and social assistance, and provide for the needs of the client's family as well

as those of client. This provides a good rationale for initiation and continuation of such programs in the society.

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