

# The role of parenting on students leading towards substance usage and its impact on their self-esteem: A cross sectional study

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## Introduction Substance Abuse

The WHO's report of 2016 shows that 3.1 billion people are consuming substance. On a global perspective the per capita income is increased due to the consumption of substance. Moreover, worldwide 25.5 % of the substance sales are unrecorded which the sale is done by the outsiders other than the government stores. Also, a total of 44.8% are recorded as substance consumed as a spirit form. Second, the highly used type is in the form of beer 34.3% rest 11.7% of worldwide is consumed by wine. In WHO's, report females are less used substance than men, but as the previous status, the number of females consuming substance has increased. As a result, the total substance per capita will be reaching 6.6 liters in 2020 and 2025 will be increased to 7.0 liters. ("WHO | Global status report on substance and health 2018," n.d)

In India most common substance beverages used are arrack (made by wheat and paddy), toddy (palm wine), illicit liquor(unrecorded liquor), Indian made foreign liquor (IMFL), beer and imported liquor (Mohan, Chopra, Ray, & Sethi, 2001). A National Sample Survey was done in India around 471,143. And the survey has reported 4.5% of the population is consuming substance on a regular day to day life. Men are found 9.7 times using more than women regularly. The survey also reported that there is regular usage of chewing tobacco alone with substance (Neufeld, Peters, Rani, Bonu, & Brooner, 2005).

Substance abuse has significant role-plays in an individual, family, and society. This affects long-term usage and as a result, the individual has to face health problems like liver cirrhosis, liver disease, lip, oral cavity and pharynx cancer and heart disease (World Health Organization, 2004). Moreover, there is an Intoxication risk that is present in substance consumption that affects the central nervous system that clinical syndrome classified by ICD-10. Other harmful effects change in the behavior, unprotected sexual activity, accidents and injuries(drink and drive) (Weltgesundheitsorganisation, 2007). Which point out the impact of substance abuse effect on the health and lifestyle of an individual as well as the families in India.

## Parental relationship

According to UNICEF parental relationship (family) plays a key role in a different stage from child to adolescent. At this period they have to get the support, love, provision, and protection of the child that will help them in economic security and stability for the future (Daly et al., 2015). The study shows that if the parent is creating a good time and interacting with the child it shows a positive attitude and reduce in their risk for mental disorders when we compare with the low parental care given to the child (Mallers, Charles, Neupert, & Almeida, 2010).

In India we have a strong relationship is being created among the parent and the child. In Subhashita (Sanskrit epigrammatic poems) which clearly mentions that how the parental relation must be maintained to uplift the child's wellbeing and the future life ("Subhashita | Sanskrit eBooks," n.d.). The Indian family system has different characteristics like role, power, status, and relationship among the family members which is followed by the socio-economic, family pattern and urbanization have a significant role among the family (Sonawat, 2001).

The parental relationship has a key role to play in every child's life that creates a balance with the psychological well-being and physical health. Good parenting guides the child in a positive path which they will be able to control emotional well-being as well as their physical health (Johnson, Kent, & Leather, 2005).

## Self-Esteem

Self-esteem is a term that is used widely in psychology that refers to the sense of an individual's value and worth within themselves like (person value, appreciations, etc). According to Rosenberg's theory for self-esteem says that it's a favorable or unfavorable attitude toward them. When we look into the global sense of self-worth there will be covering many specific domains under self-esteem which the psychological aspects like personality, behaviors, cognitive and other aspects like (anxiety & depression) ("MacArthur SES & Health Network | Research," n.d.).

## Background of the study

As the above-mentioned report, it is important to look forward to the future that influences the countries growth. As the report clearly shows the number of statistics of the people who are affected due to the substance abuse and the prevalence of lack of parental care to the children. The statistics report shows that there are number of people who are affected by substance abuse and lack of parental care.

Parenting and parental control is considered to be an inevitable part of upbringing a child. In this study, we are considering the family system (parental relation), substance abuse and self-esteem. We can see that there are few amount of researches conducted in this area which includes family member using substance mainly father. As a result this leads to poor parenting, love care and support to the child. One of the most trivial socio psychological result of substance abuse is disharmony in the family and domestic violence against the children (2967146.pdf, n.d.). The continuous exposure to such environment would thereby result in choosing substance as a mode of coping by the child. (Saatcioglu, Erim, & Cakmak, 2006). This would also lead to esteem issues.

When the child gets into substance use this would lead to poor functioning and difficulties in maintain a good relationship with the parents. As there is, an increase in the substance use the child is getting into greater life risks which would lead to poor communication with the parents. (Black, Bucky & Wilder-padilla, 1986). The study shows that the consumption of substance results in difficulties in expressing emotions. On the other hand when the child is denied proper parental care and support, there is lack of emotional stability that leads to substance consumption among boys and depression among girls (Sheridan, 1995). A large body of theoretical and empirical work shows the importance of parenting in development of a variety of related adult problem behaviors, including substance misuse and illicit drug abuse ("The Effects of Parenting on the Development of Adolescent Substance Misuse: A Six-Wave Latent Growth Model on JSTOR," n.d.)

The emergence of similar problems in children of families with a substance- or substance-addicted individual may be an indication of the fact that addiction to substance is affected by various patterns within the family system and this affects the self-esteem of the child. An individual suffering from substance related problems will have a significant impact on other individuals of the family. Lack of parental care thereby leads to substance use among the children this may also result in lack of self-esteem.

As a result, the study is focusing to understand how the substances use in group of teenager influence, their relationship with parents and their self-esteem. The research is looking forward to identify the certain social and personal problem which leads to substance use and how beneficial is proper parental care at this point of distress. From the literature review, the study gets an idea of the situation and how it's affecting the society. The current study is aiming to study the teen experience with regard to substance and the lack of parental care which is directly or indirectly influencing the child. This would be contributing factor to esteem issues.

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