

Psychological Resilience and its Relationship with Locus of Control among Drug Addicts: A Field Study in Tiaret State.

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Abstract:

This research paper aimed to investigate the relationship between psychological hardiness and locus of control among addicted adolescents in Tiaret province. The study relied on the descriptive approach by applying the Psychological Hardiness Scale developed by Emad Mukhaimer (2006) and the Locus of Control Scale developed by Alaa El-Din Kafafi on a purposive sample of 77 addicts.

After obtaining and statistically processing the quantitative data, the following results were reached:

- There is a correlational relationship between psychological hardiness and locus of control among drug addicts.
- Addicts have a low level of psychological hardiness.
- There are statistically significant differences among addicts in locus of control attributed to the pattern variable.

Keywords: Psychological Resilience, Locus of Control, Addiction.

Introduction:

Daily life presents numerous psychological and social stressors due to its inherent complexities. Research in psychology has explored various aspects of why people's lives fail or succeed, leading to the development of a field known as positive psychology. In contrast to focusing solely on human frailties, researchers in this field encourage therapists to identify and build on their patients' strengths and help them find fulfillment by learning to live up to their full potential despite life's problems.

One element that helps people cope with life's challenges is psychological resilience: drawing on any and all internal and external resources to understand what is happening to them and withstand the stress without it tipping the balance back towards ill health. Stress is unavoidable, and there will always be gaps between what we want to happen and what actually happens, as well as different kinds of failure—ordeals that are to be expected but very difficult nonetheless. At every stage of life, we need to grow as individuals, and we cannot do this without experiencing pain (Waddell, 2004).

One of the newer and more vital variables for explaining and forecasting human behavior is locus of control. This concept plays a critical role in various areas, such as understanding how well people adjust psychologically or investigating and forming personality. It also helps us judge, choose between, or alter different sorts of behavior. The expression 'locus of control' comes from social learning theory; Julian Rotter introduced this idea during the

1950s and 1960s. A useful definition is provided by Phares (1976): “Individuals differ in terms of whether they feel most outcomes in their lives are contingent upon their own behavior.”

There are people who believe that what happens is because of how they act and choose—in other words, they have an ‘internal locus of control’. This makes such individuals take responsibility for things and be keen to accept outcomes, making them sound impressive. One example of today’s countless woes shows just how much people can hurt: drug addiction causes more misery than anything else known to humankind. Indeed, drugs raise some very difficult questions for us all, because taking them can lead not only to crime but also to problems of mental and physical health so severe that they may require treatment at vast expense. If this were not enough, there is further damage too.

In this scientific paper, we will explore the nature of psychological resilience and locus of control, and the relationship between them.

1-Problem:

- Is there a significant relationship between psychological resilience and locus of control among drug addicts?

Sub-questions:

- What is the level of psychological resilience among addicts?
- Are there statistically significant differences among addicts in locus of control attributed to the pattern variable (internal/external)?

2-Hypotheses:

Main Hypothesis:

- There is a significant relationship between psychological resilience and locus of control among drug addicts.

Partial Hypotheses:

- Addicts have a low level of psychological resilience.
- There are statistically significant differences among addicts in locus of control attributed to the pattern variable (external locus of control).

3-Objectives: This study aims to achieve several objectives:

- To understand the relationship between psychological resilience and locus of control among drug addicts.
- To reveal differences in the level of psychological resilience among addicts between males and females.
- To reveal differences in locus of control among addicts according to the pattern of locus (internal/external).

4- Importance of the Study: The study is important for the following reasons:

- It uncovers how psychological resilience and locus of control—two psychological factors that indicate whether a person feels responsible for what happens to them or to society in general— affect each other.
- The sample highlights a group that badly needs help with their mental health.

- It could assist psychologists in creating treatment programs and counseling sessions that would enhance levels of both psychological resilience and locus of control in addicts.
- It contributes to the overall body of knowledge on understanding more about addicts, such as how those who cope well with problems differ mentally from those who do not.

5- Operational Definitions of the Study:

5.1- Psychological Resilience: Psychological Resilience refers to an adolescent's belief in their ability to achieve goals and stay motivated when faced with obstacles, as well as how they handle such challenges. Imad Makhaymer created a scale to measure psychological resilience; we use teenagers' scores on it as our working definition.

5.2- Locus of Control: Locus of Control is defined as an adolescent's belief in their capacity to influence the events that affect them. Alaa Al-Din Kafafi translated Julian Rotter's scale to determine this concept, which we adopt as our operational definition when discussing adolescents' scores.

5.3- Dependency: Dependency is a condition where an individual is consistently intoxicated and harmed by regularly using drugs for an extended period. It occurs when someone experiences both psychological and physical effects from substance use, leading them to behave in ways that indicate a strong desire to continue using the drug. Individuals with this condition feel a constant need for the substance, even though it may harm them, and may resort to extreme measures to obtain it. In some cases, their craving for the substance intensifies, leading to increased consumption each time they use it (Al-Aissawi, 2005, p. 113).

I. Theoretical Framework:

First: Psychological Resilience:

1- Definition of Psychological Resilience:

- Imad Makhaymer (1996) described psychological resilience as a set of beliefs that individuals hold about themselves, their relationships with others, and their aspirations in life. At the core of this definition is the idea that individuals believe they can influence outcomes in their lives and view change, whether positive or negative, as an opportunity for growth rather than a threat to well-being (Al-Shammari, 2015, p. 26).

- Another definition, from Liban Ziatis, simplifies Resilience as 'the ability to bounce back from adversity.' This concept that setbacks are a natural part of life, rather than catastrophic events, seems central to his perspective on the subject and was specifically mentioned during our conversation (Raddi, 2008, p. 22).

- Mental resilience originates from within an individual and relies on their self-belief and inner drive, fueled by the pursuit of meaning and purpose. It involves the flexibility to cope with pressure, openness to change, and utilizing inner and social resources to maximize one's potential without causing harm to others.

2- Dimensions of Psychological Resilience:

2.1- Dedication: Psychological resilience encompasses various key elements, with dedication being particularly crucial. Resilience helps individuals withstand stress by making them more resistant to potential sources of distress. Researchers like Johnson and Sarson have noted an interesting correlation: Individuals lacking dedication are more prone to common psychological disorders such as anxiety and depression. Hink has emphasized the pivotal role of dedication in

high-stress professions like law, nursing, and dentistry, as well as occupations involving multiple tasks simultaneously (Raddi, 2008, p. 27).

According to Harris, commitment reflects an individual's belief in the intrinsic meaning, value, and significance of life activities. It demonstrates a person's willingness to fully engage in their pursuits and actively participate in various aspects of their lives. Individuals with high levels of commitment determine how to derive enjoyment or significance from experiences, regardless of their nature, by immersing themselves in actions rather than remaining detached. Commitments provide a broad sense of purpose, enabling individuals to navigate situations with a sense of direction (Al-Abdali, 2012).

2.2- Control: Control, as per Kobasa, denotes an individual's belief in their capacity to influence events that impact them and to take responsibility for their outcomes. It signifies an orientation toward feeling effective and influential in the face of life's challenges. Individuals with a strong sense of control do not merely act as if they can make a difference when things go well or poorly but also expect to do so, rather than feeling powerless in the face of life's adversities or misfortunes (Al-Shammari, 2015, p. 13).

3- Challenge: Constant change is a fundamental aspect of life, one that can foster personal growth rather than posing threats that must be defended against at all costs. The question arises: Why do some individuals perceive potential disruptions as opportunities for growth while others view them solely as risks? Dardar (2010, p. 59) eloquently encapsulates this idea by emphasizing the need for individuals to understand that constant change is a natural part of growth—not in spite of having enough confidence and psychological stability.

Al-Hadi (2009) posits that stress plays a vital role in stimulating individuals, making them attentive to various perspectives at different intensities. This state of alertness is crucial for individuals as it enables dynamic reactions that aid in mental and social development. However, when pressure surpasses one's coping abilities, these positive effects can transform into detrimental ones, leading to anxiety and fear that disrupt internal and external equilibrium.

3- Characteristics of Psychological Resilience: In the examination of resilience, Taylor (2005) delineated three fundamental characteristics:

- A commitment to facing challenges head-on.
- A belief in one's ability to control and influence one's circumstances.
- A willingness to grow and evolve by embracing new experiences and seizing opportunities for personal development (p. 22).

Imad Makhaymer (1997) underscored these traits when analyzing Arabic-language literature on psychological resilience. Utilizing a framework with measurement scales developed by Kobasa, Makhaymer discovered compelling evidence that these attributes effectively capture the essence of resilience.

4- Characteristics of Individuals with High and Low Psychological Resilience:

4.1- Characteristics of High Psychological Resilience:

Individuals with high psychological resilience typically exhibit the following traits:

- Engagement with work rather than feelings of alienation.
- Belief in their ability to influence events.
- Viewing change as a constructive challenge rather than a threat.

- Considering stressful situations as opportunities to enhance decision-making skills (Awda, 2010, p. 43).

4.2- Characteristics of Low Psychological Resilience: According to Awda (2010, p. 49), individuals with low psychological resilience commonly share specific characteristics. They may lack a sense of purpose or meaning in life, which can exacerbate difficulties during challenging times. Such individuals often anticipate negative outcomes and struggle to cope with change. Moreover, they express a reluctance to embrace determination and personal development, engaging with their environment in a more pessimistic manner than others. They may find it challenging to withstand the negative impacts of stressful events.

In summary, psychological resilience, as identified by psychologists, equips individuals with the strength and confidence to confront hardships and threats, enabling them to navigate challenging circumstances more effectively.

Second: Locus of Control:

1. Definition of Locus of Control:

- Rotter (1966) defined locus of control as the extent to which people think that reinforcement is linked to their actions—or, more precisely, whether they believe that what they do has any effect. Alternatively, people refer to external control if they believe that reinforcements are not contingent upon their responses but are determined by fate, luck, powerful others, or the complexity of the global environment.

- The way a person perceives things as being controlled by forces inside or outside themselves is termed locus of control. When individuals believe that these forces are within their control (so they can achieve something because it is within their reach), this is internal control. If the belief is that the factors leading to reinforcements lie elsewhere and are therefore beyond one's reach, then this is external control. From an educational perspective, locus of control also relates to how likely someone feels about receiving reinforcement for their actions—and what specific actions need to be taken before feeling reinforced can occur at all. Therefore, understanding how individuals perceive their locus of control and expectations, and the types of situations they mentally place themselves in, can greatly aid in predicting their behavior (Abu Sukran, 2009, p. 58).

Both of these definitions concur that locus of control is a perception that an individual develops. Some have conceptualized locus of control as the difference between its internal and external components; others have viewed it as being part of human personality, a basic variable. Thus, we may say that locus of control refers to the individual's perception of the extent to which reinforcement or outcomes for his behaviors are contingent on factors either inside or outside himself. If individuals feel they are controlled from within, they see rewards or punishments as resulting from their own actions—or inaction; if they feel control lies outside themselves, then when things go well for them or not so well, it is luck, circumstances, fate, or other forces beyond their influence.

2. Categories of Locus of Control: According to Rotter's social learning theory, locus of control is a personality trait reflecting individual differences in the perception of where the forces driving their life events are located—specifically, whether one believes these forces lie internally or externally (Sari Suwaqid, 2009, p. 33). Therefore, we can divide locus of control into two separate types:

2.1 Internal Locus of Control Category: According to Rotter, people with an internal locus of control believe that events in their life are caused by their actions. This means they feel responsible for what happens—whether good or bad. Such individuals also attribute success to personal qualities such as ability and effort (Shahab, 2010:60). Consequently, those who possess an internal LOC tend, on average, to approach situations with confidence; if things do start going wrong, they believe there is something constructive they can do about it.

2.2 External Locus of Control Category: Rotter (as cited in Al-Ghafari, 2011, p. 15) defined external locus of control as when a person carries out many actions and observes that they are reinforced but does not believe that the reinforcement depends on their actions. If they consider this at all, they attribute it to luck, chance, fate, or the control of others. Such individuals are unlikely to modify their behavior because they do not see a direct link between their actions and reinforcements (Bani Khalid, 2009, p. 107). Negative occurrences in their lives are viewed as their fault (Abu Zaid, 2009, p. 52), while positive outcomes are often credited to the assistance of others or simply good luck.

3. Indicators of Locus of Control Categories: The concept of “reinforcement locus of control—internal/external” refers to the observation that individuals clearly vary in how they attribute their success in obtaining reinforcements. Some attribute their success to their positive traits (e.g., intelligence, skill) and believe that any positive events are a result of their own actions—this is indicative of an internal locus of control. Others attribute success to external or metaphysical factors like luck or fate; if positive events occur, they believe it is due to reasons beyond their personal control (Boeckle 2010:105).

3.1- Indicators of the Internal Locus of Control Category: If a person is of the mindset that how they experience support—whether via rewards or punishments—is due to inner (or “internal”) pressures, there are various signs that this may indeed be the case. In fact, says Rotter, these signs might include everything from intelligence and effort to having a particularly strong character (Bin Al-Zain, 2004, p. 68). To put it another way: if an individual believes there are forces inside them that control the type of support they receive, then look out for the following clues as well (Abu Zaid, 2009, pp. 86-87):

- **Brainpower and thinking skills:** Feeling like you’re clever enough to handle whatever life throws at you – and make it work out in your favor.

- **Talent at tasks:** Doing well because you’ve managed similar situations before, drawing on past experiences.

- **Emotional resilience:** Everyone has an idea of what sort of person they are deep down; this manifests in various ways, such as being confident, striving to achieve things, never giving up, and being very serious indeed.

Effort (Hard work): If you believe that everything that happens to you is entirely due to your own input and nothing else (Bin Al-Zain, 2015, p. 69).

3.2- Indicators of the External Locus of Control Category: Cantor and Zirkel (2013) noted that individuals see themselves as rational beings who can influence their environment – they have the capacity to modify things in their lives and make these capabilities work for them. In Rotter's theory (1954, 1966), external reinforcement is important, but so is cognitive activity directed at such reinforcement. If a person feels that whether they get rewarded or punished depends on forces outside themselves (just as it did when they were a child), then according to Rotter, they have an External Locus of Control. We try to specify what these forces might be: luck, other people's influences, and things we don't yet know about.

- **Chance or luck:** Life is unpredictable. Simply put, some things happen by chance. When two or more events occur simultaneously or in the same vicinity without any apparent causation, we call it a coincidence. According to popular belief, coincidences are unlikely occurrences. However, if something significant follows a coincidence, some may perceive deeper meaning in it or simply be amazed.

Other people's power: This refers to being under the control of individuals who wield more influence or strength than oneself. It involves the belief that others can either assist in tasks or cause events to unfold.

- **Fate:** This concept implies that individuals believe they are unable to change the course of events as they are predetermined. Therefore, if an action is of human origin but was predetermined, humans had no influence over it happening (Abu Sukran, 1995).

- **Control from both perspectives:** Having control can significantly impact behavior. As exemplified above, someone with self-belief can adapt well to their environment; they exhibit different behaviors at school compared to when they are playing street football with friends (Smith, 1989, also supports this notion).

Third: Addiction:

1- Definition of Addiction:

- Addiction is the repetitive or persistent consumption of substances—harmful to both the individual and society—that arises from regular drug use. The crux of addiction lies in reaching a point where the desire to use drugs becomes so overpowering that concerns about potential harm do not deter the individual from seeking more, by any means possible. Furthermore, addicts often discover they require higher doses—more frequent administrations—than previously. Failure to meet these demands can lead to distress and agitation, manifesting as psychological withdrawal symptoms alongside physical ones like tremors or nausea when the body craves a fix (Nasser, 1998, p. 15).

- Addiction represents an advanced stage characterized by an intense urge to obtain drugs by any means necessary. A reliance has been established—primarily psychological—and if users do not sustain their intake, they find themselves destabilized and must resort to drug use again to restore internal balance. Abrupt cessation of drug intake poses a risk of fatal outcomes due to the emergence of severe withdrawal symptoms (Wasan, 1999).

2- Types of Drug Use: Different categories pertain to individuals engaging in drug use behavior.

- For example, as noted by Nasser (1998, p. 82), some individuals experiment with drugs only once or twice—a form of exploratory or experimental use.

- Occasional or situational use: This involves sporadic drug consumption, perhaps once or twice a month at most. Users do not perceive themselves as dependent but rather partake when drugs are available. Drug use tends to be impulsive rather than premeditated. However, they may continue use if specific social or psychological triggers occur (Hellen, 2004, p. 41).

- Regular use: Progressing beyond occasional use, regular use signifies consistent patterns of drug consumption. This stage is considered more advanced than occasional use as individuals establish a sustained relationship with drugs (Al-Ghawl, 2011, p. 101).

- Intensive or compulsive use: The primary differentiation between intensive (compulsive) users and others lies in their frequency of drug consumption. Daily use, sometimes in large

quantities over extended periods, indicates a need for control concerning self-destructive health behaviors observed in this group grappling with severe addiction issues (Abdul Salam, 1977, p. 29).

3- Causes of Addiction:

3.1- Causes Attributed to the Individual:

- **Genetic Influences:** One theory proposes that children of addicts may possess a heightened susceptibility to addiction compared to others. When both parents are addicted, as opposed to just one, there is an increased likelihood of more children becoming ensnared in addiction.

- **The Addict's Personality:** The causes of addiction are intertwined with the personalities of those who succumb to it. Researchers explored this notion by observing and analyzing various personality models; when an addict's personality aligned with specific types—such as the following critical types—it fell within those categories:

- **The Selfish Addict:** This individual pursues their desires regardless of the consequences, such as health issues or legal troubles. If their self-centered behavior becomes untenable in reality at some point in life, drugs offer an alternative way for them to cope.

- **The Immature Addict:** An immature addict relies on others and struggles to be self-reliant. To navigate a series of failures, these individuals turn to substance abuse for comfort. For instance, an addict with underdeveloped sexual faculties may lack the capability for normal interactions due to inherent traits from childhood, extreme shyness during intimacy, or an early-emerging homosexual orientation. Any of these factors could propel such an individual towards addiction (Al-Hararsha, 2012:35–36).

Other contributing factors to addiction include curiosity, excitement, negative peer influence, boredom, and lack of awareness.

3.2- Causes Attributed to the Family: The family serves as the fundamental unit of society, shaping individuals as they navigate the broader world and internalize social norms. Evidence indicates that one reason individuals turn to drugs is the lack of a stable foundation in their home life. When examining the factors contributing to addiction from a familial perspective, we find:

- **Parents Setting a Bad Example:** This occurs when parents use drugs in front of their children. Youngsters who witness this behavior may be tempted to experiment with these substances themselves, especially if the parent appears to derive pleasure from drug use or is visibly impaired by it.

- **Neglectful Parenting:** Children whose parents are preoccupied with other matters or are frequently absent are at a higher risk of delinquency and drug use.

- **Harsh Parenting Styles:** Child development experts widely agree that children subjected to constant yelling or physical punishment by their parents may be more inclined towards substance abuse. Feelings of being unloved or perpetually wrong can lead children to exhibit rebellious behaviors, such as experimenting with drugs (Garmoush, 1993:37-38).

3.3- Contributing Causes Related to Drug Use:

- **Accessibility of Drugs:** Obtaining drugs is facilitated by smugglers and dealers, a process made feasible due to prevailing societal conditions that permit or even promote young individuals' access to drugs (Dardar, 2010:11).

- Method of Drug Administration: The route through which a drug enters the body influences its effects. For instance, injecting drugs—whether intramuscularly or intravenously—tends to be more addictive compared to oral ingestion due to the quicker onset of effects, as highlighted by Garmoush (1993, p. 12). Another common route is nasal inhalation.

These factors play significant roles in propelling individuals towards addiction. While no single factor singularly causes addiction, it is typically a combination of these factors that leads a person to engage in regular drug use, eventually leading to addiction.

II. Practical Framework:

1- Study Design, Sample, and Setting:

- **Research Methodology:** We utilized the descriptive methodology.
- **Research Community:** The research community comprises all drug addicts in the state of Tiaret.
- **Study Location:** The study took place at the Center for Mental and Psychological Diseases in Tiaret.
- **Pilot Sample:** The pilot sample consisted of 25 addicts who were intentionally selected to standardize the study tools through appropriate methods of validity and reliability, with the note that they were excluded from the final application.
- **Research Sample:** The research sample was intentionally selected (all of whom suffer from addiction to drugs).

Table (01): Shows the distribution of the sample individuals according to the research variables.

Variable	Levels of the Variable	Number of the Sample	Percentage (%)
Gender	Male	62	80.51
	Female	15	19.48
Total		77	100
Age (years)	[18-22[13	16.88
	[22-26[26	33.76
	[26-and above	38	49.35
Total		77	100

Source: Prepared by the researcher.

2- Research Tools:

2.1- Psychological Resilience Scale: In 2006, Makhaymer developed a scale to quantitatively measure psychological resilience. The scale comprises 47 statements, including 15 reverse-coded statements, falling under three dimensions as follows:

- Commitment: 16 statements
- Control: 15 statements
- Challenge: 16 statements

The responses consist of three levels, with scores ranging from 1 to 3: Always applies (3), Sometimes applies (2), Never applies (1). Thus, the total score of the scale ranges from 47 to 141.

Validity evidence for the scale included an examination of its psychometric properties. Internal consistency was evaluated using Cronbach's alpha, which was .78, indicating acceptable reliability levels (and thus adopted here).

2.2- Locus of Control Scale: The Locus of Control Scale was developed by Julian Rotter and translated by Alaa Al-Din Kafafi. This scale comprises 29 items, each with two paragraphs: A and B.

It measures an individual's external locus of control – the higher the score for any given item, the stronger the external control; conversely, lower scores suggest a more internal locus of control. Six statements (1, 8, 14, 19, 24, and 27) intentionally include errors that have not been corrected. Testees should mark an 'X' by any corrected statements in all other cases.

The scale's validity was established post psychometric evaluation. Cronbach's alpha, adopted for this study, was used to quantify reliability alongside an assessment of internal consistency.

3- Presentation, Interpretation, and Analysis of Results:

3.1- First Hypothesis: To test the hypothesis, which posits a significant relationship between psychological resilience and locus of control among addicts, Pearson's coefficient was calculated, and the results are presented in the following table:

Table (02): Displays the relationship between psychological resilience and locus of control among addicts.

Variable	Sample Size	Correlation Value	Significance Level	Significance Meaning
Psychological Resilience	77	0.71	0.05	Significant
Locus of Control				

Source: Prepared by the researcher.

Based on the table, it is evident that the value of Pearson's correlation coefficient between psychological resilience and locus of control is estimated at 0.71, which is statistically significant at the 0.05 significance level. This positive value indicates a strong positive correlation between psychological resilience and locus of control, confirming the proposed hypothesis.

The negative consequences of addiction on mental health could explain these findings, according to the researcher. Mental health and locus of control affect psychological resilience. This idea finds support in Kobaza's research, which suggests that psychological resilience may work as a kind of buffer when stressful things happen – protecting the mind as well as the body. In fact, stress affects everyone's health, but people with more psychological resilience don't get ill.

This outcome may also result from the addict's incapacity to confront dilemmas and come to decisions about them one way or another: whether to end or sidestep them, or how they might be managed. Such perceptions hinge on beliefs regarding work's perceived futility and insignificance—both for themselves individually as well as society at large. Additionally, it seems that these individuals take no special pleasure in feeling capable enough to face up to

life's problems—a fact borne out by their pronounced lack of problem-solving abilities. This notion is supported by findings from studies conducted by Christopher (1996) and Siddika and Ouamer (1998). External locus control (the notion that outside forces such as luck and others' actions can influence what happens in life) was another frequently noted aspect along with negative resilience correlates among this cohort—suggesting that there could indeed be patterns worth looking into further.

However, the lack of social support, feelings of psychological insecurity, and inadequate coping mechanisms may all be factors that reduce an addict's psychological resilience. This theory is supported by several studies, including Al-Abdali (2012), Razan (2012), Al-Shammari (2015), and Zainab Noufal (2008). Furthermore, there is evidence from other research to suggest a link between locus of control and factors such as psychological well-being and major personality traits collectively known as the Big Five (neuroticism, extraversion, agreeableness, openness to experience). For example, Abu Sukran (2009), Al-Ghafari (2011), and Nabil along with Yazid (2013) have all found correlations.

3-2- First Partial Hypothesis: The hypothesis stated that the level of psychological resilience among addicts is low. To test the hypothesis, the actual arithmetic mean was calculated and compared to the theoretical arithmetic mean, and the obtained results are recorded in the following table:

Table (03): Displays the level of psychological resilience among addicts.

Variable	Actual Arithmetic Mean	Theoretical Arithmetic Mean	Difference
Psychological Resilience	72	94	22

Source: Prepared by the researcher.

It is evident from the table above that the calculated (actual) arithmetic mean reached 72, while the theoretical arithmetic mean was 94. This indicates that the actual arithmetic mean is lower than the theoretical arithmetic mean, with a difference of 22 between them. Therefore, it can be concluded that the hypothesis has been confirmed, and that addicts have a low level of psychological resilience.

The researcher suggests that this could be because addicts perceive they cannot control stress-inducing factors and believe that stressful events are not their fault. They also appear to struggle with taking responsibility for incidents. The presence of drugs may disrupt their ability to respond normally to adverse situations or to make sufficient efforts to address issues effectively. This idea finds support in research conducted by ALRED SMITH (1998).

Alternatively, the findings could be explained by individuals with addiction being resistant to change and disinterested in problem-solving. They rarely engage in activities that could benefit them, let alone invest significant effort in such endeavors. This aligns with other research suggesting that psychological resilience may have biological as well as attitudinal roots, such as "Biopsychosocial models" (Bartone & Roberts, 2001) or the influence of thinking patterns and genetic inheritance (Sulimani et al., 2016). It also corroborates recent studies indicating that some individuals may lack motivation due to a lack of skill development during childhood, which could have proven beneficial later on—a potential issue related to control as well, upon closer examination.

3-3- Presentation and Discussion of the Third Partial Hypothesis: The second partial hypothesis posits that there are statistically significant differences in the level of locus of control attributed to the pattern variable. The following table (04) illustrates:

Table (04): Displays the variances in locus of control.

Pattern	Std. Deviation	Arithmetic Mean	T. test	Degree of Freedom	Significance Level
External	6.66	115.50	5.15	74	0.05
Internal	6.52	106.70			

Source: Prepared by the researcher.

From the analysis of the table, it is evident that there are significant variations in locus of control depending on the pattern variable. Specifically, individuals tend to have higher average external locus of control scores than internal ones, indicating that there are distinguishing factors associated with having an external LOC pattern that differentiate these individuals from both those with different LOC patterns (i.e., those scoring lower overall) and individuals with high scores on this measure regardless of pattern type. In conclusion, our null hypothesis must be rejected; instead, we accept its alternative: there are differential effects for patterns at play here.

The researcher attributes this outcome to an addict's struggle with adaptation and self-management amidst life changes and stressors. Addicts assess potential risks or rewards and then determine the best course of action to confront situations, often expending their energy on risky behaviors to avoid negative consequences. This concept is supported by recent research conducted by Al-Rajibi & Al-Sheikh Hamoud (2017) and a study by Manira Mansour. Both studies found that individuals who believe they have control over their lives ("internal locus") may not handle stress well, despite their earnest efforts to maintain physical or psychological well-being when faced with challenges. Additionally, findings published by Faika Badr indicate that these individuals often exhibit inflexible thinking patterns, approaching problems in a singular manner because they struggle to consider alternative solutions if their initial plan fails.

The outcome may also be influenced by the detrimental effects of how addicts are raised by families or guardians with inadequate parenting skills—sometimes neglectful, sometimes overly controlling. Such upbringing can result in individuals who lack confidence in their ability to navigate life's challenges and who have not learned to take responsibility for themselves. In these cases, credit is often attributed elsewhere when things go well ("It wasn't anything special I did"), but blame is frequently placed on themselves when things go awry ("I must've messed up again"). This notion is supported by findings similar to those reported by Christopher in 1996.

conclusion:

In Tiaret, it was discovered that the levels of psychological resilience among drug addicts were positively linked to their locus of control. This implies that participants who exhibited higher resilience tended to have a more internal locus of control, while those with lower resilience levels typically had an externally controlled locus of control (with "low" defined here as falling below median values for this specific sample).

From the information provided, it is evident how crucial psychological resilience and locus of control are in an addict's life. These concepts not only lead to positive outcomes such as emotional stability, social adaptability, contentment, or joy but also mutually reinforce each other when present. Inner strength enhances self-regulation, for instance, and these effects

compound on themselves—individuals with high levels of one tend to have them both further intensified.

This study suggests the following actions based on its findings:

- **Hold seminars and discussions:** Organize open seminars and discussions for individuals struggling with addiction and their loved ones. Educate them on the benefits of developing an internal locus of control (belief in one's ability to influence events) and provide strategies to achieve this mindset.
- **Community education programs:** Collaborate with community groups to implement education programs focused on enhancing teenagers' psychological resilience—helping them bounce back from setbacks. Promote these initiatives through partnerships that emphasize raising awareness, conducting training sessions, and offering rehabilitation services, all of which are valuable investments in human potential.
- **Counseling services for psychological resilience:** Establish counseling services that specifically support psychological resilience. These programs can assist recovering addicts in staying committed to their personal goals and maintaining their progress.
- **Innovative therapy approaches:** Develop new forms of therapy that bolster an addict's perception of internal control, instilling the belief that they can influence their circumstances.
- **Tailored treatment plans:** Recognize that some individuals may succumb to addiction due to a belief in having little control over changing their situation (external locus of control). If this mindset is identified in a patient, design treatment plans that gradually introduce activities reinforcing the idea that they can effect positive change ("I can make a difference").

By implementing these actions, it is possible to provide comprehensive support to individuals struggling with addiction, empowering them to cultivate internal locus of control, enhance psychological resilience, and ultimately take charge of their recovery journey.

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