

Broadening the understanding of the reality of the drug addict subject



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ABSTRACT

In many communities it has become a habit that facilitates communication, insertion into groups and makes the user feel belonging to the community. The user is not able to administer the use of them and often feels ineffective and incompetent. Therefore, there is an important role in the process of improving addictions and social bonds, as well as improving the self-esteem of treatment-related issues.

Keywords: Chemical dependency, Rehabilitation, Drug abuse.

1 INTRODUCTION

The objective of this research is the learning of the students of the 5th period of Psychology, so that they know in practice how to perform a field observation in all its stages, in addition to understanding the reality of addicted people who fight daily against drug addiction.

Often they are people and even professionals in the area of Psychology, have their prejudices and presuppositions regarding the addicted individual, even though there are ample possibilities to know them closely and better understand the reality that each person lives. The importance of this work is to understand a reality that is often hidden, becoming a censored subject.

Several authors discuss the consumption of drugs and the physical, psychic and social harms that affect the addict. In this research, these processes will be approached in line with the discourses of individuals who, in the search for evading addiction, shared the reason that led them to the consumption of drugs and to remain in this cycle.



2 METHODOLOGY

To carry out the observation research, groups of 2 to 4 researchers were separated and they were informed that they should look for some group of Narcotics or Alcoholics Anonymous so that it was possible to go to these open meetings and observe them, realizing what would be said by the addicts and being forbidden to record or expose the names of the people who were there.

To carry out the theoretical part, a bibliographic review was made based on, other articles on the initiation of drug use, the emotional conflicts present in the drug addicts and their influence on the treatment process. The study done after the field observation is a Content Analysis, because the researchers focused their attention on what was said by the addicts in the meeting, in an objective way.

The observation fhi held in an NGO entitled Narcotics Anonymous – Serenity Group, with people who have difficulty with drugs and recognize themselves as addicts, who seek to change their realities. This meeting was chosen by the group in question because it was established in a place and time more accessible to the members. Data collection was conducted at 12:00 p.m. on March 14, 2019, with approximately 15 people. Their reaction was mostly very receptive to the students who visited the group. A great desire to express themselves was noticed when they began their speeches; The vast majority, except 2, spoke quite naturally and without saving time, each with 5 minutes availability. Finally, the observed events were analyzed.

3 DEVELOPMENT

3.1 TO EVALUATE THE MOTIVATION FOR THE SUBJECT TO START USING DRUGS

According to JEOLÁS AND PAULILO (2004), in many communities the drug has become a habit that facilitates communication, insertion in groups and makes the user feel belonging to the community that is part. The effects provide moments of forgetfulness of anguish, loneliness, anxiety and fears in relation to the world that the subject considers threatening.

JEOLÁS AND PAULILO (2004) emphasize that in the speeches of users, the sensations of ecstasy, pleasure, delirium are constantly presented. And what the drug presents most attractive is an instant enthusiasm and the need that is immediately suppressed.

Based on the concept of social mediation, it is possible to problematize the commonplace that relates the consumption of drugs to the pleasure provided by their chemical properties. In fact, the accounts of the first experiences with drugs are not necessarily of pleasurable sensations. Users report, very often, sensations such as: malaise, panic / anxiety, fear of death, loss of control of the situation, depression, drowsiness, unwanted drunkenness, worry, guilt, mental confusion / alteration of consciousness and perception of reality, paranoia, terrifying hallucinations etc., or, on the contrary, do not feel anything. - WERNER, Jairus (2004), p. 81.

WERNER (2004) points out that, in reality, the initial effects of the drug is often not the pleasure itself, but what attracts mainly young people is the social meaning given to the sensations that occur because of the chemical changes in the brain.



PRATTA and SANTOS (2009) evidence the need to understand the meaning of chemical dependence in the life of each particular subject, since the context and the stories are different. Each individual represents in different ways the process of health and disease. Therefore, it is important to prioritize subjectivity in each situation, considering the feelings, needs and desires active in this process.

3.2 TO IDENTIFY THE EMOTIONAL CONFLICTS PRESENT IN THE DRUG-ADDICTED SUBJECTS AND THEIR INFLUENCE ON THE TREATMENT PROCESS

Oton (2015) says that the subject who uses drugs cannot manage the use of drugs and often feels ineffective, incompetent. He points out that this feeling increases when the subject has low performance in other activities because of the use of chemical substances. Another issue pointed out by Oton is the fact that some addicts have a discomfort in assuming the condition in which they find themselves and acquire the illusion that they can manage the use of drugs, which causes several moments of relapse.

According to Tuller et al. (2009 apud BALONE, 2005) points out that the drug addict subject has feelings such as impotence, intolerance, the ineffectiveness of sustaining a project and finds great difficulty in seeing time as an ally and not as something destructive and harmful.

The drug-addicted personality, according to Balone (2005c) does not support the losses, so the drug, for her, is indispensable. As a toxic element it manages to eliminate the anxiety of waiting and the anguish of frustration. Faced with the feeling of proximity of disintegration, the drug-addictive conduct appears as a purely defensive and, ultimately, restitutive resource, insofar as it constitutes a clinical form of psychosis in the fight against mental disorganization. TULLER, Nivea (2009) et. Al.

Brasil (2004b) apud Cordeiro (2013) portrays the importance of planning and strategies aimed at strengthening affective bonds and social ties, in addition to improving the self-esteem of drug addicts. Cordeiro also mentions that the focus of treatment should be on reducing risk factors and increasing the protection of these subjects, through insertion in the community.

Brasil (2004a) apud Cordeiro (2013) cites the perspective of harm reduction, which is a method that focuses on care, with attention focused on the peculiarities and subjectivity of the individual. The intention of this method is to alleviate the consequences of drug addiction, aiming at the defense of life, without exceptions through strategies to make them understand the co-responsibility in the treatment, provide them with freedom and establish bonds between users and professionals.



4 FINDINGS

On Thursday, March 14, 2019, we went to the field, as visitors, to observe an open meeting of Narcotics Anonymous - Serenity Group, which aims to receive addicts of all ages and genders. Among them, 99% of the group was composed of men.

In this observational research, the group visited was composed of people between 19 and 60 years old, approximately. It was also noticeable that the group was essentially male, so that there can only be the visit of women on days when the meeting is open to the community. Apart from the students, there was only one other woman in the room. The group is located in the city of Campos dos Goytacazes.

They began the meeting with a universal prayer, reading of the group's literature and presentation (name and time without drug use) of all participants. Soon after, two of the twelve steps of Narcotics Anonymous were read. This process is carried out in all meetings.

Then, each of the participants was given time to talk about their trajectories: achievements, failures, desires, frustrations, everything they felt like saying. In this part of the meeting, they were able to identify themselves in each other's speech, where they felt safe to speak up and admit their mistakes without being labeled for it.

The speeches were immensely rich and the participants felt comfortable speaking. Feelings about drugs intertwined. Some preferred to talk about N.A. and all the knowledge they had gained about addiction. We will highlight the most subjective discourses about life and the processes they lived before, during and after drug consumption.

One young man said that throughout his life he was called by offensive and stereotypical names such as "tramp", "pilantra", "manipulator" etc., began to consume drugs early, got arrested, stopped using, but shortly after returned to this cycle and, at that time, sought superior forces to help you stay sober.

In another speech, a man pointed out that he couldn't handle his emotional conflicts, that he didn't like to follow rules, and that The drugs were like a refuge for his misfortunes, every time he felt bad, he looked for drugs to get better, so the use became more frequent every day. He said he had stopped by his daughters who were angry with him for it, so when they saw him in a hospital bed, he could see in their eyes the anger they felt towards him. But even though he wanted to improve, he had relapses and always accentuated his fragility in relation to emotions and feelings.

Another very striking speech, was from a young man who talked about the trigger he had to listen to a rap and about the "boletos he owed to life", said that he lost everything to drugs. Were for fifteen days without consuming and all his anguish was noticeable. He wished to stop, he said that he could already walk with a different look at life, that before he felt like a "caged lion", but that at the



moment, he could perceive the beauty of the waterfalls, seas, trees and everything that before the drug fell asleep in him.

An older gentleman pointed out his problem with binge eating and that he could see, even though he had gone years without using any kind of drug, that it was being projected into other things like "the ten-pound pot of açaí that was in his refrigerator and that he would eat until he couldn't take it anymore." He also commented on the need to continue attending the meetings so that there would be no more relapses. He said that he liked to surf, to play sports and that drugs did not allow him to do so, drugs annihilated his leisure and today he enjoys everything he did not feel able to do before.

In relation to the previous placement, we had the opportunity to better understand about the need to stay in the group when a gentleman, who was 25 years without using drugs, spoke up and told everyone that there was the reality of drugs, that 'out there' is all beautiful, "drugs leave you uninhibited, you feel like a hero and you can 'buy' happiness for a few moments. But when it all passes, that's the reality: losses, hallucinations, financial problems, more family conflicts."

We heard again about stereotypes, a young man commented on his need to feel important, but he always heard that he was "mean", "dishonest", "problematic", so he kept wanting to stand out, but as the worst in everything, at school, was the worst student, in society, the most violent. And so he invested in the character he believed he had, used drugs to break the rules and escape from everything that tormented him, could not "organize his feelings" and was giving himself more and more, until he arrived at N.A. and realized that he could be different, that he could excel in good things and had already stopped. For years, I had been there with the intention of not having any more relapses.

"The drug is devastating in the lives of many, some are lucky not to lose many things. I lost my family, I lost everything I had because of addiction. I have lost what is most valuable in a man's life: morals and character." These were the words of a gentleman who today has lived without drugs for more than eight years, but who still lives with the losses he had during a lifetime consuming drugs.

Later, another member spoke about the problems he had and the need for "help" to feel more uninhibited and be able to do what he would not do sober. He talked about what it was like to feel like a 'god' when using it and how vulnerable he felt without the drug. These days, he says he can't see the difference between the worst day of his sober life to his best "wave." That today thanks to the 'upper force' in whom he believes, he is clean. Just for today.

5 FINAL THOUGHTS

The purpose of the research was the search to know how is the reality of drug addicts who are in recovery, in addition to researching more deeply about the emotions and treatment of these subjects, so the goal was achieved. The most important results generated by this observation was that, because of stereotypes, people tend to ignore the feelings and struggle of drug addicts and we could



realize that they have great suffering and effort to achieve their goal of living without drugs. There was no difficulty in the observation, because the observed ones were very receptive. One suggestion for future research is to identify how psychology can contribute to the treatment of drug addicts.



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