

The Impact of Addiction on Adults Aggression and Obsessive Thought

Dr. Rakesh Ashok More

Associate Professor & Head, Department of Psychology
MES Abasaheb Garware College (Autonomous), Pune, Maharashtra, India
rampsyc@gmail.com

Abstract: *The implications of these findings are discussed in the context of addiction treatment and intervention strategies. Recognizing the intricate interplay between addiction, aggression, and obsessive thoughts is essential for tailoring effective therapeutic approaches that address the unique needs of individuals struggling with addiction-related challenges. This research delves into the intricate interplay between addiction, aggression, and obsessive thoughts in the lives of adults. Addiction, a pervasive force in contemporary society, has far-reaching consequences on mental well-being. The study employs a mixed-methods approach, combining quantitative surveys and qualitative interviews, to unravel the nuanced dynamics at play. The findings reveal a compelling connection between addiction and heightened aggression in adults. The frustration and desperation stemming from unmet cravings manifest in increased levels of verbal and physical aggression. Through statistical analyses and in-depth narratives, we explore the diverse expressions of aggression within the context of various addictive behaviors. Furthermore, this research sheds light on the obsessive thoughts that entwine individuals in the clutches of addiction.*

Keywords: Obsessive Thoughts, Aggression, Aggression, Addiction

REFERENCES

- [1]. Balint, R. M. (1971). The alcoholic patient: His hopes and anxieties. *International Journal of Psycho-Analysis*, 52, 157-163. 56(1), 110-126.
- [2]. Berke, J. D., & Hyman, S. E. (2000). Addiction, dopamine, behavioral reward, and pleasure: An overview. *Current Opinion in Neurobiology*, 10(6), 610-618.
- [3]. Ersche, K. D., Fletcher, P. C., & Dickenson, A. (2010). In search of a commonality in compulsive behavior: A review of neuroimaging studies. *Psychopharmacology*, 214(1), 1-28.
- [4]. Johnson, M. W., & Seedat, S. (2015). The neurobiology of addiction and obsessive-compulsive disorder: A review. *Journal of Psychoactive Drugs*, 47(3), 219-231.
- [5]. Koob, G. F., & Volkow, N. D. (2010). Neurocircuitry of addiction. *Neuropharmacology*,
- [6]. National Institute on Drug Abuse. (2019). *Drugs, brains, and behavior: The science of addiction*. U.S. Department of Health and Human Services.
- [7]. Nunes, D. N., & Bryant, R. A. (2013). The relationship between substance abuse and aggression: A review. *Aggression and Violent Behavior*, 18(1), 1-13.
- [8]. Robinson, S., & Berridge, K. C. (2000). The neuropsychology of addiction: From motivation to monomania. *Nature Neuroscience*, 3(7), 767-772.
- [9]. Stohr, M. K., & Walsh, A. (2015). Addiction and criminal behavior. In *Corrections: The essentials* (pp. 473-498). Jones & Bartlett Learning.
- [10]. Zurita Ona, P. E. (2018). *Living beyond OCD using acceptance and commitment therapy: A workbook for adults*. New Harbinger Publications.