

# The Impact of Addiction on Adults Aggression and Obsessive Thought

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**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

## I. INTRODUCTION

Addiction, whether it be to substances like drugs and alcohol or behaviors like gambling and gaming, is a complex and debilitating condition that can have far-reaching effects on an individual's life. Among the various consequences of addiction, two particularly noteworthy aspects are its impact on aggression and obsessive thoughts in adults. This introduction will provide an overview of these two interconnected themes and their significance in understanding the broader implications of addiction.

- **Addiction and Its Reach:** Addiction is characterized by the compulsive use of a substance or engagement in a behavior despite adverse consequences. It often begins as a means of seeking pleasure or relief but can rapidly escalate into a destructive cycle that consumes an individual's physical, psychological, and social well-being. Addiction is not limited to any specific demographic, affecting individuals across age groups, socioeconomic backgrounds, and cultures.
- **Aggression and Addiction:** One of the striking consequences of addiction in adults is the potential for increased aggression. Addiction can exacerbate aggressive behaviors in several ways. Firstly, the pursuit of the addictive substance or behavior often becomes an all-consuming focus, leading individuals to become irritable, hostile, and even violent when they are denied access. Additionally, the consequences of addiction, such as financial strain, relationship problems, or legal issues, can fuel anger and aggression. The neurological changes associated with addiction can also affect impulse control and decision-making, contributing to aggressive outbursts.
- **Obsessive Thoughts and Addiction:** Obsessive thoughts are another facet of addiction, often manifesting as an overwhelming preoccupation with the substance or behavior of choice. These thoughts can be intrusive and persistent, making it challenging for individuals to concentrate on other aspects of their lives. Obsessive thoughts related to addiction can create a vicious cycle, where the compulsion to use or engage in the addictive behavior is reinforced by the constant preoccupation with it. This preoccupation can lead to increased cravings and a heightened risk of relapse.

- The Interplay: Aggression and obsessive thoughts are not isolated consequences of addiction; they are closely interconnected. The obsessive thoughts associated with addiction can trigger frustration and anger when the addictive substance or behavior is inaccessible, potentially leading to aggressive behaviors aimed at obtaining it. Conversely, aggressive behaviors can result in remorse and guilt, further fueling obsessive thoughts and the cycle of addiction. Understanding the impact of addiction on aggression and obsessive thoughts is crucial for healthcare professionals, families, and society at large. It underscores the necessity of comprehensive addiction treatment that addresses not only the physical aspects of dependency but also the psychological and behavioral components. By recognizing these complex interactions, we can develop more effective strategies to support individuals struggling with addiction and mitigate the associated aggression and obsessive thought patterns, ultimately promoting healthier and more fulfilling lives for those affected.

## **II. LITERATURE REVIEW**

### **"The Impact of Substance Use Disorders on Aggression and Obsessive-Compulsive Disorder Symptoms" by John M. Grant, et al. (2012)**

This article reviews the research on the relationship between substance use disorders and aggression and obsessive-compulsive disorder (OCD) symptoms. The authors found that substance use disorders are associated with an increased risk of aggression and OCD symptoms. They also found that comorbid substance use disorders and OCD are associated with more severe outcomes.

### **"Addiction and Obsessive-Compulsive Disorder: A Review of the Literature" by Jonathan S. Abramowitz, et al. (2010)**

This article reviews the research on the relationship between addiction and OCD. The authors found that there is a high comorbidity rate between addiction and OCD. They also found that there is some evidence that addiction and OCD share some common neurobiological mechanisms.

## **III. METHODOLOGY**

### **Variable**

- Independent Variable: Addiction Severity
- Dependent variable: Aggression level, Obsessive Thoughts
- Controlled Variables: Age - 18-30 (Gender- Males)

### **Hypothesis:**

- The impact of addiction can negatively affect on adults mental health.
- Adults with addiction will experience higher levels of stress, anxiety, and depression compared to those without addiction."

### **Sample:**

- The present research work was conducted on 60 students. The online-survey sampling method was used for data collection. The data was collected from adults 18-30 group in students.

### **Research Tools:**

#### **Aggression:**

- Buss-Perry Aggression Questionnaire (BPAQ): This 29-item self-report questionnaire measures four subscales of aggression: physical aggression, verbal aggression, anger, hostility. The BPAQ has been shown to have good psychometric properties in a variety of populations, including individuals with addiction.
- Aggression Replacement Training Inventory (ARTI): This 24-item self-report questionnaire measures 10 skills related to anger management and aggression control.

The ARTI has been shown to be effective in predicting aggressive behavior in adults.

- Multidimensional Anger Inventory-Revised (MAI-R): This 28-item self-report questionnaire measures five anger-related subscales: anger-in, anger-out, anger expression, anger control, and hostility. The MAI-R has been shown to have good psychometric properties and to be sensitive to change.

**Obsessive Thoughts:**

- Obsessive-Compulsive Inventory (OCI): This 42-item self-report questionnaire assesses the severity of obsessive-compulsive symptoms. The OCI has been shown to have good psychometric properties and to be sensitive to change.
- Maudsley Obsessive-Compulsive Inventory (MOCI): This 30-item self-report questionnaire is a shorter version of the OCI. The MOCI has been shown to have good psychometric properties and to be useful in clinical practice.
- Yale-Brown Obsessive-Compulsive Scale (Y-BOCS): This 10-item semi-structured interview is used to assess the severity of obsessive-compulsive symptoms. The Y-BOCS has been shown to be a reliable and valid measure of obsessive-compulsive disorder.

**III. DISCUSSION**

The presented statistics chart offers a detailed examination of three variables—Age, Aggression, and OCD—derived from a dataset of 60 valid observations. In the realm of age distribution, the mean of 22.73 and median of 23.00 depict a symmetrical pattern with a slight rightward skew and heavy tails, revealing a concentration around the early twenties. Aggression levels, characterized by a mean of 14.00 and a median of 15.00, indicate a central tendency in the lower to mid-range, with a moderate spread and a prevalence of lower aggression levels. The OCD variable presents a wider distribution, with a mean score of 15.52 and a median of 18.00, showcasing a central tendency towards the mid-range of scores and higher variability. Notably, the observation of multiple modes in the data suggests distinct peaks or clusters, implying potential subgroups or patterns within the sample that warrant further exploration. This comprehensive analysis contributes to a nuanced understanding of the dataset's characteristics, providing valuable insights for researchers seeking to unravel the complexities of the relationships and patterns embedded within the data.

The dataset under examination comprises 60 valid observations, offering a comprehensive insight into the variables of Age, Aggression, and OCD. The summary of descriptive statistics begins with the Age variable, which displays a relatively tight distribution. The mean age is calculated at 22.73, with a median of 23.00, emphasizing a central tendency around the early twenties. The mode of 23 indicates a notable concentration of data points around this value. The standard deviation of 2.208 suggests limited variability, and the age range spans from a minimum of 19 to a maximum of 29, encapsulating the majority of adult ages. Moving to the Aggression variable, the mean aggression level is calculated as 14.00, with a median of 15.00. This variable exhibits a wider distribution compared to Age, as reflected by a standard deviation of 3.309. The mode of 15 implies a concentration of aggression levels around this point. The range extends from a minimum aggression level of 5 to a maximum of 20, capturing a diverse range of responses. The skewness of -618 suggests a leftward skew in the distribution, indicating a tendency for lower aggression levels.

The third variable, OCD, reveals a broader spread of scores. The mean OCD score is 15.52, with a median of 18.00. The mode of 19 and the wide standard deviation of 7.832 indicate a diverse range of scores. The OCD variable spans from a minimum score of 0 to a maximum of 30, suggesting a significant variability in the dataset. The skewness of -597 indicates a leftward skew in the distribution of OCD scores, with a concentration towards lower scores.

These correlation findings provide valuable insights into the relationship between Aggression and OCD in the given dataset. The moderate positive correlation suggests that understanding one variable may offer predictive value for the other, highlighting the interconnected nature of psychological variables.

In conclusion, the comprehensive analysis of the dataset offers a nuanced understanding of the distribution and interrelationships among the variables of Age, Aggression, and

OCD. The descriptive statistics provide a detailed portrayal of the central tendency, dispersion, and shape of the distributions for each variable. Age exhibits a relatively tight distribution around the early twenties, while Aggression and OCD display wider ranges, indicating diverse responses within the sample. The correlation analysis, specifically employing Spearman's rank correlation coefficient, uncovers a statistically significant moderate positive correlation between Aggression and OCD. This finding underscores the importance of considering the interplay between psychological variables, offering potential insights for researchers, clinicians, and policymakers. The dataset not only

contributes to the understanding of individual variables but also provides a basis for exploring the complex relationships that exist within the realm of psychological phenomena.

#### IV. CONCLUSION

In conclusion, the exploration of the impact of addiction on adult aggression and obsessive thoughts reveals a complex interplay of psychological factors within the adult population. The statistical overview of the dataset, encompassing 60 valid observations, provides a detailed understanding of the central tendencies and variabilities associated with age, aggression, and obsessive-compulsive disorder (OCD). The identification of multiple modes adds a layer of intricacy, hinting at potential subgroups or distinct patterns within the sample.

Specifically addressing the impact of addiction, the findings indicate a significant correlation between addiction-related aggression and obsessive thoughts in adults. The Spearman's rank correlation coefficient of 0.321, coupled with statistical significance at the 0.05 level (2-tailed), underscores the interconnected nature of these psychological variables. This correlation suggests that heightened aggression due to addiction corresponds with an increase in obsessive thoughts, offering valuable insights into the psychological ramifications of addiction.

These findings carry implications for both research and practical applications. In the research realm, they pave the way for more targeted investigations into the underlying mechanisms and potential subgroups affected by addiction. Clinically, the observed correlation emphasizes the importance of considering both aggression and obsessive thoughts in the assessment and treatment of individuals grappling with addiction. The complex dynamics unveiled in this study highlight the need for a holistic approach in addressing the multifaceted impact of addiction on adult psychological well-being. In essence, this study contributes to the broader understanding of how addiction influences and interacts with aggression and obsessive thoughts in the adult population. As we navigate the complexities of addiction's impact, these insights provide a foundation for further research endeavors and inform the development of more tailored interventions and support systems for individuals dealing with addiction-related psychological challenges.

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