

UOT 159.9

ADDICTION AND FAMILY RELATIONSHIP**Yeliz Ersen Çaylan***Xəzər Universitetinin magistrantı***Orcid:** 0009-0000-8569-6171**E-mail:** *caylanyeliz@gmail.com***Key words:** *addiction, family, ecosystem theory.***Açar sözlər:** *asıllıq, ailə, ekosistem nəzəriyyəsi.***Ключевые слова:** *зависимость, семья, теория экосистем.*

The family, a central institution in society, plays a crucial role in shaping individuals' social identities. Families are made up of individuals who take on specific roles. In its broadest definition, we can define family as the group of people with whom the individual establishes the closest emotional bonds (1). For instance, most experts agree that a healthy family is one in which all members feel safe and secure and each person's needs are met appropriately. Parents model appropriate behaviors so their children can follow suit. Addiction is an increasing social problem that contributes to the destruction of individuals, families, and communities (2).

According to current statistics, most of the groups that develop addiction are young people (3). Substance abuse by one family member can have a devastating effect on the entire family ecosystem since addiction is a family disease. Active substance use has a significant negative emotional and psychological influence on everyone close to the user, including parents, children, and spouses (1). It also frequently destroys interpersonal connections and family roles.

The individual is biological, spiritual, composed of physical components, and comprised of family members, according to ecosystem theory (5). The family system is together with systems part of the micro system that includes such as school, health institutions (1). In order for systems to function in a healthy way, the members of the system must maintain their existence in a healthy way and act together. Evaluated according to the ecosystem approach, addiction is a multifactorial social problem (3). Addiction is also a family disease. Just as the attitudes and behaviors of family members towards the member with a substance problem affect the course of treatment, the relationship of the substance addicted member with the substance affects other members of the family. As a result of this mutual interaction, a system is formed in the family. The existence of this system creates a risk factor for the individual with addiction problem (7).

All family members need to learn about the attitudes and actions that lead to substance abuse in order to cure addiction (3). They also need to work together to establish a new system that includes behaviors and attitudes that support the healing process. For this, family members need to create changes in their communication towards the individual with addiction problem. Instead of criticism, personalization and you-style communication, they need to adopt more constructive I-language and reflective listening approaches (6). Instead of giving advice to the member with a substance use problem, family members should listen carefully and without judgment. The family member should be given the opportunity to explain the

problems he/she is experiencing with the user (1). Family members need to start implementing a treatment-centered program that will prevent substance use. The individual with substance use disorder, who sees that the new system is reliable and supportive for him/her, will begin to see his/her family as a positive source instead of the substance in solving his/her emotional problems (4).

After learning about addiction, families begin to feel many emotions such as disappointment, guilt, helplessness, denial, hopelessness, shame and fear (8). These are common emotions felt by all families. First of all, it is important for families to recognize the concept of 'addiction' and to be informed about the treatment processes. Because with this information, the questions in the families' minds are answered and uncertainties are prevented. At the same time, if one of the family members has a psychological problem that affects the addiction process, it would be beneficial for this person to also receive psychological support (4). For example, depression may occur in a spouse or anxiety disorder in a mother. Or family members may have difficulty controlling their anger. Because addiction is a disease that is affected by and affects the family. It is a common situation for conflict between families and the addicted person to occur as a result of the oppressive attitude within the family and the continuation of the person's addiction (1).

Although family studies are now a major component of many treatment programs, there is still work to be done to broaden the scope of drug addiction therapy to include the entire family as well as the addict. Depending on how the family is set up, the effects of a family member using drugs can differ. For example, addiction experienced by an adult living alone or with a partner is inevitable to have some economic and psychological consequences (9). Partners who don't use drugs frequently give addicts the money they need to buy drugs. Psychological repercussions that spouses of addicts often experience include denial, shielding the addict, persistent anger, worry, anxiety, hopelessness, neglecting one's health, embarrassment, feeling stigmatized, and extreme loneliness (5).

Alternatively, if the addict lives with a spouse (partner) and children, parental substance use can lead to cognitive, behavioral, psychosocial and emotional effects on children (9). Impaired learning ability, drug use susceptibility, adaption issues (such as the high divorce rate, violence, and demand for control in relationships), depression, anxiety, and low self-esteem are a few examples of these. Fetal alcohol spectrum disorder is a risk factor for children whose mothers drink alcohol while they are pregnant (10). Children of drug addicts frequently experience guilt and blame for their parents' addictions. Premature adult obligations, such looking for younger siblings, may fall to older children (5).

If the addicted individual belongs to a mixed family, It can lead to authority disputes between parents, sexual and physical abuse, and self-esteem problems in children (2). Substance abusers are frequently from mixed-race backgrounds. In addition to making difficulties worse, substance abuse can throw off a stepfamily member's ability to integrate into the family and maintain harmony. Substance abuse by stepparents undermines their authority, prevents bonding, and makes it harder for the family to deal with difficult and delicate subjects (10). Children in blended families frequently reside in two different homes, which can lead to misunderstandings or ambiguity about responsibilities and boundaries. It is more likely that children may experience social, emotional, and behavioral issues if effective

communication is not established and regions where conflict is severe do not receive the necessary attention and care.

Addiction can have profound and complex effects on family relationships, often causing long-term issues that can affect the family dynamic in significant ways (11). Understanding the interplay between addiction and family relations is important for addressing the challenges that arise and for seeking appropriate support.

Impact of Addiction on Family Relationships:

1. Trust Issues: Substance abuse can lead to a breakdown in trust between the addicted individual and other family members (6). This may stem from lies about substance use, stealing money to support the habit, or unpredictable behavior.

2. Communication Breakdown: Addiction often leads to poor communication within the family. Family members may feel they are walking on eggshells, unable to talk openly about the addiction or their feelings.

3. Role Reversal: In families with addiction, there can be a shift in roles. For example, children may take on responsibilities that are not age-appropriate, which is sometimes referred to as "parentification" (1). This can disrupt the natural hierarchy within the family.

4. Emotional Strain: Family members may experience a range of emotions, from anger and resentment to fear and sadness. These intense emotions can strain or even sever relationships.

5. Codependency and Enabling: Family members, in their desire to help, can sometimes enable the addiction without realizing it (7). Codependent relationships can develop where the family member's self-esteem and identity become linked to their ability to "help" the addicted individual.

6. Neglect and Abuse: In some cases, addiction can lead to neglect or abuse of family members, particularly children (8). This can cause long-term emotional and psychological damage.

7. Financial Stress: Addiction can lead to financial difficulties, as money may be spent on sustaining the addiction rather than on household needs (11). This can create significant stress within the family.

8. Social Isolation: Families may become isolated due to shame or stigma associated with addiction (3). They may withdraw from social interactions or find that relationships with friends and extended family suffer.

There are various treatment methods for addiction. These methods vary depending on the social and biological situation of the individual. Psychopharmacology, psychotherapy methods, occupational therapy, art therapy and family education programs are some of these. Recovery from addiction is a process that can take time and may involve setbacks. The support of family can be crucial during this time, but family members also need to take steps to heal themselves. Repairing family relationships is often an integral part of the recovery journey for everyone involved. It's important to recognize that every family is different, and what works for one may not work for another; a personalized approach is often best. The Family Education Program is aimed at spouses, parents, and adult children of alcohol or substance users.

1. Seek Professional Help: This can include therapy for the individual with an addiction, as well as for other family members (1). Family therapy can be particularly effective in

addressing the dynamics that contribute to addiction.

2. Support Groups: Groups like Al-Anon and Nar-Anon provide support for families of individuals with addictions (6). They can offer a sense of community and shared experience that is often comforting.

3. Education: Learning about addiction as a disease can help family members understand the complexities of the issue and reduce feelings of blame or anger.

4. Set Boundaries: It's important for family members to set and maintain healthy boundaries to protect themselves from the harmful behaviors associated with addiction.

5. Self-Care: Family members need to take care of their own physical and emotional health in order to be able to support their loved one effectively.

6. Communication: Open and honest communication within the family can be facilitated by a professional and is key to healing (3).

7. Focus on Positive Relationships: Strengthening positive relationships within the family can provide the support needed to deal with the impact of addiction.

8. Intervention: Sometimes, families may choose to stage an intervention to encourage their loved one to seek treatment (10). It should be done carefully and, if possible, with the guidance of a professional.

Relevance of the article. This article is very important as it is an extremely serious condition that is common today in all ages and economic situations and affects every aspect of individuals' lives and relationships.

Scientific novelty of the article. This article provides new understandings and awareness about addiction and its effects on family relationships by providing the infrastructure for the research of modern therapeutic methods such as virtual reality therapy, art therapy, electroconvulsive therapy and advances in psychopharmacology.

Practical significance and application of the article. Practically, the findings discussed in this article and the problems that addicted individuals experience in their close relationships can greatly help optimize the treatment plans of patients and family members struggling with addiction.

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Зависимость и семейные отношения Резюме

Наркомания – сложная и многогранная проблема, которая может оказать глубокое влияние на семейные отношения. Это хроническое заболевание, характеризующееся навязчивым поиском наркотиков, продолжающимся употреблением, несмотря на вредные последствия, и длительными изменениями в мозге.

Когда член семьи борется с зависимостью, это может затронуть всю семейную систему. Вот краткое изложение некоторых ключевых моментов, касающихся зависимости и семейных отношений:

Члены семьи могут непреднамеренно способствовать возникновению зависимости, прикрывая зависимого человека, оказывая финансовую поддержку или отрицая серьезность проблемы. Такое благоприятное поведение может помешать зависимому человеку столкнуться со всеми последствиями своих действий и затруднить выздоровление. Аналогичным образом могут развиваться независимые отношения, когда член семьи ставит потребности наркомана выше своих собственных, часто в ущерб его благополучию.

Члены семьи могут испытывать целый ряд эмоций, включая страх, гнев, вину, стыд и печаль. Дети в семьях, в которых есть родитель-зависимый, могут страдать от эмоционального пренебрежения или жестокого обращения, что приводит к долгосрочным психологическим последствиям.

Выздоровление возможно, и участие семьи может быть важнейшим компонентом плана лечения зависимого человека. Семейная терапия и группы поддержки, такие как Ал-Анон, могут помочь членам семьи понять зависимость, улучшить общение и научиться более здоровым способам справиться с последствиями зависимости.

Членам семьи важно установить здоровые границы, чтобы защитить себя и помочь

зависимому человеку справиться с последствиями своих действий. Установление границ также может помочь восстановить доверие и установить более здоровую динамику внутри семьи.

В целом, зависимость — это болезнь, которая может нанести ущерб семейным отношениям, но при правильном лечении, поддержке и изменениях в семейной динамике выздоровление и исцеление возможны как для человека, страдающего зависимостью, так и для членов его семьи.

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Aşılıq və ailə münasibətləri Xülasə

Asılılıq ailə münasibətlərinə dərin təsir göstərə bilən mürəkkəb və çoxşaxəli bir problem-dir. Kompulsiv narkotik axtarışı, zərərli nəticələrə baxmayaraq davamlı istifadə və beyində uzunmüddətli dəyişikliklərlə xarakterizə olunan xroniki xəstəlikdir.

Bir ailə üzvü narkomaniya ilə mübarizə apardıqda, bütün ailə sistemi təsir edə bilər. Asılılıq və ailə münasibətləri ilə bağlı bəzi əsas məqamların xülasəsi:

Ailə üzvləri, aludəçiliyi ört-basdır etməklə, maddi dəstək verməklə və ya problemin ciddiliyini inkar etməklə, istəmədən asılılığa şərait yarada bilərlər. Bu imkan verən davranış asılılığı olan şəxsin öz hərəkətlərinin tam nəticələri ilə üzləşməsinə mane ola bilər və sağalmasına mane ola bilər. Eynilə, bir ailə üzvü narkomanın ehtiyaclarını öz ehtiyaclarından üstün tutduqda, çox vaxt onların rifahına xələl gətirən qarşılıqlı asılı münasibətlər inkişaf edə bilər.

Ailə üzvləri qorxu, qəzəb, günahkarlıq, utanç və kədər də daxil olmaqla bir sıra duyğularla qarşılaşa bilər. Asılı valideyni olan ailələrdəki uşaqlar uzunmüddətli psixoloji təsirlərə səbəb olan emosional laqeydlik və ya sui-istifadədən əziyyət çəkə bilərlər.

Sağalma mümkündür və ailənin iştirakı asılılıqdan əziyyət çəkən şəxsin müalicə planının mühüm komponenti ola bilər. Al-Anon kimi ailə terapiyası və dəstək qrupları ailə üzvlərinə asılılığı anlamağa, ünsiyyəti yaxşılaşdırmağa və asılılığın təsiri ilə mübarizə aparmağın daha sağlam yollarını öyrənməyə kömək edə bilər.

Ailə üzvlərinin özlərini qorumaq üçün sağlam sərhədlər təyin etmələri və asılılığı olan şəxsə öz hərəkətlərinin nəticələri ilə üzləşməyə kömək etmək vacibdir. Sərhədlərin müəyyən edilməsi həm də inamın bərpasına və ailə daxilində daha sağlam dinamikanın qurulmasına kömək edə bilər.

Bütövlükdə asılılıq ailə münasibətlərinə xələl gətirə bilən bir xəstəlikdir, lakin düzgün müalicə, dəstək və ailə dinamikasında dəyişikliklərlə həm asılılıqdan əziyyət çəkən şəxs, həm də onun ailə üzvləri üçün sağalma və sağalma mümkündür.

Redaksiyaya daxil olub: 23.04.2024