

Study on the Effect of Meaning in Life on the Relapse Tendency of Compulsory Isolation Drug Abstainers

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Abstract: To explore the influence of meaning in life on the relapse tendency in compulsory isolation drug abstainers, the "Chinese meaning in life Questionnaire", "The Source of meaning in life Scale" and "Relapse Tendency Questionnaire" were used. A questionnaire survey was conducted on 156 subjects in Shaoguan Compulsory Isolation Drug Rehabilitation Center. The results showed that: (1) The level of meaning in life in drug abstainers is medium, and the level of relapse tendency is low, but there are large differences among them; in the meaning in life, they pay more attention to relationship harmony and life enjoyment. (2) The self-growth dimension of drug abstainers can significantly positively affect their sense of meaning in life, and the life enjoyment dimension can significantly negatively affect their sense of meaning in life. (3) The relapse tendency of the drug abstainers is affected by their drug use years, concern for society dimension and sense of meaning in life.

Keywords: Compulsory isolation, Drug abstainer, Meaning in life, Relapse tendency.

1. Introduction

Relapse is considered to be the behavior of drug addicts (drug dependents) who re-use the drugs or other drugs they were dependent on before detoxification for various reasons after successful detoxification treatment [1]. In recent years, with the increasing attention paid to the drug problem and the increase in related research from all walks of life, scholars have realized that it is not difficult to detoxify physiologically and overcome withdrawal reactions, but it has not been able to solve the problem of relapse well. Studies have shown that the six-month relapse rate of drug addicts leaving the center is 93.31% [2]. Therefore, preventing relapse and reducing the high relapse rate are the keys to detoxification work. Finding the main reasons that lead to relapse and exploring effective preventive measures are the fundamental ways to improve the success rate of drug rehabilitation, and it is also an important task for drug rehabilitation. Relapse behavior is thought to be the result of a combination of psychological, social, and biological effects. It found that the psychological factor played the most prominent role, and 46.8% of drug abstainers relapsed because of strong addiction, anxiety and emptiness [3].

Meaning-in-life is an individual's perception of the purpose and value of their existence, which refers to "the degree to which people comprehend, understand, or see the meaning of their lives, along with the degree to which they become aware of their purpose, mission, and primary purpose in life", including having a sense of meaning and seeking meaning [4]. Among them, having a sense of meaning refers to the degree to which an individual feels whether his life is meaningful (emphasis on the outcome), while the sense of meaning-seeking refers to the degree of an individual's active search for meaning (emphasis on the process). The meaning-in-life originates from the life events in which the individual acquires meaning in the life experience, the experience of the individual's past learning and the way of life now, and it varies from culture to culture.

Research has confirmed that the feeling of meaning in life

is closely related to the positivity of psychological functions; the lack of meaning in life is highly related to some mental diseases, such as meaninglessness is an important symptom of chronic alcoholism, low self-esteem, depression, self-identity crisis and other diseases, and when the individual feels that life is meaningful, it will enhance the individual's positive emotions, happiness, life satisfaction and hope [5]. Compared with people without suicidal thoughts, people with suicidal thoughts often cannot find the meaning of their "existence". In short, the lack of meaning in life is an important cause of psychopathological problems. Frankel believes that people fill this void with drugs, and that substance addiction is a direct consequence of a sense of meaninglessness in one's life. Many drug addicts in Thompson's (2012) study have families, social circles, good jobs and material conditions, but their subjective feelings are still emptiness, anger, depression and loneliness [6], which is exactly symptoms of existential emptiness that Frankel mentioned. Studies have supported that drug addiction is related to the lack of reason for existence or meaning-in-life [7]. It can be seen that only achieving temporary withdrawal success is not the end of drug treatment and real recovery. Helping drug abstainers to find the direction and meaning in life in the future is the real value of drug treatment, and it is also the key to lasting efficacy. The purpose of this study is to explore the influence among the source of meaning in life, the sense of meaning in life and the tendency to relapse, and to make efforts to reduce the relapse tendency in compulsory isolation detoxification.

2. Methodology

2.1. Research Object

In order to ensure that the subjects can fully understand the content of the questionnaire, the author visited the test site to explain their questions when answering the questionnaire. A total of 156 questionnaires were distributed and 156 were recovered, of which 143 were valid questionnaires (see Table 1).

Table 1. Basic information of 143 subjects

Variable	Classification	Population	Percentage %
Age	20 and below	1	1
	21-30	29	20
	31-40	61	43
	41-50	39	27
	51 and above	13	9
Marital status	unmarried	55	38
	Married	52	36
	divorced	35	24
	widowed	1	1
	other	0	0
Educational level	primary school	39	27
	junior high school	82	57
	high school	20	14
	college	2	1
Years of drug use	0-5	34	24
	6-10	46	32
	11-15	47	33
	16 and above	16	11

2.2. Research Tools

Chinese meaning in life Questionnaire (C-MLQ). The meaning in life Questionnaire (MLQ) was developed by Steger et al. in 2006 [8]. The questionnaire has two dimensions: the experience of meaning in life and the pursuit of meaning in life; each dimension contains 5 Items are scored on a 7-level scale (1=completely disagree, 7=strongly agree); the total score ranges from 10 to 70, with a cutoff of 38 and 51: a score below 38 indicates a low level of meaning in life, and a score of 38 Scores between 51 and 51 indicate that there is no clear meaning in life, and scores above 51 indicate that there is a clear meaning in life. Dai Xiaoyang et al. revised the questionnaire in 2008 and formed the "Chinese Meaning in Life Questionnaire (C-MLQ)" [9]. The test results for Chinese college students show that the a coefficients of the two dimensions of meaning in life experience and meaning in life pursuit are 0.85 and 0.82, respectively, and the retest reliability after 1 week is 0.705.

Source of Meaning in Life Scale. Cheng Mingming revised the Chinese localized Sources of Meaning in Life Scale based on Reker's Sources of Meaning Profile-Revised (SOMP-R). The scale contains 30 items and 5 dimensions, namely concern for society, self-growth, relationship harmony, life enjoyment, and physical and mental health. The a-coefficient of the total scale is 0.94, the split-half reliability coefficient is 0.89, and the test-retest reliability coefficient is 0.84. Test-retest reliability coefficients ranged from 0.78 to 0.86 [10].

Relapse Tendency Questionnaire. In the "Relapse Tendency Questionnaire" compiled by Geng Wenxiu, the subscale of drug addiction willingness measures the subjective relapse tendency of drug abstainers. The total score ranges from 0 to 55. The lower the total score, the lower the relapse tendency, and the higher the total score, the higher the relapse tendency. The a coefficient is 0.86 [11].

3. Results

Data analysis was performed using spss23.0. This study mainly used descriptive statistics and multiple regression analysis methods.

3.1. Descriptive Statistics of Meaning-In-Life and Relapse Tendency of Drug Abstainer

From Table 2, it can be seen that the level of meaning-in-life of drug abstainers is slightly higher than the cut-off value of 51 points, and the degree of dispersion of sense of meaning in life is relatively high. The level of relapse tendency of drug abstainers is at a low level, but the degree of dispersion of scores is high.

Table 2. Mean and variance of meaning in life and relapse tendency of drug abstainers

Project	M	SD	Min	Max
meaning in life	48.16	8.25	28	70
Relapse tendency	12.17	9.12	0	48

3.2. Regression Analysis of Age, Culture, Marriage, Years of Drug Use, Source of Meaning in Life and Breadth of Source of Meaning in Life of Drug Abstainers on Their Sense of Meaning in Life

It can be seen from Table 3 that the most important source of meaning in life for drug abstainers is relationship harmony, and 96.2% of the subjects gave a score greater than or equal to 5 points. The follow dimensions are enjoy life, physical and mental health, self-growth and concern for society. According to the judgment on the importance of the source of meaning in life, the width of the important meaning in life source dimension of drug abstainers is 4.59(the total width is 5).

Table 3. Mean, Variance and Importance of Sources of meaning in life in Drug Rehabilitation Persons

Dimension	M	SD	*%
concern for society	5.81	0.92	86.6
Self growth	6.15	0.94	90
Relationship harmony	6.42	0.85	96.2
Enjoy life	6.42	0.85	94.3
Physical and mental health	6.45	1.05	91.2
The breadth of the source of meaning in life	4.59	1	

3.3. Descriptive Statistics on the Source of Meaning in Life for Drug Abstains

From Table 4, it can be seen that taking the sense of meaning in life of drug abstainers as the dependent variable,

Table 4. The hierarchical stepwise regression analysis process of combined factors on the sense of meaning in life of drug abstainers

Dimension		R2	ΔR2	ΔF	P
Step1	age	0.000	0.000	0.078	0.780
Step2	Culture, marriage and years of drug use	0.011	0.011	0.915	0.434
Step3	The source of meaning in life and the breadth of the source of meaning in life	0.149	0.138	6.422	0.000

It can be seen from Table 5 that the factors with significant predictive effect among the combined factors are self-growth

a hierarchical regression is carried out. The first layer is the age variable, the second layer is the variables such as culture, marriage and drug use years, and the third layer is the source of meaning in life. The breadth of each dimension variable and source of meaning in life. The results showed that the overall explanatory power of the models in the first and second layers failed to reach a significant level. The addition of the dimension variables of the source of meaning in life and the breadth of the source of meaning in life in the third layer explained the difference between the meaning in life and the meaning in life of drug abstainers. The degree of prediction improved significantly, with the three strata explaining a total of 14.9% of the variance.

and life enjoyment, respectively.

Table 5. Coefficient of stratified stepwise regression of combined factors on the meaning in life in drug abstainers

Dimension	Non-standard regression coefficients	Standard regression coefficients	t	P
age	-0.080	-0.086	-1.023	0.307
culture	0.390	0.030	0.475	0.636
marriage	0.724	0.081	1.200	0.231
Years of drug use	0.116	0.084	1.121	0.264
concern for society	0.031	0.030	0.285	0.776
self growth	0.582	0.514	4.219***	0.000
relationship harmony	-0.035	-0.021	-0.189	0.850
enjoy life	-0.869	-0.339	-3.051***	0.003
physical and mental health	-0.145	-0.054	-0.612	0.541
Meaning source width	1.043	0.121	1.004	0.316
age	-0.080	-0.086	-1.023	0.307

3.4. Regression Analysis of Age, Culture, Marriage, Years of Drug Use, Source of Meaning in Life, Breadth of Meaning in Life and Sense of Meaning in Life of Drug Abstainers on Their Relapse Tendency

It can be seen from Table 6 that the relapse tendency of drug abstainers is used as the dependent variable, and the stratified and gradual regression is carried out. The first layer is the age variable, the second layer is the variables such as culture, marriage and drug use years, and the third layer is the source

of meaning in life. The width of each dimension variable and the source of meaning in life, the fourth layer is the sense of meaning in life. The results showed that the overall explanatory power of the models in the first and second layers failed to reach a significant level. The addition of the dimension variables of the source of meaning in life in the third layer and the width of the source of meaning in life and the sense of meaning in life in the fourth layer had a significant impact on drug addiction treatment. The degree of explanation and prediction of people's relapse tendency has been significantly improved, and the four strata can explain 20.5% of the variance.

Table 6. Hierarchical stepwise regression analysis process of combined factors on relapse tendency of drug abstainers

Dimension		R2	ΔR2	ΔF	P
Step1	age	0.000	0.000	0.004	0.949
Step2	Culture, marriage and years of drug use	0.022	0.021	1.786	0.150
Step3	The source of meaning in life and the breadth of the source of meaning in life	0.149	0.127	5.941	0.000
Step4	sense of meaning in life	0.205	0.056	16.637	0.000

It can be seen from Table 7 that the factors that have a significant predictive effect among the combined factors are

the years of drug use, concern for society, and sense of meaning in life.

Table 7. Coefficient of stratified stepwise regression of combined factors on relapse tendency of drug abstiners

Dimension	Non-standard regression coefficients	Standard regression coefficients	t	P
age	-0.006	-0.006	-0.76	0.939
culture	0.176	0.013	0.208	0.836
marriage	-0.951	-0.100	-1.521	0.130
Years of drug use	0.229	0.156	2.145	0.033
concern for society	-0.435	-0.398	-3.910	0.000
self growth	0.009	0.007	0.058	0.954
relationship harmony	0.120	0.068	0.627	0.531
enjoy life	-0.168	-0.062	-0.561	0.576
physical and mental health	0.026	0.009	0.106	0.915
Meaning source width	1.422	0.155	1.324	0.187
sense of meaning in life	-0.273	-0.256	-4.079	0.000

4. Discussion

4.1. The Basic Situation of the Meaning in Life, the Source of the Meaning in Life and the Relapse Tendency of Drug Abstiners

The results shows that the sense of meaning in life of the drug abstiners just exceeded the critical value, reaching a certain level, but the degree of dispersion was high, indicating that further improvement and clarification were needed. The relapse tendency of drug abstiners was at a relatively low level. These may all be attributed to the immediate effects of compulsory isolation detoxification.

The results shows that the importance of the source of meaning in life of the drug abstiners is from high to low: relationship harmony, life enjoyment, physical and mental health, self-growth and concern for society. This shows that they put the relationship harmony in the most important position, which is consistent with the conclusions of other researchers. Research by Prager and Scheffold [12] shows that personal relationships are the most important source of meaning. In Maslow's hierarchy of needs theory, the need for belonging and love is one of the important hierarchy of needs, through which individuals obtain richer meaning in life [13].

In second place is life-enjoyment. Life-enjoyment is an important source of the meaning in life, but excessive pursuit and emphasis on the life-enjoyment will damage the individual's sense of the meaning in life, which may be the reason for the lack of the sense of meaning in life. Therefore, when designing a drug rehabilitation education program, this can be regarded as an important content to carry out education. Self-growth is an important dimension that affects the sense of meaning in life, and drug abstiners ranked it at the bottom of the list, indicating that they do not pay much attention to self-growth, which may be another important reason for their lack of meaning in life. Concern for society is an important factor affecting the relapse tendency of drug abstiners, and drug abstiners put it in the least important position, which can explain the reason for the high relapse rate.

4.2. The Effect of the Source of Meaning in Life on the Sense of Meaning in Life of People Undergoing Compulsory Isolation and Treatment

The results shows that the three strata in the stratified stepwise regression could explain 14.9% of the variation in the meaning in life of the compulsory isolated drug abstiners. The self-growth dimension and life enjoyment dimension have significant predictive effects, among which the self-growth dimension can significantly positively predict the sense of meaning in life, and the life enjoyment dimension can significantly negatively predict the sense of meaning in life.

This is consistent with other studies that "self-growth is believed to be a source of meaning in life that has a significant impact on an individual's sense of meaning in life". Scheffold's study found that an emphasis on self-development can predict the overall sense of meaning in life in cancer patients [14]. Among the factors that source the meaning in life of college students in China, the achievement has the closest relationship with the meaning in life, and its variance explained is 28.086% [15].

The life-enjoyment is an important source of the meaning in life, but excessive pursuit and emphasis on the life-enjoyment will damage the individual's sense of the meaning in life. The importance of life enjoyment of drug abstiners ranks second, which may be the reason for their lack of meaning in life. Scheffold has come up with similar results that an overemphasis on the recognition of personal achievements and the pursuit of material enjoyment will weaken the cancer patient's overall sense of meaning [14]. Lau's research found that intense material cravings were associated with lower life satisfaction, poorer sleep quality and emotional problems, regardless of an individual's financial status. At the same time, religious people have higher life satisfaction than non-religious people because they pay more attention to the pursuit of non-material goals [16]. Therefore, although material satisfaction and life enjoyment are one of the sources of the meaning in life, too much attention and pursuit of economic material will greatly weaken the sense of meaning in life.

4.3. The Effect of Drug Use Years, Source of Meaning in Life and Sense of Meaning in Life on the Relapse Tendency in Drug Abstains

The results show that the four strata in the hierarchical stepwise regression could explain 20.5% of the variance. Among them, the factors with significant predictive effects are the number of years of drug use, concern for society, and sense of meaning in life.

In other words, the longer the drug use period, the higher the tendency to relapse. Other studies have come to similar conclusions. The research of Wang Zengzhen [17] found that the main reasons for relapse were the number of years of drug use and the age of first drug use. The younger you start drug use, the longer your drug use years, the more profound your experience with drugs, and the more serious your dependence will be. Zhang Qi[18] believes that the length of drug use may cause different degrees of damage to the brain, thereby affecting its cognitive behavior. Long-term drug addicts, whose brains are damaged, will lose interest in life to a certain extent and cannot find the meaning in life, which is more likely to lead to relapse.

Concern for society can significantly negatively affect their relapse tendency. The connotation of concern for society is that individuals are willing to dedicate themselves, pay attention to and respect others, and hope to obtain social justice. Studies have shown that altruism and service (helping and caring for vulnerable groups) can provide people with a sense of meaning in life [19]. drug abstiners put concern for society at the bottom of the list, they tend to focus more on their own interests and happiness, and do not consider the feelings of others (including family and friends), so they will act irresponsibly under the concept of hedonic supremacy behaviors (drug use and relapse), even when their family members are devastated by it.

The results show that the meaning in life of drug abstiners can significantly negatively affect their relapse tendency. Frankel believes that when people fail to find the meaning in life, they will fall into a sense of emptiness without meaning in life, and it is easy to fill this emptiness through drugs. Substance addiction is a direct result of the sense of meaninglessness in personal life [20]. There are many addicts who have families, good jobs, material conditions, and social circles, but they still feel empty, lonely, depressed, and angry, exactly what Frankel calls symptoms of existential emptiness. Therefore, it can be considered that the sense of meaning in life is an important factor affecting the relapse tendency and the success of detoxification.

5. Conclusion

Through the research, the following conclusions can be drawn:

The level of meaning in life in compulsory isolation and detoxification patients is medium, and the level of relapse tendency is low, but there are large differences between them; in the meaning in life, they pay more attention to relationship harmony and life enjoyment.

The self-growth dimension of compulsory isolation and detoxification can significantly positively affect their sense of meaning in life, and the life enjoyment dimension can significantly negatively affect their sense of meaning in life.

The relapse tendency of the compulsory isolated drug abstiners is affected by their drug use years, concern for

society dimension and sense of meaning in life.

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