

## Motivation Handbook Outline

### Chapter 16 Addiction and Addictive behavior

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#### Learning Objectives:

- Understanding addiction
- The physical and psychological components of addiction
- The personal effects of addiction
- Recreational drug use versus addictive use
- What are addictive behaviors
- Theories and authors
- What are drive states and cravings
- Tools to coping with addiction

\*Response to comment- I used chatgpt to get a better idea of coherent and synthesized objectives

The goal of this chapter is to better understand and express what addiction is, how it affects day to day life, and the mental and physical components of addictive behavior. Addiction is complex as some are more genetically inclined to addiction while others may be less swiftly overcome by addiction, and we want to express all of these.



Addiction and addictive behavior are two of the most widespread issues in society today. While the effects of addiction may range from mild to severe depending on the substance, the behavior, and the individual, it remains a significant problem that affects many lives, families, and communities. This paper will explore addiction and addictive behavior by defining terms, discussing the physical and psychological aspects, as well as the societal and personal implications.

### **Definition of Addiction and Addictive Behavior:**

**Addiction** is a disorder characterized by compulsive engagement in an activity despite its negative consequences. Addiction may stem from various factors, including genetic, environmental, and psychological factors (APA). Addictive behaviors refer to any pattern of behavior that leads to persistent and recurring negative consequences.

### **Physical and Psychological Aspects of Addiction:**

Addiction stems from changes that occur in the brain when an individual repeatedly engages in an activity or uses a substance. The brain's reward system is altered, leading to cravings and addiction (APA). The physical and psychological aspects of addiction are intertwined and can include a range of symptoms, such as withdrawal, anxiety, and depression.

### **Societal and Personal Implications of Addiction:**

Addiction has profound implications for the individual and society. The societal implications include the cost of addiction treatment, criminal justice costs, and lost productivity at work. In addition, addiction can lead to broken relationships, unemployment, and homelessness.

Personal implications of addiction include physical and emotional health problems, financial challenges, and loss of self-esteem(NIDA). Individuals with addiction may suffer from depression, anxiety, and suicidal tendencies.

[The Neuroscience of Addiction - with Marc Lewis - YouTube](#)

### **Recreational use versus addictive use:**

DSM-V describes the difference between addictive and recreational use, with the main difference being the necessity of use or the continuing of use even after negative effects.

\*Used the DSM-V manual to put in some implications of the difference.\*

### **Theories and their founders:**

**Maslow-** Abraham Maslow founded the **hierarchy of needs** in 1943, this “pyramid” shows the flow and levels of importance to needs(Amethyst). This flow of needs can be tied to addictive behaviors and the cycle of addiction, by basic needs or safety needs not being met, people may find security and temporary happiness in drug use. Although those things are true, sometimes what is necessary to get someone to end are those needs. It is theorized that if you get people that are addicted to achieve or be given basic needs, they may achieve higher needs and feel loved and belonging.

**Central Motives-** Central Motives are the things or emotions that bring things from the inside out. “Goals, like mindset, beliefs, expectations, and self-concept, are sources of internal motives. These cognitive sources of motivation unite and spring us into action.(Positive Psychology)”

**SDT- Self determination theory** is a tie to motivation and can help explain many aspects. Positive psychology states, “self-determination also has a more personal and

psychology-relevant meaning today: the ability or process of making one's own choices and controlling one's own life. Self-determination is a vital piece of psychological wellbeing; as you may expect, people like to feel control of their own lives. In addition to this idea of controlling one's own destiny, the theory of self-determination is relevant to anyone hoping to guide their live more.(positive psychology)" This ties to addiction because if one does not have self determination then they will be less likely to seek help or succeed in quitting, which then leads to the continuing cycle of addiction. Although sometimes the addiction is started from a determined view such as the need for competence and success, so many people use drugs in academics and sports to enhance their ability for major tests or performances. Sometimes we allow ourselves to give in to new things if we feel it will help succeed, so we must explore alternatives to keep people from this addiction.

### **Treatment and Prevention:**

Treatment options for addiction include medication, therapy, and support groups(SAMHSA). Preventive measures include education and awareness campaigns, public policies aimed at curbing drug use, and creating a supportive environment for individuals struggling with addiction(NCADD).

### **Discussion Questions:**

Who is Maslow, and why is he important to this study?

Is addiction tied to how good or bad a person is?

Are genetics more powerful than a person's will?

What is self-determination theory?

Can a child of an addict do the same drugs and not become addicted?

What are central motives?

### **Key Takeaways:**

Addiction can be harmful and even fatal. There are many roots and factors that lead to and sustain addiction such as, environment, genetics, predispositions, and the thought process of each individual. Knowing the theories and ideas such as self-determination and central motives, along

with people like Maslow and his use of the hierarchy of needs, helps get a better reality. These things combined help understand not only what is on the surface in individuals lives, but also the internal and “invisible” factors of addiction.

\*Response to comment- I used chatgpt suggestions to reword and better inform my takeaways and questions above.\*

### **Conclusion:**

Addiction and addictive behavior remain significant societal problems affecting many people globally. While treatment and prevention measures may help manage the problem, it remains a complex issue needing continuous commitment and effort from individuals, families, and communities. Understanding the physical and psychological aspects of addiction may help shape preventive and treatment strategies to address its impact on society and individuals.

### **Source Citations:**

[NIDA.NIH.GOV | National Institute on Drug Abuse \(NIDA\)](https://nida.nih.gov/)

[NCADD < National Council On Alcohol & Drug Dependence of MS \(ncaddms.org\)](https://ncaddms.org/)

[SAMHSA - Substance Abuse and Mental Health Services Administration](https://www.samhsa.gov/)

[APA Search Results](#)

[The Neuroscience of Addiction - with Marc Lewis - YouTube](#)

[Maslow's Hierarchy of Needs in Addiction Treatment - Amethyst Recovery Center](#)

[Self Determination Theory and How It Explains Motivation \(positivepsychology.com\)](#)

[Motivation and What Really Drives Human Behavior \(positivepsychology.com\)](#)

Response to reviewer:

“Use chat gpt to develop your learning objectives, take-aways, and discussion Qs AFTER finishing writing the sections. Make sure to expand on recreational vs. addiction usage behaviors (describe DSM definition and symptoms, etc.) Try finding a few video sources that might align with your content and identifying places where you can include summaries of a few studies to show how some of the concepts are being explored or applied in research”