



## A STUDY TO FIND OUT LEVELS OF LEISURE BOREDOM PRESENT IN INDIVIDUALS WITH HISTORY OF SUBSTANCE ABUSE.

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### ABSTRACT

Restricted Leisure activities are likely to cause feelings of boredom. Individuals who experience high level of leisure boredom may engage in deviant activities such as substance abuse. The aim of this cross sectional study was to estimate the associations between leisure boredom and its relationship with substance abuse. Based on a cross-sectional design study, one hundred patients on admission for de-addiction were recruited from Wisdom De-addiction center Saidapet, and Sumana Goodwill home Guduvanchery, kancheepuram district, participated in this study. All of these patients are between the age ranges of 17-60 years. Alcohol Use Disorder Identification Test and Leisure Boredom questionnaire was administered to the participants. SPSS Version 19.0 was used to analyse data gathered. Findings revealed that highest percentage (44.8%) of patients with history of substance abuse belongs to the age bracket of (26-40) years while the lowest percentage (7.3%) of patients with history of substance abuse comes from the age bracket (>56) years. Further, emerging from this study indicate that there is no significant difference Irrespective of the age, marital status and employment status the boredom levels and alcohol use remains the same. The boredom levels and alcohol use score shows statistical difference among the educated sample. Understanding the individuals with history of substance abuse should be the important focus. Hence, rehabilitation in substance abuse is to encourage abstinence, and then the alcoholic patient must be instructed and guided to organize his time and build up habits of work and leisure which are free of alcohol

**KEY WORDS:** Boredom, Leisure, Substance abuse, Leisure participation



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## INTRODUCTION

Boredom has been conceptualized as a state of under stimulation, under-arousal, lack of momentum, or a lack of psychological involvement associated with dissatisfaction in the task situation<sup>1</sup> leisure boredom is defined as: 'a negative mood or state of mind that reflects a mismatch between optimal experiences that are perceptually available to an individual'. Feelings of leisure boredom can be created by meaningless leisure or multiple constraints. In other words, lack of leisure skills combined with restricted leisure opportunities is likely to cause feelings of boredom in leisure. And this may result in delinquency and drug use during free time<sup>2</sup>. Perceptions of leisure as boredom are associated with negative effects, and can be manifested as beliefs that the available leisure experiences are not sufficiently frequent, involving, exciting, varied or novel<sup>3</sup>. Leisure boredom is a likely consequence of conflicting perceptions of having too much time available with too little to do or having an abundance of time is central to boredom<sup>2</sup>.

### **Leisure, leisure activities, leisure boredom**

Leisure can be regarded as being 'nested' within the domain of free time, as leisure activities usually occur during free time. Leisure has been defined as the purposeful and intentional use of free time to engage in self-selected activities that are meaningful and intrinsically motivating to the individual in that they are enjoyable, fun, refreshing and pleasurable. Leisure is an occupation that enables adolescents to experience freedom, intrinsic motivation and positive affect<sup>4</sup>. Researchers have indicated that participating in leisure activities has significant associations with various physical and psychological conditions. It is indicated that the more time adolescents spend in engaging in leisure activities, the more they feel comfortable and satisfied. Many researchers have suggested that leisure activities are an important factor in coping with stress and<sup>5</sup> indicated that a physical leisure activity, in particular, has a relatively strong positive effect on stress management behaviors.

### **Leisure boredom and alcohol and drug abuse**

American studies have found that leisure boredom is related to detrimental behaviors such as delinquency, extreme sensation activity and alcohol and drug abuse<sup>6</sup>. In regard to alcohol usage,<sup>7</sup> a positive correlation between susceptibility to boredom and both frequency and quantity of alcohol use among female college students. Were reported. For males, he found that only interpersonal forms of boredom (such as boredom with others) were correlated with the quantity of alcohol consumed. In regard to drug abuse,<sup>8</sup> posited that when communities offered limited recreational opportunities, individuals sought to reduce boredom through substance abuse which became a major form of recreational activity. Rancourt examined motivations and expectancies associated with drug and alcohol use. She found that the most important motivation for substance use was the need to relieve boredom by seeking out a stimulating sensation. Changes included improvement in mood, enjoying oneself more and, with alcohol consumption, finding things more pleasurable

.Therefore, it can be inferred from the research that there is a positive relationship between leisure involvement and drinking alcohol, especially among adolescents. While it is true that drinking creates effects that contribute to enjoying oneself, there are often negative consequences as well.<sup>3</sup> concluded from their research that substance abusers were more likely than non-substance abusers to experience leisure as boredom. Leisure boredom seems to be a contributing factor to substance use. Based on this evidence, the primary objective of the present study was to determine the association between leisure boredom and severity of alcohol dependence and its relationship with some of demographic characteristics, like age, marital status, employment and educational status.

## METHODOLOGY

### **STUDY DESIGN**

This is a cross-sectional study of non probability convenience sampling, sample population were of patients with history of substance abuse which were of sample size of 100 patients which was carried out, all the participants were selected following inclusion and exclusion criteria. Individual with history of substance abuse were included while cases of Individual with history of mental illness and mental retardation were excluded

### **INSTRUMENT USED**

SCALE USE: The instruments use included; LSB (Leisure Boredom Scale) and AUDIT (Alcohol Use Disorders Identification Test)

### **LSB (Leisure Boredom Scale)**

To assess perceptions of boredom in leisure, the Leisure Boredom Scale (LBS:<sup>2</sup>, containing 16 items that ask people to indicate how they feel about their leisure time (i.e., nonworking hours), was used. LBS are potentially usable in clinical and applied research involving the examination of leisure dysfunctions such as lethargy, substance abuse, and vandalism. The scale items (e.g., "For me, leisure time just drags on and on; leisure time activities do not excite me") were used on a 5-point scale ranging from strongly disagree (1) to strongly agree (5), with high scores indicating greater leisure boredom. <sup>3</sup>reported alpha reliability on the total scale ranging from .85 to .88.

### **Alcohol Use Disorders Identification Test (AUDIT)**

The AUDIT was developed and evaluated over a period of two decades, and it has been found to provide an accurate measure of risk across gender, age, and cultures. The item content of the AUDIT, which consists of 10 questions about recent alcohol use, alcohol dependence symptoms, and alcohol-related problems. A test retest reliability study indicated high reliability  $r=.86$  for Audit.

### **STUDY PROCEDURE**

A consent form was signed and obtained from the participants. A demographical data form was filled to get some information about the patient's diagnosis, the age, current patient's occupation, marital status, educational status, and other health issue (s). This was used to

determine patients that fall in the inclusion and exclusion criteria. The AUDIT and LBS questionnaire was administered to 100 participants and it took them approximately 25mins to complete either independently or by giving assistance through interview to those that cannot understand English and also find it difficult to read Tamil due to their level of education.

#### DEMOGRAPHIC CHARACTERISTICS OF STUDY PARTICIPANTS

One hundred patients on admission for de-addiction were cross sectionally recruited from Wisdom De-addiction center Saidapet, and Sumana Goodwill home Guduvanchery, kancheepuram district, participated in this study. All of these patients are between the age ranges of 17-60 years. Alcohol Use Disorder Identification Test and Leisure Boredom questionnaire was administered to the participants.

#### Ethical Consideration

This present research was approved by the research team of SRM university College of Occupational Therapy, Kattankulathur, Chennai following thorough analysis and scrutinizing of the relevant paper.

#### DATA ANALYSIS PROCEDURE

The following statistical analysis was done. Descriptive statistical analyses to find out the baseline characteristics (like age, occupation) of sample population. Percentage wise description of data was used to evaluate boredom in individuals with history of substance abuse using leisure boredom scale. Cumulative raw Scoring of responses to each question in Leisure Boredom Scale (LBS) to find out boredom in individuals with history of substance abuse. ANOVA test to find out the comparison between the Leisure Boredom Scale (LBS) and Alcohol use disorders identification test (AUDIT).

## RESULTS

**TABLE 1**  
**DESCRIPTIVE ANALYSIS OF THE AGE OF PATIENTS WITH HISTORY OF SUBSTANCE ABUSE.**

Characteristics	Categories	Frequency	Percent
Age	<=25 YEARS	20	20.8
	26-40YEARS	43	44.8
	41-55YEARS	26	27.1
	>=56 YEARS	7	7.3

**TABLE 2**  
**DESCRIPTIVEANALYSIS OF MARITAL STATUS WITH INDEPENDENT T TEST TO COMPARE ALCOHOL USED DISORDER TEST SCALE AND LEISURE BOREDOM SCALE**

	Marital status	N	Mean	Std. Deviation	T statistic	P value
AUDIT	Married	54	17.7	9.4	-0.428	0.669
	Unmarried	42	18.6	11.8		
LBS	Married	54	50.9	11.3	-0.784	0.435
	Unmarried	42	52.6	9.9		

**TABLE 3**

**DESCRIPTIVE ANALYSIS OF EMPLOYMENT STATUS WITH INDEPENDENT T TEST TO COMPARE ALCOHOL USED DISORDER TEST SCALE AND LEISURE BOREDOM SCALE**

	Employment	N	Mean	Std. Deviation	T statistics	P value
AUDIT	Employed	72	17.8	9.8	-0.476	0.636
	Unemployed	24	19.0	12.6		
LBS	Employed	72	51.7	8.5	0.209	0.835
	Unemployed	24	51.2	15.6		

**TABLE 4**  
**DESCRIPTIVE ANALYSIS OF EDUCATIONAL STATUS WITH INDEPENDENT T TEST TO COMPARE ALCOHOL USED DISORDER TEST SCALE AND LEISURE BOREDOM SCALE**

	Education	N	Mean	Std. Deviation	T statistic	P value
AUDIT	Literate	55	16.5	10.8	-1.729	0.04*
	Illiterate	41	20.2	9.8		
LBS	Literate	55	50.5	12.6	-1.209	0.23
	Illiterate	41	53.1	7.2		

**TABLE 5**  
**ANOVA RESULTS OF THE ASSOCIATION BETWEEN ALCOHOLS**  
**USED DISORDER TEST SCALE AND LEISURE BOREDOM SCALE**

	Categories	N	Mean	Std. Deviation	95% Confidence Interval for Mean		F statistic	P value
					Lower Bound	Upper Bound		
LBS	<=25 YEARS	20	51.6	9.1	47.3	55.8	0.158	0.924
	26 - 40 YEARS	43	51.7	13.2	47.7	55.8		
	41 - 55 YEARS	26	52.1	8.4	48.7	55.5		
	>= 56 YEARS	7	49.0	4.2	45.1	52.9		
AUDIT	<=25 YEARS	20	19.8	10.3	15.0	24.6	0.953	0.418
	26 - 40 YEARS	43	17.3	10.5	14.0	20.5		
	41 - 55 YEARS	26	16.7	10.9	12.3	21.1		
	>= 56 YEARS	7	23.1	9.5	14.4	31.9		

## DISCUSSION

The results of this study evaluate boredom in individuals with history of substance abuse using leisure boredom scale. The past research has found out that the heaviest substance users or addicts tended to be those who scored high on leisure boredom. This research shows the percentage distribution of the patient's age, marital status, employment and education. In table 1. Highest percentage (44.8%) of patients with history of substance abuse belongs to the age bracket of (26-40) years while the lowest percentage (7.3%) of patients with history of substance abuse comes from the age bracket(>56) years. These findings support those of other studies that have emphasized the association between substance abuse and leisure boredom.<sup>2</sup> Recent research has suggested that many young people who report high levels of boredom also tend to have high levels of alcohol and drug abuse. This research work shows that there is no difference between married with mean value (17.7) of AUDIT scale and unmarried individuals with mean value of (18.6) AUDIT scale. LBS mean value also shows that there is no difference between married with mean value (50.9) of LBS scale and unmarried individuals with mean value of (52.6) LBS scale. Irrespective of the marital status, the boredom levels and alcohol use remains the same. This research work explains that there is statistical difference between literate scores with mean value of (16.5) AUDIT scale and illiterate individuals with mean value (20.2). LBS mean value also shows that there is difference between with mean value (50.5) of LBS score and illiterate individuals with mean value of (53.1) LBS score. The boredom levels and alcohol use score shows statistical difference. This research shows that there is no difference between employed score with mean value (17.8) of AUDIT scale and unemployed individuals with mean value of (19.0) AUDIT scale. LBS mean value also shows that there is no difference between employed with mean value (50.7) of LBS scale and unemployed individuals with mean value of (51.2) LBS scale. Irrespective of the employment status, the boredom levels and alcohol use remains the same. One

way ANOVA result shows that there were no significant ( $P>0.418$ ) association in patients with history of addiction, using alcohol used identification scale (AUDIT) and leisure boredom scale ( $P>0.924$ ) among individuals of different age group. Large quantities of alcohol intake will render them vulnerable to depression and suicide. Therefore, Leisure functioning has been identified as an area that is affected by alcohol abuse, alcoholic patients must be instructed and guided to organize time and build up habits of work and leisure which are free of alcohol. This study provides support for the need to understand the importance of leisure. Further research is required to examine intervention that will assist clients to develop meaningful leisure activities.

### Abbreviations

Alcohol Used Dependent Identification Test (AUDIT) and Leisure Boredom Scale (LBS)

## CONCLUSION

The result of this study shows that there is no statistical difference between age, marital status and employment level in the selected sample size, only educated samples makes statistical difference. Therefore, understanding the individuals with history of substance abuse should be the important focus. Hence, rehabilitation in substance abuse is to encourage abstinence, and then the alcoholic patient must be instructed and guided to organize his time and build up habits of work and leisure which are free of alcohol.

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## CONFLICT OF INTEREST

Conflict of interest declared none.

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