

Exploration of Psychodynamics Of Substance Users by Thematic Apperception Test

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Abstract

The Thematic Apperception Test is a technique for the investigation of the dynamics of personality in clinical and non-clinical settings .It has been regarded as the popular assessment tools over the last 75 years In this present study the TAT was administered on 30 substance users namely in four categories: Brown sugar , Buprenorphine , Ganja and alcoholism . All of them were male . Their age range belong to 25-40 . 75% of them were married. Most of them were from lower to middle class socioeconomic status . instructions were given The personality dynamics of addicts - were explored qualitatively by Thematic Apperception Test . It could be assumed that four groups follow a dis pattern . Further research is called for replication of the present.

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Key Words :

Psychodynamics , TAT , Substance User

Introduction :

The Thematic Apperception Test is a technique for the investigation of the dynamics of personality in clinical and non-clinical settings .It has been regarded as the popular assessment tools over the last 75 years , as quoted (Dana , 1996) Dupree & Prevatt , 2003 , Frank , 1948, Handler & Hilsenroth , 1998, Handler Smith , 2013,Keedy & Piotrowski , 1992,Klofer and Taulbee , 1976, Mc Grath & Carroll ,2012,Murstein , (1965),Sanyal and Dasgupta 2017).Blatt (1975) , & Basu (2014) have started that proponents of projective

assessment content that Thematic Apperception Test provide rich idiographic material not only clinically but also as a robust source of research data in scholarly investigations .As Piotrowski (2017) supported in lucid manner that the TAT continues to be used in assessment practice because of the potential richness of the protocol data for personality study - ‘Crenshaw et al (1968) found the TAT to be ranked second in term of investigatory exploration of projective Tests .

Historical Significance :

The TAT was originally described by Morgan Murray in 1935. Since then psychologists & psychiatrists had made an attempt to elicit meaningful responses of subjects to pictures .

These include workers like ‘Libby, who used such a procedure with children in 1908, and finally Schwartz who developed his social situation Test in (1932). as stated by Bellak (1954) None of these forerunners however has attained the popularity of TAT , which at present ranks second only to the Rorschach Test . (bellak, Leopold , 1954).

Belleak (195) has narrated the basic conception of a projective method for diagnosing group properties was developed at the research centre for group dynamics by Horwitz and Cartwright . The technique involves a projective picture test with slightly a modified TAT instruction, was first employed at the National Training Laboratory for Group Development At Bethel Maine , in 1947.


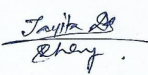
TAT explores the subtle dynamics factors of the personality which would be the subject of investigation only under specific circumstances. TAT is a content test , it measures the dynamics in interpersonal relationship. It examines the ‘ hierarchy of need’ and ‘structure of the compromises between id , ego and superego’. TAT is considered as diagnostic and prognostic tool.

In this present study the TAT was administered on 30 substance users namely in four categories: Brown sugar , Buprenorphine , Ganja and alcoholism . All of them were male . Their age range belong to 25-40 . 75% of them were married. Most of them were from lower to middle class socioeconomic status .

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The Institutional members of Human Development & Research Institute approves the following research paper for publication. Participants are informed during the time of admission that their data would be solely used for treatment and research purpose without disclosing their identity .

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Instruction :

Rapport was established with them . Following instructions were given ‘This is a story –telling test . I have some pictures here that I am going to show you , and for each picture I want you to make up a story . Tell what has happened before and what is happening now . Say what the people are feeling and thinking and how it will come out . You can make up any kind of story you please . Do you understand ? Well then , have 5 minutes to make up a story . See how well you can do ?

Findings:

Brown Sugar Addicts:- Self image is degraded , in all most all the cases . They express need for achievement coupled with need for recognition. Need for aggression is noticed but it is combined with regression and projection. Some how they are able to establish emotional bond and was able to identify with father and mother figure .Ambivalence with pleasure and reality principle is reflected. Separation anxiety and anxiety of loss are evident .Defenses which are prominent are isolation and withdrawal. Most of them try to make happy ending but infantile oral aggression is seen .

Buprenorphine addicts: Analysis of TAT reveals gross apperceptive distortion of the social relations of the social relationships . They are unable to perceive properly the social dynamics. using needles itself imply distorted phallic symbol where aggression is fused with sex Conflict they chiefly show is activity/ passivity .Anxiety is also seen as a flight and orality . Defenses they usually manifest social withdrawal in result depression and stories are of unhappy ending in nature .

Ganja addicts : TAT analysis show addicts have a distorted perception of reality , even they hallucinate .They are unable structure proper stories, phantasies of them are most frequently either those of being invaded by Ganja psychosis or in an impregnation phantasy . They unconsciously and consciously avoid reality and feel castrated and weak . Conflict they manifest are intra /extra aggression. Cognitive distortion along with hidden anxiety are prominent , stories are chiefly ended unhappily.

Alcoholics: TAT reflects non-congenial environment , impaired thinking , divergent energy from work , family and social life in order to drink . Conflict centers around alcoholics is expression of aggression which inhibit them and they recourse to alcohol again . Analysis of further dynamics reveal alcoholics try to sublimate their needs and anxieties through different forms of creation on oral anxiety specially and try to free them for security, then situation become s worsen – then again begin to start to take alcohol. Such circle continues , on some occasion they regress at oral stage . It is perceived by some of them has shown unhappy ending by committing suicide .

Conclusion:

The personality dynamics of 30 addicts were explored qualitatively by Thematic Apperception Test . It could be assumed that four groups follow a dis pattern . Further research is called for replication of the present

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