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The Role of Quality of Life in Predicting Substance Abuse

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Abstract

Objective: Addiction is a physical-mental illness that, due to its progressive nature in all aspects of life, endangers the health of the individual, family, and society. In order to prevent and resolve this destructive phenomenon, it is necessary to provide and implement comprehensive and appropriate programs in rural area. Therefore, the aim of the present study is to determine the predictors of substance abuse of rural immigrants.

Method: The statistical population included all addicted prisoners who migrated from rural to urban areas. Using the cluster sampling method, 360 people were selected as the study sample. Descriptive statistics and logistic regression were used to analyze data.

Result: The results showed that only the quality of life component can predict the drug abuse of migrant rural men and women, while the components of access to facilities, rural management performance, and individual participation, as well as marital status, age, and education cannot predict their substance abuse ($P<0.05$).

Conclusions: According to the results of the present study, since the quality of life is a predictor of substance abuse in migrant villagers, and this problem, in fact, indicates the basic infrastructural problems in preventing the migration of villagers and their substances abuse, related planning and policies in the field of social health are suggested in this regard.

Key words: Substance abuse, Quality of life, Rural Social Sustainability, Migration, Prisoners.

Introduction

Addiction is a physical-mental disease that, due to its progressive nature in all aspects of life, endangers the health of the individual, family, and society (Le Moal & Kooh, 2007). In fact, it is a major individual and social problem that, in addition to its physical and mental effects on the addicts, threatens the health of society as well (Din Mohammadi, Amini, & Yazdankhah, 2008; habibi et al, 2013). Social harm is referred to as the loss of society's ability to organize and maintain the existing order, disruption of the normal functioning of social life, and the creation of structural changes in the economic, social, political, and cultural system (Abdullahi, 2002). Based on different perspectives, researchers have identified several causes and factors for drug addiction; the extensive causes and factors are due to the unlimited scope of this problem (Behbahani, 2016). Although substance use disorder is a global problem, researchers believe that solutions to this problem are different based on the conditions of each region, persons at risk and risk factors (Lancet, 2012; Quoted from Azarmehr & Ahmadi, 2019). One of these factors is out-migration from rural areas. One of these factors is out-migration from rural areas. The widespread migration of young and active rural workforces to the cities, in addition to creating the ground for poor manpower in rural areas, provides social harms such as drug addiction, which itself causes many problems (Hajjarian &

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Ghanbari, 2013). In general, drug addiction is one of the major social problems in recent years among the rural immigrant population (Nowruzi, 2010).

The out-migration of youth is a major social phenomenon in both industrialized and developing countries. This movement in the industrialized countries gradually began in the seventeenth century, reached its peak in the early twentieth century, and since then it stayed constant; however, in developing countries, due to developmental programs in rural and urban areas, rural-urban migration is still continuing (Vosoughi, 2005). In recent years, rural migration has led to the destruction of many villages and, in many cases, to the scarcity of skilled and young labor force, which ultimately leads to the destruction of rural construction. Studies have shown that migration to cities causes many problems such as preparing appropriate housing, paying rents, access to urban facilities, unemployment, lack of income, creating subcultures of opposing cultures, etc. (Nowruz, 2010). However, immigrants are forced to marginalize and, due to the lack of expertise to perform appropriate and industrial work, turn to unsuitable occupations such as buying and selling drugs, which paves the way for dangerous work and crimes (Sam Aram et al., 2008).

In order to prevent and solve this destructive phenomenon, which causes the inefficiency of human manpower and challenges the future of social development and is necessary for sustainable rural development, comprehensive programs should be prepared and implemented in accordance with the rural environment. In the process of sustainable development, the role of "social sustainability" in achieving the goals of rural development is very important. The term social sustainability has been formally considered as the factor of improving living conditions in society (Nastaran, 2013). Social sustainability in rural areas includes achieving a healthy life by meeting the basic needs of rural communities with an emphasis on quality of life and achieving the highest level of life satisfaction along with maintaining environmental quality and considering economic systems (Fathi, 2011). The social goals of sustainable development are explained in subjects such as equal opportunities (within and between generations), empowerment, improving the quality of life, dignity and human rights, poverty alleviation, cultural diversity, social solidarity, social participation, and capacity building (Pourtaheri, 2009).

So far, a wide range of concepts related to social sustainability, such as sustainable communities, social resilience, social development, social capacity and welfare, social deprivation, and social capital, have been developed, which is as the result of changing attitudes towards the concept of development, in general, and rural development, in particular (Baron, 2002). Mckenzie (2004), while defining social sustainability as a positive condition in society and the process by which those conditions can be achieved, enumerated the characteristics that are considered as indicators of social sustainability, such as equality of access to key services (health, education, transportation, housing, and leisure), intergenerational equality, broad political participation, a sense of belonging to the society, and the existence of a system of cultural relations in which the positive aspects of other cultures are valued and respected. Weingaertner and Moberg (2011) consider social sustainability as a set of indicators such as accessibility (employment, open space and local services), social capital, health and well-being, social cohesion, fair distribution of employment and income, local participation, cultural heritage, education, housing and stability of society, communication and movement, social justice, sense of location, and belonging. Clantonio (2008) also considers social sustainability as a combination of traditional social principles (basic needs such as housing and health), employment, education, justice and social equality, and concepts such as happiness, well-being, and quality of life.

Gonzalez-Garcia et al. (2018) in a study, evaluated

the sustainability of 26 Spanish cities according to environmental, social, and economic indicators and pointed to some factors such as unemployment and crime rates, as well as lack of resources and services in social indicators. Dempsey, Brown, and Bramely (2012) in a study aimed at finding the keys of sustainable urban development in UK cities concluded that there is a significant relationship between housing density and sustainable social aspects, in that the higher the housing density is, the lower the level of social stability will be. In Iran, in recent decades, the country's rural population has declined sharply due to the impact of rural migration and the transformation of parts of rural centers into cities. Thus, the condition of social sustainability, which is one of its basic components in welfare, and population stability and quality of life, is inappropriate in rural areas of the country (Pourtaheri, 2011).

In addition to the characteristics of rural social sustainability that affect rural migration, there are some other factors that can also play major role in this issue. For example, Meznaric and Knap have developed a systematic model consisting of some variables. These variables are area development, family size, parents' education, dependence on the place of birth, type of homesickness, level of individual's education, knowledge about the destination before returning to the origin, knowledge about the destination after returning from the destination, marital status, place of residence in the destination before returning to the origin, motivation to return to the origin, duration of staying at the destination, and demographic factors of gender and age (Lahsaeizadeh, 1989). Also, according to Todaro (quoted by Goodarzi, 2008), migration is mostly a reaction to the expected income difference in urban and rural areas. For him, employment has an impact on migration, so he has combined employment and income factors. Some studies have shown that age, education, marriage, employment, and income are significantly associated with rural migration (Rostamalizadeh, Ardehani & Rostami, 2013; Goodarzi, 2008; Shams Al-Dini & Gorjian, 2010), while some studies have shown that age, education and marriage are not related to rural migration (Razavizadeh, 2007). As it can be seen, previous studies showed contradictions in this regard. Studies have also showed that there were few studies to examine these variables in terms of gender.

Therefore, due to the wide range of social dimensions of this concept and the existing contradictions, more research is felt in this field. On the other hand, all specialists and addiction experts believe that addiction and substance abuse is one of the most obvious biological-psychological-social problems (Valipour, 2009), which is followed by many problems for both the individual and society; therefore, more detailed studies, especially in the field of rural migration, are necessary in this area. So this study was conducted with the aim of investigating the indicators of social sustainability development in rural areas and to survey the predictors of substance abuse by rural migrants. The present study addresses the basic question of whether indicators of rural social sustainability development, including access to facilities, quality of life, rural management performance, and participation of individuals, as well as individual-family characteristics, such as education, age, and marital status of men and women, can predict substance abuse among immigrant villagers.

Method

Ethical statement

In the present study, for ethical considerations, the subjects' satisfaction was obtained and those who were interested in participating in the research were included in the study. The anonymity of the questionnaires was also one of the factors to observe moral security in the research, and all prisoners were assured that their information would be kept confidential and would not be given to any person or center. In the end, it was stated that participating

in this research would not change the administrative and legal process of prisoners.

Participants and Procedure

The method of the present study was descriptive-comparative. The statistical population included all rural prisoners who migrated to the city and were addicted to drugs and were in prisons across the country at the end of April 2017. A stratified sampling method was used to determine the number of samples, and prisoners who have migrated from rural areas to cities and have become addicted and were staying in prison were identified. Using Cochran's formula, 360 people were selected as the sample. After estimating the sample size, the cluster sampling method was used and according to the number of addicted prisoners in the country's prisons, a total of 121 prisons were selected according to the number of samples in the proportion of the prison cluster.

Measures

Data collection methods can be divided into two categories: Library and field methods. The library method was used to collect theoretical information about the research literature and a researcher-made questionnaire was used to review previous studies related to the model and benefit from them. Questionnaire is the most common technique used in a survey. The first part of the questionnaire was related to the demographic information of the participants. The second part of the questionnaire was related to the study of items related to the four main factors of sustainable social development of villages with the aim of investigating drug abuse. In order to determine the operational indicators in the present study, first, the general indicators of social capital, institutional capital and the capacity building was extracted by studying various sources and reviewing the relevant specialized texts, and among them, the indicators that were more similar and overlapping were combined, and finally, the indicators that were more applicable to the issue of sustainable development were selected for using in the present study; these variables include "access to resources and facilities", "quality of the living environment", "rural management performance" and "the degree of individual's participation".

Each part of these sections was considered as a general indicator, and according to specific details and operational indicators, various items were defined for them and they were given to drug offenders in prisons. The questionnaire has 4 sections and 26 items including access to facilities (items 1-9), quality of life (items 15-10), village management (items 16-18), and individual participation (items 19-26), which are scored based on a 5-point Likert scale. The obtained data were analyzed using significance tests, and the level of each indicator was evaluated and finally, the average of all of them in each dimension of sustainable social development was identified. Each of these indicators has been compared through various items in the questionnaire.

In order to validate the content of the questionnaire and the concepts and items, first the questionnaire was given to 27 participants in the statistical community and according to their opinions, inappropriate items were removed. After removing the weak items, internal consistency was calculated through Cronbach's alpha for the whole questionnaire and an acceptable value were obtained ($\alpha = 0.81$). In order to confirm the final questionnaire, the experts' opinions were used.

Results

Statistical analysis

The research data were analyzed by SPSS software version 23. Descriptive statistical methods, including mean and standard deviation, and inferential statistics, including logistic regression, were used to analyze the research data.

The demographic information of the participants is shown in Table 1.

Table 1. Demographic characteristics of the participants

age	frequency	percent
16-23	16	4/4
24-40	189	52/5
Over 40	155	43/05
Education		
Illiterate	17	4/7
Elementary	57	15/83
Secondary	103	28/61
High school	121	33/61
Diploma	47	13/05
Post diploma	15	4/16
Marital status		
Married	285	79/16
Single	61	16/94
Divorced	12	3/33
Widow	2	0/55

Descriptive information of the variables of the present study (mean and standard deviation) are presented in Table 2.

component of access to facilities is 34 (3.46), the quality of life is 18.66 (1.52), the rural management is 11 (1.1), and the individuals' participation is 24.66 (0.05) 3).

The logistic regression method was used to examine inferential statistics. This statistical method is used to determine the share of variables entered in the model in explaining the variance of the studied variable and predicting group membership. The first test in logistic regression analysis is the model fit test. This test shows whether the model in question is sufficiently able to predict. This test provides an indicator of the agreement between the observed results and the predicted results. But a good model is good if the p-value is more than 0.05.

Based on logistic analysis (P = 0.487, df = 7, x2 = 6.46), the results show that the model has a good fit in respect to chi-square and significance level. This model shows whether an independent variable has a significant contribution in explaining the model in general or not, but it does not specify whether the independent variable in question can distinguish between two groups (for example, between men

Table 2. Descriptive indicators of sustainable social components of villages

variable	group	mean	SD	maximum	minimum
Access to facilities	Female	30	3/18	30	27
	Male	34	3/46	38	32
Quality of Life	Female	15	2/11	20	13
	Male	18/66	1/52	20	17
Rural management	Female	9	1/3	12	8
	Male	11	1/1	12	10
Individuals' Participation	Female	24	1/9	28	22
	Male	24/66	3.05	28	22

As can be seen in Table 2, in the group of women, the mean (standard deviation) of the component of access to facilities is 30 (3.18), quality of life is 15 (2.11), the rural management is 9 (1.3), and the individuals' participation is 24 (1.9). Also in the group of men, mean (standard deviation) of the

and women). In logistic regression, to obtain this data, the logistic coefficients are computed and their significance is tested.

Table 3 shows the coefficients of the logistic (parameter estimates) and the significance of these coefficients for predicting the overweight group

Table 3. Estimation of parameters and their significance in the group of rural immigrant women with substance abuse compared to rural immigrant men with substance abuse

Variable	B	S.E	Wald	EXP(B)	sig
Access to facilities	0/041	0/059	0/19	1/04	0/66
Quality of life	-0/333	0/162	4/23	0/717	0/04
Rural management	0/182	0/203	0/805	1/19	0/37
Individuals' participation	0/101	0/122	0/653	1/1	0/4
education	0/031	0/207	0/022	1/03	0/88
Marital status	0/141	0/444	0/101	1/15	0/75
Age	0/116	0/599	0/043	1/12	0/83
Constant value	-3/71	5/13	0/523	0/024	0/47

compared to the normal weight group.

As can be seen in Table 3, the logistic coefficients of the components of access to facilities (P = 0.041, B =0.6), quality of life (P=-0.33, B=0.04), rural management (P=0.182, B=0.37), and individual's participation (P = 0.1, B = 0.4) have been obtained. which the only significant component is quality of life. Also the results for individual-family variables, age (P = 0.116, B = 0.83), education (P =-.031, B = 0.88), and marital status (P=0.141, B=0.75), were found insignificant.

Therefore, according to the values of EXP (B) and the value of B of each of the mentioned variables and provided that the other predictor variables remain constant, it can be concluded that with a one-unit increase in the quality of life, the chance of membership in the group of the rural immigrant men increases up to 0.77 times. Table 4 shows the observed frequency distribution and the predicted frequency with the percentage of diagnosis.

As Table 4 shows, the percentage of diagnostic accuracy of the model among the group of rural immigrant men with drug abuse is 93.5, and the percentage of accuracy of diagnosis in the group of rural immigrant women with substance abuse is 15.1. In total, the diagnosis power of the model is about 65.8%. In other words, if a person is a member of one of these two groups, it is likely that 65.8% of these variables correctly predict his/her position.

Table 4. The observed frequency distribution and the predicted frequency with the sample detection percentage

Observed Frequency Distribution and Predicted Frequency				
Diagnosis / reality		**predicted**		Percentage of
men		women		diagnosis
observed	Men	126	14	93/5
	women	102	18	15/1
Total Percentage				65/8

Discussion and conclusion

The aim of this study was to investigate the

predictors of substance abuse in rural migrants. In this study, indicators of social sustainability in rural areas, including access to facilities, quality of life, rural management performance, and individual's participation, as well as demographic characteristics, such as age, education, and marital status, as the predictors of substance abuse among rural immigrant women and men were examined. The results of the present study showed that only the quality of life component is contributed in substance abuse of immigrant rural men.

In explaining the results, it can be said that based on the study literature, access to facilities affects the drug abuse by rural migrants (McKenzie, 2004; Wingtener & Mebergeria, 2011; Gonzalezgarzia et al., 2018; Navabakhsh et al., 2013) so that deficiency in this section can be one of the reasons for the out-migration of these people to cities, and accordingly, one of the consequences is the tendency to drug abuse. Also, the rural management performance, as another indicator of social sustainability, affects the drug abuse of rural migrants, and the participation of people in rural seminars and proper management of recreation centers can prevent rural migration and drug abuse by them.

Social participation is also one of the indicators of rural social sustainability. According to some studies, low social participation has a negative effect on social health (Simi, 2017; Navabakhsh et al., 2013), and people with low social health are not able to cope with the challenges of social life and the criminal attitude is more visible in them (Amini Rarani, 2011). However, according to the results of the present study, there is no difference between these indicators among rural immigrant men and women, and these factors can be equally effective in rural women and men migration. This study also showed that the age, education, and marital status of men and women do not predict the substance abuse of rural migrants. These results are consistent with some research (Razavizadeh, 2007) and inconsistent with some others (Rostamalizadeh, Ardehani & Rostami, 2013; Goodarzi, 2008; Shams al-Dini & Gorjian, 2010). For example, the results of Razavizadeh's research (2007) showed that age, education, and marital status have no effect on people's attitudes toward out-migration. In contrast, gender is influential in attitudes toward rural life. Women's attitude toward rural life is better than men's. In other words, rural women have a positive attitude towards rural life and this type of life is acceptable to them. On the other hand, according to the study background, among individual-family factors, having a job and more income is more evident compared to other components. Shams al-Dini and Gorjian (2010), for example, stated in a study that 80% of immigrants from rural to urban areas migrate to seek jobs and more income, which is more significant in men compared to women, and since this factor has not been investigated in the present study, it may have influenced the role of other components, thus, these results require prospective studies.

Therefore, according to the results of the present study, the important point in this regard is the component of quality of life, which can play a special effect on immigrant rural men and women. The difference in this component between immigrant rural men and women can be explained both in terms of social indicators and individual indicators. According to the study literature, the most social instability is related to the quality of life index (Colantonio, 2008; Barzegar et al., 2010). On the other hand, according to the study of Rann (2005), in a society with social stability, the people benefit from quality of life. The results of a study by Rostamalizadeh and Ardahei (2017) demonstrated 70.3% of villagers who left their homes showed low quality of life. This percentage is 45% for an average quality of life and 24.7% for a high quality of life.

On the other hand, it is expected that people with a good job, more income, a personal house, good marriage, and good education must have a high level of quality of life. But considering the quality of life dimensions as part of the main factors of

rural attraction and repulsion, it becomes clear that the level of quality of life, in other words, people's attitudes toward life satisfaction, are dominant over those factors. Also, according to the study literature, quality of life is related to spatial dependence and spatial identity, and these factors themselves play important role in an individual's migration, and people who tend to migrate have a lower sense of belonging (Boon, 2018).

Long, Faught, and Johnson (2012) in a study also showed that local community satisfaction and belonging to it plays an important role in sustaining people in their village. Thus, according to the above mentioned, it can be concluded that the quality of life component is more effective than other factors in rural social instability. According to some studies, women's attitudes are different from men's in this regard because women feel to have a higher quality of life. Therefore, based on the results of the present study, it can be said that one of the main differences between rural immigrant men and women with substance abuse is the quality of life of these people. In general, according to Barron and Gauntlett (2003), social sustainability occurs when processes, systems, structures, and relationships actively support current capacities and future generations in order to improve and sustain the sustainability of society. When a stable social society is equal and diverse it is allied with democratic relations and provides a good quality of life. On the other hand, social development strategies are aimed at improving the quality of human life and consider meeting human needs. Therefore, social development strategies, welfare needs, cultural and psychological requirements, the need for adaptability, and the need for growth and development are considered as the main human needs in the society (Nastaran, 2013). Finally, the goal of social sustainability can be considered as improving living conditions to achieve the highest level of quality of life (Ancell & Thompson-Fawcett).

Overall, the results of the analysis of social sustainability indicators showed that factors such as the instability of quality of life has the largest part in the social instability of rural areas. According to the research findings, however, it is not possible to reach the appropriate result just through individual research; in addition, it had certain limitations in terms of the preliminary nature of these features. Therefore, it is suggested that similar research be carried out at the level of each province and the results are announced to the governments for the necessary measures. Creating adequate infrastructure in health and medical facilities in rural areas can reduce migration to urban areas. The support of the authorities for the Islamic councils of the village and the village councils leads to the participation of the villagers and their trust in the trustees, and as a result, their good cooperation and self-help. Also, in policy-making for social sustainability of rural areas, it is suggested to pay attention to the factors that increase the quality of life of villagers.

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