

# Psychological Wellbeing among Substance Abusers and Non-abusers from Kashmir

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**Abstract**—The present study was aimed at exploring psychological wellbeing among substance abusers and non-abusers. The sample comprised of 100 substance abusers and a control group of 100 non abusers selected purposively from the Anantnag and Srinagar Districts of Jammu and Kashmir and the data was analyzed with the help of SPSS and AMOS software packages. Ryff's Scale of Psychological Well-being (1989) was used for assessment of various domains of psychological wellbeing. Apart from descriptive statistics, 't' test was used to study the significant difference between the two sample sub groups of substance abusers and non-abusers. Results revealed that in case of Autonomy 14.5% of participants scored low, 70% scored average and 15.5% scored high; in Environmental Mastery 12% scored low, 73.5% scored average and 14.5% scored high; In Personal Growth 19% scored low, 64.5% scored average and 16.5% scored high; In Positive Relations 18.5% scored low, 59.5% scored average and 22% scored high; In Purpose 16.5% scored low, 66% scored average and 17.5% scored high and in Self-Acceptance 14.5% scored low, 70% scored average and 15.5% scored high. Results of the t-test revealed that, the t – value in case of Autonomy ( $t = 2.76^*$ ,  $p < 0.05$ ) is significant, a comparison of means revealed that abusers score higher on autonomy than non-abusers.

**Keywords:** Psychological wellbeing, Substance Abusers, Non-Abusers.