

Effectiveness of Motivational Enhancement Therapy on Coping strategies and Life satisfaction among adult with substance abuse

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ABSTRACT

Substance abuse is a complex phenomenon, which has various social, cultural, biological, geographical, historical and economic aspects. Substance abuse refers to a set of related conditions associated with the consumption of mind- and behaviour-altering substances that have negative behavioural and health outcomes. Coping strategies are techniques that people use to deal with the stress that they experience in their daily life. These strategies can vary greatly in their effectiveness. Substance abuse is one of the major areas of concern in adolescent and young people's behavior. It is estimated that, in India, by the time most boys reach the ninth grade, about 50 percent of them have tried at least one of the substances of abuse nature.

Objectives: 1. To evaluate the effectiveness of motivational enhancement therapy on coping strategies and life satisfaction among the patient with substance abuse. 2. To correlate level of the coping strategies and life satisfaction among the patient with substance abuse. 3. To associate post-test level of the coping strategies and life satisfaction among the patient with substance abuse.

Methods: The study was conducted using a Pre experimental design - One group pre-test post-test design. The tool used in this study was Coping Scale Hamby, Grych, & Banyard and Satisfaction with life scale. Purposive sampling technique was used to select the patient with substance abuse. The data was organized, tabulated and analysed according to the objectives. Descriptive statistics allows the researcher to organize the data and to examine the quantum of information and inferential statistics is used to determine the relationship.

Results: In coping strategies pre-test substance abuse patients, majority of them had Inadequate coping 50 (83.3%) and few substance abuse patients had moderately adequate coping is 10 (16.7%). In post-test substance abuse patients, majority of them had moderately adequate coping 40 (66.7%), 15 (25%) had Adequate coping and few substance abuse patients had Inadequate coping 5 (8.3%) respectively and in pre-test substance abuse patients, majority of them had Dissatisfied 35 (58.3%), 15 (25%) had extremely dissatisfied and few substance abuse patients had slightly dissatisfied is 10 (16.7%). In post-test substance abuse patients, majority of them had Satisfied 29 (48.3%), 25 (41.7%) had slightly satisfied and few substance abuse patients had Neutral level 6 (10%) respectively.

Conclusion: The study concludes that the coping strategies and life satisfaction among the patient with substance abuse is improved by given the motivational enhancement therapy program. Implementing the motivational enhancement therapy program or education to the patient with substance abuse will be helpful for them to fulfil their needs in motivating themselves, developing cognitive, emotional, social and self-management skills for any adjustments in their life.

Key words: Patient with substance abuse, Coping strategies, Life satisfaction, Motivational Enhancement Therapy

INTRODUCTION

Substance abuse is a complex phenomenon, which has various social, cultural, biological, geographical, historical and economic aspects. The disintegration of the old joint family system, absence of parental love and care in modern families where both parents are working, decline of old religious and moral values etc. lead to a rise in the number of drug addicts who take drugs to escape hard realities of life.

Substance abuse refers to a set of related conditions associated with the consumption of mind- and behaviour-altering substances that have negative behavioural and health outcomes. Social attitudes and political and legal responses to the consumption of alcohol and illicit drugs make substance abuse one of the most complex public health issues. In addition to the considerable health implications, substance abuse has been a flashpoint in the criminal justice system and a major focal point in discussions about social values: people argue over whether substance abuse is a disease with genetic and biological foundations or a matter of personal choice. Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems. These problems include teenage pregnancy, Human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS), other sexually transmitted diseases (STDs), Domestic violence, Child abuse, Motor vehicle crashes, Physical fights, Crime, Homicide and Suicide. **(Healthy People 2020)**

Coping strategies are techniques that people use to deal with the stress that they experience in their daily life. These strategies can vary greatly in their effectiveness. Negative coping techniques can make life harder in the long term. There are hundreds of different possible coping strategies. It is possible to classify them into three categories including Cognitive, Behavioral and Emotional. **(AlcoholRehab2020)**

Substance abuse is typically considered the use of substances, such as alcohol or drugs, in ways that harmfully affect life functioning. Life satisfaction is defined as the cognitive evaluation that people make about the overall quality of their lives or the quality of specific domains within their lives e.g. family, friends, school and the cognitive component of subjective well-being. Life satisfaction seems to be a particularly important aspect in mitigating problem behaviour in youth and integral to the science of positive psychology which focuses on identifying strengths and the building of them as buffers against the development of psychopathological problems. Life satisfaction is often measured by scores to indicate people's happiness or unhappiness. In general, positive evaluations of life satisfaction are linked with happiness and the achievement of the 'good life', whereas negative evaluations of life satisfaction are associated with depression and unhappiness. **(Mahadzirah Mohamad et al. 2018)**

Motivational Enhancement Therapy (MET) is an approach that helps individuals deal with their fluctuation about undergoing treatment and stopping their drug use. This therapy aims to stimulate rapid and internally motivated change, not by guiding the patient stepwise process through the recovery pathway. Those who hold in self-destructive behaviors may often be uncertain or have little motivation to change such behaviors, regardless of acknowledging the negative impact of said behaviors on health, family life, or social functioning. This therapy consists of an initial assessment session, followed by two to four individual treatment sessions with a therapist. A therapist trained in MET can often help an individual to feel their behavior more objectively, and through MET, an individual may become authorized to begin the process of change. Motivational enhancement therapy is a direct, person-centered approach to therapy that focuses on refining an individual's motivation to change. Help individuals to overcome their fluctuation or struggle to change behavior. It is to increase inbred motivation by raising awareness of a problem, adjusting any self-defeating thoughts regarding the problem, and increasing confidence in one's ability to change. To encourage a person and to make self-motivating statements those display a clear understanding of the problem and a resolve to change. **(Shantha Seelan. G. 2019)**

Need for the study

Substances and other opioid use are reported in 2.1% of the country's population, with heroin use being highest at 1.14% percent followed by pharmaceutical opioids at 0.96% and opium at 0.52%. Regarding the pattern of use, dependent use is the highest among users. The prevalence of opioid use in India is three times the global

average. Alcohol is the most common substance used followed by cannabis and opioids. The prevalence of alcohol use is 4.6%, with male: female ratio being 17:1, followed by cannabis at 2.8% and opioids at 2.1%. Coming to harmful and dependent use, 19% of alcohol users use it in dependent pattern, whereas 0.25% of cannabis users use it in dependent pattern. (Om Prakash Singh. 2020)

Motivational enhancement therapy would be imparted for 7 consecutive days with each session lasting for about 30 - 45 minutes. The intervention model was validated by four external specialists for their own opinions on finding the activities that sorted out the different steps: Introduction to Group and Exploration of Lifestyles, The Stages of Change, Awareness: The Good Things and Not-So-Good Things, Looking Forward, Decisional Balance: Pros and Cons of Changing and Staying the Same, Exploring Values, Supporting Self-Efficacy: Change Success Stories and Exploring Strengths and Planning for Change and the Role of Importance, Confidence, and Desire for Change are used. After every session a group conversation was incorporated to obtain feedback about for a week, these activities were taught and discussed with the patient with substance abuse. After intervention and Post-test was conducted and assessed the level of coping strategies and life satisfaction among the patient with substance abuse. Though many studies are conducted in the coping strategies and life satisfaction among the patient with substance abuse, the researcher could not find any valid study to the effectiveness of motivational enhancement therapy on coping strategies and life satisfaction among the patient with substance abuse. Hence, the researcher felt the need to assess the effectiveness of motivational enhancement therapy on coping strategies and life satisfaction among the patient with substance abuse in selected de addiction centre in India.

Methods: This study was conducted to assess the effectiveness of Motivational Enhancement Therapy on coping strategies and life satisfaction among patient with substance abuse in selected de-addiction center in India. The Pre experimental design - One group pre-test post-test design study was conducted among 60 the patient with substance abuse who was de addiction center. The nature and purpose of the study was explained to the patient with substance abuse, purposive sampling technique used to select the samples. Individual consent both verbal and written was obtained from the patient with substance abuse. The participant information sheet was provided, and written consent was obtained from the patient with substance abuse. Demographic variables were collected using Interview schedule. Pre- test assessment of the level of coping strategies and life satisfaction among the patient with substance abuse was done. motivational enhancement therapy was imparted for 7 consecutive days with each session lasting for about 30-45 minutes. After intervention and Post-test was conducted and assessed the level of coping strategies and life satisfaction among the patient with substance abuse. The collected data were computerized and analyzed using SPSS version 25. The analysis was done using Frequency, Percentage; Paired 't', Pearson correlation r test and Chi-square test.

Table 2: Frequency and percentage wise distribution of Pre and post - test level of coping strategies among substance abuse patients. (N = 60)

Level of coping strategies among substance abuse patients.	Pretest		Post test	
	Frequency (N)	Percentage (%)	Frequency (N)	Percentage (%)
Inadequate coping	50	83.3	5	8.3
Moderately adequate coping	10	16.7	40	66.7
Adequate coping	0	0	15	25

Table-2 Frequency and percentage wise distribution of Pre and post - test level of coping strategies among substance abuse patients. In pre-test substance abuse patients, majority of them had Inadequate coping 50 (83.3%) and few substance abuse patients had moderately adequate coping is 10 (16.7%). In post-test substance abuse patients, majority of them had moderately adequate coping 40 (66.7%), 15 (25%) had Adequate coping and few substance abuse patients had Inadequate coping 5 (8.3%) respectively.

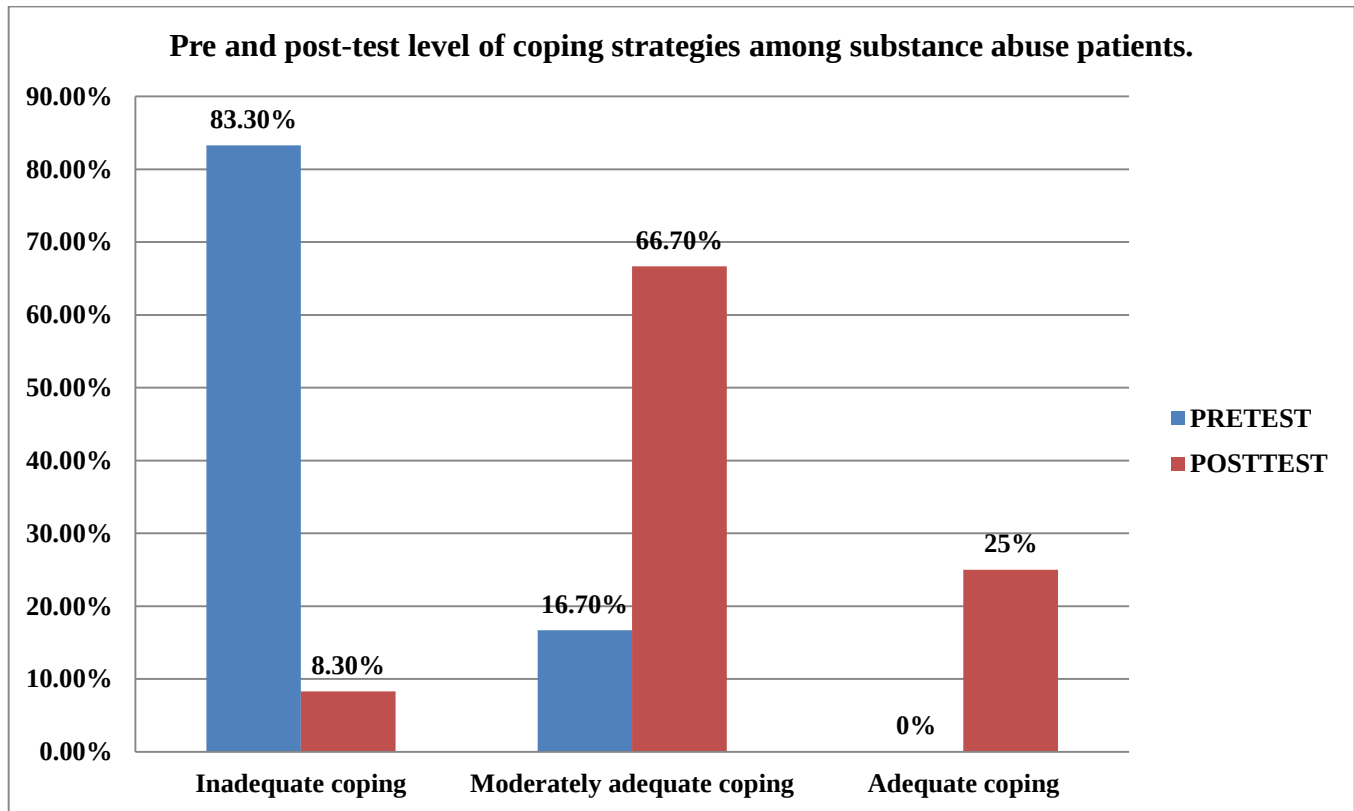


Fig:1 Frequency and percentage wise distribution of Pre and post - test level of coping strategies among substance abuse patients.

Table 3: Frequency and percentage wise distribution of Pre and post - test level of life satisfaction among substance abuse patients.
(N = 60)

Level of life satisfaction among substance abuse patients.	Pre test		Post test	
	Frequency (N)	Percentage (%)	Frequency (N)	Percentage (%)
Extremely dissatisfied	15	25	0	0
Dissatisfied	35	58.3	0	0
Slightly dissatisfied	10	16.7	0	0
Neutral	0	0	6	10
Slightly satisfied	0	0	25	41.7
Satisfied	0	0	29	48.3
Extremely satisfied	0	0	0	0

Table-3 Frequency and percentage wise distribution of Pre and post - test level of life satisfaction among substance abuse patients. In pre-test substance abuse patients, majority of them had Dissatisfied 35 (58.3%), 15 (25%) had extremely dissatisfied and few substance abuse patients had slightly dissatisfied is 10 (16.7%). In post-test substance abuse patients, majority of them had Satisfied 29 (48.3%), 25 (41.7%) had slightly satisfied and few substance abuse patients had Neutral level 6 (10%) respectively.

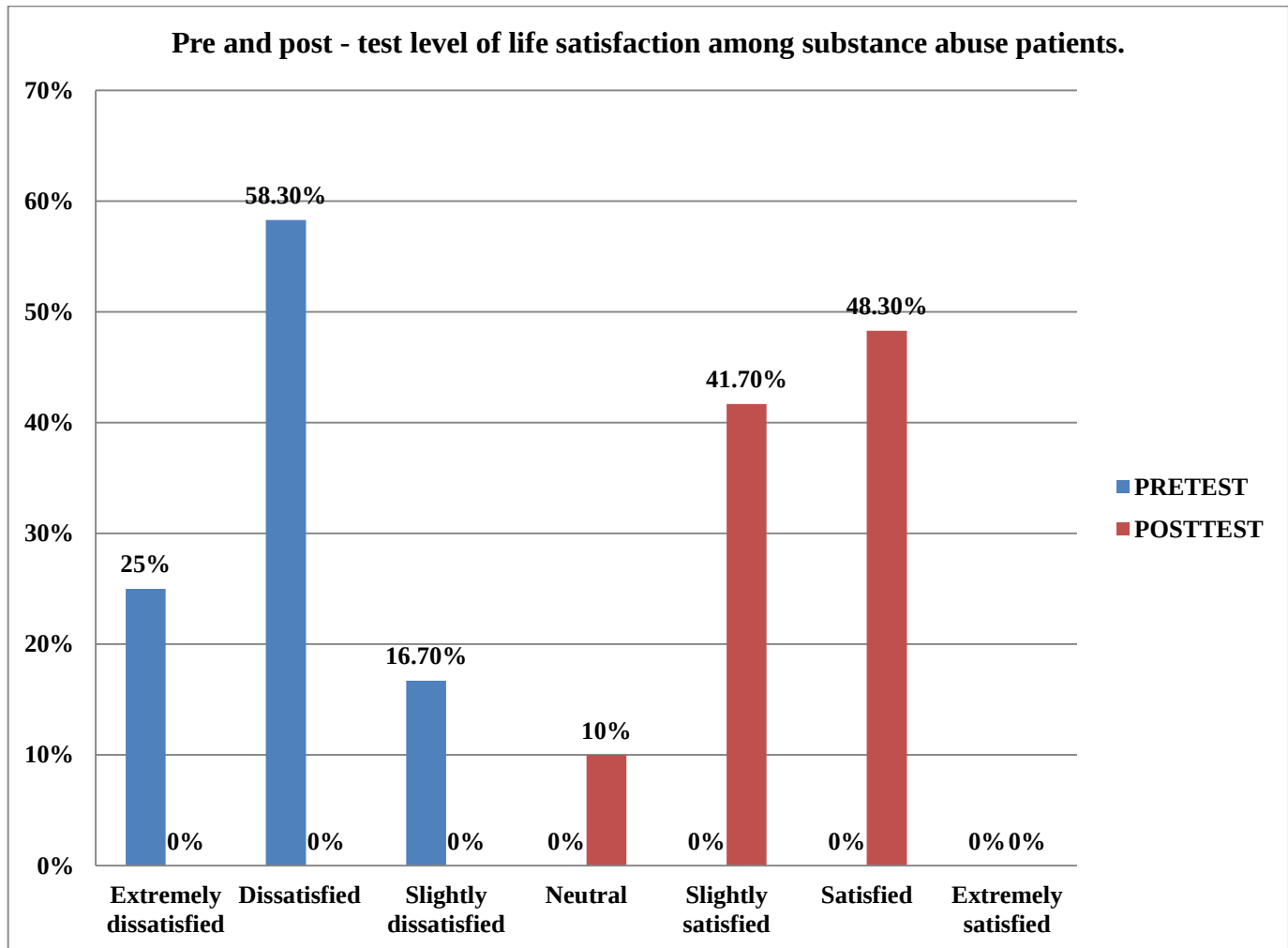


Fig: 2 Frequency and percentage wise distribution of Pre and post - test level of life satisfaction among substance abuse patients.

Table 4: Comparison of the Pre-test and post-test coping strategies and life satisfaction among substance abuse patients. (N=60)

Effectiveness of Motivational Enhancement Therapy	TEST	MEAN	STANDARD DEVIATON	MEAN DIFFERENCE	't' VALUE	df	'p' VALUE
Coping strategies	Pre-test	13.13	5.222	-20.73	-25.61	59	0.001**
	Post-test	33.87	9.258				
Life satisfaction	Pre-test	11.58	3.529	-13.50	-24.72	59	0.001**
	Post-test	25.08	3.201				

**** -p < 0.001 highly significant**

Table -4 shows that, the mean score of Effectiveness of motivational enhancement therapy on coping strategies in the pre-test was 13.13 ± 5.222 and the mean score in the post- test was 33.87 ± 9.258 . The calculated paired 't' test value of $t = -20.73$ shows statistically highly significant difference between Comparison of the Pre-test and post-test coping strategies among substance abuse patients respectively.

The mean score of Effectiveness of motivational enhancement therapy on life satisfaction in the pre-test was 11.58 ± 3.529 and the mean score in the post- test 1 was 25.08 ± 3.201 . The calculated paired 't' test value of $t =$

24.72 shows statistically highly significant difference between Comparison of the Pre-test and post-test life satisfaction among substance abuse patients respectively.

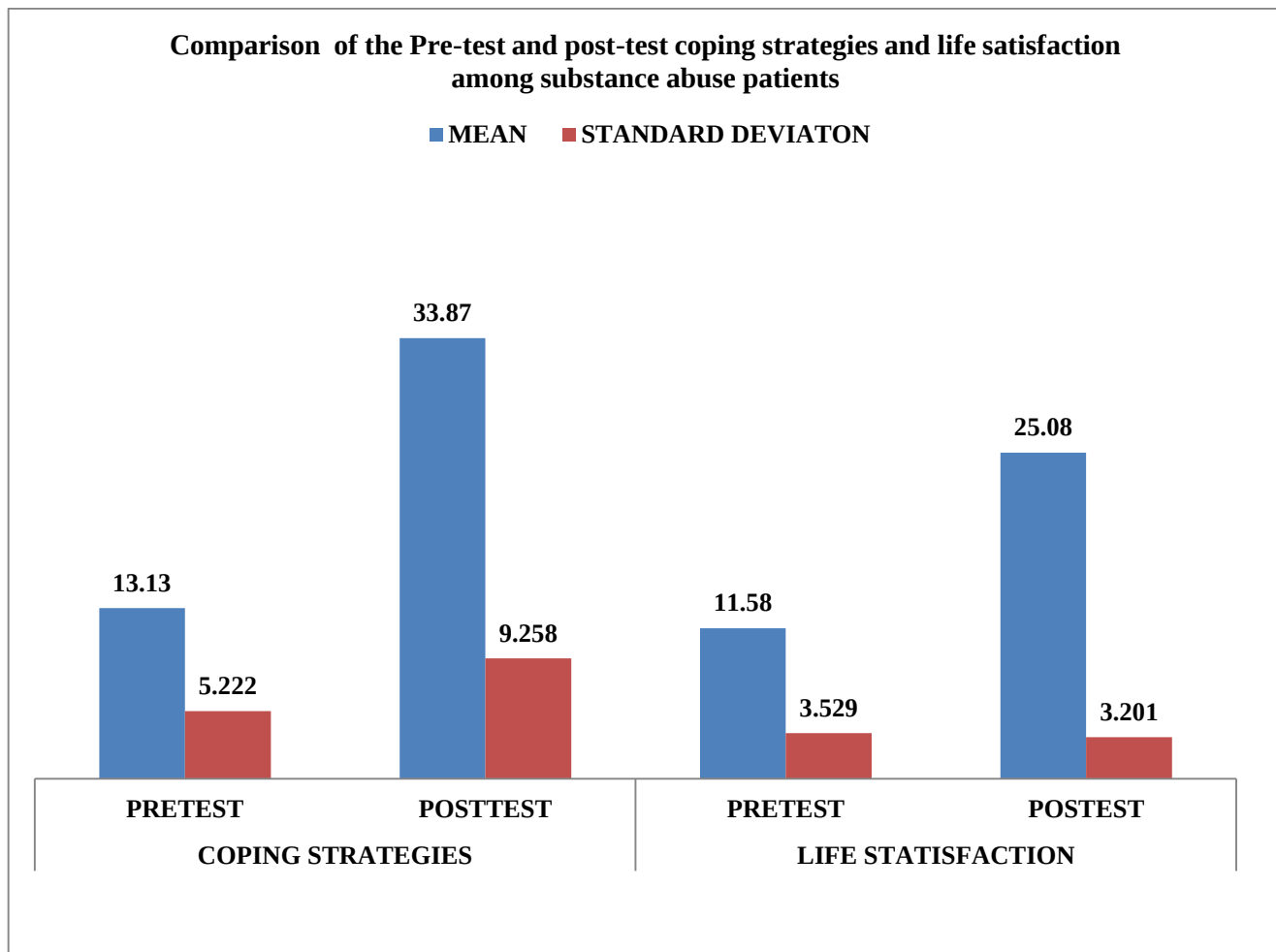


Fig: 3 Mean and standard deviation Pre-test and post-test coping strategies and life satisfaction among substance abuse patients

Table 5: Correlation between the coping strategies and life satisfaction among substance abuse patients. (N=60)

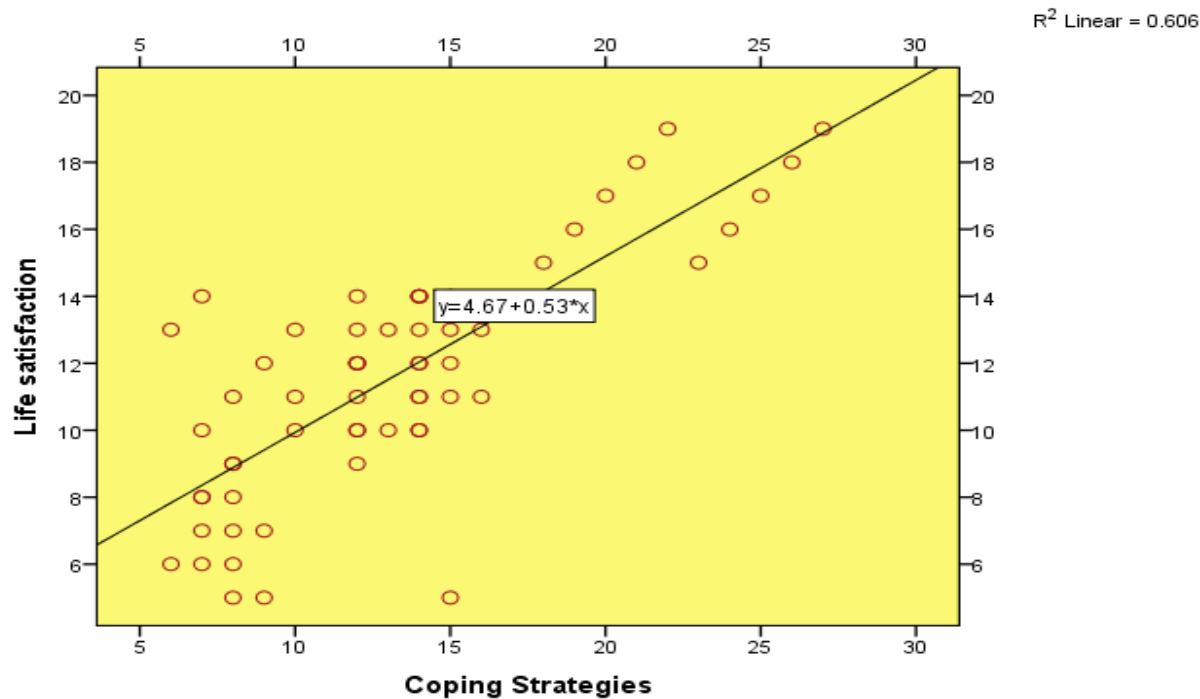
Correlation between the coping strategies and life satisfaction	MEAN	STANDARD DEVIATON	'r' VALUE	'p' VALUE
Coping strategies	13.13	5.222	0.778	0.001**
Life satisfaction	11.58	3.529		

**** -p < 0.001 highly significant**

Table 5 - shows Correlation between the coping strategies and life satisfaction among substance abuse patients. In mean and standard deviation of coping strategies and life satisfaction is (13.13 ± 5.222) and (11.58 ± 3.529). Correlation between the coping strategies and life satisfaction indicates the positive correlation and shows the results pearson correlation r- value is (0.778), p-value is (p=0.001) are statistically highly significant.

Fig: 4 scatter diagram shows Correlation between the coping strategies and life satisfaction among substance abuse patients.(Positive correlation).

Correlation between the coping strategies and life satisfaction among substance abuse patients



The demographic variables Age (in years), religion, educational status, Occupational status, Income, Residence, Type of family, since how long are you consuming substance abuse, whether you had undergone any treatment previously and Leisure activity had shown statistically significant association between posttest level of the coping strategies among substance abuse patients with chi-square value of $p < 0.001$ level respectively. And the demographic variables Age (in years), religion, educational status, Occupational status, Income, Residence, Type of family, since how long are you consuming substance abuse, whether you had undergone any treatment previously and Leisure activity had shown statistically significant association between posttest level of the life satisfaction among substance abuse patients with chi-square value of $p < 0.001$ level respectively. Hence H_2 is There will be a significant association between the post- test levels of coping strategies and life satisfaction with their selected demographic variable was accepted and null hypothesis was rejected.

Implications:

The investigator has drawn the following implications from the study that are concerned vital for

- Nursing practice
- Nursing education
- Nursing administration
- Nursing research

Implications for nursing practice

- The nurse must understand the techniques to improve coping strategies and life satisfaction among the patient with substance abuse.
- The nurse can train to administer motivational enhancement therapy to improve coping strategies and life satisfaction among the patient with substance abuse.

- Nursing personnel can incorporate with the motivational enhancement therapy Nursing Intervention to improve the coping strategies and life satisfaction among the patient with substance abuse.

Implications for nursing education

- Continuing nursing education programme is the key components to update and improve the knowledge of all nursing personnel regarding to improve the coping strategies and life satisfaction among the patient with substance abuse using motivational enhancement therapy.
- Nurse educators should orient the student nurses towards various forms of intervention such as motivational enhancement therapy program to improve coping strategies and life satisfaction.

Implications for nursing administration

- With technological advances and ever-growing challenges of health care means, the administrator have a responsibility to arrange nurses with substantive containing educational opportunities motivational enhancement therapy program to improve the coping strategies and life satisfaction.
- The nurse administrators can motivate, supervise and take initiative to implement the life motivational enhancement therapy program to improve coping strategies and life satisfaction.
- Administrators in nursing should practice and take part in recommending motivational enhancement therapy programs to improve coping strategies and life satisfaction.
- The nurse administrator enables the nurse to update their knowledge in the latest innovations to motivational enhancement therapy programs to improve coping strategies and life satisfaction.

Implications of nursing research

- This study can be a baseline for future studies to build upon and motivate the investigator to conduct future studies among improving coping strategies and life satisfaction among the patient with substance abuse.
- The study would help to expand the scientific body of professional knowledge from which further research can be conducted byimproving coping strategies and life satisfaction.
- The study can be done with a large sample of the patient with substance abuse.
- The nurse educator should motivate the clinical nurses and community health nurses to apply research findings and can bring innovation like motivational enhancement therapy program to improve the coping strategies and life satisfaction by conducting Nursing research.

CONCLUSION

The present study to assess the effectiveness of motivational enhancement therapy on coping strategies and life satisfaction among the patient with substance abuse in selected de addiction center in India. The level of the coping strategies and life satisfaction among the patient with substance abuse by Coping Scale Hamby, Grych, & Banyard, and Satisfaction with life scale. The study concludes that the coping strategies and life satisfaction among the patient with substance abuse is improved by given the motivational enhancement therapy program. Implementing the motivational enhancement therapy program or education to the patient with substance abuse will be helpful for them to fulfil their needs in motivating themselves, developing cognitive, emotional, social and self-management skills for any adjustments in their life. Motivational enhancement therapy education will bring changes in the attitude and behaviour of the patient with substance abuse with supportive environment needed for them.

Conflict of Interest: The researchers did not have a conflict of interest with anyone, either individuals or institutions.

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