

Impact Of Substance Use On Daily Activities And Self-Efficacy In Individuals Undergoing Rehabilitation

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Abstract

Background: Substance Use Disorders (SUDs) significantly impair physical, psychological, and social functioning. Daily activity performance and self-efficacy are critical determinants of recovery outcomes.

Objective: To examine the impact of substance use on daily activities and self-efficacy among individuals with SUD.

Methods: A cross-sectional observational study was conducted among 103 individuals diagnosed with SUD in a rehabilitation center in Tiruchirappalli, Tamil Nadu. The Katz Index of ADL and General Self-Efficacy Scale were used.

Results: 53.4% demonstrated full independence, 43.7% moderate impairment, and 2.9% severe impairment. Self-efficacy was moderate in 76.7%, low in 14.6%, and high in 8.7%. Chi-square analysis revealed significant association ($\chi^2 = 9.983, p = .029$).

Conclusion: Substance use adversely affects daily functioning and psychological confidence. Integrated rehabilitation with occupational therapy is essential.

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I. Introduction

Substance Use Disorder (SUD) is a chronic relapsing condition characterized by compulsive substance use despite harmful consequences. Chronic use disrupts cognitive functioning, emotional regulation, and daily occupational roles. Self-efficacy, defined by Bandura, refers to belief in one's ability to manage life challenges and plays a key role in recovery.

II. Methods

A quantitative cross-sectional design was adopted. Participants aged 18–65 years diagnosed with SUD (DSM-5 criteria) were selected using convenience sampling. The Katz Index assessed daily functioning and the General Self-Efficacy Scale measured psychological confidence. Data were analyzed using descriptive statistics, Spearman correlation, and Chi-square tests.

III. Results

More than half of participants (53.4%) were fully independent in ADL, while 43.7% showed moderate impairment. Moderate self-efficacy was most common (76.7%). Spearman correlation was weak and non-significant ($\rho = 0.114, p = .253$). However, Chi-square showed significant association between ADL and self-efficacy levels ($\chi^2 = 9.983, p = .029$).

IV. Discussion

Findings suggest substance use impacts both functional independence and psychological confidence. While many maintained independence, moderate impairment was common. Higher self-efficacy was associated with better functional outcomes, emphasizing the need for integrated occupational therapy approaches addressing both skill retraining and psychological empowerment.

V. Conclusion

Substance use significantly affects daily activities and self-efficacy. Rehabilitation must extend beyond detoxification to include structured ADL retraining and self-efficacy enhancement. Occupational therapy plays a critical role in restoring independence and promoting sustainable recovery.

Implications for Occupational Therapy

- ADL retraining and habit re-establishment
- Structured daily routine development

- Motivational interviewing
- Confidence-building graded tasks
- Social and vocational reintegration programs

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