Comparison of Coping Strategies, Perfectionism and Self-Efficacy in Individuals with Substance Use Disorder and Normal Individuals

Ranjbar, N. F.[1], Alilo, M. M.[2], Asadi, M. S.[3], Ghodraty, Y.[4], Najar M. S. M.[5]

Abstract

Aim: The aim of the present study was to compare the coping strategies, perfectionism (positive and negative) and self-efficacy in individuals with substance use disorder and normal individuals. **Method:** In this casual-comparative study, 200 persons (100 individuals with substance use disorder and 100 normal individuals) were selected by cluster random sampling. The groups were matched with consideration of demographic characteristics (age, gender, marital status and education) and they completed the Lazarus and Folkman coping strategies inventory (1984), Terry-Short perfectionism scale (1995) and Schwartz and Jerusalem general self-efficacy questionnaire (1981). **Results:** Findings of the study showed that the two groups had significant differences on subscales of coping strategies namely: avoidance, self-control, responsibility, avoidance-escape and problem solving. In addition, substance abuse group had also lower scores on the positive perfectionism in comparison of normal group. A significant difference on the level of self-efficacy was observed between the two groups, in this regard, self-efficacy in normal group was more than substance abuse group. C**onclusion:** The selection of improper coping style, unrealistic and excessive expectations about the abilities and low levels of self-efficacy are factors that can lead to more substance abuse and finally addiction.

Keywords: Coping Strategy, Perfectionism, Self-Efficacy, Substance Use

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1. Author-in-chief: Board Member of Psychology Department, Payame Noor University. E-mail Address: ranjbar_psy@yahoo.com
2. Professor of Psychology Department, Tabriz University
3. Ph.D. Student of Psychology, Urmia University
4. M.A Student of Psychology, Islamic Azad University, Tonekabon Branch
5. B.A of Psychology

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