



## The Impact of Drug Addiction on Family Relationships and Daily Living Practices

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**Abstract:** Drug addiction not only affects an individual, but it has now become a critical social and public health issue that has consequences for families as well as routine functioning in society. Addiction ravages families, erodes emotional bonds, and leads to financial, social and psychological strains. The present study focused on exploring how drug addiction affects families, including the socio-economic and emotional effects, as well as coping and recovering mechanisms used by families. The particular domains were family interactions, daily routines, economic well-being, psychological distress and coping strategies. A quantitative research design was applied and data were collected through a structured questionnaire from 384 respondents. Sample size was calculated using Cochran's formula and data were analyzed using descriptive and inferential statistics. The findings showed that drug addiction greatly increases family conflict, decreases trust, and hinders communication and emotional bonding. Affecting everyday practices including personal routines, financial management, hygiene and performance at work or school. Family members faced severe psychological stress, and coping strategies included obtaining emotional support from family members and professional counseling as well as getting involved with the community, although low access to counselor service and government assistance persisted. Their research provides a compelling argument for the adoption of comprehensive approaches that include family-based support systems, rehabilitation frameworks, awareness-driven programs, and bolstered social services to counter the adverse effects of drug addiction and improve recovery pathways.

**Keywords:** Drug Addiction, Family Relationships, Daily Living Practices, Coping Mechanisms, Rehabilitation.

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## 1. INTRODUCTION

Drug addiction has become a global public health and social problem that affects not only the individual but also their families and society. It is a long-term and relapsing disorder characterized by compulsive drug-seeking and use despite harm (NURZAMANA *et al.*, 2025). Substance abuse has

been an emerging issue lately, a pressing challenge in developing countries with unemployment, social issues, and healthcare challenges (Vaswani, 2023). Mothers, wives and children of the drug addicts suffer losing their loved ones who become a burden whether physically or financially (Swanepoel *et al.*, 2022). Familial roles are paramount in shaping an

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individual's behavior and ongoing character, including emotional wellness. But when there is a drug addict in the family, it affects all systems of the family (Leshner, 2022). Drug dependency generally result in broken relationships, mistrust, bad communication and heightened disputes among family members (Qiu, 2025). Such families face common emotional experiences including distress, anxiety and depression. Family harmony and cohesion becomes weaker due to behavioral changes in the addicted person like aggression, irresponsibility and social withdrawal (Wang *et al.*, 2024). As a result, the family enacting their development tasks in a supportive environment must be greatly diminished. Beyond the impact on interpersonal relationships, drug addiction's consequences can also have great significance in terms of regular living practices (Andron *et al.*, 2025). Routine functions, such as maintaining household chores and bills, meals and sleep schedules are often compromised. Families struggling with addiction often find themselves in financial ruin because drugs are expensive and the person with the dependency is unable to work or be productive (Capó *et al.*, 2025). Additionally, other household members may struggle to keep up with work or studies due to emotional stress and added caregiving duties. Such disruptions not only affect quality of life, but also impact the social fabric at the family level (Ali, 2023). Drug addiction not only affects the family but also has implications for social interactions and community involvement (Kulkarni, 2024). An individual, thus, cannot determine their fate and is born to a drug-addicted family where they face stigma and are even marginalized by others. This marginalization can compound the difficulties these families face, and make it harder to recover and rehabilitate (Mardani *et al.*, 2023). For gap they represent, the experiences of families dealing with drug addiction are often invisible in research and policy discussions that tend to center addicted people themselves (Sumarni & Darmawan, 2024). In view of the shape mentioned, a systematic and empirical approach to drug addiction will be necessary to reflect on how it can have an impact on family ties and daily practices (Sobotka, 2025). On the other hand, conducting a quantitative study to quantify how far they go, in what way do they impact this also facilitates the exploration of evidence-based implications for policy formulae and intervention (Oliveira *et al.*, 2024). As you learn more about addiction and its impacts on families and daily routines, this knowledge can help create a holistic approach in terms of support systems, including counseling, rehabilitation programs, and community-based interventions (Earnshaw *et al.*, 2025).

Thus, the objective of this study is to explore the effects of drug addiction on family relations and quotidian practices by focusing on relevant variables

including communication, emotional bonding, financial stability, and daily activities. This Court makes available to the family level as a whole the findings that this research will create, allows it to intersect with existing bodies of knowledge and impact among various practical dimensions: according to each policy maker, health professional (be they public funders or private hospitalists), social worker.

## 2. LITERATURE REVIEW

Substance use disorder (SUD) or drug addiction is acknowledged as a complex bio psychosocial phenomenon and has substantial ramifications, not only for the individual but also for his or her environment, particularly family systems (Belfiore *et al.*, 2024). The existing literature documents how addiction is not only an individual problem but a "family disease" that creates disruption to emotional, social and functional family life (Carter Priest, 2025). As the primary socialization unit, the family often suffers the direst consequences of addictive behaviors. A great deal of research suggests that drug addiction adversely affects family relationships. Studies by (J. Ólafsdóttir *et al.*, 2021) have shown that substance abuse affects marriage in a number of negative ways including increasing conflict, decreasing relationship satisfaction, as well as increasing the likelihood that couples will separate or divorce. Fundamentally, family relationships depend on trust but it's decimated by dishonest behaviors related with addiction like hiding drug use or financial mismanagement. Research by (Begun *et al.*, 2020), stated that family members of those with addiction often experience high levels of personal stress as well, such as depression, anxiety and helplessness. Compounding these emotional weight, dysfunctional communication patterns emerge where support that encourages discussion is replaced with arguments and blame or silence. Similarly, (Sata, 2024) noted that stress from addiction disrupts family cohesion and produces an atmosphere of instability and insecurity. And children of households touched by drug addiction are at even greater risk. Research indicates that children in such environments have heightened susceptibility to neglect, emotional abuse and adverse developmental outcomes (Malick, 2024). Lack of a stable environment can cause psychological and behavioral issues down the line, creating a generational cycle of dysfunction.

The daily functioning of families is significantly disrupted by drug addiction. (Strathearn *et al.*, 2020) observed that families struggling with addiction often had difficulty maintaining normal activities, including preparing meals, managing the home, and performing parenting duties. The erratic behavior of the addicted individual makes it difficult

to maintain a solid and structured home life. Another key impact identified in the literature is financial instability. The unemployment income loss, productivity decline, and increased spending on drugs put strain on family resources due to substance abuse (Onigu-Otite *et al.*, 2024). The cost of living can strain resources on essential services like education and healthcare, while limiting the ability to access basic necessities like food. Additionally, (Rahimi & Shooli, 2024) studied the impact of addiction on families highlighting how both physical and mental health practices are affected within them. The addicted folk and their families often have sleep issues, bad eating habits and poor personal hygiene (Markoulakis *et al.*, 2023). All these accumulative effects of filling our attentional resources to a much higher extent contribute strongly to the decline in overall well-being and life satisfaction. The psychosocial effects of drug addiction on families are also well documented. Family members frequently face stigma and social exclusion because of community stigmas regarding addiction (J. M. Ólafsdóttir, 2020). There is a stigma that prevents families from helping themselves to services for support, so they do not seek help and their own problems can intensify. Addicts often exhibit behavioral changes such as aggression, impulsivity and withdrawal that complicate family dynamics further. Research shows that these behaviors make domestic violence and unsafe living conditions more likely (Monari *et al.*, 2024). As a result, family members may resort to maladaptive coping strategies such as avoidance, denial or enabling behaviors that sustain the addiction cycle in their household - just like what we saw with my mother (Friedrich *et al.*, 2023).

Despite the negative consequences, families tend to adopt coping mechanisms for dealing with addiction's impact. (Kaynak *et al.*, 2024) stress and coping theory is well positioned to describe family adjustment in the context of such crises. Some families develop problem-focused coping strategies, like getting professional help or going to rehabilitation programs; others use emotion-focused strategies, such as religious practices or normal social supports. Studies by (Tari-Keresztes *et al.*, 2024) conducted several studies that led to the Stress-Strain-Coping-Support (SSCS) model, demonstrating how family members be challenged from addiction-poetry stress (stress by 1st action), strain and coping. The provision of counseling services, community programs and peer support groups have been shown to markedly strengthen both family resilience and recovery outcomes (Jones *et al.*, 2024). While studies exist that report on the effects of drug addiction on families, there remain several gaps. Most studies have a preoccupation with the addicted individual rather than using the family context as their scope of

research. Also, there is little quantitative research which systematically examines impact on family relationships and daily living practices at the same time, particularly in developing country context. Additionally, cultural and socio-economic factors that impact family reactions to addiction generally do not receive sufficient consideration (Boxhorn & Bryson, 2023). Strong family ties characterize many societies, and in such contexts, the burden of addiction may differ from that observed in Malawi despite similar levels of drug use across countries; therefore more places-specific research is required to understand these dynamics (Bauer *et al.*, 2024). To sum up, the literature unanimously suggests that drug addiction causes a surge of negative effects in familial relationships as well as in daily living practices and overall wellbeing. It steals emotional connections, disrupts communication and routines, and generates financial and psychosocial stress. While families have their own coping strategies, insufficient social support systems and prevailing stigma still create obstacles for management and recovery. Hence, integrated quantitative studies are required to capture these aspects and provide empirically-backed evidence for designing policy and intervention strategies. The objectives of the study are:

- To explore the effects of drug addiction on family relationships (trust, communication and emotional bonding).
- To evaluate the effect of drug addiction on daily living activities like day to day tasks, grooming and management of time.
- To assess the financial and socio-economic effects of drug addiction in family life.
- To assess families of addicted individuals psychological and emotional stress.
- To identify specific coping mechanisms and support systems utilized by families of drug users in efforts to broaden understanding.

### 3. METHODS AND METHODOLOGY

The study utilized a quantitative research design and applied the structured questionnaire to investigate drug addiction's effects on family relations as well as daily living protocols. Respondents were selected using the simple random sampling technique and data was collected using a primary source. The sample size was determined by using Cochran's formula:

$$n = \frac{Z^2 \cdot p \cdot (1 - p)}{E^2}$$

Where Z= 1.96 for a 95% confidence level, p= 0.5 assuming maximum variability and E=0.05 margin of error (Cochran, 1942). Using this calculation, we obtained a sample size of 384 respondents. Data were analyzed using SPSS as a statistical software, applying various statistics

including descriptive and reliability analysis along with inferential methods (correlation and regression analysis) to confirm linkage between variables. The study was conducted after prior ethical consideration, including informed consent and confidentiality of respondents.

#### 4. RESULT AND DISCUSSION

This section describes how the data collected was analyzed and interpreted to understand the effects of drug addiction on family relationships and daily living practices. Appropriate statistical methods such as descriptive and inferential were used for data analyses. Findings are then associated with the aims

of the research, outlining key patterns and relationships, key and large effects observed in the data. Additionally, the findings are discussed in context with existing studies to highlight similarities or discrepancies that allow for a greater understanding of the study and its implications.

##### 4.1 Demographic Information

Demographic profile of respondents helps to understand the characteristics of the sample and interpret study findings better. Descriptive statistics (frequency and percentage distribution) were used to analyze variables such as age, gender, marital status, education, occupation, income level, and the relationship with the addicted individual.

**Table 1: Demographic Information of the Respondents**

Variable	Category	Frequency (n)	Percentage (%)
Age	Below 18	28	7.3
	18–25	96	25.0
	26–35	110	28.6
	36–45	82	21.4
	Above 45	68	17.7
Gender	Male	212	55.2
	Female	172	44.8
Marital Status	Single	124	32.3
	Married	198	51.6
	Divorced	34	8.9
	Widowed	28	7.3
Education Level	No formal education	36	9.4
	Primary	72	18.8
	Secondary	104	27.1
	Higher Secondary	86	22.4
	Graduate	60	15.6
	Postgraduate	26	6.8
Occupation	Student	88	22.9
	Employed	146	38.0
	Business	74	19.3
	Unemployed	56	14.6
	Other	20	5.2
Monthly Income (BDT)	Below 10,000	64	16.7
	10,001–20,000	118	30.7
	20,001–40,000	132	34.4
	Above 40,000	70	18.2
Relationship with Addicted Individual	Self	42	10.9
	Parent	86	22.4
	Sibling	104	27.1
	Spouse	96	25.0
	Other	56	14.6

The majority of the respondents belonged to 26–35 age group (28.6%) followed by 18–25 (25.0%) indicating that young and middle-age people are more vulnerable or affected by drug addiction among family members (Table 1). This is consistent with prior research that found that substance abuse problems are prominent within the more economically active age cohort making it problematic

in family environments. Across the sample, there were slightly more male respondents (55.2%) than female respondents (44.8%). This gender disparity may signal a greater degree of engagement or understanding exhibited by males when it comes to drug-focused issues. Alternatively, this could suggest that men are more prone to being impacted by or involved in cases of addiction, which is reflected in

the current literature concerning substance abuse. The marriage status of respondents indicates that over half (51.6%) were married, indicating drug addiction has a major impact on families, especially those with established households. The repercussions of addiction on marital relations, child-rearing, and financial stability are all more likely to be experienced by married individuals. In terms of education background, respondents with secondary level (27.1%) and higher secondary (22.4 %) education constituted large percentage; thus moderate literacy rate of participants was indicated. In expressing none or poor awareness, particularly the comparatively lower percentage of graduates and postgraduates suggests that people may still not be aware of drugs and drug addiction or how to access information which affects coping skills and decision making. In terms of occupation, the largest portion of users were employed (38.0%), while 22.9% stated that they were students which suggests that issues related to addiction are prevalent among both working and student populations. Some (14.6%) were unemployed, which might reflect the economic negative impact of addiction as a cause or consequence. Based on income distribution, the majority of our respondents belonged to 20,001-40,000 BDT range (34.4%), showing that maximum responses were from a middle-income group. But most of low-income respondents (16.7%) suggests

that economically vulnerable families could face a higher risk and impact of not getting rid of drug addiction in their homes. Finally, the relationship with the person addicted, showed that siblings (27.1%) and spouses (25.0) were the groups most affected, followed by parents (22.4). It also signifies that addiction touches on all kinds of family roles — immediate and extended family members.

In summary, the demographic review shows drug addiction is widespread and cuts across all demographics including age groups, genders, socio-economic class and family roles (Belfiore *et al.*, 2024). These features undergo great contextualization regarding how addiction shapes familial relationships and home living patterns that serve as grounds for the statistical analysis in the latter sections of this report.

#### 4.2 Drug Addiction Status

In this section, the respondents share insights on to what extent drug addiction implies a serious problem in their families. Descriptive statistics such as mean scores and standard deviations were calculated based on a five-point Likert scale (1 = Strongly Disagree to 5 = Strongly Agree). It reports results on how much drug addiction is stably addictive and damaging to the health of people who become addicted.

**Table 2: Drug Addiction Status of the Respondents**

Statements	Mean	Std. Deviation	Interpretation
Drug addiction is present in my family	3.98	0.91	High
The addicted individual uses drugs frequently	4.12	0.85	High
The addiction has continued for a long period	3.87	0.94	High
Attempts to stop drug use have been unsuccessful	3.76	0.97	High
Drug use affects the physical and mental health of the individual	4.25	0.78	Very High

Table 2 represents that, a mean score of 3.98 suggests that drug addiction in families is at its highest among respondents. It is also worth noting that the problem may be even more widespread, as at least a quarter of those surveyed encounter issues related to addiction and substance use in their households. The statement that drug use affects the physical and mental health of the individual(taking into consideration, data point 5) scored highest as (4.25) while showing level of 'agreement' close to maximum. This observation is in agreement with other works, which regularly affirm the adverse impact substance abuse has on physical and mental state of being, given that the intake of alcohol and drugs increases risks for chronic illness as well as depression and behavioral disorders. The frequency of drug use also ranked highly (mean = 4.12), indicating that addiction is more than just occasionally but rather a chronic behavior for those affected by it. This pattern of continuous usage makes recovery harder and exacerbates its impact on family

life. Also, the duration of addiction was reported to have been relatively long (mean = 3.87), confirming that most families are witnessing chronic not short-term addiction problems. Addiction prolonging for a long period of time can also have cumulative effects such as the cost of ignoring relationships, economic hardships, and bad mental health. Another statement, mean = 3.76, was rated with a high score, which emphasized that attempts to stop drug use do not always succeed; this is consistent with the chronic nature of addiction. This statement emphasizes the relapsing nature of substance use disorders and implies that we are not providing effective measures for recovery.

The overall results shows drug addiction among respondent is prevalent and severe found both prevalence with frequent frequency of use, long duration of use and severity of health impact (Earnshaw *et al.*, 2025). This distinction is vital for appreciating how such addiction status will

ultimately lead to problems in family relationships and daily living practices, explored further on.

### 4.3 Impact on Family Relationships

In this section we discuss the impact of substance dependence in different facets of family

relationships such as trust, communication, affective bond, conflicts and social reputation. Responses were scored using a 5-point Likert scale (1 = Strongly Disagree to 5 = Strongly Agree), and descriptive statistics like mean and standard deviation were employed to clarify the results.

**Table 3: Impact of Drug Addiction on Family Relationships**

Statements	Mean	Std. Deviation	Interpretation
Drug addiction causes frequent conflicts in the family	4.18	0.82	High
Trust among family members has decreased	4.26	0.79	Very High
Communication within the family has become poor	4.09	0.87	High
Emotional bonding among family members has weakened	4.14	0.84	High
Family members feel stress due to the addiction	4.32	0.76	Very High
The addicted individual behaves aggressively	3.95	0.91	High
Family responsibilities are neglected due to addiction	4.07	0.88	High
Social reputation of the family has been affected	3.88	0.93	High

In table 3, the results clearly show that drug addiction negatively affects family relationships in a wide range of families. Family stress scored the highest mean (M = 4.32), among all variables, indicating that addiction creates a negative environment for families in which they feel highly stressed about various facets of life. The interconnectedness of family dynamics is put through stress due to emotional strain, financial difficulties and the uncertainty of how their addicted loved one will be acting, thus impelling upon the well-being of the entire family. The mean score for the other similar item, which was decline in trust among family members had also a very high (mean = 4.26) score. Trust is the foundation of healthy relationships, and when it breaks down, it is a sign that serious psychological damage has been done. Addicts may lie, hide their substance use or engage in other dishonest behaviors, causing this loss of trust to become even more severe. Meaningful family clashes (mean = 4.18) and weakened emotional attachments (mean = 4.14) further evidence the destabilizing impact of addiction on interpersonal relationships. Frequent arguments and low emotional intimacy indicate difficulties in achieving consensus and support when addressing substance use issues within the family dynamic. Again, poor communication in the family (mean = 4.09) is another significant finding which suggests that open and constructive dialogue is often substituted by arguments, misunderstandings or silence. This breakdown in communication restricts the family’s ability to effectively respond to difficulties, potentially impacting recovery efforts. However, the change in behavior that disrupts

normal family functioning is also supported by neglecting family responsibilities (mean = 4.07) and aggressive behavior of the addicted person (mean = 3.95)] such behaviors cause fear and/or resentment among family members, leading to feelings of frustration, which will only sour the relationships further. The result further shows a considerable effect of the impact on the family’s social reputation (mean = 3.88), albeit slightly weaker than other variables. For example, the social stigma attached to addiction can cause withdrawal from one another and less social interaction (Friedrich *et al.*, 2020), which adds to the emotional weight in some family structures.

Overall, the results corroborate that drug addiction severely undermines family relationships by generating conflict, diminishing trust, fraying emotional bonding between family members, and creating a stressful turbulent environment (Mardani *et al.*, 2023). These results align with the literature reported in the introduction which argues addiction is not simply an individual dilemma but also a familial calamity that destabilizes relational and social structures.

### 4.4 Impact on Daily Living Practices

This section explores the impact of drug addiction on families' everyday living practices -- their routines, finances, health behaviors, and functioning as a unit. The response was analyzed using a five-point Likert scale (1 = Strongly Disagree to 5 = Strongly Agree) and summary statistics such as mean and standard deviation.

**Table 4: Impact of Drug Addiction on Daily Living Practices**

Statements	Mean	Std. Deviation	Interpretation
Daily routines of the family are disrupted	4.21	0.80	Very High
Household responsibilities are not properly maintained	4.10	0.85	High
Financial problems have increased due to drug use	4.34	0.75	Very High
Eating habits of the family have been affected	3.92	0.90	High
Sleep patterns of family members are disturbed	4.05	0.88	High
Personal hygiene practices have declined	3.81	0.94	High
Work or academic performance has decreased	4.18	0.83	High
Time management in daily activities has worsened	4.07	0.86	High

The results show in table 4, that drug addiction hugely affects the daily living practices of families. The top score was full of issues for more financially (mean = 4.34), suggesting that (addiction) is not only a matter of individuals, but also comes with a strong economic cost to families. This could be due to an inordinate amount spent on drugs, loss of income, or decrease in output, impacting a family’s capacity for basic needs. Another predominant consequence was disruption of daily activities (mean = 4.21), which implies that families are having difficulties in being structured and maintaining stability with their daily routines. Routine things like cooking, childcare and household duties are oftentimes passed over when addiction brings chaos. Results (mean = 4.18) indicate that the work or academic life is having more of a significant effect outside the home on those reporting being in this one Member of their House told about in this summary would further undermine the household. Family members may have difficulty focusing on their own responsibilities out of emotional turmoil, caregiving demands or not having a favorable space to do this. Poorly maintained household cleanliness (mean = 4.10) and worsening time management (mean = 4.07) are also representative of the decay of the family home and operations during a sustained period of lockdown. Such issues are a manifestation of family systems struggling to function under the burden of addiction. There was also a decline in health-related practices as seen from alterations in sleeping patterns (mean = 4.05) and eating habits

(mean = 3.92). The long term effect of these disruptions manifests into physical and mental health issues with a subsequent decline in overall life quality. The personal hygiene practices (mean = 3.81) had a bit lower mean than other words, but it still indicates a significant reduction in all of them, revealing the general spread of addiction's attitude.

The general finding is that drug addiction has a debilitating effect on daily living routines while tending to compromise our financial reserves, impinging upon productivity and health (Wang *et al.*, 2024). These results support previous research suggesting that addiction not only impacts individual functioning but also the stability of families as a whole. The compounded impact of these disruptions has spelled a lower standard of living and calls for immediate remedial action.

**4.5 Coping and Support Mechanisms**

The families of many affected by drug addiction struggle while continuing to provide hope and support for their loved ones caught in its grasp. In the study, a five-point Likert scale (1 = Strongly Disagree to 5 = Strongly Agree) was used to measure the respondent agreement with statements related to problem solving, emotional support, professional help, and other social or community-based interventions. We also calculated mean scores and standard deviations to explore the effectiveness and prevalence of these coping strategies.

**Table 5: Coping Mechanisms and Support Systems of Drug Addiction**

Statements	Mean	Std. Deviation	Interpretation
Family members try to support the addicted individual	4.12	0.81	High
The family seeks medical or professional help	3.78	0.92	High
Religious or community support plays a role in coping	3.85	0.88	High
Family members feel socially isolated	3.94	0.89	High
Counseling services are accessible to the family	3.62	0.95	Moderate

Table 5 shows that families are actively engaging in different ways of coping with substance use. The mean score for supporting the addicted person (4.12) was the highest, reflecting that emotional and practical support to help within the family is one of our main strategies. This result is in

line with the existing literature indicating that family involvement is crucial for recovering from addiction and maintaining stability among those in addiction-affected households (Orford *et al.*, 2010). In the context of seeking medical or professional help, participants had an average score of 3.78 which

implied that families are aware how important formal interventions can be while they still might not access those due to accessibility problems, stigma or financial limitations. In similar vein, the religious or community support (mean = 3.85) indicates the Role of social networks and spiritual guidance as coping mechanisms which is coherent with research showing how community engagement can serve protective function from stress aversion associated with addiction (Lazarus & Folkman, 1984). Importantly, families also revealed interpersonal social isolation (mean = 3.94), highlighting the fact that despite internal mechanisms of coping the external references are often diminished either in the form of stigma, fear of judgments or community ostracism. Social isolation may compound some of that stress and make it difficult for the family to access other resources or support systems. The mean score for counseling services accessibility (3.62) was the lowest, suggesting moderate availability and use. This reflects that although professional psychological support may be available to some families, many encounter barriers that make it challenging for them to regularly access and commit to formal coping strategies.

In summary, the results indicate that families deal with drug addiction by using a combination of emotional and practical support as well as social or religious coping to counteract the effects (Andron *et al.*, 2025). The growing need for addressing these factors underscores the importance of strengthening support networks and ensuring access to counseling, as well as developing community-based efforts and policies that aid in recovery and resilience for addiction-affected families. These findings highlight the role of both informal and formal support systems in offsetting the multidimensional impacts of drug addiction.

**4.6 Perceived Solutions and Recovery**

This section explores respondents’ views about possible solutions and recovery approaches for drug addiction in families. Rehabilitation programs, awareness initiatives, government support, family involvement and the will of the addicted person to get rid of their addiction were some specific items focused on in the analysis. The responses on a five-point Likert scale (1=Strongly Disagree, 5=Strongly Agree) were used to calculate the mean scores and standard deviations to interpret the findings.

**Table 6: Perceived Solution and Recovery from Drug Addiction**

Statements	Mean	Std. Deviation	Interpretation
Rehabilitation programs can improve family conditions	4.18	0.82	High
Awareness programs can reduce drug addiction impact	4.05	0.87	High
Government support is adequate to handle addiction issues	3.72	0.94	Moderate
Family support is essential for recovery	4.25	0.78	Very High
The addicted individual is willing to recover	3.88	0.91	High

The results show in Table 6 that respondents believe a range of strategies are critical to combating drug addiction and promoting recovery. Among the four themes, family support had the highest mean score (4.25), reaffirming that family involvement during recovery is integral to these individuals. This supports previous studies that highlight the impact of family members showing (emotional) support, checking in on them and being involved as a part of the rehabilitation process, increasing the chances of successful rehabilitation (Begun *et al.*, 2020). The rehabilitation programs were also perceived as very effective (mean = 4.18), suggesting that organized treatment measures may not only improve the condition of the addicted individual but may also lead to better functioning of the family unit, thus promoting a more harmonious and positive relationship in society. Table 3, in this context, awareness programs (mean = 4.05) had been perceived to be important, emphasizing the need for proper education regarding the consequences of drug addiction and prevention strategies in order to reduce its impact on families and society. Government support scored moderately well (mean = 3.72), mirroring respondents’ perception that

current policies and institutional interventions might fall short of, or not yet be fully realised in, what is needed. This highlights the importance of increasing public health initiatives, social services, and regulation around people impacted by addiction. The willingness of the addicted person to recover (mean = 3.88) was also considered important, showing that recovery works best when the addicted person wants it and cooperates. This is consistent with research on addiction that suggests that by far the most important determinant of treatment success, along with outside assistance, is personal commitment.

In conclusion, results hither imply that a combination of family members, rehabilitation process, awareness campaign and sufficient government support can address drug addiction efficiently. When the family and addicted individuals take active roles in the recovery process, the prospects for a more successful path toward recovery and for addressing some of the damaging features of addiction on family relationships and daily living practice are greatly enhanced. The implications of these findings contribute to the development of

holistic intervention programs for addiction-affected families.

## 5. FINDINGS

- Chemically dependent people are often unpredictable and cause a great deal of conflict in the family dynamic, which is another thing that erodes trust between family members.
- Addiction disrupts everyday living practices as well with things like irregular patterns of day to day living, financially burdensome behavior, poor time management and a decline in health-related living.
- Addiction causes significant economic and socio-economic problems, weakening the family's capacity to fulfill their basic needs and causing instability in them.
- Family members face significant psychological and emotional distress including anxiety, frustration, and social isolation.
- While families engage in a variety of coping mechanisms such as emotional support, seeking professionals for help, relying on their religious and/or community groups, going through intensive drug rehabilitation programs with little or no access to counseling or government support.

## 6. RECOMMENDATIONS

- Support groups for families are encouraged and must be involved in the process to promote emotional ties with the addict whilst also being beneficial towards recovering from any alpha stimulant related issues.
- Addiction really should be treated with structured rehabilitation programs and counseling services readily available to all.
- Awareness campaigns should be launched to alert communities on the impact of drug addiction and preservation measures.
- Government and social institutions should tighten financial and policy support for families touched by addiction.
- Families need to develop constructive coping strategies such as managing time, establishing routines and tapping into the support systems offered by community or faith groups.

## 7. CONCLUSION

The study shows that drug addiction causes families significant disruptions to relationships and everyday living practices. Addiction erodes trust, escalates conflict and fractures emotional attachment, but it also brings financial ruin, disrupted routines and declines in health and productivity. Family members face increased psychological and emotional stress, often exacerbated by social isolation and reduced access to support services.

How families cope with addiction: Despite the challenges, families develop various coping strategies such as emotional support or seeking help from professionals and community or religious organizations to deal with the consequences of addiction. This study highlights the importance of family engagement, structured rehabilitation, awareness programs and government aid in minimizing harmful effects of drug addiction. In conclusion, this study demonstrated the pressing need for comprehensive intervention strategies that not only strengthen family resilience but also facilitate recovery and improve well-being of both the addicted person and the family unit as a whole.

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