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ATTACHMENT STYLES AS CORRELATE TO SUBSTANCE ADDICTIONS AND PROSTITUTION AMONG TERTIARY SCHOOL STUDENTS FROM ENUGU STATE NIGERIA

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ABSTRACT

This study was on attachment styles as correlate to substance addictions and prostitution among tertiary school students from Enugu State. Three research questions and two hypotheses guided the study. The population of the study was all the undergraduate students from tertiary institutions in Enugu State. The sample size was 1975 students selected through purposive sampling technique from various universities in the state. The instrument for data collection was a researcher developed questionnaire consisting of three clusters and containing 40 items to measure how attachment styles correlates with substance addiction and prostitution. The questionnaire was distributed through the assistance of five counsellors in the major universities of the state. The reliability of the instrument was established using split half method and Cronbach's alpha was used for the calculation and the co-efficient of α was found to be (0.65). The data collected was analysed using pie chart for research question one and Pearson's Product moment of correlation for research question two and three. The hypotheses were tested using -t- test for correlations. The findings of the study revealed that the students rated their attachment styles as follows (45, 30, 15, 10) % respectively for (secure, disorganized resistant and avoidant) styles of attachment. The correlation features reveal 0.68 and 0.62 for addiction and prostitution respectively. The hypothesis showed that there was a significant relationship between the urban and rural students rating of involvement in substance addiction and prostitution based on the attachment styles. The following

recommendations among others were made; namely: the need to intensify moral education and parental involvements, parents should monitor the friendship circles of their children.

Keywords: Attachment Styles, Correlation, Substance Addictions, Prostitution, Tertiary School Students.

INTRODUCTION

A truism holds that individuals are products of what they eat. If individuals are products of what they eat, it could be inferred that those fed on protein-based nutrients and carbohydrate-based nutrients will not be the same. While protein based brought up are expected to be tall and have good gaiety, those raised on carbohydrates may likely be muscular and stout. Similarly, the Igbo adage buttresses this stating that the infant ewe learns the chewing of the curd from the mother. Equally literature is replete proffering that man is a product of nurture and nature. All these goes to prove the assertion that the individual is a product of the influences received. Such influences could result from socialization, parenting, discipline, teaching and attachments.

Attachment has been varying defined by various scholars. Prominent among these scholars include Diane Benoit (2004) who defined attachment as one specific and circumscribed aspect of the relationship between a child and caregiver that involves modelling, making the child safe, secure and protected. This view was collaborated by Worthy L.D …et al (2020) who also noted that attachment is situation where the child used the primary care giver as a secure base from which to explore and when necessary, as a haven of safety and a source of comfort. Fraly, Roisman, et al (2013) refer to it as a deep and enduring emotional bond that connects one person to another across time and space. Furthermore Rajesh (2023) views it as a deep emotional bond between a child and the person who provides most of the care.

Fraly et al (2013) remarked that one of the key determinants of attachment pattern is the history of sensitive and responsive interactions between the caregiver and the child. In short, when the child is uncertain and stressed, the ability of the caregiver to provide support is critical to the child's psychological development. Also Worthy (2020) stated that such supports help the child to learn to regulate his or her emotions, give the child confidence to explore the environment and provide the child with a safe haven during stressful circumstances. Based on the above, it is explicit to state that scholars are in consensus that prospective association and early attachment are critical in interpersonal functioning (Rajesh; 2023, Worthy et al 2020, Fraly et al 2013).

Generally, there are four different ways attachment could take place. Engel and Heister (1995) proffer four attachment styles and they include, the secure, avoidant, resistant and disorganized while secure, avoidant, resistant are organized, the fourth pattern which is the disorganized attachment style has been noted and recognized as a powerful tool/predictor of some serious psychopathology and maladjustment among attaches. Children experiencing disorganized attachment are more vulnerable to stress, emotional problems, display of oppositional, hostile and aggressive behaviours and coercive styles of interactions (Boris N, et al 1997). Supporting this view Diane Benoit (2023) and Dozier et al (1999) were in affirmation that disorganized attachment has also been noted to be associated with significant

emotional and behavioural problem. In view of the above, Dozier (1999 et al) was explicit stating that the role of attachment figure is one of the most important predictor of a child's later, social and emotional outcome. This is in line with what most attachment theorists proffer. They believe that having supportive and responsive experiences with care givers early in life may set the stage for social development (either positive or negative) hence implying that attaches are modelled after the pattern of life of their care giver. Based on the above Marinus Van IjZendoorn (2022) remarked that secure and healthy attachments are the foundations that allow young growing child to explore the world and once wrong models are experienced deviations sets in.

Substance abuse/addiction and prostitution are among the various/numerous deviations resulting from wrong modelling or disorganized attachment. The term addiction has been defined using some synonyms such as dependency and consistence or inability to stop a habit. The Cambridge academic content dictionary (2024) defined addiction as the need or strong desire to do or to have something, or a very strong liking for something. Addiction is usually seen as a negative habit frequently engaged in by persons who have established consistency and dependence with such habits. Significant among this is addiction to substance or drugs otherwise called substance addiction or drug abuse. According to Nwudu and Okudo (2017) substance addiction also known as drug abuse is a patterned use of drugs in which the user consumes the substance in amounts or with methods which are harmful to themselves or others. Nwudu and Okudo furthermore reitracted that individuals implicated in addiction consumes the substance regularly despite its problem causing effect. They also suffer from inability to control the impulse to use drugs regardless of the negative substance. Again there are lots of reasons substance addiction begins especially with respect to drugs, alcohol and nicotine. Significant among the reasons are that they alter the individuals mood, affects the way you feel both physically and mentally. These feelings because of its palpability and enjoyment create a powerful urge to use the substance again.

Furthermore, substance dependence, abuse and addiction according to Engel (1999) and Diane (2023) were classified among the psychopathological cases found among deviant individuals. Furthermore Engel opined that disorganized attachment figure has been recognized as one of the powerful predictor for such serious psychopathology. On the other hand Diane remarked that a disorganized attachment has also been associated with significant emotional, behavioural and social problems such as addiction. Also literature is replete enunciating the predictive role of attachment to drug/substance addiction and other socio-emotional deviant acts among which is prostitution.

According to Weitzer (2012), Prostitution is defined as the practice of engaging in sexual activity in exchange for payment. Prostitution is a sexual service seen by majority as an immoral and controversial service that reflects the level of decay in the society. Hence it is appraised as an illegal act engaged by people because of the socio-economic gains (Weitzer, 2011). Also because it is an illegal, immoral and controversial service, the following consequences have been attributed to prostitution and they include; incidence of violence, murder, sexually transmitted diseases, robbery, blackmail etc (Federal Bereau of Investigation, 2011).

Apart from the above, and according to the conflict theory, poor economic situation, unemployment, Feminism and attachment styles have been noted to be the major causes of prostitution (Weitzer, 2011, Clinard and Meier, 2011).

Literature is replete proffering that attachment styles could be one of the major causes of prostitution (Aviv Weinstein et al, 2015; Karilaetal, 2014, Freeburg and Van Winkle, 2011, Uytein et al 2013). According to these scholars, they were findings of sexual compulsivity and attachment styles among the heterosexual and homosexual men and women (Freeburg, 2011). Furthermore Uyteim (2013) noted that individuals that experience insecure and disorganized attachment are prone to prostitution and sexual compulsivity. Also, Karila et al (2014) proffers that there were preliminary evidence for an association between attachment and sexual compulsivity.

Finally, literature is replete with indicating that location has strong influence in the outcome of socialization processing and among the avenues socialization could happen is through modelling by attachment. Studies abound citing the impact of urban/rural influences on young children's development. Location according to most studies have attributed the advantages of amenities, civilization, modernization, infrastructures to urban settlers hence putting them ahead of rural settlers in most adjustments patterns.

PROBLEM OF THE STUDY

The primary role of nurturance has been snatched away from parents by so many contemporary trends. The duties to acculturate, discipline, teach, parenting, and socialization has eluded the parents the foremost agent in the socialization process. This is because of the displacement of priorities noticeable among the parents of nowadays. These have resulted in gaps in the lives of these adolescents, girl-child and toddlers which must be filled since nature abhors a vacuum. Therefore, in order to substitute for the missing gap, these children resought to attachment figures and models (caregivers, house help, peers and adult friends) to carry out the acculturation roles of parents. Situations have arisen where these children were misguided by wrong attachment figures especially when they experience disorganized attachment. Emotional and mal-adaptive problems such substance addiction and prostitution has been linked to disorganized attachment. Consequently the problem of this study is to investigate how attachment correlates with substance addiction and prostitution among tertiary school students from Enugu State Nigeria.

PURPOSE OF THE STUDY

The main purpose of the study was to investigate how attachment correlates with substance addiction and prostitution. The study specifically sought to examine the following namely, the attachment styles among tertiary students of Enugu State, the relationship between attachment and substance addiction, the relationship between attachment and prostitution and the impact of location on prostitution and drug addiction.

RESEARCH QUESTIONS

(1) What are the attachment styles among tertiary students of Enugu State?
(2) What relationships exist between attachment styles of tertiary students of Enugu State and substance addiction?

(3) What relationships exist between attachment styles of tertiary students of Enugu state and prostitution?

RESEARCH HYPOTHESES

(1) There is no significant relationship existing between rural and urban students' involvement in substance addiction based on their attachment.
(2) There is no significant relationship existing between rural and urban students' involvement in prostitution based on their attachment.

METHOD

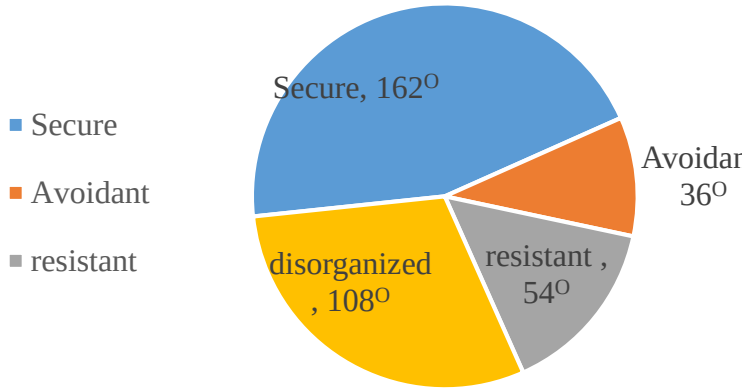
The study sought to investigate how attachment styles correlate with substance addiction and prostitution. The correlation survey design was adopted. The population of the study comprised of all the undergraduate students from major government tertiary institutions in Enugu State namely (Institute of Management and Technology, Enugu State University of science and technology, University of Nigeria (Nsukka & Enugu Campus), Enugu State College of Education. The sample size for the study comprises of 1975 students selected using multi stage sampling technique. The research instrument was a researcher developed questionnaire with three clusters. The reliability of the instrument was established using split half method and the data obtained was analysed using Cronbach's alpha which yielded a reliability coefficient (α) 0.68. Eight briefed assistants helped to distribute the questionnaire among which 25 (twenty-five) were returned unfilled. The questionnaire contained items to illicit responses from the undergraduates on how attachment figures correlate to substance addiction and prostitution among tertiary school undergraduates of Enugu State. Research question 2 and 3 were answered using Pearson product moment of correlations (PPMC) while the check list was used to collect data for research question one and analysis done and scores presented using pie chart ($\frac{x}{N}360$).Concerning the checklist the items appeared on a yes or no answer format and the children were asked to affirm those influences they receive from their attaches. Finally, hypothesis I and II was tested using-t- test for correlations.

RESULTS

The data collected from the study were presented in tables as follows beginning with the research question and then the hypothesis.

Research question one: what are the attachment styles prevalent among tertiary students in Enugu State of Nigeria.

Table One: A pie chart representing different attachment styles prevalent among tertiary students from Enugu State.



$$n1 = \frac{x}{n} \times 360 = \frac{889}{1975} \times 360 = 45°$$

$$n2 = \frac{x}{n} \times 360 = \frac{593}{1975} \times 360 = 30°$$

$$n3 = \frac{x}{n} \times 360 = \frac{296}{1975} \times 360 = 45°$$

$$n4 = \frac{x}{n} \times 360 = \frac{197}{1975} \times 360 = 10°$$

S/N	Items
1	Experiences stress from the attachment
2	Makes you exhibit hostile actions
3	Has a feeling of aggression
4	Coerce you into certain behaviours
5	Displays oppositional behaviour
6	Makes you act in an unusual and bizarre manner
7	Experience poor interaction
8	Responds to distress
9	Makes you feel secure
10	Support you to freely express your emotion
11	Receives comfort from the caregiver
12	Ignores you
13	Ridicules you
14	Gets annoyed at you
15	Insensitive to your needs
16	Displays extreme negative emotions
17	Adds to your distress and needs
18	Makes you worry about his needs
19	Make you happy

The table one above is a pie chart revealing the undergraduate's rating of their attachment styles. The table further revealed that 889 students constituting 45% and representing 162O in the pie chart showed their attachment to be secured, 593 undergraduates representing 30% (108O) stated their attachment style to be disorganized, 296 student constitution 15% (54O) revealed their attachment style as resistant while 10%(36O) and 197 students stated that they are experiencing avoidant type of attachment styles.

Research question two: What relationship exists between attachment styles and substance usage among tertiary student in Enugu State?

Table two: Pearson on relationship existing between attachment style and substance addiction of tertiary students.

Sources of variation	N	Attachment style	Substance addiction/abuse	Remark
Attachment style	1975	1.00	0.69	Positive
Substance addiction/abuse		0.69	1.00	relationship

The table two above showed that a positive relationship of 0.69 exists between attachment styles and drug addiction/abuse among tertiary students in Enugu State.

Research question three: What is the relationship existing between attachment styles and prostitution among tertiary students in Enugu State?

Table three: Pearson on the relationship existing between attachment styles and prostitution among tertiary students of Enugu State.

Sources of variation	N	Attachment style	Substance addiction/abuse	Remark
Attachment style	1975	1.00	0.62	Positive
Prostitution		0.62	1.00	relationship

The table three above revealed that a positive relationship of 0.62 exists between attachment styles and prostitution among tertiary school students in Enugu State Nigeria.

Hypothesis One: There is no significant relationship existing between rural and urban student's involvement in substance addiction/abuse based on their attachment.

Table four: -t- test of correlations between urban and rural student's involvement in substance addiction based on attachment styles.

N	R	Df	cal -t-	crit -t-	≥ 0.05
1975	0.69	1973	13.68	4.24	5

The table four above revealed that at 0.05 level of significance and differential freedom of 1973, the calculated -t- was 13.68 while the critical -t- was 4.24. Therefore, the null hypothesis is rejected because the calculated -t- was found to be greater than the critical -t-. Hence there is a significant relationship between the urban and rural tertiary students involvement in drug abuse/addiction based on their attachment styles.

Hypothesis two: there is no significant relationship between the urban and rural student's involvement in prostitution based on their attachment styles.

Table five: -t- test of correlations between the urban and rural student's involvement on prostitution based on their attachment styles.

N	R	df	cal -t-	crit -t-	≥ 0.05
1975	0.62	1973	10.69	3.38	Significant

The table five above revealed that at 0.05 level of significance and differential freedom of 1973, the calculated -t- (10.69) was greater than the critical -t- (3.38). Therefore, the null hypothesis was rejected. There is a significant relationship between the urban and rural student's involvement in prostitution based on the attachment styles.

DISCUSSION OF FINDINGS

The findings of the study were discussed in line with the purpose of study which sought to establish the correlation existing between attachment styles of tertiary students with substance addiction and prostitution. The discussion was presented in the following manner; the general attachment styles of tertiary students from Enugu state, what relationship exists between attachment style and drug addiction, the relationship existing between attachment style and prostitution.

Concerning the general attachment styles of tertiary students from Enugu State, the table one (a pie chart) revealed that 45% of the students representing 162^{O} in the pie chart and 889 students rated their style of attachment as secured, 15% of student constituting of 54^{O} in the pie chart and 296 students indicated theirs as resistant, 10% representing 36^{O} in the pie chart and 197 students from the sample size indicated theirs as avoidant while 30% of the sample size representing 108^{O} in pie chart and 593 students. Based on the above, the tertiary students from Enugu State rated their attachments as (45, 30, 15, 10)% respectively for secured, disorganized, avoidant and resistant styles of attachment.

The secured attachment style categories view their relationship with the attachment figure as ones that responds to their distress, makes them feel secure, comforts, cares for them and responds to their distress (Van Ijzendoorn, 2020).

In a similar manner, the findings revealed that students experiencing disorganized style of attachment displays the following behaviours namely hostility, vulnerable to stress, aggression, coercive behaviour etc. The avoidant style experiences ridicule, annoyance, feeling ignored, etc. (Diane, 2023, Dozier, 1999; Engel and Heister, 1995).

Furthermore, the research questions two and hypothesis one which tested for significance of relations between attachment style and substance abuse, as a well as what relationship exist between urban and rural tertiary student's addiction based on attachment style revealed that a significant relationship exists between urban and rural tertiary student's engagement in substance addiction based on the attachment style indicating that the attachment styles influence both the urban and rural student's involvement in substance addiction. The study further revealed that a relationship of 0.68 was found to exist between substance addiction and attachment style. Based on the research questions, the students indicated the following, that their lives were modelled by attachment figures (2.98), most of my current actions were learnt from my attachment figure (2.87), experienced first smoking through attachment figures (2.96), He encouraged weed and other substance (2.68), smokes always (3.02) always in possession of substance (3.02), made me dependent on substance (2.89). The above findings is in line with the views of Dianne (2023) and Engel (1997) who noted that wrong attachment results to psychopathological cases such as inability to control the impulse to use drugs.

Concerning the relationship existing between attachment and prostitution, the students evaluated that using the following items which were all found to be factors because the

exceeded the mean score and they include, my first sexual encounter was through attachment figure (2.70), discusses sex always (2.89), trade sex for money (2.69), encourages sex (2.72), suggests most of the things I do (2.98), compels me to listen to her (2.72). Based on the above, the research question 3 which seeks to determine what relationship existing between prostitution and attachment figure revealed that positive relationship of 0.62 exists between attachment figures and prostitution among tertiary school students from Enugu State.

Furthermore, the hypothesis which tested for significance of relationship between urban and rural tertiary school student's involvement in prostitution based on attachment figure revealed that a significant relationship exists between the attachment of both urban and rural tertiary students with their attachment figure. This is in line with the view of Freeburg and Van winkle (2011), Uytumetal (2013) who argued that most people with insecure attachments are prone to sex and that sexual compulsivity and attachment styles were found among the heterosexual men and women.

CONCLUSION

The study was on attachment style as correlate to prostitution and substance addiction among tertiary school students of Enugu State. The findings revealed that 45% of the students rated their attachment as secured while the rest 30%, 15% and 10% rated theirs as disorganized, resistant and avoidant respectively. The study further revealed that attachment styles amongst these students correlates to substance addiction and prostitution respectively to the value co-efficient (γ) of 68, and 62. It also revealed that a significant relationship exist between the urban and rural student's addiction and prostitution based on their attachment.
Based on the above, it could be clearly stated that individuals are products of the influences in the environment significant among which is attachment style.

RECOMMENDATIONS

(1) Parents should intensify their socialization functions and also give more attention to parenting, teaching and acculturation of their young children.
(2) Parents should monitor the friend's circles of their children.
(3) Moral education should be intensified by all the stakeholders.
(4) Proper provisions should be made by parents for their tertiary school students.
(5) Counsellors have the obligation of availability to these undergraduates
(6) Conferences and seminars on addiction and prostitution should be encouraged.

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