



Will Psychological Interventions (Tibetan Yoga and Reality Therapy) Improve the Quality of Life of Substance use Disordered Patient in Anambra State

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Abstract

This paper examines the effect of Tibetan five rite yoga and reality therapy on substance use disorder patient Nawfia Psychiatric Hospital. Two variables were manipulated and measured in this research. The independent variable manipulated in the studies incorporates three levels. A five rite Tibetan yoga based alternative treatment, a reality therapy and/or a no treatment (control condition). The dependent variables of quality of life were measured and defined as the amount of improvement in substances abuse patients. Participants suffering from Substance Use Disorders (SUDs) such as cannabis, methyl crystalline, cocaine and alcohol addictions were monitored for their progress during and after interventions. Data showed that 26 (86.7%) are males and 4 (13.3%) are female. With mean age of 30 and SD of 8.7. Result shows that there was a significant difference between the treatment group (Tibetan yoga, and reality therapy) and control group on quality of life at ($F=3, 26$)= 26.65 , with mean difference, within groups: $M=72.90$, $SD=4.04$ (yoga), $M=54.00$, $SD=15.38$ (Reality). $M=48.30$, $SD=11.78$ (Control). This implies that those who received the treatment experienced improve and significant quality of life than those in the control. The results demonstrated that five rite Tibetan yoga and reality therapy is an effective holistic approach to substance abuse treatments. Based on the effect size of 77.63, it shows that the difference between the pretest and the posttest was both positive and significant hence, would be attributed to the treatment intervention (reality therapy and Tibetan yoga therapy). The studies reviewed in this dissertation imply that additional replication studies must be conducted to assess the validity of the results and to further investigate various populations (gender, age, race, culture, and SUD type) and recommendation was made to help the psychiatric hospital and rehabilitation homes make use of this adjunct treatment in their addiction management.

Keywords: Tibetan yoga; Reality therapy substance use disordered; Quality of life

Introduction

Existing methods of intervention in substance use disorder have largely been limited by extrapyramidal symptoms following pharmacological interventions for detoxification, drug substitution (harm reduction therapy) or for management of comorbidities associated with harmful drug use [1]. Understanding newer non-pharmacological methods that are cost effective, safe and simple may drastically improve clinical outcomes, eliminates medication side effects and improve access to treatment among patients with substance use disorder. Against the foregoing, the present study sought to explore the therapeutic effects of Tibetan five rite yoga and reality therapies on quality of life and recovery of patient diagnosed with substance use disorder at the Anambra State Psychiatric Hospital Nawfia, Anambra State.

In many general hospitals with psychiatric care services and neuropsychiatric hospitals in Anambra state, improving the quality of life of the psychiatric patient has always been an enormous task because, most approaches used by the few psychologists and physicians available in alleviating the pains and discomfort associated with mental stress and illnesses have yielded only minimal results [2-5]. The cost of treatment itself, limited number of interventions provided and the stigma attached to drug use are major impediments in provision of quality treatment services that can cater for a large segment of the drug using population. Therefore, availability, accessibility, and coverage of quality and evidence-based effective treatment and care services for people with drug use disorders are priorities to address in Nigeria. Hence, there is the need for varieties and improvements on therapies which would positively enhance the quality of life of patients in and out of the care centers. The goal of any treatment is to reverse the negative impact that persisting drug use disorders have on the individual and to help them achieve as full recovery as possible from the disorder and to become a productive member of the society.

This is deemed very important in the treatment and management of substance use disorder patient since most times, success of treatments and therapies are dependent on psychological factors such as quality of life of the patients and the recovery capitals in place [6]. The goal of these interventions is most often to rehabilitate and discharge clients as one would a surgical patient, typically without continued monitoring while expecting treatment gains to endure and considering any return to active drug use a failure of the individual rather than of the intervention. Returning to active addiction carries heavy costs in terms of public health and safety as well as high risks of harms to the person who uses substances, and/or to his/her family and immediate community. Thus, it is important to broaden the investigative scope beyond recovery initiation and to identify predictors of sustained stable recovery from substance misuse.

Quality of life in general is the perceived level of an individual's functioning on daily life; and an assessment of their well-being or lack of it. This includes all emotional, social and physical aspects of the individual's life. Quality of life refers to as "individuals' perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns [7]. It is also one of the important psychological constructs that has implication for physical, social, emotional and psychological wellbeing especially for people in need of care. Treatment for addiction aims at the broad goal of recovery which is

defined as abstinence plus improved quality of life. However, the addiction field has come late to the chronic disease perspective and the concept of quality of life in addiction is relatively underdeveloped.

In the present researcher's view, quality of life among patients undergoing substance use disorder treatment is the condition of the patient in mind and body as regards ease of adherence to treatment, openness to change and feedback, and optimal functioning in the daily activities of the rehabilitation home. It is also the condition which defines the overall expected positive state of patients in relationship to mental treatment and recovery path. These definitions emphasize the important roles which quality of life plays in the overall treatment and management of patients especially patients with substance use disorder.

Substance use disorder often called "drug addiction" in everyday language is a disease that affects a person's brain and behavior and leads to inability to control the use of a legal or illegal substance. Substance refers to any psychoactive compound with the potential to cause health and social problems, including addiction [8]. These substances may be legal (e.g., alcohol and tobacco); illegal (e.g., heroin and cocaine); or controlled for use by licensed prescribers for medical purposes such as hydrocodone or oxycodone (e.g., Oxycontin, Vicodin, and Lortab). Disorders from the use of these substances significantly change the life and health patterns of the patients; hence, enhancing the quality of life of such patients may represent one effective means of achieving treatment success. Hence the need for adjunct treatment in the management of the patients with substance uses disorder.

Literature Review

Exercise and physical activity are constantly gaining attention as adjuvant treatment for substance use disorders, supplementing classical pharmacological and psychotherapeutic approaches, for example in the field of smoking cessation, evidence is strong for exercise as an effective adjuvant treatment. So far, preliminary conclusions about the effectiveness of exercise in these disorders will support that the exercise model may be more beneficial as therapy. Against this backdrop, researchers are therefore interested in identifying or developing therapies which can significantly improve patients' quality of life leading to improved recovery of drug addiction. In the views of the present researcher on the damage made by substance use, most therapies may not be sufficient enough to enhance the neural pathway which may have been distorted by the intake of alcohol or other substances. Enhancing the neural pathway is important in patients' recovery and therefore represents an important consideration at the beginning of therapy. when a person takes drug, the inhibitory functions of the brain are particularly impaired, causing the person to have trouble stopping him or herself from acting on impulses that the brain would otherwise delay or prevent this disinhibition can lead to the substance abuser engaging in aggressive, criminal, dangerous or other activities that can have devastating consequences for the addicted person or those around him or her.

The lapses of many conventional treatment methods have left stakeholders in search of alternatives which enhance neural pathway of the patients. Given this, the focus of many therapists is to include therapies and activities which seem to improve on the neural pathway of the patient in the treatment routine as a way of enhancing treatment. This has provided gaps for the researcher to find ways to enhance or improve on the existing therapies and experiment on the new ones. In

this perspective, the focus of the researcher will be on Tibetan five rites yoga (a form of exercise) and reality therapy as therapies which may improve the quality of life and recovery of the drug patients in neuropsychiatric hospital at Nawfia. Abuse of drug alter some of the pathway in the brain and the pathway related to feeling of pleasure, regulating emotions, making sound decisions and controlling impulses The brain is considered to be an organ which can be affected by conditioning or exercise does to muscle hence enhancing the neuronal plasticity changes. The five tibetan dynamic exercises are targeted for improvement of health, energy and personal power which is consistent with the theoretical underpinnings of physical and mental exercises aimed at improving health wellbeing and fitness. For instance, confirmed in their study that there is biological and psychological benefit when physical exercise is targeted at cognitive functioning and wellbeing. Such health effects have also been established in mental health who confirmed that physical exercises improved the wellbeing of people with mental health problems

Tibetan five rites yoga refers to the ancient yoga practice that consists of a sequence of body movements performed through two or more poses aimed at increasing breathing, oxygen circulation in the blood in order to energize and balance the energy points (chakras) and regions in the body. Practitioners report that the program has many physical, mental, and spiritual benefits. Their effects are thought to restore a person's vitality and strength. Due to these benefits, the Five Tibetan Rites are traditionally known as the "Fountain of Youth". Tibetan five rites yoga as exercises aimed at improving oxygen and blood circulation may affect the neural paths in the brain of the patients and thus may lead to the "feel good" condition of the patient. These possible positive effects made the researcher believe that the use of Tibetan five rites yoga may have a positive effect on the quality of life of substance use disorder patients in the study area. This belief is founded on the assumption that since exercise improves the body cells' functioning in, the Tibetan five rites yoga being a form of exercise may be assumed to produce similar effects. It is also on the assumption that Tibetan yoga will mimic the function of the use of Electro Convulsive Therapy (ECT) in the brain in the treatment of substance abuse. Our suspicions are that the five rites will help to balance the neurotransmitters in the brain which drug use has altered. The Tibetan five rites' exercises share some similarities with some anaerobic exercise, although yoga is focused on maintaining static positions, while the Five Tibetan Rites are based on repeated movement. The Rites are effective at strengthening and stretching all the major muscle groups and they also help maintain balance, for these Tibetan exercises to have such an overwhelmingly positive effect on our bodies and overall health, we must perform these exercises with commitment.

Reality therapy is another therapy considered, which may help to improve the overall quality of life of psychiatric patients with substance use disorder. This type of therapy is distinct from other therapies in a number of ways, including maintaining a focus on the present and future, applies properly, reality-based therapy for addiction will seek to mirror environments that an addict will normally be exposed to. Reality therapy is a therapeutic approach that focuses on problem-solving and making better choices in order to achieve specific goals in the treatment and recovery of patients. Reality therapy is a person-centered approach that focuses on the current predicaments of the clients and how the problems may be practically managed. The therapy is focused on the present challenges and evaluating realistic solutions to the problems rather than attempts to integrate the past with the present. The primary goal of reality therapy

is to help clients find better ways to fulfill their needs. In this, the counselor helps the clients on how to evaluate behavior, make plans for change, and set realistic goals for themselves for treatment, life adjustment, adaptation and recovery. Reality therapy attempts to evoke the patient's consciousness to the real issues in his or her illness and the challenges required to overcome for recovery. Given the success of reality therapy in reducing internet addiction and gaming disorder, there is hope that it can help in substance use dependence given the similarity of internet addiction and substance use dependence. In view of the fact that clinical therapies help to improve the overall quality of life of the patients and their eventual recovery, there is an expectation, that if applied conscientiously, they may enhance the overall quality of life of patients with substance use disorder

Furthermore, the use of non-pharmacological agents to improve quality of life and prevent relapse will eliminate drug reactions and pharmacological side effects that often prevent patient from drug adherence and eventual relapse with consequence for increase suffering for the patient and family. The study therefore intends to explore the contributions of Tibetan five rites and reality therapy on the quality-of-life patients with SUD at Anambra state psychiatric hospital Nawfia. Therefore, this study intends to explore the existing gaps on the typical use of these therapies on substance abuse disorder patients at Nawfia psychiatric hospital.

Hypotheses

The following hypotheses will guide the study:

- Tibetan yoga will improve the quality of life among patients with substance use disorder.
- Reality therapy will have a significant positive effect on quality of life among patient of substance use disorder.
- Reality therapy and Tibetan yoga will both have a positive significant effect among patient with substance use disorder.

The participants recruited through multistage sampling technique were 30 in patients diagnosed with substance use disorder that met the inclusion criteria of the study. Their ages ranges from 18-45 with mean age of 30 and standard deviation of 8.7. A pretest-posttest design was adopted using World Health Bref quality of life scale as the instrument for data collection. Multivariate analysis of covariance was used for data analysis.

Discussion

The first hypothesis which states that Tibetan yoga will have a significant positive effect on quality of life among patients with substance use disordered was accepted. The implications of study on yoga and CBT therapy benefits on smoking cessation are that yoga has been known to improve physical and mental health so this type of analysis can help demonstrate how yoga can decrease severity of withdrawal symptoms and prevent relapse in those with nicotine dependence. This implies that the practice of yoga may actually help to balance some parts of the brain and body that are impacted by drug abuse in a natural way. In addition to the physical aspects of yoga, there are also many emotional benefits as well. When practicing yoga, people are attuned to their bodies, learn to regulate their breathing, and to really listen to their bodies [9]. This can create a self-awareness of how things may make a person feel a certain way in a nonjudgmental fashion. By focusing all energy inward, individuals can learn to take ownership for the way they feel and gain control over themselves and their subsequent actions. In so doing, they may also become more self-

reliant and self-confident. When someone abuses substances regularly, because some of the pathways in the brain are altered, and the pathways related to feeling pleasure, regulating emotions, making sound decisions, and controlling impulses may be negatively affected by substance use. After a period of time without the influence of the substance, brain chemistry and circuitry can heal and rebuild it. Yoga may be able to help with this as well. Yoga can also raise levels of GABA-which is shown to reduce stress and anxiety. Studies have revealed that the combination of yoga and psychotherapy is more beneficial than the conventional methadone treatment, even for drugs such as heroin or other opioids [10]. Yoga reduces stress and anxiety which cause cravings and eventually-relapse. Presently, treatments for psychological disorders involve psychological and pharmacological interventions, but mind-body interventions (medical yoga) are proving to be very effective. For those with SUDs with comorbid illnesses, medical yoga can be revolutionary for maintaining equilibrium.

Also, the hypothesis that states that reality therapy will have a significant positive effect to quality of life and recovery of drug disordered patient were accepted. This also implies that. Reality therapy attempts to help people control the world around them more effectively so that they are better able to satisfy their needs. In many cases, control is what substance abuse is really all about. People use drugs or alcohol because they don't feel in control of their lives, or they use in order to control emotions, thoughts, boredom, pain, loneliness, mental illness and other personal issues [11-13]. In lay terms, reality therapy helps people to reach a medium ground between being in control of what they are able to control, and accepting that some things will remain out of their control-especially other people. This an extremely effective treatment modality because it forces recovering addicts to take responsibility for precisely the actions and behaviors, they have control over and nothing more-a traditionally difficult task in a demographic that suffers inherently from denial issues [14].

Reality therapy helps to keep patients focused by addressing issues that the addict or alcoholic can control now and in the future. The general idea here is that the past is gone and out of control of the patient and that at no time should events that are in the past be allowed to control events or behaviors in the present or future [15-19]. Reality therapy helps clients to assume personal responsibility for what they do and the choices they make instead of placing blame on outside occurrences or influences. When clients begin to assume responsibility for their actions, they become inspired to make better choices for themselves in the future.

Conclusion

Tibetan five rites yoga and reality therapies are implicated in improving the quality of life among drug use patient diagnosed with substance use disorder, this calls for the use of the interventions in the management of patients with substance use disorder for better clinical outcome.

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