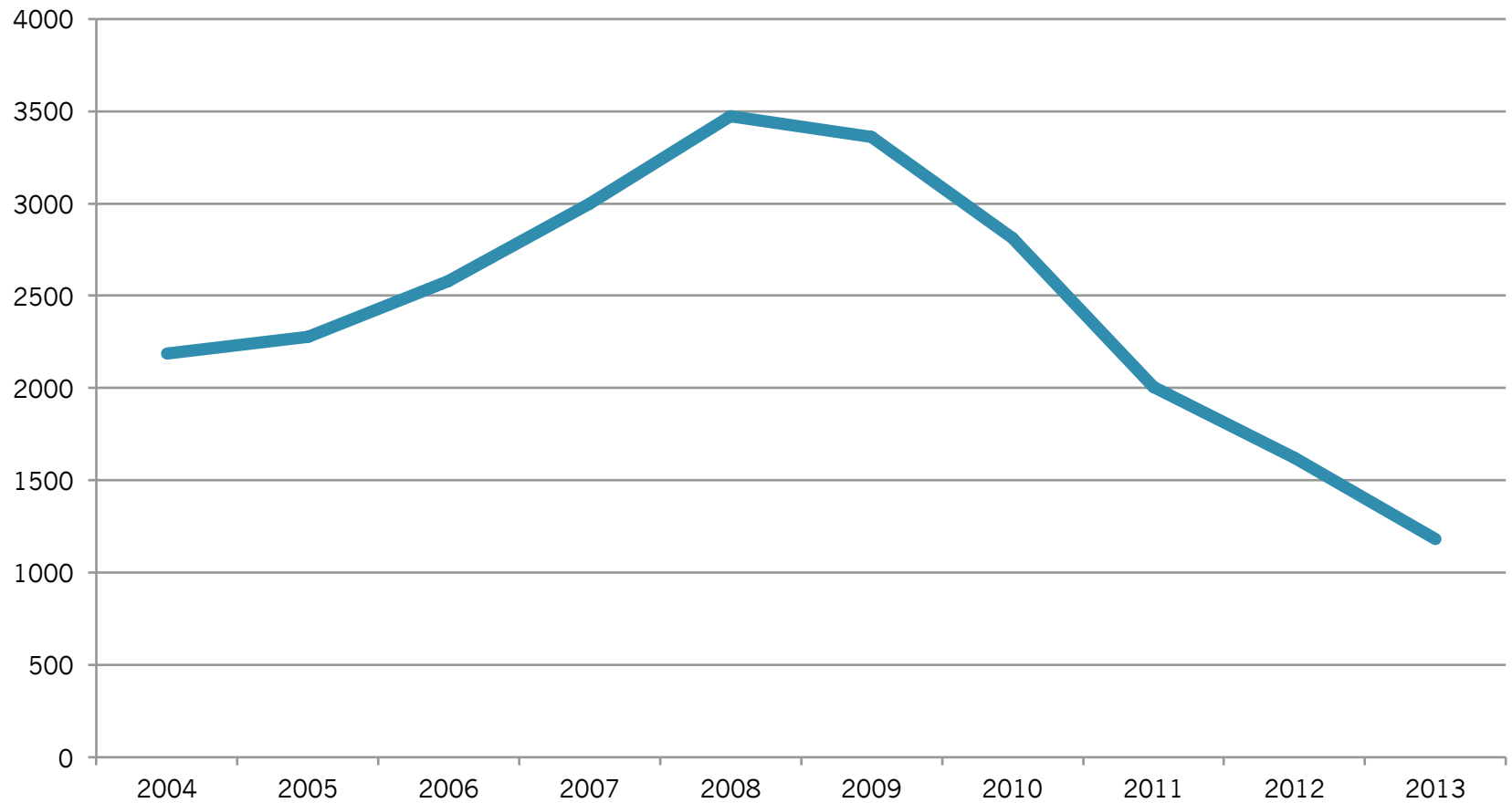# A Personal Construct Study of Peer Influence and Self-Presentation in Drug Abusing Youth: Implications for Youth Mental Health Service

# 朋輩影響與濫藥青少年自我概念的研究: 對青少年精神健康服務的建議

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# 香港濫藥青少年的趨勢 (21歲以下) (禁毒處, 2014)

## 青少年濫藥的三大原因 (禁毒處, 2014)

| | |
|---|---|
| Peer influence 朋輩影響 | 51.3 % |
| Relief of boredom & stress 解悶減壓 | 43.6 % |
| Curiosity 好奇心 | 39.4 % |

- Given peer influence is reported as the primary reason for drug use, hence, focus of study

# 背景及理念 Background

- 青少年濫藥日漸年輕化和多樣化(禁毒處, 2014)
- 朋輩影響為青少年濫藥的首要原因(51.3%)
- 青少年認為濫藥都關乎自我選擇和決定
- 自主決定(自我概念)與精神健康息息相關

- 因此這研究探討朋輩關係和自我概念對青少年濫藥的相互影響

# 研究目的 Research Objectives

What are the roles played by peers in affecting the presentation of self in drug abusing youth?

朋輩在影響濫藥青少年自我表現所扮演的角色

Research Questions (RQ):

RQ1: How do peers affect drug abusing youth's adoption of drug taking behaviours?

RQ2: What is the mental health status of these youth?

RQ3: How do drug abusing youth perceive themselves?

# 研究方法 Methodology

Ethnographic, Mixed-method approach:

- Nomothetic data for group profile

- Ideographic data for in-depth understanding of individual lives

- Examine the role of peers on self presentation in drug abusing youth from the insider's perspective

# 樣本 (目的性抽樣) Purposive Sampling

| | Group A (N = 12) | Group B (N = 12) | Group C (N = 32) |
|---|---|---|---|
| Drug career phase 濫藥階段 | Experimental drug users 試驗性用藥者 | Active drug abusers 濫藥青少年 | Drug abusers in rehabilitation 開始服康的青年 |
| Recruitment of participants 召募參加者 | Cheer Lutheran Centre 路得會青怡中心 | Caritas Lok Heep Club 明愛樂協會 | Caritas Wong Yiu Nam Centre 明愛黃耀南中心 |
| Context of interview 訪談場境 | Centre or Secondary school | Centre or participants' neighborhood | Residential Rehabilitation Centre |
| | | | |

# 訪問程序 Procedures

第一節：Mental Health Scales 精神健康量表

General Health Questionnaire 一般健康量表
Hopelessness Scale 絕望感量表
Purpose in Life 人生目的量表
Rosenberg Self-esteem 自尊心量表
Father-Adolescent and Mother-Adolescent Conflict Scales
爸媽與青少年衝突量表

第二節： Repertory Grid Method 個人構念稱儲格

第三節： Semi-structured Individual Interview 個人訪談

# 受訪者背景
## Participants' demographics

- Mean age: 17 years
- Mean years of schooling: 9 years (中三)
- Mean age of first drug use: 15 years
- Average length of drug use: 2.5 years

Sample matches closely characteristics of young drug abusers reported in CRDA

# 受訪者精神健康
## Participants' Mental Health

|  | Group A | Group B | Group C |
|---|---|---|---|
| GHQ<br>一般健康<br>(A>B>C) | 64.25 | 63.42 | 52.38 |
| Hopelessness<br>絕望量表<br>(B>A>C) | 63.33 | 68.50 | 54.97 |
| Purpose in Life<br>人生目的量表<br>(C>A>B) | 82.42 | 74.17 | 92.94 |
| Self-esteem<br>自尊心量表<br>(B>A>C) | 23.08 | 24.58 | 21.47 |

# 親子關係
## Parent-Adolescent Relationship

| | Group A | Group B | Group C |
|---|---|---|---|
| 父親與青年衝突量表<br>Father-Adolescent Conflict<br>(B>A>C) | 11.08 | 11.58 | 9.66 |
| 　親與青年衝突量表<br>Mother-Adolescent Conflict<br>(B>A>C) | 6.67 | 7.17 | 5.34 |
| | | | |
| | | | |

# 濫藥青少年精神健康及親子關係

|  | Group A | Group B | Group C |
|---|---|---|---|
| 精神健康<br>Mental Health | 較差<br>Worse | 最差<br>Worst | 好<br>Good |
| 親子關係<br>Parent-Adolescent Relationship | 較差<br>Worse | 最差<br>Worst | 好<br>Good |
|  |  |  |  |

# Kelly's (1955) Personal Construct Theory (PCT) 個人建構理論

## People as Scientists 人就像科學家

- Actively explore and experiment with the world
- Making hypothesis假設, testing hypothesis based on past experience
- Validating 確定 or invalidating 否定 hypothesis
- Leading to social behaviours

## Central tenets:

- Constructive Alternativism
- "All of our present interpretations of the universe are subject to revision or replacement" (pp. 15)

# PCT's Fundamental Postulate

"A person's processes are psychologically channelized by the ways in which he anticipates events" Kelly's (1955, pp.46)

Personal Construct System –

Bipolar constructs in hierarchical structure based on similarities or differences between a person and other people in social context

| Relevant Corollaries | Personal Construct Theory | Layman concepts |
|---|---|---|
| Choice 選擇原則 (Kelly, 1955, pp. 64) | A person chooses for himself that alternative in a dichotomized construct through which he or she anticipates the greater possibility for extension and definition of his or her system | Personal agency 個人自主 |
| Commonality 共同原則 (Kelly, 1955, pp. 90) | To the extent that one person employs a construction of experience which is similar to that employed by another, his psychological processes are similar to those of the other person | Empathy 同理心 |
| Sociality 社交原則 (Kelly, 1955, pp. 95) | To the extent that one person construes the construction processes of another, he may play a role in a social process involving the other person | Individual role in social context 個人在社交場境的角色 |

# 濫藥者的自我概念

Norris and Maklouf-Norris' (1976) concept of "Community of Selves" 自我群體

| Self-Identity System 自我身份系統 | |
|---|---|
| Actual Self 現在的我 | Representation of the person now |
| Social Self 別人眼中的我 | Representation of how other people see the person |
| Ideal Self 理想的我 | Representation of a person's desired aims |
| Drug Self 濫藥的我 | Representation of the person in drug use |

# 提供的元素 Supplied Elements

| | | |
|---|---|---|
| A | 而家的我 | Actual Self |
| B | 「High」嘅時的我 | Drug Self |
| C | 人哋眼中的我 | Social Self |
| D | 理想的我 | Ideal Self |
| E | 媽媽或親如媽媽的人 | Mother or Surrogate Mother |
| F | 爸爸或親如爸爸的人 | Father or Surrogate Father |
| G | 女朋友 | Girl Friend |
| H | 最好的朋友 | Best Friend |
| I | 「High」嘅的朋友圈子 | Drug-taking Peer Group |
| J | 對我影響大的人 | Influential Person |

# 受訪者C11的個人建構

| | Emergent Pole | Contrast Pole |
|---|---|---|
| 1 | 文靜 | 風趣 |
| 2 | 冷靜 | 魯莽 |
| 3 | 潮流 | 古板 |
| 4 | 勤力 | 懶惰 |
| 5 | 專心工作 | 貪玩 |
| 6 | 上進心 | 懶散 |
| 7 | 認真 | 跳皮 |
| 8 | 溫柔 | 粗魯 |
| 9 | 勤力向上 | 追求享受 |
| 10 | 孝順 | 反叛 |

# 受訪者C11個人構念稱儲格

| 相似 | A.<br>而家<br>的我 | B.<br>理想<br>的我 | C.<br>人地眼<br>中的我 | D.<br>High 嘢<br>時的我 | E.<br>媽媽 | F.<br>爸爸 | G.<br>女朋友<br>(文文) | H.<br>最好的<br>朋友<br>(豪仔) | I.<br>老表<br>(圈子) | J.<br>最影響我<br>的人<br>(大家姐) | 不同 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1.風趣 | 3 | 1 | 2 | 2 | 5 | 6 | 4 | 1 | 2 | 3 | 文靜<br>AHG |
| 2.魯莽 | 5 | 5 | 3 | 2 | 5 | 3 | 5 | 3 | 2 | 4 | 冷靜<br>ADI |
| 3.潮流 | 2 | 2 | 2 | 1 | 5 | 6 | 2 | 2 | 1 | 3 | 古板<br>AIF |
| 4.勤力 | 4 | 2 | 4 | 6 | 1 | 1 | 3 | 3 | 4 | 2 | 懶惰<br>AEF |
| 5.貪玩 | 3 | 6 | 3 | 2 | 6 | 6 | 3 | 3 | 2 | 6 | 專心工作<br>AGJ |
| 6.上進心 | 3 | 1 | 4 | 5 | 2 | 2 | 3 | 4 | 6 | 2 | 懶散<br>AJI |
| 7.跳 | 4 | 4 | 3 | 1 | 5 | 6 | 3 | 1 | 2 | 5 | 認真<br>ADH |
| 8.溫柔 | 3 | 3 | 4 | 5 | 2 | 5 | 2 | 4 | 6 | 2 | 粗魯<br>AGI |
| 9.追求享受 | 2 | 2 | 2 | 1 | 5 | 5 | 2 | 2 | 1 | 3 | 勤力向上<br>AFH |
| 10.孝順 | 2 | 1 | 3 | 5 | 1 | 2 | 4 | 4 | 6 | 2 | 反叛<br>AEI |

# A Graphical Plot of Elements in Construct Space 受訪者C11 (age 16)
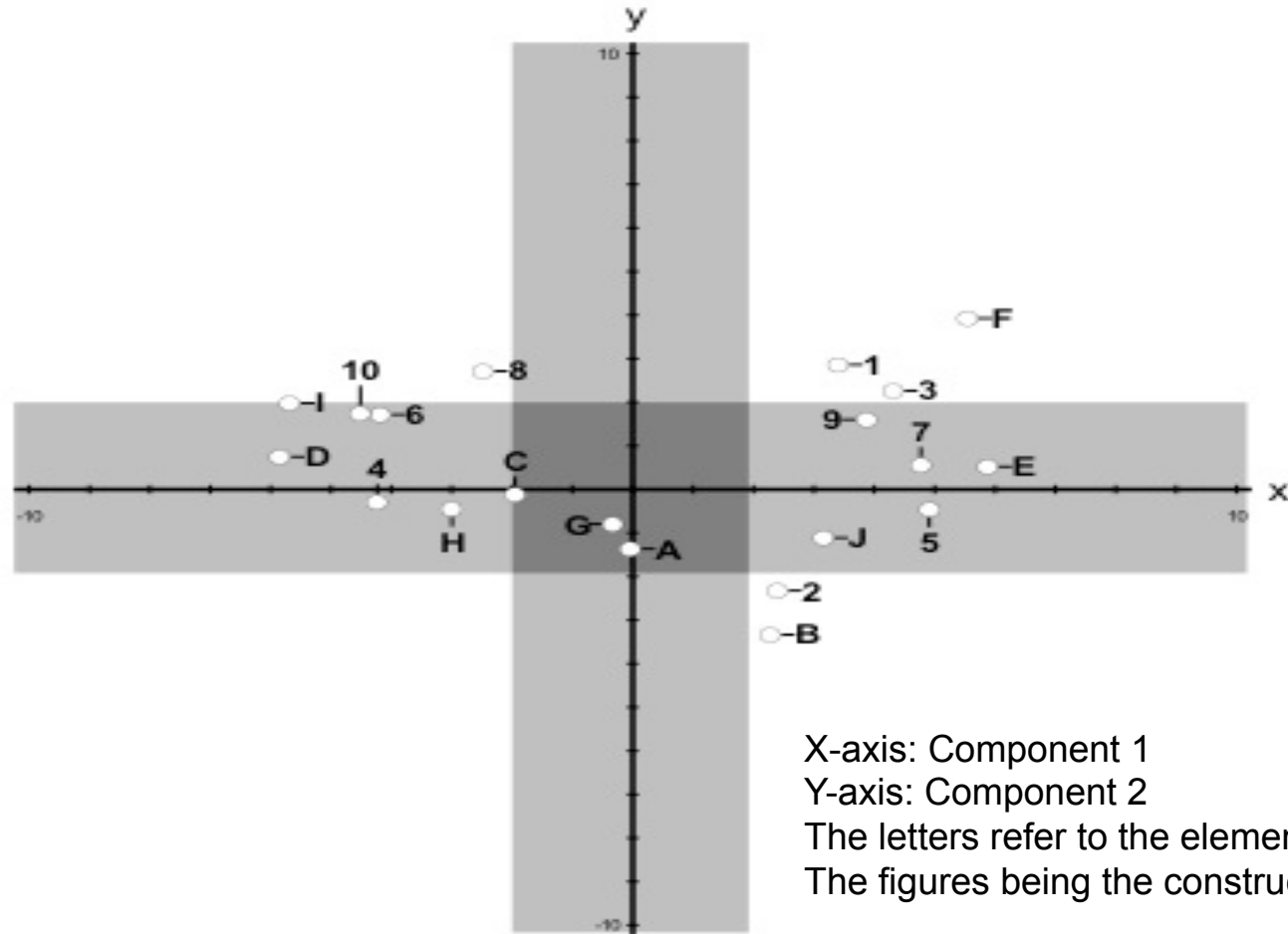


X-axis: Component 1
Y-axis: Component 2
The letters refer to the elements
The figures being the constructs

# 自我概念的表現
## Presentation of Four Aspects of Self

| | Group A | Group B | Group C |
|---|---|---|---|
| 現在的我<br>Actual Self<br>(C>A>B) | Positive | Least Positive | Most Positive |
| 濫藥的我<br>Drug Self<br>(C<B<A) | Least Negative | Negative | Most Negative |
| 別人眼中的我<br>Social Self<br>(C>B>A) | Least Positive | Positive | Most Positive |
| 理想的我<br>Ideal Self<br>(B>C>A) | Least Positive | Most Positive | Positive |

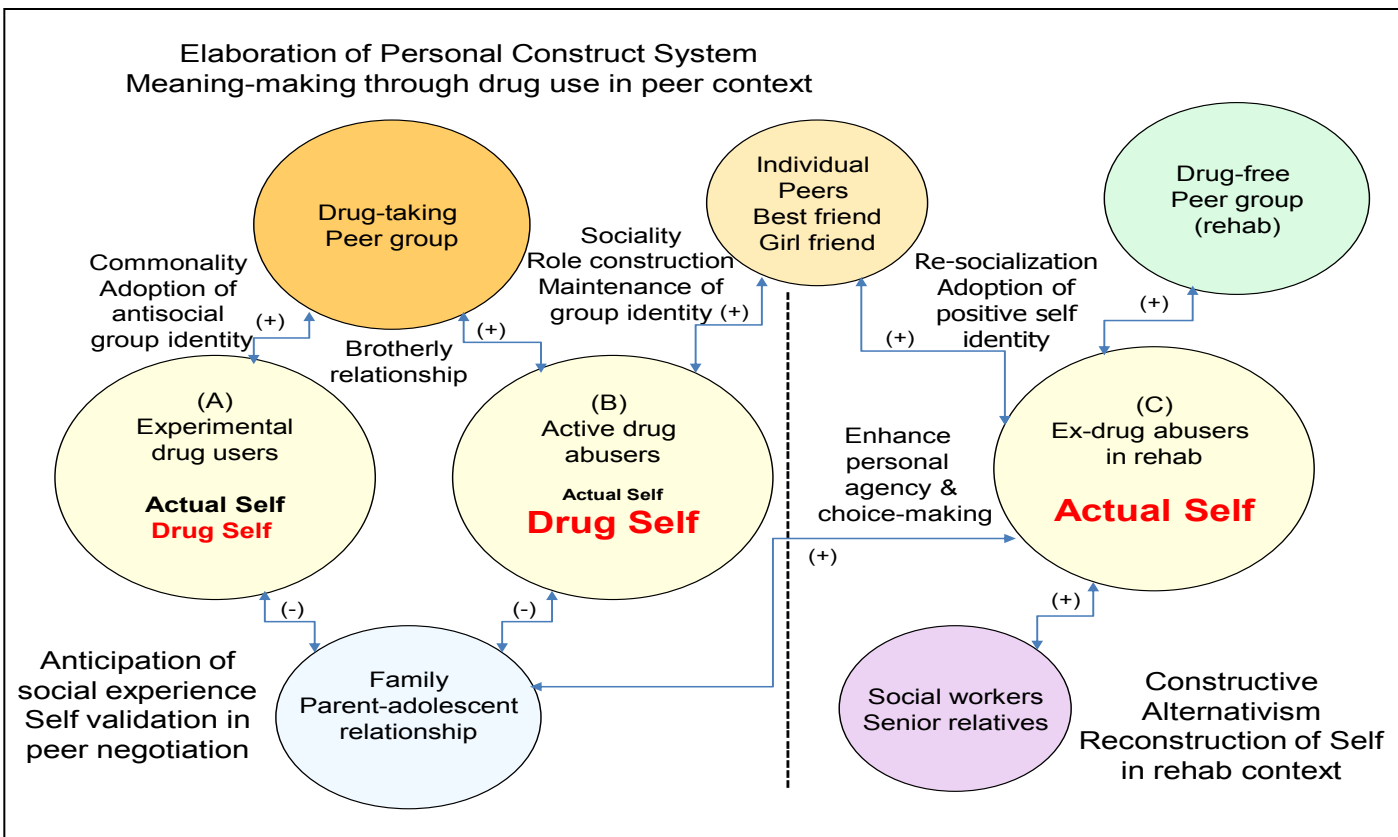| Drug-taking participants (Group A & B) 濫藥的受訪者 | Participants in Rehabilitation (Group C) 復康的受訪者 |
|---|---|
| Emergence of Drug Self | Invalidation of Drug Self |
| Suppression of Actual Self | Strengthening of Actual Self |
| Enhancement of Social Self by drug-taking peers | Enhancement of Social Self by drug-free peers |
| Distancing of Ideal Self | Promotion of Ideal Self |
| Less Positive Mental Health | More Positive Mental Health |
| Poorer Relationship with Parents | Better Relationship with Parents |

# 主要研究結果
# Summary of Findings

- 朋輩關係對濫藥青少年有重大影響
- 濫藥青少年建立反社會的群體身份
- 濫藥青少年的精神健康不太好
- 青少年自我概念和行為在不同社交場境有不同的表現
- 因此建議用正面朋輩影響和增強個人自主力

# 濫藥青少年的朋輩影響和自我概念的後現代建構演譯



Elaboration of Personal Construct System
Meaning-making through drug use in peer context

Drug-taking
Peer group

Individual
Peers
Best friend
Girl friend

Drug-free
Peer group
(rehab)

Commonality
Adoption of
antisocial
group identity

Sociality
Role construction
Maintenance of
group identity (+)

Re-socialization
Adoption of
positive self
identity

(+)

Brotherly
relationship

(+)

(+)

(+)

(A)
Experimental
drug users

**Actual Self**
**Drug Self**

(B)
Active drug
abusers

**Actual Self**
**Drug Self**

Enhance
personal
agency &
choice-making

(C)
Ex-drug abusers
in rehab

**Actual Self**

(-)

(-)

(+)

(+)

Anticipation of
social experience
Self validation in
peer negotiation

Family
Parent-adolescent
relationship

Social workers
Senior relatives

Constructive
Alternativism
Reconstruction of Self
in rehab context

# Thank you!