

## Evaluation of Changes in Sense of Life during Psychotherapy for Clients with Addiction Behaviour

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**Key words:**

sense of life - values of life – alcoholism – drug addiction – existential frustration.

**Abstract:**

1. Does sense of life, its fulfillment and values of life play an important role in the treatment and recovery of clients with addiction behaviour? 2. Are there differences in the experience of sense of life/values of life between different groups of addiction behaviour? A sample of 40 clients were included in the study and divided into two groups of 20 clients. One group consisted of clients suffering from alcohol dependency and the second of drug dependency. They were assessed using three psychometric tests, which were repeated at the end of therapy. These tests were : Logo – Test (Elisabeth S. Lucas), The Purpose in Life Test (Crumbaugh and Maholic) and The Personal Orientation Inventory (Everett L. Shostrom). The assessment was completed using a structured interview which was repeated three times during their period of hospitalisation. The result showed a range of statistical significant changes in the experience of sense of life in both client groups. Both groups showed improvement in their experience in sense of life positively and improved awareness of personal values in their lives. The result did not support Frankl's theory of existential frustration of clients with addiction behaviour. The result further showed that a need exists, to clarify the relationship between loss, death and separation in childhood amongst clients with addiction behaviour. A clearer definition of sense of life would facilitate future investigations and development of better instruments for its measure.