

## *Self-Esteem of Clients in an Aftercare Programme for Substance Users*



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**BACKGROUND:** *Self-esteem plays a role in the successful treatment of drug addiction. Our environment, what we think of ourselves, our self-esteem – these are aspects which are reflected in communication with others. They are projected onto our behaviour and relationships. By getting to know others, we get to know ourselves. As it is an important part of both an individual and a population group, self-esteem has an impact on the general development of society. It affects both our everyday and deviant behaviours.*

**AIMS:** *The aim of this pilot study is to describe the self-esteem of clients in an aftercare programme (so called ex-users), in order to describe and compare their collective self-esteem characteristics. In addition, the study seeks to ascertain whether the method of figure drawing confirms the results obtained from the interviews.* **METHODS:** *Three methods were used to ascertain the participants' self-esteem – Rosenberg's Self-Esteem Scale, a structured interview, and the method of figure drawing.* **SAMPLE:**

*The sample consisted of 10 participants in an aftercare programme provided by the P-centrum in Olomouc. There were nine men and one woman, aged 27.9 on average, with the average duration of their non-alcohol drug-taking career being 8.65 years.* **RESULTS:** *The average self-esteem of the clients of the aftercare programme was 2.73 (HS). Most clients fell within the interval from 2.5 to 2.8. Social and family relationships and communication were shown to be of great significance for the clients. They also placed an emphasis on their health, leisure-time activities, and regular employment. The figure drawing corresponded with the results acquired from the interviews.* **CONCLUSIONS:** *It may be concluded that the self-esteem of clients in the aftercare programme was slightly below average in comparison with other population groups. The results are consistent with the theoretical framework, i.e. participants tend to assign significance to social relationships, other people's views of them, employment, and health.*

**KEY WORDS:** SELF-ESTEEM – DRUG CAREER – AFTERCARE PROGRAMME FOR SUBSTANCE USERS – NON-ALCOHOL DRUG USERS – METHOD OF FIGURE DRAWING – ROSENBERG'S SELF-ESTEEM SCALE

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