

Meaning of Life for People Addicted to Alcohol and Their Personality Characteristics



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BACKGROUND: Our research focused on the meaning of life, life satisfaction, personality factors, and existential skills, while also looking into the development of the meaning of life during treatment. **AIMS AND SAMPLE:** The aim of the research was to determine the level of meaningfulness experienced by men recovering from addiction in the Bohnice psychiatric hospital. A total of 21 patients (men) participated in the research study. The average age of the respondents was 40.9. One of the objectives was to determine any differences between the alcohol dependency group (ALK) and the associated dependencies group (ALK +) in their experiencing of meaningfulness, life satisfaction, personality factors, and perception of existence. The qualitative part of the research was intended to identify the development of the meaning of life during treatment. **METHODS:** The Logo-test, Life Satisfaction Questionnaire (LSQ), NEO Personality Inventory, and Existential Scale (ESK) were used to

collect data. **RESULTS:** The measurements showed that the entire sample differed from the population norms in all the scales comprising the test battery, with the exception of Openness to Experience, Agreeableness, Conscientiousness, and Sex (0.05 statistical significance level). The results of the Logo-test indicate a medium-level sense of fulfillment and average mental stability without the presence of danger in the majority of those dependent on alcohol only. Alcoholics with other associated addictions were found to show a greater likelihood of existential neurosis and a reduced sense of fulfillment. The results of the meaning of life questionnaire suggest the importance of the family as the meaning of life. During treatment, the meaning of life among the respondents focused increasingly on improving their family relationships and abstinence. The results also demonstrate that treatment can help people to re-evaluate the meaning of life.

KEY WORDS: DEPENDENCE ON ALCOHOL – MEANING OF LIFE – LOGOTHERAPY – PERSONALITY FACTORS – EXISTENTIAL PSYCHOLOGY

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