

Mediating Role of Self-Efficacy on the Relationship between Coping Skills, Social Support and Psychological Well-Being among Amphetamine-Type Stimulant Drug Addicts in Malaysia

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Abstract : This study examines the psychological well-being of Amphetamine-Type Stimulant (ATS) drug addicts in Malaysia, focusing on self-efficacy as a mediator between coping skills, social support, and psychological well-being. Aligned with Sustainable Development Goal 3 (Target 3.5), this research aims to strengthen the prevention and treatment of substance abuse. With rising ATS addiction rates in Malaysia, understanding these factors is crucial for effective interventions. A total of 302 ATS drug addicts from PUSPEN Serendah, Jelevu, Tampin, and Tiang Dua participated. Data were collected using the Brief-COPE, MSPSS, DASES, and Ryff's Psychological Well-being Scale. Analysis was conducted using SPSS and Structural Equation Modelling (SEM). Results revealed that emotion-focused coping, particularly through religious practices, was the predominant coping strategy (71.2%). Family and friends were equally important domains of social support (45% each). Negative affect (e.g., managing anxiety and depression) was the main domain of self-efficacy (32.5% moderate efficacy), while autonomy (54.3%) was the primary domain of psychological well-being. Correlation analysis showed no significant relationship between coping skills and psychological well-being but found a weak negative correlation between social support and psychological well-being ($r = -0.148$, $p < 0.01$). Mediation analysis indicated that self-efficacy partially mediated the relationship between coping skills and psychological well-being ($\beta = 0.071$, $p = 0.005$). However, self-efficacy did not mediate the relationship between social support and psychological well-being. These findings highlight the importance of enhancing self-efficacy and improving the perception of social support in interventions to boost the psychological well-being of ATS addicts. This study provides valuable insights for developing targeted mental health strategies in Malaysia.

Keywords : coping, psychological well-being, social support, self-efficacy ATS drug addicts

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