

Substance Abuse: “An escape from reality” Alcohol Dependence and it’s relation with Sensation Seeking among adolescents.

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Abstract: The goal of the present study was to examine a relation between Alcohol Dependence and Sensation Seeking. To test the hypothesis as to whether Alcohol Dependence is significantly correlated with Sensation Seeking or not, self-reported questionnaires measuring severity of Alcohol Dependence and Sensation Seeking, were administered on a sample of 94 college students (between 18 and 24 years). It was found from the study that Alcohol Dependence was not significantly correlated with Sensation Seeking, however, sub-factors of Sensation Seeking like Boredom Susceptibility among male adolescents and Experience Seeking among female adolescents were significantly correlated with Alcohol Dependence, showing to some extent that these factors of Sensation Seeking play a role in giving rise to Alcohol Dependence.

Keywords: Adolescents, Alcohol Dependence, Sensation Seeking, Boredom Susceptibility, Experience Seeking.

Introduction

The world today is moving at a very fast pace in almost every aspect of life. New trends are increasing day by day and they particularly show how much we have developed overtime. However, with the developing trends we are also adapting and getting addicted to things (trends) that are making us more vulnerable. One of the major trends in today’s era is substance abuse, (consumption of psychoactive substances including alcohol and illicit drugs in a hazardous way are labeled as substance abuse, WHO). Overtime, there has been a tremendous increase in the past few years in utilization of various substances. Consumption of alcohol has not only become just a habit but also a status symbol in today’s world. People may consume alcohol in order to gain prestige in the society. Our paper seeks to clarify the important reasons behind the increased consumption of alcohol not only among the male population but also covering the female population as they too are getting addicted towards such things. The amount of dependence people have developed towards alcohol has led them to become addicted to various alcoholic substances. Apparently, it is harming people’s life not just physically but also psychologically in almost every region.

In many countries, consumption of various alcoholic drinks has become a diathesis for adverse illnesses. In 2015 around 79000 preventable deaths in England were attributed to smoking. Thus, the data differed for each country, though Eastern European countries seem to dominate when it comes down to the highest alcohol consuming country.

The countries that are the major alcohol dependent countries over the world include Lithuania, Russia, Czech Republic, Ireland, and France with Belarus as the highest alcohol dependent country with 17.50litres of alcohol consumed per capita. Such countries might

show increased rates of alcohol consumption, these countries experience extreme cold weather conditions and alcohol helps in warming up the body.

In India, liquors such as spirits are preferred more over beers, According to past two decades consumption of alcohol has increased to a great extent from 1 in 300 to 1 in 20. Statistics reported on alcohol and health reveal that 30 per cent of people consume alcohol regularly in India.¹² The largest consumer of whiskey in the world is India and it constitutes about 60% of the IMFL (Indian made foreign liquor) market.⁷ Andhra Pradesh, Telangana, Kerala, Karnataka, Sikkim Haryana and Himachal Pradesh stand for the largest alcohol consuming states in India.⁷

The addiction of alcohol consumption and smoking has affected almost every age group but the most affected one is the present day's youth. According to the United Nations, Youth can be defined as a period of transition from childhood to adolescence ranging from 15-24 years of age. A recent survey, the ESPAD conducted on the young European adults aged between 15-16 showed that around 90 per cent of young people had consumed alcohol at least once in their lifetime with the average age of initiation of 12 and a half years; Hibell et al (2009)¹⁸. The most popular drinks among adolescents in Europe are beer and spirits with beer accounting for 40 per cent of total alcohol consumption, (30%), wine (13%) and alcopops (11%). Portugal was a notable exception, with a rising lifetime prevalence for both boys and girls from 2003 to 2007¹⁸. In general, beer was the most popular drink among boys, while spirits were more popular among girls.

The youth of India does not stay far behind in terms of using substances like alcohol or smoking cigarettes. Young males in Chennai along with areas of Meerut, Indore, Mumbai, Nagpur are high alcohol dependent states in India. An increased and repeated use or consumption of alcohol can lead to having a dependence on it, also marked by symptoms of withdrawal when relatively decreased (from previous consumption) amount of alcohol is being consumed.² Alcohol prevalence is high among college students in Punjab and Ludhiana with a usage of 31.1 per cent¹¹. In Mumbai, the alcohol consumption sums up to 18.8 per cent among young and older adults consuming alcoholic beverages. Organization for Economic Cooperation and Development (OECD) report in May 2015, there was an increase in alcohol use by about 55 percent between 1992 and 2012.¹

Dehradun is the capital of the Indian state of Uttarakhand. It is a small city, however, during the past few years there has been an incredible change in people's behavior and the trends. One of the trends that is highly being adopted by the adolescents of Dehradun is consumption of alcohol. Our paper majorly focuses on finding the underlying reasons responsible for this changing and hazardous trend in the city of Dehradun. Saxena and colleagues conducted a study (2010)²⁰ in Doiwala block, district Dehradun to assess the rate of alcohol consumption and other substances. The study included 511 male adolescents from class 10th and 12th. It was observed in the study that with increasing age there was also an increase in the prevalence of alcohol. Also, it was seen that the initiation of substance abuse had started at the age of 14-15 years. In 8.7 per cent cases adolescents were found to be consuming alcohol, peer pressure being one of the major reason for this. 80.2 per cent of users wanted to quit the habit of substance abuse

Juyal et al¹⁰ observed substance abuse patterns among students in Dehradun district of Uttarakhand. 1094 students from class 9th to 12th were chosen from two educational institutions. It was revealed from the study that 55.3 per cent children used arecanut/panmasala followed by tobacco. There were 26.2 per cent alcohol users. Also it was seen that 22.2 per cent of alcohol users and other substances users had consumed these substances for more than 20 days during the last month before the survey.

Zuckerman et al (1990)²⁵ defined sensation seeking as the tendency to seek varied, novel, and stimulating experiences or taking risks in order to undergo such experiences. Individuals obtaining high scores on this trait often fulfill tasks that give pleasure and also have

difficulty to delay their gratification for the particular stimuli that give novelty experiences and lower down self-control, Gottfredson and Hirschi (1992)¹⁹. Various studies conducted in US found sensation seeking to be a significant predictor of substance abuse, Stacy, Newcomb, and Bentler (1993)²¹.

Sensation seeking is considered to be one of the major causes behind alcohol use problems. Sensation seekers are thought to use alcohol to attain stimulation. A study was conducted by Legrand and colleagues (2007)¹⁴ investigated the relation between sensation seeking and consumption of alcohol in French college going students. The sample consisted of 205 students. Open bar parties happening in the Reims and Paris metropolitan area were investigated. A 40 item version of the sensation seeking scale in French (form- IV) was used. Alcohol concentration was estimated by means of an AlcoSensor IVTM hand-held breath alcohol tester which were later transformed into blood-alcohol concentration. It was made clear from the study that overall trait of sensation seeking especially the subscales disinhibition and experience seeking were related to binge drinking in the college students chosen as the sample. Also, higher levels of the trait sensation seeking were observed in those attending the open bar parties. Along with sensation seeking, socio-demographic and other factors played a role in determination of alcohol use by the students

Having a lack of interest in one's environment characterized by a state of being idle is called boredom. When people lack interest in things present in the surrounding or they feel they have nothing productive to do (creating a state of restlessness) they try to get engaged in activities that are novel, or might seem to reduce the feeling of being unproductive. This is why many youngsters switch to alcohol or smoking in order to get pass their leisure time and also try out things that they are not allowed to, so that they develop some interest. Boredom susceptibility is dislike of repetition, routine and other people who are not stimulating. Wiesback et al (1996)²³ studied sensation seeking, alcoholism and dopamine activity. Scales measuring sensation seeking were administered on 45 men having a dependence on alcohol. Among these 15 men had a favorable family history while the other 15 had an unfavorable family history and 15 men in a controlled group. The activity of the neurotransmitter dopamine was analyzed by assessing the amount of hormone responsible for growth, secreted after arousal. It was seen through results from a one-way ANOVA that both groups of men who were dependent on alcohol (with favorable and unfavorable family histories) showed high levels of boredom and the factor of boredom susceptibility had highest correlations in comparison to other factors.

Disinhibition can be defined as the tendency to express impulses. In many cases disinhibition has been observed to be related with consumption of alcohol in many people. Mccarthy et al (2001)¹⁶ studied anticipated (expectancy) risk for alcohol consumption and disinhibition. For the study 279 white and 200 black college students were assessed on alcohol expectancy, disinhibition and drinking behavior. The association between disinhibition and usage of alcohol were analyzed using the acquired preparedness model. The study revealed that black participants significantly scored lower on disinhibition, expectancy and drinking. Also, it was seen that alcohol expectancy mediated between disinhibition and drinking relationship.

Experience seeking is concerned with facing or experiencing complex or novel stimulus. The novel or complex stimulus may vary from visiting different places or meeting people who are different from them. As adolescence is the prime age where young people explore a lot of new things. While exploring, they often come across many things like substance abuse which might seem novel. Thus, the continuous use of alcohol or any other substance leads the teenagers to get addicted vehemently to such things. A study conducted by Jordan and Anderson (2017)⁹ focuses on early adolescent drinking and the risk involved with it. The study suggests that early use of alcohol or any other substance increases high risk for substance dependence.

Thrill and adventure seeking involves engaging in activities that are highly stimulating and are characterized by fearlessness. Wilkinson et al (2010)²⁴ studied the various factors related to use of alcohol. The study involved 1053 Mexican origin participants. It

was seen from the study that as sensation seeking tendencies along with behaviors involving potential risks, use of alcohol also increased.

Review of literature

Plant and Miller (1999)¹⁷ carried out a survey on 90,000 teenage school students based on drinking, smoking and drug abuse behaviors. It was found in the study that the survey based on the particular behaviors differed for each country. Young people from northern countries showed highest rates of substance intake. On the contrary, teenage students in southern Europe showed lower rates of substance intake.

Martin et al (2002)¹⁵ studied association between various factors like nicotine, alcohol usage and marijuana, sensation seeking and pubertal development. The sample included both male and female adolescents from a psychiatric clinic and two general pediatric clinic. Level of sensation seeking was measured using sensation seeking questionnaire, pubertal development was measured using pubertal development scale and to assess the usage of nicotine, alcohol and marijuana self-report questionnaires were used. Results indicated a high level of sensation seeking in both the genders who consumed nicotine and alcohol consumption and in males who consumed marijuana. Sensation seeking intervened between pubertal development and consumption of drugs in males and females.

Crawford et al (2003)⁴ conducted a longitudinal survey data on two different sample groups. One group consisted of 1002 adolescents and the other of 1206 adolescents. The aim was to understand whether initiation of sensation seeking during middle school years led to consumption of substances during the same period and in later years of schooling. It was observed that sensation seeking acted as a strong predictor for substance use in the two samples. Also it was found that sensation seeking acted as a strong indicator of cigarette use in adolescents (in one group only), due to different ethnicities.

Fein et al (2010)⁵ studied sensation seeking in middle-aged individuals who had not been consuming alcohol for a long time and in young individuals who were treatment naïve active alcoholics. A modified version of the sensation seeking scale was administered to 52 middle aged persons (who were not consuming alcohol in a long-time) and 86 young persons (who were treatment naïve active alcoholics). Associations between sensation seeking scale, consumption of alcohol and deviance proneness was investigated. It was found from the study that treatment naïve active alcoholics had higher levels of sensation seeking scores as compared to non-alcoholic controls on all subscales except for boredom susceptibility. Also, sensation seeking either leads to adaptation to long-term abstinence from alcohol or normalizes itself to long-term abstinence.

Kong and colleagues (2013)¹³ investigated factors like pubertal status, sensation seeking and impulsivity in relation to substance use. 3068 adolescents from grades 9 to 12 in Connecticut were chosen for the study. It was found from the study that sensation seeking was independently associated with use of various substances in both the genders.

Biolcati, Passini, and Mancini (2016)³ conducted a study to find out about binge drinking in adolescents. The study focused at finding out reasons behind adolescents' vulnerability to excessive drinking while focusing on boredom susceptibility. A questionnaire designed to assess expectancies of binge drinking and boredom susceptibility was administered on a sample of 721 young Italian students. It was observed from the study that drinking expectancies were due to boredom. An important mediating role was played by disinhibition and pain relief between boredom and alcohol outcome in the study.

Method:

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The following study is a quantitative research to find whether alcohol dependence and sensation seeking are related to each other or not.

Sample

For the study, a small sample of 94 randomly selected adolescents from the city of Dehradun of different universities and colleges were chosen. The sample consists of 47 male adolescents and 47 female adolescents who were contacted personally and were explained the purpose of the study.

The participants responded to the questionnaires on their free will and they were requested to provide correct and complete information that would be kept confidential.

Hypotheses:

1. It is expected that Alcohol Dependence will be significantly correlated with Sensation Seeking in males and females.
2. Boredom susceptibility (BS) is significantly correlated to alcohol dependence in males.
3. Boredom susceptibility (BS) is significantly correlated to alcohol dependence in females.
4. Disinhibition (DIS) is significantly correlated to alcohol dependence in males.
5. Disinhibition (DIS) is significantly correlated to alcohol dependence in females.
6. Experience seeking (ES) is significantly correlated to alcohol dependence in males.
7. Experience seeking (ES) is significantly correlated to alcohol dependence in females.
8. Thrill/Adventure Seeking (TAS) is significantly correlated to alcohol dependence in males.
9. Thrill/Adventure Seeking (TAS) is significantly correlated to alcohol dependence in females.

Statistical tools:

For the collection of data the following tools were used: 1) alcohol dependence was measured using the Severity of Alcohol Dependence Questionnaire (SADQ). The questionnaire is a self-report test that containing 20-items that assesses severity of dependence on alcohol. The scoring for the test is based on a 4-point scale ranging from “Almost Never” (score 0) to “Nearly Always” (score 3). The overall score ranges from 0 to 60, test-retest reliability is 0.85. Factor analysis yields single main factor accounting for 53 per cent of variance.

2) For measuring the psychological variable of sensation seeking, the Sensation Seeking Scale by Marvin Zuckerman (1964) was used. It is a 40- item self-report test that measures the four subscales: a) Boredom Susceptibility (BS), b) Disinhibition (DIS), c) Experience Seeking (ES), d) Thrill and Adventure Seeking (TAS). The total score helps in understanding an individual’s inclination towards unique, different, experiences and engaging in behaviors with a potential for risk in order to achieve stimulation.

The collected data was compiled and analyzed using Microsoft Excel (MS Excel- 2013). The Pearson correlation coefficient was used to find out the relation between alcohol dependence and sensation seeking.

Results

As represented in Table (1), Pearson’s r correlation coefficient method yielded a score of 0.069 between the variables of Alcohol Dependence and Sensation Seeking for male sample (n=47), and in Table (2) a correlation of 0.026 for female sample (n=47).

Table 1: Correlation Scores (males)

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Alcohol Dependence correlated with-	Overall Sensation Seeking Scale	Boredom Susceptibility	Disinhibition	Experience Seeking	Thrill and Adventure Seeking
Males (high scores)	0.069	0.274**	0.053	0.107	-0.208
Males (low scores)		-0.274	-0.053	-0.107	0.208

Table 2: Correlation scores (females)

Alcohol Dependence correlated with-	Overall Sensation Seeking Scale	Boredom Susceptibility	Disinhibition	Experience Seeking	Thrill and Adventure Seeking
Females (high scores)	0.026	0.034	-0.074	0.205*	-0.073
Females (low scores)		-0.034	0.074	-0.205	0.073

Boredom Susceptibility is significantly correlated with alcohol dependence in males (Table 1). Experience seeking is significantly correlated with alcohol dependence in females (Table 2).

Discussion

Overtime consumption and dependence on alcohol has risen to a great extent. The trend of consuming alcohol has increased to a great level and the highest consumers are today’s youth. Our study observed that certain factors from sensation seeking like boredom susceptibility amongst males and experience seeking among females may act as important factors contributing to the reason as to why people may be dependent on alcohol.

Having a lack of interest in one’s environment characterized by a state of idleness is called boredom. As observed from the study, high rates of boredom are related with consumption of alcohol in males. Male adolescents are usually engaged in many physical activities like sports however due to development and the new trends today males are now shifting their leisure motivation activities from just playing sports to engaging in consumption of alcohol making them more dependent towards it. One reason for this could be peer influence or befriending other people who are themselves involved in behaviors that is similar to one’s own behavior. Ivaniushina and colleagues (2019)⁸ have highlighted in their study, the influence of peers on drinking behavior in adolescents. According to the study factors such as boredom contribute to the reason for consuming alcohol.

Disinhibition is the ability to express impulses or seeking release via alcohol, partying etc. Disinhibition was not correlated with alcohol dependence amongst both the genders. One possible reason regarding why disinhibition was not correlated with alcohol dependence could be that the paper majorly was concerned about alcohol, factors such as smoking and drug abuse were not taken into

consideration. Flory and Manuck (2009)⁶ conducted a study to assess associations between impulsiveness and smoking on a sample of 1284 adults. It was found from the study that factors like disinhibition were associated with use of tobacco and behaviors associated with attainment of rewards were related with smoking. So for the present study it could be a notion that the sample chosen was more inclined towards use of cigarettes, tobacco or other substances to express impulses rather than just being dependent on alcohol.

Experience seeking is concerned with experiencing or facing novel or complex stimulus, young people are often looking out for novel experiences and during that age they are exploring new and complex things, this could be one of the major reasons as to why there is a significant correlation between alcohol dependence and experience seeking. According to the present study experience seeking was significantly correlated with alcohol dependence in females. One possible notion to this could be that the Indian society is still developing in terms of giving females the same amount of respect, status and autonomy that males are given. Most females today are frowned upon for leaving their homes for work or any other purpose. These restrictions not only become a physical barrier stopping them to go out of their houses for any work but also a psychological one where they feel dictated on how to act morally, repress their impulses and without questioning conform to the norms that have been precisely dictated by the society. Thus, the factor of being always restricted might increase more curiosity amongst females to enjoy new experiences, for the matter of fact even consuming alcohol.

The subscale of Thrill and Adventure seeking showed a negative correlation in both the samples. With thrill and adventure also comes in the factor of risk. One of the reasons underlying this could be that we as people living in India are bounded by a collectivistic culture, implying that all our beliefs, behaviors and our personalities too are determined by people whom we live with, that is our family. There are various rules of conduct as to how families want their children to behave, this also means that sometimes the parental supervision is such that young people are told strictly to be around a good peer group, not perform activities that are risky. Visser et al²² conducted a study to find out how different types of parenting led to increased use of alcohol. Sometimes, the parenting style may also become extremely overindulgent or overprotective where the child seems to lose out on their personal lives, there may be extreme supervision from the side of parents and thus the children may fear engaging in any adventurous activities like mountaineering, skiing or for that matter even trying any kind of substance simply due to authority figures who vehemently tell their children to be disciplined and not engaging in any risk related behavior.

Conclusion

The alcohol dependence rates of adolescents in Dehradun was measured and it was seen that alcohol dependence is not significantly correlated with overall sensation seeking. Factors like boredom susceptibility among males and experience seeking among females were however found to be significantly correlated with alcohol dependence.

Strengths

The present study highlights not just the relation between alcohol consumption, dependence and sensation seeking but it also lays importance on the current trends that are being adopted by the youth of today. It also emphasizes the countries that are highest on the rate of alcohol consumption and the lowest alcohol consuming countries. The study focuses on the rate of alcohol consumption in the city of Dehradun. Also, it takes into consideration both the genders who consume alcohol.

Limitations

The study has majorly focused on just sensation seeking as a potential cause underlying alcohol addiction. The rest of the causes are not given so much weightage. The study has not focused on qualitative, demographic factors of alcohol consumption.

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Suggestions as a psychologist

A psychologist has an integral role to play in helping people suffering from alcohol addiction or any other alcohol use disorder. A psychologist can provide counselling along with therapies. Since, substance abuse addicts often have bad interpersonal relations with their family members, a psychologist can provide counselling to the family members of an addict and make them understand that as family members they have an integral role to play in helping the person get rid of the addiction problem and provide them support. They can help these people to manage their vocational skills and all other important skills required to maintain a healthy living in a society.

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Appendix:

SEVERITY OF ALCOHOL DEPENDENCE QUESTIONNAIRE (SADQ-C) 1

NAME _____ AGE _____ No. _____

DATE:

Please recall a typical period of heavy drinking in the last 6 months.

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When was this? Month: Year.....

Please answer all the following questions about your drinking by circling your most appropriate response.

During that period of heavy drinking

1. The day after drinking alcohol, I woke up feeling sweaty.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

2. The day after drinking alcohol, my hands shook first thing in the morning.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

3. The day after drinking alcohol, my whole body shook violently first thing in the morning if I didn't have a drink.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

4. The day after drinking alcohol, I woke up absolutely drenched in sweat.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

5. The day after drinking alcohol, I dread waking up in the morning.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

6. The day after drinking alcohol, I was frightened of meeting people first thing in the morning.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

7. The day after drinking alcohol, I felt at the edge of despair when I awoke.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

8. The day after drinking alcohol, I felt very frightened when I awoke.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

9. The day after drinking alcohol, I liked to have an alcoholic drink in the morning.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

10. The day after drinking alcohol, I always gulped my first few alcoholic drinks down as quickly as possible.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

11. The day after drinking alcohol, I drank more alcohol to get rid of the shakes.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

12. The day after drinking alcohol, I had a very strong craving for a drink when I awoke.

ALMOST NEVER SOMETIMES OFTEN ALMOST ALWAYS

13. I drank more than a quarter of a bottle of spirits in a day (OR 1 bottle of wine OR 7 beers).

ALMOST NEVER SOMETIMES OFTEN ALMOST ALWAYS

14. I drank more than half a bottle of spirits per day (OR 2 bottles of wine OR 15 beers).

ALMOST NEVER SOMETIMES OFTEN ALMOST ALWAYS

15. I drank more than one bottle of spirits per day (OR 4 bottles of wine OR 30 beers).

ALMOST NEVER SOMETIMES OFTEN ALMOST ALWAYS

16. I drank more than two bottles of spirits per day (OR 8 bottles of wine OR 60 beers)

ALMOST NEVER SOMETIMES OFTEN ALMOST ALWAYS

Imagine the following situation:

1. You have been completely off drink for a few weeks

2. You then drink very heavily for two days

How would you feel the morning after those two days of drinking?

17. I would start to sweat.

NOT AT ALL SLIGHTLY MODERATELY QUITE A LOT

18. My hands would shake.

NOT AT ALL SLIGHTLY MODERATELY QUITE A LOT

19. My body would shake.

NOT AT ALL SLIGHTLY MODERATELY QUITE A LOT

20. I would be craving for a drink.

NOT AT ALL SLIGHTLY MODERATELY QUITE A LOT

SCORE

Sensation Seeking Scale

1. A. I like "wild" uninhibited parties

B. I prefer quiet parties with good conversation

2. A. There are some movies I enjoy seeing a second or even a third time

- B. I can't stand watching a movie that I've seen before
3. A. I often wish I could be a mountain climber
- B. I can't understand people who risk their necks climbing mountains
4. A. I dislike all body odors
- B. I like some for the earthly body smells
5. A. I get bored seeing the same old faces
- B. I like to comfortable familiarity of everyday friends
6. A. I like to explore a strange city or section of town by myself, even if it means getting lost
- B. I prefer a guide when I am in a place I don't know well
7. A. I dislike people who do or say things just to shock or upset others
- B. When you can predict almost everything a person will do and say he or she must be a bore
8. A. I usually don't enjoy a movie or play where I can predict what will happen in advance
- B. I don't mind watching a movie or a play where I can predict what will happen in advance
9. A. I have tried marijuana or would like to
- B. I would never smoke marijuana
10. A. I would not like to try any drug which might produce strange and dangerous effects on me
- B. I would like to try some of the new drugs that produce hallucinations
11. A. A sensible person avoids activities that are dangerous
- B. I sometimes like to do things that are a little frightening

12. A. I dislike “swingers” (people who are uninhibited and free about sex)

B. I enjoy the company of real “swingers”

13. A. I find that stimulants make me uncomfortable

B. I often like to get high (drinking liquor or smoking marijuana)

14. A. I like to try new foods that I have never tasted before

B. I order the dishes with which I am familiar, so as to avoid disappointment and unpleasantness

15. A. I enjoy looking at home movies or travel slides

B. Looking at someone’s home movies or travel slides bores me tremendously

16. A. I would like to take up the sport of water skiing

B. I would not like to take up water skiing

17. A. I would like to try surf boarding

B. I would not like to try surf boarding

18. A. I would like to take off on a trip with no preplanned or definite routes, or timetable

B. When I go on a trip I like to plan my route and timetable fairly carefully

19. A. I prefer the “down to earth” kinds of people as friends

B. I would like to make friends in some of the “far out” groups like artists or “punks”

20. A. I would not like to learn to fly an airplane

B. I would like to learn to fly an airplane

21. A. I prefer the surface of the water to the depths

B. I would like to go scuba diving

22. A. I would like to meet some persons who are homosexual (men or women)

B. I stay away from anyone I suspect of being “gay or lesbian”

23. A. I would like to try parachute jumping

B. I would never want to try jumping out of a plane with or without a parachute

24. A. I prefer friends who are excitingly unpredictable

B. I prefer friends who are reliable and predictable

25. A. I am not interested in experience for its own sake

B. I like to have new and exciting experiences and sensations even if they are a little frightening, unconventional, or illegal

26. A. The essence of good art is in its clarity, symmetry of form and harmony of colors

B. I often find beauty in the “clashing” colors and irregular forms of modern paintings

27. A. I enjoy spending time in the familiar surroundings of home

B. I get very restless if I have to stay around home for any length of time

28. A. I like to dive off the high board

B. I don't like the feeling I get standing on the high board (or I don't go near it at all)

29. A. I like to date members of the opposite sex who are physically exciting
- B. I like to date members of the opposite sex who share my values
30. A. Heavy drinking usually ruins a party because some people get loud and boisterous
- B. Keeping the drinks full is the key to a good party
31. A. The worst social sin is to be rude
- B. The worst social sin is to be a bore
32. A. A person should have considerable sexual experience before marriage
- B. It's better if two married persons begin their sexual experience with each other
33. A. Even if I had the money I would not care to associate with flight rich persons like those in the "jet set"
- B. I could conceive of myself seeking pleasures around the world with the "jet set"
34. A. I like people who are sharp and witty even if they do sometimes insult others
- B. I dislike people who have their fun at the expense of hurting the feelings of others
35. A. There is altogether too much portrayal of sex in movies
- B. I enjoy watching many of the "sexy" scenes in movies
36. A. I feel best after taking a couple of drinks
- B. Something is wrong with people who need liquor to feel good
37. A. People should dress according to some standard of taste, neatness, and style
- B. People should dress in individual ways even if the effects are sometimes strange

38. A. Sailing long distances in small sailing crafts is foolhardy
- B. I would like to sail a long distance in a small but seaworthy sailing craft
39. A. I have no patience with dull or boring persons
- B. I find something interesting in almost every person I talk to
40. A. Skiing down a high mountain slope is a good way to end up on crutches
- B. I think I would enjoy the sensations of skiing very fast down a high mountain slope