

Subjective Happiness and Misapprehension in Young Adulthood among Substance Users

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Abstract

The study is a way forward to understanding the relationship between Misapprehension and subjective happiness when a young adult is exposed to substance use. With a total of 150 respondents in the age group of 18 to 28 years residing in India have been considered for the study using structured questionnaires. The responses in the subjective happiness scale and the Misapprehension questionnaire using 20 items have been analysed through different statistical tools to test the hypothesis. In case of subjective happiness, it is seen that majority of the respondents are not happy. An interesting observation in this result is that the number of non-happy respondents are higher from the socially substance intake group. However, it is interesting to note that the pattern exhibited here is not statistically significant. In case of the Misapprehension scale, the overall scores show that majority of the respondents does have self-deceptive behaviour. There are only two respondents who are found to be free from a Misapprehension behaviour who fall in the category of never used substances. Although, no statistical inferences are observed relating the two instances, it can be established that the potential of never used substance category of young adults to be free from self-deceptive behaviour and scored high on subjective happiness is more.

Keywords – Subjective Happiness; Misapprehension; Young Adults; Substance Use

How to cite this article: Bhateja N, Chaturvedi R, Sucheta. Subjective Happiness and Misapprehension in Young Adulthood among Substance Users. *Int J Drug Deliv Technol.* 2026;16(17s): 934-948. DOI: 10.25258/ijddt.16.17s.108

1. Introduction

Substance use has increased levels of concerns in the current times especially when involved with young adults. In case of young adults, there are several aspects that can lead to a concerning level of substance use and impact on their upcoming lives drastically. This group of individuals are highly volatile and often based their judgements on peer influences or stress levels (Kumar et al., 2021; Resurrección et al., 2014). Both of these aspects can lead to a young adult being exposed to substance use. According to a report by (Statista Research Department, 2024), in the United States of America 2022 there were 6696 cases of death from drug overdose among individuals in the age group of 15 to 24 years. A similar instance of severity in case of alcohol consumption can be established in India. As per (Minhas, 2023), 88% of Indians under the age of 25 years purchase alcohol despite it being illegal. The amount of alcohol consumption in India is estimated to reach 6.21 billion litres in 2024. This shows that the rate of substance use in India among the young adults are also in a critical state and requires to be investigated for better control.

While the substance use can impact on several psychological aspects of an individual, the study here is interested to explore its relationship with Misapprehension and subjective happiness. Misapprehension refers to an individual creating a distorted reality in order to design a positive outlook on

their lives (Caputo, 2021). This behaviour has a significant impact on one's cognitive processing and the day-to-day behavioural methods. It can severely impact on their emotional regulation, their decision-making capabilities as well as their overall well-being (Farber, 2020; Schell et al., 2021). This scenario even complicates further in case of a young adult who is in the formative period of their life. Young adulthood period can be identified as an identity formulation time, the Misapprehension formula can be utilised as a coping strategy with such changes in their lives and can eventually impact on their self-awareness levels as well as their personal growth (Duran et al., 2021). With simultaneous substance use, the Misapprehension levels in men young adult can lead to an intensified levels in which their current state of evolution and future success can be highly impacted (Dembo et al., 2022; Tsai et al., 2022). This study would correlate the two and identify how one impacts on the other and what could be the possible implications to make the situation better.

The next factor that the study at times to investigate is that of subjective happiness and it refers to the level at which an individual considers oneself to be happy with their current state of life (Smith et al., 2022). With substance use, the subjective levels of happiness that is an indication of one's life satisfaction can be made better for a moment but can cause a long-term impact on the overall well-being (Fuentes et al., 2020; Russell & Odgers, 2020). The use of substance among the

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young adults could vary across different reasons which might include stress relieves, seeking happiness or creating an unrealistic perception of their lives. These reasons although might bring momentary levels of relief, in the long run they can have detrimental effects on their lives. Increasing substance use across the world and in India, it is important that the association levels of substance use with the two essential motives behind it that is Misapprehension and subjective happiness is investigated in detail.

The following objectives would be enquired in the course of the study and would be fulfilled using appropriate research design.

1. To find the relationship between Misapprehension and subjective happiness among young adults.
2. To examine the impact of usage of substance on subjective happiness.
3. To see the impact of substance use on self-deception.
4. To determine the relationship between Misapprehension and subjective happiness among young adults with substance use.

2. Review of Literature

The concept of Misapprehension as mentioned above has been addressed by several researchers where its use in behaviour in the form of an unconscious act of attempting to distort reality is observed. The main reason for involving a Misapprehension behaviour among individual is to maintain a positive self-concept and detach from the actual reality. (Sackeim & Gur, 1978) have understood Misapprehension to be involved with a division of consciousness in which individuals deny or ignore unpleasant truths about themselves. This behaviour helps an individual to overcome their negative circumstances and generate a high level of self-esteem to cover themselves in challenging circumstances (Tsai et al., 2022). The researchers have observed the presence of Misapprehension highly prominent in case of individuals where they have a conflict between their individual understanding and the socially accepted norms (McGrath, 2021; Sleat, 2022). This situation highly associates with substance use which is also an socially unexcepted form of behaviour. This causes the formulation of a higher chance of the two being related and finding Misapprehension behaviour through substance use. Subjective happiness is a concept closely associated with self-deception. It is a person's global assessment of their own well-being, is influenced by various factors including psychological health, social support, and lifestyle choices (Jiang et al., 2021). The ability of Misapprehension to create a positive surrounding contrary to the actual situation creates an illusion of contentment and control. This can lead towards the attainment of subjective happiness and give the individuals an idea about their satisfaction with this delusional Misapprehension based life. Hence, the formulation of the below hypothesis is justified.

H1 Misapprehension and subjective happiness are significantly correlated

(Lyubomirsky & Lepper, 1999) in the context of subjective happiness highlighted that it is not merely the absence of negative affect but a complex interaction between positive self-perceptions and life satisfaction. In the case of understanding the role of substance use on subjective happiness, there are studies that suggest that substance use does carry the capability of allowing a temporary amplification of the feelings of happiness by providing relief from stress or enhancing social interactions (Lee et al., 2024; Satici et al., 2023). It has also been found that this form of subjective happiness attainment for a significantly longer period lead to negative outcomes (Das et al., 2020; DiMaria et al., 2020). These effects can be in the form of addiction to substance use leading to health deterioration, and social isolation. The amount of negative effects that are brought about by the substance use on subjective happiness concerns researchers and especially in case of young adults where many future decision making is required at this point of time (Di Maggio et al., 2022). These negative consequences may effect long-term happiness, suggesting that

H2 There is significant impact of substance use on subjective happiness

Similar context in terms of Misapprehension and substance users may exhibited. There are higher tendencies to deny or minimize the harmful effects of their behaviour. Research suggests that individuals who imbibe Misapprehension are more likely to engage in risky or harmful behaviours, as their cognitive biases to protect them from acknowledging the risks involved (Ulatowska et al., 2020). In the case of substance users, the presence of a Misapprehension might come out in the form of denial of the substance addiction which can lead to extensive usage in the future (Richardson & McGee, 2022). The minimization of health risks, or overestimation of control over their usage would be difficult to obtain in such a situation (Weissman & Gorlin, 2023). Studies on addiction further reveal that substance users often employ denial and rationalization as coping mechanisms, maintaining distorted views of their health and lifestyle (Mack, 2023). Thus, we hypothesize that

H3 Substance users show higher self-deception

Young adulthood period as discussed earlier is a critical period for the formation of identity and the development of habits that can shape their future lives and well-being (Copeland et al., 2020). During this stage, individuals are highly susceptible to peer pressure and social influences, which can contribute to substance use (Csabonyi & Phillips, 2020; Kekkonen et al., 2020). The social group and the desire to be a part of such a group can often influence young adults to engage in habits such as substance use. Research also indicates that young adults may rely on Misapprehension to maintain subjective happiness, especially when their lifestyle choices conflict with societal expectations (Gopang et

al., 2022). The difficulty in managing ones state of desire with the societal barriers can create a need among young adults to look for Misapprehension for being happy and satisfied with their lives (Funkhouser & Hallam, 2024). For example, Misapprehension helps young adults rationalize substance use as a social or recreational activity, even when it causes harm to their health or personal relationships (Joshua, 2017). This reliance on Misapprehension may enable them to sustain a distorted sense of happiness, despite engaging in behaviour that is ultimately detrimental. Consequently, it is reasonable to propose that ***H4 Misapprehension and subjective happiness are significantly correlate among young adults with substance use.***

The literature points out towards the presence of an association among Misapprehension and subjective happiness which has the possibility of creating an additional impact on the young adults prone to substance use. The detailed investigation on these hypothesis are provided in the sections below.

3. Research Methodology

The outlook on this study follows a descriptive mode of research where the subject in hand is explored for further information. The topic of substance use has created critical implications into the young adults and requires to be investigated in detail. The methodological framework designed includes a rigorous reference to established scales in the literature and combines them to fulfil the objectives of the study.

The use of both primary and secondary sources of data helped in formulating the well-balanced approach of this study. The secondary data aided with resources such as journal articles, books, reports and online authentic evidences were used to identify the gap and designing the research framework. By investigating the secondary data, the research instrument for the study has been designed. A structured questionnaire is used to collect the data from primary respondents. The secondary sources indicated the use of two scales which would be optimum to measure the objectives of this study. The scales include –

1. **Subjective Happiness scale (SHS)** - This scale developed by (Lyubomirsky & Lepper, 1999) investigated about subjective happiness perspective among individuals. The scale has 4 items which measure the levels of subjective happiness and has been validated through different studies over the past. The

scale includes a 7-point rating and the overall score is calculated using the average method.

Anyone scoring less than 4.5 in the scale is considered to be less happy than an average person. While a score greater than 5.5 indicates that the individual is happier than an average individual. This parameter would be considered to group the respondents in this case as well.

2. The Self-deception (SDQ-20) Questionnaire –

This scale is a 20-item questionnaire developed by (Sackeim & Gur, 1978) to measure different dimensions of Misapprehension among individuals in a 7 point Likert Type Scale.

As per the scoring method, in case of individual items, only those marking the dichotomous options of 1 or 2 would be included for calculating the final Misapprehension score. The range from 0 to 20 in the total score represents a low level of misapprehension in the respondents.

The questionnaire designed using the above scales has been catered to the population of the study which are young adults in the country. The study uses a non-probabilistic method of sampling. The use of judgment sampling allows the researcher to attend to the pre-condition of respondents in the age group of 18 to 28 years for fulfilment. Moreover, convenience sampling has been adopted to reach out to the respondents according to their convenience. The responses are collected using an online method where questionnaires are electronically transferred to the respondents for collecting data.

A total of 150 responses are considered for the study here as it is an optimum sample size based on similar studies considered in the literature. The substance use referred to in the questionnaire includes the consideration of alcohol, tobacco and other drugs. The collected datasets are free from any missing data and statistical methods such as Frequency Distribution, Mean, Standard deviation along with corelation analysis is used for fulfilling the set hypothesis in the study.

The next section highlights the detailed investigation on the collected datasets.

4. Data Analysis and Interpretation

The study here utilises the SPSS software to test the laid down hypothesis and draw its rejection status. Before moving on to the hypothesis testing, the demographic composition of the respondents are provided through 5 demographic and two screening questions. The responses are as follows –

Table 1- Frequencies of Age

Age	Cou nts	% Total	of	Cumulative %
18	17	11.3 %		11.3 %

Table 1- Frequencies of Age

Age	Counts	% of Total	Cumulative %
19	29	19.3 %	30.7 %
20	34	22.7 %	53.3 %
21	9	6.0 %	59.3 %
22	9	6.0 %	65.3 %
23	6	4.0 %	69.3 %
24	9	6.0 %	75.3 %
25	16	10.7 %	86.0 %
26	14	9.3 %	95.3 %
27	3	2.0 %	97.3 %
28	4	2.7 %	100.0 %

The age group ranges from 18 to 28 years where majority of responses belong to 20 years of age. There are 10.7% respondents having 25 years of age while 18 and 19 years include 11.3% and 19.3% of the sample size respectively. The least number of responses belong to 27 years of individual.

Table 2- Frequencies of Gender

Gender	Counts	% of Total	Cumulative %
Male	94	62.7 %	62.7 %
Female	56	37.3 %	100.0 %

It is distributed among the male and female respondents with 62.7% being males and 37.3% being females.

Table 3- Frequencies of Educational Qualification

Educational Qualification	Counts	% of Total	Cumulative %
12th	85	56.7 %	56.7 %
Graduate	46	30.7 %	87.3 %
Post graduate	19	12.7 %	100.0 %

The age group comprises of three categories. Here, 30.7% are graduates in different disciplines such as Arts., Economics and even engineering. There are 12.7% postgraduates completing courses such as MBA, MTech etc. There are 56.7% respondents who have their highest qualification level at class 12.

Table 4- Frequencies of Family type

Family type	Counts	% of Total	Cumulative %
Joint	20	13.3 %	13.3 %
Nuclear	130	86.7 %	100.0 %

Table 5- Frequencies of Number of family members

Number of family members	Counts	% of Total	Cumulative %
2	4	2.7 %	2.7 %
3	7	4.7 %	7.3 %
4	51	34.0 %	41.3 %
5	54	36.0 %	77.3 %
6	17	11.3 %	88.7 %
7	4	2.7 %	91.3 %
8	5	3.3 %	94.7 %
9	1	0.7 %	95.3 %
10	4	2.7 %	98.0 %
12	2	1.3 %	99.3 %
14	1	0.7 %	100.0 %

Majority of the respondents belong to nuclear families with 86.7% of the total samples followed by 13.3% in the joint families. This represents the actual scenario in the country where number of nuclear families are highly increasing.

The number of family members range from 2 to 14 where majority with 36% have five members in their family. It is followed by 34% having four members.

The attempt of the study is to understand Misapprehension and subjective happiness in young adults under two circumstances – one where the respondent is exposed to substance use and second where they are not. Hence, the respondents are divided into two categories based on this condition.

Table 6 - Frequencies of Substance intake (Tobacco/ other substance)

Substance intake (Tobacco/ other substance)	Counts	% of Total	Cumulative %
Never used	76	50.7 %	50.7 %
Regular intake	36	24.0 %	74.7 %
socially intake	38	25.3 %	100.0 %

There are three categories reported – one with 50.7% who have never used any form of substance and the other where two types of consumption patterns are recorded. There are 24% who regularly intake some form of substance and another 25.3% who socially or occasionally intake any form of considered substance.

Table 7 - Frequencies of How often you had drunk alcohol in past 30 days

How often you had drunk alcohol in past 30 days	Counts
1-2 times	25
Never used	80

Table 7 - Frequencies of How often you had drunk alcohol in past 30 days

How often you had drunk alcohol in past 30 days	Counts
others	36

The frequency as can be deducted is never for 53.3%. In case of the remaining data, 22.7% have agreed to consuming alcohol 1 or 2 times in the past 30 days. There are 24% who have consumed the same more than twice in the last 30 days. These two questions have helped to build an idea about the substance use pattern among the respondents which would be investigated further.

As mentioned in the previous section, there are two scales used for the study. While the subjective happiness scale includes 4 items, the Misapprehension scale has 20 items. In order to calculate the overall scores for both scales, a descriptive analysis and mean score calculation is done.

Table 8- Descriptives – Subjective Happiness

	N	Mean	Median	SD	Minimum	Maximum
1. In general, I consider myself:	150	4.64	4.50	1.34	1	7
2. Compared to most of my peers, I consider myself:	150	4.99	5.00	1.35	1	7
3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?	150	4.78	5.00	1.56	1	7
4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization	150	4.20	4.00	1.54	1	7

The four items in subjective happiness scale shows that the mean scores on a scale from 1 to 7 mostly lies in between. With 4.99, majority agree themselves to be happy as compared to their peers. There are least number of respondents with a score of 4.20 who can relate to some people not being very happy as well as not depressed.

These scores are considered together to calculate the overall subjective happiness level of the respondents. The formula used for it the one used for average i.e., $(Q1+Q2+Q3+Q4)/4$.

Table 9- Descriptives

	N	Mean	Median	SD	Minimum	Maximum
Total of happiness scale	150	4.65	4.75	1.01	2.00	7.00

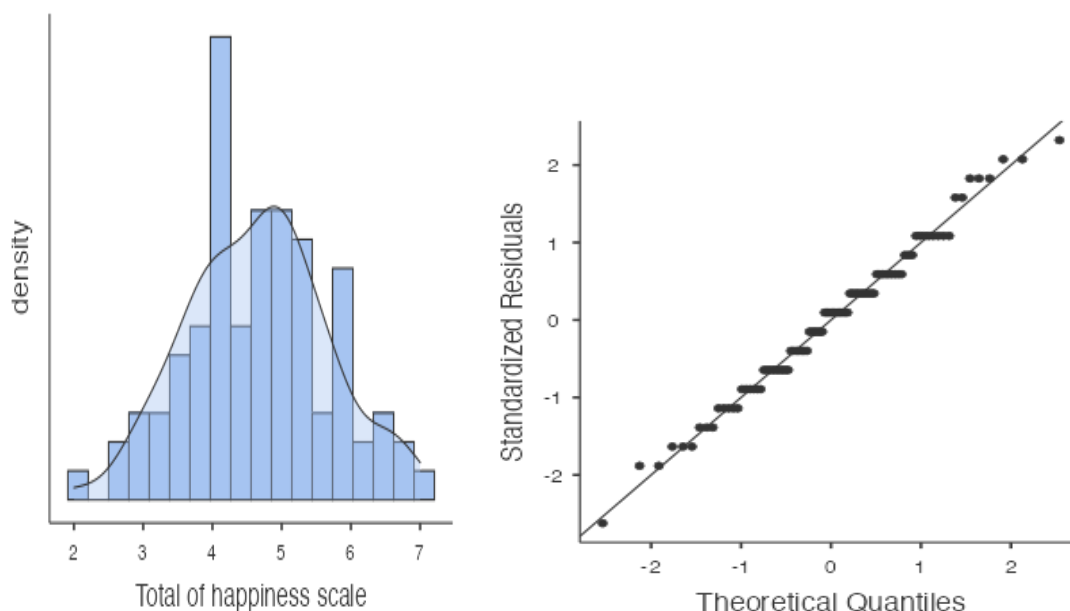


Figure 1 – Total Happiness Score Overview

The overall scores in the happiness scale shows that the mean score is around 4.65 with the plots representing fewer scores post the score of 5. The estimation of happiness as per the scale includes a score of more than 5.5 to be categorised as a comparatively happier individual.

Table 10- Frequencies of Status after Total Happiness Score

Status after Total Happiness Score	Counts	% of Total	Cumulative %
Not Happy	123	82.2 %	82.2 %
Happy	27	17.8 %	100.0 %

The scores show that based on the above criteria, 82.2% are not happy and only 17.8% are happy. Now, splitting the respondents based on their substance intake status, the following is observed.

Table 11- Contingency Tables - Total Happiness Score

Status after Total Happiness Score		Substance intake (Tobacco/ other substance)			Total
		Never used	Regular intake	socially intake	
Not Happy	Observed	58	30	35	123
	% within row	47.3 %	24.3 %	28.4 %	100.0 %
	% within column	83.3 %	75.0 %	87.5 %	82.2 %
Happy	Observed	12	10	5	27
	% within row	43.8 %	37.5 %	18.8 %	100.0 %
	% within column	16.7 %	25.0 %	12.5 %	17.8 %
Total	Observed	70	40	40	150
	% within row	46.7 %	26.7 %	26.7 %	100.0 %

Table 11- Contingency Tables - Total Happiness Score

Status after Total Happiness Score	Substance intake (Tobacco/ other substance)			
	Never used	Regular intake	socially intake	Total
% within column	100.0 %	100.0 %	100.0 %	100.0 %

In case being happy, the socially intaking respondents are seen to be the least in number followed by regular intake. While majority of the never used substance are seen to be in the happy category, it is seen that among regular and social intakes, the more number of regular intaking young adults are happier.

Table 12- χ^2 Tests - Total Happiness Score

	Value	df	p
χ^2	1.35	2	0.509
N	150		

The chi-square test results however, shows a p-value of more than 0.05 which leads to the rejection of the second alternate hypothesis. This states that substance use does not significantly impact on subjective happiness. Next, the 20 item scale for Misapprehension is being investigated and the descriptives are as follows –

Table 13- Descriptives - Self-Deception

	N	Mean	Median	SD	Minimum	Maximum
1. Have you ever felt hatred toward either of your parents?	150	2.12	1.00	1.675	1	7
2. Do you ever feel guilty?	150	4.20	4.00	1.724	0	7
3. Does every attractive person of the opposite sex turn you on?	150	3.98	4.00	1.754	0	7
4. Have you ever felt like you wanted to kill somebody?	150	3.24	2	2.389	0	7
5. Do you ever get angry?	150	5.11	5.00	1.679	0	7
6. Do you ever have thoughts that you don't want other people to know that you have?	150	4.14	4.00	1.511	0	7
7. Do you ever feel attracted to people of the same sex?	150	1.94	1.00	1.751	0	7
8. Have you ever made a fool of yourself?	150	3.27	3.00	1.688	0	7
9. Are there things in your life that make you feel unhappy?	150	4.51	5.00	1.493	0	7
10. Is it important to you that other people think of you?	150	3.41	3.00	1.999	0	7
11. Would you like to know what other people think of you?	150	4.33	5.00	1.920	0	7
12. Were your parents ever mean to you?	150	2.93	2.00	2.032	0	7
13. Do you have any bad memories?	150	4.36	5.00	1.718	0	7
14. Have you ever thought that your parents hated you?	150	2.42	1.00	2.044	0	7
15. Do you have sexual fantasies?	150	4.27	4.00	1.714	0	7

Table 13- Descriptives - Self-Deception

	N	Mean	Median	SD	Minimum	Maximum
16. Have you ever been uncertain as to whether or not you are homosexual?	150	1.29	1.00	1.211	0	7
17. Have you ever doubted your sexual adequacy?	150	3.07	3.00	1.953	0	7
18. Have you ever enjoyed your bowel movements?	150	3.30	3.50	2.003	0	7
19. Have you ever wanted to rape or be raped by someone?	150	1.28	1.00	0.960	0	7
20. Have you ever thoughts of committing suicide in order to get back at someone?	150	2.41	1.00	1.811	0	7

The above table represents the 20-items in the SDQ considered in the study. The lowest score is observed to stand at 1.28 representing low levels of agreement about wanting to rape or be raped by someone. Followed by a score of 1.29, a low score is seen about uncertainties on being a homosexual. The highest score is at 5.11 where highest level of agreement is seen in terms of getting angry.

According to (Roth & Ingram, 1985), the 20 items SDQ can be categorised into five sub-variables. These include the first 5 items talking about Parents, next 8 on emotion, followed by 3 on Taboo, 2 about homosexuality and 2 on Others' Thoughts.

In this study, following the consideration of 0 to 20 for Misapprehension range and only 1 or 2 ratings for calculation, the final total scores for each of the respondents are calculated below.

Table 14- Descriptives - Misapprehension

	Mean	Median	SD	Minimum	Maximum
Total of Misapprehension	9.90	10.0	4.64	0.00	28.0

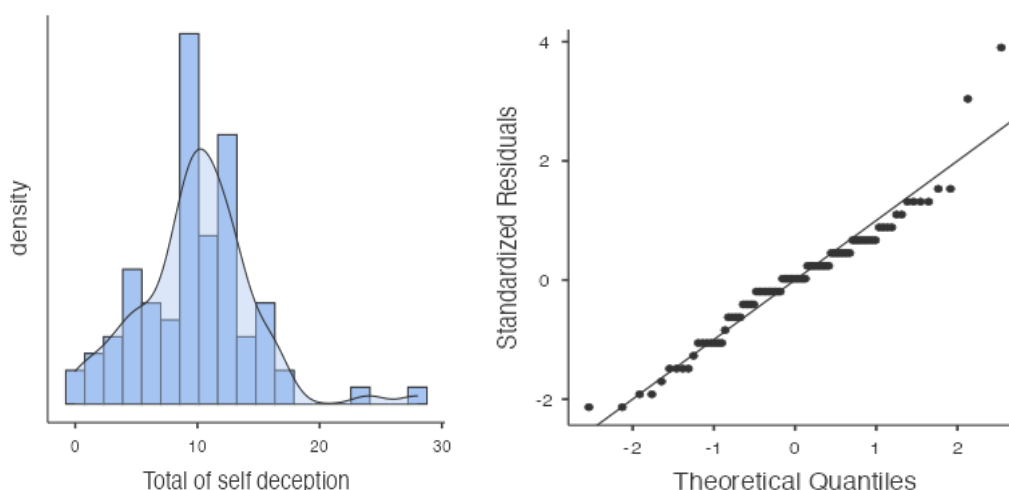


Figure 2 – Total Misapprehension Score Overview

The mean score standing at 9.90 shows that for majority of the respondents, the scores range around 10. This falls within the 0 to 20 Misapprehension range and represents the highly likely Misapprehension generation in the respondents.

The table below shows that out of the 150 respondent, based on the total score on deception, only two

respondents scores above 20. The split based on substance intake shows that these two non-Misapprehension respondents have never used any substance. The remaining respondents does exhibit the presence of Misapprehension in their behaviour.

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Table 15- Frequencies of Presence of Misapprehension

Presence of Misapprehension	Substance intake (Tobacco/ other substance)	Counts	% of Total	Cumulative %
Misapprehension	Never used	67	44.4 %	44.4 %
	Regular intake	40	26.7 %	71.1 %
	socially intake	40	26.7 %	97.8 %
Not Misapprehension	Never used	3	2.2 %	100.0 %
	Regular intake	0	0.0 %	100.0 %
	socially intake	0	0.0 %	100.0 %

In order, to ascertain the statistical significance, chi-square test is conducted.

Table 16- χ^2 Tests - Misapprehension

	Value	df	p
χ^2	2.34	2	0.311
N	150		

The p-value in the above table shows that its value is more than 0.05, thereby statistically declining the presence of any association on the total Misapprehensionscore and substance intake. However, the higher number of respondents showing Misapprehension levels in young adults is concerning and requires further investigation.

In order to examine the association between Misapprehension and subjective happiness in the respondents, a correlation analysis is conducted below.

Table 17- Correlation Matrix – For All Respondents

		Total of Misapprehension	Total of happiness scale
Total of Misapprehension	Pearson's r	—	
	p-value	—	
Total of happiness scale	Pearson's r	0.321	—
	p-value	0.002	—

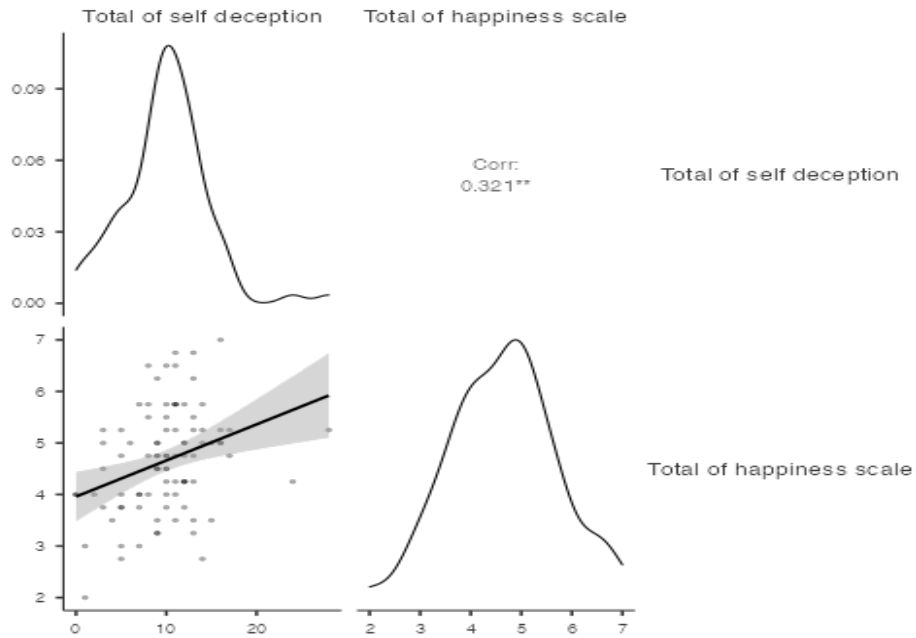


Figure 3 – Correlation Matrix

The correlation matrix above shows that with p-value of less than 0.05, there is a significant association between Misapprehension levels and subjective happiness levels among the young adults is observed. The co-efficient of correlation stands at 0.321 which represents a moderate positive correlation between the two. This indicates that a positive change in Misapprehension levels can increase the subjective happiness levels by 32.1%.

Now, in order to understand if there is a difference in this association when only the substance user respondents are considered, another correlation matrix has been generated.

Table 18- Correlation Matrix – For Substance Users

		Total of happiness scale	Total of Misapprehension
Total of happiness scale	Pearson's r	—	
	p-value	—	
Total of Misapprehension	Pearson's r	0.380	—
	p-value	0.008	—

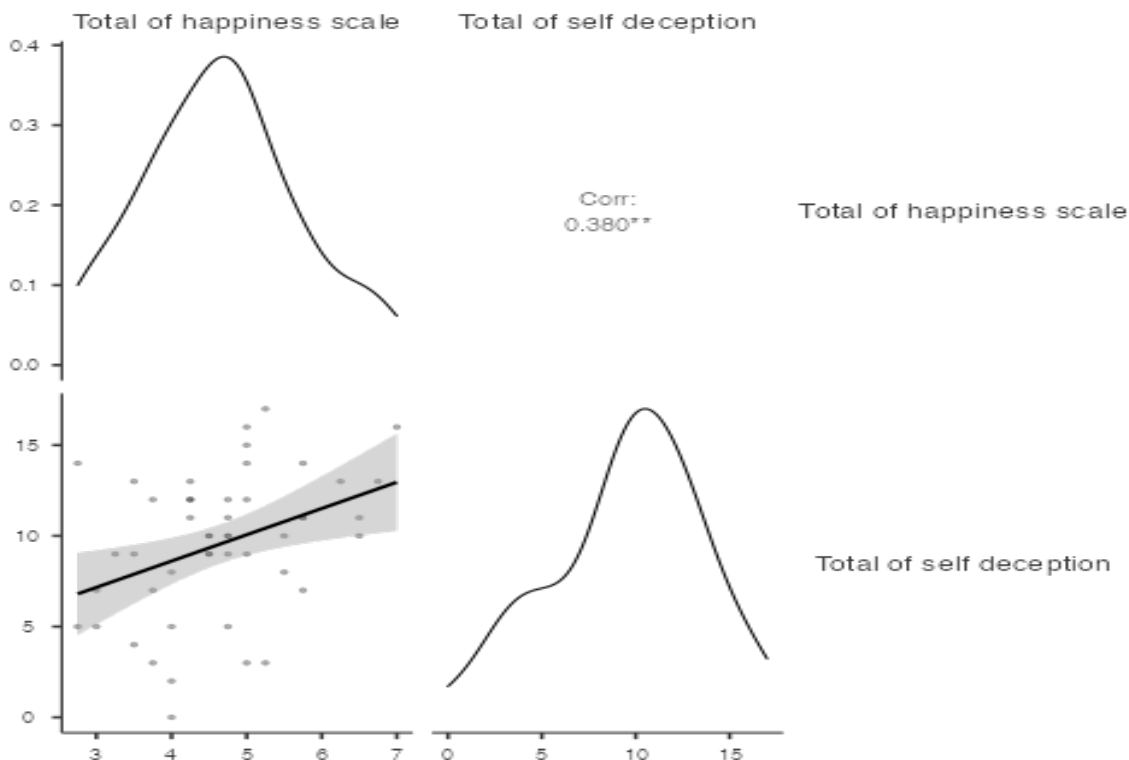


Figure 4 – Correlation Matrix for Substance Users

It is seen that a similar set of representation is observed in this case as well. While there is a positive and significant correlation between the two, the co-efficient of correlation stands at 0.380 which is slightly higher than the previous model. In case of substance using young adults, the variance caused by unit change in Misapprehension levels causes slightly higher increase in subjective happiness levels.

A detailed discussion about the analysis conducted is provided in the next section.

5. Discussion and Implications

In the recent times, the intensity of substance use has seen a rise specifically in case of young adults. As previously suggested, the integration of substance use in the formative years of an individual can lead to a number of long-term defects, it is important that the impact of substance use on young adults are thoroughly investigated. This study is an attempt to quantify the impact of substance use on young adults in the form of developing Misapprehension behaviour and generation of subjective happiness from it. The extensive literature suggested the presence of a relation between these two aspects and the study here estimated them by using two established scales in the literature. With a total of 150 respondents in the age group of 18 to 28 years residing in India have been considered for the study using structured questionnaires. The responses in the subjective happiness scale and the Misapprehension questionnaire using 20 items have been analysed through different statistical tools to test the hypothesis. The results in the study generated an interesting set of understanding about the current situation of young

adults. It is seen that in the sample group, there are equal number of respondents who have not used substance ever and those who consume it either regularly or socially. The substance here includes alcohol, tobacco and any other drugs falling in the category. In case of subjective happiness, it is seen that majority of the respondents are not happy. An interesting observation in this result is that the number of non-happy respondents are higher from the socially substance intake group. However, it is interesting to note that the pattern exhibited here is not statistically significant. In case of the Misapprehension scale, the overall scores show that majority of the respondents does have self-deceptive behaviour. There are only two respondents who are found to be free from a Misapprehension behaviour who fall in the category of never used substances. Although, no statistical inferences are observed relating the two instances, it can be established that the potential of never used substance category of young adults to be free from self-deceptive behaviour and scored high on subjective happiness is more. The results corresponds to those provided by (Anglim et al., 2020; Miller et al., 2022) in the study where an inclination of such behaviour among substance users can be interpreted to a certain extent.

The correlation analyses have been conducted in two parts where an overall understanding of the respondents is investigated followed by the consideration of only does expose to substance intake. There is a significant association between subjective happiness and Misapprehension behaviour is observed but this association is seen to be minutely higher in case of substance users. This indicates that those who intake

substances can associate Misapprehension with achieving subjective happiness more than those who do not consume any substances. The results of the study have generated a number of implications that can be

utilised in the future by reducing the substance use and its impact in young adults. The status of the hypotheses after the analysis is as follows –

Table 19 – Hypothesis Summary

Hypothesis	Status
H1 Misapprehension and subjective happiness are significantly correlated	Not Rejected
H2 There is significant impact of substance use on subjective happiness	Not Rejected
H3 Substance users show higher self-deception	Not Rejected
H4 Misapprehension and subjective happiness are significantly correlate among young adults with substance use	Not Rejected

The results of the study correspond to a number of theories discussed in the past literature due to its close association with it. The theory of planned behaviour provided by (Ajzen, 1991) talks about the attitude and perception help by individuals which can be associated in this case. The substance users develop a positive attitude and use Misapprehension as a method of generating a happier perspective towards their lives. The use of Misapprehension is often to justify their use of substance and perceive a sense of happiness post its use. The relation of the scenario with Maslow's hierarchy of needs is also evident. It mentions about the achievement of a lower order need to reach the higher levels (MASLOW, 1943). In case of young adults, the use of substance paired with Misapprehension can generate them an illusion of achieving the higher-level needs. This illusion leads to the generation of subjective happiness providing them a sense of relief in the real life. The positive illusions theory by (Taylor & Brown, 1988) is also associated in this regard where Misapprehension is created by our young adult does she need them against any negative consequences of their actions. These illusions lead to an inflated sense of well-being and increases the subjective happiness levels as indicated through the findings of this study.

The study points out the link between substance use and increased self-deception, suggesting that early interventions can help prevent the development of harmful coping mechanisms for young adults. Awareness programs aimed at young adults must keep their focus on educating them about the psychological effects of substance use. These programs included in the educational institutions or work places can bring a better understanding about the impact that these can cause. As substance users exhibit higher Misapprehension and tend to associate it with subjective happiness, mental health services should integrate cognitive-behavioural strategies to help young adults confront self-deception. The social intake substance users have been highlighted in the study about their happiness levels. Such users can be highly manipulated and influenced by their social circle for consumption while their full will to do so might be missing. Programs that focus on the social dynamics of substance use, such as peer pressure and social drinking, can be effective in reducing casual or social substance intake that might be contributing to

unhappiness. In terms of policymakers, there is a need to regulate the buying of substances by younger adults who are not of legal age. The promotion of substances must be strictly monitored and public awareness programs must be made a mandate to raise awareness about the same.

6. Conclusion and Future Outlook

The study is a way forward to understanding the relationship between Misapprehension and subjective happiness when a young adult is exposed to substance use. The current market statistics shows the concerning scenario with substance use and this becomes an even higher area of apprehension when a young adult is involved. This research lays down the areas of association and points out its relation with existing theories and possible implications for the future. The academic research can include detailed longitudinal investigation about the long-term impact of substance use on Misapprehension and subjective happiness. The addition of other factors such as impact of social media use or technological interventions in this regard can be interesting to investigate.

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