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Date

A star is born movie

The 2018 movie “The Star is Born” revolves around a male celebrity falling in love and aids in starting a career for a female that had already given up. The main characters in the film are Jackson, Maine, and Ally; although they all have their struggles, they work together to achieve the best of themselves. Also, the movie indicates how Jackson is struggling with addiction and how Ally navigates through fame.

Ambrose, D. (2021). Strengthening the Moral-Ethical Capacities of the Gifted and Talented in Turbulent, 21st-Century Conditions. In *Talent Development in Gifted Education* (pp. 41-56). Routledge.

The majority of gifted and talented individuals cannot deal with the pressures in their careers. Progress results in more power and fame which most individuals categorize as happiness. Therefore, Ambrose (2021) explained some 21st-century challenges pushing talented and gifted individuals towards high socioeconomic suffering. Talented individuals can have high performance in their work and careers; however, they need to exploit the incomparable opportunities resulting in amplified achievement and fulfilment. Although every person deserves to live a happy life with a sense of purpose, most gifted and talented individuals face significant challenges, including substance abuse that affects them psychologically and emotionally. These effects extend to the people around them as well as their relationships. Finally, the book offers a big picture, an interdisciplinary overview of the socioeconomic, technology and cultural challenges stating several ways they can simultaneously overpower and misrepresent the discovery of ambitions and growth of talents.

Heather, N., & Segal, G. (Eds.). (2017). *Addiction and choice: rethinking the relationship*. Oxford University Press.

The book addiction and choice explain the challenges that define addiction and evaluate important places in the literature on critical forms of addiction and how they occur. Individuals are addicted to a specific behavior when they have shown frequent and ongoing failures to stop doing, using or drastically reducing the behavior regardless of preceding determinations to stop it from the changing environment and individual situations. Addiction occurs in different ways; for example, behavior addiction occurs because of individuals acts, including gambling disorder and internet gaming. On the other hand, substance addiction is what comprises drugs such as alcohol. Nevertheless, the authors claim that behavioral addiction is considered real addiction because its symptoms are similar to substance addiction on the foundation of withdrawal, tolerance and loss of control. Similarly, the book explains the effects of alcohol addiction, such as failing to accomplish significant responsibilities at work, having increased social or interpersonal issues, and making the victim not involved in important social and recreational activities.

Pecen, E., Collins, D. J., & MacNamara, Á. (2018). "It's your problem. Deal with it." Performers' experiences of psychological challenges in music. *Frontiers in psychology*, 8, 2374.

The article focuses on musicians' experiences and psychological problems in their music careers. Musicians are required to handle several challenges along their growth career to maintain their performance. Social support from their colleagues and trainers is recognized as part of handling the problems; however, little information is present concerning the musicians' beliefs and attitudes towards support. The authors aimed to examine the musician's past experiences of psychological problems and the method of support. Qualitative methodology was

used in the study to prompt valuable results rather than obtain a detailed indication of reality. Also, the method of data collection used is semi-structured interviews from the performers and then analyzed using inductive content analysis. The results obtained from the analysis was divided into four, including the challenges, coping methods, preference for support and beliefs. Several challenges were identified, including bad teachers, psychological issues such as using alcohol and other drugs and environmental problems. Although there were various coping methods, some were negative, such as substance use, including alcohol, to deal with the challenges. Most musicians use alcohol to handle the performance pressure, which is a defective coping strategy.

Schwabe, L., Dickinson, A., & Wolf, O. T. (2011). Stress, habits, and drug addiction: a psychoneuroendocrinological perspective. *Experimental and clinical psychopharmacology*, 19(1), 53.

Schwabe et al. (2011) concentrated on stress, habits and drug addiction. Stress plays a substantial role in making individuals start to take drugs and finally becoming addicts. Similarly, the cognitive procedure explaining the impacts of anxiety on addictive behavior is not immensely researched; therefore, Schwabe et al. (2011) focused on reviewing several pieces of literature to explore the topic. They projected that stress-induced differences in the neural circuits that manage contributory activity offer a possible way by which tension disturbs the growth of dependence and decline susceptibility.

Moreover, contributory activities can be managed by two structurally different systems, including the goal-driven scheme, which comprises learning the connection between the activities and consequences, and the habit scheme that acquires inducement reply link. The authors found that pressure and other associated hormones can trigger the change from objective-

driven to routine activity. Therefore, drug addiction is a significant burden to addicted people, their loved ones, and society.

Wise, R. A., & Koob, G. F. (2014). The development and maintenance of drug addiction. *Neuropsychopharmacology*, 39(2), 254-262.

Wise & Koob (2013) explained the growth and preservation of drug habits. Therefore, the author explored the topic by evaluating the forms of reinforcement. Although positive reinforcement is automatically associated with drug-encouraged euphoria, adverse reinforcement is related to pain improvement. The two reinforcement forms have dominated addiction theory. Nonetheless, all forms agree that addiction starts with the development of habits done by positive support. Thus, drug-conflicting physiology reaction usually creates the state for adverse support when tolerance as the way of enhancing reward threshold is seen to progress into positive support. Therefore, it is concluded that Wise's effort has concentrated on cheerful support instruments that are essential for creating drug seeking and restoring them fast after a time of abstinence. On the other hand, Koob's research has concentrated on adverse support instruments that appear most common in the late periods of continued addiction.

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