

1-1 Discussion: Seven Models

Institutional Affiliation

Student Name

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Discussion

To my mind, addiction is defined as the state that shows a preoccupation with a certain activity or object so that the individual becomes unable to avoid it despite the negative impact that it has on their life. It is a state of powerlessness, and it usually has features of a physical, psychological, and social nature. The medical disease model of Jellinek from the 1960s laid down the theory that alcohol dependency is a disease like any other ailment: chronic, progressive, and involves the brain just like other ailments such as diabetes or hypertension (Segal, 2022). The model documents clear trends of addiction and highlights a biological approach to the problem, with medical treatment being deemed mandatory. On the other hand, the sociological model blames environmental and social aspects of society as a cause of addiction, feeling that social and cultural factors have core importance in the formation and prolongation of addictive behaviors.

The comparison shows that these models present different views of addiction. Jellinek's disease model is concerned with internal and physiological factors of substance dependence and sees it as something that needs a cure and possibly lifelong arrest. On the other hand, in the case of the sociocultural model, the principle states that these external factors should be taken into consideration to explain how addiction is developed. Whereas the disease model focuses on the medical and psychological factors, the sociocultural model focuses on the role of the social system and cultural norms (Glaveanu, 2020). Each of them provides significant information regarding the complexity of the phenomenon under the phenomenon of addiction. The discussion finds that it is possible to integrate these two perspectives to present a better understanding of the various factors that lead to addiction, acknowledging that it is a disease that originates from biological factors and sociocultural

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factors. The integrated perspective highlights the importance of the use of general and comprehensive strategies that combine work with the person and with the community.

References

- Glaveanu, V. P. (2020). A Sociocultural Theory of Creativity: Bridging the Social, the Material, and the Psychological. *Review of General Psychology*, 24(4), 335–354.
<https://doi.org/10.1177/1089268020961763>
- Segal, B. (2022). *Alcoholism Etiology and Treatment: Issues for Theory and Practice*. Taylor & Francis.

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Responses**Response to Peer 1**

I agree with your perspective on addiction, where you defined it as a dependence on drugs and other substances and the mind's desire to have the substances. But you lessen the roles of the psyche that give a balanced perspective more in line with what I want to focus on: the versatility of addiction. Thank you for reviewing the psychological model and its virtues with regard to the cognitive and emotional aspects that go with it. It is a fact that Jellinek's disease model draws attention to the need for studying both personal psychological experiences and tangible physiological elements in order to create a proper strategy for treating addiction.

Response to Peer 2:

Your definition of addiction as a behavioral pattern deduced by the environment is helpful as well. It is compatible with the sociocultural perspective because it envisages external triggers as being responsible for instigating reliance on substances. In comparing your approach to Jellinek's disease model, you were able to highlight the issues of the social factors and cultural provisions in regard to the treatment of addiction. This broader view is essential in the creation of broad-based interventive strategies that, unlike the Medical Model, do not only address the pathologies of Individually but present a method that regards social and cultural aspects of addiction as a possibility.