Negative Life Events, Resilience, and Depression among Low Income Drug Addict Wives in Malaysia

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Abstract
There are growing studies on depression among women in the general population. While empirical works circulating stressful experiences among women with drug-addicted husbands have been conducted, little published research centred their interest, particularly on the associated factors of depression among women who face drug addiction issues of their husbands. Thus, the present study was conducted as an attempt to examine the association between their experienced negative life events, resilience, and depression. Employing a purposive sampling method, a total of 132 wives of drug addicts were recruited to participate in this study. Data were collected from six states in Malaysia using a structured questionnaire consisting Negative Event (Hassles) Scale (NES), Brief Resilience Scale (BRS), and Zung's Self-Rating Depression Scale (SDS). Statistical Package of Social Science (SPSS) software version 22 was used to analyse the data collected. Inferential analysis revealed that negative life events, resilience, and depression demonstrated significant relationships respectively. Specifically, negative life events was found correlated to depression. Whereas, a negative correlation was identified between resilience and depression. Thus, both negative life events and resilience are evidenced to have an impact on depression among wives of drug addicts in this study. The present study offers supplemental strategies to drug addict wives, advocates, academicians, practitioners, and policymakers in order to address depression issues in this community through empowering stress management and resilience to reduce the risk of depression.

Introduction

Depression is undoubtedly common within contemporary global society. As the statistics trend keeps rising each year, researchers were observed to fulfill the necessity concerning the psychological impact on at-risk families including families in which drug addiction exists. Depression is known as a mood disorder that usually involves the continuous feeling of sadness and loss of interest which intrudes on the individual's daily life activities (World Health Organization, 2023). Over the decades, various scholars have verified the factors that contribute to depression among women including life stressors Meriam & Noraini (2010), serious work problems, unhappy relationships with children, spouse, and family, high perceived stress, domestic violence, serious financial constraint Fatimah et al (2014), high external shame, less cognitive reappraisal, severe life event, low income, and unemployment (Abdul Kadir & Griffiths, 2022). Depression issue has constantly caught researchers' attention since it was recognized as a social burden that impedes individuals from optimally functioning in the community due to psychological disruption. According to the global statistics, it was recorded that 5 percent of the adult population suffer from depression which is dominated by women (World Health Organization, 2023). Additionally, a recent national study reported that 3.7 percent of Malaysian adults have depression in which women and adults who experience home or work-related stress are highlighted as the individuals who are more susceptible to depression (Azmi et al., 2024). This condition suggests a deeper study regarding associating factors of depression in order to deal with this psychological issue.

In identifying the family prospects who are at risk for depression, the drug addiction issue is observed as the focus context as it has majorly existed in the country for centuries. The national agency has recently reported that 128,911 of Malaysia's population have been involved in substance misuse which is dominated by men (95.8%) (National Anti-Drugs Agency, 2024). Thus, it is assumed that there are more affected wives of drug-addicted men than affected husbands of drug-addicted women in Malaysia. Drug addiction issue has been adversely affecting the surrounding individuals of drug addicts, especially their family members. Drug consumption brings numerous deteriorations to the individual with the drug dependent comprises physical and psychological issues. As the drug addiction has directly harmed the user, this leads to holistic impairment which hinders them from properly performing their social responsibilities. Hence, drug addict is observed as incapable of carrying out their general obligations, especially to their family members which then disturbs the family's structure and psychological condition. The dysfunctional familial role of the drug addict in fact has a huge impact on the family members, especially the wife. Drug addiction issues were proven to significantly cause harmful effects on their wives in terms of economic problems, emotional distress, parenting difficulties, and psychological disorders (Juibari et al., 2018; Gadhi et al., 2017; Ólafsdóttir et al., 2020; Sumathi, 2018; Joolaee et al., 2014). Thus, this portrayed that among family members of drug addicts, wives are the most affected individuals which manifested risky threat to experience depression.

Wives of drug addicts often face social stigma and discrimination caused by the drug addiction issue of the husband (Singh, 2015). This leads to a stressful living condition, especially in a family with young children. As the drug-addicted husbands are viewed as neglectful, all of the parental responsibilities are strenuously transferred to the wives. Hence, wives have to perform dual-parental roles which cover working, children caretaking, and children nurturing

that demands consistent and supplemental energy and effort. In addition, wives of drug addicts are also recognized to experience poor physical and emotional well-being, family relationships, emotional stress, physical abuse, job issues, and financial strain (Singh, 2015). Besides, wives of substance abusers are also revealed to experience more issues with physical abuse, emotional abuse, insecure feelings, and financial problems (Tiwari et al., 2010). It was furthered that they reported a range of personal negative life events such as marital conflict, conflict with in-laws, major personal illness and injuries, financial problems, trouble at work, family conflict, trouble with neighbors, changes in working condition, sleeping habits, eating habits and also changes in social activities (Tiwari et al., 2010). In brief, it can be reviewed that wives of drug addicts are exposed to various stressors and negative life events that might contribute to the onset of depression.

In facing life difficulties, wives of drug addicts should acquire strong personal resources to capacitate them to adapt well to stressful life conditions. Resilience assists an individual to cope better with a stressful circumstance. In fact, resilient people distinctively respond to stressful encounters in a more optimistic way. Thus, they are more rational in selecting coping strategies to deal with the issues. This can reduce the individual's predisposition to depression. In line with that, a study investigating wives of substance abusers suggested that poor resilience in wives of substance abusers is associated with higher depression (Sreekumar et al., 2016). The challenging life experiences of wives of drug addicts might capacitate their resilience growth with the right response as it was noted that resilience is built through exposure to the risk and the resulting successful negotiation through effective problem-solving skills (Luthar et al., 2000). This intrapersonal value holds positive self-perception which assists in reducing the risk of having depression. Ensuing physical, emotional, and psychological challenges experienced by wives of drug addicts, it is important to examine their resilience level in facing life stressors, especially during the rehabilitation period of their husbands.

According to the reviewed previous studies, it was identified that studies circulating drug addiction issues focused more on male drug addict as unit analyses pertaining to their effects, treatment, and rehabilitation programs. However, studies investigating women with drug-addicted husband who has at least one child been difficult to obtain. Hence, this necessitates the present study to examine the association between stressors, resources, and psychological impact namely negative life events, resilience, and depression, particularly on wives of drug addicts in Malaysia. In addition, local studies have established qualitative findings exploring the experience and stressors among wives of drug addicts in Malaysia (Singh, 2015; Singh et al., 2019; Ezarina & Fauziah, 2021). Thus, the present study recognized an opportunity to fill the methodological research gap by applying a quantitative approach to provide statistical findings of the study variables. In conclusion, the present study is conducted primarily to investigate the associations between negative life events, resilience, and depression experienced by wives of drug addicts in Malaysia during the rehabilitation period of their husbands.

Literature Review
In a household where drug addiction issue exists, it is important to explore the risk factors that may affect the family members. This is because drug addiction not only causes changes to the individual himself but also far beyond which influences the family members' life. The situation is worse when the drug addict is the head of the family which leads to a dysfunctional of primary responsibility as the family provider and protector. Wives of drug addicts often

experience alienation from society as the result of feeling shame and discrimination ensuing the husband's drug addiction issue. As they usually draw themselves from social involvement, wives of drug addicts end up battling to balance the family homeostasis alone.

Considering the gender factor, socioeconomic status, and risky family environment, wives of drug addicts are observed to have a likelihood of suffering from psychological illness, particularly depression. This was supported by the national statistics reported by the Institute for Public Health (2015) that adults and females from low-income families are prone to develop mental health problems. Moreover, women were also found inclined to internalize their emotions which probably route to withdrawal, loneliness, and depression (Eaton et al., 2012). On top of that, previous studies have demonstrated that wives of substance abusers have the highest risk of developing depression among any other psychological issues (Juibari et al., 2018). While drug addiction is often known to affect each of the family members, the study by Ólafsdóttir et al (2018) has verified that spouses have been the most impacted person in terms of their psychological well-being. This was in line with the study conducted by Juibari et al (2018) which sought to examine the characteristics and correlates of psychiatric problems among wives of substance-related disorders men. In sum, the study found out that wives of opiate-dependent husbands exhibit the highest psychiatric symptoms with depression being the highest diagnosed prevalent symptoms. Additionally, several demographic factors including age, occupation, duration of marriage, number of children, monthly income, and history of psychiatric disorders were evidenced to correlate with the psychiatric symptoms examined in the study. Based on the findings, it is noted that wives who have more children and face economic deprivation are likely to have depression. Besides, Farzizadeh (2018) revealed in her study that family members have endured two major problems following the drug addiction of the head of the family namely problems related to the primary needs (i.e. shelter, food, health and treatment, education, security, and peace) and problems related to relationships and interactions with the community. This demonstrated that the affected wives not only face intrapersonal problems but also struggle the daily interpersonal interactions with the local community. On the other hand, Mancheri et al (2020) revealed a range of detrimental effects on family members affected by drug abuse encompasses physical and psychological disadvantages, social isolation, family disruption, and economic constraint. Based on the impact suffered by the family members, especially the wives, the present study has recognized that the previous studies focused more on exploring the stress experiences using a qualitative approach. While various negative experiences are perceived by the wives of drug addicts, quantitative studies that examine negative life events using validated standard instruments are difficult to obtain.

Within the context of a drug addict family, wives are more exposed to stressful daily activities as they are required to perform dual-burden parental responsibilities, especially during the husband's placement at the drug rehabilitation centre. In addition, it was evident that wives of drug addicts possess a lower quality of overall health comprising physical health, environmental health, mental health, social relationships, and lower quality of life (Mancheri et al., 2021). This finding indicated that facing the drug addiction issue of the husbands exposed the wives to a stressful life which indirectly deteriorated their health, thus inhibiting them from actively performing their parental tasks along with the obligations to provide for the family.

Negative life events have been defined as exasperated and distressing demands that relatively define daily interactions with the environment (Kanner et al., 1981). In the daily activities of wives of drug addicts, they might encounter various problems including interpersonal

challenges in interacting with society. This could be explained by the fact that wives who face the husband's drug addiction issues, often feel shame, damaged dignity, feeling pain, and misery (Farzizadeh, 2018). Additionally, a comparative study has verified that wives of substance abusers experienced more negative life events than wives of non-substance abuse husbands (Tiwari et al., 2010). The study also revealed that wives of substance abusers suffered more in problems relating to physical and sexual abuse, emotional abuse, feelings of insecurity, and financial constraints than their counterparts. In terms of negative life events, they also reported higher scores in both personal and impersonal negative life events (Tiwari et al., 2010). These findings confirmed that the vulnerability to threatening and disastrous family environments is higher in wives facing substance abuse of their husbands than in the control group, exposing them to disruption of psychological wellness and thus causing depression. On the other hand, daily hassles also are evident and associated with depression in mothers with young children (Yakub et al., 2021). Contemplating this finding, wives of drug addicts who have young children are demonstrated potent to experience more daily hassles, especially during the absence of the husbands, which subsequently exposes them to depression. Furthermore, negative life events experienced by mothers in single-headed families are recognized to predict depression which suggests that more experience with negative life events would cause severe depression levels (Samuels-Dennis, 2006). In addition, they were also recognized to experience loneliness and isolation following the drug addiction issue. Despite the psychological challenges faced, they reported deprivation of support received from others. This situation portrayed that wives of drug addicts carry excessive burden in performing their responsibilities which is beyond dual-parental responsibilities. Alongside, they also have to face the community stigma and discrimination towards the family members associated with the drug addict. This was supported by the findings demonstrated in a study in which wives of substance abusers were found to experience disadvantaged social status problems categorized as the effort to preserve the family's image, social stigma, and social isolation of the family (Maghsoudi et al., 2019). The finding added to the existing body of knowledge that the psychological pressure from the community might accumulate life stressors of drug addicts' wives, leading to depression.

In encountering life challenges, resilience is an important inner strength to assist individuals in overcoming stressful experiences. The American Psychological Association (2014) has defined resilience as "the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress". However, Southwick et al (2014) opinionated that the definition of resilience should fit the context of the study. Thus, the present study believed that resilience is best characterized as the ability to deal with and recover from adverse life encounters (Smith et al., 2008). The inability to heal from the event that impacted an individual's life will prevent them from optimally functioning in their daily lives. This leads to lower self-esteem and psychological stress, hence developing depressive symptoms. Resilience is important especially for the individual in a high-risk family as they influence the development of the associated family members and children. Based on previous studies, female family members of persons with substance use disorder were revealed to possess less resilience and higher depression as compared to the control group (Senormanci et al., 2019). In addition to that, wives of substance abusers with poor resilience levels are recognized to be more likely to have depression (Sreekumar et al., 2016). Furthermore, women experiencing higher economic pressure also were reported to be less resilient following the socioeconomic deprivation that exists in the household (Okech et al., 2012). Several studies were observed to agree with the notion that lower resilience might influence higher levels of

depression across various contexts of studies (Dasti et al., 2019; Normawati et al., 2020; Tadayon et al., 2018). This demonstrated that wives of drug addicts are requisited to be more resilient to alleviate the risk of depression while facing chaotic family situations caused by the husband's drug addiction.

Briefly, previous studies were identified to focus more on exploring the depression and stress experiences among wives of drug addicts. However, quantitative studies particularly examining negative life events, resilience, and depression among wives of drug addicts are difficult to obtain. Thus, the present study attempted to determine the association between negative life events, resilience, and depression in the context of drug-addict families focusing on the wives figure.

Methodology
Research Design
The present study adopted a correlational cross-sectional design which primarily targeted to investigate the associations between the study variables namely negative life events, resilience, and depression. The independent variables of the present study consist of negative life events and resilience, while the dependent variable of the study is depression. In the data analysis stage, researchers conducted statistical analysis using Statistical Package of Social Science (SPSS) version 22 software to test the correlations between negative life events, resilience, and depression. In addition, descriptive analysis pertaining to the demographic profile of the respondents is also performed using similar software. On the other hand, this cross-sectional study focuses on investigating the study variables in a specific period of time which in this present study, is during the rehabilitation period of the respondent's husband. Besides, this study is categorized as quantitative research which systematically involves the process of numerical data collection and statistical computation and analysis.

Research Participants
The present study adopted a purposive sampling method in selecting the study sample which involved a total of 132 (N=132) wives of drug addicts from 10 states in Malaysia. The researchers also conducted a screening procedure by attending the inclusive criterion outlined for the subject of the present study which are; (1) a low income wife who is categorized in a household income of less than RM 5,250 (USD 1,127.94), (2) a wife whose husband undergo rehabilitation at the Narcotic Addiction Rehabilitation Centre (NARC) managed by the National Anti-Drugs Agency in Malaysia, (3) wife who never involved in drug, (4) Malay race, and (5) has at least one child aged below 17 years who lives together. Based on the listed criteria, subjects who did not meet all criteria were then excluded from the sampling procedure. Initially, a total amount of 296 wives' information was managed to be acquired from the clients of drug rehabilitation centers. However, after the screening process, it was identified that; 45 wives did not meet all-inclusive criteria, 85 wives were inaccessible through online and offline procedures namely phone calls and notification letters, whereas 32 wives declined to participate in the study, leaving a total of 132 respondents. On the other hand, the determination of the sample size required for this study was computed using GPower software which suggested 119 minimum samples at the 95 percent confidence level ($\alpha=0.05$) with the inclusion of three study variables.

Research Instruments
A research instrument is generally a tool used to collect, measure, and analyze the investigated research variables. In the present study, there are three research instruments employed to measure negative life events, resilience, and depression experienced by the respondents. Beforehand, the researchers acquired permission from each of the instruments' developers to use their instruments in the data collection process. All instruments are also permitted to be back-translated into the Malay language which is then conducted by a professional translator from the Centre for the Advancement of Language Competence (CALC) of Universiti Putra Malaysia. In addition, the research instruments are also examined by two experts in human development and developmental psychology fields to verify face validity and content validity. This is one of the important processes that assist in identifying and minimizing any errors regarding the research instruments, hence the representation of the research instruments could be achieved.

Negative Life Event. The Negative Event (Hassle) Scale developed by Mayberry, Neale, Arentz, and Jones-Ellis (2007) was adopted in the present study to measure negative life events experienced by wives of drug addicts participated in the present study. Generally, this instrument comprehensively consists of 46 items that are categorized into 11 domains namely problems with friends, problems with spouse/partner, work hassles, problems with supervisor, money hassles, problems with children, problems with parents/in-laws, problems with other workers, problems with other relatives, health problems, and household. Contradicting the previous instruments measuring major life events, this scale focuses on measuring minor negative life events experienced by individuals. Respondents were required to evaluate their experience on each stated event listed in the scale using a six-point Likert scale ranging from 0 (no hassle) to 5 (event occurred and an extreme hassle). A higher score indicates more negative life events experienced by individuals. According to Mayberry et al. (2007), all domains in this instrument demonstrated a good reliability value that is 0.79 to 0.91. While the present study stated a 0.96 excellent reliability value. Examples of the items are "conflict with other relative" and "negative feedback from your supervisor".

Resilience. Brief Resilience Scale developed by Smith et al (2008) is used to assess the resilience level of wives of drug addicts in this study. The instrument is structured with statements evaluating the individual's ability to recover from stress. The scale basically consists of 6 items with 5 response categories for each statement that is from "strongly disagree" to "strongly agree". The original study reported a good reliability value for this instrument which ranges between 0.80 to 0.91. The internal consistency of this scale also approved in several studies that are 0.93 Amat et al (2014) and 0.85 (Chmitorz et al., 2018). The present study documented a 0.72 value of Cronbach's alpha indicating good reliability. The examples of the items are "I tend to bounce back quickly after hard times" and "I usually come through difficult times with little trouble".

Depression. Zung's Self-Rating Depression Scale (SDS) pioneered by Zung (1986) is adopted in the present study to measure the depressive symptoms of the respondents. The scale comprised 20 items specifically involving emotional, psychological, and somatic symptoms related to depression. Each of the items requires respondents to respond in a 4-point ranging format from "little of the time" to "most of the time". The total score of the scale ranges from 20 to 80 and the increment of score shows the depression severity. This widely used

instrument has demonstrated good reliability across studies with Cronbach's alpha value of 0.83 (Tao, He & Xu, 2021) and 0.87 (Li et al., 2023). In this present study, the internal consistency coefficient is 0.85 stipulating good reliability. The examples of the items are "I feel down-hearted and blue" and "I still enjoy the things I used to do".

Data Collection
Data collection refers to the process of gathering and evaluating data or information on the investigated research variables. Precedingly, the researchers acquired the approval of research ethics from the Ethics Committee for Research Involving Human Subjects, Universiti Putra Malaysia (Reference No.: JKEUPM-2020-406). Additionally, permission from the National Anti-Drugs Agency (NADA) Malaysia to do a background survey among clients at the Narcotic Addiction Rehabilitation Centre (NARC), was also granted. Following the written consent from the clients, wives of drug addicts were then contacted based on the contact information provided. The data collection procedure was conducted through online and offline platforms, in which a set of questionnaires was distributed through the WhatsApp application in the form of Google Forms. Whereas for offline data collection, a set of questionnaires along with written consent was posted out to participants' home addresses. Besides, a pilot study was performed preceding the main study involving 30 wives of drug addicts from three drug rehabilitation centers in Malaysia.

Results of Analysis
Descriptive Analysis
The descriptive analysis specified the demographic profile of the study participants comprising personal and familial background information namely age, education level, marriage duration, and number of children aged 17 years old and below as presented in Table 1. Based on the data depicted in Table 1, most of the respondents aged from 31 to 40 years old (i.e., 44.7%); followed by class age of 21 to 30 years old, 41 to 50 years old, more than 51 years old, while only a few respondents aged younger than 20 years old. Regarding the educational level, most of the respondents (48.5%) completed upper secondary school, followed by the completion of junior secondary school, diploma, certificate, bachelor's degree, and primary school and only a small proportion have completed a master's degree. Pertaining to the respondent's familial background, most of the respondents were identified as having been married for 6 to 10 years (i.e., 27.3%), followed by a marriage duration of less than five years, 11 to 15 years, 16 to 20 years, 21 to 25 years, 26 to 30 years, and the least recorded were respondents who have been married for more than 31 years. In addition to that, most of the respondents were recognized to have 3 children aged 17 years old and younger (29.5%) followed by two children, one child, four children, five children, seven children, and six children.

Table 1
Demographic Profile of Respondents (N=132)

Demographic Variable	Category	Frequency	Percentage (%)
Age	Below 20	1	0.80
	21-30	37	28.0
	31-40	59	44.7
	41-50	32	24.2
	Above 51	3	2.30
Educational level	Primary school	3	2.30
	Lower secondary school	35	26.5
	Upper secondary school	64	48.5
	Certificate	10	7.60
	Diploma	13	9.80
	Bachelor's degree	6	4.50
	Master's degree	1	0.80
Marriage duration	Less than 5 years	30	22.7
	6 to 10 years	36	27.3
	11 to 15 years	30	22.7
	16 to 20 years	17	12.9
	21 to 25 years	10	7.60
	26 to 30 years	8	6.10
	Above 31 years	1	0.80
Number of children aged 17 years and below	One	29	22.0
	Two	32	24.2
	Three	39	29.5
	Four	22	16.7
	Five	7	5.30
	Six	1	0.80
	Seven	2	1.50

Inferential Analysis

Based on the study objectives, inferential analysis was performed using Statistical Package of Social Science (SPSS) Version 22. Particularly, the correlations of the interested variables in the present study were determined using the Pearson correlation test featured in the SPSS statistical software. Basically, this test entails the measurement of a linear relationship between two variables which is indicated within the value ranging from -1 to +1. The value approaching -1 showed a stronger negative correlation, 0 demonstrated no correlation exists between the two variables, while the value nearing +1 stipulated a stronger positive correlation between the tested variables. In addition, positive correlation explains that the increase in the value of one variable will result in the value increment of the other variable. Whereas, negative correlation interprets that a value increase in one variable will reduce the value of the other variable. Hence, the Pearson correlation test was conducted to determine the relationship between negative life events, resilience, and depression among wives of drug addicts in the present study.

Table 2 presents the correlation between negative life events, coping, and depression. Based on the analysis, the findings found that there are correlations existed between negative life events and depression (r = .346, p<0.01) also resiliency and depression (r = -.524 p<0.01). The result revealed that negative life events were positively correlated to depression which indicates that more negative life events experienced by wives of drug addicts will increase their likelihood of depression. Vice versa, fewer negative life events experienced by the respondents reduce the risk of exhibiting depressive symptoms. Besides, the finding also demonstrated that resilience was identified to negatively correlate to depression which expressed that as resilience level increases, a low level of depression will be derived.

Table 2
Correlation between Negative Life Events, Resilience and Depression (N=132)

Relationship	r-value	p-value
Negative Life Events ->Depression	0.346	0.000
Resilience->Depression	-0.524	0.000

Note: *p* <.01

Discussion and Conclusion
The present study aimed to investigate the association between negative life events, resilience, and depression. The result findings demonstrated that there are correlations exist between tested variables which are negative life events, resilience, and depression. Specifically, negative life events are positively correlated to depression which indicates that higher frequent occurrence of negative life events experienced by wives of drug addicts causes higher levels of depression. On the other hand, resilience demonstrated a negative correlation with depression signifying lower resilience possessed by wives of drug addicts will result in a higher depression level.

The finding was in line with a study conducted on Muslim women in Malaysia which suggested that severe life events increase the vulnerability to depression among mothers whose head of the family (Abdul Kadir & Bifulco, 2011). In the present context of the study, the drug addiction issue of the husband seems to posit their wives with a heavy burden to solely look after the family while facing the social stigma from the community which might contribute to the number of negative daily hassles experienced. This finding offers additional knowledge of the impact of negative life events on depression which suggests that a higher number of negative life events is linked with higher depression levels among wives of drug addicts. As the correlation is proven in the study, effective strategies should be appraised as it was reported that wives of substance abusers experienced more negative life events than wives who do not face the substance misuse of the husbands, risking this neglected community to depression (Tiwari et al., 2010). It was also recognized that due to the stressful life conditions of wives of drug addicts during the rehabilitation period of the husband, they are predisposed to the onset of depression. This condition definitely deserves special attention from the official authorities as these wives are critical figures for the children's development and the husband's primary supporter in recovery from drug addiction. Hence, intervention programs should be convened to encourage wives of drug addicts to deal with and manage negative life events experienced, thus reducing their susceptibility to depression.

Additionally, the study finding was supported by a prior study which revealed an inverse correlation between resilience and depression severity among wives of substance abusers (Sreekumar et al., 2016). This indicates that higher resilience affects lower depression levels

among wives who face the substance dependence issue of their husbands. In the present study, wives who possess higher resilience are demonstrated to experience fewer depressive symptoms. Even though resilience is being emphasized as a valuable personal resource in facing life adversities, previous studies revealed that wives of drug addicts reported lower levels of resilience as compared to the control group (Senormanci et al., 2019). This situation interprets that most of the wives of drug addicts are likely to have higher depression. While resilience-building programs have been suggested by studies in India, the finding of the present study directed into the similar exigency of conducting intervention programs to encourage resilience, particularly among wives of drug addicts in Malaysia, as a strategic plan to combat depression.

In summary, it can be reviewed that both negative life events and resilience are linked with depression in the present study context, suggesting that both play significant roles in influencing the depression experienced by wives of drug addicts. As this community is proven to experience more negative and stressful life events, it is imperative for the related authorities to implement an effective and conventional strategic program that focuses on stress management and resilience cultivation for the wives of drug addicts, with the intention of reducing depression issues among this community.

The central contribution of this study provides the establishment of the association between negative life events, resilience and depression. The study findings bridge the research gap in which negative life events, resilience, and depression were examined and explored independently in the prior studies. Consequently, the present study contributes to the existing body of knowledge by examining the study variables simultaneously to ascertain the existing correlations. On the other hand, while the previous studies qualitatively explore stressful events experienced by this population, the present study statistically measures negative life events, resilience, and depression experienced by them, hence allowing the numerical interpretation of the studied variables. In addition, this study provides further evidence of the associating factors contributing to depression among women who face their husband's drug addiction. Finally, the study imparts valuable insight for policymakers and practitioners by providing an additional approach to combat depression among wives facing drug addiction issues of husbands through stress management and resilience-building structured intervention programs.

Limitation and Recommendations
Our study has faced several limitations related to the research methodology, particularly sample size and sampling technique. At the initial stage of the study, due to difficulties in obtaining background information on wives of drug addicts, the present study faces the issue of limited sampling size. In addition to that, a huge number of the potential respondents failed to be contacted whether online (phone call) or offline (notification letter) which resulted in a limited sample size. Following that, the adoption of the purposive sampling technique which is known as a non-probability sampling has hindered the generalization of present study findings. Thus, the study findings are only applicable to the studied population. Moreover, the implementation of a cross-sectional correlational study has disallowed causal inference. Nonetheless, the present study has offered its unique contributions despite the limitations faced. In terms of research design, the present study accords quantitative statistical information to the body of knowledge regarding negative life events, resilience, and depression among wives of drug addicts in Malaysia in which most of the local studies centered their interest on a qualitative approach in examining the well-being of this

community. Furthermore, the study findings offer alternative input that might accommodate professionals in the intervention program framework, by involving the elements of negative life events and resilience to reduce depression among this community. Foremost, the study findings are beneficial to the studied population regarding the factors associated with their experience of depression. Consequently, several recommendations are suggested to guide future researchers. First, future researchers might include private drug rehabilitation centers in Malaysia in order to obtain more background information on wives of drug addicts thus higher sample sizes are potentially attained. In addition, the probability sampling technique should be justified to acknowledge the generalization of findings to the wives of drug addicts in Malaysia. Lastly, future researchers could replicate this study on a longitudinal study to explore the effect of negative life events and resilience on later depressive symptoms to discover the causal long-term effect of the associated variables on depression among wives of drug addicts in Malaysia.

Ethical Approval
Research ethics for the present study was approved by the Ethics Committee for Research Involving Human Subjects, Universiti Putra Malaysia (Reference No.: JKEUPM-2020-406).

Grant Information

Conflict of Interest
The authors declare that they have no conflicts of interest.

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