INVESTIGATING THE TENDENCY OFADOLESCENTS TOWARDS ADDICTION IN ZAHEDAN

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Abstract

Introduction: Addiction can be noted as one of thesocial damages that society is always involved with it. Drug addiction is a new phenomenon and special for modern life. The identification of basic information in respect of a phenomenon is essential to prevent that phenomenon. Therefore, the purpose of this study was to investigate the tendency towards addiction among adolescents in Zahedan.

Material and methods: This study is a descriptive study and 420 students of Zahedan have participated in this study in 2015. Sampling was conducted as stratified-probability sampling. Data were collected using a bipartite questionnaire which the first part was related to demographic characteristics and the second part of the questionnaire was on willingness to addiction among students. Data were analyzed after collecting using SPSS Version 19 and descriptive statistics and Pearson correlation and analysis of variance. Also in this study, P Value less than 0.05 was considered significant.

Results: This study showed that the average age of students' mothers was 38.63 ± 5.55 and the mean age of students' fathers was 44.84 ± 5.74. 60 students were freshmen, 120 students were sophomores, 120 students were junior, and 120 students were senior. The average score of the questionnaire of tendency to addiction among students was 31.77 ± 6.9. The relationship between mothers' and fathers' age and tendency towards addiction among students was significant. There was no significant relationship between high school level and the tendency to addiction, but the relationship between the type of high school and the tendency to addiction was significant.

Conclusion: Drug use among young people and changes in drug use and known and unknown effects of these drugsare one of the most important public health problems, especially in the field of youth health that makes necessary caring drug use. Therefore, it is recommended that the educational health programs continue on the prevention of drug consumption and the design of the programs begin from the school's periods.

Keywords: Tendency to addiction, students.

Introduction

Human societies have always faced many problems and pathologies. Given that a significant part of affairs and funds have been allocated to the social pathologies and since considering the pathologiesis resulted in the prevention and treatment of the pathologies, it has consistently attracted the attention of people located in different periods and it considers them in the epistemological view and dominant knowledge of its time and seeks to explain why and how they have been. Addiction can be referred as one of social pathologies that society is always involved to it. Drug addiction is a new phenomenon and specialty of the modern life. Although there was drug use in the past, it was not recognized as addiction or diversion. But with the spread of modern culture, modern values and norms have also spread and the actions and behaviors such as drug addiction are seen as incompatible with norms[1, 2]. Addiction is a physical, psychological and social disease in which an impulsive behavior that has destructive consequences is constantly repeated [3,4]. Addiction is a habit or behavior that its leave is often difficult. Addiction and dependency can be to alcohol, drugs, or gambling that today many of us seek refuge to addiction to deal with problems in life. The use of alcohol, drugs or gambling relieves our pain or fear for a while. But finally, it becomes a problem itself that often disturbs relationships and families [5, 6]. In the case of the root causes of drug abuse, there is no special agreement, so that factors associated with drug abuse are many and various and include personal backgrounds, family characteristics and social and environmental factors [7-9]. Today, smoking is considered as an inclusive health problem in the world, so that it will be the cause of one death out of every three adult deaths by 2020 [10,11].

The prevention is better than treatment, so the identification of basic information in respect of a phenomenon is essential to prevent that phenomenon. Because the basic information will help the involved stakeholders for primary prevention and develop educational interventions for people at risk [12-14]. Therefore, the purpose of this study was to investigate the tendency towards addiction among adolescents in Zahedan.

Materials and Methods

In the present study that is a descriptive study, 420 students have participated in the study from high school boys of Zahedan in 2015. Sampling individuals was conducted as stratified-probability sampling. Thehigh schools in Zahedan were divided into three groups (Exemplary, Non-profits, and Public schools). From any high school's group, two high schools were randomly selected and from each high school, 70 students were chosen as systematic random sample (based on the number of students in class) of all the four bases. The researcher attended the specified high schools and the students were asked to complete the questionnaires used in the study. Data were collected using a two-part questionnaire that the first part was related to demographic items included parental age and education and the type of high school and the second part of the questionnaire was related to the tendency to addiction among students. This questionnaire had 16 questions and its overall goal was to investigate the tendency to addiction from three dimensions of social, individual and environmental factors in different people. This is a self-made questionnaire and has been designed using some scientific sources. The response spectrum to the questionnaire was based on Likert and ranged between 1 and 5. Therefore, overall score of the questionnaire was between 16 and 80. For the face validity and accuracy of the questions, the questionnaire was distributed among a number of students and after the reliability of the results; the questionnaire was distributed among the samples. The reliability of the questionnaire was calculated by measuring method of Cronbach's alpha and Cronbach's alpha was equal to 0.79 for the tendency towards addiction.

Data after collecting were analyzed by using SPSS version 19, descriptive statistics, Pearson correlation, and analysis of variance. Also in this study, P Value with less than 0.05 was considered significant.

Results

The study showed that the average age of mothers of students was 38.63 ± 5.55 and the mean age of fathers was 44.84 ± 5.74. 60 students (14.3%) were freshmen, 120 students (28.6%) were sophomore, 120 students (.28.6%) were junior, and 120 students (28.6%) were senior. The average score of the questionnaire of tendency to addiction among students was 31.77 ± 6.9. The relationship between mothers' (P = 0.006) and fathers' (P = 0.003) age and tendency towards addiction among students was significant. There was no significant relationship between high school level (freshmen, sophomore, etc.) and the tendency to addiction (P = 0.85), but the relationship between the type of high school and the tendency to addiction was significant (P = 0.006) (Table 1).

Table 1: The relationship between type of high school and tendency to addiction among students.

Type of high school	Mean	Std. Deviation	Minimum	Maximum
Exemplary	30.42	6.40	12.00	49.00
Public	33.06	7.08	12.00	51.00
Non-profits	31.83	7.18	12.00	51.00

Discussion

This study showed that the average of tendency to addiction among students was significant. It seems that the useful planning to spend leisure time and to fill off hours of youth decreased their tendency to hookah smokingand other drugs. In the study of Graceberg et al. that was conducted on 129 male and female students, the results showed that 56.8% of participants have the tendency to addiction [15]. Various studies have shown that the probability of drug use in individuals who have positive tendency to addiction is more than the other [16]. Also in the study of Dehdari et al., 31.5% of the students and in the study of Ghorbani et al., 70% of the students in the study stated that they used drugs the first time with their friends [10,17]. It can be stated that the admission in the different social groups and obtaining acceptance and approval from their behalf, the need for independence and the achievement of new experiences are the factors that have led to this problem. As a result, the planning and development of suitable activities for filling the leisure time of young people, learning the skills to say no to the demand for smoking drugs of friends, the necessary trainings to reduce anxiety and fatigue can lead to reduce the amount of smoking drugs and youth tendency to them.

Conclusion

Drug use among young people and changes in drug use and known and unknown effects of these drugs are one of the most important public health problem, especially in the field of youth health that makes necessary caring drug use. Therefore, it is recommended that educational health programs are continued on the prevention of drug consumption and the design of the programs are begun from school's periods.

Acknowledgments:

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