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THE RELATIONSHIP BETWEEN CRUCIAL PARENT'S UPBRINGING METHODS AND STUDENT'S TENDENCY TO ADDICTION. A CROSS SECTIONAL STUDY AMONG STUDENTS IN ZAHEDAN 2016

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Abstract

Introduction: Addiction is a big problem in today's society. A problem which involves millions of lives all around the universe and pushes the human being to pay huge amount to solve the problems coming from addiction. Upbringing methods in families are effective in tendency to addiction among youth. This study aimed to investigate the relationship between crucial parent's upbringing methods and student's tendency to addiction.

Material and Methods: This was a cross sectional study. The respondents were 400 male students in Zahedan. They were picked by categorized probabilistic method. The data was collected through a three part questionnaire. After data collection they were analyzed through descriptive statistics, Pearson correlation and ANOVA test by SPSS v19.

Results: The results showed a significant relationship between fathers educational level and student's tendency to addiction ($p < 0.001$) but this relationship was not significant for mothers educational level ($p = 0.169$). There was a significant relationship between amount of dialectics parents use in their upbringing methods and students tendency to addiction ($p < 0.001$). A higher amount of dialectics showed a lower tendency to addiction.

Conclusion: According to the results of this study permissive upbringing method is useful to reduce tendency to addiction among students. This method is suggested to parents. They can make better communication with their children with this method. When there is no calm and love in family children would be pushed to addictive substances for healing their emotional pains.

Keywords: Upbringing methods, addiction tendency, Students, Zahedan.

Introduction

Addiction is a big problem in today's society. A problem which involves millions of lives all around the universe and pushes the human being to pay huge amount to solve the problems coming from addiction. Due to some cultural, geographical and environmental reasons our country has a good position for youth to be addicted [1, 2]. Addictions are chronic disorders with biological, cultural, psychiatric, social, behavioral and spiritual effects [3]. Addictive substances have drug effects. These drug effects make changes in individual's biology and physiology. A huge part of these changes are in central and peripheral nervous system. Finally all of these actions lead to physical and psychiatric changes. Some impactful examples of these changes are, temporary relief of depression, stress and anxiety, temporary relief of physical pain and fake satisfaction. But over using of these substances would certainly lead to addiction and abuse [4, 5]. Preventing the youth to get the addictive substances is the most suitable method to prevent addiction in the society [6, 7]. Despite the above mentioned discussions, upbringing methods in families are also effective in tendency to addiction among youth. The upbringing methods are categorized by the amount of expectancy and the amount of response as Macobi and Martin say. Expectancy mentions that parents expect their children to behave gently. Response mentions that parents should emotionally get involved with their children and accept them by their heart. According to these three methods were made: Opinionated, Permissive and Crucial [8, 9].

According to the important role of family in upbringing the children and giving a balance of physical and mental health to them, and due to effect of upbringing methods on tendency to addiction this study aimed to investigate The relationship between crucial parent's upbringing methods and student's tendency to addiction.

Material and Methods

This was a cross sectional study. The respondents were 400 male students in Zahedan. They were picked by categorized probabilistic method. The data was collected through a three part questionnaire. The first part was about the demographic information including parent's education level. The second part was student's tendency to addiction questionnaire. This questionnaire included 16 questions. Its main aim was to assess the tendency to addiction in social, personal and environmental dimensions in different individuals. This questionnaire was designed by the researcher using scientific texts and articles. A 5 point Likert scale was used to answer to the questions. The total score of this questionnaire was 16

to 80. For assessing the face validity and verification of questions the questionnaire was given to a number of students and after assuring about the results the questionnaire was given to the sample volume.

The reliability of this tool was assessed using Cronbach's alpha. The Cronbach's alpha was 0.79 for this questionnaire.

The third part was the crucial parent's upbringing method questionnaire. This questionnaire included 10 questions. There were 5 columns in front of each question with the title of "definitely agreed, agreed, no idea, disagreed and definitely disagreed". As the score goes higher the violence goes higher for children. The validity of the questionnaire was proved and the reliability was assessed by Cronbach's alpha and it was 0.77 for this questionnaire. After data collection they were analyzed through descriptive statistics, Pearson correlation and ANOVA test by SPSS v19.

Results

174 mothers (43.5%) were illiterate, 141 mothers (35.3%) had Iranian middle school diploma, 58 mothers (14.5%) had high school diploma and 24 mothers (6.8%) had higher educations. Also 57 fathers (14.2%) were illiterate, 136 fathers (34%) had Iranian middle school diploma, 116 fathers (29%) had high school diploma and 91 fathers (22.8%) had higher educations. There was a significant relationship between fathers ($p=0.003$) and mothers ($p<0.01$) education with upbringing methods used by them.

The results showed a significant relationship between fathers educational level and student's tendency to addiction ($p<0.001$) but this relationship was not significant for mothers educational level ($p=0.169$). The mean score of students from tendency to addiction questionnaire was 31.91 ± 6.74 and the mean score of parents from upbringing methods questionnaire was 26.46 ± 3.60 . There was a significant relationship between amount of dialectics parents use in their upbringing methods and students tendency to addiction ($p<0.001$). A higher amount of dialectics showed a lower tendency to addiction.

Discussion

As the results of this study showed there was a significant relationship between amount of dialectics parents use in their upbringing methods and students tendency to addiction. As more as the parents were dialectic, tendency to addiction was lower among students. Another study showed that parents who use crucial method to rise their child make them ready to get addicted easily [13]. In other hand Ebar, Karter and Nisler showed in their study that there is a direct relationship between crucial upbringing method and self-control, educational performance and study skills and it doesn't have any significant relationship with behavioral problems such as drinking alcohol and using addictive substances [14].

Some other studies showed a relationship between using addictive substances and upbringing methods [15, 16]. The more parents supervise and control their children the less their children get addicted. This supervising and control should be gentle and dialectic. Parents who use crucial and opinionated upbringing methods to rise their children usually do not spend much time to supervise and control their children. Actually they are making their children ready to go for using addictive substances. Totally according to the results of this study family content can predict the tendency to addiction. An uncommitted family is potentially a drug user riser company.

Conclusion

According to the results of this study permissive upbringing method is useful to reduce tendency to addiction among students. This method is suggested to parents. They can make better communication with their children with this method. When there is no calm and love in family children would be pushed to addictive substances for healing their emotional pains.

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