

# UM ESTUDO SOBRE AS ESTRATÉGIAS DE PREVENÇÃO DA TOXICODEPENDÊNCIA

## A STUDY ON THE DRUG ADDICTION PREVENTION STRATEGIES

Majid Sharifi Heris <sup>1</sup>  
Khalil Afandak <sup>2</sup>

Department of Law, Ahar Branch, Islamic Azad University, Ahar, Iran <sup>1</sup>

Corresponding Author: Department of Law, Ahar Branch, Islamic Azad University, Ahar, Iran: <sup>2</sup>  
Email: kh.afandak@gmail.com

**Resumo:** A crescente tendência dos seres humanos a drogas e estimulantes em geral e a tendência dos jovens a drogas e estimulantes em particular, são problemas sociais em todo o mundo, especialmente no Irã. O presente estudo examinou as causas da diminuição da dependência da idade no Irã e os resultados mostraram que fatores pessoais (aumento dos problemas de saúde mental, aumento da curiosidade, aumento do desconforto e estresse, prazer e diversão, para aumentar os incentivos à saúde e associação com maus amigos) fatores físicos (os efeitos da herança, cromossomos, genes, doença, gênero, idade e raça), fatores psicológicos (doenças mentais, doenças neurológicas, aumento do distúrbio de caráter (comportamento anormal), fatores sociais (ambiente familiar, ambiente educacional, amigos, falta de empregos, falta de recreação e entretenimento, abundância e fácil acesso a narcóticos), fatores geográficos (posição fronteiriça do Irã, aumento da imigração e crescimento populacional), razões econômicas (desemprego, inflação, pobreza) e fatores culturais (ignorância e falta de informação, baixas taxas de alfabetização e falta de instalações culturais) são razões afetivas para reduzir a idade do vício No Irã. O presente artigo refere-se a parte desta pesquisa e seus achados.

**Palavras-chave:** dependência, idade do vício, fatores pessoais, fatores físicos e psicológicos, fatores sociais, fatores culturais

**Abstract:** The increasing tendency of human beings to drugs and stimulants in general and the tendency of young people to drugs and stimulants in particular, is social problems all over the world, especially Iran. The present study examined the causes of the age decrease of addiction in Iran and the results showed that personal factors (increased mental health problems, increased curiosity, increased discomfort and stress, pleasure and fun, to increase incentives for health and associating with bad friends), physical factors (the effects of inheritance, chromosomes, genes, illness, gender, age and race), psychological factors (mental diseases, neurological diseases, increase character disorder (abnormal behavior), social factors (family environment, educational environment, friends, lack of jobs, lack of recreation and entertainment, abundance and easy access to narcotics), geographical factors (Iran's borderline position, increased immigration and population growth), Economic reasons (unemployment, inflation, poverty Livelihoods) and cultural factors (ignorance and lack of information, low literacy rates and lack of cultural facilities) are affective reasons in reducing the age of addiction in Iran. The present article refers to a part of this research and its findings.

**Keywords:** addiction, age of addiction, personal factors, physical and psychological factors, social factors, cultural factors

## Introduction

Despite the proliferation of counter narcotics in recent years and the intensification of the punishment of psychotropic substances unfortunately, this struggle has been involved with the distribution of drugs, but the amount of opium detoxification has increased in the country. What is certain is that addiction can not be controlled or eradicated only by relying on coercive methods, although military confrontation is definitely one of the ways to cope with this phenomenon. Controlling and eradicating requires more scientific measures. Fortunately, drug treatment is currently focused on reducing demand not reducing supply and the best and most reliable way to reduce demand, prevention (Bavi, 2013:97).

As we know, prevention is aimed at eliminating the roots and causes of crime. Institutions such as education, the family, social workers, NGOs are the main actors of this social prevention. This type of prevention aims to improve people's ability to live in a secure environment and participate fully in social life and it applies to social sources and problems such as marginalization, illiteracy, lack of facilities and recreational facilities, etc. (Mahdavi, 2016:71).

In social prevention of addiction educational, media and information institutions, civil institutions are responsible for producing behavioral norms such as family, school, religious institutions ... more than the criminal justice institutions are responsible for the conduct of affairs, since on the one hand, in criminal justice institutions, solutions are usually cross-sectional and short-term and the emphasis of criminal policy is usually on the outcomes of counted outputs, such as the number of drug suspects and perpetrators, the amount and volume of artifacts, and ..., on the other hand, none of these figures show the degree of rehabilitation of addiction prevention programs also, spending more resources on the suppression of street violence and violence through media outbreaks of violent events and increasing public attention to these criminal behaviors, makes anti-social addiction prevention programs incommensurable, opaque and costly, therefore, the establishment of accurate assessment mechanisms in the field of social prevention of addiction can reduce the gap created between theory and practice and gives people and government managers confidence in the effectiveness of these programs that the solutions presented in five summarized paragraphs briefly (Ghaemim,2013:77).

## Emphasizing the peer group and preventing socializing with bad friends

The peer group consists of a limited number of people that they are similar in age to each other and constantly interact with each other and work together to work together. The members of the peer group feel solid and feel that they are working together (Vaseghi, 2015:19).

One of the factors that affects teen behavior is the peer group, familiarity with the same age groups who live with delinquency and the membership in these groups and the acceptance of the value of this group of people are an important factor in the delinquency of individuals. Investigating criminal group shows that having bad friends, escaping from school, and missing from home to the night has been a feature of the behavior of this group of adolescents; indeed, participation in such behaviors is supported and endorsed by the group (Farhang, 2017:56).

Associating with bad friends is one of the most important factors to reduce the age of addiction. The choice of friend and companion has always been one of the most important and decisive choices of mankind. The effect friends have on human-person structure is not less than other factors in the formation of personality. This influence reaches its peak during adolescence. Communicating with malicious people and ignorant or disrespectful friends leads people to ruin and corruption (Asadi, 2008:90). In childhood, a person is heavily influenced by the family but as age grows, the role of people outside the family, especially colleagues and classmates, increases and it decreases the importance of the family. As the age grows, the person grows up and grows up during adolescence. In this period, pressure from friends and peers may overwhelm the thoughts and type of family education since during adolescence, the person creates new needs for the person, including the need to obtain identity and the need to receive kindness, on the one hand, if the family and society provide the necessary conditions for achieving the person's identity, this need is appropriately fulfilled otherwise, the individual chooses to diversify the way to identity and express

the existence of these diverse ways of membership in the errant groups (Aghabakhshi,2013:94).

A teenager who wants to consolidate his identity as a member of the group willingly participates in all activities of the group to prove their loyalty to the group, on the other hand, when young people's emotional needs in the home environment are not met, he tries to solve this need by relying on friends and so-called "look out". Since lack of experience and excitement are among the components of a young age in this friendly community, things like cigarettes, drugs, and sex are considered as fun. Obviously, not everyone enters friendly circles in order to drown in these matters but the group uses mechanisms to unify people, which forces all individuals to participate in these activities or leave the group. Insisting on the use of materials, the style of participation in the use, the mockery of people who refuse to participate or address them with induction such as "baby guys, arithmetic ..." is one of these mechanisms (Mohammadzadeh, 2009:23).

So the important ways to prevent this are that parents should, in addition to doing their best to create intimacy and emotional relationships with their children, to prevent adolescents from being marginalized and reluctant to rely on strangers and peer groups, they must indirectly control the relationship between the teenager and his friends so that they can be eliminated if their friendship is falsified or addicted to addiction (Bavi, 2013:120).

Accordingly, the choice of friend has been considered by religious leaders according to divine and human criteria. The man who commute and who refrain from intercourse with part of Islamic tradition to be allocated. Choosing a friend and guiding the child to commute with specific people is one of the duties that parents have regarding their children because the child can not naturally live in the beginning of life. They can distinguish people from each other, they may not be able to see their good and good in communicating with others (Shahkarami, 2014:122). As a result, it is the duty of the parents to send friends of their children to special favors and give them the criteria of good people from the bad guys in order to convey child. Must try to have their children partner with children and adolescents who do not have their parents or their own drug abuse, psychotropic substances, alcohol and cigarettes in their families, because it is possible for their children to imitate large family members and of course, preventing socializing with unprotected friends is not specific to the childhood or adolescence, and includes older age groups that families should take care of their children at all stages (Sotudeh and Hedayat,2010:34).

## **Prevention through education**

Today, in spite of deep cultural changes and changes in lifestyle, many people lack the skills to deal with life issues are essential and this has made them vulnerable to the problems of everyday life and its requirements. Therefore, people of the society, especially at an early age, need to function in order to cope with stress, situations, and conflicts of life in order to equip them with these abilities. These functions are very basic and can be created through the curriculum in the process of education. Functions such as family education and improvement of the educational system, which are used to promote mental health and prevent social harm, such as addiction (Shahkarami, 2014:119).

## **Teaching Families**

Undoubtedly, it is essential to educate the elderly of the family and the coaches about how they deal with teens and young people at home and in the school and this training task is borne by parliaments and educators, radio, television, the press and all the people who have scientific and experimental ability. Parents' associations and coaches should invite students to attend their meetings in order to experienced people talk about the causes of learning about the misuse of addictive substances and informing their families. The parents should be informed that there is a risk that their children will be drugged and that no teenage or young person is immune from the danger of addiction. They should be reminded that they are responsible for protecting their children against addiction and can be vigilant in preventing their infection (Golshani, 2014:89).

The following materials can be taught to parents:

- 1- Type of drugs, shape, common names and tools used for drug use.
- 2- How to prepare and place drugs
3. The factors and situations that cause drug use.

4. Symptoms of drug use
- 5- Short-term and long-term effects of drug use
6. Parents should be noted that in refraining from smoking and drugs, are a good example for their children
7. Parents should not be allowed to take any medication without prescribing to their children
8. As soon as they know about the use of drugs by their children, they will immediately share it with a physician experienced in the field of counseling and treatment of addiction.

In general, parents should be aware of the consequences of neglecting the affairs of their children and their proper education because cultural deprivation is one of the factors of the illicit use of drugs, psychotropic drugs, alcohol and cigarettes. The result is one of the important factors preventing the addiction of children to education of the elderly family (Bavi, 2013:19).

### **Improving the educational system**

One of the current problems in our society is the disadvantage of education. Unfortunately, the teachers and education consultants is not proportional to the problems and issues of the country's youth. For this reason, two groups of students, teachers and counselors are far apart. In developing curricula and educating teachers and trainers, the most important factor that needs to be considered in addition to the philosophy of education and the need of the community is the needs of students. Unfortunately, both the curriculum and the proposed breeding patterns have not been successful in the test bench. The considerable size of the students who drop out of school and suffer from many emotional problems such as anxiety, depression, nocturnal stomach, and drug addiction indicate this (Rostami, 2013:69).

Another very surprising and unfortunate issue is the lack of proper coverage of primary and secondary school counseling. As if in a secondary school, the counselor merely plays a role as an educational guide. The question that is posed is that how can more than a few million students, most of whom are at an adolescent age, be able to cultivate and self-actualize without a specialized department known in the world (counseling) can be free of emotional, emotional, educational, family problems? Unfortunately, in the education sector, despite the honest efforts of many managers and specialists, many failures have occurred. If we want to reduce the rate of addiction and other social harm first of all, it hase to quickly expand the specialist counseling (using people trained in psychology and counseling, and experienced and experienced) in three elementary, secondary, and even university disciplines, consider them as an independent, independent and independent entity. Secondly, with the view of the professors (psychologists, educators) in the curriculum, a fundamental revision will be made. Thirdly, teachers have specially trained teacher training courses tailored to the needs of their students, a full review of how to teach, provide courses and education, and ultimately, in order to retrain and develop the technical knowledge of teachers and scientific advisers, set up specialized training courses tailored to students' needs and problems so they all take these trainings seriously (Serajkhorammi, 2008:124) and generally, the purpose of any kind of educational program, even at higher education level, should be to express the disadvantages of drug use and to hate the use of narcotic drugs in the person or group being trained and try to put it in the culture of the group under training and inform youth and teenagers about the harms of drugs in textbooks (Shahidi,2013:79).

### **Basic Life Skills Training**

Life skills training, prevention programs at the primary level is the most basic and these skills will help to improve the mental health of children and adolescents. Life skills are a set of abilities that provide the context for people's positive and beneficial behaviors this ability enables individuals to take on their social responsibilities and effectively deal with the needs, needs, expectations and problems of the day, without interfering with the rights of others, particularly in interpersonal relationships (Serajkhorammi, 2008:69). Numerous studies have shown that many of the health problems and emotional psychosocial disturbances are psychosocial. In the field of drug addiction and drug use, it has been noted that three factors associated with drug use include poor self-

esteem, inability to express feelings and lack of social skills. On the other hand, research has shown that there is a significant relationship between poor self-efficacy, smoking and alcohol abuse, drug abuse, risk behaviors and cognitive impairment. A lot of research has been done in this area and its positive effects have been confirmed that we can use basic life skills training to prevent drug trafficking and eliminate the predisposing factors (Forafteh, 2004:59). Therefore, the identification and categorization of factors that cause substance abuse and the use of comprehensive conceptual patterns in the field of drug use not only is it useful to formulate theories related to the causes of addiction, but also to more effective prevention methods. The precautionary point is that students must be able to capture and increase their capacity to respond decisively to the social impact of drug use, and ultimately the prevention program must reduce the person's susceptibility to social impacts (Atashin, 2008:57).

Methods that can reduce youth vulnerability include increasing self-esteem and self-control and self-esteem. It can help young people cope with social anxiety. With the help of training that will raise the level of individual and social adequacy of the youth, it can be prevented by doing the theoretical logic in order to develop the teaching of life skills in the following order (Asadi, 2008:73). Life skills training is aimed at reducing people's motivation, going to drugs and reducing their vulnerability to social interactions as a method. In addition, resistance to group pressures is taught to students to be able to express disagreement in situations where they are not necessarily saying and to learn that in situations where they are more at risk of being addicted and are likely to be under peer pressure, identify and resist. In addition, it should provide young people with information about the negative effects of narcotics (Bavi, 2013:102). Another pre-marital education life skills training, in the complex life of the present, is a lot of the challenges that a young woman faces from her early life and the solutions requires considerable personal and social skills. Therefore, there must be a misunderstanding of drug misuse and this is not possible except through the proper training of individuals. In a questionnaire from 622 addicts in Kashan, one of the most effective preventive measures has been introduced by appropriate education (Aghabakhshi, 2013:90).

### **Training through mass media**

Mass media include TV, radio, cinema, theater, books, magazines and more. Obviously, a developed society, based on its accepted cultural criteria, will organize these media. Over the past few years, programs have been developed to prevent addiction on television (as the most engaging media group) and in audio and video media that due to the lack of a bachelor's structure in the program, in addition to the fact that many times no help has been prevented but unfortunately, at some point, it has also been promoted towards drug trafficking. The lack of familiarity with some filmmakers has led to the problem of replication and modeling that sometimes in a movie dealing with an attractive cinematic character and creating a sense of empathy, interest and desire for that character in the audience, after the actor's addiction instead of creating a sense of disgust from the narcotics, a kind of sympathy and homogeneity is created with the addict personality (Saffari, 2014:74). Problems like this also appear in messages and slogans that are reflected in magazines, newspapers, and more. Another problem is the messages that contain unrealistic content (such as death addiction, or the display of a skeletal body that has a smoker). If the reflection on health messages is not considered realistic, instead of being effective, sometimes the result is reversed (Mohammadzadeh, 2014:36). It's good to use a common policy in preventing and using the mass media to adopt a well-known expert. This method has the highest cost effectiveness and no training method is as close as it is needed to be more effective use of such things as recognizing audiences, the use of skilled and expert people to provide educational programs, excessive advertising, variety in programs and the use of individuals such as scientific, religious, sports and cinematic characters; in order to reduce the demand, sound and TV programs were of good quality (Forafteh, 2012:50).

### **Alternative activities and leisure time**

Filling leisure time with attractive activities is one of the primary methods of preventing drug use. All people use their leisure time arbitrary, people who do not have the right planning to spend this time, may use non-productive hours of their free and unemployed hours, usually when people first get acquainted with drugs and go to it. Hence, the filling of leisure time, especially in

the aging age, is very important. We need to have modern, useful and diverse programs for these age groups (Mahdavi, 2016:75). If leisure time for young people and their vacations the atmosphere be placed at the stadiums, clubs, parks, cultural centers, cinemas and theaters and music venues, the tendency towards drugs will decrease rapidly. In Iran, unfortunately, the centers and sports environments are low in proportion to the total population of the country. While nearly 52 percent of the population is under the age of under-22. The percentage of sports facilities and their total capacity in relation to the population is less than two percent. One of the ways to prevent youth and adolescents from developing addiction is developing sports facilities. Because, of course, young people who exercise do not use drugs, psychotropic substances, alcohol and cigarettes (Ghaemi, 2014:79). Officials should know that if they want the young population to grow and prosper, they must develop the centers. Per each park, cinema and club or stadium that is being built, a large number of drug distribution centers are closed, which is a direct indirect struggle with the distribution and consumption of drugs (Vaseghi, 2015:34).

### **Change people's attitudes**

Various studies have been shown in the world that one of the factors protecting people against drug abuse is the belief in religious beliefs and negative attitudes towards drugs. Therefore, the prevalence of these values in children and adolescents is very important in prevention (Farhang, 2017:60). Studies and the results of the research in Kashan addicts have shown that people with a positive attitude and beliefs about drugs their likelihood of consumption and addiction is higher than those who have neutral or negative attitudes. Strengthening negative attitudes or changing attitudes from neutral to negative is easier than changing positive attitudes towards negative ones. For example, people who do not smoke pay more attention to information about the dangers of smoking than those who smoke. Unfortunately, most school awareness programs start up, while the personality of the children develops before the age of 7, and changing attitudes must be made before school age and when their beliefs are not fully formed (Karimzadeh, 2016:53). Some people have a misconception about drugs, and in the research, 68% of those surveyed have expressed more sexual pleasure as a cause of drug abuse that an attitude is wrong, and if people's attitudes are corrected, one finds ways to better meet the need for sexuality drugs are not only effective in delaying sexual satisfaction, but in most cases, after a short time, the need for sexual desire is reduced (Abranabadi, 2014:100). In some cases, adolescents and young people know the harms of addiction, but they do not believe that one-time use of drugs can result in gradual addiction, and in some cases they try drugs, and their idea is that my will is so strong that I do not let it become addicted and I make the material amusement and recreation, in which by showing people with such a belief in starting to use drugs and getting addicted, it is possible to reject these ideas and change people's attitude so that people are not dragged into drug addiction (Ardebili, 2011:103).

### **Conclusion**

According to the results of this study, the causes of the decrease in the age of addiction in Iran include:

1. Personal factors: These factors, besides being able to cause of addiction, sometimes play a role in how people become addicted, which means they can not only be effected by addiction, but also the reason. In other words, they are interpersonal and addictive. These factors include increasing psychological problems, increasing the sense of curiosity, increasing discomfort and psychological stress, enjoying pleasure, enhancing the therapeutic motivation, and communicating with the inferior friends.

2. Physical factors: The effects of inheritance, chromosomes, genes, disease, gender, age and race were considered in evaluating the physical factors affecting the reduction of the age of the addiction. The increase in addiction in parents and the transmission of it by genes to children, increase in some mental retardation in children, the entry of young girls into the field of addiction and lack of adherence to addiction in some breeds or the loss of their tribal Includes an explanation of the physical causes of reducing the age of addiction in Iran.

3. Psychological factors: Between addiction and psychological causes, an individual is created in an environment where the struggle involves changing external and internal conditions that is,

creating a strong and inviolable will and spirit. The major psychological causes of reducing the age of addiction in Iran include: increased mental illnesses such as mental retardation and schizophrenia, increased neurological diseases such as guilty guilt, false curiosity, independence and struggle, salvation from problems, and increased impairment of behavior (odd behaviors).

4. Social factors: The social factors that contribute to reducing the age of addiction in Iran include:

A. Family environment such as family convulsion, lack of affection, effects of parent's behavior and behavior and wife's addiction

B. Educational environment

C-Friends

D-Job shortage

E-Either lack of healthy entertainment and entertainment

And- Frequency and easy access to drugs

5. Geographical factors: The state of affairs and geographical location of each country and even each region vary in its addiction and its type. Residents of cities and villages who are on the way to drug trafficking are at increased risk of addiction because of the ease of access to drugs and cooperation with smugglers. Increasing migration and population growth is one of the other etiologic factors in reducing the age of addiction in Iran.

6-Economical factors: Today, unemployment and inflation are high in society, and people of very young age suffer from a lot of economic problems. In a society where young people do not have a job and do nothing to fulfill their livelihood needs, and flowing of that support from the parents and other institutions, as well as having a poor family, causing their wanderings and despair in life and will lead them to counterfeit and diversion, including drug trafficking, to meet their needs. Therefore, factors such as unemployment, inflation, livelihood poverty are one of the most important economic causes of reducing the age of addiction in Iran.

7- Cultural factors: In addition to the above mentioned factors, cultural causes also contribute to the reduction of the age of addiction in Iran. These factors are ignorance and lack of information, low literacy rates and lack of cultural facilities.

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