

## ORIGINAL RESEARCH

### Training and effective attitude in the prevention of drug abuse and stimuli among the recipients of the educational reform centers of the country

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#### Abstract

The purpose of this study is to present an effective education model and approach to drug abuse prevention among educational clients and improvement centers of the country. This study is a descriptive and surveying research and the combination method (qualitative and quantitative). The Delphi panel has 22 experts with a history of coaching and 212 employees at the correctional center. The data gathering tool was a semi-structured interview and a researcher-made questionnaire. To determine the content validity of the questionnaire, experts judgment and comprehensive literature review of the research have been used. For reliability measurement, Cronbach's alpha coefficient was used, which was obtained at 981. For data processing and statistical analysis, SPSS-23 software was used. In addition to descriptive statistics, the correlation coefficient test, exploratory factor analysis has been used. Findings show that the most effective component in the knowledge aspect of drug abuse prevention and stimulus among the clients of the correctional centers of the country in desirable condition, knowledge of the laws and regulations (8.8019), health and safety (8.7869), cognitive (8.7764) and religious and spiritual (8.6962). In the aspect of attitude, the confidence is (8.7453) and emotional (8.7022) respectively. Also, the results show that there is a significant difference between the current and the desired status in the field of health, religious and spiritual, legal awareness, cognitive, emotional and self-confidence of the recipients.

**Key words:** Education, Attitude, Drugs and stimulants, Clients

## Introduction

According to the World Health Organization (WHO) in 2014, the use of narcotics and stimulants is a significant threat to the health and well-being of families, communities and nations. Drug addiction and stimuli are one of the main problems of human life today (1). Increasing drug use and stimuli over the past century has been a growing concern for all communities. In the last decade, the world has faced a shocking outbreak of the phenomenon at the community level, especially among young people and adolescents (2).

On the other hand, over the past century, the focus has been on drug prevention and control, and this is still ongoing. This, in turn, reveals the depth of the problem of addiction and narcotics and the stimulus in the world, and the issue is once more important when Iran has a special geopolitical position such as the border with Afghanistan and its western neighbors as the channel of entry into Europe.

In this regard, the American Society for the Study of Addiction (2016), The National Institutes on Drug Abuse (2013), and National Council on Alcoholism and Drug Dependence (2017) described addiction as a primary, chronic and gradual disease. These organizations consider genetic, psychosocial and environmental factors to cause the development of addiction (3). Addiction factors are different for people. Family history can be a factor, as well as stress associated with abuse and other mental health can play this role. Moreover, adolescents are more likely to be addicted because their minds are not yet fully developed.

McGuillac and Ria (4) state that teens say, "can not happen to me" can actually happen to everyone. However, the use of substances and stimulants from a lower age will be more difficult. The statistics provided by international organizations have well illustrated the extent of this problem. In this regard, according to the United Nations International Drug Control Program (2015) estimates, 80 million

people worldwide continuously consume heroin and opioids and other species (5).

On the other hand, surveys show that the average rate of drug abuse in Iran is 8% annually, more than three times the population growth rate of 6.2% (6). Statistics, on the other hand, indicate that drug use among teenagers and young people has increased dramatically in recent decades. In fact, substance abuse has become a social, psychological and health problem (7).

Therefore, the fight against this problem requires the use of all available capacities. Among the protective factors and risk factors of drug abuse, people's attitude toward drug use and stimulus is one of the most important factors associated with consumption or non-consumption of drugs, which is confirmed by psychologists and sociologists (8). The results of the studies indicate that the intent of people to substance abuse, at least in the initial stages of consumption, is influenced by their attitude to drug abuse (9).

In this regard, one of the most important preventive methods against drug use and attitude change is to inform various groups of people about the dangers and disadvantages of materials. One of the strategies for informing teenagers is education. Therefore, the massive and comprehensive education of people about this social phenomenon can be prevented from its outbreak. Since a large percentage of addicts start during adolescents and most adolescents are in schools, and according to statistics the trend is higher in male adolescents. Therefore, training in the prevention of drug abuse is an important principal (10).

The educational approach is based on a knowledge-based program that, as more information is provided about the nature of the drug and the consequences of harmful consumption, (the cognitive pattern of consumption and abuse). We can create a more negative attitude toward narcotics, resulting in a decrease or avoid of drug use. Drug and stimulus training techniques include the use of collaborative, active and interactive learning methods, providing information in a clear and simple format,

attractive and enjoyable classroom assignments, using group discussions that express the attitudes and feelings about materials, use of role play, use of educational collections, theatrical and display use, class discussions, constructive games and group activities. Also, knowing the immediate effects of drug abuse will significantly reduce the rate of drug trafficking. In fact, individuals, and especially young people, need to be aware of and avoid a stronger attitude in order to avoid more material. Training is a process that focuses on the research and promotion of learning and must be based on the knowledge, skills, attitudes and capabilities that are provided through the training provided (11).

In this study, the role of effective education in preventing substance abuse and stimulus among educators of educational reform centers has been investigated. The purpose of this study was to provide an effective model for drug abuse prevention, to identify the components of "Educational Knowledge", "Educational Attitudes" in drug abuse prevention and drivers, counselors of the rehabilitation centers, identify the gap between the status quo and the desired status of identified components and provide executive mechanisms for implementation of the education model effective in the prevention of drug abuse and stimuli among clients of correctional centers of the country.

### Material and Methods

This research is a descriptive and surveying study. In the current study, the mixed method (qualitative and quantitative) has been used. In other words, in this research, Delphi has been used to identify the effective factors on effective education in preventing drug abuse and stimulus among the patients in the country's educational reform centers. The members of the Delphi panel were selected for incomplete and combined sampling and a combination of targeted or judgmental chains (electric bullets). In the current study, specialists from the center for the rehabilitation of the state education have been selected purposefully. In each

field, the core of the panel was comprised of experts consisting of a panel consisting of 22 members of the Correctional Training Center with a history of coaching. Questionnaire for surveying dimensions and components in the first stage, for collecting comments and suggestions, in the second stage, to assess the relationship of each indicator with the subject, the panels were given to the panel members. This process is carried out in two stages (third and fourth) to reach the final agreement of the face. In order to evaluate the significance of each of them and the adequacy of each indicator with other indicators in the fifth stage, panel members were put together. Finally, 19 of them were collected and analyzed from this initial number. It should be noted that the primary indicators, which were based on the literature of the research, were removed from the questionnaire after receiving expert opinion, those who scored less than six in the first to fifth ranks. To examine and identify the main components and indicators effective on effective education in drug abuse prevention and stimulus among consumers of rehabilitation centers in Iran have been studied with three approaches: the relevance of each index to the subject; the importance of each indicator and the level of adequacy and alignment with other indicators. The consensus of experts in each approach or spectrum from 1 to 10 was investigated, and in the different stages of each indicator that scored below 6 points, the indexes agreed upon by the reporters were eliminated. In this section, the following formula is used to calculate the weighting coefficient of each of the components (12).

In this research, data collection tools have been used with qualitative and quantitative methods. In the qualitative section, the semi-structured interview method was used and the Delphi method was used. In the quantitative part, a researcher-made questionnaire was used. The number of items in the initial questionnaire including 47 items based on factors in the prevention of drug abuse and stimuli among clients of the correctional centers of education who were identified using the literature of the

subject (books, articles, and journals) were designed. Then, with a survey of experts, the fitting of the components and indicators was identified with the subject and purpose of the research through the Delphi method. A 10-option range will be used to check the available and desired status, so that the highest level is 10 and the number 1 indicates the lowest level.

To determine the content validity of the questionnaire, experts judgment and comprehensive literature review of the research have been used. In fact, after carrying out a test on 40 experts and analyzing the results and analyzing the responses received, questions that increased the credibility of the questionnaire by eliminating them were merged or abandoned, and the number of questions in the second-phase questionnaire with 49 final questions became to assess the reliability of the final questionnaire completed by the experts, the Cronbach's alpha coefficient was used, which was 0.981.

For data processing and statistical analysis, SPSS-23 software was used. Since the researcher is seeking to determine the components of effective education for the prevention of drug abuse and stimulus, for analyzing the data, descriptive statistics: frequency distribution tables, percentages, dispersion indices and central tendencies such as mean and variance and in the statistics section inference in order to answer the research questions and in other words, generalization of the results obtained from the sample to the statistical population of the research, the significance test of correlation coefficient, exploratory factor analysis has been used.

## Results

The data obtained from measuring various variables are described by using appropriate methods of descriptive statistics of central tendency indicators such as mean, and standard deviation. Based on the results, the frequency and percentage of organizational posts of the specialists in the education and training center of the country were the most frequent post-occupational group of the

specialists in the education and training center of the country belonging to careers (52.8%) and caretaker (13.7%) and psychologist (9.0%) and worker 8.5%) and the manager (5.7%) and physician (5.2%) and nurse (4.2%) and deputy (9%). Moreover, according to the results, the average of the most effective component in the knowledge abuse prevention and substance abuse category among the clients of the correctional centers of the country in the status quo, cognitive (6.2410), religious and spiritual (6.1454), health (5.9676) And awareness of the rules and regulations (5.9611). In the aspect of attitude, the confidence is (8.7453) and emotional (8.7022) respectively. In desirable conditions, awareness of the rules and regulations (8.8019), health (8.7869), cognitive (8.7764), and religious and spiritual is (8.6962). In the aspect of attitude, the confidence is (8.7453) and emotional is (8.7022) respectively.

## Discussion

A study by Mohammadi (13) entitled "Designing a Student Media Model and Testing its Effectiveness in Attestation and Prevention of Trial Consumption of Materials" in order to design the content of student media intervention showed that four categories of educational content including providing information about the effects of substance abuse, resistance skills training, awareness of normative pressures, and normative education of the first to fourth grades were the most commonly used training in the research background, which is consistent with the current research.

The results of the research Samara, Kordoni, Doghaghah and Afghah (14) stated that the reasons for drug use from the respondents point of view were as follows: 28% fun and fun, 27% escape from problems, 22% opposition to social constraints, 0 hopelessness and despair, 0.07 curiosity and enjoyment, 0.05 pharmaceutical use and 0.3 overcoming sleepiness and fatigue, among which amusement, escape from problems, opposition to social constraints by people with experience of consumption. The drug is expressed more than other respondents,

and the source of the factors and areas of drug tendency in the respondents' perspective are as follows: unemployment, easy access to drugs, relationships with unclean friends and addicts, family differences, lack of facilities for spending time, having parents and addicted relatives, limited space for social and political activities, wealth and wealth, mental illness and personality disorders, failure in love and marriage, weakness believed to be religious. While people with material experience have easy access to materials, family differences, lack of facilities for spending time, wealth, and wealth are more effective than other respondents. The results of this study are about to impact the attitudes and knowledge in the prevention of drug abuse is the same.

A study was conducted to compare the risk and cognitive distortion of students with and without addiction tendency by Haji Agha and Abolqasemi (15). The results of the study showed that cognitive risk and cognitive impairment in students with more addictive tendencies than non-students to addiction findings indicate that risk aversion and cognitive distortion are important variables in the tendency of students to addiction. Therefore, based on the findings, it is necessary to consider risk aversion and cognitive distortion for prevention, pathology and counseling services, which is consistent with the results of the present study on the cognitive impact of drug abuse prevention. The purpose of the present study was to investigate the viewpoint of teachers regarding the importance of attention to addiction prevention components in the content of the book of thinking and life style of the seventh grade in the academic year of 2013-2014 by Karimian et al. (16). The results showed that from the viewpoint of teachers in the content of the book of thinking and lifestyle of the seventh grade is the most important component of emotional management and stress, and the component of teaching on materials is the least attention. Also, the results of Friedman test show that the average of ratings in the stress management component is the highest

rank and the average of the training on the materials with the lowest rank. There was also a difference in all the components of the prevention of addiction between the perceptions and expectations of the teachers, and more attention should be paid to the prevention components of addiction, which is consistent with the results of the present study on stress management and excitement management skills in drug abuse prevention. Abolghasemi et al., (17) a peer-reviewed study of the effectiveness of social problem solving training on self-control, self-efficacy and impulsivity of addicted students. The results showed that social problem solving training increased self-control, and self-efficacy; and reduced the student's inclination to addiction. These results indicate the effectiveness of social problem solving education on psychological variables in addicted people who are consistent with the results of the present study on problem solving skills in drug abuse prevention.

A research has been conducted on the purpose of predicting drug use tendency based on behavioral inhibitory, cognitive flexibility and disturbance tolerance systems (18). Findings showed that between a behavior-oriented behavioral system with a tendency to consume there is a negative correlation between students' positive relationship, and between behavioral deterrent system, cognitive flexibility and disturbance tolerance with substance use tendency. Also, the results of regression analysis indicated that behavioral inhibitory, cognitive flexibility and disturbance tolerance systems predict a total of 45% of drug consumption tendency variance, which is consistent with the results of this study on the importance of cognitive dimension In the prevention of drug abuse.

The purpose of this study was to investigate the effectiveness of optimistic stylistic training on reducing addiction and changing the style of evidence in female students (19). The results of covariance analysis indicated that optimistic documentary training led to a significant reduction in addiction readiness. Also, the teaching of optimistic documentary styles

led to a change in the pseudo-documentary style of students optimistic. Learning optimistic documentary style can play an effective role in the prevention of addiction, which is consistent with the results of the present study on the importance of education and knowledge in preventing drug abuse. A research study on the effect of primary prevention of addiction management on second-grade high school boy students by Jazani (20), which showed that primary prevention management, individual factors, social factors, individual factors, environmental factors, and social factors associated with drug use Opponents and psychologists have been influential in students, but interpersonal factors have not been affected. The mean of the results is higher than the average, which indicates the effectiveness of primary prevention management in preventing drug use and psychosis in students, which is consistent with the results of this study on individual skills in drug abuse prevention.

A study by Nazarpour et al., (21) aimed at investigating the effect of life skills training on attitude and knowledge about drug abuse prevention on 293 students of Tabriz University of Medical Sciences. According to the results of this study, 37.74% of participants in the study have shown an increase in knowledge. Also, the ratio of knowledge, attitude and courage skills after the participation in workshops changed or increased the skills of life, and significant relationship was found between the attitude towards substance abuse and the increase of social skills after the participation in the workshops. In addition, the percentage of social skills development in terms of school type and gender was found to be higher among boys. They concluded that due to the enhancement of cognitive abilities, the participation of all university students in life skills workshops is necessary, which is consistent with the results of this study on the skill dimension in preventing drug abuse.

In conclusion, from the comparison of the average responses of the specialists in the center of reforming the country, it can be concluded that there is a significant

difference between the existing and the desired status in the dimensions of knowledge and attitude among the clients. Also, the results show that there is a significant difference between the current and the desired status in the field of health, religious and spiritual, knowledge of the laws and cognitive needs of the clients. Also, comparing the average responses of the specialists in the center of reforming the country can be concluded that there is a significant difference between the present and the desired situation in the emotional and self-esteem of the patients.

### **Conflict of interests**

Authors declare no conflict of interest.

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