

Isfahan, Iran: A Review Study on Substance Abuse Status in High School Studen

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ABSTRACT: Because adolescent substance abuse is common, and research have shown that drugs usage is primarily linked to the taking of cigarettes and alcohol, an early extensive study of substances misuse generality, that includes cigarettes and alcohol consumption, would seem to be the fundamental factor in avoiding and taking control of drug consumption. The purpose of this research was to look at articles published in Iran over the previous decade that looked at those researches on the use of drugs by the students of high school. From 2001 to 2011, publications regarding student drug use were obtained from national databases, with seven papers on 14–19 year old high school students being analyzed. Cigarettes and hookah were the most often used substances, and then alcohol, hash, opium, ecstasy, and heroin, according to the seven publications analyzed. Opium and heroin use was four to five times greater in Kerman than in other cities studied. The use of drugs is quite common among the society's teenagers and young people therefore, they need proper attention and elicit and decisive response.

KEYWORDS: Addiction, High School, Iranian Students, Prevalence, Substances Abuse.

I. INTRODUCTION

Abuse of substance is a worldwide issue that has conquered human civilisation as the greatest serious social damage. Substance abuse is that form of drug usage that is non adaptive and results in negative concerns and repercussions, as well as a wide range of cognitive, behavioral, and psychological symptoms. Because of its unique people and terrestrial traits, Iran is having an extremely high pollution. As per the World Health Organization survey of 2005, on an average of about two hundred million addicted to opiate all over the world, with the high prevalence in Iran and very high frequency in the age group of 25–35 years. Teenagers are often the first to experiment with drug, and studies show that cigarettes and alcohol used throughout teenage is generally associated to substances addiction. According to study, teenagers smoking cigarette is associated to age group, masculinity, high risky behaviour, the existence of a person smoking cigarette in the family or in friends, substances misuse experiences, inclination, and views

favouring smoking. According to research, men and women have about same probability of being cigarettes smoker (12 %); nevertheless, men are having a little high frequency of regularly consuming alcohol (23 %) more than females (18 percent). Few studies on adolescent substance abuse patterns have been performed in Iran, yielding numerous data on the prevalence as well as types of drugs consumed, although there is actually no real clear hierarchy of abuse of substance in these groups; thus, this paper of review has collected various data to investigate consumption of drugs predominance in country's teenage population. This review is narrative with an emphasis on Iranian study. This research looked at all publications concerning drug abuse and trends among students of high school that were written in Iran and printed in local and global journals. The materials were found in academic medicine journals, analysis magazines, and the Google scholars, Magiran, Irandoca & Medlib databases. Prevalence, drug abuse, Iranian student, and addiction were among the search terms[1].

This study looked at articles over the previous 10 years on high school students of Iran. The full text of these researches were normally available on the science data repository and website of magiran, however the texts of the article concerning Gilan Provinces had to be taken by communicating the office of journal. The author of the Mahriz city article was approached in order to get the piece, which had not before appeared in Toloe Behdasht magazine. The mentioned articles include details on the kind of substance used, its prevalence by sex and age, and the adolescent's involvement with it at least once. Some publications simply mentioned drug use, which was also taken into account in our study. Some publications addressed substance misuse in broad terms without differentiating between various types of substances, while others solely discussed psychoactive drug usage. When the sample size was inadequate or the volunteers did not correspond to the age groups studied, the study was terminated. The common element of these papers, namely the experiences of at-least-one consumption, was used in these studies because of the numerous classification in the mentioned studies have addressed the everlasting prevalence's of drug addiction or the experiences of using it at least once. Although other articles directed the children

showing characteristics for abuse of drugs and consumption of drugs universality, they weren't included in this research owing to their dispersion. An initial search of the databases turned up 11 publications, two of which were from years before to the research period. In addition, two publications were disregarded, one of them as it targeted a distinct age group (that is younger one), and another as it concentrated on a specific neighborhood in Tehran and had a small size of sample. Therefore the mentioned conclusions are based upon seven different articles. Only three studies divided the sexes, and they all focused on the 14–19 year old age range. This article's seven studies were all cross-sectional. The illicit drug economy has a significant influence in national choices in all nations. Luckily, cost-convenient drug addiction treatment methods are accessible. Such fact motivates researchers to undertake research in order to develop culturally appropriate treatments. Various nations have made steps at the societal level to alter people's perceptions and attitudes about illicit substances. These treatments were designed to keep people from abusing illicit drugs. Teenagers and adolescents were often the target of these interventions, as this age group is more vulnerable to addiction of drugs owing to a lack of knowledge about the issue. In general, drug addiction is due to complicated relationship between the individual, the abusive material, and the surrounding habitat. Understanding and attitude towards the issue and its implications, simple ingress to those drugs, and the kind of abusive drugs are all effectual factors[2].

As an intellectual, sociological, and biological concern, adolescent drug addiction is an important challenge for nations today. Both traditional and innovative chemical compounds (e.g., crack and ecstasy) are addressed in this issue (e.g. opium and marijuana). Despite the fact that no official data was available on abuse of drugs in Iran, case reports at addiction of drugs consulting centers and medicine institutions for addiction of drugs rehabilitation shows that youngsters are extremely hooked to new psychoactive drugs. Rather than the traditional single-factor approach, multifactorial and interactive causal techniques to the etiology of drug addiction are now considered the etiology of drug usage. The later variables evaluate drug abuse-related issues. These assessments lead to the identification of a complex of risk and protective variables that, respectively, raise and reduce the probability of drug addiction. According to studies conducted in Iran, the average age of first cigarette smoking is adolescent. A similar scenario has been reported in the United States and China.

II. REVIEW OF LITERATURE

Siam Sh in his study discloses that according to the conclusions and results of this study, 46.75 percent of students had used cigarettes or other substances at least once. The following is the frequency of consumption: Cigarettes have a 24.13 percent prevalence, alcohol has a 10.50 percent prevalence, Joy materials have a 7.25 percent prevalence, and opium has a 4.87 percent prevalence. 17.90% of married students and 27.07% of single students

smoked cigarettes. There were 26.56 percent, 29.28 percent, and 16.29 percent of students who lived with their families, respectively. Students used drugs for a variety of reasons in this research, including copying peers 27.54 percent, entertainment 18.98 percent, fulfilling their curiosity (12.30 percent), tolerating life difficulties (20.32 percent), and pleasure (20.86 percent). Single students were more likely than married students to smoke cigarettes and use other drugs, and students who lived in rented houses and university dormitories were more likely than those who lived with their families. Most students smoke cigarettes and use other drugs because they want to be like their peers. According to the findings of this research, parents and university officials have a better handle on resolving students' emotional and social issues[3].

Prashant Kulshrestha in his study discusses about the Substance addiction that typically begins in youth, and drug use is mostly associated with cigarette and alcohol usage. The goal of this research was to determine the pattern of substance misuse among street children and to try to determine the reasons for their adoption of such destructive conduct. Over the course of two months, 50 street youngsters participated in the research. On the basis of a pre-determined proforma, these youngsters were questioned. The interview was held in their native language. It was gathered information on their families, personal ties, employment, habits, and drug usage patterns. The information was gathered and analyzed statistically. For statistical analysis, SPSS version 22 was utilized, and $p < 0.05$ was considered statistically significant. A total of 50 young people from the streets took part in the study. According to the results of the research, the habit of consuming alcohol is more widespread among teenagers as a result of any problems at home. Depression was the leading cause of alcoholism[4].

According to Sajjad Rahimi Pordanjani's research, a cross-sectional study was undertaken in 2015, in which two hundred and fifty individuals from Yazd University related to Medical Science was chosen randomly and investigated. Collection of data was done using a self-created sample and inspected the usage of SPSS software version 23 at a significant level of P is equal to 0.05, including table of frequency, charts, the Chi-square test, and the logical regression test. Psychoactive substance use was found to be prevalent in 5.6 percent of the population. Failure to fulfill students' emotional needs was the most significant reason in their propensity to use psychoactive substances (35.7 percent), although in most instances, pleasure was the primary motivation for using these drugs (50 percent). There was a statistically meaningful link between psychoactive substance use and age, residence, parental drug history, and daytime exposure to cigarette smoke ($P = 0.049$). The most often approximated odd ratio (OR is equal to 13.09) was associated to emigrant students[5].

III. DISCUSSION

A. *The prevalence of consuming drugs in the studied cities*

In 2003, five hundred children from one hundred and forty two high school and vocational institutions in Zahedan City were surveyed by usage of a multi-stage cluster sample approach. The following results were gathered from a total of 259 females and 216 men who filled out the survey. Cigarettes are used by 0.4 percent of women and 2.3 percent of men on a regular basis. When a person is 14 years old, they are most likely to smoke for the first time (twenty six percent). The prevalence of another drug is not examined in this study. In 2009, six hundred and ten students from Male Pre-university Center of Kerman took part into a study that revealed the prevalence of every substance however not the entire prevalence of use. Between 2004 and 2009, a study of 1927 high school students in Gilan Province indicated that the percentage of pupils who used it a minimum of one time, inclusive and exclusive of cigarettes smoking, was 23 and 13, correspondingly. In the year 2009 and 2010 study of four hundred and forty seven high school students in Karaj, 239 girls and 208 boys, it was determined that 56 percent of men and 44 percent of women had used narcotics, including cigarettes for a minimum of one time. Drug usage prevalence, inclusive and exclusive of cigarettes smoking, was reported to be 24.5 percent and 11.1 percent, respectively, in a 2007 study of 400 high school students of third-year in Nazarabad, inclusive of two hundred and four females and one hundred and ninety six men with an average age group of 17. A study of 2328 high school students in Lahijan was undertaken in 2004, with 42.2 percent of women and 58% of men. A detailed research of 285 male high school students was conducted in 2008[6].

B. *Prevalence of consuming each drug type in distinct cities*

The following are the findings of a study of Kerman male pre-university students. Hookah was used by 15.5 percent of people, sedatives (without a prescription) by 40.7 percent, alcohol by 37.7%, cigarettes by 34.6 percent, powerful analgesics by 10.2 percent, nas by 9.7%, opium by 8.7%, hashish by 6.7 percent, ecstasy by 6.6 percent, and heroin by 4.9 percent. In Gilan, the prevalence of each drug type was 20 percent for cigarettes, 10.5 percent for alcohol, 2.4 percent for opium, 1.2 percent for ecstasy, 2 percent for hashish, and 0.3 percent for heroin. Hookah use was 53% in Karaj, cigarette use was 24.8 percent, alcohol use was 13.6 percent, ecstasy use was 2%, opium use was 2%, hashish use was 1.1 percent, crystal use was 0.4 percent, and heroin use was 0.2 percent. Cigarette use was determined to be 23.1 percent in Nazarabad City, opium use was 2%, amphetamines and ecstasy use was 1%, heroin use was 0.5 percent, and hashish and cocaine use was 0.3 percent. The rates of drug usage among men and women were 69.7% and 36.2 percent, respectively, demonstrating a measurable difference (P 0.05)[7].

C. *Drug consumption prevalence for each sex*

According to a study performed in Zahedan, the prevalence of at least once drug use was 1.6 percent among females and 8% among males, respectively, and the preponderance of at least once cigarette smoking was 7.8 percent and 25.2 percent for females with a mean age of 15.8 and males with a mean age of 16. Drug use was documented at 19.1 percent for men and 5.3 percent for women in Gilan, showing a statistically significant difference (P 0.05). Furthermore, the proportion of cigarette and drug use was 31.3 percent in men and 14.8 percent in women, showing that the rate was much greater in men (P 0.05). For male and female students, the prevalence of cigarette usage was 25.9% and 3%, respectively. Males and females consumed 16.6 percent and 3.4 percent of alcohol, respectively. Males ingested 3.3 percent of opium while females drank 1.5 percent, a statistically meaningful difference. Drug usage among men and women, excluding cigarettes, was 19.1% and 5.3 percent, respectively, showing a statistically significant difference (P 0.05). 3 percent of men and 1.1 percent of women used ecstasy, showing a statistically significant difference (P 0.00081); 0.5 percent of men and 0.1 percent of women used heroin, with no statistically significant difference (P > 0.05). In Karaj, the prevalence of drug usage was studied for each sex and drug type[8].

D. *Drug consumption prevalence based on the age distribution in the studied populations*

According to a research performed in Zahedan on students with an average age of 16, the age of 14 was associated with the greatest frequency of first cigarette smoking. In a study done in Kerman on students of grade age of 17.9, approximately the age of their first experience, the following results were discovered for each drug type: 14 represents cigarettes, 14.6 represents alcohol, 13.9 represents hookah, 13.1 represents sedatives, 15.3 represents analgesics, 17 represents ecstasy, 16.7 represents hashish, 16.7 represents heroin, 16.7 represents opium, and 15.3 represents naswar. According to a study done in Gilan, drug and cigarette usage among men aged 19 and up has increased significantly (88.9% of males aged 19 and above) (P 0.05). The most prevalent age of drug use, according to a study done in Nazarabad, is 15–16 years old. The Karaj study's pupils averaged 16.9 years old [8].

Using MFT on 10th students in the United States, researchers discovered that drug usage rose from 11% to 34% between 1992 and 1996. In 1998, 12.10 percent of eighth students, 12.5 percent of tenth graders, and 25.611 percent of all eighth graders had used illicit drugs in the preceding month. The most often used illicit drug was hashish, which was followed by opium and alcohol. The urgent need to develop programs to decrease the use of these drugs among students, and hence particularly university students, has grown. The prevalence of addictive substances among university students was found to be 74.5 percent for hookah, 67.5 percent for cigarettes, 6.1 percent for opium, 13.5 percent for alcohol, 5.26 percent for psychoactive tablets, hashish, and heroin. In most instances, the desire to use drugs is fueled by entertainment (47.4 percent). According to the results of a meta-analysis, 7%

of Iranian youths smoke often, and 27% have attempted to smoke. Cigarette smoking is becoming more common among Iranian youths, which is a serious public health concern. It is more important than ever to pay close scrutiny to healthful renditions for pubescents and teens, and a drug use prevention approach is necessary. In 1997, the cross-sectional prevalence of drugs usage among 12–17-year-old adolescents in the United States was 11.4 percent, which was identical to the prevalence of drug use excluding cigarette use. Another poll indicated that fifty six percent of male college students and forty two percent of woman university students were consuming drugs, confirming the current study's conclusions that males are more likely to be drug users. Because alcoholism is a long-standing issue in other nations, it may be more useful to apply their solutions for speeding up our reactions in cases when our civilizations and traditions are followed. In 2005 and 2006, 27 percent and 20 percent of 8th-year American students used alcohol at least once, respectively, moving it ahead to eighty eight percent among twelfth standard students. Hashish usage was reported by 10%, 23%, and 36% of 8th, 10th, and 12th year students, respectively, suggesting a considerable divergence from the rest of our nations kids. About zero point five percent of eighth-year students and ten percent of twelfth year students used cocaine, and 1.5 percent of 12th-year students used amphetamines, which is roughly comparable to the proportion of Iranian students that use these substances. In France, over a third of the population (nearly 30%) smokes hashish openly, compared to a European average of 19%; also, consumption of ecstasy and cocaine increased by 4% between 2000 and 2005. According to a study on drug awareness among students in the cities of Rafsanjan and Yazd, 5.6 percent of Yazdian students and 10% of Rafsanjanian students had to have at least one addicted family member. In addition, 2.23 percent of Yazdian students and 7% of Rafsanjanian students thought that drugs may be beneficial. The existence of an addicted relative and his or her leadership role in this regard is the main issue; so, this point stresses the importance of this age group's sensitivity to drug addiction. It's worth mentioning that Kerman City has had higher drug consumption rates than the other cities studied, with opium and heroin use about four and five times higher than the other cities. These findings are also accurate in case of ecstasy and alcohol use, which are nearly three times higher than in Karaj and Gilan. Hashish usage is also higher at the pre-university level in Kerman than in other cities, perhaps owing to increased drug availability. With the exception of hookah and cigarettes, drug use by men was almost four times that of females in cities where sex-distinct research were performed. Of course, based on the few studies in this field, it is impossible to make a firm judgment about drug use prevalence in general; The essential element, however, is the relatively significant drug use among society's teenage and effective groups, which requires specific education and assistance. Adolescent and young crystal users have clinical symptoms, less control and affection in their families, excitable, aggressive, and anxious personalities, and low accountability when compared to nonusers; on either hand, behavioural issues and peer

influence are one of the strongest risk factors for consumption of drugs among adolescent consumers. When it comes to refusing drug use invitations, however, it is unclear the adolescent can regulate the influence of behavioral disorders and social group engagement.

It has been suggested that utilizing software applications may help with drug prevention and increase youth's abilities in drug reduction. It has been shown that in the first year of educational intervention, teenage drug propensity and use reduce substantially. Studies, on the other hand, demonstrate that psychopathology and the amount of drug addiction are linked. As a consequence, the intervention structure's major purpose should be to develop harm reduction, treatment, and counseling programs for drug users. Furthermore, the link between schools and parental care should be stressed as important protective factors for the health of youth. Adolescence is a developmental stage that is associated with a high rate of drug use and issues. As a result, current advancements in assessing drug misuse among teenagers will continue to be shared for clinical and research purposes Like a result, focusing on this group via coordinated harm avoidance planning would continue to be a top priority[9].

Drug misuse is influenced by one's knowledge and attitude about drugs, according to several research. To alter a habit, one must first rectify one's understanding and attitude about that conduct. Iran is the world's youngest country, with roughly 15 million adolescents and young people. Regardless of the fact that paying attention to these opinions may aid them in leading to safer activities, there have been little research on the knowledge of this age and attitudes concerning drug consumption. The current survey haven't met the research aims, according to the review of literature completed before to the research. In a study in Tehran, for example, the researchers designed a questionnaire to examine attitudes, behavioral intents, and drug resistance capacities, among other things, so as to find out abuse of drug in male students of high school.

However, owing to the limited size of sample and men-only character of the research, we were unable to employ this questionnaire. An addiction assessment questionnaire and a research-made questionnaire were utilized in some other research on male students of high school in Faridan to evaluate their sensitivity to abuse of drugs and to examine related factors. As this examination has not met the required upstanding and reasonableness requirements, has not followed the aims and theory of our inquiry, having a small sized sample, only included boys, and was done in a town, the outcome of this research is not generalizable. The survey conducted between the students of high school in Mehriz, Yazd, solely assessed alcohol and psychotropic drugs, and thus lacked the reasonableness and authenticity required for our research. We were able to determine the current condition of drugs consumption among children of high school in Isfahan Province by generation, sex, and distinct cities as a consequence of constructing a new questionnaire. As we went along, we gathered information regarding the types of different drug abuse, understanding of short- and long-term barrier of narcotics and psychoactive drugs, the much more frequent reason of

drugs abuse at the first instance, frequencies of the most essentials caused by substances abuse, average age of abusers, average age of onset of drug abuse, timeline and place of abuse, as well as the most general routes of abuse of drugs as per their age, sex, and urban. According to the result of research, the proposed survey is capable of assessing drugs abuse condition among students of high school in Isfahan Province[10].

IV. CONCLUSION

The use of drugs is quite common among the society's teenagers and young people, needing particular attention and prompt and decisive response. The outcomes of this research are used to determine students' drug knowledge, attitude, and practice. Through organized continuous decision-making and programs, students' knowledge and attitudes concerning drug usage may be improved, and the prevalence of drug dependence can be lowered. Given the significance of teenage in shaping future individual conduct and the opportunities provided by universities, focusing mostly on ultimately identified in teenagers can play an important role in reducing drugs abuse throughout this age group and, as just a result, in society, by enhancing their understanding and rectifying their view point against drug abuse.

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