

# The Psychological and Social Factors That Contribute to The Abuse and Addiction to Drugs Among Adolescents in Jordan

Rihab Ahmad Banisaeed<sup>1</sup>

## Abstract

*Adolescence represents a pivotal period in an individual's life, marking the transition from childhood to adulthood. During this phase, adolescents are particularly vulnerable to the risks associated with substance abuse. This study, therefore, sought to identify the psychological and social factors contributing to drug abuse and addiction among adolescents in Jordan. To achieve this objective, a qualitative procedural research approach was employed, drawing upon existing literature and prior studies as a foundation for inquiry. The study identified a number of psychological and social factors that contribute to the use and addiction to drugs. These were found to include: a love of tradition; a love of excitement; a lack of maturity in personality; disturbances in the relationship between adolescents and parents; a desire to reduce stress and anxiety; a weak religious conscience; parents' preoccupation with children; excessive cruelty to children; and other factors.*

**Keywords:** *Psychological Causes, Social Causes, Drug Abuse, Addiction, Adolescents, Public Health, Delinquency and Crime, Juvenile Delinquency.*

## INTRODUCTION

He observed the global landscape evolve in recent decades, witnessing a multitude of rapid developments across a range of domains. However, the ways in which people live have developed, and communication has increased between countries of the entire world. This development has been accompanied by many problems that have affected people. Related to individuals and societies, the most important of these problems is the abuse of drugs and addiction to them. The drug problem has become the most serious current challenge facing humanity, threatening stability, security and progress. Global drug production has reached record highs (Sarhan et.al, 2023; Hamdan et.al,2020).

Jordan is experiencing the same difficulties as other countries worldwide. The prevalence of drugs in the region is a significant concern, and it is a challenge for all parties involved to find effective solutions. Drugs of all kinds are often used as a means of coping with distress and troubled emotions. It is essential to address the underlying issues that drive people to turn to drugs.

Adolescence is regarded as a pivotal period of growth and development. It is characterised by a unique set of physical, psychological, emotional and social challenges that render this age group particularly susceptible to external influences. This is why adolescents are prone to certain issues, such as those related to substance abuse. It is important to note that these issues can manifest in various ways, including the use of addictive substances, which can have a significant impact on an individual's future (Abu Zaid, 2023; Aldrawsheh, 2022; Rajab, 2004).

The onset of addiction frequently occurs during adolescence. During this period, it is relatively straightforward to exert control over the minds of young people, as they are navigating challenging developmental stages and striving to establish themselves in various ways. Additionally, adolescents are characterised by their penchant for adventure, which often leads them to disregard potential consequences. The influence of peers on the formation of an adolescent's personality is significant. Adolescents often regard the personalities of older or more experienced individuals as a source of inspiration and emulation, viewing them as a pathway to achieving independence (Zubadi, 2011; Al-Badainiya, 2012; Al-Maaytah, 2015).

It is unfortunate that drug dealers have become more knowledgeable and aware of the psychological state of young people and teenagers. Consequently, they target them at the core by influencing them, especially through

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<sup>1</sup> Department of Social Sciences, Ajloun University College, Al-Balqa Applied University, Jordan <https://orcid.org/0000-0002-3505-9454>. E-mail: [rihab@bau.edu.jo](mailto:rihab@bau.edu.jo)

friends. This paper will seek to clarify this phenomenon through a discussion of the relevant literature. This paper will examine the key factors that drive teenagers towards drug abuse and addiction. It will also discuss the physical and psychological effects of drug abuse on teenagers and highlight the importance of family and society in preventing this growing problem among young people.

## **Theoretical Trends Explaining Adolescent Drug Abuse**

In his work on the psychology of drug abuse and addiction, the author introduces a set of explanations and approaches, each of which is aligned with his particular orientation and starting points.

### **Psychoanalytic Theory**

From a psychological perspective, the psychoanalytic school of Sigmund Freud offers a compelling explanation of drug abuse and addiction. Freud and his supporters in the school of psychoanalysis repeatedly described the individual's addiction to drugs in several studies, researches and experiments. They proposed that drug addiction depended on various neurotic and psychotic psychological structures and interstitial states. Freud posited that drug abuse is primarily driven by underlying psychological conflicts, namely the need for security, the need for self-proof, and the need for narcissistic sexual satisfaction. When these conflicts remain unresolved, individuals may turn to drug abuse as a means of coping. The chemical effects of drugs also play a role in this phenomenon (Al-Mushrif & Al-Jawad, 2011; Yassin & Hamid, 2021).

The theory elucidates the phenomenon of drug abuse in light of the disturbances to which the individual is exposed during their early childhood, which typically does not exceed the first three or four years. Furthermore, the theory posits that early childhood disturbances in the quality of parental love relationships, particularly between the abuser and his parents, contribute to the development of drug abuse. These relationships are characterised by a duality of emotion, encompassing both love and hatred for the child. This duality is subsequently transferred to the drug, which becomes an essential symbol of the original theme of love, representing love and danger simultaneously (Al-Reshoad, 2024; El-Shiety, 2023; Qanawi, 2021). It can be argued that the disruption of emotional connections established during early childhood between an individual and their parents, characterised by a lack of resolution between positive and negative feelings towards them, leads to the projection of these dualities onto future experiences. In the case of substance use, this manifests as a simultaneous attachment to and fear of the substance, creating a state of internal turmoil and tension that drives the individual to seek constant reinforcement through continued use (Shams El-Din, 2020; Abu Al-Fadl et.al, 2019).

Freud also identifies the necessity for individuals to prove themselves, confirm their independence and distinctiveness, and engage in repetitive behaviour. The failure to resolve these conflicts and satisfy these vital needs plays a pivotal role in the young man's decision to engage in drug abuse (Al-Sharjabi & Al-Mutairi, 2022; Al-Omari, 2017).

This is because he lives his whole life for the sake of using, and accordingly, the origin and nature of addiction can be attributed first to the psychological makeup of the addict, which creates a state of readiness, and then to the role of the chemical effects of the drug. Thus, the effects of the drug and attachment to it indicate a state of disorder, which can be defined as the satisfaction or hope of satisfying a deep, primitive sexual or sexual desire. The urgency of non-sexual problems is greater for those who are addicted than for individuals who are not (Al-Gharib, 2006; Adam, 2010; Al-Gohary & Al-Samri, 2011; Al Iraqi, 2017).

The theory posits that drug abuse and addiction are the result of unrelenting frustration. For a teenager to confront the psychological effects of frustration with an appropriate, realistic solution, whether the frustration is a result of the magnitude of the situation or an evolutionary predisposition based on the inability to tolerate frustration, it is likely that a combination of both factors is at play. Traumatic frustration can lead to tension, which in turn can lead to relapse. The soul may lead to tension, which may in turn lead to relapse and the emergence of patterns of behaviour that characterise childhood stages of salvation from frustrating situations. Therefore, abuse or addiction may be considered an escape process, whereby an aspect of the object, an aspect

of the feelings, and the ego are destroyed. These feelings may be falsified and denied psychological reality (Al-Ezz, 2014; Musleh, 2023).

The psychoanalytic perspective posits that addiction can be understood as a regression to childhood, driven by the pleasure principle. Contemporary analytical theories, such as relationship theory, view addiction as a subsequent response to a deficiency in self-building. From this perspective, addiction can be conceptualised as an adaptive mechanism, serving as an attempt by the individual to eliminate personality deficiencies that may have originated in childhood and troubled interactions with parents during the early stages of life. Psychoanalytic theory also posits that abuse and addiction are merely a personal attempt to self-medicate, representing one of the contemporary psychodynamic trends. For these theorists, addiction is not merely an escape from problems, a desire for a sense of activity, or self destruction (Ghanem,2007; Al-Ghoul,2011), In this context, addiction can be conceptualised as a form of self-medication employed to alleviate psychological distress and emotional discomfort. Despite these attempts at self-treatment, they are ultimately futile due to the intractable, complex and cyclical nature of the problems and patterns of abuse involved (Al Iraqi, 2017;Musleh, 2023 ).

The psychoanalytic theory posits that addiction to narcotic substances can be attributed to the prolonged retention of oral-stage characteristics during childhood. This results in an individual who is dependent on external sources of comfort and support, exhibits low tolerance for pain and psychological distress, and displays a proclivity for behaviors centered around the mouth, such as eating and drinking. This behaviour is influenced by the actions of adults, such as parents and siblings, and is characterised by an intense fear of deprivation. The addict experiences a similar sensation to that of an infant when they are hungry and the milk is introduced to nourish them (Abu Al-Fadl et.al, 2019; Al-Omari, 2017; Al-Gohary & Al-Samri,2011), Consequently, upon reaching maturity, the adolescent seeks to emulate the qualities he perceives in others. However, the use of drugs provides a transient respite, simultaneously enhancing the addict's self-esteem. The adolescent believes that he has attained autonomy and has ceased to adhere to the dictates of others. Nevertheless, upon attempting to extricate himself from this cycle, he finds himself enslaved to the very substance that he sought to liberate him from( ).

## **Behavioral Theory**

This theory is based on the concept of stimulus and response, whereby an individual's addiction to drugs is perceived as a response to stimuli associated with the use of the drug or narcotic substances. The most prominent proponent of this theory is Pavlov, and it posits that all behaviour exhibited by an individual is a manifestation of an established behavioural pattern acquired prior to the current situation (Hamdan et.al,2020; Aldrawsheh, 2022).

For some individuals, the onset of addiction may be attributed to their experience of anxiety and tension, which they seek to alleviate through the use of drugs. This initial feeling of relaxation and comfort may then become a reinforcing factor, encouraging the individual to repeat the behaviour. The abuse of drugs may also be associated with other factors, such as the presence of a support network and the olfactory cues associated with the drug (Al-Omari, 2017; Al-Gohary & Al-Samri,2011; Musleh, 2023), It can be reasonably deduced that the presence of any of these stimuli may result in the user resorting to the use of drugs, even in the absence of anxiety or tension. The initial positive effects, such as euphoria and a sense of comfort and calm, may contribute to the abuse of the substance in question (Al-Ezz, 2014; Al Iraqi, 2017; Al-Ghoul,2011).

Addiction is characterised by a state of psychological and organic dependence. The addict is unable to abstain from using the substance, as doing so would result in adverse psychological effects, including anxiety and severe tension (Rajab, 2004; Al-Maaytah, 2015; Sarhan et.al, 2023), At the organic level, the subject presents with a range of symptoms, including an elevated heart rate, pain in the legs, severe headaches, vomiting, and others (Adam, 2010; Al-Omari, 2017; Al Iraqi, 2017; Al-Reshood, 2024).

## **Social Learning Theory**

This theory posits that the use of drugs and addiction to them is a consequence of contact with individuals who are addicted and who perceive such behaviour as normal. The individual in question will then adopt many of the ideas and behaviours associated with this social group, including addiction (Sarhan et.al, 2023; Rajab, 2004; Abu Al-Fadl et.al, 2019; Al-Sharjabi & Al-Mutairi, 2022; Al-Gharib, 2006; Al-Ezz, 2014).

The use of drugs can be either positively or negatively reinforced depending on the substances or drugs involved and the individual's previous exposure to them. The reinforcements resulting from drugs include the reduction of tension, pressure, and negative emotional states, as well as an increase in social interactions. If the drug use continues, tolerance to the reinforcing effects will increase, requiring larger amounts to achieve the same effects. Furthermore, the pursuit of larger amounts may result in an excessive preoccupation with obtaining them, which is indicative of physical dependence (Hamdan et.al, 2020; Abu Zaid, 2023; Al-Badainiya, 2012).

## **Reasons For Teenage Drug Abuse**

Drug abuse represents one of the most significant forms of deviant behaviour, characterised by the individual's violation of their own values and the legal system. It is a source of considerable risk, threatening the safety of both the individual and society as a whole. This necessitates an examination of the underlying causes and motivations that drive teenagers to engage in drug abuse and addiction. To this end, we will discuss the following: It is important to note that it is challenging to attribute this issue to a single direct cause. Rather, it is a complex phenomenon that arises from the interplay of multiple factors and reasons. These factors and reasons may vary in their relative importance in influencing the prevalence of drug abuse and addiction among adolescents (Abu Zaid, 2023; Al-Badainiya, 2012; Al-Mushrif & Al-Jawad, 2011)

## **Personal Reasons Dating Back to the Teenager Himself**

The phenomenon of imitation among adolescents may be attributed to their efforts to establish themselves and assert their masculinity at an early age. This is often manifested in the imitation of adult behaviors, particularly those related to smoking and substance use. This is done to project a more masculine image to their peers or potential romantic partners (Aldrawsheh, 2022; Al-Reshood, 2024).

A number of studies conducted in various Arab countries have indicated that 9.3% of young people's use of drugs is driven by a desire for experimentation and imitation (Rajab, 2004; El-Shiety, 2023).

The term 'biological or organic factors' refers to the presence of a genetic predisposition or defect in the body's organic chemistry. This makes some people more susceptible to the trend and less able to tolerate frustration, anxiety, and depression. Conversely, they are more inclined to arousal, including the body's dependence on drugs and addiction through treatment and the ease of dispensing prescription drugs.

The desire to experiment with drugs, fuelled by personal curiosity and a lack of awareness of their inherent dangers, is a common phenomenon among teenagers. Many believe that they are merely experimenting with a particular drug and that they can cease use at any time. However, they often find themselves trapped in a cycle of addiction.

The appeal of drugs to young people is often attributed to their capacity to intensify feelings of pleasure, particularly in the context of sexual intercourse. This perception, along with the fact that drugs are widely regarded as illicit substances in most societies, has led some adolescents to view them as a means of defying and diverging from the dominant social norms.

Adolescents may engage in substance use as a means of establishing a distinct identity and differentiating themselves from their peers.

The lack of emotional maturity and the tendency to seek solace in a less challenging reality through the use of drugs and a desire for autonomy are key characteristics of this personality type.

A disruption in the relationship between the adolescent and their parents can result in the adolescent experiencing a lack of safety and resorting to avoidance behaviours.

The inability of the teenage child to cope with the challenges of adolescence can lead to the perception that drug use is a means of escaping painful realities.

The objective is to alleviate the stress, anxiety, and discomfort experienced by the adolescent.

The negative treatment of psychological crises associated with adolescence.

Religious motivation is often lacking, as religion, with its tolerant principles and teachings, is considered one of the most prominent mechanisms of social control. Furthermore, it furnishes the individual with a value system that enables them to function as a sound member of society. It functions to rectify misbehaviour and exert control when the individual deviates from the prescribed path. A substantial body of research has demonstrated a clear correlation between an individual's degree of religiosity and their proclivity towards deviance and drug abuse. Conversely, there is a notable inverse relationship between these two variables.

It is possible that teenagers may use drugs as a means of demonstrating their mental abilities, particularly given the prevalence of certain perceptions regarding the impact of narcotic substances on mental capabilities in various societies.

The fluctuations in mood and the psychological pressures that teenage children are subjected to can render them more susceptible to feelings of anxiety and frustration. Consequently, teenagers may seek to evade these pressures by resorting to drugs, particularly stimulants and painkillers.

### **Family Reasons**

The reasons that pertain to the teenager's family are of particular significance, as this institution represents the initial educational setting for the child. This formative education has a profound and enduring impact on the individual's subsequent development. Consequently, the family bears the responsibility of establishing a nurturing and supportive environment that fosters the child's healthy personality development. The mother plays a pivotal role in the child's upbringing, instilling values and guiding them towards making informed decisions. She is responsible for fostering the child's development in various directions, laying the foundation for their future. The mother is the primary source of guidance for her children, imparting knowledge on what is beneficial, harmful, and appropriate behavior. However, she also faces challenges, particularly in providing guidance without undue influence or supervision (Al-Badainiya, 2012). The family plays a significant role in combating drug abuse, serving as the primary educator in preventing and preserving this dangerous and alien problem in society. However, if the family neglects to provide adequate care and upbringing for children and fails to monitor their interactions with others, it may inadvertently contribute to the development of deviant and abusive behaviors.

The following represent the most significant familial factors that may contribute to the initiation of substance abuse and, potentially, addiction among adolescents: (Abu Al-Fadl et.al, 2019; Musleh, 2023; Adam, 2010; Al-Badainiya, 2012; Sarhan et.al, 2023; Al-Mushrif & Al-Jawad, 2011)

**Parents' misunderstanding of the characteristics of adolescence:** The numerous issues that arise from parental miscomprehension and academic pressures engender feelings of apprehension, potential failure, and frustration. During the transition to adolescence, the individual is compelled to adapt to these pressures, which may result in a shift in focus away from academic pursuits. This may, in turn, lead to a regression in academic performance. The issue is that some parents are unaware of the situation and believe that the adolescent has become neglectful of his studies. This results in the application of restrictive measures, warnings, and pressure. In response to these stimuli, which cause psychological distress, the adolescent turns to substance abuse as a means of alleviating or escaping from the frustrations resulting from family pressures.

**Bad role models by parents:** This factor is regarded as one of the most significant family-related factors contributing to the onset of substance abuse among young people. The presence of a parent who is a drug addict has a direct impact on the quality of family relationships. This is due to the discord and ongoing

disagreements that arise within the family as a result of the poor relations between the addict and the other family members. These circumstances can lead to a sense of deviation and loss among the children. Furthermore, when parents exhibit shameful behaviour in the presence of their children, particularly when under the influence of drugs, this can have a profoundly negative impact on the children. It can lead them to imitate such behaviour, which can in turn contribute to the development of addiction in the younger generation. Additionally, the lack of guidance, positive role models and the influence of negative role models can also play a significant role in this process.

**Parents' preoccupation with children:** The preoccupation of parents with work or travel, coupled with their failure to monitor their children's behaviour, renders them vulnerable to the loss of their offspring and the subsequent descent into addiction. Regardless of the financial gain derived from work or travel, it is evident that the damage inflicted upon the children as a consequence of inadequate care outweighs any potential benefits.

In some cases, parents are present and free from concerns that might otherwise distract them from monitoring their children. However, they are often unaware of the potential dangers and deviations that these children may face as a result of a lack of proper and timely guidance before a crisis reaches a critical point. The failure of the family to fulfill its duties of proper upbringing is a significant contributing factor to psychological and emotional problems, as well as the disintegration of families, which in turn can lead to addiction.

**Excessive cruelty to children:** It is a widely accepted position among scholars of education that a son who is subjected to harsh treatment by his parents, including physical abuse and harsh discipline, will likely exhibit disruptive behaviour as a result. This may manifest as disobedience, running away from home, and ultimately leading to involvement in criminal activities and substance abuse.

**Parents' frequent use of medications:** The inclination towards inquisitiveness and fascination with the intricacies of construction may lead to the inadvertent consumption of pharmaceuticals and medications by children, which can have adverse effects. This may result in the development of dependence on these substances.

**Giving the teenage son money in abundance in the absence of parental control:** The ready availability of funds in the hands of the teenage child may encourage him to purchase the most expensive food and drink. Furthermore, his curiosity and association with unsavoury individuals may lead him to consume the most expensive types of drugs, as the availability of money is often associated with a lack of familial control due to parental preoccupation with work.

The family is widely regarded as a pivotal influence in an individual's socialisation, which plays a crucial role in shaping their personality and determining their intellectual, mental, psychological and moral inclinations. A number of family factors have been identified as contributing to the formation of a personality that is prone to abuse and addiction. Among the most significant of these factors are the presence of poor role models among the parents, and in some cases, the parents themselves may be addicted. Additionally, parental preoccupation with their children, coupled with excessive harshness, can result in children being compelled to leave the house, increasing their vulnerability to drug dealers and the breakdown of the family unit, particularly through divorce. Furthermore, a lack of internal dialogue within the family can also play a role.

### **Reasons related to the group of Comrades**

A review of the psychological and social studies conducted on the causes of drug abuse, especially among first-time users, reveals that the factor of peer influence and the presentation of the drug in the form of a gift are the most significant motivators for individuals to experiment with drugs as a means of emotional sharing with friends. In these cases, the group of friends exerts pressure and temptation to persuade the individual to engage in drug use. The influence of friends on an individual's behaviour during adolescence is considered to be significant. This is due to the fact that friends can affect an individual's social standards. The extent of this influence depends on the degree of loyalty to the group and the acceptance of its standards, values and trends. Additionally, the type of interaction between friends is also a factor (Aldrawsheh, 2022).

The group of comrades serves as a significant reference point in the life of the teenager. Consequently, should drug use become prevalent among teenagers in a particular group, it is probable that drug use will also become prevalent among the remaining group members, due to the social pressure exerted by the group on its members (Qanawi, 2021; Zubadi, 2011; Rajab, 2004).

The influence of the collective of comrades on the individual drug user is discernible in the following aspects: (Al-Omari, 2017; El-Shiety, 2023; Al-Reshood, 2024; Abu Al-Fadl et al, 2019; Al-Sharjabi & Al-Mutairi, 2022)

The individual typically gains experience with the drug from their friends, and frequently receives the drug for the first time from them as well. In numerous groups of comrades, drug use is not only regarded as permissible, but has also become a mandatory practice. Echoes consistently play a pivotal role in learning about the drug or observing it for the first time. Friends are the most trusted source of information about the drug and its administration.

### **Societal reasons**

If the family is the primary social environment in which an individual resides from childhood, then the various groups to which the individual belongs constitute the secondary social environment in which the person lives. These groups may reinforce the values and norms established by the family, or they may challenge and disrupt its influence. The group may provide an alternative source of emotional support and acceptance, and may compensate for feelings of insecurity. There are social factors that contribute to drug abuse, including: (El-Shiety, 2023; Zubadi, 2011; Al-Badainiya, 2012; Al-Maaytah, 2015; Al-Gharib, 2006; Adam, 2010; Al-Gohary & Al-Samri, 2011; Al Iraqi, 2017)

**Availability of narcotic substances through smugglers and promoters:** This factor is considered one of the most significant factors within society, facilitating the accessibility and affordability of drugs for young people. This is due to the presence of misguided and corrupt individuals within society who seek to corrupt other members, introducing drugs and poisons and disseminating them among young people and adolescents. In numerous instances, the addict is the primary target of promoters, particularly those who have identified individuals with wealth as potential recruits.

**The impact of the residential neighborhood:** The nature of the area and the community in which it exists has a significant impact, particularly in the context of an epidemic. Such phenomena are prevalent in marginal, impoverished, and slum areas, largely due to the prevalence of health, psychological, and social maladies, as well as economic crises. In these societies, abuse and addiction have become pervasive, often occurring without any sense of shame or fear.

**The lack of places that absorb the energy of teenagers during leisure time:** The lack of suitable programmes and places to contain teenagers and absorb their energies in leisure time, as observed in clubs and parks, is considered one of the most important factors that lead to abuse, addiction, and sometimes crime among teenagers.

### **Foreign Workers**

The development processes require the utilisation of a certain degree of foreign labour and expertise, which inevitably entails a certain degree of risk. This risk is exemplified by instances of individuals attempting to introduce toxins and narcotic substances, either for their own gratification or for the purpose of material gain. The aforementioned economic openness, coupled with the actions of those lacking in foresight, has led to the exploitation of said openness for illicit purposes. In lieu of importing essential commodities for the benefit of society, these individuals engage in the illicit trade and smuggling of narcotics, reaping substantial profits with minimal effort.

### **Leniency in the use of narcotic drugs and leaving them unsupervised**

The leniency with which some medicines and narcotic drugs are imported for use in hospitals, without concomitant tightening of control over them by the Ministry of Health in the community, may be a contributing factor in their use for purposes other than those for which they were intended. Furthermore, these drugs may

be entered under pseudonyms and in a systematic manner, as opposed to entering irregularly, which may facilitate their spread and circulation among young people and adolescents.

The influence of the media through the propaganda and advertising it presents, which affects adolescents.

The lack of robust control and effective mechanisms to combat the spread of narcotic substances, whether through legal means (prescriptions) or illicitly (purchasing from financiers), provides a potential avenue for their acquisition.

The professional environment, as the difficulties, burdens, and negatives of work push the individual to use drugs, provide a bad role model at work, and push young people, especially teenagers, to use drugs.

Ignorance in general and poor awareness of the dangers of drugs is another reason that falls on the responsibility of the responsible authorities, whether governmental, Or health, media, family, educational, organizations or unions.

The occurrence of wars and internal conflicts between members of society results in the disruption of family stability, as young people and adolescents are deprived of the presence of their fathers and brothers, as well as the values and principles that they instilled in them. Conflicts and wars lead to the displacement of families, weaken family ties, and expose adolescents to harsh experiences and trials that may result in the abuse of narcotic substances as a means of coping with the pressures they are facing, as they perceive it to be a more expedient solution.

From the above, we may conclude that drug abuse is a pathological phenomenon resulting from a number of factors that lead the adolescent to abuse drugs. These factors may be related to the adolescent himself, to family circumstances, or to the group of friends that play a decisive role in pushing the teenager to abuse. Addiction is an inevitable result of this complex interplay of factors. As the number of reasons for abuse and addiction increases, so too does the number of abusers. This, in turn, gives rise to a range of negative effects at various levels.

## **Effects of drug abuse on Teenagers**

There are many negative effects on the teenager, which are as follows: (Al-Reshood, 2024; Al-Maaytah, 2015; Aldrawsheh, 2022)

### **Health Effects**

Among the most important health effects resulting from drug abuse and addiction are:

Addiction typically results in atrophy of the cerebral cortex, which regulates cognitive processes and volition. Medical research substantiates the assertion that drug use, even in the absence of addiction, impairs mental abilities and causes injury to the cerebellum, thereby disrupting the individual's capacity to maintain equilibrium. Drugs induce irritation of the mucous membranes of the intestines and stomach, leading to congestion, ulceration, and bouts of diarrhea, constipation, and indigestion.

-The addict's poor health and weakened immune system render him susceptible to illness. Symptoms may include an elevated heart rate, persistent headaches, leg pain, and a general decline in physical health.

### **Psychological Effects**

Among the most important psychological effects resulting from drug abuse are:

- Low level of self-esteem and focus on the narcotic substance and the method of obtaining it without any consideration for his dignity.

-Nervous tension, depression, and the occurrence of auditory and visual hallucinations that may lead to fear, madness, or suicide.

- Loss of emotional balance, along with bouts of anxiety.



- Withdrawal and inability to enter into social relationships.
- Tension in family relations as a result of the presence of a son who uses drugs due to his abnormal behavior.
- Transforming from a normal person into a deviant who may commit criminal acts that harm him and his society.

### **Social Impacts**

There are a group of negative social effects that result from drug abuse and addiction, the most important of which are:

- The inability of the addict to establish successful social relationships with his peers.
- The state of dependency that the addict lives in makes him neglect his social roles.
- The adolescent's proclivity for substance use and rebellion against social norms, coupled with a penchant for isolation, renders him susceptible to criminal activity and the indulgence in vice. Consequently, he becomes a potential threat to the growth and stability of society.

### **Ways to Protect Teenagers from the Risk of Drug Abuse**

It is becoming increasingly clear that the protection of young people from the risk of drug abuse is an urgent necessity in every human society. The preservation of young people and their guidance to serve the community is essential for the guarantee of stability and the continuation of this. This task is entrusted to... It is imperative that every institution, whether official or informal, and every individual, particularly teenagers, recognise the value of young people as a driving force for societal progress. By ensuring their wellbeing, whether physical, psychological or social, we can guarantee a brighter future for all.

Prevention is also key, particularly for adolescents who may be at risk of substance abuse. This can be achieved through a multi-level approach, including treatment for those who have already started using drugs: (Al-Ezz, 2014; Musleh, 2023; Zubadi, 2011; Al-Badainiya, 2012; Al-Reshood, 2024; El-Shiety, 2023; Ghanem,2007; Al-Ghoul,2011)

#### **At the individual level/Personal**

- The strengthening of religious scruples is a key aspect of adolescent development. Commitment to religious teachings and the alignment of values and standards with those of the religious figure in question are important factors in this process.
- The formation of positive relationships with individuals who align with one's values and standards is crucial for adolescent development. These relationships can be fostered through shared interests and activities, such as reading, exercise, and sports.

#### **At the Family Level**

- It is imperative to adhere to the methodologies employed by one's parents. This approach is deemed pedagogically sound when interacting with one's offspring, as deviations from these methods could potentially lead to undesirable outcomes.
- It is crucial to recognise that parents serve as exemplary role models for their children. This is because they embody the values and behaviours that shape an individual's moral character and conduct within society.
- Assist them in resolving the various issues they face through constructive dialogue to prevent them from... They search for other options to address it or to ignore it, such as drug abuse.
- Select appropriate programmes for children to develop their moral values.

#### **At the Societal Level**

It is recommended that the Monitoring Medical on Pharmacies be tightened, as it is currently lenient in granting pharmaceutical drugs for young people.

- The creation of addiction treatment centres across the entire spectrum of the state's homeland.

It is imperative to safeguard young people from the perils that surround them. To achieve this, it is essential to construct structures and installations that can effectively deter them from engaging in activities that could lead to harm.

- The role of civil society in raising awareness of the dangers of narcotic substances and their various types.

- The role of the religious institution in awareness and guidance: religious guidance and inclusion lessons and speeches on issues related to social problems such as drug abuse, as well as ways to treat them.

- A reconsideration of the legal system with regard to the penalties imposed on drug users and traffickers.

Inclusion programmes in schools should include lessons about the various types of drugs and their associated risks, as well as strategies for addressing them.

Effective border control measures are essential for preventing the entry of these toxins and preventing their abuse by community members.

Informational programmes should be tailored to raise awareness about the dangers of drug abuse at the individual and societal levels.

Scientific demonstrations about this social pest and its associated harms, as well as strategies for prevention or confrontation, should be conducted.

## **Types of Drug Abuse**

There are four types of drug abuse: (Rajab, 2004; Aldrawsheh, 2022; Al-Sharjabi & Al-Mutairi, 2022; Adam, 2010; Al-Gohary & Al-Samri, 2011; Ghanem, 2007; Al-Ghoul, 2011; Al-Ezz, 2014; Musleh, 2023)

### **Experimental or Exploratory Use**

The objective is to experiment with the substance MKhDora Bg in order to ascertain its effects. The term "experimental abuse" refers to a situation in which a teenager takes drugs one to three times in his life. However, there is a risk that this may result in continued use.

### **Occasional or circumstantial abuse (appropriate abuse)**

This indicates that the individual is utilising cognitive processes. Such occurrences are not uncommon, with instances occurring up to twice a month. Consequently, these instances are not perceived by the individual. This phenomenon can be described as follows: it is akin to that, and it does not function as intended. However, the continuation of abuse may be influenced by the presence of certain psychosocial factors.

The term "social drug use" refers to the consumption of drugs in social settings, such as parties or other events. The specific occasions on which this occurs vary depending on the individual's social environment and the level of acceptability of drug use in that context.

**Regular use of narcotic substances:** This stage is more advanced than the previous two in the user's attachment to the drug. It is characterised by continuous use at regular intervals, determined according to a rhythm. Psychophysiological factors also play a role. The internal factors are specific to the person's need for the substance of abuse.

### **Multiple substance abuse**

This encompasses the utilisation of a combination of narcotic substances, whether concurrently or sequentially, over a defined period.

### **Third: Characteristics of abuse Drugs**

The characteristics of drug abuse are as follows:

- 1- A simple desire to take a drug.
- 2- A desire, but not a compulsion, to increase the dose.
- 3- Psychological dependence only on the effects of the drug or drug does not amount to physical dependence.
- 4- The user has complete control over taking the drug.

### **Stages of Drug Abuse**

The process of drug addiction and addiction among adolescents progresses through a series of stages, which can be delineated as follows: (Shams El-Din,2020; Abu Zaid, 2023; Hamdan et.al,2020; Qanawi,2021; Sarhan et.al, 2023; Abu Al-Fadl et.al, 2019)

**The first stage:** the experimentation stage: Discovering the effects of narcotic substances.

**The second stage:** casual use: Take the narcotic substance whenever the occasion allows.

**The third stage: regular use:** Continuous use at regular intervals.

**The fourth stage: The stage of heavy or compulsive abuse:** The stage of dependence and daily abuse in large quantities passes, meaning using the drug compulsively without the ability to control oneself, or what is known as the addiction stage. This stage is divided into two stages:(Al Iraqi, 2017;Musleh, 2023; Al-Sharjabi & Al-Mutairi,2022; Al-Omari, 2017)

- **Endurance phase:** It is a stage during which the addict is forced to increase the dose gradually and progressively until he obtains the same effects of euphoria, and it represents a stage of psychological and perhaps physical dependence at the same time. The tolerance stage is a phenomenon resulting from the fact that the nerve cells become accustomed to the relevant amount of the drug and no longer affect them, so the user constantly needs to increase the dose.

- **The stage of dependence (enslavement):**

It is a stage in which the addict submits to the control of the drug and his psychological and physical dependence becomes involuntary and compulsive.

### **METHODS OF TAKING DRUGS**

The process of drug abuse occurs through a group of methods, which are as follows: ()

**Oral administration:** It is the most common method and requires that the drug be swallowable and reach the blood circulation.

**Administration by inhalation:** This is done through the lung, where the anesthetic substance can be quickly transported to the body (volatile solvents).

**Administration through the muscles:** By injection into the muscles, and it may be through the veins directly or under the skin. This method leads to rapid responses compared to taking the drug orally due to rapid absorption and access to the blood. It is the most dangerous type of drug abuse because the speed of the narcotic substance reaching the blood may lead to danger. Death in case of overdose, in addition to loss of sterilization operations.

### **Defining concepts and terminology**

#### **Drugs**

#### **Drugs from a psychological perspective**

Drugs are defined as any natural or chemical substance that, when consumed by a person, causes a change in his personality, body functions, or behavior.

It is also known as a group of drugs that affect the mental activity and psychological state of those who use them, either by activating the central nervous system, slowing down its activity, or causing hallucinations or fantasies. These drugs cause addiction, and their use results in many public health and social problems.

### **Drugs From A Social Perspective**

Drugs are defined as those substances that lead their users to delinquent behavior, and they are those substances that distort the mind, causing their consumer to behave deviant.

This definition is considered incomplete as it does not clarify the nature of these substances and the type of effect they have on the individual or how they lead to delinquency and deviance.

### **Drugs From A Medical Perspective**

Drugs mean those natural or chemical substances capable of causing a change in mental activity with a psychological and physiological effect. They are of two types: (Zubadi, 2011; Al-Badainiya, 2012; Aldrawsheh, 2022; Yassin & Hamid, 2021; Al-Reshood, 2024; Al-Omari, 2017; Al Iraqi, 2017)

-Permissible drugs are generally medications available in pharmacies for medical purposes.

- Prepared drugs, which are either a natural plant such as cannabis, or prepared drugs such as processed marijuana, which are used for addiction with the aim of changing the natural activity of the mind.

From the above psychological, social and medical definitions of drugs, it is clear that drugs are natural or manufactured substances that, when consumed, affect the mind and body of the user by inhibiting, activating, or hallucinating. The degree of this effect depends on the quantity consumed, and their effect goes beyond the psychological and social aspect of the individual user and results from repeated use of the substance. Narcotic addictive state.

### **Drug Abuse**

The concept of drug abuse is considered one of the most objective concepts, as it does not provide any judgment and has no indication of addiction(Al-Mushrif & Al-Jawad, 2011; Al-Badainiya, 2012).

The concept of drug abuse is considered one of the most objective concepts, as it does not provide any judgment and has no indication of addiction(Shams El-Din,2020; El-Shiety, 2023).

Abuse is defined as an abnormal desire that some people show towards drugs or toxic substances known as- Voluntarily or by accident - due to its analgesic, narcotic, stimulant and stimulant effects, it may cause a state of addiction that harms the individual physically, psychologically and socially (Al-Maaytah, 2015; Abu Al-Fadl et.al, 2019; Al-Sharjabi & Al-Mutairi,2022).

### **Addiction**

The World Health Organization defines addiction as: It is a state of chronic intoxication resulting from repeated use of a drug and its characteristics are: (Al-Reshood, 2024; Qanawi,2021)

-Tendency to increase drug intake.

-Psychological and physical dependence on the drug.

- Harmful effects appear on the person and society when abstaining from the drug.

Symptoms of deficiency appear upon immediate cessation of the drug, whether voluntary or forced.

SouEIF goes on to define addiction as: "Repeated use of a psychoactive substance or substances to a degree

The user reveals an intense preoccupation with the drug, as well as an inability or refusal to stop or change

He abused it and often showed withdrawal symptoms.

## CONCLUSION

Adolescence represents a critical transition from childhood to adulthood, during which individuals confront a multitude of challenges and potential pitfalls. During this period, individuals may be particularly susceptible to a range of risks and pressures, including the potential for substance abuse. The potential for drug abuse is heightened by the aforementioned factors, which render young people susceptible to external influence. During this period, adolescents are navigating challenging developmental stages and striving to establish their identity, making them vulnerable to external pressures and persuasive messages. The influence of friends on the personality development of adolescents is widely acknowledged. Adolescents often regard the personalities of older or more experienced teenagers as an important source of attraction, viewing them as a model and gateway to independence. It is unfortunate that drug dealers have become more knowledgeable about the psychological state of young people, and therefore target them at the core by influencing them, especially through friends. It is therefore imperative that society confronts this scourge that lurks among adolescents and young people, who are the energies that society relies on to build it.

The process of prevention and treatment of the danger of drugs does not occur at the level of a single social institution; rather, it is a multifaceted endeavour that encompasses several levels. The first of these levels is the adolescent himself, where the correction of thoughts and attitudes towards drugs and their use is achieved. At the family level, this is accomplished through the parents' understanding of the children's needs and monitoring of their behaviour, with their upbringing based on sound foundations. It is imperative that educational institutions assume a pioneering role in this field. They must integrate into their curricula a comprehensive understanding of the dangers posed by these toxic materials, along with strategies for avoiding potential harm. Furthermore, they should spearhead awareness campaigns. Media outlets and civil society organizations must also play a pivotal role in this endeavor.

With regard to the security and judicial sectors, it is crucial to impose stringent penalties on all individuals involved in these operations, regardless of their role. This encompasses consumers, producers, and merchants. Finally, there is a pressing need to expand treatment centers within the community.

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