

# Investigation Tendency to Addiction among High School Students in Southeast of Iran: A Cross Sectional Study

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**Abstract:** ***Objective:** This study aimed to examine tendency to addiction among high school students in southeast of Iran. **Methods:** This cross sectional study was conducted on 60 student in two government high school of Nikshahr (Zynabieh and Imam Khomeini), a city in southeast of Iran, from January through July 2015. Convenience sampling method was used to collect data. A questionnaire that developed by researcher used for data collection. Descriptive tests of the frequency, frequency percentage, mean, and standard deviation (SD) were used to describe the demographic characteristics of students. SPSS version 18.0 was used to analyze data. Confidence interval was set at 95% and a P value less than 0.05 was considered significant. **Results:** The mean score of individual aspect toward tendency to addiction was  $21 \pm 1.2$ . In fact, 36 students (60 %) had low tendency to addiction. The mean score of Social aspect toward tendency to addiction was  $17 \pm 1.4$ . Forty one (68.3 %) of students had an average tendency to addiction. In Environmental aspect the mean score of tendency to addiction was  $14 \pm 1.4$ . Most of students 49(81.7%) as social aspect had an average tendency to addiction. **Conclusion:** according to average tendency to addiction among high school recommended that making centers for life skills education, Development of family consult centers for prevent this global concern.*

**Keywords:** Tendency to Addiction, High School, Students

## 1. Introduction

Opioid is one of the main issues in Iran and cause of some infectious disease [1]addiction is a chronic and reversible disturbance that Threatens Human life [2]in addition individual effect it lead to economic and cultural retardation[3].in last decade Addiction increased in Iran[4]. Other problem is age of start addiction; Study of Berjas F et al showed start age of addiction was 9 year. Different factor lead to addiction include: social, cultural and individual that in this study were Imitation of friends(5.76%) , Addict's parents(5.53%),communication with addict's friends(76%)[5]. In Rahimi et al study showed the main causes of addiction that were Social stigma, humiliation, family rejection[6]. Tendency to addiction is multifactor behavior that affected by individual, social and environment status[7].That with correct recognition of addiction risks factors we can prevent it. Seragi mentioned that the main cause of addiction is enjoying and pry(75%) and the main cause of abandonment is tiredness and family pressure(45.4%). [8].Youth are the main victim of Opioid. Several study showed that cultural, social and family factors have a closer relationship with addiction. [9]In poor regions as Sistan v Baluchistan that due to shortage exercise, cultural facility youth more than other states expose use of Opioid. This study aimed to examine tendency to addiction among high school students in southeast of Iran.

## 2. Methods

This cross sectional study was conducted in two government high school of Nikshahr (Zynabieh and Imam Khomeini), a city in southeast of Iran, from January through July 2015. Convenience sampling method was used to collect data. A questionnaire, developed by researcher, was designed by Opioid experts. The questionnaire contained two parts: Part 1: Included demographic characteristics, including age, sex, education. Part 2: This contained three parts, including part 1, individual aspect of tendency to addiction methods was based on the answer to 5 multi-choice question by Liker scale .The score of "very low" was 1 point , "low" was 2 point, "Occasionally" was 3 point, "much" was 4 point , "very much" was 5 point . In evaluating the scores: the points between 5 and 14 were considered as poor, 15 to 18 as average, and 19 to 25 as good. The second section of evaluation social aspect of student's tendency to addiction. It included 5 multi-choice questions by Liker scale and scoring as fist part. Section three evaluated environmental aspect related tendency to addiction by asking 5 multi-choice questions by Liker scale and scoring as fist and second part. . In evaluating the scores of social and environmental aspects: the points between 5 and 14 were considered as poor, 15 to 18 as average, and 19 to 25 as good. Questionnaires were distributed among 10 specialists of Opioid field. To confirm the reliability of the comprehensive review after reviewing the related research literature. The questionnaires were distributed among 15 students and reliability tendency to addiction were verified with Cronbach's alpha of 0.75

respectively. Participating students signed written consent forms, and were informed they could leave the study whenever they wanted. Participants were assured that their name and personal information would not be used. Descriptive tests of the frequency, frequency percentage, mean, and standard deviation (SD) were used to describe the demographic characteristics of students. SPSS version 18.0 was used to analyze data. Confidence interval was set at 95% and a *P* value less than 0.05 was considered significant.

### 3. Results

Sixty of 60 (response rate of 100%) questionnaires were completed and returned by the students. The age of participants ranged from 15 to 18 years (mean 18.2 years, SD of 2.4). Most Of the participants, 34 (56.7 %) were women and 26(43.3%) were male.(table 1)

Table 1: Demographic characteristic of students

Demographic characteristics		Mean	SD
Age		18.2	2.4
		Frequency	Percentage
Gender	Female	26	43.3
	Male	34	56.7
Level of education	First year	1	1.7
	Second year	26	43.3
	Third year	15	25
	Fourth year	18	30

The mean score of individual aspect toward tendency to addiction was  $21 \pm 1.2$ . In fact, 36 students (60 %) had low tendency to addiction. The mean score of Social aspect toward tendency to addiction was  $17 \pm 1.4$ . Forty one (68.3 %) of students had an average tendency to addiction. In Environmental aspect The mean score of tendency to addiction was  $14 \pm 1.4$ . Most of students 49(81.7%) as social aspect had an average tendency to addiction. (Table\_2).

Table 2: Levels different aspects of tendency to addiction

Variable	Level	Frequency (no.)	Percent (%)	M $\pm$ SD
Social	Low	17	28.3	17 $\pm$ 1.4
	Average	41	68.3	
	High	2	3.3	
Individual	Low	36	60	21 $\pm$ 1.2
	Average	22	36.7	
	High	2	3.3	
Environmental	Low	8	13.3	14 $\pm$ 1.4
	Average	49	81.7	
	High	3	5	

### 4. Discussion

This study showed that most of student had an average tendency to addiction. Similar azame et al study that tendency to addiction among students was 53.5 % [10] . That can is due to similar age range of two studies. Among individual that have more tendency to Addiction, use of different form of Opioid is higher [11] . Tendency to addiction rate not acceptable among students and more parents had low knowledge about addiction and drug abuse thus obtain suitable educational class for parents and students

is essential. Giving information to students result to prevent of addiction among students .A strong relationship was between economic concerns with tendency to addiction, One study that conducted by Amani et al about change Opioid use pattern among addicts referral to leave addiction clinics showed that individual that had more economical problems more tendency to addiction [12].similar study miler et al that reported There are direct relationship between daily addiction fee and criminal events [13]. A study about causes of tendency to addiction among college students showed man causes of tendency to addiction Respectively: friends addiction , Abundance of Opioid, smoking, polluted environment by Opioid smoke, family addiction , emotional needs discover ,parents separation effect, Opioid Cheaper, classmates addiction [14]. Limitation: this study had limitation that should addressed, since this study was conducted in between two semester vacation, sample size was low.

### 5. Conclusion

According to average tendency to addiction among high school recommended that making centers for life skills education, Development of family consult centers for prevent this global concern.

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