

The effectiveness of a preventive program based on the theory of Carl Rogers in changing adolescents attitudes towards addiction (Field study in Oran, Algeria)

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Received: 29-09-2020 ; **Revised:** 25-07-2021 ; **Accepted:** 31-03-2022

Summary:

This study aims to check the effectiveness of preventive program based on the theory of Carl Rogers in changing the attitudes of adolescents towards addiction.

The sample consists of forty teenagers tendency, randomly chosen from the city of oran. Accordingly, a set of tools was used including a scale of attitudes towards school prepared by the researcher, in addition to application the preventive program. The preventive program consisted of seven orientation sessions. The duration of ranged from approximately (45) minutes while the interval between session and the effectiveness of the preventive program based on unguided collective orientation in modifying addictive tendencies towards addiction among the members of the training group.

Keywords: Preventive Program ; Drug addiction ; The attitudes of adolescents ;Client- centered therapy ; unguided collective.

I- Introduction :

Drug addiction is costing a high price for the addicted individual, and for the communities that suffer from it as a result of expenses arising from devices activities in order to fight drug trafficking, and reduce criminal acts committed by drug addicts. Societies, pay large sums of money to provide communities with treatment for addicts, and disorders resulting from drug consumption, in addition to the loss of consequent human wealth for communities owing to the loss of a significant number of teens. (1)

To this end, the international community has worked to tackle the problem of addiction, through the United Nations, particularly the World Health Organization (WHO) as it is mentioned in the first paragraph of the psychological Convention of 1971, the need to pay attention to the preventive from addiction to mental substances or early detection of cases.(2)

Hence, the problem of addiction must receive due consideration and attention, especially for teens so as they do not become troublesome difficult to treat in the future which may lead to complex mental and other social and health problems. So, this study came to contribute in the treatment of this phenomenon by setting up a preventive program, which may lead to the prevention of adolescent drug threat.

II- The problematic:

Our motivation to undertake this investigation resides in the fact that addiction is one of the more common phenomena of communities besides it has a variety of negative impacts (health, psychological, social, emotional, behavioral) that are likely to hinder an individual's future life. in spite of the world interest in this issue in terms of address and treatment, however the arab studies within the limits of the researcher's knowledge did not pay enough attention to the study in adolescents as the stage by which the parameters of the future of the individual are determined and few studies in this area did not exceed the limits of descriptive studies.

To this end , we tried to adopt the appropriate strategy to tackle this phenomenon among teenagers through checking the impact of the preventive program in changing adolescent attitudes toward drug addiction.

Hence , one can specify the current problematic questions as follows:

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-Are there differences concerning change of attitudes towards drug addiction between students who were subjected to the preventive program, as compared to those who were not in favor of the experimental group.

Sub-questions:

- 1-*Are there differences in attitudes towards drug addiction after the application of the preventive program due to gender?*
- 2 - *Are there differences in attitudes towards drug addiction after the application of the preventive program due to educational institution ?*

III- Hypotheses :

General Hypotheses :

there are differences in attitudes between teenagers who were subjected to the preventive program and those who were not, in the favor of the experimental group.

Sub- Hypotheses:

- 1- there are differences in attitudes towards drug addiction after the application of the preventive program due to gender.
- 2 - there are differences in attitudes towards drug addiction after after the application of the preventive program due to the type of institution.

IV- The importance of the study:

The importance of the actual study lies in the prevention of addiction among adolescents , which has become one of the most serious phenomena that threatens their mental health and lives in general. It helps them avoid falling into the trap of addiction.

The importance also stems from the importance of the category that deals with research, namely teenagers who are the future and builders of society.

In addition, the importance of research appears at the application level through the use of the proposed program in many research purpose on similar samples, with a view to preventing addiction and its negative effects.

V- Purpose of the study:

The present study aims at achieving a set of objectives :

- Preparing an addiction scale and standarisate it on a group of secondary school students.
- To develop a non-directed group counseling program based on the client-centered counseling theory to change the trend towards addiction among adolescents.
- Find out what effect of the program has in changing attitudes towards addiction among adolescents after the application of the program directly (telemetry post-test).

Find out how much improvement the training group has made in changing the trend towards addiction in adolescents two months after the end of the program (follow-up period).

VI-Theoretical Framework :

1- the phenomenon of dependency : In 1965 the World Health Organization (WHO) replaced the word "addiction "with Another word which is " **dependency** " In other word, addiction is dependency (3).

This phenomenon was defined as: Dependency is a condition resulting from chronic or periodic abuse of certain substances. (4)

In 1969 , the World Health Organization (WHO) defined" **drug dependency** " As a mental state, and sometimes as a physical one, resulting from the interaction between the organism and the drug, and this mutual effectiveness is characterized by behavioral changes, and other reactions that force the drug user to take the drug regularly or periodically in order to achieve the same effect or to avoid abstinence.(5)

This condition may be accompanied by an endurance phenomenon characterized by a tendency to double the dose. The same person may suffer from dependence on more than one substance. (6)

2- Client- centred therapy : Is the guidance that relies upon on the client himself and his ability to grow himself and his desire to achieve himself. It is a guidance where the client is the center or focus. This is the name of this trend. Client -oriented counseling or unguided guidance is a process of change where emotional barriers are removed, allowing the client to mature and grow, represent new experiences and with the release of growth forces, the client becomes able to heal himself so that new experiences and emotional situations are represented and negative ones are driven out , accordingly, he acquires the foresight which opens the way to the greatest growth and mental health.

Rogers (1951), in his book therapy based on the client states that his theory has a defensive function as well as the integration and organization of experiences, and that experiences which do not agree with the concept of self are recognized by the individual as self-threatening and lead to psychological pressure , anxiety, mental and social incompatibility.

According to Rogers: there was no longer any doubt as to the possibility of recovering patients with different mental disorders and the lack of social relationships through their participation in confrontation groups, in particular through the experience gained by these individuals as a result of their participation in such groups. (7)

While Rogers defines the groups of training as groups in which members learn how to interact and communicate with others, making them conscious of their ability to better understand the special methods and functions in the group, in order to efficiently and effectively deal with different situations (8).

VII- Previous studies :

1- Badra Moutassem-Mimouni and Remaoun Nouria in 2004-2005:

Title of Study: A Study of the relationship between drug use and acquired immune Deficiency Virus "AIDS."

Objective of the study: The study aimed at preparing an operational plan to prevent transmission , "AIDS" virus, and changing behaviors that facilitate addicts Transmission of the HIV virus like the shared use of needles during drug use or multiple sexual relationships.

The study sample: The study sample included 300 cases, obtained in the three cities of Algeria namely Algiers, Oran and Annaba, given the specificity of these cities, they are crossing areas, all coastal cities, and major, all of which contain poison control centers.

Study Tools: A questionnaire about the history and methods of substance abuse, based on a questionnaire which was administered in Egypt and Libya, to compare the results obtained.

The study reached a number of results, including the following:

- 50 % Of a total of 285 cases, used at least once the injection for drug use , as for the type of drug use we noticed Tamgesic or Subutex.
- 89 % Of the total sample were males and 11 % Only females, they are all young and the average age is 29 years.
- A large percentage of the respondents had multiple and abnormal sexual.
- Behaviors which facilitated the transmission of the HIV virus . (9)

2- Study Bakkal asmaa 2013-2014:

Title of the study: the effect of motivation and immunization exercises against stress to achieve compatibility among the addict.

Objective of the study:

- To develop a training program that allows to reduce or decrease the psychological pressure and increase the level of compatibility and thus stop addiction among addicts directly after the application , i.e after three weeks of the end of the program (follow - up period).

Study Sample: The sample included 147 Addicted from Oran poison control center, Algeria, who suffer from high levels of psychological stress.

Study tools: the researcher used four main tools:

- the training program , a scale for measuring mental stress among addicts, scale compatibility, and a measure of motivation for treatment.

The hypotheses were tested using correlative variance analysis .

The study revealed the following results:

- There are statistically significant differences in the general mental pressure in the sample in favor of post-measurement.
- There are statistically significant differences in post-training stress levels due to gender differences.
- There are statistically significant differences in post-training stress levels due to the differences in the trainees civil status.
- There are no statistically significant differences in post-training levels due to differences in drug use duration among trainees.
- The difference in the sample 's scholastic achievement is accompanied by a significant difference in the levels of mental stress after training among the subjects. (10)

VIII- Methodological procedures :

1- Study Methodology:

The study is based on the experimental method where the sample of the study was trained on a preventive program based on rogerian theory, as it is the more suitable for both the nature of the research and the objective we have set to explain the study variables .

The experimental method used is the method of the existing group where we apply the program to the individuals of the basic sample and then make a comparison between pre-test and post-test as will be clarified in the study procedures .(11)

2- operational definition of research variables:

Preventive program to reduce addiction: It is a drug addiction prevention program targeting a group of teenagers in question. It is a combination of specific and strategic objectives oriented to achieve these goals, program content, program execution, and its evaluation besides its coordination between all of the above, and includes a set of techniques which takes place in a series of sessions.

3- Study Sample:

the sample consists of 40 teenagers tendency, randomly chosen from the city of Oran.

Table (01) shows the distribution of the sample according to gender and type of educational institution

Variables	Type of educational institution gender	Number	totals
	Males	20	
Gender	Female	20	40
Type of educational institution	Governmental	20	40
	Private	20	

IX. Study Tools :

1- Program based on client-centered theory:

The program is based on the philosophical and theoretical framework of the client-centered therapy of Karl Rogers as well as the techniques used in his theory; whereas the trends necessary to achieve the counseling objective in adolescent addiction prevention are as follows:

- Acceptance or unconditional positive consideration, emotional empathy through the establishment of a relationship with the trainees based on warmth, respect, and mutual trust.
- During the guidance sessions, we did the following:
- Listening to the trainees in a friendly way; in order to make them feel that the researcher is genuinely interested in them ,and that he accepts, and loves them. with the reinforcement of listening with emotional participation and unconditional positive respect.
- Focusing on the emotional content of the trainees' responses during the counseling session rather than focusing on the cognitive elements. Therefore, by helping them to focus on their feelings by reflecting them and returning to them with utmost precision and honesty.
- Helping trainees discover their feelings, and verbal and nonverbal experiences, such as things that are not compatible with their concept of addiction.

- Helping them to go through with their experiences in the context of the safe relationship with the researcher: This means bringing the trainees the false or distorted experiences to their circle of awareness and reorganization within the framework of their concept of themselves.
- Helping trainees to express their feelings, emotions and experiences, so as to reduce their negative feelings and emotions which are associated with experience.
- Leave responsibility to the trainee in the process of mentoring.

1.1 Orientation sessions:

the number of sessions for each program reached (07) guidance sessions, which were collectively provided, in addition to measuring sessions (pre and post), the duration of the session ranged within approximately (45) minutes, the interval between the meeting and the other ranged between (3 and 5) days.

1.2 Program content : The program contains a range of activities , but it should be pointed out that the treatment method centered on the client does not emphasize about the identification of the procedures performed by the therapist with the client during the session .

I also does not stress on setting a title or goal for each of the program sessions , and therefore we will mention the aspects of activity to achieve the goal of the therapeutic program during the treatment sessions as follows :

- 1 - Pay special attention to strengthen the relationship with the trainee, and the atmosphere of trust , understanding sympathy and acceptance in way that helps to free the trainee from internal threat.
- 2 - Pay special attention to understand the content of the speech elicited by the trainee as well as the feelings expressed in words, or gestures.
- 3 - Encourage the trainee to talk about himself as he perceives it, his experiences and feelings as things which inconsistent with his concept of self, and about himself as he wishes to be, and himself as others see him , focusing on the real emotions and sentiments at the present moment.
- 4 - reformulation of the trainee's words well, and this helps him to perceive and understand his real position about his self and his experiences.
- 5 - urging the trainee to talk when he stops to do so.
- 6 - urging the trainee to talk about his accurate experiences and living, as if they were occurring at the moment.
- 7 - Remind the trainee periodically of these important positions in his life.
- 8 - offer from time to time a summary focusing on the issues that are expressed during the therapeutic situation.
- 9 - Not to suggest any proposition to the trainee as being good or bad, not offer advice, don't praise the apprentice or reproach him, do not ask him direct questions, do not discuss client misconceptions expressed, do not interpret, but we listen to him , we try to live his personal experiences and feeling

X- Scale of trends list towards addiction:

To measure the effect of the preventive program in the actual study, the researcher built a list of trendstowards addiction, which consists in his final form of (20) a report items which deals with the emotional side and mental disorder of addiction. The score for each item of the scale is calculated on a scale of several choices (rarely, some time, most of the time, always).

The total score for this test ranges from a minimum of 20 points to a maximum of 80 points.

1- Psychometric parameters of the scale:

1.1 validity: In order to verify the validity of the scale items and their ability to measure What was set up to measure , we presented the scale to a group of professors from the university of Oran Department of Psychology ,with a long history in the field of scientific research and exploration. The agreement of the jury on the validity of the instrument and its comprehensiveness was high. We also calculated the internal consistency of the scale paragraphs by calculating correlation coefficients between the paragraphs according to the Pearson equation and distributed the results of this correlation as shown in Table (02).

1.2 Internal consistency: In order to check the correlation between each individual item with the total score of the scale, we calculated its validity through a preliminary sample consisting at (30) students from intermediate stage, the scale contains (54) words, and the following table shows the degree of correlation of each item with the total sum of the scale.

Table (02) Matrix of correlation between the test items of the scale list of trend towards addiction

N° of item	correlation	N° of item	Correlation
1	0.756	11	0.475
2	0.458	12	0.561
3	0.578	13	0.861
4	0.425	14	0.365
5	0.549	15	0.549
6	0.568	16	0.398
7	0.682	17	0.417
8	0.759	18	0.632
9	0.475	19	0.538
10	0.561	20	0.721

The table above shows a significant correlation at the level 0.01, between the matrix different levels indicating the presence of a high degree of sincerity of the internal consistency of the aspects of the scale.

1.3 Reliability: The researcher calculated the stability of the scale using a retest method within three weeks on the survey sample. It was found that the coefficient of stability is (76%) which is a quite high rate reliability.

This result confirms the possibility of using it with a high degree of effectiveness and confidence.

XI- presentation and discussion of the results:

1 results concerning the first hypothesis :

which states that there is a difference in the attitudes of subjects towards addiction after the application of the preventive program.

In order to test the differences between the sample members as a result of the guidance intervention, we performed a T-test of the students responses to the total scores they recorded on the items of the list of trends towards addiction and constructed table (03) which includes data analysis of the T-test .

Table No. (03) The table shows the difference between the mean and its significance and its value among the sample members in the scale of addiction trends in the post scale .

Variable	Attitudes towards addiction
pre test	
M	52.87
SD	4.44
post test	
M	58.50
SD	2.89
The difference	1.63
Value T	3.51 *
Direction of difference	in favor of post test

2 results concerning the second hypothesis : There is difference in attitudes towards addiction among students after the application of the preventive program according to gender as shown in the following table.

Table (04) shows the differences between the members of the training group according to gender after the application of the guidance

<i>Variable</i>	<i>Sex</i>
Male	(post test)
M	49.37
SD	6.52
Females	(post test)
M	52.87
SD	4.44
The difference	3.50
Value T	1.73
Direction of difference	Non significant

The above table shows no statistically significant differences at the level of significance (0.01) between the members of the experimental group according to gender, for T value reached (1.73), which is not significant. The difference between the means in the post test among gender reached (3.50) which is little.

3. results concerning the third hypothesis : There is a difference in attitudes towards addiction among students after the application of preventive program according to the educational institution variable , as is shown in the following table.

Table No. (05) shows the difference between the members of the training group according to the type of educational institution after the application of the guidance program

<i>Variable</i>	<i>Type of educational institution</i>
Government Institution	(post test)
M	50.37
SD	6.89
Private Institution	(post test)
M	45.37
SD	5.03
The difference	5.00
Value T	0.392
Direction of difference	Non significant

The above table shows no statistically significant differences at the level of significance (0.01) between the members of the experimental group according to the type of educational institution, as T value reached (0.392), which is not significant .

XII- Interpretation of the results :

The results revealed the presence of statistically significant differences at the level of significance (0.01), in the means of attitudes towards addiction among the training group in both pre and post test in favor of the post test.

This results indicates the occurrence of a change in the trend towards addiction in the training group, which confirms the effectiveness of the collective counseling program in making an adjustment towards their addiction. This was confirmed by Rogers when he said "the collective counseling program has a valuable influenced in the process of group psychotherapy ". It is the individual 's awareness of the multiple angles that can be considered , concerning the subject of self with the multiplicity individuals that compose the therapeutic group, such multiplicity leads to the expansion of the of the individual psychological field ,and this expansion is accompanied by an increase in the ability individual to assess things and not comply to one view that paralyzes its movement and disrupts its strength "(12); its shown in the table (04) and table (5) revealed the presence of statistically non significant differences among the experimental group concerning their attitudes towards addiction according to gender and type of institution , and this result confirms that

the impact of the program was not significant as far as gender and type of institution were concerned . This can be explained by the sense of community feelings of openness within the therapeutic group which has a significant influence in achieving the guiding objective in terms of adjusting attitudes toward addiction for the members of the training group were able to learn how to express their feelings and how to evaluate relationships with others spontaneously regardless of their gender or type of institution.(13).

XIII- case studies :

1. case study n°1:

He suffers from difficulties in addressing attitudes conducive to take drugs with friends in his neighborhood, especially as they offer him in order to obtain ecstasy at weekends.

Preliminary case data: name S. B, 13 years old, Gender: male, middle school student of the Al-Salam district in Oran- Date of preparation of the case study 31/05/2018.

Family Style:

- The father is 48 years old, a general medical doctor, who does not suffer from health disorders.
- The mother, 45 years old, she is a general medical doctor and does not suffer from health disorders.
- The second child of a family composed of three children, two daughters and son.
- The economic level is good.
- The prevailing pattern of socialization (pampering, religious education and moral education), the degree to which the child is related to his family =close.

Personal history:

The birth was normal, artificial feeding , weaning time two years, and the child's response to it is good, beginning of walk normal , the prevailing general trend in the first childhood (helpful, obedient)

History of educational background:

He joined private school at the age of 06 years, his favorite subjects are :mathematics and physical education , and his non - favorite subjects at school are: geography, his level of achievement= good, friendships and relationships with teachers are good.

Mental examination:

Current general appearance and behavior:

It includes general physical appearance= Good, virtual age 15 years, he is characterized by a middling stature, body abnormalities, motor habits (pour sweat), hair condition good, clean clothing, normal facial expressions, responding to the interview (shy).

Ability to focus:

Attention well focused on stuff .

Content of thinking:

suffers from the loss of real time and obsessions, ideas that are difficult to get rid of like when he wishes to obtain ecstasy through the use of drugs.

Emotional responses:

suffer from confusion as a result of ignoring how to cope with situations he experiences in the neighborhood that are stimulating the use of drugs.

Sensory functions and mental abilities:

- Awareness of space , time, and people = normal.
- Memory: direct memory is good, contiguous memory is good, remote memory is good.
- Assimilation and comprehension = fast comprehension .
- Intelligence= high.

Report on the first case:

According to the data presented in the first case study , the researcher found before the implementing the program that the case was suffering from a psychological conflict between the desire to use drugs and the inability to cope with the situations he comes across with on the one hand and the pattern of family socialization by a good religious and moral and social education, on the other hand, this made the case suffer from a state of tension and confusion before the application of the therapeutic program and which were overcome during the therapeutic sessions except for an increase in the ability to assess things and raise the efficiency of coping with these situations .

2. The second case study:

He faces difficulties in coping with the stimulating situations towards the use of drug with his friends in the neighborhood where he lives.

Preliminary data:

Name f. M, age 13 years ,Gender= male, student in a public middle school in the district of Colonel Lotfi in Oran. Date of preparation of the case study 31/05/2018.

- Family Style

- The father, 49 years old, works as an engineer in a public company, does not suffer from health disorders.
- The mother is 38 years old, house wife, she does not suffer from health disorders.
- The last child of a family composed of three boys, three boys.
- The economic level is average.
- The prevailing pattern of socialization (bossy), the degree to which the child is related to his family =close.

Personal history:

The birth was cesarean, artificial feeding , weaning time one year, the child's response to it = bad, beginning of walk= normal , the prevailing general trend in the first childhood (affectionate).

Educational history:

He joined school at the age of 06 years, his favorite subject is : physical education , and his non favorite subject is scientific education ,his level of achievement= Average, his friendships at school are good, his .relations with teachers are deteriorating.

Mental examination:

Current general appearance and behavior: It includes:

General physical Appearance =good, virtual age = 14 years, he is characterized by middle stature, body abnormalities= motor habits (over active), hair condition = good , clean clothing , normal facial expressions = responding to an interview (enthusiastic).

. **Ability to focus:** distracted.

The content of thinking : Has anti-realist feelings, abnormal ideas had occurred towards the drug power over the ability to study and intelligence.

. **The prevailing mood:** cheerful, careless.

Sensory functions and mental abilities: :they include:

- Awareness of space, time and people=good.
- Direct memory = good,
- Contiguous memory = average,
- Remote memory = good.
- Assimilation and comprehension = fast comprehension .
- Intelligence= high.

Report on the second case:

According to the data presented in the second case study , it appeared to the researcher that before implementing the program, the case was suffering from a psychological conflict between the desire to use drugs and the family upbringing pattern characterized by domination and an authoritarian mother, in front of indifference and maximizing the ability of magic drugs to raise intelligence and the individual 's ability to study and that before the application of the program. The drugs seriousness on the physical and mental health was discovered during treatment sessions, which led to change the case attitudes towards the consumption of narcotic substances .

XIV- Recommendations :

In light of the results of the study, we recommend the following:

- Conducting studies on the psychological structure dynamics of the adolescents who suffer from addiction.
- undertaking studies about the desire to use drugs in adolescents, and its relationship with some variables such as: Self-concept, social anxiety.
- constructing guiding programs based on different psychological counseling methods to provide adolescents with the necessary skills to enable them respond correctly to situations where they are exposed to drugs.

Conflict of Interest

The author Dr Bekkal Isma declare that she has no conflict of interest

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How to cite this article by the APA method:

Bakkal Isma , Tabbas Nassima , (2022), **The effectiveness of a preventive program based on the theory of Carl Rogers in changing adolescents attitudes towards addiction (Field study in Oran, Algeria)**, Journal EL-Bahith in Human's and Social's Sciences , Vol 14 (01) / 2022 .Alegria : Kasdi Marbah University Ouargla ,(P.P.529-538)