

ISSN: 2392-5442 ESSN : 2602-540X		<i>Sport system journal</i>
V/08 N/03 Year/2021		<i>International scientific journal published by: Ziane Achour –Djelfa- Algeria</i>
P 98 - 121		<i>Received: 27/04/2021 Accepted: 12/08/2021</i>

Using sport for drugs abuse prevention

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Abstract:

The article evaluates the rationale for using sport-focused interventions in response to drug use amongst young people. This is why the study came to highlight the importance of sport in strengthening the body, instilling self-confidence, eliminating free time and forming good relationships with others. Culture has always been associated with sport, which is the field in which all countries and peoples of the world have united in their practice and fair competition in it.

Because of the importance of the role of sport in occupying young people and keeping them away from behavioral deviations, we focused in our study on drug addiction and its types, its control, prevention and treatment, through the real impact of sport in preventing drugs and in immunizing young people from deviations and drug abuse and occupying their spare time for what benefits them and returns to their homeland And their community of benefit and interest.

Key words : drug abuse addiction ; sports ; programmes prevention .

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1. INTRODUCTION

The problem of drug addiction is one of the most complex problems facing societies at the present time, and it is hardly ever present ; From any country in the world, whether it was developed or developing, and it is a phenomenon that spreads like a cancer in the body of society and in all its classes and classes,

And there is no doubt that this The phenomenon has spread terror and anxiety in every family after drug traffickers were able to flood the markets with various types of these toxins, and they became; threaten the security and safety of society on the one hand, and they are working to collect billions of dollars on the other hand.

Drugs of all kinds, and their spread to a wide class of society, and their suspicious circulation was aimed at destroying human energy and productive power and the labor of youth; This necessarily results in a loss of hope in the future of sustainable development and its attendant excellence Economic and civilized advancement.

Sociological studies confirm that there is more probability for abuse problems to spread than to recede because of a rift In construction and social values, especially in developing countries.

For this is the use of sport is an essential pillar of individuals' activities through which the best investment of leisure time is achieved.

Because of its great importance in achieving the comprehensive enjoyment of the individual and achieving the integrated development of the personality, where recreational education plays a great role ; In guiding and caring for individuals of all groups for the targeted orientation programs it offers.

It is a preventive method, and it does not wait for the rise problems to begin to contribute to solving them, but rather aims to achieve the principle of security for the human being and satisfy the basic needs of the human being in the various stages of his development; It keeps it away from pests and distracts it from them, so the survival and development of any community depends to a large extent on how its members spend their spare time.

Based on that, the following question arises : Does sport activity have a role in reducing the phenomenon of addiction?

To answer this problem, the following questions are included:
What is drug abuse addiction , Recreational physical activity?

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What is the prevention programmes?

To answer this questions and analyze its dimensions, we will present in this article the using sport for drugs abuse prevention, in particular, it focuses on examining the significance of sport. Its then presents and unpacks well-established definitions of drug abuse addiction in adolescents and sport. This is followed by a macro overview of kinds of drug abuse and its factors, therefore, we highlighted using sport, and its participation effects , and the prevention programmes.

2. Title Drugs abuse in adolescent

2.1 Defenition of drug addiction

- Drugs are chemicals that disrupts the brain the nerve cell function. Addiction is all about getting accustomed to a particular habit which itself is a complex disease and inorder to quitting this habit depends upon an individuals strong will power. Drug abuse is all about dependence on a legal or illegal drug or medication.

Few legal substances like alcohol and nicotine are also considered as drugs.

This abuse disbalances the mindset of an individual by changing the structure and function of the brain. This habit or addiction has a great impact on brain. In order to presume a better life people must stop abusing drug. When an individual gets accustomed then he loses self-control and becomes unable to take any sound decisions.¹

- A drug is any chemical you take that affects the way your body works• Heroin, alcohol, ecstasy, caffeine and nicotine are all forms of drugs• A drug must be able to pass through your body and into your brain, allowing brain cells to be changed by interfering with the brains chemical signals called neurotransmitters .2
- Drugs make you less aware and alert making you feel carefree and can relieve pain• They can make you; sleep, have convulsions (fits) and even slip into a coma• For example heroin causes psychological and physical dependence which can lead onto comas and even worse death, as you can choke on your own vomit .3

2.2Second Subtitle : kinds of Substance Use and Abuse in Adolescents

Substance use among adolescents ranges from experimentation to severe [substance use disorders](#). All substance use, even experimental use, puts adolescents at risk of short-term problems, such as accidents, fights, unwise or unwanted sexual activity, and overdose. Adolescents are vulnerable to the effects of substance use and are at increased risk of developing long-term consequences, such as mental health disorders, underachievement in school, and a substance use disorder.

In modern Western society, substance use is an easy way for adolescents to satisfy the normal developmental need to take risks and seek thrills. Not surprisingly, substance use is common as adolescents get older, and about 70% of adolescents will try alcohol before high school graduation.

However, recurring or ongoing substance use is much less common. Even occasional substance use is risky and should not be trivialized, ignored, or allowed by adults. Parental attitudes and the examples that parents set regarding their own use of alcohol, tobacco, prescription drugs, and other substances are a powerful influence.⁴

1_ Alcohol substance:

Alcohol is the substance most often used by adolescents.

2_ Tobacco use in adolescents:

The majority of adults who smoke cigarettes begin [smoking](#) during adolescence. The single strongest risk factor for adolescent smoking is

- Having parents who smoke

Other risk factors often associated with starting smoking during childhood include

- Peers and role models (such as celebrities) who smoke
- Poor school performance

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- Other high-risk behavior (such as excessive dieting, particularly among girls; physical fighting and drunk driving, particularly among boys; or use of alcohol or other drugs)
- Poor problem-solving abilities
- Availability of cigarettes
- Poor self-esteem

Parents can help prevent their adolescent from smoking and using smokeless tobacco products by being positive role models (that is, by not smoking or chewing), openly discussing the hazards of tobacco, and encouraging adolescents who already smoke or chew to quit, including supporting them in seeking medical assistance if necessary.

3_ Electronic cigarettes

Electronic cigarettes (e-cigarettes, e-cigs, vapes) have also been increasing significantly in popularity and may be mislabeled as safe alternatives to cigarettes. E-cigarettes contain liquid nicotine, which is the highly addictive part of tobacco. The liquid is heated into a vapor and inhaled. Because there are no combustion products of tobacco, these products do not have all of the same adverse health consequences. However, nicotine is highly addictive, and nicotine toxicity is possible. There are also a number of other ingredients in the liquid, some of which may be toxic but the long-term effects of which are not currently known. Second-hand vapor from e-cigarettes contains both nicotine and the other ingredients.

Third subtitle: The factors of drugs abuse

3_1_ Biological Factors

In Drug Use There are biological mechanisms responsible for humans' variety of sensations in the brain inclusive of pleasurable sensations. Studies found humans' brain to have a natural "pleasure pathway" that mediates the experience of reward. It is through the activation of this pleasure pathway that an individual experiences a pleasurable sensations or feelings.^{1,5} Therefore, the consumption of illicit drugs activates this pleasure pathway and consequently produces the pleasurable experience. Though the exact location of the pleasure pathway in the

brain is yet to be identified, it is definite that everyone has this pathway 6 , contributing to the fact that every human being has the inclination to be addicted and dependent on drugs. However, the chances of getting addicted (predisposition) are not the same for each individual.

In sum, due to biological factors, though the mechanism of activation in the pleasure path is the same, the degree of activation is not the same for different individuals, contributing to different individual's predisposition to drug abuse.

3_2_Environmental Factors:

Availability and Accessibility of Drugs Availability of drugs or accessibility of drugs is one of the factors contributing to the increasing drug abuse during recent decades. According to the Bureau of Justice Statistics' report in 2007, 22% of students in grades 9 through 12 admitted that they had been offered, sold, or given illegal drugs on school property. According to Majelis Bangsa-bangsa Bersatu , easy accessibility of drugs has been one of the current situations among the youth. Rationally, when accessibility of drugs is easy, chances of people trying out and consequently being addicted to drugs is increased. Hence, accessibility of drugs is an issue requiring immediate attention so that actions could be carried out to minimize or eliminate possible negative effects. In order to obtain better income, drug syndicates are becoming more creative in tempting people to be involved in drug abuse and consequently be addicted 7.

3_3_ Familial Risk Factors

Familial risk factors include childhood maltreatment (including abuse and neglect), parental or familial substance abuse, marital status of parents, level of parental education, parent-child relationships, familial socioeconomic status, and child perception that parents approve of their substance use. Child maltreatment has been classified for the purpose of this paper as a familial factor, though it is important to note that not all maltreatment is perpetrated by a family member. The federal Child Abuse Prevention and Treatment Act (CAPTA) defines maltreatment as child abuse or neglect, which encompasses any act or lack of an act by a child's caretaker that results in physical or emotional harm 8.

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3_4_Neglect

A legal definition of child neglect includes any situation where a child's caregiver does not provide adequate living necessities, including protection, clothing, health care, and/or food 9.

Studies have consistently shown that victims of neglect are at increased risk for substance use 10.

Additional research has begun to explore the effects of child neglect on adolescent brain development. Because children in adolescence are undergoing developmental changes, neglect during this period can have long-term effects 11.

It is difficult to study the ramifications of neglect on the brain because of the existence of other contributing factors, such as domestic violence, socioeconomic status, and prenatal exposure to substances 12.

It is also more likely that females' relationship with their parents or conflict within the home will be linked to their choice to use substances than males .

These styles of coping may be a result of socially defined parameters of gender expectations 13.

3_5_ Social Risk Factors

Social factors that contribute to increased risk for adolescent substance use include deviant peer relationships, popularity, bullying, and association with gangs. Social influences and familial influences are often present simultaneously. This interaction creates a complex system of risk factors that predicts adolescent substance use, which is important to take into consideration.

3_6_ Deviant Peer Relationships

The influence of peers on adolescent substance use often exists in the form of deviant peer relationships, wherein an adolescent associates with a group of people who use substances, or in the form of perceived popularity 14.

Research has shown that deviant peer relationships are positively associated with adolescent substance use.

It is possible that a shared inclination to use drugs and alcohol attracts deviant individuals to form peer groups or that, in order to gain social standing or join a

group, individuals are motivated to use substances and thus form a deviant peer group 15.

Entry into deviant peer groups has also been shown to be significantly associated with negative parent-child relationships, which can cause adolescents to seek deviant connections in their social sphere 16.

Conversely, parental involvement and respect for parents have been negatively associated with substance use 17.

This is an example of a way in which factors from familial and social spheres may work for or against each other in leading to adolescent substance use. Some researches have also found that adolescents who grow up in unstable community environments (defined to include lower levels of employment and less access to resources) are actually less susceptible to deviant peer influences 18.

This may be because privileged adolescents may not be exposed to substance use except via peers, whereas underprivileged adolescents face more risk factors, and thus peer influence decreases comparatively.

It may also be a result of lower perception of risk of mild experimentation with substances within privileged communities¹⁹.

3_7_ Peer Pressure and Popularity

Similarly, peer pressure and perceived popularity have been shown to be associated with increased risk for adolescent substance use.

Specifically, when adolescents believe that their popularity within a peer group increases with the use of substances, they are more likely to participate in such substance use²⁰.

Adolescents who self-identify as popular have shown to have increased prevalence of substance use when compared to adolescents who do not identify this way.

There may also be a greater correlation between substance use and self-identification of popularity than between substance use and popularity as assessed by peers ²¹.

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Though research into specific types of social motivation is limited, one study revealed that adolescents who seek to be the leader of a group or to stand out above others are more inclined to smoke cigarettes, which can be perceived as an association with maturity, whereas those who seek to be accepted by a group are more inclined towards alcohol use, which is perceived as a communal activity 22.

3_8_ Bullying

The National Institutes of Health define bullying as a series of interactions whereby a group or individual verbally or physically assaults a victim who is perceived to be weaker 23.

All adolescents who participate in bullying, whether they are the perpetrator, the victim, or a combination of both roles, have been shown to have increased risk of mental health disorders and psychosocial problems when compared with those who do not participate 24.

Some research shows that females are more likely to be bullied via verbal attacks and gossip than males, who are usually physically bullied. Males also participate in all roles of bullying at a higher level than females.

Research has revealed that playing the role of the bully has been positively associated with increased alcohol use. Interestingly, being a victim of bullying has an inverse association with alcohol use.

However, those studies also indicate that victimization is positively associated with other forms of substance use, including marijuana, inhalant, and hard drug use . This is consistent with another study, which found that victims of bullying were more likely to engage in substance use than uninvolved youth 25. Adolescents who fill the role of both the perpetrator and victim tend to have the highest susceptibility to mental disorders, such as depression and anxiety, though it is not clear whether mental disorders precede bullying or vice versa The effects of bullying on mental health of participants have shown to be similar among males and females .

Familial factors have also been shown to have influence on gang involvement. Risk of substance use as facilitated by involvement with a gang has been shown to decrease in the presence of positive parent-child relationships and authoritative behavioral parenting.

The literature often refers to positive familial environment as a protective factor that moderates adolescent substance use via gang involvement. There is some evidence that cultural values of specific ethnic groups can also act as moderating factors or risk factors for adolescent substance use.

3_9_ Individual Risk Factors

Though many risk factors for adolescent substance abuse and dependence are external, there are some individual factors that can contribute to the risk of developing a substance use disorder. Within the literature, two commonly discussed individual risk factors are attention deficit hyperactivity disorder (ADHD) and depression 26.

Likewise, individuals who are diagnosed with posttraumatic stress disorder (PTSD) or mental illness are at greater risk for adolescent substance abuse. Individual sexual orientation and ethnicity, as contributing factors, also appear in the literature, though findings are generally less conclusive.

3_10_Depression

The term depression encompasses feelings of sadness, pain, gloom, or anger. Clinical depression specifically refers to situations wherein a person's depressive feelings interrupt their daily life 27.

Depression has been shown to be linked to genetics and may also result from stressors such as parental divorce, parental substance abuse, depression of a family member, or feelings of inadequacy. These stressors can lead to feelings of sadness, which some adolescents have reported to be a motivator for them in deciding to begin substance use .

This form of “self-medication” is common among adolescents who may not be identified as clinically depressed, yet still suffer from some form of depression 28.

The majority of studies have found that depression begins before the onset of substance use, rather than substance use being a precursor to depression

This sequence indicates that the initial lack of dopamine may precede substance use. This is consistent with the idea that feelings of sadness and pain experienced during depression may lead adolescents to seek relief in the form of substance use 29.

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3_11_Advanced Technologies :

The easier communication and interaction among humans as a result of advanced technology, specifically internet, has been providing a diversity of benefits to human beings. Unfortunately, it is not without its disadvantages. In this case, in particular, internet has eased the transaction of drugs selling. Sales of drugs on net increase exposure and hence accessibility of drugs to non-drug users who might be tempted to later abuse drugs. Internet has been a popular tool for marketing and purchasing stuff including herbal dietary supplements.³⁰

Among the herbal supplements sold on net, 48% has been found to be likened to illicit drugs such as marijuana and ecstasy. With just a click away, both first time drug user and chronic drug abuser are able to have drugs delivered to their door step. This is greatly favored by the individuals involved as both the sellers and the buyers get to maintain their anonymity.

Furthermore, through internet, chronic drug abusers get to keep in contact with drug sellers to ensure continuous source of drugs. Besides, through the borderless World Wide Web, people especially the youth get to learn more about drugs easily. This is especially awful when some drug abusers share in forum or their own website/weblog regarding their positive experiences with drugs. Some feature tips on where to get a particular drug, the different ways of ingesting the particular drug in order to obtain different effects, descriptions on the momentary happiness or “high” as a result of the drug, information on the duration of the effects, possible side effects and so forth. Some even have frequently asked questions (FAQs) and questions and answers (Q&As) section to answer people’s inquiries regarding drug abuse. Undeniably, there are also websites advocating anti-drug messages by communicating the negative impacts of drug abuse and other related information.³²

In fact, by simply typing in a particular drug’s name in Facebook search engine yields several groups supporting the use of the drugs. Quoting a drug abuser from Japan:¹² Even less than 10 years ago, you had to go to specific areas... to acquire illegal substances... you really had to know where exactly to go, and when. Now, if you spend a few minutes online, it’s really easy to get access to information about the soft stuff.

3. Title : using sport for drug abuse prevention in adolescents

Adolescence is characterized by risky behavior and impulsive decision making, which often exposes adolescents to psychoactive substances. Meanwhile, neural circuits refine and mature during adolescence, creating a window of opportunity for environmental insults to impact brain maturation and potentially confer susceptibility to life-long drug addiction. Indeed, an early age of first drug use (before 15 years old) is strongly associated with risk for developing a substance use disorder later in life.

Due to sport participation can play an important and positive role in the health and development of children and youth. One area that has recently been receiving greater attention is the role that sport participation might play in preventing drug and alcohol use among youth.

3.1 First subtitle : Defenition and the importance of sport on addiction (drug abuse or alcohol use)

- **Defenition Recreational physical activity:**
- **Theoretical definition:** It is those games or sports that are practiced at leisure and free from intense competition. Take up leisure time.
- **Procedural definition:** They are the various individual and team sports practiced by the adolescent in sports societies and cultural clubs, which Through it, it aims to achieve good fitness, pleasure, happiness and enjoyment in life, and to get rid of the burden of work and the burdens of daily obligations or
To be free from family or social connections, and to take the spare time to be away from the pests and dangers of drug use.

➤ the importance of sport for addiction (drug abuse or alcohol use)

Sport has a great role in all aspects of life, in addition to its role in physical health, investing leisure time and forming good relationships with others. Culture has always been associated with sports, and it is the field in which all countries and peoples of the world have united in their practice and honest competition in it.

In view of its role in occupying youth from behavioral deviations, all official institutions in the areas of control, prevention and treatment have focused on the real impact of sport in preventing drugs and in immunizing young people from crime and delinquency, and the consequent cases of suicide and drug abuse, as the

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problem of social ills in society has become, Especially young people, one of the biggest obstacles that have faced and faced all countries of the world for years, and the great impact of the problem of social ills on societies is evident in their complexities and the human behaviors that accompany them.

The problem of social ills has roots that affect all aspects of economic, social and cultural life that require solutions, from housing problems, to unemployment, to illiteracy, to health problems, to family problems, which call for a basic national mission that requires radical solutions through the concerted efforts of all institutions of society for the sake of Addressing them, as educational institutions such as schools, institutes, universities, education centers, various media outlets, and civil society institutions play a great role in confronting and preventing social waves of pests, by addressing the issue of social pests and contributing to educating individuals of their dangers and negative repercussions in a comprehensive scientific way, from In terms of the causes, results, or possible solutions, in addition to the role of legal institutions through penal laws and control devices

As well as the role of security men from police, gendarmerie and customs men, in terms of monitoring young people to ensure good work and monitoring, in addition to the role of health institutions, social care institutions, and families that have to put the problem of addiction and dealing with contraband and drugs at the top of their list of work, by forming specialized committees in cooperation with the official bodies that Health professionals, psychology, sociology, social service, law, religion, and education oversee its work to undertake comprehensive preventive efforts.

Perhaps one of the basics of prevention and treatment of this scourge is the development of a love for exercise in the hearts of young people by shedding light on bright and influential models of athletes and stating the benefits of practicing sport in both mental and physical terms, and the importance of sport lies in the health and social benefits resulting from that practice, and the importance of sport also lies in Interest in sports and athletes and the establishment of more youth hostels in all regions.

Further investigation revealed that participation in sports reduced the risk of overall illicit drug use, but particularly during high school; suggesting that this may be a critical period to reduce or prevent the use of drugs through sport. Future research must better understand what conditions are necessary for sport participation to have beneficial outcomes in terms of preventing alcohol and/or

illicit drug use. This has been absent in the extent literature and will be central to intervention efforts in this area.

Sport participation can play an important and positive role in the health and development of children and youth 33.

There is, however, also the recognition of the potentially damaging effects that sport participation can have on children and youth (e.g., excessive demands and expectations that exceed one's physical and/or emotional maturity, negative adult involvement, risk of injury 34.

One area that has recently been receiving greater attention is the role that sport participation might play in preventing drug and alcohol use among youth.

To date, several systematic reviews have been published on the association between sport participation (primarily with respect to organized high school and collegiate sports) and alcohol, tobacco, and illicit drug use 35 .

Collectively, the reviews suggest that sport participation is associated with a lower use of tobacco and illicit drugs during adolescence, but that it tends to be associated with an increased use of alcohol. There is also some evidence suggesting that the effect of sport participation on drug and alcohol use may vary by gender, race, and the kind or type of sport.

3.2 Second Subtitle

Effect of sport participation

- **Effect of sport participation on alcohol use**

Overall, there is consistent evidence to suggest that sport participation is positively associated with alcohol use. A total of 14 studies (82%) found a positive relationship between sport participation and alcohol use (i.e., sport

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participation associated with increased alcohol use) while only three studies (18%) reported no significant relationship (positive or negative) 36.

Upon closer investigation, however, there is some evidence that the strength of this relationship may in part be influenced by the timeframe in which sport participation was measured, the potential modifying effects of socio-demographic factors, and the type of sport.

- *Effect of sport participation on alcohol use: length of follow-up*

The findings from the short-term studies were largely consistent, suggesting that sport participation is strongly associated with increased alcohol use during the late adolescent period. With the exception of, all short-term studies found a significant positive relationship between sport participation and alcohol use. However, because considered sport participation together with other extracurricular activities, the independent effect of sport participation cannot be determined.³⁷

Findings from the long-term studies also suggest that sport participation appears to be positively associated with alcohol use. There were two long-term studies (22%) that did not find a significant relationship between adolescent sport participation and alcohol use 38.

Both of these studies, however, measured alcohol use at follow-up six-years later — which could be too long between assessments to capture meaningful associations. Importantly, 80% of the studies (4 of 5) found sport participation during the peri-adolescent period being indeed positively related to increased alcohol use during late adolescence and into early adulthood.

Third subtitle : Effect of sport participation on illicit drug use

Sport is a great and important factor, especially on adolescence, clarified the role of sport in limiting the spread of drugs and the lack of abuse of opioids, and confirmed the following: -

1_ Sport is a protective factor against drug and heroin abuse.

Exercise has both the physical and social benefits of preventing teens from using opioids.

2_ The majority of adolescents exercise, even those who do not engage in extreme sports, are physically active, so they strengthen their body muscles to prevent injuries.

3_ The study also confirmed that exercise helps a recovering addict not to relapse, especially cocaine addicts.

4_ More broadly, the role of sport is to limit the spread of drugs, as follows: -

➤ **mental health:**

Most drug addicts tend to abuse because of bad mood and going through some mental illnesses and disorders, but here sport plays a role in feeling relaxed and relaxed and relieving feelings of tension, depression and anxiety, which makes a person less likely to take drugs.

➤ **Physical health**

Exercising regularly, protecting the physical health from diseases and viruses, in addition to strengthening the immune system, and reducing the risks of diabetes and heart disease, as it is part of the treatment program to quit drugs, and the elimination of drug toxins in secretions of sweat during exercise.³⁹

Third title : Prevention programmes

Botvin cited several key factors required in prevention programmes to make them effective. These factors include a need to address multiple risk and protective factors, provide developmentally appropriate information relative to the target age group, include material to help young people recognize and resist pressures to engage in drug use, include comprehensive personal and social skills training to build resistance, deliver information through interactive methods and cultural sensitivity that includes relevant language and audiovisual content familiar to the target audience. Successful prevention programmes should incorporate all of these characteristics and can then be provided through the family, school, community or healthcare community. ⁴⁰

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Preventing drug use among children and adolescents; emphasizes both the role of family and community prevention programmes as vital to deterring child and adolescent substance abuse.

First subtitle : types of programmes prevention

The findings are summarized below:

➤ *Family prevention programmes:*

The NIDA Report emphasizes strengthening protective factors through the family, including increasing family bonding and using appropriate discipline. The following family characteristics place children at a higher risk for substance abuse: parent with a history of alcoholism and drug abuse, high levels of family conflict, lack of and/or inconsistent parental discipline. It follows that eliminating these risk factors can reduce the risk of a child/adolescent abusing drugs and alcohol. Once these risk factors are identified, families may benefit from formal prevention programmes that can focus on enhancing family bonding, parenting skills (including communication, rule-setting, appropriate disciplinary actions) and changing parental behaviours that may place a child at risk for later abuse [41](#).

One example of a family prevention/treatment programme is multi-dimensional family therapy (MDFT). This is a comprehensive family-based outpatient or partial hospitalization (day treatment) programme for substance-abusing adolescents and those at high risk for continued substance abuse and other problem behaviours. MDFT focuses on helping youth develop more effective coping and problem-solving skills for better decision-making and helps the family improve interpersonal functioning as a protective factor against substance abuse and related problems. Liddle compared multi-dimensional family therapy with individual cognitive behavioural therapy (CBT) and found that although both treatments were promising, MDFT was more efficacious in treating substance use problem severity, in addition to creating more long lasting effects than standard CBT.[42](#)

➤ **Teaching Prevention in Schools :**

Schools can play a powerful role in prevention as teachers and administrators often are the first to detect warning signs of possible drug problems, such as poor school attendance or declining academic performance.

The following programs demonstrate the effectiveness of these essential elements in building comprehensive school-based strategies to prevent alcohol, tobacco, and other drug use.[43](#)

In addition to family programmes, NIDA emphasizes school and community programmes as being beneficial in substance abuse prevention. The Report also suggests introducing programmes at an early-age (pre-school/first grade) to address risk factors for later substance abuse, such as early aggression, poor social skills and academic difficulty.⁴⁴

The programme goals are to increase school performance, reduce drug use, and learn skills to manage mood and emotions. RY blends small group work (10-12 students per class) to foster positive peer bonding, with social skills training in a daily, semester-long class. Early experiments have shown that participation in RY improved school performance (20% improvement in grade point averages), decreased school dropout, reduced hard drug use (by 60%), and decreased drug use control problems, such as progression to heavier drug use. ⁴⁵

second subtitle : Steps to solving a drug problem at adolescent

1. Identify the problem in your home. If you are unsure, but suspect of a problem, consult a trusted professional. It is often difficult to tell if a teenager is abusing substances. We have seen families where the parents were medical professionals, yet a substantial alcohol/drug problem was completely missed.
2. Talk with your teenager about your concerns. Listen to what he or she has to say. Your teenager may become very angry, defensive, noncommunicative, hostile or disgusted. Don't be intimidated. Most teenagers when confronted will deny or grossly minimize a problem. If your teenager refuses to talk about a drug problem and you are still concerned you must act because a teenager with a drug problem won't take the first step. Take your teenager to a trusted professional (physician, psychologist, etc.) for an assessment. Your actions must convince your child that you mean business.
3. Put your plans into action! Firm rules must be set. As a parent, you need to recognize you can't stop your adolescent from using drugs if they really want to. However, you can control drug usage in some environments (like your home) and you can be a major reason for their deciding to stop using drugs. Research clearly shows parent/family connectedness and parental presence (before school, after school, dinner and bedtime) are definite protective factors in the use of alcohol and drugs.

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Finally, because drug usage is often a complex problem, many parents find outside professional support is essential. Trained and experienced family physicians or psychologists in the treatment of teenage substance use are the best sources of help. Though the road to success and drug-free living is sometimes painfully long and difficult .46

Third subtitle : Solutions to Reducing the spread of drugs

After we learned about the role of sport in limiting the spread of drugs, the risk of drug and stimulant addiction still clashes in the lives of athletes, and that is why we have provided you with some tips that help limit the spread of drugs.

Parents are the best protection youngsters can have against drug abuse. Prevention is the process, which builds into children a resistance to abusing drugs, so that drug use never begins. Prevention is a simple concept but it requires constant work to be successful.

Prevention is a positive process. It is a process, which cannot be started too soon. Research indicates that children and teenagers diagnosed with ADHD are at greater risk to alcohol and drug abuse than children and teenagers in the normal population. The following are important elements in helping kids resist becoming involved with drugs and alcohol:

1. Love and affectionate as the child grows.
2. Consistent and fair discipline.
3. Open channels of communication for thoughts and feelings.
4. Opportunities for successful experiences at home and in school.
5. A stable family atmosphere (family time together, family rituals).
6. Tolerance of the child's mistakes (no put-downs).
7. Models of strong, thoughtful and feeling adults.
8. Avoid the use of violence and cruelty in dealing with children.

Launching community awareness campaigns through the media aimed at 9.raising awareness of the danger of drug spread.47

Correcting the rumors claimed by some about the benefits of the drug on 10.revitalizing the body.

11. Awareness and urging mental illness caused by drugs.

12. Preventing and fining media outlets that broadcast scenes containing alcohol and narcotic substances.

There is nothing more important in preventing drug abuse than spending time with your children. Take time to do what they enjoy, to share some skills, to build family rituals and rapport.

4. CONCLUSION

The purpose of this study was to investigate the relationship between sports activity and experience of smokin, alcohol and drug abuse ; that is why recreational and sportive activities are considered one of the main and important destinations in which teenagers spend most of their time.

The latter provides it with benefits that reflect positively on the physical and psychological health of the adolescent, as it is a real outlet for them to live through the atmosphere of happiness.

And joy and forgetting the worries and social problems, and alleviate the psychological, social and economic pressures that face them, and thus can

Exploitation of this factor to play a role in prevention and awareness of the dangers of falling into the clutches of drugs.

The part of young adolescents and spending it in the practice of sports activities is one of the most important approaches to drug prevention.

We can say that; Sport is big business, international in nature, and the focus of much media and cultural attention .

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