The Attitudes Towards Digital Drugs

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Abstract:

The current study aims to reveal the attitudes and the Algerian society's knowledge of digital drugs, where the sample size was(300) individuals from the Algerian community of different age groups, as we relied on the survey descriptive approach and developed a questionnaire to reach any results which it showed that the Algerian community has no great knowledge for digital drugs. **Keywords**: digital drugs, Algerian society, survey.

Corresponding author: Pr.Ibriam samia, e-mail: ibriam.samia@univ-oeb.dz Problematic-Introduction:

the attitudes towards digital drugs

Nowadays the internet playes a great role in the prevalence of many phenomena, it could be negative as it could be positive. Internet seems to be as a double edge sword.

Through this virtual world, many practices has appeared, in one hand, there are good and useful practices that facilitated the human life. But, in the other hand, there are practices which are deviant and harmful for the human use. That is perhaps what made many researchers interested in the study of the deviance related to the internet.

It has become familiar for today, that every conventional thing is matched with something digital or technical including even the world of drugs. Recently a new kind of drugs has appeared known as digital drugs, which is a new deviant practice related to the internet. Mostly it starts by curiosity until it may become as an addiction that exhausts health and waste time.

Those drugs also known as I-dosing or Binaural beats, are emitted in both ears with a specific technique, affecting the brain with a simulated effect of classic drugs.

Mental representations of sounds cannot be observed directly, but one way to study scientifically these representations is through a variety of tests that analyse how people react after such sensory experiences.

Normally the human brain deals with rhythmic beats as electrical impulses or brain waves, The digital drugs theory is to control these brain waves by synchronizing them with designated binaural beats, which is the same theory, applied to the action of many medications known as biofeedback. (Ming, 2014, P.399)

In this research, a try has to be made in order to get closer to the nature of this practice by knowing its foundation, development and the various opinions that revolve around this phenomenon, as well as investigating the knowledge level of digital drug abuse in algerien society.

From this we ask the following question :

What is the knowledge level of digital drug abuse In Algerian society? **1-Aims of study:**

- 1-1-Identifying digital drugs and the danger that they may cause.
- 1-2-Exposing the Algerian society's knowledge level about this type of drugs.

2- importance of the study:

The importance of this study lies in the fact that it is a descriptive survey study that allows us to reveal the extent of the Algerian society's knowledge of the concept of digital drugs and if it is really spread among its circles. This allows us to carry out more studies on this phenomenon and put the deterrent solutions necessary to prevent it if it really exists.

1-Digital drugs and how it works:

In fact, this concept has two meanings: the first one refers to the drug which is everything that has an effect on the human body or brain, makes it in unconscious state and leads to Ecstasy, while the second refers to the digitization, which is a transformation or conversion process of images, files or electronic sounds to symbols and codes. Therefore, it is a digitizing process of the familiar conventional drugs' effect and its transformation. In other words, digital drugs are a set of tones that can be heard through two headsets each one in one ear, where certain sound frequencies are transmitted in the right ear and the lower pitch frequencies to the left ear. (Ben daoud,n.d, P.6)

These frequencies or sound waves are unheard to the ear and they are called the white noise. It is covered by the simple rhythms to cover the undesired waves' sound.(Abd el rahmen, 2010, P.5)

So, the brain is led to generate slow waves as alpha waves, that are associated with the state of relaxation and fast waves as beta waves, that are associated with the unconscious state, accompanied by hallucinations and a loss of physical, psychological and mental balance.(Abou douh, 2016; P.14)

When the brain attempts to combine the two frequencies in both ears at the same level of the two sounds, this process can cause a distributing brain function in relation to the electrical signals it emits. In this regard, the digital drugs' dealers can control the amount of the turbulence and the electrical signals to create the desired euphoria to each user. Indeed, these frequencies can have approximately the same effect as the drugs that are taken orally (through the mouth), by injection or by inhalation. In other words, it is said that these frequencies can cause the same effect as cocaline abuse and leads to the same level of euphoria, and the transmission of a kind of frequencies causes the same psychological effect during the

consumption of a real drug. (El khalidi ;P.251)

So The digital drugs cannot be seen or tasted or even touched, all what you need is laptop or smart phone. (NLCC,2011,p.1)

There is a prevalence of many applications and websites that promote this kind of drugs such as the **I DOSER**. This latest provides the capacity of choosing among the various music tones. It is available in several doses where the type of the music or the required dose can be chosen, as the time of the tones varies according to the required state. It starts from 15 min to 40 or 50 min in which the listener separates himself from the external world by closing his eyes, putting the headsets on, turning the lights off and closing all the surrounding devices especially the phone.(Abou Douh, 2016, P.15)

It has been mentioned by the American website «c net» that the number of the musical files have been downloaded and repeated more than 1.4 million times among them 18 thousand times in one week. The I DOSER website tempts its users at the first time with a free use of the website and motivates the dealers to sell its files or the network for a commission that exceeds 20% whereas the price of one file can cost 3 to 9 dollars and the first file is to be for free (the first try is for free). Furthermore, the files/ the doses are divided into categories like hallucination, sexual spiritual drugs, happiness, anti-anxiety, fast drugs and pure drugs. (Abd El Rahmen, 2010, P.10)

The spread of such applications can make it possible to get an easy access to have such substances, in which at the very beginning it starts by a curiosity drive until it reaches the addiction phase. In order to understand the nature of digital drugs there is a must for knowing first the principle of how this concept has been founded and at what basis it has appeared.

2-The basis of digital drugs origin/ foundation:

The concept of depending on music in order to cause some positive changes in the mood, emotional and physical state is; in fact; an old concept. It has been used in the 70s by psychiatric hospitals and the American Mental Health, and this for the aim of stimulating the mind to excrete the hormones of happiness, relaxation, and psychological pleasure which are the Dopamine and the Texotocin hormones.

In 1839, Heinrich Wilhelm Dove, a Prussian physicist, discovered that binaural beats had an impact on the brain.(Chaieb,2017,P.11)

Those beats are an auditory illusion perceived when two different pure-tone sine waves with frequencies less than 1500 Hz with an interwave difference less than a 40 Hz are presented to a listener dichotically through each ear. (Wallbrink, 2007,P.200)

When the listener uses a headphone, he can notice the minimal difference in frequencies of perceived tone and subsequently tones the brain waves to this frequency producing the desired effect.(Ming,2014,P.406)

It is a technique that depends on transmitting approximate / convergent frequencies in the ears, and this is done according to the principle that one ear is weaker than the other, in this regard, these approximate frequencies can stimulate the mind and make the patient aware to receive higher or lower musical tones accordingly to the needed purpose. This technique has been applied mostly in cases like: the lack of hormones that result from brain surgeries (Moussa,2017,P.3)

Heinrich has stated that by sending two different frequencies to each ear, the listener can hear a fast beat of sound and this phenomenon is known a binaurel beats .(Abou douh,2016,P.7)

The digital drugs have been founded via the binaurel beats technique, it is used for the first time in 1970s for the treatment of mental illnesses for those who are suffering from mild depression and reject drug therapy, So they were treated by electronic oscilloscopes to simulate the brain to excrete mood booster substances.(Hassen,P.1)

This technique has been tested by the American physicist scholar (Oster, 1973) in one of the medical American faculties in New York City where different kinds of music has been blended with other sounds by adjusting it with specific sound frequencies on both ears. The preliminary results confirmed that this technique can cause certain brain changes to those who are exposed to this technique. Thus, this development has been considered as a potential to develop a new brain technique that has to be studied and tested on research and medical centers in the universities in order to confirm its use in treatment and alternative medicine. (Abou Douh, 2016, P.9)

Also, this technique was used in the second world war as a tool to torture prisoners. Indeed, the prisoners eyes are to be covered then they receive a kind of motivational music with different frequencies ranging from 900 to 950 hertz and this is what affects the brain

electrical activity and shocks the brain hemispheres simultaneously that may leads to death .(Moussa, 2017,P.4)

It is considered that the first appearance of this technique was in **Oklahoma** City in the United Utates. There are news that have been spread on the Media exposing number of students that have showed symptoms of euphoria and drunkenness, although these students did not take any kind of drugs or alcoholism but rather they have listened to a certain kind of music with specific sound frequencies .(Walch.2001.pp.5-60).

From the above mentioned information, it is concluded that digital drugs have been founded on the basis of binaurel beats or what is known as **ears double-clicking**. Indeed, it is an old technique invented for therapeutic purposes. However, it has been used for other purposes: the idea of relying on music to support some positive changes in the brain and all of mood, emotional and physical state. It is an old concept which is totally confirmed in away that the music truly has an effect on the human brain activity since it can help the individual for relaxing, reaching the mental clarity and recovering after making efforts. Nevertheless, there are some "sick minds" that took advantage of the principle that the music and the ear double-clicking technique are based on developing a new kind of drugs, for that it would be easy to fall as victim to this deviant practices via internet and being addict to them, especially if they have a similar effect as the effect of real "hard" drugs.

3-Various perspectives about the reality of digital drugs effect:

According to Dr. Ludwig Kappos, from the University Hospital Basel "*No scientific study has yet proven the dangerousness of these drugs*". (Bossy and all,2012,P.38)

Doctor **Raji El Omda**; the neurology consultant in the United nations medical committee; has confirmed that these doses of loud music cause bad effect on the level of brain electricity, and this effect does not only give the consumer a feeling of joy and euphoria but rather it can cause what medically is known as a moment of mind distraction; which is very dangerous; because it makes them (consumers) feel in an illusional way a kind of enjoyment and euphoria while in fact it is only a moment when focus is severely reduced and detachment from reality occurs. In addition, the frequency of the brain's different electricity waves caused by loud

noise can rather lead not only to distraction but it can cause a convulsive seizures.

Unlike doctor Raji, Doctor mohamed ahmed awida -professor of psychiatry in the medicine faculty of AL azhar University- views that using high and loud music for therapeutic purposes is proved by science in a way that it can replace the hallucinogenic drugs that are used in the treatment and cause addiction. This latest is know as the holotropic technique, it allows the listener after a short period of time to enter a phase called a pre-awareness which is a phase between consciousness and subconsciousness where the human can retrieve his memories and co-exist previous experiences that can be painful and cannot be retrieved in the normal conditions. These moments can go back to the moments of his birth.

Professor Awida has stated also that digital drugs drag young people to a pretty situation similar to the holotropic effect. He mentioned that this way of treatment should be done under the supervision of a doctor in order to be able to define the music quality and duration of listening because its impact can be devastating since it has the same effect of hallucinogenic drugs leading to addiction. Also, the effect of these digital drugs is different from one person to another because there are people who have undiscovered epileptic foci and those are the kind of people who get convulsions when they listen to music. In this regard, Preget forgo - the American expert in the neurological and the psychological effects- explains these mechanisms by the way the ear double-clicking technique sends digital substances: it sends similar sounds in both ears but with different frequencies in each ear. It may lead the brain to generate slow waves like alpha waves related to the relaxation state, and the fast waves as beta waves related to the awakening and concentration cases. Here, the receiver feels unconscious accompanied with hallucinations, loss of physical, psychological and mental balance. Forgo views that the overuse of motivating sounds can lead to a long term disturbances in sleeping and cause anxiety similarly as taking steroÏds used in pathological conditions as psychological therapy (Abd El Rahmen, 2010, pp.9-10).

Many research studies have mentioned that the individuals who are exposed to binaurel beats operation are exposed to have depression and anxiety symptoms as having a sharp deterioration in the emotional and the mood state. They suffer from a lot of

differentiated and unjustified changes in their emotional states throughout the day (Abou Douh, 2016, P.16)

Unlike what previous scholars have mentioned, some other specialists in the medical setting view digital drugs only as an illusion. It depends on the user's ability to accept its effect and the extent of suggestibility. Therefore, their effect is psychological rather than chemical, and it is inappropriate to attribute the labeling digital drugs to it because they are not drugs but are considered as frequencies causing an affect on the mood state of the individual.

Thus, there is a study about drug control conducted in the American national institution (2010)- published by the Washington post news paper- confirming the non existence of any scientific data about digital drugs, as it has been confirmed by doctor Fligor Brianfrom the department of hearing and diagnosis in the hospital of children in Boston. According to him, the concept of digital drugs is more than just tampering with the conception of sound, it has no effect on the perception of pleasure (El Khalidi,PP.251-253)

The National Drug Committee in the Saudi Arabia (2016), has realized a study about digital drugs addiction: Is it a fact or fiction?-by both El Malik EL Saoud University, medical faculty of El Imam Mohamed Ben Saoud, El Malik Fahd hospital in Jadda, Jazan University. The study's aim was to gather information and to explain what is raised by the social media concerning digital drugs, defining their validity and harmfulness. Consequently, the results have confirmed that there is no existence of digital drugs addiction phenomenon and there are no scientific studies related to this concept. It is stated that auricular resonance addiction and the existence of such concept is only a matter of marketing for suspicious websites. Besides, the united nations office goes along with the idea that denies the validity of digital drugs existence (El Charif, 2016, PP.1-10)

The digital drugs have become hugely popular among internet users and especially young people whose perspectives were varied about this new wave. There are who confirm that digital drugs are just an illusion and do not make them feel any kind of effect while using them yet a waste of bunch of dollars to buy these doses. There are who express their opinions by showing certain symptoms as dizziness, blurring, happiness, joy, activity and lightness which are quite similar to the effect caused by narcotic substances. Sometimes

the symptoms appear as transcendent and fast heartbeat, headache, and shortness of breath as well as a desire for exiting the experiment instantly. An example of that was a number of videos published on YouTube showing a group of teenagers during their attempt of taking digital drugs while they are drowned in a state of hallucination (Abd El Rahmen, 2010, PP.8-9)

It is known that the music has an effect on the mood of the individual and the technique of binaurel beats really exists. However, some doctors claimed that there is no scientific foundation proves that this technique could make the individual lives a state of elation as real "hard" drugs do. Among these claimers, doctor Danial Ibrahim- Head of the Detox Department in the hospital of Saint Francis- who stated that there is no rational for the suggestion that listening to a sound causes neurochemical changes similar to what real drugs cause. Also, he added that these conducted experiments and the displayed videos that are shared on YouTube concerning digital drugs effect can make teenagers have the desire of trying something real and concrete and this is one of our biggest concerns .(NICC ,2011,p.5).

From this standpoint, a study (Fawzi, 2017) has been conducted on the purpose of investigating to what extent this phenomenon is known among-the workers in the medical domain in Saudi Arabia: to discover their attitudes towards digital drugs, to describe the possible preventive measures and to implement awareness-raising strategies to fight against this phenomenon. The researcher based her study on using a questionnaire that was randomly assigned to 200 volunteers of health practitioners from both genders. The results were 96% of the participants knowledge about digital drugs was from media, 14.7% of the participants are aware of the working mechanism of digital drugs and 65% of them believe that digital drugs are a kind of threat and a real danger, while 16.9% confess their attendance to awareness programs. This latest has attracted the researcher attention for a need of preparing an awareness program about digital drugs, how to provide a protected environment from digital drugs spread and how to deal with them. (Fawzi ,2017,p.3)

Although, there is a disagreement about the concept of digital drugs, there are which clearly have warned those who listen to these sound frequencies since it has a negative effect on the physical and the mental health of the user. Also, because the overuse of the stimulated

sounds can lead to anxiety and a long term sleep disturbances completely as using steroids (usually used in some psychiatric treatments). These studies have indicated that there is a need for more biological and empirical verification of the full implication of this kind of drugs (Aniţei ,2011,p.18)

From the above mentioned perspectives of different specialists in the world, we can conclude that the idea of music effect on the individual mood and brain activity is an acceptable and logical idea which is proved scientifically through many experiments over years. Though, there is an absolute disagreement over the effect of digital drugs, yet it is still confirmed that these kind of drugs represent a form of contemporary addictioning. At the end ,a lot of questions will be tackled:

Do digital drugs spread in the Algerian society? Are there any cases that have already entered the addictive stage of digital drugs? Do their effect really mimic the effect of real drugs as cocaine? Or is it just an advertisement for some websites to steal money?

All these questions open up the way for conducting studies on this subject to investigate and reach the "absolute" truth about this phenomenon, reducing its spread whether it was real or just propaganda making a big controversy about it. Since it may alert to try the real drugs, getting answers to these questions is the best solution to get rid of digital trugs and protect young people from their effect.

Research methodology

1-Research design:

To reveal the results of the given study, a descriptive survey method was implemented.

2-Participants and research setting:

The present study focused on the algerian society in general, as it takes into consideration the age group of people from 15 year old to more than 26 year old.

The selected population for this study was made up of almost 300 individuals from the algerian society from both genders. The following table provides the characteristics of the selected sample very clearly:

Table 01: Characteristics of the sample

Females	males	Age group		
158	142	15y to 20y	45 individual	15%
individual	individual	21y to 25y	17 individual	39%
		More than	138	46%
53%	47%	26 y	individual	

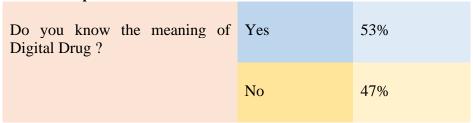
3-Instrumentation:

in this study, the researcher has developped the questionnaire that is made by (Fawzi,Mansouri, 2017) in his study « Awareness on Digital Drugs Abuse and its Applied Prevention Among Healthcare Practitioners in KSA », which contained seven expressions. After making some developments on the questionnaire; by adding some other expressions that serve the study, along with mantianing the original items of the questionnaire and modifying its formulation, we obtained eventually a questionnaire made up of eleven (11) expressions, nine (09) of them are a (yes/ no)expressions/ questions, while the other two expressions are about multiple choice answers .

In addition to that, the questionnaire was distributed among some teachers from diffrents specialities in order to test its validity concerning its items and its language correctness in both arabic and english language.

The final quetionnaire version is evaluated by calculating the percentages of answers for each item from the questionnaire as it is mentioned in (table: 02) as an example.

Table 02: process of results' exctract



4-Field study procedures:

- The First step in this study started by developing the questionnaire of (Fawzi,2017) by adding some items and making some adjustments on other items.
- The second step was presenting the final questionnaire in both Arabic and English language to a group of teachers for testing its validity concerning language correctness.

the attitudes towards digital drugs

• The third step was about creating an electronic questionnaire for the original one? then transmitting it into various social media to obtain larger number of answers, where the participants are supposed to use the following link: https://docs.google.com/forms/d/15AVSQsVLb0NnmzCejVqb LH99XmQNUhvhnny7YFeVAtw/edit

5-Discussion and results:

After data ghathering, the results showed that the selected sample has answered all the given expressions by a percentage of 100%, in which the total size of this sample was estimated by (300) individual from the algerian society, 53% female and 47% male.

Table (03): the results of the study

Questions	response	Frequency (%)
1- Do you know the meaning of digital drug?	Yesno	53% 47%
2-What is the source of your knowledge?	 Media Work Friends My experience Other sources I dont know it 	25% 0% 15% 6% 7% 47%
3- Do you know somebody taking this kind of drugs?	Yesno	15% 85%
4-Do you know how to get this kind of drugs?	Yesno	25% 75%
5-Do you know the mechanism for digital drugs? the double click technique?	Yesno	15% 85%
6- Do you think it is a real threat or it is just a media propaganda?	Real threatJust a media propaganda	73% 27%

A. Chaib, S. Ibriam

7- In your opinion, how could digital drugs be prevented?	 Growing public awereness. Parenteral control to internet access. Banning the I-doser sites. More research about this phenomenon. Establishing new legislation that considers digital drugs as a crime. A global Survey for cases dealing with these drugs. 	30% 7% 45% 10% 6%
8-Were you a witness while someone was using digital drugs?	Yesno	12% 88%
9-Are you thinking about trying digital drugs?	Yesno	17% 83%
10-Do you think it is less harmful than the known classic drug?	Yesno	10% 90%
11-Did you try digital drugs?	YesNo	7% 93%

53% of those who answered (yes), considered as a large proportion exceeding half of the sample size, that is equivalent to (158) individual from the whole sample, know what a digital drug means. The source of participants knowledge of this kind of drugs was different relatively to their given answers on the expressions concerned with this item, where 25% of the participants showed that their source of knowledge of digital drug were through the Media. This source of knowledge (Media) took the large percentage due to its great role in the life of the individuals, the source of most information and news all over the world.

The second source of knowledge of digital drugs according to 15% of the participants were reffered to friends or reference group, because of its continuous influence, thoughts' exchange, experiences and information. While 7% of the sample showed that their source of knowledge of this drug was from other sources that are not mentioned in the questionnaire. The remain category of 6% claimed that their source of knowledge was due to their personal experience on digital drugs, which is the smallest proportion in comparison to the other sources, However, it is still very revealing and significant, especially when the size of the sample for this study is only 300 individual from the Algerian society, so if 6% was presenting this size of indviduals it can present a large proportion if the study was done on a larger scale covering the whole Algerian society.

Despite all the provided proportions on the participants knowledge of digital drugs and their sources of knowldege, there is 85% of the participants did not meet or recognize a person from their surroundings who consumes such kind of drugs. Also, they do not know about the working mechanism of these drugs, 88% were not eyewitnesses during the consumption of digital drugs from any individual while 75% do not know how to obtain these drugs. This can confirm that the participants knowledge about this phenomenon refers to the Media and what it presents as content to the society, as it can confirm that their knowledge of digital drugs is only a superficial knowledge.

For the 73% of the participants, the digital drugs are seen as a real threat to the society, when 27% have taken it as propaganda. These proportions can be positively considered since these drugs, right from the beginning, were a dangerous threat and despite the fact that some participants were superficially aware about it, it can make us taking our precausions to overcome it and take all the necessary measurements before the spread of such phenomenon.

In this regard, 45% of the participants viewed that the best way to be protected from digital drugs is by banning the electronic sites that works on spreading them. 30% have suggested the potential reliance on spreading sensitisation on the subject of digital drugs while 10% of the participants supported the idea of conducting more research studies about the phenomenon and finding out some cases that can reveal whether the digital drugs can have real effect similar

to the effect of the 'traditional' drugs. This seems logic especially when many scholars and specialists did not agree upon this concept.

Another proportion of 7% viewed that achieving protection from digital drugs must be done under parental control of the internet use. Although, this suggestion may look difficult to be applied yet this proportion is relatively acceptable and realistic. But, it comes to the challenges that the parents may enconter in their daily life: the process of daily surveillance which seems difficult, besides, imposing such control on teenagers and elder sons is more or less unattainable.

There are 6% who suggested the creation of new legislations and laws to prevent the use of this kind of drug and takes it as a crime that must be punished about. This can be taken as one of the good solutions because the individuals are obliged to follow all what is legal otherwise they will be exposed to the legal punishment. Also, 90% think that digital drugs are harmfull like the known classic drugs.

Among the expressions that have been mentioned in the questionnaire, the participants have been asked about whether they have any desire or tendency to use digital drugs: the statistics showed that 83% of the participants do not think about using this drug which is a positive point. But it can be related to their superficial knowldge of these drugs because they do not know how to obtain them or how they work. It can be reffered to the 'lack' of users consumers; in their environment; of digital drugs so they can not be affected.

However, 17% of them think about using digital drugs, we can say that their attitudes towards it is positive and this constitutes a dangerous proportion that shoud not be underestimated in comparison to the size of the sample (300) and not the society as a whole. So it is a necessity to change their positive attitudes through the construction of various therapeutic programms that work on achieving that.

The finale expression in the questionnaire was about asking the participants if they tried digital drugs already: 93% of them have answered "No" while 6% of them have claimed their use of digital drugs, this last proportion represents those whose source of knowledge refers to their personal experience as it has been mentioned before.

the attitudes towards digital drugs

Despite the superficial knowldge of these individuals about this phenomenon it is still dangerous. Thus, it is necessary to be cautious and to take the necessary preventive measures before falling in the track of consumption and addiction to this kind of drugs, as well as preventing its spread before it becomes as unattainable process to be controlled.

Conclusion:

Through the finale findings obtained from the applied survey, it is proved that the Algerian society currentlly is more or less not exposed to the danger of digital drugs. Yet this does not prevent from providing some protective means to contain the phenomenon before it occurs. Also, this study is only taken as the first step and as a simple investigation that reveals the dimensions of this phenomenon. For that, more scientific studies are needed to be conducted to discover more about the reality of digital drugs and its effect which are considered as a kind of deviation. Anyway, the fact that whether they really do exist or not, it is certain that there are websites that promote them and this alone can be attractive to fall in the trap of drugs. And according to what has been mentioned before, it is found that sound frequencies which the digital drugs are based on; even they are not really having a dangerous effect as real drugs; there is a potential that over time digital drugs can effect some processes as: sleeping, cognitive processes and all what have relation with the physical and the mental activity of the individual. In here, it appears the importance of the electronic monitoring of websites which promote this kind of drugs, or by blocking them permanently because they present a great risk that should be controlled. For that, the government has the right to manage the internet and to put the general policies that provide the protection of all citizens' rights and not to expose them to what offend their religions and morals. And it has to make all the citizens in the benefit from this developed digital techniques and guarantee the citizens' protection from all the bad effects that results from the use of this technique. By doing so, the government can put the right restrictions for its general policy and constitution.

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A. Chaib, S. Ibriam

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