

## KNOWLEDGE OF TECHNICAL COLLEGE STUDENTS ABOUT THE PHENOMENON OF ADDICTION TO DRUG MEDICINES

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### ABSTRACT

**Background:** The problem of addiction in general and particular drug abuse is one of the most serious social problems facing civil society, this phenomenon is due to the seriousness of the health, social and psychological and economical on addict particularly economic and civil society and state in general, and since the addictive causes a lot of problems for the most countries in the world which carries the amounts states for treatment and control, strict laws against trafficking and handling of such addicts. **Aim of the study:** To study the knowledge of students in college of health and medical technology about abuse

intake correlated with their abuse types. **Methodology:** Study the knowledge of students in the faculty of medical and health technologies Baghdad during the month of September to December 2016. Collected in this study 140 sheet identifying consisted of 63 males and 77 females various ages ranging from 19 to 30 years and the sample was chosen at random. The information collected by the questions in the questionnaire prepared for this purpose sheet distributed to students. **Results:** Shows that a high percentage of the sample believed that family breakdown was her role in an individual's tendency towards addiction than others who did not believe (87.9% and 12.1%), respectively. On the other hand the higher percentage in each sample that the availability or accessibility of painkiller and sedatives, amphetamines and other drugs that are used for therapeutic purposes are numerous dangerous as beginning to spread that kind of addiction (83.6% and 16.4%) respectively, while the rise for percentage for each sample to those who do not believe that our sons have sufficient awareness of the damage drugs than others who believe (63.6% and 36.4%) respectively, the high percentage of sample to students who think that youth addiction because of bad companions have increased more than the few medium (1.4%,31.4% and 67.1%), shows that the highest

proportion of students with knowledge about the types of medications and medicinal drugs that cause addiction (92.9%), and percentage (77.1%) the students have knowledge about the symptoms that afflict the individual abuser, highest percentage of students indicated that the age category. **Conclusion:** We concluded that higher percentage of students (88.1%), they have knowledge about the phenomenon of drug addiction and the types of drugs and addictive drugs, symptoms, drug damage abuser person on the individual user in particular and society in general, and the prevention of drug addiction and spread of this phenomenon in our society increases significantly.

## INTRODUCTION

Drug abuse is a term used commonly when prescription medication with sedative, anxiolytic, analgesic, or stimulant properties are used for mood alteration or intoxication ignoring the fact that overdose of such medicines have serious adverse effects.<sup>[1]</sup> Prescription misuse has been defined differently and rather inconsistently based on status of drug prescription, the uses without a prescription, intentional use to achieve intoxicating effects, route of administration, co-ingestion with alcohol, and the presence or absence of dependence symptoms.<sup>[2]</sup> Chronic use leads to a change in the central nervous system which means the patient has developed tolerance to the medicine that more of the substance is needed in order to produce desired effects. When this happens, any effort to stop or reduce the use of this substance would cause withdrawal symptoms to occur.<sup>[3]</sup> In fact, historically we have never had a completely abstinent society (1 & 4). With numerous cultures utilizing a variety of psychotropic substances such as tobacco, alcohol, cannabis, opiates, and other mind-altering substances.<sup>[5]</sup> In addition, many of these substances, which are now considered to be harmful, were once freely prescribed by doctors for various ailments, including fatigue, headaches, and depression.<sup>[6]</sup> Various substances have also been utilized for social and cultural gatherings and have been a vital part of many cultures.<sup>[7]</sup>

There are many risk factors for drug addiction such as environmental factors increase the risk of addiction include Home and Family. The influence of the home environment is usually most important in childhood. Parents or older family members who abuse alcohol or drugs or who engage in criminal behavior can increase children's risks of developing their own drug problems, Peer and School Friends and acquaintances have the greatest influence during adolescence.<sup>[8]</sup> Drug-abusing peers can sway even those without risk factors to try drugs for the first time.<sup>[9]</sup> Academic failure or poor social skills can put a child further at risk for drug

abuse. other factors increase the risk of addiction (Early Use). Although taking drugs at any age can lead to addiction, research shows that the earlier a person begins to use drugs the more likely they are to progress to more serious abuse. This may reflect the harmful effect that drugs can have on the developing brain; it also may result from a constellation of early biological and social vulnerability factors, including genetic susceptibility, mental illness, unstable family relationships, and exposure to physical or sexual abuse. Still, the fact remains that early use is a strong indicator of problems ahead, among them, substance abuse and addiction. Smoking a drug or injecting it into a vein increases its addictive potential. Both smoked and injected drugs enter the brain within seconds, producing a powerful rush of pleasure.<sup>[10,11&12]</sup> However, this intense “high” can fade within a few minutes, taking the abuser down to lower, more normal levels. It is a starkly felt contrast, and scientists believe that this low feeling drives individuals to repeated drug abuse in an attempt to recapture the high pleasurable state.<sup>[13]</sup>

#### **AIM OF STUDY**

To Study the knowledge of students in college of health and medical technology about abuse intake correlated with their abuse types.

#### **PATIENTS AND METHODS**

1. **Subject:** A total of 140 questionnaire was collected from student of college of health and medical technology/Baghdad. This study carried out 63 male and 77 female about abuse and intake it.
2. **Design of the study:** A cross-sectional study, questionnaire was designed according to national papers.
3. **Data collection:** Data collection continued for a period from September to December / 2016
4. **Statistical analysis:** For presentation data and analysis approaches were used SPSS statistics Vr.18.

#### **RESULTS**

Table 4-1 Show that the high percentage of all sample was female more than male at<sup>[20-25]</sup> years in (43.6% and 39.3%) respectively in the present study.

**Table (4-1): Correlation Between Age Group And Gender.**

Age groups		Gender		Total
		Male	Female	
(<20)	No.	6	12	18
	%	4.3%	8.6%	12.9%
(20-25)	No.	55	61	116
	%	39.3%	43.6%	82.9%
(26-30)	No.	2	4	6
	%	1.4%	2.9%	4.3%
Total	No.	63	77	140
	%	45.0%	55.0%	100.0%

Table 4-2 Show that the high percentage of all sample was to these who thought that disintegration of family had a role in the direction individual to drug addiction more than those who did not thought at 123 and 17 (87.9 and 12.1%), respectively on the other hand the high percentage at all sample was to thought that provided or easy accessed to relievers pain and hypnotics and other medicines that were used for the purposes of the repute many and contained sleeping and analgesic domyerous as beginning of the spread of this kind of addictive more than did not thought at 117 and 23 (83.6 and 16.4%) respectively, while the high percentage of all sample was to those who did not thought that the sons of our society they had awareness of sufficient for damage to drug more than others who thought that at 89 and 51(63.6 and 36.4%) respectively, where's the high percentage of all sample was to great addiction young people because of bad companions was increased more than medium and few at 94, 44 and 2(67.1, 31.4 and 1.4%) respectively, in addition to that the high percentage at all sample was to those thought that the busy parents from their children was caused from the reasons for asylum young people to the addictive more than other at (79,37 and 24) in (56.4,26.4 and 17.1%) respectively.

**Tale (2): The correlation of sample according to environment aspect.**

<b>Do you think that disintegration of family has a role in the direction of the individual to this type medicine and drugs</b>		<b>No</b>	<b>(%)</b>
	Yes	123	87.9
	No	17	12.1
	Total	140	100.0
<b>Do you think that provide or easy access to relievers pain and hypnotics and other medicines that are used for the purposes of the rape tic many and contain sleeping and analgesic dangerous as the beginning of the spread of this kind of addictive</b>		<b>No</b>	<b>(%)</b>
	Yes	117	83.6
	No	23	16.4
	Total	140	100.0

<b>Do you think that the sons of our society they have awareness of sufficient for damage to drug</b>		No	(%)
	Yes	51	36.4
	No	89	63.6
	Total	140	100.0
<b>Addiction young people because of bad companions be increased</b>		No	(%)
	Great	94	67.1
	Medium	44	31.4
	Few	2	1.4
	Total	140	100.0
<b>Do you think that the busy parents for their children be caused from the reasons for asylum young people to the addictive</b>		No	(%)
	Yes	79	56.4
	No	24	17.1
	Some time	37	26.4
	Total	140	100.0

Table 4-3 Show that the knowledge of student about the role of type of medicine and medical drugs that cause addictive more than no at 103 and 37 (73.6 and 26.4)% respectively. Also the opinion of sufficient for damage to drug more than not at 88 and 52(62.9 and 37.1)% respectively to yes and no the other hand the opinion of sample group about ways to drug prevention yes more than no at 84 and 56 (60 and 40)% respectively.

**Table 3: The distribution of sample according to their believe.**

<b>Do you know some types of medicines and medical drugs that cause addictive</b>		No	(%)
	Yes	103	73.6
	No	37	26.4
	Total	140	100.0
<b>Do you think have awareness of sufficient for damage to drug</b>		No	(%)
	Yes	88	62.9
	No	52	37.1
	Total	140	100.0
<b>Do you know ways to drug prevention</b>		No	(%)
	Yes	84	60.0
	No	56	40.0
	Total	140	100.0
<b>Do you know some symptoms affecting the individual addict</b>		No	(%)
	Yes	108	77.1
	No	32	22.9
	Total	140	100.0

Table 4 Noted that the addiction the drugs and hypnotic was yes more than no at 119 and 21 (85 and 15)% respectively, but the age group frequently consume this species of medicines at 18 -25 more than other age group at 72 (51.4%), otherwise the opinion of sample group about more commonly used to this medicines as a gender male and female at 89 to 51(63.6 and 36.4)% respectively according to questions of the type of addiction more prevalent in the urban more than in rural at 128 and 12(91.4 and 8.6)% respectively. The opinion of sample groups about this type of addictive increase the form of a marked and constitutes the seriousness of in our society was yes more than no at 123 and 17 (87.9 and 12).

**Table (4): Distribution of questionnaire according to social aspect.**

<b>Addiction the drugs and hypnotic</b>		<b>No</b>	<b>(%)</b>
Yes		119	85.0
No		21	15.0
Total		140	100.0
<b>Age group frequently consume this species of medicines</b>		<b>No</b>	<b>(%)</b>
	18-25	72	51.4
	25-30	29	20.7
	30-more	39	27.9
	Total	140	100.0
<b>Whichever you think more commonly used to this medicines</b>		<b>No</b>	<b>(%)</b>
	Male	89	63.6
	Female	51	36.4
	Total	140	100.0
<b>This type of addiction more prevalent in the</b>		<b>No</b>	<b>(%)</b>
	Urban	128	91.4
	Rural	12	8.6
	Total	140	100.0
<b>Do you think that this type of addictive increase the form of a marked and constitutes the seriousness of in our society</b>		<b>No</b>	<b>(%)</b>
	Yes	123	87.9
	No	17	12.1
	Total	140	100.0

## DISCUSSION

In our study, we found that high percentage of all sample was to these who thought that disintegration of family had a role in the direction individual to more than those who did not thought at (87.9 and 12.1%), This result consistent with other studies, one in Kenya which done by **Embleton et al, 2012**<sup>[14]</sup>, the factors that studied may be increase the risk to intake drug abuse by the adult human, this factors include drug use by family problem and alienation from family are most important rather than friends, relatives, unemployment low level of education and medical problems, **Aghakhani et al.**<sup>[15]</sup> The drug abuse continues to

emerges as strategy among youth to cope with the problems of lack parental monitoring, rather than other factors. respectively on the other hand the high percentage at all sample was thought that provided or easy accessed to relievers pain and hypnotics and other medicines that were used for the purposes of the reputes many and contained sleeping and analgesic domyerous as beginning of the spread of this kind of addictive more than did not thought at (83.6 and 16.4%), this result consistent with the study of carried by **Ahmadi & Hasani, in Iran**<sup>[16]</sup>, that stow that the increased engagement of non- medical painkillers and amphetamines tablets such as opium spent on prescription because of the easy access to this type of medication, the other study of Iraqi addiction researches centers, show that the students thought about the easy access to relievers pain and hypnotics and other medicines that are used for these purposes **Al-Hamzawi**<sup>[17]</sup>, Another study in Iraq which done by **Al-Hasnawi**<sup>[18]</sup>, showed that the cheap and easily available substances such as solvents and cannabis are widely used throughout the world and especially in developing countries. The knowledge of students about the role of type of medicines and drugs that cause addictive in percentage (73.6%), in comparison with other studies in Saudi which done by **Al-Subaie & Al-Hajjaj**<sup>[19]</sup>, Which investigated the relationship between the marijuana and inhalant use and several cultural and demographic factors in Saudi, were region, gender, knowledge, acculturation, formalism, and parental monitoring. Across were strongly associated with attenuated marijuana use, but only among those most knowledgeable about drugs, the families and monitoring were not associated with diminishes usage among less knowledge by **Amin EM et al**<sup>[20]</sup> Noted that the opinions of prevalence of addiction and drugs and hypnotics was 85% Yes and 15% was No, in otherwise the high prevalence of addictive of the drug s and hypnotics and other prescribed medicines without concern in terms of the abuse of drugs among young people (15-25) in almost energy region of the world, **Aqrawi & Humphreys**.<sup>[21]</sup> According to questionnaire the type of addiction more prevalent in the urban more than in rural at 91.4 and 80.6%, this result consistent with other studies, one in Kuwait which done by **Bilal AM. et al**<sup>[22]</sup>, that showed the high incidence of the addiction in particular in the urban area and the fact that significant portions of the world's youth population are being exposed to be more tolerant to words the use of drugs. **Bakhoum AY. et al.**<sup>[23]</sup> The opinion of sample groups about this type of addictive increase the form of a marked and constitution the seriousness of in our society was Yes more than No. consulting was Yes 83.6%, this result consistent with other studies, The study in Karachi that the main cause of drug addiction is self medication due to the previous experience in percentage 50.1% and the most common symptoms were headache and fever and the commonly used medical

were analgesics, antipyretics and antibiotics and the eighty seven of percentage of students thought self-medication could be harmful. (knowledge the students of Karachi **Cobb-Clark et al.**<sup>[24]</sup> The age group frequently eat this species of medicines at 18-25 more than other age group at 51.4%, this result consistent with other studies, these show the prevalence of cannabis, tobacco use, are high percentage among (15-25) years, these percentage showed similar trends with the results **El-arabi et al.**<sup>[25]</sup> The opinion of sample group about more commonly used to this medicines as a gender male more than female at (63.6 and 36.4%). This result consistent with the study in United states, show that the all surveys of drug abuse indicate that the likelihood of drug abuse men such as opiates and cannabis greater than the likelihood of abuse of women **Central Statistics Organization**<sup>[26]</sup>, and in other studies showed that the majority of age group are (15-25) years. Another study showed that the a situation of concern in terms of the abuse of drugs among young people (15-25) in almost energy region of the world **Farhoudian A. et al.**<sup>[27]</sup> According to questionnaire the type of addiction more prevalent in the urban more than in rural at 91.4 and 806%, this result consistent with other studies, one in Turkey which done by **Erdogan ON. Etal**<sup>[28]</sup>, that showed the high incidence of the addiction in particular in the urban area and the fact that significant portions of the world's youth population are being exposed to be more tolerant to words the use of drugs such as study in Iran by **Dehghani K. et al.**<sup>[29]</sup> The opinion of sample groups about this type of addictive increase the form of a marked and constitution the seriousness of in our society was Yes more than No.

## CONCLUSIONS

We concluded that:

- 1- Abuse and addiction to alcohol, nicotine, illegal substances cost people their mental and physical health, and considering their combined, economic, criminal, and social impact.
- 2- In general, people begin taking drugs for a variety of reasons; (to feel good, to feel better, to do better, curiosity and because others factors).
- 3- The impact of addiction can be far reaching; (cardiovascular disease, stroke, cancer, HIV/AIDs, hepatitis B and C, lung disease, mental disorders).
- 4- Environmental factors increase the risk of addiction (home and family, peers, workplace, early use, Implications of rural and urban poverty, vacuum, available of drug substance).
- 5- Addiction more prevalence in the age of (18-25), and in male more than female, and in urban more than in rural.

- 6- Relationship with the internet and mobile and effective role in youth attitudes toward addiction (e.g. provides information on alcohol, alcohol use, and treatment of alcohol-related problem).
- 7- The smoking is beginning of a youth oriented toward addictive.
- 8- The lack of sufficient awareness and control over the circulation of these materials leads to get it.

### **Recommendations**

- 1- Study the correlation between addictive and alcohol.
- 2- Prospective study between role of family with individuals addictive.
- 3- Prospective study between environmental effect on the individual.
- 4- Recognize the seriousness and increase the priority placed on drug abuse as a social problem: develop a series of drug indicators
- 5- Develop an information base for national and international planning on the costs of drug abuse: prepare estimates of costs of drug abuse and its impact.

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