

Evaluation of Substance Addiction Awareness of a Sports High School Students

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Abstract:

The aimed to evaluate the substance addiction awareness of senior high school students studying at a sports high school with socio-demographic variables.

This study is descriptive relational research. In the study, all students studying in the last year constituted the sample without choosing the sample. 131 students who agreed to participate in the study formed the sample of the study. The data of the research were collected in the classroom environment. In the collection of data; Personal information form prepared by researchers and questioning socio-demographic characteristics and Substance Addiction Awareness Scale were used. Two independent samples t-test and One Way ANOVA test were used for normally distributed data. Results will be evaluated at 95% confidence interval and $p < 0.05$ significance level. Students' substance addiction awareness scale help and legal regulations sub-dimension mean score is 19.69 ± 3.93 , substance use symptoms and effects sub-dimension mean score is 23.12 ± 5.36 , personal attitudes and opinions sub-dimension mean score is 16.08 ± 2.92 , factors causing addiction sub-dimension mean score was 11.19 ± 3.22 , and total scale mean score was 21.36 ± 4.32 . In our study, students' substance addiction awareness levels were found to be below the average and low. In line with our study results, in terms of substance abuse awareness, girls, parents with primary school education, mothers with housewives and low income were included in the risk group.

Key Words: sport High School; substance addiction; awareness

Introduction

Addiction is a situation characterized by the fact that the person cannot quit despite many attempts to quit the substance, gradually increasing the dose of the substance, withdrawal symptoms appear when he stops using, continuing to use it despite the harms, and spending most of his time searching for substances (Larsen and Sagvaag 2018, Yasmin et al. In other words, addiction is a mental disorder characterized by the formation of a habit as a result of the uncontrolled and regular use of a substance that creates an irresistible desire to take, despite its psychological or physical harm, and the inability to prevent this behavior. According to this, the substance is used to define narcotic-stimulant substances and substance addiction is considered as a state of intoxication that occurs as a result of repeated use of a synthetic or natural substance (Kiriru, 2018). There are two risky periods in substance use. "The first one is curiosity in adolescence. Adolescents start using substances with curiosity. Therefore, it is very important to increase the awareness of especially high school students and to inform them about the substance. Adolescents in secondary school can be considered as an important risk group regarding

substance use and addiction. if he spends more time, he is affected by the behavior of the group he is in (Jacko et al. 2021) It has been determined that the influence of friends in adolescence increases the risk of substance use if it is not carried out under adult control. Substance use causes many individual and social problems and also becomes widespread depending on the problem in the society. If taken into consideration, it becomes clear that the measures to be taken in this area should be multidimensional and include many areas. In this case, it is necessary to develop societies in medical, economic, legal, social and educational aspects. bread (Price et al. 2019).

While psychological and social factors, urbanization, industrialization and migration can affect the prevalence of substance use, this also affects societies in terms of medical, economic, legal and social aspects. Substance use, which has become widespread with the entertainment culture, can find wider areas, especially in western societies (Hanley et al. 2018). However, the problem of substance use and addiction has been on the agenda of Turkey in recent years. It has been reported that the rate of substance use in Turkey is lower than in European Countries and the

United States, but there is an increase in the frequency of substance use (Idowu et al. 2018). In this study, it was aimed to evaluate the substance addiction awareness of senior high school students studying at a sports high school with socio-demographic variables.

Research Questions

1. What is the students' awareness of substance addiction?
2. What are the sociodemographic characteristics of the students?
3. Is there a relationship between students' sociodemographic characteristics and their awareness of substance addiction?

Methods

This study is a descriptive relational research. The research was carried out on the final year students of a Sports High School affiliated to the Ministry of National Education. In the study, all students studying in the last year constituted the sample without choosing the sample. 131 students who agreed to participate in the study formed the sample of the study. The data of the research were collected in the classroom environment. In the collection of data; Personal information form prepared by researchers and questioning socio-demographic characteristics and Substance Addiction Awareness Scale were used.

Substance Abuse Awareness Scale:

The scale was developed by Köse and Gül (2018) in order to investigate the knowledge and awareness levels of secondary school students and to find out whether there is a relationship between them. The scale consists of 27 items. There are 4 sub-dimensions in the scale. These; Aid and Legal Regulations (9 items), Symptoms and Effects of Substance Use (8 items), Personal Attitudes and Opinions (6 items), Factors Causing Addiction (4 items). The scale was arranged in a 5-point Likert format. Scores on the scale range from "1 to 5" and the high score obtained from the scale indicates the increased level of awareness.

Scale and Sub-Dimensions	Mean±SD	Min-Max
Aid and Legal Regulations Sub-Dimension	19,69±3,93	11-31
Symptoms and Effects of Substance Use Sub-Dimension	23,12±5,36	12-34
Personal Attitudes and Opinions Sub-Dimension	16,08±2,92	8-25
Factors Causing Addiction Sub-Dimension	11,19±3,22	5-16
Substance Abuse Awareness Scale Total	21,36±4,32	15-46

Table 1. Distribution of Students' Sub-Dimensions of the Substance Addiction Awareness Scale and Total Average Scores

When the awareness of substance addiction was evaluated according to the sociodemographic characteristics of the students, the male aid and legal regulations, the symptoms and effects of substance use, personal attitudes and opinions, the sub-dimensions of the factors causing addiction, and the total score of the substance addiction awareness scale were found to be higher than the averages of the girls, and the difference was statistically significant. is significant ($p<0.05$).

A statistically significant difference was found between maternal education status and the symptoms and effects of substance use, sub-dimensions of factors causing addiction, and the total score of the substance addiction awareness scale, and it was seen that the difference resulted from those whose mothers were university graduates ($p<0.05$).

A statistically significant difference was found between the educational status of the father and the help and legal regulations, the symptoms and effects of substance use, personal attitudes and opinions, the sub-dimensions of factors causing addiction, and the total mean score of the

Evaluation of Data

The data of the research will be evaluated using the statistical package program SPSS for Windows 22.0 (Statistical Package for Social Science). Number of units (n), percentage (%), mean±standard deviation (mean (SD) values will be used as summary statistics. The normal distribution of the data will be evaluated with the Shapiro-Wilk test and the Q-Q plot. Two independent samples t-test and One Way ANOVA test were used for normally distributed data. Results will be evaluated at 95% confidence interval and $p<0.05$ significance level.

Ethical Procedure

Ethical approval was obtained from Selcuk University Faculty of Sport Sciences Ethics Committee. Institutional permission was obtained from the school where the research would be conducted, and parental consent was obtained from the parents of the students. In addition, verbal consent was obtained from all students participating in the study.

Results

The mean age of the students is 16.35 ± 0.74 , 48% of them are girls, 38.2% of their mothers are primary school graduates, 42.7% of their fathers are university graduates, 35.1% of their mothers are housewives, 57% It was found that 0.3% of their fathers worked in the private sector and 31.3% of them evaluated their financial situation at a medium level.

Students' substance addiction awareness scale help and legal regulations sub-dimension mean score is 19.69 ± 3.93 , substance use symptoms and effects sub-dimension mean score is 23.12 ± 5.36 , personal attitudes and opinions sub-dimension mean score is 16.08 ± 2.92 , factors causing addiction sub-dimension mean score was 11.19 ± 3.22 , and total scale mean score was 21.36 ± 4.32 (Table 1).

substance addiction awareness scale, and it was seen that the difference was due to those whose fathers were university graduates ($p. <0.05$).

A statistically significant difference was found between the mother's profession and the help and legal regulations, sub-dimensions of the symptoms and effects of substance use, and the total mean score of the substance addiction awareness scale, and it was seen that the difference was caused by the mothers whose mothers worked as civil servants ($p<0.05$).

No statistically significant difference was found between the father's profession and the help and legal regulations, the symptoms and effects of substance use, personal attitudes and opinions, the sub-dimensions of factors causing addiction, and the total score averages of the substance addiction awareness scale ($p>0.05$).

A statistically significant difference was found between the perceived income level and the aid and legal regulations, the symptoms and effects of substance use, personal attitudes and opinions, the sub-dimensions of factors causing addiction, and the total score averages of the substance

addiction awareness scale, and it was seen that the difference stemmed from those who perceived the income as good ($p < 0.05$).

Variables	Aid and Legal Regulations Mean±SD	Symptoms and Effects of Substance Use Mean±SD	Personal Attitudes and Opinions Mean±SD	Factors Causing Addiction Mean±SD	Substance Abuse Awareness Scales Total Mean±SD
Gender					
Girl	17,12±3,90	18,22±5,36	12,27±2,84	9,15±3,24	64,77±6,78
Boy	22,38±3,89	28,22±5,19	19,84±3,02	13,23±3,22	75,69±8,15
Test Value, p	t:1,025 p:0,01*	t:0,728 p:0,01*	t:1,283 p:0,02*	t:1,629 p:0,03*	t:2,921 p:0,01*
Mother Education Status					
Primary education	18,42±4,27	21,76±5,52	16,14±3,42	9,34±3,13	67,67±6,03
High school	20,74±3,76	22,50±4,04	16,36±2,49	11,57±2,86	69,44±7,15
University	20,11±3,14	24,82±5,61	15,61±2,67	12,44±3,76	72,72±8,74
Test Value, p	F:3,921 p:0,24	F:3,921 p:0,02*	F:3,015 p:0,22	F:2,023 p:0,01*	F:5,023 p:0,001*
Father Educational Status					
Primary education	18,42±3,77	22,66±5,06	14,71±1,27	9,80±2,94	66,61±5,07
High school	18,20±4,18	22,24±5,84	15,35±3,09	10,79±3,12	69,59±8,96
University	21,67±3,70	24,76±4,94	17,96±3,19	13,33±3,42	73,75±6,85
Test Value, p	F:2,189 p:0,001*	F:0,274 p:0,01*	F:2,912 p:0,02*	F:7,025 p:0,04*	F:11,026 p:0,001*
Mother's Job					
Housewife	18,89±4,08	22,10±5,68	16,02±2,78	10,84±3,04	69,23±7,45
Officer	22,26±3,67	24,06±4,76	16,56±2,54	11,41±3,29	71,93±5,73
Private sector	18,02±3,98	22,86±5,07	15,54±3,47	11,32±3,41	68,75±9,26
Test Value, p	F:2,228 p:0,01*	F:3,923 p:0,04*	F:2,034 p:0,23	F:5,023 p:0,19	F:2,012 p:0,001*
Father's Job					
Officer	19,00±3,66	24,03±5,81	15,92±2,59	11,75±3,25	70,71±8,47
Private sector	20,21±4,07	22,44±4,92	16,20±3,15	10,77±3,16	69,62±6,78
Test Value, p	t:1,128 p:0,21	t:2,822 p:0,14	t:2,992 p:0,43	t:0,291 p:0,79	T:3,217 p:0,82
Perceived Income Level					
Good	21,19±3,79	25,40±5,35	17,93±3,44	12,80±3,31	72,34±7,14
Middle	19,87±3,89	22,58±5,84	15,97±2,60	11,65±3,13	70,09±7,13
Bad	17,83±3,71	21,46±4,91	14,34±2,62	9,16±3,23	67,81±8,46
Test Value, p	F:2,228 p:0,01*	F:0,772 p:0,01*	F:3,023 p:0,01*	F:1,907 p:0,02*	F:3,992 p:0,001*

F: One Way Anova, t: t test, * $p < 0,05$

Table 2. Evaluation of Sub-dimensions and Total Scores of the Substance Addiction Awareness Scale according to the Sociodemographic Characteristics of the Students

Discussion

It is known that alcohol and substance use is increasing in the world and in our country, especially among young people (Köse et al. 2018). With this increase, it is known that students unconsciously start using it only out of curiosity (Hanley et al. 2018). In our study, it was found that the awareness of sports science students about substance addiction was low. It has been determined that the students' knowledge of the places where they will get help especially about substance addiction and legal regulations, the symptoms of substance use and the effects that may occur in the case of use, and the situations that may cause addiction are insufficient. When the awareness of substance addiction was evaluated according to the sociodemographic characteristics of the students, it was

found that the substance addiction awareness of the boys was higher than that of the girls. Piilai et al. (2018) reported that girls' awareness of substance addiction was low, similar to our study. In our study, it was observed that the awareness of substance addiction was lower in students whose parents had lower education levels. ($p < 0.05$). In the study of Idowu et al. (2018), it was stated that the educational status of the parents is important in awareness of substance addiction, and the awareness of substance addiction increases as the level of education increases. In our study, the mother's occupation was found to be important in substance abuse awareness. The fact that the mother was working as a civil servant was found to be important in students' awareness of substance addiction. Maqbool et al. (2019) emphasized that the mother's profession is

important in raising more sensitive students and raising awareness about substance abuse. In our study, it was observed that as the perceived income level of the students increased, the level of substance addiction awareness increased. El Kazdough et al (2018), in their study, reported that, similar to our study finding, the economic status is important in substance addiction awareness, and the awareness of substance addiction increases as the economic level of adolescents increases.

Conclusion

In our study, students' substance addiction awareness levels were found to be below the average and low. In line with our study results, in terms of substance abuse awareness, girls, parents with primary school education, mothers with housewives and low income were included in the risk group. It is known that students begin to be curious about and use the substance, especially during adolescence. Especially in this period, students will gain knowledge about addictive substances to be provided by addiction prevention programs, recognizing risks, taking responsibility, decision-making, problem-solving, communication, conflict management and self-regulation skills and strengthening social skills.

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