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NARCOTIC / SUBSTANCE USE BETWEEN YOUNG PEOPLE AS A SOCIAL PROBLEM (VAN CITY SAMPLE)

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Abstract. Narcotic/substance use and crime-related issues have become a problem in the world and Turkey and are becoming increasingly widespread especially among the young people. There is a strong relationship between narcotic/substance use and commit an offense. Those people who get this terrible sick addict the youngs in order to get a daily free dosage. Addicted person harms not only to himself/herself but also the environment. These people tend to violate the customs, norms and commit an offense and do not hesitate for negative behaviours such as robbery and murder. Besides the community health, narcotic crimes, which are essentially violating peace and sincerity, both nationally and internationally linked, highly profitable and being created for organizations, engage the public authority very closely and constitute an important agenda item for the internal and external security policies of countries. The aim of this study is to draw attention of the administrative decision-makers on the relationships between narcotics and crime and to take necessary measures on time.

Keywords: narcotics / substance; substance use; crime; violence.

1. INTRODUCTION AND AIM

The beginning of the use of narcotics is very old and has begun with the history of mankind. As in the whole world, the problem of narcotics / substance use in Turkey is defined as a youth problem. It has been found that Narcotics / Substance Use usually start with cigarettes, then alcohol, then volatiles (thinner, bali etc.) or cannabis, and then pass to heavier substances [1, p. 1; 6, p. 88; 11, p. 133]. It has been pointed out that beside the various commitments for the sake of finding these substances or getting the money on this event, they also get into the violence, various crimes, traffic accidents, events that affect school and work life [2, p. 398].

In a study conducted in the United States, 1 out of every 10 people is using any narcotics (23 million people) [3, p. 94]. In 2001, in a study on 12,270 high school students in 9 different countries, the findings of the research revealed that the usage rates in high school students were; Cannabis 3 %, volatile substances 4.3 %, heroin 2.1 %, ecstasy 1.3 % and cocaine 1.2 %. The risk of use in

high school age boys according to girls; 3.7 % for volatile matter, 1.6 % for heroin, 4.7 % for heroin, 5.1 % for ecstasy and 4.6 times more for cocaine. In the high school students who have high income, the risk of using ecstasy is 1.6 times higher than those who have low income. The risk of use when reading in private schools compared to those reading in public schools; 2.6 % for cannabis, 1.8 % for volatile substances, 3.2 % for heroin, 4 % for ecstasy and 3.8 % for cocaine [5, p. 360]. The risk of use among the students who studying in private schools compared to those studying in public schools; 2.6 % for cannabis, 1.8 % for volatile substances, 3.2 % for heroin, 4 % for ecstasy and 3.8 % for cocaine [4, p. 360]. In 2004, Similarly, alcohol use rates in the National Drug Use and Health Questionnaire [5] in the United States were found to be higher in high-income families.

In a study in cooperation with UNODC and Turkish State Institutions, in 2003: life-long use in the age group 16–17 is 50 % for tobacco, 45 % for alcohol, 4.3 % for canna-



bis; 18 % of tobacco, 20 % of alcohol, 2 % of cannabis and 1 % of other substances were found when questioned about their use for the last month [6, p. 27]. In a survey conducted by the Parliamentary Research Commission in 2008, the percentages of smokers who attended secondary education institutions were 15.6 (21.8 % for males and 7.5 % for females), 16.5 % for males (31.5 % for males and 10.6 % for females). And the percentage of drug / stimulant use within the last three months was 2.9 (4.3 % in males and 1.0 % in females) [7, p. 13].

This research is the most comprehensive, first and only study to determine the prevalence of smoking, alcohol and narcotics / substance use, which is a social problem in young people studying in the 10th and 12th grades of the three provincial high schools in VAN. It is aimed to provide information to institutions and organizations interested in this issue.

2. METHOD

This research was applied to 10th and 12th grade high school students with cross-sectional survey method in March 2015–2016, in order to determine the prevalence of substance use and problems of 25 high school students in three central districts. Before the study on the questionnaire, the approval and support of the Governorship of Van and the Provincial Directorate of National Education were taken. A multi-step cluster sampling method was used to select the sample [8, p. 80–100]. For the creation of cluster sample; In the first stage, groups (clusters) were listed according to the number of schools and students in the High-Medium-Low levels were listed according to "TEOG 2015-2016 Base Points" within the three districts of Van Province and 25 high schools were selected by stratified sampling method as the number of schools to be sampled. The number of students to be tested in those high schools was determined according to the density of the 10th and 12th grade students of each high school. Classrooms were selected with a systematic randomization among 25 high schools [25 high schools

133 classrooms (10 classrooms 57 classrooms – 12 classrooms 76 classrooms)] and totally 2907 surveys were conducted. 7 questionnaires were not applied, 86 were not responding and false filling, and 25 students marked the trapping option Zopinol and a total of 118 questionnaires were not able to be assessed (4.06 %). The questionnaire consists of 37 chapters and 12 selected narcotics / substances. Here, age, gender, course success, economic conditions, living conditions, socio-cultural levels of parents; problematic behaviors for high school students (such as escape from the home, gang membership), parental involvement; The frequency of substance use is questioned. For the statistical evaluation of the data, SPSS 22.0 was used, and for the descriptive analyzes, Chi-square (Pearson Chi-Square) statistical test was used. The significance limit for all statistics was accepted as $p < 0.05$ [9, p. 260–274].

3. FINDINGS AND ANALYSIS

The study group totally consisted of 2814 students; 36 of the students did not mark gender section (1.3 %) ,and of the remaining 2778 students 1374 of them were male(49.5 %) and 1404 were female (50.5 %). In the questioned survey item 27, "all 12 items "were evaluated as 'Narcotics / Substance" in this survey. 36 of all high school students did not mark the substance part and at least one substance use rate according to the sex was found as 2778, and 846 students in total, 552 of them male(19.9 %) and 294 female (10.6 %). When Tables 2, 3 and 4 are examined; 40 % of the males (552) and 20 % of the females (294) stated that they used substance. While 59.8 % (822) of males stated that they did not use substance, this rate is 79.1 % (110) in females. According to this, the substance use rates of men are significantly higher than the substance use rates of women ($p = 0,000$).

858 (30.5 %) of the students stated that they used drugs at least once in their lives, and 1956 (69.5) stated that they did not use them. If high school students classified according to least once substance use rates; alcohol use rate 214 (7.6 %), cannabis use 100



(3.6 %), eczema use 43 (1.5 %), use of thinner 82 (2.9 %), the use of akinetone was 26 (0.9 %), the use of cocaine was 42 (1.5 %), the use of heroin was 36 (1.3 %), the use of amphetamine was 25 (0.9 %), green prescription use was found in 32 (1.1 %) and other use was found as 20 (0.7 %).

Groups (clusters) created according to "High-Medium-Low Level" according to TEOG 2015-2016 Base Points; At least once substance use rates in total; 240 (8.5 %) in the upper groups, 297 (10.6 %) in the middle groups and 321 (11.4 %) in the lower groups. Even if there is an increase in groups from the upper to lower ones among the three groups of schools that are created according to the school TEOG base scores, but no important significance is seen.

When we evaluate substance use rate distributions according to their classes; Cigarette, alcohol, cannabis and ecstasy use were significantly higher in 12th grade than in 10th grade; all the other narcotics / substance use was significantly higher in the 10th grade than in the 12th grade.

When substance use of students is evaluated by binary chi-square analysis according to income level; Generally, as the monthly incomes of the families increase, the narcotic / drug use rate of the students is significantly increasing according to the families with low income.

When we examine the result rates of substance use analysis of the physical violence to student by the parents; It was determined that the rate of narcotic / substance use increased the parental physical violence significantly (57.1 % of physical violence, 25.8 % of non-violent).

When narcotics / substance use rates are assessed by binary chi-square analysis in terms of attitudes and behaviors of family against the student; It has been determined that the fact that the family is indifferent, repressive, authoritarian or over-obedient, causes a significant increase in narcotic / substance use rates in the students, and that the family is apathetic, causes a significant increase in narcotic / substance use rates compared to their interest and support.

When the students who are examined for survey are evaluated according to the educational status of their parents; there was a significant increase in narcotic / substance use rates as mother's educational level increased, and according to the assessment of the educational status of the father; there was a significant increase in the narcotic / substance use rates as the father's educational level increased, except for his father's literacy status.

When we look at the change between the rate of substance use and escape from school or home; it was found that narcotic / substance use rates were significantly higher among those who escaped from school (43 %) or from home

(68.9 %) compared to did not escape from school (7.8 %) or from home. It was determined that the student who used narcotics / substance at least once in their lifetime had a higher rate of disciplinary punishment in school (61.1 %) than students who did not use narcotics / drugs (23.8 %). When we assess the substance use rates and students who has at least one time substance use during their lifetime and having a legal problem; when we compare students (68 %) who report a legal problem and students (27.8 %) who did not report legal problem; the use rates of narcotic substances were significantly higher.

When the substance use rates were assessed with social problem behaviors, the use rates of all the substances, the students who answered "yes" to the questions of being in social problem behaviors were significantly higher than the students who gave "no" answer to this question. High school students who participating in the study stated that they used substance; 65,4 % of the students had escaped from school, 13,1 % had escaped from the home, 18,9 % had received disciplinary punishment, 7,4 % had a legal problem, 11,6 % 9.5 % were members of a gang (table 6). It can be said that, in all social problematic behaviors, the use rates of all narcotics / substances was found to increase.

4. DISCUSSION

In our study, the most used substances in all three student groups were cigarettes, alco-



hol and cannabis. Smoking, alcohol, cannabis and ecstasy use rates in 10th grade students were found significantly higher than Grade 12th grade students in high school. However, it was determined that in all substances use rates in 12th grade students except smoking, alcohol, cannabis and ecstasy use, were significantly higher than 10th grade students.

Research conducted by Ögel and ark. with SAMAY in 1998 was carried out on 10th grade high school students. The study has importance that it includes Van Province in the same research that was done earlier. The prevalence of life-time substance use in the survey was found as follows: Volatile substances 8.6 %, Cannabis 3.5 %, Sedative Hypnotic 3.2 % and Heroin 1.6 %. The cities which have the most common life-time cannabis use are İzmir (4 %), Istanbul and Diyarbakir (3.6 %), Mugla (3.4 %), Antalya (3.2 %) and Adana (3.1 %). Malatya (0.5 %), Sivas and Van (1.9 %) were cities that have the least life-time cannabis use. The most common cases of volatile substance use were found in Mugla (12.8 %), Kocaeli (12.6 %), Sivas (12.4 %), Eskisehir (11.8 %), Antalya (11.2 %) and İzmir (11.1 %) [10, s. 62].

When our study data were evaluated, the prevalence of narcotic substance usage at least once in life-time was found as follows: The most commonly used substances are alcohol with 29.3 % cigarettes (7.6 %). Then the order continues with cannabis (3.6 %), thinner-bally (2.9 %) cocaine and ecstasy (1.5 %,) heroine (1.3 %), green prescription (1.1 %), akinetone, amphetamin and captagon 0,9 %, respectively. As in the all of Turkey, the frequency of cannabis use in the study of "Ögel and arks." with SAMAY in 1998 increased in our study. However, students were found lower at the least once substance use during life-time compared to this comprehensive data of 1998 in Turkey.

More than 100,000 students participated in the data collection study of the European School Survey Project (ESPAD) for the Use of Alcohol and Other Narcotic Drugs (narcotics) in 2007, and with an average of 58 % of students aged 15-16 in participant coun-

tries reported that they smoked at least once, and 1/3 of students reported that they used alcohol once during their life-time and 23 % of boys and 17 % of the girls reported illegal drug testing at least once in their lifetime [11].

The alcohol use rates in our study were similar to this study, but the rates of smoking and illegal substances were lower than this study. The majority of students who tested illegal drugs in this study used cannabis. In our study, the most used substance is ecstasy. While lifetime cannabis use was reported by 19 % of students in the ESPAD study, 7 % tested one or more of the other drugs in index. Ecstasy, cocaine and amphetamines are closely following each other (3 % each), with less reported amphetamine, cocaine and heroin (1–2 %) [11]. When ESPAD's 2007 data is compared with our data; cigarette, cannabis, heroin, cocaine, LSD and ecstasy use rates are quite high in European countries and alcohol use rates are similar.

In ÖGEL and arks. study, in which they involved 7341 high school students they found that 65,1 % of the students smoked at least once during their life-time and in our study this rate is 29,3 %. In this study, llifetime cannabis use was 3.6 %, stimulant use was 8.6 % and volatile substance use was 3.3 %. In our study, the rates of use of these substances as point prevalence were lower than this study [12, p. 243–244]. Again, in a study by "Ögel and ark" in Turkey's 9 large cities, life-time ecstasy use rate was found as 2.5 %. This rate is higher when it is compared to our study. If we think that these studies were carried out in the high schools in Istanbul, we can say that this difference is due to differences in the sociological structure between the cities [13, p. 112–118].

According to the data of 2010 National Health and Social Care Information Center (NHS), the most commonly used illegal substance was cannabis (6.6 %), and then powder cocaine with 2.4 % [14]. The most widely used illegal substances in Europe and America are volatiles and cannabis [15, p. 301–303]. Similarly, the most commonly



used illegal substance in our study was cannabis (3.6 %), the second most common was thinner (2.9 %).

Within the scope of the Youth Survey in 2004, in the study conducted on 10th grade high school students in Istanbul, the substance with the highest prevalence of use at least once was alcohol with 51.2 %. Alcohol is followed by tobacco (37 %), volatile substances (5.9 %) and cannabis (5.8 %), respectively [16, p. 18–23]. However, the frequency of use was found lower in our study. That is, in our study, the most used substances in 10th grade high school students are cigarettes (13.1 %) and alcohol (2.7 %). This is followed by cannabis (1.5 %), thinner (1.5 %) and heroin and cocaine (0.8 %). According to alcohol and illegal drug use report in teenagers aged 12–17 in the US, alcohol use rates were 40 % for women, 38 % for men, smoking use rate 40 % for men, for women 39 %, cannabis use, 23 % for women and 20 % for men. The rate of substance use in this study is approximately similar between men and women [17, p. 1–23]. In our study, smoking, alcohol and cannabis use were significantly higher in males than females.

According to the UK NHS data, in young adolescents between the ages of 16 and 24, illegal substance use was found as 11.9 % for males and 5.4 % for females [18]. In our study, the rate of use of almost all illegal substances is significantly higher in males than females.

According to data of European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) in 2009, it has been reported that life-time cannabis use among the 15–24 years old boys are twice at least compared to the girls, and intensive use habits are more common among younger men [19, p. 11–16]. In our study, cannabis use was found about 6 times higher in males than females. This is due to the social and cultural characteristics of the area.

In a study by Ögel and ark in 1996, smoking use was found as 62.4 % for female students and 67.3 % for male students. Alcohol consumption in a last month was found as 11.8 % for girls and 23.5 % for boys. Life-

time cannabis use rates were 2.2 % for female students and 4.9 % for male students [20, p. 12–23]. In our study, use rates in high school students during their life-time; smoking was found significantly higher in males than females; Smoking 19.2% in females, 10.1 % in females, alcohol use 5.7 % in males, 1.8 % in females, cannabis use 3.1 % in males and 0.5 % in females. Here, it is thought that the high difference between men and women is due to the men's traditions and customs.

According to 2010 Follow-up Reports on Drug Use in American Adolescents; Alcohol use was found as 58.2 % for the 10th class, 71 % for the 12th class, smoking 33 % for the 10th class and 42 % for the 12th class. Cannabis use was 33.4 % in the 10th grade, 43.8 % in the 12th grade, Volatile use 12 % in the 10th grade and 9 % in the 12th grade [21]. The substance use rate in this study is higher than ours. Similarly, substance use rates are significantly higher in high school 12th grade students compared to 10th grade high school students. These differences in our study are consistent with other studies that indicate the substance use rates are increasing with age.

In a questionnaire applied to 8402 high school students in Edirne in 2011, the highest prevalence of at least once substance use is smoking with 35.7 % in the data obtained in 12th grade of high school students. The alcohol is 28.6 %, cannabis is 3 %, and volatile substances are 1.9 %. In our study, substance with the highest prevalence of at least once use is smoking with 16.1 %. Alcohol is 4.9 %, cannabis is 2.0 %, and volatile substances are 1.4 % respectively [22, p. 36]. However, the frequency of use was found lower in our study. Considering that study in Edirne is made in 2011, the reason for the low utilization rates of all other substances except smoking in our work in 2016, it is thought that this may be due to increased awareness of the measures taken and the dependence on this area, the differences in the methods of research in this area, and the social and cultural structure differences between the cities.



In this study, smoking, alcohol and narcotics / substance use were assessed with high school students with a risky period. The study was done by the questionnaire forms filled by the individuals themselves, which may sometimes be a limitation of the reliability of the data. In our research, the three provinces of Van and its' 10th grade and 12th grade students in 25 high schools were questioned. The aim was to target students whose age distributions are close to each other. It is important to taken measures by related administrators to increase the awareness of alcohol, cigarettes, cannabis and other narcotics / substances that are determined to have high usage rates especially in our region in order to reduce the risk of adolescence / youth from the point of substance use by looking at the findings.

5. CONCLUSION AND RECOMMENDATIONS

The Drug Problem is in a rapid increase in Turkey compared to the US and European countries. Similarly, in Van Province, the Narcotic / Substance Problem is at a lower level compared to the western provinces of Turkey and there is also a rapid increase here.

In this study, as a result:

- Smoking, alcohol and cannabis use rates of 12th grade students were significantly higher than 10th grade high school students.
- All other narcotics / substance use rates, especially smoking, alcohol and cannabis were significantly higher in males than females.
- Smoking and alcohol use were found higher in families with high income levels.
- It has been determined that the high educational level of the mother significantly increases the narcotic / substance use rates.
- It has been determined that the parents who are indifferent, not adequately supportive, and physical violence to their children is associated with increase in smoking, alcohol and other narcotic / substance use rates.

- It has been found that social problem behaviors (escape from school and home, getting disciplinary punishment, cutting-drilling tool transportation, gang membership, legal problems) in high school students are parallel to increase in smoking, alcohol and other narcotics / substance use rates.

Suggestions:

- Protection and prevention activities for the youth should be applied more at the beginning of high school; their awareness should be increased about the dangers of smoking, alcohol and narcotics / substance use by creating more opportunities for leisure activities and peer education environments should be provided within the social clubs that students create themselves.
- The use of one of the narcotics / substances causes the risk of use another substances. So, especially, since cigarettes and alcohol are regarded as a step to narcotics / substances, they have to be given an emphasis on this issue.
- The improvement of the social-economic conditions is a both risk factor and protective in narcotics / substance use. The youngs have to be kept under control economically, and they should be limited, if it is necessary.
- Positive family attitudes have primary importance; emphasis should be placed on family education regarding the importance of protecting borders and balances in parent-child relationships.
- Considering the effects of advertisements on the society, it should be paid attention to advertisements of institutions and organizations, and country-based necessary measures (-for example prohibition on beer-) should be taken on this issue and also necessary educational programs should be planned.
- A three-dimensional study involving extension of treatment and rehabilitation opportunities with supply and demand reductions related to narcotics/ substance.



- The issue should be included in development plans at national and international level that exist to control or destroy the trade and smuggling of narcotics, and they should cooperate with these combating institutions with full sensitivity, seriousness and determination, and they should be in closer coordination.

In Van, our workplace, the results are gratifyingly low. But we can not say there is nothing at all. After this, it is important to keep the fixation studies periodically and to update the solution proposals.

SUMMARY

Narcotic/substance use and related behaviours in adolescents/youth are very important social problem for the future society. Adolescents/youth is considered to be the most risky period for testing the narcotic/substance use. Therefore, most of the studies on alcohol and narcotic/substance use focus the more on vulnerable period of adolescent /youth.

In this study, the aim is to determine the prevalence alcohol, cigarette and narcotic/substance use in adolescents/youth who are studying in 10th and 12th grades of 25 high schools in Van province's three central districts.

The study was carried out with the practice of questionnaires on 2814 students who are studying in 10th and 12th grades of 25 high schools in three central districts of Van province.

The prevalence of smoking, alcohol and cannabis use is significantly higher in 12th grades compared to 10th grades in high schools. Smoking, alcohol, cannabis and other narcotic/substance use rates among students were higher than in males than females.

The alcohol use rates are significantly higher in the high school students whose mothers with high education level.

It has been found that the rate of alcohol use, tobacco and other substances is higher in the students who do not get enough support from their parent, who cannot agree with their parents, who perceived the family attitude as an authoritarian-repressive, irrelevant

and overly watchful, and who are exposed to violence.

It has been found that there is an increase in the use rates of almost all substances in those who with social problem behaviours such as gang membership, cutting-drilling tool transportation, escape from school, and escape from home, legal problems, disciplinary problems.

This narcotic/substance use study on high school students is related both with parents' intra-familial relationships, parental attitudes and behaviours, educational status, economic status and social and environmental factors such as the students' social problem behaviours and the presence of narcotics/drug users.

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