



جامعة زيان عاشور الجلفة

University of Djelfa

كلية العلوم الانسانية والاجتماعية

College of Social and Human Sciences

قسم علم الاجتماع والديموغرافيا

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DRUGS and SOCIETY

دروس موجهة لطلبة السنة الثالثة ليسانس علم اجتماع

Lessons Directed to Third-Year Sociology Undergraduate Students

إعداد الدكتور : بورقبة مصطفى

Prepared by: Dr BOURAGBA Mostefa

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<p><i>Planned ministerial programme:</i></p>	<p><i>-Drug identification.</i> <i>-Drug characteristics and advantages.</i> <i>-Causes and factors leading to drug abuse.</i> <i>-Methods of prevention and treatment.</i> <i>-The role of social institutions and the media to address this phenomenon.</i> <i>- Algerian legislative efforts in the field of drug crime.</i></p>

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Print Introduction:

The topic of drugs is one of the most controversial and exciting in modern societies. It extends to all aspects of humanity, whether physical, psychological or social and undeniably profoundly affects individuals and societies. Drugs are a global phenomenon, varying in types and forms, spread across cultures and countries strikingly, making their study and understanding critical for everyone who wants to build a healthy and stable society.

in this print, we will dive into the world of drugs, where we will try to understand the reasons for their use and their effects on the individual and society, as well as explore ways to prevent them and treat their addiction. We will highlight the challenges faced by individuals and communities in addressing this phenomenon and look at policies and programs aimed at combating the spread of drugs and providing treatment to people with an addiction.

But before we delve into these aspects, let's look at the concept of drugs itself. What are drugs? What are their effects on the body and mind? What drives individuals to use them despite their known risks? These and other questions will be the focus of our attention in chapter I of this publication.

Furthermore, we will analyze and classify different types of drugs while demonstrating the impact of every kind on the individual and society. There is a wide variety of drugs, from legal prescription drugs to illegal drugs with serious risks and adverse effects.

It is also essential to understand the causes of drug use. Not everyone who resorts to using it does so for similar reasons. What factors are driving individuals' behaviour? How can we support and assist those suffering from this problem? We will address these questions in detail in Chapter II.

But talking about drugs is complete only by talking about ways of preventing them and treating addiction. Prevention is preferable to treatment, and therefore, in Chapter IV, we will review the role of the family, school and Government in raising people's awareness of the dangers of drugs and promoting awareness of prevention methods. This Chapter will also discuss the importance of awareness-raising and educational programming in this context.

The final Chapter will be dedicated to the treatment of drug addiction, where we will review the different stages of treatment, the role of psychological, medical and social therapy in the success of this process, as well as the role of family support in supporting people with addiction along this path.

In conclusion, this book aims to provide a comprehensive and integrated understanding of the drug phenomenon, including the causes of its use, its effects and ways of preventing and treating it. We hope that this book will be a comprehensive guide for everyone who wants to understand drugs and their ramifications, whether they are scientific knowledge seekers, health and treatment workers, or even individuals with drug challenges in their daily lives. Through this book, we will seek to provide reliable and accurate information, helping the reader understand this important phenomenon more deeply.

We will begin this Chapter with an analysis of the concept of drugs and their physical, psychological and social impacts, where we will review the different effects of drug abuse on the individual and society at large. We will investigate the reasons why individuals use drugs despite their known risks, and we will identify the biological, psychological and social factors that play a role in this phenomenon.

In Chapter II, we will deepen the analysis of different types of drugs, from legal drugs used for legitimate medical purposes to illegal drugs that produce serious adverse effects. We will also address the classification of drugs and the effects of each type on

the individual and society, enabling the reader to understand the differences between them and identify the potential risks of each type's use.

Given the importance of drug prevention, chapter III will be devoted to discussing ways of preventing this phenomenon, where we will address the role of the family, the school and the Government in raising people's awareness of the dangers of drugs and promoting awareness of prevention methods. We will also learn about awareness and educational programs aimed at effectively guiding individuals and supporting them in making the right decisions.

The final Chapter will be dedicated to discussing drug addiction treatment, where we will review the different stages of treatment and the role of both psychological, medical and social therapy in achieving the success of this process. We will also learn about the role of family and community support in supporting addicts along this path and review best practices to deal with this sensitive issue.

Finally, this print aims to provide a comprehensive and reliable source for a reader wishing to understand in greater depth the issue

of drugs and their repercussions, and we hope that it will be a valuable contribution to efforts to combat this harmful phenomenon and reduce its negative effects on societies.

Chapter 1: Drugs and Their Impact on the Individual and Society

Drugs are a widespread phenomenon in modern societies and have an overall impact on individuals and communities. Not only is it a health issue, but it goes beyond social, economic and ethical dimensions as well. Drugs abnormally modify and modify body and mind functions, resulting in negative effects on health, behaviour, work and social relations.

Drug types vary between medical substances manufactured for medical use and illegal substances used for recreational or addictive purposes. Their effects range from body irritation to mind, causing hallucinations and affecting memory, thinking and behaviour in general. .(Saad Jalal,43, 1985)

At the individual level, drugs deteriorate physical and mental health and may lead to addiction, chronic abuse and, in some cases, death. It also affects the ability to focus, make decisions and deal with daily pressures. .(James,47 ,1999)

At the community level, drug circulation leads to insecurity and stability and an increase in crime and violence. It also contributes to the spread of infectious diseases and environmental degradation, in addition to the economic burdens they impose on society as a whole.

Definition of drugs:

Drugs vary in composition and sources, encompassing a wide range of substances that affect the body and mind in different ways. Drugs include medical substances that are used for certain therapeutic purposes, such as narcotic drugs that are used to relieve pain or treat psychiatric disorders, such as sedatives and antidepressants. Drugs also include natural substances such as cannabis and opioids that come from plant sources.

However, drugs include not only medical substances but also illegal manufactured chemicals that are used for recreational or addictive purposes. Examples of such illegal narcotics include heroin, cocaine, methamphetamine and ecstasy.

The effect of drugs varies from substance to substance; some cause ecstasy and happiness, while others cause hallucinations and loss of consciousness. Drugs also affect the body in different ways, such as increased heart rhythm, high blood pressure, and changes in behaviour and behaviour.

In general, drugs can be defined as substances that affect the body's and mind's functions and cause changes in awareness and behaviour when used, whether legitimately or illegally. It is important to understand the differences between legitimate drugs that are used for medical purposes and illegal drugs that can cause harmful effects on the individual and society.

Effects of drugs on physical health:

Drugs are among the most significant factors that significantly affect individuals' physical health, causing changes and abnormalities in the functions of the body and its organs. When using drugs, the body is exposed to a range of harmful effects that may lead to serious long-term health problems.

One of the most significant negative effects of drugs on physical health can be mentioned:

- 1 .Effect on the central nervous system: Some drugs, such as heroin and cocaine, inhibit the work of the central nervous system, resulting in negative effects on memory, concentration and thinking.
- 2 .Internal organ damage: Some drugs such as alcohol and caption may damage internal organs such as the liver, kidneys and heart, increasing the risk of chronic diseases such as cancer and heart disease.
- 3 .Respiratory effects: Some drugs, such as tobacco and cannabis, cause respiratory irritation and may increase the risk of chronic lung diseases such as chronic pulmonary embolism and pneumonia. (James,111 ,1999)

4 .Increased risk of infectious diseases: Drug use increases the risk of infectious diseases such as HIV and hepatitis B virus (HCV) as a result of the involvement of contaminated needles or unprotected sexual relationships.

5. Negative effects on growth and development: Some drugs can affect the growth and development processes of young individuals, resulting in problems with physical and mental development.

To summarize, drug use carries a high risk to an individual's physical health and may lead to serious health problems that may have devastating effects on the body in the long term.

Therefore, individuals must understand those risks and avoid using drugs in every possible way. It is also necessary to raise young people's and society's awareness of the dangers of drug abuse and to warn against its experience through awareness-raising and educational programmes aimed at raising awareness of the harm of drugs to physical health.

The effect of drugs is not only on physical health but also on mental and social health. Therefore, in the forthcoming parts of this Chapter, we will discuss the impact of drugs on psychosocial aspects and how drug abuse can affect the lives of individuals and societies in general.

Understanding the impact of drugs on physical health is, therefore, an essential step in raising awareness and preventing their harmful

effects, and society as a whole must work to sensitize and warn individuals about the seriousness of drug use and adopt healthy behaviours that keep the individual and society safe.

Effects of drugs on mental health:

Mental health is an important aspect of drug use, as drugs can cause significant changes in individuals' mood and psychological behaviour. When using drugs, the balance of chemicals in the brain is affected, resulting in negative psychological effects, including:

1 Increased levels of anxiety and stress: Drug use can increase individuals' levels of anxiety and stress, making them more vulnerable to feeling stressed and psychological stress.

2 Changes in mood: Drugs can cause sudden changes in mood, such as volatile emotions, depression and neurological impulses.

3 Loss of interest and tendency to isolate: Drug abuse can result in loss of interest in everyday activities and in social relations, leading to isolation and disintegration.

4 Increased risk of depression and suicide: Drugs can increase the risk of depression and suicidal thoughts, especially in individuals with psychiatric disorders such as anxiety disorders or mood disorders.

5 Sleep disorders: Individuals who use drugs suffer from sleep disorders, such as insomnia or uncomfortable sleep, which affects the quality of psychological and mental life.

Furthermore, substance abuse can lead to changes in individuals' social behaviour, as it can lead to reduced functioning, delays in study or work, and an increased risk of involvement in criminal behaviour and violence.

Therefore, understanding the effects of drugs on mental health is critical to educating individuals about the risks of using them and warning them not to fall into their traps.

In addition, drugs may also cause the deterioration of individuals' social relationships, as constant drug use can lead to a person being isolated from friends, family and society in general. The ability to socialize and build healthy relationships is negatively affected by the effects of the drug on the mind and behaviour.

Also, in psychological aspects, drugs affect the ability to make decisions appropriately and regulate behaviour, which can lead to embarrassing or dangerous situations. Consequently, drug abuse can have a significant impact on an individual's life and society in general.

Therefore, understanding the effects of drugs on psychosocial health helps to raise people's awareness of the importance of moving away from them and seeking treatment and support in the

event of addiction. Promoting awareness of these impacts is an essential step in addressing and combating the drug problem in societies. (Saad,87, 1985)

Effects of drugs on social relations:

Social relationships are one of the most important aspects of human life and play a vital role in one's mental health and happiness. However, these relationships may be significantly affected by substance abuse, as this harmful habit causes many problems and challenges in social relations. Some of the main effects of drugs on social relations are as follows:

1 Isolation and disruption of communication: persistent drug use may lead to isolation from members of one's community, where the addict tends to be separated from friends, family and society in general. The addict loses interest in social relationships and prefers to isolate from others, negatively affecting the quality of his social life.

2 Deterioration of personal relationships: Drug use can lead to the deterioration of personal relationships between individuals, causing stress, conflicts and behavioural problems in family and social relationships. The addict may become reckless in his behaviour and aggressive, leading to the breakdown of relationships with friends and relatives.

3 Increase in violence and crime: Drug abuse can increase the risk of an individual engaging in criminal activities and violence, where the addict can engage in hostile acts to obtain the money needed to purchase drugs or to meet his or her needs.

4 Loss of trust and respect: Substance abuse can lead to loss of trust and respect by friends, family and society, as the addict becomes unable to fulfil his social obligations and responsibilities.

In short, drug abuse can significantly affect social relations, leading to a breakdown in personal relationships, an increase in violence and crime, and a loss of trust and respect.

Economic and social repercussions of drug abuse:

Drug use is a major challenge for societies worldwide, with the phenomenon causing serious economic and social repercussions affecting the individual and society at large. These implications include:

1 Impact on the economy: Drug abuse causes enormous economic costs to societies, as a result of medical and therapeutic costs to treat the effects of abuse, as well as social costs such as loss of productivity and high unemployment and addiction rates.

2 An increase in crime and violence: drug abuse can lead to an increase in crime and violence in societies where addicts commit

crimes to finance their habit, and abuse can lead to a drift towards gangs and criminal organizations.

3 Impact on Family and Society: Drug use has the effect of family disintegration and deterioration of social relations, where the addict becomes unable to perform his role in society and family properly, negatively affecting the social life of society in general.

4 Impact on education and development: Drug abuse can affect education and societies' economic development, causing low school success rates and poor academic performance, reducing access to paid jobs and impeding economic growth.

5 Impact on public health: Drug use significantly affects public health in society, increasing the prevalence of infectious diseases such as HIV (AIDS) and hepatitis B. It also causes increased rates of heart, respiratory, liver and other diseases, increasing the burden on the health system.

6 Social deviation: Drug abuse can skew young people's social values and ethics, as they become more likely to engage in dangerous and illegal behaviours, affecting the stability of society in general.

7 Impact on national security: Drug abuse can threaten the security of the State and societies, increasing the prevalence of organized crime, smuggling and illegal trade, endangering national security and stability.

8 Loss of economic opportunities: Drug abuse can deprive individuals of economic opportunities and personal development, reducing access to quality education and stable jobs, thus increasing the cycle of poverty and unemployment in society.

Given these effects, drug use is a major challenge that needs to be addressed comprehensively through the application of effective policies and programmes aimed at preventing drug abuse, treating addiction and combating illegal trade.

Chapter 2: Causes of Drug Abuse

Understanding the causes of drug use is crucial to effectively counter and respond to this phenomenon. Drug abuse is not merely a singular behaviour but the result of complex interaction of multiple factors, including the environment, psychology, social and biological. This Chapter aims to explore these factors and understand how they affect individuals' decision to use drugs.

Biological agents:

Biological agents are an important aspect that plays a role in determining individuals' tendencies towards drug use. There are several genetic and genetic factors that tend to increase a person's vulnerability to drug use, including genetic factors that affect the blockade system in the brain and make some people more vulnerable to addiction. Physical factors such as stress, anxiety and depression also play a role in driving individuals to resort to drugs as a way to alleviate unwanted symptoms.

In addition, environmental factors such as social and psychological stress influence individuals' decision to use drugs. Painful emotional attitudes such as the loss of a lover or social pressures such as peer analogy may lead individuals to use drugs as a means of expressing feelings or overcoming challenges.

Understanding the biological factors affecting drug abuse is an essential step in developing effective strategies to combat this phenomenon. By understanding how these factors affect, programmes and policies can be developed aimed at reducing the prevalence of abuse and providing support and treatment to affected individuals.

Psychological factors:

Psychological factors play a prominent role in determining an individual's behaviour and trends towards drug use. Psychological factors include a variety of psychological and mental aspects that can influence a person's decision to use drugs, including:

- 1 Psychological stresses: Psychological stresses can play an important role in driving individuals to take drugs, as psychological stress, emotional stress, and depression can be catalysts for seeking a way out of abuse.
- 2 Experience and curiosity: Curiosity and a person's desire to experience the effects of drugs can be a catalyst for their use, especially in the category of young people who may be more exposed to psychological stress and the effects of social influence.
- 3 Self-empathy: Low level of self-empathy, permanent anxiety or weakness in personality structure can be contributing factors to the use of drugs as a means of calming or escapism.

4 Stress Response: Repeated drug use is a response to stress or psychological stress caused by specific situations in life, and drugs may have a temporary effect on relieving this stress.

5 Reward response: The ability of drugs to stir up feelings of happiness and congratulations can be a powerful catalyst for their use, as individuals seek to replicate the arousal experiences of drug use.

In short, psychological factors play an important role in determining an individual's decision to use drugs, and understanding these factors can help develop effective strategies to prevent and combat abuse. (James,73 ,1999)

Social factors:

Social factors are an essential part of the context that influences individuals' decisions regarding drug use. Social interactions and social dynamics play a crucial role in determining individuals' vulnerability to drug use and their future behaviour.

One of these factors is the strong influence of peers and the surrounding community. Friends and the community around an individual can be an influential factor in encouraging or preventing them from trying drugs. For example, individuals may feel the social pressure to try drugs to belong to a particular group or to demonstrate social dependence. (Zaghloul,54,1963)

In addition, socio-economic and cultural conditions can affect drug use. In vulnerable economic environments, the use of escapism may be harsh, and the search for a temporary experience of pleasure and the escape of social and economic pressures may be difficult.

On the other hand, the media and popular culture play a major role in shaping individuals' perceptions of drug use. Media, films and series can show a positive depiction of drug use, which can affect individuals' behaviour and encourage them to experience it.

Furthermore, an individual's general environment and social conditions play an important role in determining their vulnerability to abuse opportunities and their surrounding effects. Being in abuse-prone environments, such as areas with high crime activity or communities that encourage abuse, may be contributing to increasing the likelihood of abuse.

In this way, social factors are an important part of the context affecting drug abuse behaviour, and understanding these factors and their effects can help develop effective abuse prevention strategies.

Cultural factors:

Cultural factors are an essential part of the context that influences an individual's behaviour with regard to drug abuse, where cultural values, beliefs and traditions play a crucial role in shaping an individual's view of and decisions on drugs.

One of these factors is the cultural perception of drugs, where cultures differ in the way they view drugs. Some cultures may accept the use of certain drugs while others refuse to use them altogether, and this is influenced by religious, historical and social factors.

In addition, cultural values and beliefs can affect individuals' degree of acceptance of substance abuse. Some cultures may consider drug abuse as part of youth experience or as part of the cultural pattern of society, while others see drug abuse as unacceptable and outrageous. (Saad,91, 1985)

On the other hand, cultural events and experiences may influence an individual's decision to use drugs, for example, having cultural festivals or events that encourage abuse or expose individuals to the opportunity to experience drugs.

Furthermore, cultural customs and traditions can play a role in determining the prevalence of abuse in some societies, where some drugs may be part of certain traditions or social activities.

In this way, cultural factors show great importance in understanding drug abuse behaviour, and as with other factors, they require multifaceted strategies to prevent and deal with abuse.

Chapter 3: Drug Types and Effects

Chapter 3 of this book is an important milestone in our journey to explore the world of drugs, where we will analyze and study the different types of drugs and their effects on the individual and society. This Chapter aims to provide a comprehensive and detailed understanding of drugs, including legal, legitimate, illegal and legitimate drugs, and the classification, types and effects of drugs will be thoroughly explored.

Initially, we will identify legal and legitimate drugs, which are those drugs that are allowed to be used and traded in accordance with laws and legislation in many countries. We will explore the types of these drugs and their impact on the individual and society, and we will address their causes and effects.

Then, we will move to illegal and legitimate drugs, drugs that are illegal in most countries. We will address the classification of these drugs and their different types, focusing on their negative effects on the individual and society and the challenges facing efforts to combat their spread.

Ultimately, we will talk about the effects of each type of drug on the individual and society, where we will analyze the impact of each type of drug on physical health, mental health and social relations, as well as economic, security and cultural impacts.

With this comprehensive review, we aspire to a deeper and more comprehensive understanding of the drug world and its multiple impacts, as well as how we can deal with these challenges in an effective and responsible manner. Let us now turn to the first heading in this Chapter, namely, the classification and types of drugs. (Adel,33 1982)

Drug classification and types: (Abdel Rahman,55, 1999)

1 Steroids:

- Chemical definition: steroids are a group of drugs that stimulate the activity of the central nervous system, resulting in increased attention, vigilance and energy.
- Examples of steroids are caffeine, nicotine, and amphetamines (e.g. ecstasy and methamphetamine).
- Its effect on the body: steroids increase the release of stimulating hormones such as dopamine and noradrenaline, resulting in increased heart rate, high blood pressure and acceleration of the psyche.

2 Sedatives: (Muhammad,35, 1988)

Chemical definition: Sedatives are a group of drugs that calm the central nervous system, causing relaxation, drowsiness, and palliative symptoms.

- Examples of sedatives are benzodiazepines (such as valium and clonazepam) and central neurological sedatives (such as alcohol).
- Its effect on the body: sedatives inhibit the activity of the central nervous system, relieving anxiety and stress and enhancing the feeling of calm and sleepiness.

3 Hallucinogens:

- Chemical definition: Hallucinosis is a group of drugs that cause changes in perception, feelings and thinking, leading to confusing experiences of reality.
- Examples of hallucinosis are lysergic acid diethylamide (LSD), penicillin, and paracetamol.
- Effect on the body: Hallucinosis stimulates serotonin receptors in the brain, causing confusion in thinking and senses, as well as placebo experiments.

4 Mixed Drugs:

- Chemical definition: Mixed drugs are a group of drugs containing a combination of active and soothing ingredients and hallucinogens.
- Examples of mixed drugs are ecstasy (MDMA) and heroin-mixed cocaine.
- Effect on the body: The effects of mixed drugs vary according to their composition, as they can involve multiple effects

such as hallucinations, volatile emotions and confusion in consciousness.

Through these different categories, individuals can understand the diversity of drugs and their effects on the body and mind, which require different strategies to effectively prevent and treat them.

The difference between legitimate and illegal drugs:

Legitimate legal drugs are those that are permitted to be used and handled under the laws and legislation of many States. These drugs are often used for medical purposes, and their distribution is done by prescription from qualified doctors. Examples of legitimate legal drugs include:

- Calming drugs such as benzodiazepines (such as valium and clonazepam), which are used to treat anxiety and sleep disorders.
- analgesics such as opioids (such as oxycodone and morphine), which are used to relieve severe pain.
- Anti-inflammatory drugs such as aspirin and ibuprofen are used to relieve pain and joint infections.

Illegal and legitimate drugs are those that are considered illegal in most countries. These drugs include a variety of chemicals and plants that can be found on the black market or from illegal sources. Examples of illegal and legitimate drugs include:

- Cannabis (marijuana), a plant from which Indian cannabis is extracted and smoked or consumed in various forms to achieve psychological effects.
- Heroin is a powerful opioid-derived drug commonly used as a drug affecting the central nervous system.
- Cocaine, a catalyst extracted from coca plant leaves, causes provisional catalytic effects.

In general, the main difference between legitimate and illegal drugs lies in the legality of their circulation and use in accordance with domestic and international legislation. The first can be obtained by prescription and used legally, while the second is prohibited and prosecuted for being legally involved in its trade and use. (Bergeret,53, 1984)

The effects of each type of drug on the individual and society:
(Zaghloul,74,1963)

The effects of each type of drug on the individual and society are a thorny and complex topic worthy of research and deep reflection. The impact of each type of drug on the individual and society varies based on several factors, including the chemical composition of the drug, the amount of dose used, the history of use, and the social and cultural context of the individual and society.

In general, drug effects can be divided into individual effects and social effects:

1 Individual effects:

- Physiological action: These effects include changes in body function such as increased heart rate, high blood pressure, and changes in hormone levels.
- Psychological effect: the psychological effect ranges from the stimulation of happiness and ecstasy to hallucinations, distraction and mental fragmentation.
- Addiction: Some drugs contribute to the development of addiction that can lead to a lack of control over use and exposure to health and social risks.

2 Social influences:

- Crime and violence: Drug use is associated with increased crime and violence rates, whether because of the need to finance addiction or because of the psychological and behavioural effects of drugs.
- Public health: Drugs have increased the burden on the health system due to injuries and related diseases such as infectious diseases and psychiatric diseases.
- Influence on the family and society: drug use can significantly affect family and social relations, resulting in family breakdown, loss of trust among individuals and deterioration of social relations.

It should be noted that the effects of drugs on the individual and society are not only negative; they may also be positive in some cases, such as the use of certain drugs in medical treatments and the positive social effects of some individuals. However, understanding and evaluating these impacts requires careful and comprehensive consideration of each type of drug and its use conditions.

Chapter 4: Drug Abuse Prevention:

Drug abuse prevention separation is an essential and vital part of understanding and addressing the drug abuse phenomenon. It is the aspect through which the individual and society seek to reduce the spread of this harmful phenomenon and to protect individuals, especially young people, from the risks of addiction and its negative effects on health and social and economic life. Understanding how to prevent drug use is vital to effectively tackling this problem and achieving positive change in society.

Numerous research studies have shown that drug abuse prevention requires a comprehensive and integrated approach that encompasses several aspects. This includes focusing on education and awareness-raising, strengthening individual and social capacities, providing an enabling social and economic environment and developing preventive policies and programmes. The prevention approach requires cooperation and partnership between the Government and health, education, community, family and youth institutions in order to build an inclusive environment that promotes prevention and reduces the factors contributing to the prevalence of drug use.

One of the most important aspects of drug abuse prevention is education and awareness-raising, where drug risk education and its adverse consequences for health and social life are an essential part

of prevention programmes. This includes providing accurate and reliable information about drugs and their effects, focusing on developing correct behavioural skills and rejecting psychosocial pressures that drive individuals to experience drugs. (Sheldon,44,2015)

In addition to education and awareness-raising, drug abuse prevention also includes strengthening individual and social abilities, such as developing life and leadership skills, promoting positive relationships and building self-confidence. These capabilities help individuals to make the right decisions, identify and achieve goals, and enhance their resistance to the pressures and challenges they may face in the face of drugs.

In general, the Drug Abuse Prevention Chapter aims to provide the reader with a deep understanding of how to achieve effective drug abuse prevention and to identify actions and initiatives that can be taken at the individual, community and political levels to combat this phenomenon and minimize its negative effects on health and society.

The Family's Role in Prevention

The role of the family in the prevention of drug use is crucial and influences the building of society and the protection of its members from this dangerous phenomenon. The family is the first and primary environment in which an individual's values, behaviours

and methods of dealing with external challenges and pressures are learned. The family plays a key role in shaping an individual's personality and guiding them towards positive and healthy behaviours, thus playing a vital role in drug abuse prevention.

One of the family's key roles in drug abuse prevention is to provide a supportive and stimulating environment for its members. This means that the family must be a safe and loving place that encourages individuals to talk openly about their problems and concerns and to provide them with emotional support, appreciation and encouragement. Furthermore, the family should promote positive relationships between its members, encourage effective communication and build trust between them, as this is a key factor in strengthening family ties and providing the necessary social support.

In addition to providing a supportive environment, the family should also provide guidance and awareness about the risks and negative consequences of drug abuse. Family members should talk openly with their children about the dangers of drugs and the detrimental impact they may have on their lives and future. In addition, the family should contribute to enhancing the life skills and positive behaviour of its members, such as enhancing self-confidence, teaching the effective use of time and enhancing the ability to make the right decisions. (Ezzedine,43, 2003)

In general, the family's role in drug abuse prevention is not only to provide emotional support and guidance but also to provide education, awareness and life skills for its members. Achieving these goals requires constant interaction and communication between family members and the exchange of ideas and knowledge on how to achieve a supportive and healthy environment that contributes to protecting their members from the risk of drug abuse.

The role of the school in prevention

The school's role in drug abuse prevention is essential and vital in building society and protecting young people and children from this dangerous phenomenon. The school is the educational institution that plays a key role in transferring knowledge, raising awareness and developing students' life skills, thus playing a pivotal role in shaping their behaviours and guiding them towards the right choices.

Including drug abuse prevention programmes in educational curricula is one of the most important ways of enhancing the school's role in this regard. Through education and ongoing awareness-raising on the risks of drug abuse and its negative effects on health and social and economic life, students are equipped with the knowledge needed to make the right and responsible decisions on drug use.

In addition to including knowledge in the curriculum, the school can provide a supportive and stimulating environment that encourages students to talk openly about substance abuse issues and seek help when needed. For example, practical debates and workshops can be organized that highlight the dangers of substance abuse and promote awareness of the right ways to deal with pressures and challenges.

The school can also play an effective role in providing social and emotional support to students who face difficulties or find themselves at risk of substance abuse. Teachers and teaching staff can provide support and advice to students in need and guide them towards the resources and services needed to help overcome the challenges they face.

In addition to the above roles, the school can encourage the positive engagement of students in extra-curricular activities that promote healthy social communication and promote positive self-identity. For example, sports, cultural, and social activities that help build self-confidence and promote affiliation with the school community can be organized, reducing the likelihood of peer stress that could lead to drug experiments.

In these and other ways, the school can play an effective role in preventing drug use and protecting students from its risks, building

a generation capable of making the right and responsible decisions in the face of life challenges.

The role of Government and institutions in drug abuse prevention is vital in building a society free of this scourge. It is the Government's responsibility to develop and implement policies and programmes aimed at raising public awareness of the dangers of drugs and providing support and assistance to individuals affected by the phenomenon. For example, the Government can conduct awareness-raising and education campaigns in schools, universities and communities to raise awareness of drug abuse risks and promote healthy behaviours.

The role of Government and institutions in prevention:

The Government and official institutions are key actors in drug abuse prevention efforts, carrying out multiple tasks aimed at achieving multiple objectives in this regard.

One of the Government's most important roles is to develop policies and programmes aimed at raising public awareness of the dangers of drug abuse and promoting awareness of the right methods of preventing it. This includes the development of curricula that ensure the inclusion of drug risk education subjects in formal education programmes, both in schools and universities. The Government was also conducting awareness-raising campaigns, seminars and workshops targeting different segments

of society to raise awareness of the dangers of drugs and the negative effects of drug abuse.

In addition, the Government is taking legal and legislative action to combat the drug trade and reduce its prevalence in society. These measures include tighter control over the manufacture and distribution of narcotic substances and the application of penalties for those involved in drug trafficking and promotion in accordance with existing laws and legislation.

As for the role of non-governmental institutions, their responsibilities include providing therapeutic and social support to individuals affected by drug abuse and their families. These institutions provide psychiatric, medical and counselling services to addicts, as well as social and psychological support to them and their families. It also organizes drug awareness programmes and activities and motivates young people to make the right and responsible decisions about their health and lives.

In general, the Government and institutions must work in cooperation and joint coordination to achieve drug abuse prevention goals and ensure the necessary support for individuals and communities affected by the phenomenon. Strengthening cooperation and partnerships among all stakeholders is the best way to build a healthier and more stable society and to reduce the prevalence of drug abuse risks in society.

The role of awareness-raising and educational programmes

The role of awareness-raising and educational programmes in drug abuse prevention is critical in efforts to combat this serious phenomenon. These programmes are diverse in their methods and curricula, but they are all aimed at raising people's awareness of the dangers of substance abuse and promoting the health and positive behaviours that help them prevent this risk. I will provide below a detailed explanation of some of the ways and ideas offered by awareness-raising and educational programmes in this context:

1 Advertising and educational campaigns: These programs rely on the use of various media such as television, radio, and social media to spread awareness messages about the dangers of drug use and its negative effects on health and social and economic life. Advertising is designed to attract public attention and enhance awareness of the harms of use, which contributes to motivating individuals to change their behaviours and avoid risks.

2 Seminars and workshops: These programs are based on organizing awareness sessions and small group discussions on the risks of abuse and ways to prevent them. Experts and specialists in the field of drug control are invited to provide correct information and positive guidance to participants, encouraging them to share experiences, views and feelings on the subject.

3 School education programmes: These include the inclusion of drug risk education subjects in the school's health and social science curricula. The lessons are tailored to the target age group and include interactive activities that encourage students to think critically and make the right decisions.

4 Community outreach programmes: These programmes target community-based individuals and families and provide information and resources to help them learn about the risks of dealing with them and how to deal with them. Various events, such as neighbourhood awareness campaigns and public lectures, are organized to promote awareness and motivate young people and adults.

Chapter 5: Drug addiction treatment

The problem of drug addiction is one of the greatest health and social challenges facing societies in today's era. Addicted individuals suffer serious adverse effects on all aspects of their lives, from physical and mental health to social and economic relationships. In this context, the role of treatment is to help addicts overcome their addiction and return to a healthy and stable life.

This Chapter aims to review the methods and methods of treatment available to drug addicts, from traditional medical treatment to alternative and comprehensive treatments targeting the psychosocial and physical aspects of addicts. We will analyze how to deliver these treatments and the challenges facing treatment processes, as well as provide advice and guidance to individuals seeking to start the treatment process.

In discussing the treatment of drug addiction, the importance of recognizing that treatment is not just the process of taking medication but requires a joint effort between the addict and the therapist to fully recover. Integrated drug addiction treatment includes a range of steps and phases, from acknowledging the problem and seeking appropriate help to participating in post-basic treatment and community support programs.

In this Chapter, we will review the various types of treatment available, including medical treatment with medication, psychological and behavioural therapy, and comprehensive programmes offered by drug addiction treatment centres. We will also discuss the importance of family and social support in the treatment process and the role of the surrounding environment in supporting the addict during the course of treatment.

In addition, we will highlight the latest innovations in drug addiction treatment, such as alternative drug therapy and modern techniques, such as magnetic stimulation therapy and laser therapy.

Deepen the effectiveness of these new and innovative ways of treating addicts and provide guidance on how to choose the right treatment for each case.

Through this Chapter, we look forward to providing a comprehensive and deep understanding of drug addiction treatment processes, providing the necessary information and resources to individuals seeking to break the cycle of abuse and build a new life away from addiction and its negative effects.

Phases of drug addiction treatment (Afaf,56, 2003)

Drug addiction treatment is an integrated process consisting of several consecutive phases, all aimed at achieving the full recovery of the addict and rebuilding his life in a healthy and stable manner. Here, we will elaborate on each stage of drug addiction treatment:

1 Assessment and diagnosis:

This is the first and fundamental stage in the drug addiction treatment process, where the health and psychological condition of the addict is assessed, and his degree of addiction is diagnosed and his impact on his life. This is done through thorough medical and psychological examinations and interviews with the addict to understand the details of his use and his social and psychological circumstances.

2 Therapeutic planning:

After assessment, the competent medical and psychological team will determine a treatment plan appropriate to each addict's condition based on the results reached. Key therapeutic goals are identified, and a strategy is developed to achieve them, in addition to identifying appropriate tools and techniques for applying treatment.

3 Medical Treatment:

This phase includes the use of medicines and medical treatments that help manage withdrawal and alleviate physical and psychological symptoms that may appear in the addict during the period of interruption. Medication doses are adjusted according to the needs of each addict and the development of their health condition.

4 Psychological and behavioural therapy:

This stage is essential in achieving comprehensive recovery. Psychological and behavioural therapy sessions are offered that help the addict understand the causes of his abuse and learn the skills of managing impulses and dealing with difficult situations better. Positive behaviours are also promoted, and effective strategies are developed to deal with daily stressors.

5 Community support and follow-up:

This is the last stage, and it is important to keep treatment successful and avoid setbacks. Continuous support is provided to the addict through community support programs and rehabilitation groups, as well as periodic follow-up by the medical and psychological team to ensure continuous improvement and face any challenges that may arise along the way.

Through these stages, comprehensive and integrated care is provided for drug addicts, helping them to achieve full recovery and live a healthy and stable life away from abuse.

Psychotherapy (Afaf,76, 2003)

Psychotherapy is an essential part of the drug addiction treatment process, aiming at deepening the psychological and mental aspects of the addict and helping him understand and change the behaviours and thinking patterns that drive him to take drugs. Psychotherapy encompasses a variety of approaches and techniques based on psychological, behavioural and cognitive knowledge and includes individual and group sessions and family counselling.

Drug psychotherapy dates back to the 20th century, with studies and research in this area beginning to develop dramatically. Initially, the focus was on understanding the causes of abuse, motivation factors and psychological deviation of addicts. Therapeutic techniques then evolved to include many different psychological approaches, such as behavioural therapy, suggestive therapy and group therapy.

Over time, studies have begun to focus more on treating addictive psychiatric diseases such as depression and anxiety, as well as on improving coping skills with difficult stressors and attitudes. With advances in research and technological development,

psychological therapies are being used integrally with medical and behavioural therapies to achieve the best results in drug addiction treatment.

Today, psychotherapy relies on a variety of approaches and techniques, including cognitive behavioural therapy, group therapy, dynamic psychotherapy, mental imaging therapy, and family counselling. These approaches are applied based on each addict's needs and personal circumstances, with a focus on changing harmful behaviours and promoting the mental and mental health of the addict.

1 Cognitive Behavioral Therapy: (Mustafa,64, 2011)

Cognitive behavioural therapy is based on understanding the association between thinking and behaviour and aims to change harmful behavioural patterns and negative thinking associated with drug use. This is done by identifying and changing the wrong assumptions and beliefs of the addict and developing effective strategies to deal with the desire for abuse and motivating attitudes.

2 Group Therapy:

Group therapy depends on support and mutual encouragement among addicted members of the group, where experiences, feelings and challenges related to recovery from abuse are shared. Group therapy provides a supportive and encouraging environment for

addicts, helping them to learn about effective methods to control the desire to use and develop healthy living skills.

3 Dynamic psychotherapy:

Dynamic psychotherapy is based on understanding the psychological depth of the addict and helping him explore and understand the unaware factors affecting his behaviour and thinking. This type of treatment helps to effectively identify and change negative behavioural patterns rooted in the unconscious.

4 Mental Imaging Therapy:

Mental imaging therapy is based on the use of imagination and positive perception to achieve psychological and emotional change. This type of treatment helps develop self-control skills, enhance self-confidence and improve mental health in general.

Applying these approaches and techniques in the treatment of drug addiction helps addicts to achieve a full recovery and return to a healthy and stable life by promoting self-awareness and developing management skills by wanting to deal effectively with everyday challenges.

Medical Treatment (Denis,71, 2000)

Medical treatment is an important part of the drug addiction treatment process, aiming to relieve the physical symptoms of withdrawal and address health problems associated with abuse.

Medical treatment includes a range of ways and techniques that can help improve the physical health of the addict and enhance the chances of success in recovery.

Medication Treatment:

Drug therapy is an important part of the drug addiction treatment process, where it aims to use drugs to reduce the physical symptoms of withdrawal and to help manage the desire for abuse. A variety of drugs are used in this type of treatment, the most important of which are:

1 Methadone:

Methadone is one of the most commonly used drugs in the treatment of drug addiction. Methadone reduces the urge to use and relieves the withdrawal of drug addicts, helping them stay away from abuse and maintaining stability.

2 Buprenorphine:

Buprenorphine works to prevent the effects of drugs in the body, reducing the desire for abuse. It is another option to treat drug addiction, especially in severe cases of addiction.

3 Antidepressant and anti-anxiety drugs:

Antidepressants and anti-anxiety drugs are used to treat addictive psychiatric disorders, such as depression and anxiety. They help improve mood and reduce the urge to use.

The choice of drugs and their doses depends on the condition of each patient and the type of drugs he uses and should be used under the supervision of a doctor who specializes in the treatment of drug addiction. Medication doses are individually adjusted according to the patient's needs and response to treatment, and the effect of medications is periodically followed up to ensure their effectiveness and safety.

Alternative medical treatment: (Bergeret,93, 1990)

Alternative medical treatment depends on the use of natural and alternative techniques and treatments to treat drug addiction and relieve the physical symptoms of withdrawal. This type of treatment aims to improve the physical and psychological health of the addict and promote a sense of comfort and stability without the need to rely fully on chemical medicines. The most important alternative medical treatment techniques include:

1 Herbal therapy and natural extracts:

This treatment is based on the use of medicinal herbs and plant extracts that are thought to have calming and anti-anxiety effects,

such as chamomile, lavender and chamomile. These herbs are used in the form of tea, leather preparations or aromatic oils and are considered safe and effective in relieving the physical symptoms of withdrawal.

2 Massage and massage therapy:

Massage is thought to help relieve stress and anxiety, improve circulation and promote a sense of relaxation and comfort. Massage can be used to strengthen the body-mind relationship and stimulate the network nervous system, helping overcome the physical and psychological symptoms of withdrawal.

3 Yoga and meditation:

Yoga-based techniques and meditation are thought to have calming effects on the mind and body, help strengthen the body-mind relationship, and improve focus and attention. Yoga and meditation can help alleviate anxiety and stress associated with the withdrawal process and promote a sense of calm and tranquillity.

4 Proper nutrition and diet:

Healthy nutrition and a healthy diet are believed to play an important role in supporting drug addiction recovery. A healthy diet should include eating foods rich in vitamins, minerals and essential nutrients that help strengthen the immune system and improve

physical functions. These foods include fresh vegetables, fruits, healthy proteins and good fats.

These alternative methods of treatment are effective tools in supporting drug addiction recovery and should be used in conjunction with other treatments prescribed by a competent physician to ensure successful recovery and physical and psychological stability.

Complementary Medical Treatment:

Complementary medical treatment is a holistic approach that uses natural techniques and treatments complementary to traditional treatment in the treatment of drug addiction and the promotion of the recovery process. This approach aims to improve the overall health of the individual and promote balance between body, mind and soul. Among the most important forms of complementary medical treatment in drug addiction treatment are:

1 Nutrition Therapy and Functional Nutrition:

Nutrition therapy is one of the most important complementary methods of treatment for drug addiction. This type of treatment involves the design of balanced dietary plans aimed at strengthening the body and improving its physiological functions. Nutrition therapy focuses on eating important nutrient-rich foods such as vitamins, minerals, and amino acids, and people are urged

to refrain from eating unhealthy foods such as refined sugars, processed substances, and saturated fats.

2 Plant drug treatment and herbal medication:

Plant drug therapy and herbal medication depend on the use of plant extracts and medicinal herbs to treat symptoms associated with withdrawal and promote public health. Medicinal herbs are used to reduce stress and anxiety, improve sleep, promote digestion, relieve pain, and promote general relaxation of body and mind.

3 Massage Therapy and Thermotherapy:

Therapeutic techniques such as massage and thermotherapy are among the most important forms of complementary treatment in the treatment of drug addiction. Massage helps reduce stress and muscle tension, improve circulation, and stimulate the natural production of happy hormones such as endorphins and serotonin. In addition, thermal therapy relieves pain and improves the feeling of relaxation.

4 Yoga, meditation and breathing:

Yoga-based techniques, meditation, and breathing are known to have positive effects on the body, mind, and soul, and they are used to strengthen the body-mind relationship and improve internal balance. The practice of yoga, meditation and breathing helps

reduce stress and anxiety and improve self-awareness and focus, helping to overcome psychological symptoms associated with drug addiction.

These complementary treatments are effective tools for drug addiction treatment and are recommended to be applied in conjunction with traditional treatment under the guidance of a competent medical team to ensure the best results in the recovery process.

Social Therapy: (Bergeret,69, 1990)

Social therapy is an essential part of drug addiction treatment programmes, focusing on social aspects and personal and environmental relationships that affect the addict's behaviour and contribute to his recovery. Social therapy is based on effective communication between addict and therapist and on the use of a range of methods and techniques that help enhance social support, modify behaviour and improve quality of life. Among the most important elements of social therapy:

1 Counselling and psychological guidance:

Counselling and psychological guidance are an essential part of drug addiction treatment, aiming to provide psychological and emotional support to the addict and help him overcome the challenges he faces during the recovery process. These elements depend on the use of a range of methods and techniques that help

understand the causes of addiction and promote the mental and emotional health of the addict.

Psychological counselling and guidance includes a set of objectives and principles, including:

Safe and respectful submission:

Provide a safe and supportive environment in which the addict feels comfortable and confident to talk about his experiences and problems openly and without fear of judgment or criticism.

Identifying the causes of addiction:

Identify the psychological, social and environmental factors that contribute to the slide towards drug use and understand their impact on behaviour, mind and emotions.

Developing strategies for dealing with psychological deficiencies:

Help the addict identify negative feelings and thoughts that may drive him to use drugs, and provide tools and techniques to improve their handling skills.

Support and encouragement:

Providing psychological support and encouragement to the addict through the stages of treatment, promoting self-confidence and ability to overcome challenges.

Setting goals and developing plans:

Assist the addict in setting his targets for treatment and develop individual plans that help him achieve those goals.

Promoting awareness and positive change:

Directing the addict to understand the consequences of drug use and its negative impact on his life promotes readiness for change and adopting healthy and positive behaviours.

Using these methods and principles, counselling and psychological guidance can help the addict understand himself and identify the steps necessary for change, personal development and recovery from drug addiction.

2 Social relations and psychological support:

Social relations and psychological support are key elements of drug addiction treatment, playing a crucial role in supporting the addict and helping him overcome the challenges he faces during and after treatment. These elements aim to promote positive relationships with others and provide the necessary psychological support for the addict to overcome the difficulties of treatment and achieve successful recovery.

First, social relations and psychological support depend on establishing stable and supportive relationships with important individuals in the addict's life, such as family, friends and the community. Social support is the provision of emotional and moral

aid and assistance, while psychological support helps foster self-confidence, optimism and motivation to continue treatment.

Second, social and psychological support includes counselling and emotional and moral guidance for the addict during the treatment period and beyond. Support for counselling is to provide practical advice and solutions to the challenges an addict may face, while emotional guidance helps identify negative feelings and thoughts and guide them towards more positive ways of thinking.

Third, success in the treatment of drug addiction depends heavily on the addict's social and psychological support. Social support and psychological support can increase the effectiveness of treatment and contribute to enhancing commitment to the therapeutic program and improving treatment outcomes in general.

Therefore, considerable attention must be given to promoting supportive social relationships and providing the psychological support needed for the addict through the course of treatment. Providing a supportive social environment and enhancing self-confidence and participation in positive social activities can help the addict recover and achieve psychosocial stability.

3 Training in coping skills:

Coping skills training is a process aimed at developing and improving a range of social and emotional skills that help individuals interact effectively with others and face challenges and

difficulties in their daily lives. This training is provided in the context of drug addiction treatment with the aim of enabling the addict to deal effectively with stress and stress situations that may lead to drug use.

The handling skills trained by the addict include: **(Mohammed,111,1988)**

1 Communication skills: The addict learns how to express his feelings and needs clearly and explicitly, how to effectively listen to others' views and provide support and empathy.

2 Problem-solving skills: The addict learns how to think positively and find effective solutions to the problems they face, including rationalizing attitudes and offering appropriate options.

3 Pressure management skills: The addict learns how to handle stress and pressure situations properly, including deep breathing techniques, relaxation and positive thinking.

4 Positive thinking skills: The addict learns how to change negative thoughts and is motivated towards positive thinking and developing attitudes based on enhancing self-confidence and psychological resilience.

5 Social interaction skills: The addict learns how to interact with others decently and respectfully and how to build positive and beneficial relationships.

The importance of coping skills training is to enable addicts to deal effectively with day-to-day challenges and pressures without resorting to drug use as a means of relieving stress. Thanks to these skills, the addict can apply effective health strategies to overcome problems and challenges and maintain his stability and success in the treatment and recovery process.

4 Community support and social participation:

Community support and social participation are key elements in the drug addiction treatment process, playing a vital role in supporting the addict and helping him overcome the challenges he faces during and after treatment. Community support is defined as the support that an individual receives from members of their community and surrounding environment, while social participation refers to active participation in social and community activities and events.

The importance of community support and social participation in drug addiction treatment depends on several factors:

1 Strengthening social support: Community support helps foster a sense of belonging, solidarity and support among community

members, helping to provide the psychological and emotional support necessary for the addict's recovery and stability.

2 Emotional and moral support. Community support provides the emotional and moral support needed for the addict to overcome the challenges and difficulties he or she may face in the course of treatment and promotes self-confidence and positivity.

3 Stimulate participation and integration: Community support and social participation encourage addicts to participate in social and community activities and events, thereby helping them to build new relationships and expand their social support network.

4 Reducing social isolation: Community support and social participation contribute to reducing the social isolation that an addict may experience and contribute to creating a supportive and stimulating social environment for the recovery process.

5 Promoting social coping: Community support and social participation help addicts enhance their social skills and adapt to the demands of daily life, contributing to successful recovery.

Community support must, therefore, be strengthened and social participation encouraged as an essential part of the drug addiction treatment programme to enhance treatment effectiveness and achieve positive long-term results.

The role of family support:

The role of family support in drug abuse prevention is vital in building a healthy and balanced environment for individuals within the family. The key elements of this role include several aspects that significantly affect an individual's orientation towards avoiding abuse and helping with addiction:

1 Building strong relationships:

Building strong relationships within the family refers to the process of developing and strengthening emotional ties and positive communication between family members. This process includes several aspects that contribute to the promotion of healthy and strong relationships, including:

Effective communication: Effective communication is a fundamental basis for building strong relationships within the family. This includes being able to listen with understanding and respect expressing thoughts and feelings openly and honestly. Through open and honest communication, understanding and rapprochement between family members are promoted.

Trust and mutual support: Trust plays an essential role in building strong relationships, where individuals feel safe and stable when they trust each other. Mutual support also contributes to strengthening relationships, where everyone feels supported and supported by others in difficult times.

Respect and appreciation: Respect for and appreciation of each individual's personal opinions, feelings and needs contribute to strengthening strong relationships within the family. When individuals feel respected and valued, there is a growing sense of connection and understanding between them.

Shared time and joint activities: Spending time together and sharing joint activities is an opportunity to strengthen strong relationships within the family. These activities can include picnics in nature, crossing games, watching movies together, and participating in individuals' favourite hobbies.

Constructive conflict resolution: Dealing with conflicts and problems constructively and based on dialogue and understanding is an essential part of building strong relationships. Instead of ignoring problems or ignoring them, family members must apply effective strategies to resolve differences based on mutual respect and understanding.

2 Providing emotional and moral support:

Providing emotional and moral support means providing the necessary support to family members through the care and emotional and psychological support they need in difficult or stimulating times. This point includes several aspects that contribute to strengthening emotional and moral support within the family, including:

Effective listening: This aspect involves the ability to listen with focus and attention to family members' problems and concerns without judgment or assessment. Through effective listening, the individual feels interested and nurtured, which fosters a sense of emotional support.

Emotional support in difficult times: Family members are exposed to many challenges and difficulties in their daily lives and need support and encouragement during these periods. This includes providing the required emotional support in cases of psychological stress, dealing with financial difficulties, or overcoming family problems.

Enhancing trust and positivity: Emotional and moral support contributes to enhancing family members' self-confidence and positivity. Through support, encouragement and belief in their abilities, a sense of ability to overcome challenges and achieve success is strengthened.

Providing support in cases of failure and error: Emotional and moral support plays an important role in helping individuals deal positively with failure and error. Providing support helps us understand the importance of experiences and learning from mistakes, encouraging individuals to stand again and try again.

Fostering emotional bonds: Emotional and moral support reinforces emotional bonds between family members, where they feel deep communication and affinity in relationships. By providing support and assistance, family ties are strengthened and strengthened, making the family able to jointly overcome challenges.

3 Awareness and education:

Awareness and education are key points in drug abuse prevention programmes, aiming at providing the necessary knowledge and understanding about the risks of drug abuse and its adverse effects on the individual and society. This point's explanation contains several aspects:

Providing the right information: This includes providing accurate and reliable information about different types of drugs, their adverse effects on physical and mental health, and the social and economic repercussions of their use.

Raising the public's awareness of the risks: the awareness and education aspect aims to raise awareness about the risks of drug abuse, its negative consequences for personal and professional life and its impact on the family and society at large.

Life skills development: Awareness and education programmes encourage the development of life skills needed to cope with life's stresses and make the right decisions. This includes developing critical thinking skills, enhancing self-confidence, and learning strategies to control stress and confrontation.

Promoting healthy behaviour: Awareness-raising and educational programmes aim to promote healthy and responsible behaviour by encouraging individuals to make valid decisions about refusing and moving away from drug use.

Support and assistance: Awareness and education programmes seek to provide support and assistance to those with abuse problems by directing them to specialized treatment centres and providing psychosocial support to them and their families.

4 Guiding individuals towards their mental and physical health:

Guiding individuals towards their mental and physical health indicates their guidance and awareness of the importance of caring for their mental and physical health as an essential part of their daily lives. This point's explanation includes many aspects:

The importance of mental and physical health: This aspect focuses on explaining the importance of mental and physical health in achieving personal well-being and happiness, as well as achieving personal and professional goals.

Mental Health Care Methods: This includes guiding individuals towards stress alleviation and psychological stress, such as meditation and yoga, and applying relaxation and positive thinking methods.

Physical Health Care Methods: This includes guiding individuals towards a balanced diet and regular exercise, maintaining the ideal weight, and avoiding harmful behaviours such as smoking and substance abuse.

Recognize signs of stress and depression: Individuals are directed to recognize signs and symptoms of stress and depression, provide advice on how to deal with them and seek help when needed.

Application of health care strategies: This includes guiding individuals towards the application of mental and physical health care strategies in their daily lives, setting priorities and setting health goals to achieve balance and personal happiness.

5 Effective response to early warning signs:

An effective response to early warning signs indicates the ability to identify and act quickly and effectively when early warning signs appear, indicating the likelihood of exposure to drug-related risks. This point includes several aspects:

Identifying early signs: This includes guiding individuals to identify early signs and symptoms that may indicate the likelihood of drug-related risk, such as changes in behaviour, dietary pattern or sleep, changes in social relationships or academic performance.

Prompt action: This includes directing individuals to take immediate and effective action when early warning signs appear, such as seeking assistance from mental health professionals or specialized treatment facilities.

Guidance and support: This includes directing individuals to consult with mental health or public health professionals to obtain the necessary support and guidance in dealing with and effectively overcoming early signs.

Education and awareness-raising: This includes providing information and awareness-raising to individuals on the importance of identifying and responding effectively to early marks through educational programmes, workshops and seminars.

Developing effective strategies: This includes developing effective strategies to respond to early warning signs, such as identifying available resources for assistance and developing specific action plans to deal with risk situations.

In short, family support plays a crucial role in guiding individuals away from abuse and in providing support to prevent abuse and treat addiction by building healthy relationships, providing

emotional and moral support, awareness and education, focusing on personal health and effective interaction with early warning signs.

Conclusion

At the end of this print, we must revisit the information provided and reaffirm the importance of understanding drugs and their effects on the individual and society. We have reviewed the subject of drugs in many respects and provided a comprehensive analysis of the causes, types and effects of drug use, as well as a review of preventive procedures and treatment options.

First of all, in Chapter I, we addressed understanding the general concept of drugs and their effects on the individual and society, focusing on the classification of drugs and the impact of each type on physical, psychological and social health.

Then, in Chapter II, we analyzed in depth the causes of drug use, reviewing the biological, psychological and social factors that play a role in this widespread phenomenon.

In Chapter III, we addressed drug types and classifications, detailing the effects of each species on the individual and society, thus contributing to a deeper understanding of the extent of the phenomenon's challenge.

Subsequently, in Chapter IV, we spoke about the importance of drug abuse prevention and how the family, school, Government and awareness-raising programmes play a role in this context.

In the last Chapter, we focused on drug addiction treatment, providing a comprehensive view of the different stages of treatment in all its aspects, with a focus on psychological, medical and social treatment and alternative methods.

In short, we must draw from this knowledge and understanding to come together in the fight against this dangerous phenomenon and support those who suffer from it. Joint cooperation and sustained awareness can contribute to building healthier and more stable societies where everyone can live safely and prosperously.

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