

**Psychological and cultural factors affecting youth addiction to drugs
(Research in psychological anthropology in the city of Baghdad)**

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Abstract:

First – Aims of the study:

- 1) Knowing the factors influencing young people's drug use at the current stage
- 2) Identifying the psychological, social and economic effects of drug abuse on young people, and its impact on their future, cultural formation, and social interaction in their families and society.

Secondly, the topic and importance of the research:

The phenomenon of drug abuse and addiction is one of the most serious psychological and social problems that young people in Iraqi society suffer from at the current stage. The importance of the research lies in its effort to provide theoretical and applied knowledge about an interactive phenomenon in Iraqi society at the current stage, and the cognitive or theoretical importance emerges in the fact that this research is not satisfied with description only, but rather seeks to form theoretical knowledge about a phenomenon in Iraqi society as a goal that anthropology seeks to create heritage. Theoretical knowledge, while applied knowledge, is formed by testing the validity of theoretical frameworks in the field and the extent of the research's ability to achieve its goals.

Third – Research methodology–

This research relies on the descriptive approach, which describes phenomena objectively through data obtained using scientific research tools and techniques, including interviews, questionnaires, and participatory observation.

Fourth – The most important results reached by the research:

- 1) It was found that the highest number and percentage of drug users in the sample's professions were students and unemployed graduates, whose percentage reached (44%) of the total sample, while the percentage of self-employed workers reached (40%) of the total sample.
- 2) It was found that most cases of abuse were among unmarried people, especially young people, for whom it is difficult or unable to provide for their life's requirements or think about their professional and marital future due to the circumstances or problems they encounter. The percentage reached (52) out of the total sample.
- 3) The circumstances that Iraq is going through, represented by many economic and social problems that occurred after 2003 and their repercussions on the Iraqi individual, have revealed the most important motives for taking drugs as a result of psychological frustrations and family problems, which are the first of these motives, and constituted a percentage of (88%).

Keywords: Addiction, Drugs, Youth, Psychological Effects, Social Factors, Economic Factors

the introduction

The problem of drug abuse and addiction is considered one of the most serious psychological and social problems known to man, because of the human and material losses it causes. This problem has appeared in all societies, and has been known to various human civilizations. It is one of the phenomena that has received the attention of many specialists, as it has transcended the medical field. In recent years, this phenomenon has taken a dangerous turn and its use has spread in all social circles and among all ages. It no longer belongs to one group or another, as all age groups have become interested in trying drugs, given that the risk factors are complex. This has prompted many international organizations and researchers in various psychological, medical, social and legal fields to pay attention to this phenomenon in an attempt to understand it and remove the ambiguity surrounding several aspects related to it, such as: defining the concepts, causes, prevention and treatment to try to reduce the consumption of these deadly substances.

Chapter One: The general framework of the research and its basic concepts

The first section – the general framework of the research:

First – the research problem

The Youth are the basis and basic foundation for the establishment and development of societies and countries. Their reform or corruption is linked to the righteousness or corruption of their children. If they are reformed,

society and the family are reformed and vice versa. Therefore, the stage of youth is considered one of the most important stages of life, as it is during which young people appear a kind of joy, departure, discovery, and The passion for life through the active behaviors that they carry out, but these behaviors may deviate and become negative, turning them upside down, which leads to falling into many problems and deviations as a result of several reasons, including the misuse of the freedom given to young people, such as group pressure and bad behavior. Choosing friends and companions, as well as poor living conditions such as unemployment, low economic level, weak religious faith, and the desire to taste drugs.

Drug abuse is considered one of the most dangerous of these deviations, as it is a dangerous social phenomenon that gradually destroys the entity of society and destroys the health of its children. It also works to destroy the mental powers of young people, whether educated or uneducated. It also affects their ambitions, weakens their faith, and appears in the form of constant anxiety and tension. Young people suffer from constant remorse, and drug abuse puts young people in an unstable emotional state, which leads them to feel inferior, confused, and not to feel responsible, to lose self-confidence and to feel a lack of self-esteem, which leads them to feel extremely frustrated and quickly irritable and aroused.

Second – The importance of research:

The importance of the study is linked to the importance of the subject studied. Drug addiction is one of the important issues in the life of the individual and society, to which researchers have paid great attention.

Therefore, this study helps us know the impact of addiction on the youth group. Its importance also lies in its quest to provide theoretical and applied knowledge about an interacting phenomenon in Iraqi society. at the current stage, and the cognitive or theoretical importance emerges in the fact that the research is not limited to description only, but rather seeks to form theoretical knowledge about a phenomenon in Iraqi society as a goal pursued by anthropology in forming a theoretical heritage about the phenomenon in society. As for applied knowledge, it is formed by testing the validity of theoretical frameworks in the field and the extent of the research's ability to achieve its goals.

Third – Research Objective // This research aims to....

- 1) Revealing and knowing the reasons and influential factors that push young people to abuse drugs, especially in the current critical stage that Iraqi society is going through, which is characterized by the emergence of many problems and crises.
- 2) Studying the psychological, social and economic effects of drug abuse on young people, and its repercussions on their future, cultural formation, and social interaction in their families and society.

Fourth – Research methodology:

In line with the subject and type of the study and to achieve its objectives, this research will rely on the descriptive approach that describes phenomena objectively through data obtained using scientific research tools and techniques. It is also based on diagnosing the phenomenon as

it is in reality, then trying to interpret it in preparation for arriving at generalizations about the phenomenon.

5- Fields of study

- The human field: The patients undergoing treatment included those in the addiction department at Ibn Rushd Teaching Hospital, as well as the Medical City Hospital, and the help of doctors working at the hospital was sought.
- Temporal scope: The timeframe for conducting this study extended from 10/9/2022 to 30/4/2023.
- Spatial scope: It included Ibn Rushd Teaching Hospital and Medical City Hospital.

6 - Research sample :

The sample unit in this research is the individual, specifically young drug abusers and addicts attending and lying in Ibn Rushd Teaching Hospital and Baghdad Medical City Hospital. A purposive random sample of (50) cases was chosen to conduct the research.

4- Data collection tools:

Research tools are the main operational means through which goals are achieved, and tools have been used that ensure reaching the basic goal, which are:

- 1) The interview, which was used when filling out the research forms and clarifying their paragraphs.
- 2) The questionnaire. It is the method used to collect primary and field data on a problem that explains the phenomenon of scientific research. A

questionnaire was designed to collect data and information about the subject of the study from the sample members, by referring to previous studies. The tool included two axes, the first included preliminary data on the sample members. The second axis dealt with the reasons and motives that led young people to take the path of drug abuse and addiction.

- 3) Participatory observation. This tool helps to know the phenomenon closely and determine its various repercussions on young people. Field experience also reveals to us issues that other tools may not be able to discover after which they deal with the phenomenon directly.

The second section – concepts and search terms:

First – addiction:

It is “a psychological and organic state resulting from an individual’s interaction with a drug or dependence on it. Among its results is the emergence of characteristics characterized by various behavioral patterns, including an urgent desire to take the drug on a continuous or periodic basis in order to feel its psychological and organic effects and avoid the painful and threatening effects that result from its lack of availability. The user may become addicted.” More than one substance, and the types that cause addiction are alcohol and drugs such as opium and its derivatives, cocaine, hashish, and various stimulant and hypnotic drugs ⁽¹⁾ ”.

Second – Drugs:

The World Health Organization has defined drugs as “all substances that are not used for medical purposes and whose abuse them alter the

functions of the body and mind, and whose excessive consumption leads to a state of habituation and addiction, in addition to its physical, psychological and social effects .⁽²⁾ ”.

In general, drugs are defined as any substance whose use results in a temporary, partial or total loss of awareness and causes apathy in the body, causing a person to live in fantasy and delusion under its influence.

⁽³⁾There are also several definitions of drugs, including:

- 1- **The scientific definition of drugs:** They are a natural or manufactured substance that enters the human body and affects it, changing its feelings, behavior, and some of its functions. Its repeated use results in serious consequences for physical and mental health and a harmful effect on the environment and society. Drugs are also known scientifically as a dry substance of plant, animal or mineral origin that can change behavior⁽⁴⁾.
- 2- **The medical definition of drugs:** They are natural substances of plant or animal origin, or chemical or manufactured compounds capable of causing changes in mental activity and modifying the behavior of the person who takes them and causing him to become dependent on the substance. ⁽⁵⁾
- 3- **The social definition of drugs:** They are defined as those substances that lead their users and those who consume them to deviant behavior or delinquency, and they are those substances that dull the mind and push their users to deviant behavior..⁽⁶⁾

Third: Administration:

Abuse is defined as “an abnormal desire shown by some people towards drugs or toxic substances that are known voluntarily or by chance – for their analgesic, narcotic, stimulant or stimulant effects, which cause a state of addiction and harm the individual physically, psychologically and socially⁽⁷⁾”.

Fourth – The addict:

It is “a person who is accustomed to taking a certain drug, such as alcohol or drugs, and if he stops taking it, he feels a state of psychological and physical disorder until he takes a dose of the substance to which he is accustomed.”⁽⁸⁾

Chapter Two: Previous studies

In this chapter, previous studies will discuss some of the studies that investigated this topic in one way or another, including...

1) Al-Qashaan and Al-Kandari's study (2002) entitled “Social and Economic Factors Leading to Drug and Alcohol Abuse:

This field study was conducted and applied to a sample of addicts in Kuwait. It aimed to identify the causes, factors and trends of Kuwaiti youth addicted to drugs and intoxicants, by taking the opinion of the addicts themselves in an attempt to uncover the social and cultural factors that are related to abuse and addiction. The study sample consisted of (260) individuals divided into three segments of male addicts: the first segment includes (157) inmates accused of drug abuse in the central prison of the State of Kuwait, and the second segment includes (121) patients

undergoing addiction treatment in a psychiatric hospital, while the rest of the sample members are (82) individuals. Those who have decided not to abstain from drug use or (recovered), as well as addicts who are inmates in the correctional institution, which is the prison, and it is not known about them whether they have abstained from drugs and alcohol or not.

A questionnaire tool prepared by the researchers was used.

This study reached the following results:

The study showed that the average age of the three groups is (19.5) years. A percentage of (61.9%) of the sample members began using the drug for the first time when they were (19) years old or younger, and (90%) of the sample were under the age of (24) years. It was also shown that the marital status of most of the sample members were married, as it reached Their percentage is (52.4%). As for the economic situation, it was found that (55.8%) of the sample size are people with limited income. As for the type of narcotic substance, the study showed that the majority of the sample members are addicted to narcotic substances, and their percentage reached (65.4%). Intoxicating substances (alcohol) constituted (15%) of the sample size, and with regard to the number of times of use, the majority used these substances on a daily basis, and their percentage reached (75.4%) of the sample size. The answers of the subjects also showed that they took the first narcotic dose through or under the influence of friends for free without paying its monetary value. These constituted a percentage of (92%) of the sample. This means that the majority were influenced by what they received from peers. In addition to that, more than

(51.6%) showed The lack or weakness of family guidance at a young age led to them taking the path of addiction. (35.9%) of them confirmed that the lack of a good role model within the family environment was what prompted them to take and abuse drugs, noting that (92.2%) of the sample said that they were reminded of family problems as a reason. Towards drugs, and (64.2%) of them took a drug or intoxicant for the first time after great hesitation. Therefore, the main reasons behind the study sample's drug abuse were due to the economic situation, social and family problems, the media, the presence of emptiness, weak religious faith, a feeling of lack of self-confidence, staying up late outside the home, and traveling abroad, and some of them answered that it was the reason for weak police supervision and attending parties. The study recommended the need to develop an educational awareness strategy. It contributes to reducing these problems, with the importance of focusing on the role of various social institutions in society, including legal, media, educational, and religious families.

2) Abu Al-Azm's study (2004), which aimed to know the psychological and social variables that push young people to enter the cycle of addiction:

This was done by identifying the most common drugs among Egyptian youth and reaching a number of results, including that the age stages most vulnerable to addiction are adolescence and youth, and that males are more susceptible than females, and that economic and social conditions and family disintegration are among the most prominent factors that push youth to addiction.

The study reached the following results:

A) The most important reasons that prompted young people to engage in drug abuse are boredom, exposure to frustration, and the feeling that young people are not accepted by others or their families, in addition to some other social variables such as: divorce and mistreatment.

B) The study also dealt with various types of drugs that young people take, such as: marijuana, cocaine, some types of vitamins that lead to hallucinations, as well as stimulants, and inhaling some chemicals. In his study, the researcher pointed out the negative health effects and harms of drug abuse, such as rapid breathing, increased heart rate, and changes in mood that may lead to death in some cases.

3) Khawalid and Al-Khayyat's study (2011) tagged: Reasons and motives for the use of dangerous drugs and narcotics from the point of view of users in Jordanian society:

This study was conducted to find out the most prominent reasons that lead to drug abuse from the point of view of users, and it was applied to a sample of (384) drug users who visited centers and hospitals that provide treatment for addicts. The results of the study concluded that the most important reasons for drug abuse were Family problems that push children to use drugs in order to obtain pleasure and enjoyment, in addition to forgetting worries and problems. Most of the sample members do not adhere to religious teachings, and their weak religious motivation pushed them to become addicted to drugs.

4) A study by Lamia Yousef Al-Rikabi 2011 on “The causes of substance abuse among middle secondary students:

The study aimed to investigate the causes of drug abuse among secondary school students. A sample of (180) male and female students was selected. The researcher relied on the descriptive approach to suit the nature of the study.

The study population consisted of a random sample of (582) male and female students in its departments (scientific and literary). The researcher constructed a drug abuse scale consisting of (26) items.

The study reached the following results:

- 1) Weak religious morals.
- 2) Personal–social factors that predispose to abuse
- 3) Family influence.
- 4) The influence of bad companions.
- 5) The influence of political factors.

– Comment on previous studies:

Most of the previous studies dealt with the addiction of young people and adolescents to drugs due to social, economic and psychological factors. These studies also showed the negative impact on individuals who use drugs, and most of the reasons confirmed that the weakness of religious conscience, the influence of bad companions and family factors in addition to political factors are among the factors that have the greatest influence on young people, which It pushes them to abuse and addiction. The current research has benefited from previous studies in terms of the closeness of

its results to the research topic, which gave more clarification and enriched the theoretical framework of the research, and benefited from it in the process of analysis and interpretation of the results of the field research.

Chapter Three: Drug addiction, the damage resulting from it, and its various causes and effects

The first section – types of drugs, stages of addiction to them, symptoms, and harms

First – Types of drugs:

Drugs can be divided into three main types:

- 1) Natural drugs are drugs that are extracted from nature, meaning that they are plants whose leaves and fruits contain the active narcotic substance that results in a temporary, total or partial loss of consciousness, such as: Indian hemp (hashish), coca, poppy (opium), and khat.
- 2) Manufactured drugs: They are those that are extracted from previous natural narcotic substances and chemical processes are performed on them to become more concentrated and more effective, such as: morphine, cocaine, heroin, pain relievers and cough medicines.
- 3) Industrial or chemical drugs: These are drugs produced or manufactured from chemical substances for the purpose of anesthesia, calming, or stimulation and stimulation, including, for example, hallucinogenic pills (L S D) and many other drugs. ⁽⁹⁾

They are classified according to their effect into stimulants (such as painkillers, hypnotics, and tranquilizers), stimulants, and hallucinogenic

drugs. Laws, regulations, and international agreements have classified them in other categories. They are generally divided into groups: analgesic or sedative drugs such as opium and its derivatives, and analgesic drugs other than opium and stimulants and each type has its.⁽¹⁰⁾

Second – Stages of drug addiction

- 1) Experimentation: This is the first step towards the world of addiction. Although the user does not agree with this stage, it usually progresses to the next stage. The first-time heroin user usually feels nauseous, but these bad effects, unfortunately, fail to deter most beginners. This has helped in that. Advice from bad companions who assure beginners that these effects will soon disappear and be replaced by euphoria and harmony.
- 2) The stage of casual, irregular use: This stage is usually associated with bad friends who try to influence the user to forget the badness of his first experience with the drug and the accompanying symptoms such as coughing, dizziness, nausea, etc., and after trying again and again, the user does not feel these symptoms and becomes Close to the drug.
- 3) The stage of regular use: This is an advanced stage, and all that concerns the user at this stage is searching for sources of the drug in order to ensure continuous access to it.
- 4) The dependence stage: This is the last stage in the addiction ladder, in which the user enters the unknown path, where the drug becomes a part of his life. He refuses to do without it and puts it before all the

components of his life and searches for money to buy it, even if it costs him to steal or kill. .(11)

Third – Symptoms of addiction:

- 1) A feeling of euphoria and a tendency to laugh for the simplest reasons.
- 2) The degree of sensation of pain, cold and heat decreases
- 3) A feeling of satisfaction and joy, then the user tends to become lethargic and depressed when the effect ends.(12)

Fourth – Harmful effects of drugs:

Drugs have many and multiple harms. It has been scientifically proven that drug abuse harms the health of the user physically, psychologically, and mentally...which makes him a burden and a danger to himself, his family, his group, morals, production, security, and the interests of the state and society as a whole. Indeed, they also pose grave dangers in affecting the political entity of the state. All scientific research and international conferences have confirmed the danger of drug abuse and addiction and the resulting physical harms, which are:

- 1) Liver damage and cirrhosis, as the drug (opium) decomposes the liver cells and causes cirrhosis and an increase in sugar levels, causing the liver to be unable to rid the body of them.
- 2) Brain inflammation, erosion and destruction of millions of nerve cells that make up the brain, leading to memory loss and the occurrence of auditory, visual and intellectual hallucinations.
- 3) A disorder in the digestive system that results in poor digestion and also causes chronic gastritis

- 4) The occurrence of heart disorders, angina pectoris, high blood pressure, cancerous diseases and possible suicide
- 5) Suffering from epileptic seizures due to removing the patient from the drug, and the seizure occurs after several days.
- 6) The occurrence of psychological effects such as “anxiety, constant tension, feeling of instability, contraction, sharpness of mood, neglect of appearance, and inability to work or continue working.” (13).

The second section – the general factors that cause addiction, its effects, and its treatment

First – psychological factors

Among the factors that lead to addiction, we mention, for example, the main ones:

- 1) The influence of drug culture through hearing about it or watching it, as well as having friends who use drugs.
- 2) “Using harshness or pampering in treating children by parents, in addition to increasing the number of family members, the impact of family problems and disputes on the individual, such as divorce and moral decay within the family.” (14) .
- 3) Personal characteristics and characteristics of the addict, such as nervousness, tension, and anxiety. The addict feels ashamed, a feeling of inferiority, and psychological and social incompatibility.
- 4) “The importance of the drug for the addict, reducing stress, reducing the level of defensiveness, breaking away from reality and escaping psychological and social problems.” (15) "

Second: Economic and social factors:

1) Poverty

Drugs are a major social scourge witnessed by most Arab and foreign countries alike, which threaten the social security of societies because of their negative repercussions on their users, dealers, dealers, and their local communities. As for poverty, it is also a social scourge resulting from the lack of resources, the poor distribution of wealth, and the lack of an effective system of social solidarity, which causes a lack of satisfaction of the needs necessary to meet the requirements of life. Some studies have shown that the drug problem is a result of poverty and the attempt to escape the bad economic situation within families. The poor who find in drug abuse a way to forget those things. The role of the economic factor is also highlighted through the emergence of extreme wealth, especially sudden wealth among some social groups, which is matched by extreme poverty among other groups, and such phenomena usually appear in conditions of crises such as wars, where new groups emerge through sudden wealth as well. In unstable economic conditions, some find themselves unable to fulfill their obligations to their families and lose hope in improving their financial situation. They may escape into a world of imagination to realize their hopes and ambitions and find in drugs an appropriate means for that.

(16)

2) Unemployment

Unemployment has an effective role in the deviation of a teenager or young man towards drug abuse and addiction, as it is considered the primary reason for the spread of the phenomenon of poverty and the serious social ills that follow that threaten the security and stability of society, such as drug addiction. Some young people may suffer from the problem of emptiness, which may allow them their first experience of recreation. Or pleasure, and thus he finds himself becoming addicted, especially when he consumes some types with a strong effect, such as crystal.⁽¹⁷⁾

3) Family problems:

Among the most prominent factors that lead young people to drug abuse are family problems and family disintegration resulting from divorce or disharmony between spouses, difficult living conditions, and an increase in the family's needs and requirements. .⁽¹⁸⁾

Third: Ecological factors:

It means areas of attraction and excitement, such as poor neighborhoods or densely populated neighborhoods in which residential slums, abandoned places, and hotbeds of corruption are widespread, which are considered an attractive environment for addiction and provide a semi-safe haven for the distribution and trafficking of drugs and intoxicants, and other crimes and deviations.

Fourth: The effects on the addict:

One of the most important characteristics of addiction is the characteristic of gradual occurrence, as it progresses through multiple stages, because it is rare for the user to become a permanent user or an addict, as he begins

with experimentation, followed by a stage of social abuse, then abuse in certain circumstances or situations, and the abused substance becomes the focus of his focus, and then addiction to it occurs. As a result, many health, psychological and social effects appear, and this is what we will discuss:

1) Health (physical) effects:

Drug abuse has many physical and health effects on the individual who uses it, including loss of appetite for food, which leads to thinness, emaciation, and general weakness accompanied by a yellowing of the face, in addition to a disorder in the digestive system, which results in poor digestion, damage, enlargement and cirrhosis of the liver, which causes it to stop working due to... Toxins that the liver is unable to rid the body of, as drug abuse causes inflammation of the brain, which leads to memory loss, heart disorders, and high blood pressure. It also has an impact on sexual activity and also leads to affected brain activities, trembling of the limbs, chronic headaches, and decreased abilities. Sensory sensations such as hearing and vision, natural immune deficiency as a result of damage to white blood cells⁽¹⁹⁾.

2) Psychological effects

Such as anxiety, constant tension, a feeling of instability, a feeling of contraction and decline, nervousness and mood disturbance, neglect of the external appearance and the inability to work or continue working. It also causes an imbalance, some convulsions and difficulties in speaking and expressing what is on the mind of the drug user, and a disturbance in the conscience and feelings, as the drug user turns away from a state of fun,

euphoria, and a feeling of contentment and comfort after taking the drug. This is followed by a weakness in the mental level as a result of his conflicting thoughts. Using makes one feel happy and euphoric, living in a world of imagination, absence of existence, and increased activity and vitality, but the feeling of happiness and euphoria soon changes to regret, a painful reality, apathy, and exhaustion accompanied by lethargy and depression.⁽²⁰⁾ .

3) Social impacts:-

Drug addiction is considered one of the scourges that affect the individual and society. On the social side, family relationships and ties are fractured, and young people are unable to face reality and relate to its requirements. It leads to corruption of morals. Many corruption incidents occur when the individual is under the influence of drugs, which leads to the disintegration of the family and the commission of crimes. Many of the crimes we witness today were committed by their owners while under the influence of drugs.⁽²¹⁾ .

Addiction also leads to serious problems such as unemployment, road accidents, and the resulting social problems. This is what many field studies have indicated that addiction causes many social problems, such as a deterioration in the level of performance at work, high unemployment rates, lack of motivation to work, and school dropout. Family disintegration, high rates of immigration, divorce, high rates of crime, violence, theft, forgery, rape and murder. The deterioration of the social worker also leads to escaping to self-destruction, and to deviating from committing crimes

because the addict's limited income forces him to follow all illegal methods in order to get what he wants.

4) Economic effects:

Drugs destroy the body. They also destroy money, both individual money and public money. Drugs push and force the individual user to deduct a large portion of his income to buy the drug. The spread of drug abuse also prompts governments to make great efforts and spend financial sums in order to combat it, whether by providing medicines, centers and institutions to care for addicts, specialized medical staff, means of transportation and communication, etc., which costs the state a large amount of expenses that many developing and poor countries are unable to provide. Abuse also affects the movement of capital within a single country. Drugs are economically similar to other commodities, as their illegal promotion leads to disruption in the structure of the country's economy..⁽²²⁾

Fifth: The behavioral manifestations of drug abuse are as follows:

- 1) Permanent laziness and constant yawning
- 2) Agitation for any reason.
- 3) Introversion and the tendency to isolate from others in an unusual way.
- 4) Neglect and lack of interest in appearance.
- 5) Facial paleness, sweating, and trembling of the extremities.
- 6) Clear negligence in personal matters, and irregularity in study and work.
- 7) Neglecting sports or cultural hobbies.
- 8) Resorting to lying, theft, and deceptive tricks to get money to buy drugs

⁽²³⁾

Sixth: Treatment of addiction

1) Medical treatment

It is physiologically ridding the individual of dependence on drugs. This treatment depends on the type of drug and on the individual himself, and is done by gradually withdrawing the drug from him. Sometimes methadone is used as it works to stabilize the body's chemistry, even though it is an addictive substance. The treatment provided to the abuser at this stage is to help this body carry out its natural role, and also alleviate the pain of withdrawal while compensating for lost fluids, then treating the resulting symptoms and complications. This stage of withdrawal, and this stage may overlap with the next stage, which is psychosocial treatment, because it is useful to start early with psychosocial treatment as soon as the health condition of the abuser improves..⁽²⁴⁾

2) Psychotherapy:

This treatment aims to strengthen the self, the individual's participation in treatment, and the promotion of socially acceptable behaviors that keep the individual away from addiction and abuse. Psychotherapy is based on rebuilding the individual's socialization and strengthening the self-concept, or changing the psychological structure of it (perception, beliefs, values, etc.). Etc. (It also includes treating the main psychological cause of cases of abuse. For example, depression is treated if it exists or other psychological problems. Addicts must also gain a sufficient amount of pride, self-confidence, insight, and get rid of their internal conflicts, so that

they can recover from the problem of addiction. Convincing the addict that addiction, like any disease, is treatable .⁽²⁵⁾

In addition to behavioral therapy, which is based on a basic premise that all forms of behavior emerging from the individual (including abuse and addiction), are forms that are acquired and grow under certain life conditions (biological, psychological, social, cultural), and then are confirmed by the acquisition and growth of habits. Then the laws and procedures for eliminating or modifying those customs are ratified, taking into account all the differences between the different categories of customs in terms of the levels of support available to them.

3) Social therapy:

This treatment focuses on the social context in which the individual exists, because of the importance of the individual staying away from or approaching drugs. Enhancing the individual's participation in social activities increases the chance of his social integration and his belief in the values of the society in which he lives, and keeps him away from deviance because this threatens the interests of the individual. The individual himself. The importance of drug prevention must not be overlooked, as it is necessary in the case of addiction, so treatment programs should be integrated with prevention strategies to form comprehensive health care. Treatment for addiction is the opportunity that provides the addict with the ability to reform aspects of his life, to create relationships that are deeper and more satisfying than before, and for the addict to learn how to respect

himself, correct his beliefs, and increase his interest in himself and his relationship with others..⁽²⁶⁾

Chapter Three: Analysis and interpretation of the results of the field study

The first section: analysis and interpretation of primary data regarding the characteristics of the respondents

First – Type:

Table (1) shows the gender of the sample members

Type	the number	percentage
male	48	96%
feminine	2	4%
Total	50	100%

Table (1) shows that all members of the sample were male, and the percentage reached 100%. This does not mean that there are no cases of abuse or addiction among girls and women, but rather it is due to the family's fear of the stigma that inflicts on it due to female addiction and the horror that afflicts it from the announcement that the girl is addicted, as this affects her reputation, the reputation and status of her children, their educational, professional and marital future...etc. All of these matters related to the culture of society still control the problem of treatment, and despite the increased awareness and interest in drug treatment, acknowledging the child's addiction may be talked about or declared, but it is not possible to talk about it. About women's addiction, as talking about it

in our Arab societies is considered a disgrace and a major scandal, and for this reason no cases of women were obtained during the research period.

Second: Age and academic achievement of the respondents:

Table (2) shows the age and educational level of the sample members

Age/class	Repetition	percentage
Less than 20 years	12	24%
21-25	18	36%
26-30	8	16%
31-35	6	12%
36-40	4	10%
40 -45	4	10%
46 years and over	-	-
the total	50	100%
Educational level		
Reads and writes	4	8%
Primary	8	16%
High school	10	25%
Preparatory school	14	28%
University and more	14	28%
Total	50	100%

From Table No. (2), the highest percentage among drug users is among young people whose ages range between 21-25 years, and this group represents effective energies for building society. The percentage constituted (36%) of the total population, followed by the group whose ages are less than (20). Years, and this group is also vulnerable to falling into the clutches of drug addiction, especially adolescents who are influenced by bad companions or are trying to prove their existence or escape from the problems that obstruct their lives. Their percentage reached (24%) of

the sample size, while the highest percentage of learners was holders of middle school and university degrees, and the percentage was equal and amounted to (28%) of the sample. This is due to their exposure to many pressures and frustrations that they face in their lives, such as unemployment, searching for job opportunities, or the economic situation, which hinders the realization of their ambitions, which leads them to slip into the path of drugs.

Third-Profession:

Table (3) shows the professional status of the sample members

Occupation	Repetition	percentage
Obliged	8	16%
free work	20	40%
Other mentions	22	44%
Total	50	100%

Table (3) indicates the professional status of the sample members. It was found that the highest percentage of drug users are from other cases and include students and unemployed graduates. The percentage reached (44%) of the total sample, while the percentage of self-employed workers reached (40%). They are self-employed, and in this case, either the work has a low daily return that does not meet basic needs, and this creates psychological pressure on the individual, which pushes them to escape from the bitter reality by resorting to taking narcotic pills, or some of them obtain a good financial return that prompts them to go to cafes and public clubs to eat. Narguile and other things, and this makes him vulnerable to abuse, either out of experience or under the influence of friends, etc. The

smallest percentage were workers in government jobs and amounted to (16) of the sample size.

Fourth – Social status:

Table (4) shows the marital status of the sample

marital status	Repetition	percentage
bachelor	26	52%
married	10	20%
absolute	8	16%
Widower	6	12%
Total	50	100%

Table (4) indicates that the most cases of abuse were among unmarried people, especially young people who are unable to provide for their life's requirements or think about their professional and marital future due to the circumstances or problems they encounter that prevent them from achieving their ambitions. This leads them to take drugs to escape from the difficult reality in which they live. The percentage was (52%) of the total sample, while the lowest percentage was (12%) among widows.

Fifth– Family size:

Table (5) shows the number of family members for the sample

percentage	Repetition	number of family members
24%	12	6-4
46%	23	9-7
30%	15	10 or more
100%	50	Total

Table (5) shows that (46%) of the sample belong to families consisting of numbers ranging between (7-9). This number represents a burden on them as they are the breadwinners for their families, which exposes them

to great psychological pressure due to their inability to meet all their needs, and this is what drives them to take drugs to forget these problems. Which they suffer from, according to what some of them mentioned.

Sixth: Residential status:

Table (6) shows the type of housing for the respondents

Accommodation type	Repetition	percentage
owned	14	28%
rent	24	48%
Transgression	12	24%
Other mentions	-	-
Total	50	100%

It is clear from Table (6) that the highest percentage of the sample lived in rent, and the percentage reached (48%) of the total sample. Some of these homes do not meet sanitary conditions or are not compatible with the number of family members, in addition to the high rent amounts. This means another problem for the respondents, and this is what mentioned some of them.

The second section: analysis and interpretation of the basic research results

Table No. (7) shows the reasons that push young people to use drugs

The reason you are using drugs	The number		percentage
	yes	no	
Misuse of narcotic substances as treatment	yes	23	46%
	no	27	54%
Psychological stress	yes	37	74%
	no	13	26%
Frustration	yes	44	88%
	no	6	12%
The unemployment	yes	32	%
	no	18	%
Feeling isolated, bored and empty	yes	6	12%
	no	44	88%
Family problems	yes	32	64%
	no	18	36%
Alleviate some pain	yes	16	32%
	no	34	68%
The influence of friends	yes	33	66%
	no	17	23%
The weakness of religious faith	yes	32	64%
	no	18	63%
Desire and curiosity	yes	24	48%
	no	28	52%
The nature of the local community or housing environment	yes	18	36%
	no	32	64%
Easy to obtain	yes	40	80%
	no	10	20%

From Table (7), it is clear that the respondents' use of drugs and their addiction to them is the result of the interaction of several factors and reasons that came together to be a strong motivation for them to go down this dangerous path that affects their family and professional lives, especially in the circumstances that Iraq is going through, represented by many of the economic and social problems that have occurred. After the year 2003 and its repercussions on the Iraqi individual, therefore, most of the respondents stated that there was more than one reason that pushed them to take drugs. Frustration and family problems came first among these motivations and constituted a percentage of (88%), as well as psychological pressures, weak religious motivation, the influence of bad friends, weak control over them, as well as weak authority. The laws and other reasons all interacted and formed a strong motivation for some young people, leading them to take the path of abuse and addiction.

Chapter Four: Research results and recommendations:

First – search results:

- 1) All members of the sample were male, and the percentage reached (100). This does not mean that there are no cases of abuse or addiction among girls and women, but rather it is due to the family's fear of the stigma that inflicts on it due to female addiction and the horror that afflicts it from announcing that the girl is an addict.
- 2) The highest percentage of drug users is among the elderly, whose ages range between (21-25) years. This group represents effective energies for building society, and the percentage constituted (36%) of the total

population, while the highest percentage of educated people was from The percentage of those holding middle school and university degrees was equal (28%), and this is due to their exposure to many pressures and frustrations that they face in their lives, which pushes them to slip into the path of drugs.

3) It was found that the highest number and percentage of professions of drug users in the sample included students and unemployed graduates, and the percentage reached (44%) of the total sample, while the percentage of self-employed workers reached (40%) of the total sample.

4) Most cases of abuse were among unmarried people, especially young people who are unable to provide for their life's needs or think about their professional or marital future due to the circumstances or problems they encounter. The percentage reached (52) out of the total sample.

5) (46%) of the sample belong to families consisting of numbers ranging between (7-9) individuals, and this number represents a burden on them as they are the breadwinners for their families, which exposes them to great psychological pressure due to their inability to meet all their needs.

6) The highest percentage of the sample lived in rent, and the percentage reached (48%) of the total sample. Some of these homes do not meet sanitary conditions or are not compatible with the number of family members, in addition to the high rent amounts. This means another problem for the respondents.

7) It was found that the reason the respondents used drugs and became addicted to them was due to several factors and reasons that combined

and combined to be a strong motivation for them to go down this dangerous path that affects their family and professional lives, especially in the circumstances that Iraq is going through, represented by many economic and social problems that occurred after a year. 2003 and its repercussions on the Iraqi individual. Therefore, most of the respondents stated that there was more than one reason that prompted them to take drugs. Frustration and family problems came first among these motives and constituted a percentage of (88%), as well as psychological pressures, weak religious morals, the influence of bad friends, weak oversight over them, and also the weakness of the authority of the laws.

Second: Recommendations:

- 1) Urging the local visual, audio and print media to give this phenomenon the attention it deserves because it represents a complex problem that could destroy the structure of society, in addition to the challenge it poses to the national development movement, as it targets the youth segment that represents the foundation of the state's future and the most effective energy in Production process.
- 2) Emphasis on the authorities concerned with youth employment to create appropriate outlets to find job opportunities for them because the expansion of unemployment in society leads to some young people resorting to drug abuse.
- 3) Activating the role of religious institutions in combating drugs through sermons, preaching and guidance.

- 4) The need for state institutions concerned with combating drugs to adopt new methods to investigate the extent of the phenomenon of drug abuse by young people, as the data recorded by them does not reflect the reality of its spread, which reflects negatively on control measures.
- 5) Adopting preventive programs by activating the role of audio-visual media and religious and social institutions and enhancing their role in immunizing citizens and youth in particular against the drug culture.
- 6) Calling on educational institutions to reconsider their educational methods and adapt them in a way that enhances the effectiveness of their impact on the overall challenges that society will be exposed to, including the problem of drug abuse. In addition, we work to include topics that seek to limit the spread of the phenomenon of drug abuse in the school curricula for the various stages in a scientifically studied manner.
- 7) Coordination and cooperation with Iraqi universities, especially sociology, psychology, psychological counseling and educational guidance, to conduct survey research to determine the extent of the phenomenon of drug addiction.
- 8) Urging the security authorities to activate the role of anti-drug offices at the border crossings in order to limit the entry of narcotic substances into Iraq.

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Appendices Questionnaire form

Psychological and cultural factors affecting youth addiction to drugs (Research in psychological anthropology in the city of Baghdad)

Dear researched

The information you provide is for scientific research purposes, which serves the community in identifying (the factors affecting youth addiction to drugs) without the need to mention the name.

First - Primary data:

- 1) Gender: Male () Female ()
- 2) Age: Less than 20 years () 21- 25 years () 26- 30 years () 31-35 years ()
36- 40 years () 41-45 years () 46 years and above
- 3) Educational level: reading and writing () primary () intermediate ()
preparatory () university ()
- 4) Occupation: Employee () Self-Employment () Other Mention ()
- 5) Marital status: Single () Married () Divorced () Widowed ()
- 6) Number of family members 4-6() 7- 9() 10 or more()
- 7) Type of housing: Owned () Rent () Bypass () Other Remember

Second: Basic research data:

- 1) When did you start using drugs?
- 2) What caused you to use drugs?
- 3) Misuse of narcotic substances as treatment? Yes No()
- 4) Psychological pressures Yes () No ()
- 5) Frustration Yes () No ()
- 6) Unemployment Yes () No ()
- 7) Feeling isolated, bored and empty Yes () No ()
- 8) Family problems Yes () No ()
- 9) To relieve some aches and pains Yes() No ()
- 10) The influence of friends and companions? Yes() No()
- 11) Weakness of religious motivation Yes () No ()
- 12) Desire and curiosity to experiment? Yes() No()
- 13) Poverty ()
- 14) Weak supervision over it? Yes() No ()
- 15) Others mentioned ()
- 16) How do you take drugs? Oral () smell () injection ()
- 17) What is the source of your access to drugs?
- 18) Who do you use drugs with? Alone () with a group ()