

## Pedagogical Conditions of Primary Drug Abuse Prevention among Students of a Higher Education Institution

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### ABSTRACT

The relevance of the researched problem is caused by the fact that being one of the least adapted and socially unprotected groups, young people bear the impress of general social uncertainty, lack of confidence and uneasiness, as a result of it, drug addiction problems among young people are pushed into the forefront among social-pedagogical and psychological-pedagogical problems. The purpose of the presented article consists in theoretical reasons, development experimental and research check of a complex of the pedagogical conditions providing efficiency of primary prevention of drug addiction among students of a higher education institution. The leading method to a research of this problem is the modeling method that enables to consider this problem as a purposeful and organized process of creation of the pedagogical conditions necessary for effective primary prevention of drug addiction among students of a higher education institution. The complex of the pedagogical conditions providing efficiency of process of primary drug abuse prevention is presented in the article. It consists of the pedagogical analysis of the reasons of a drug abuse, detection of specifics of a drug abuse of youthful age, the choice and use of the methods and agents of primary prophylaxis of a youth drug abuse, development of a special course for training of specialists which are carrying out activities for prophylaxis of the drug habit at educational organizations. The complex of pedagogical conditions is focused on the process organization of drug abuse prevention among students and focused on development of methodical ensuring process of training of the teachers who are carrying out activities for drug abuse prevention in educational organizations. The materials of article can be useful to teachers of higher education institutions and colleges participating in the organization and carrying out preventive measures of a drug addiction, and also to the listeners, graduates of military academies, and practical staff of Department of Internal Affairs of the Russian Federation who are interested in drug addiction problems.

**Keywords:** drug abuse prevention, healthy lifestyle, health saving technologies, pedagogical condition

### INTRODUCTION

Today drugs among youth have spread in the sizes disturbing the Russian society. The level of consumption of drugs can be considered as menacing to a nation gene pool if 5% of the population of the country is on drugs [1]. According to the Ministry of Internal Affairs, in Russia this percentage ratio is higher. Abuse of drugs among young people is especially disastrous – both real and future of society are being killed. Drug addiction is a national

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problem which on the long-term consequences has to be referred to a category of direct threats of national security of any state. A priority of the government has to become the solution of the problem of not medical consumption of drugs as a social disease [2].

For the organization of more effective activities for prevention of the use of narcotic and psychoactive agents among students, it is necessary to consider the ways of development of drug addiction among youth. Two scenarios of development of drug addiction are described in literature [3]. It is possible to call the first way as poly substance consumption of drugs. Young people try on themselves effect of various toxic substances among which the most attractive can be gradually chosen, but abuse can break also before such choice. The second way is mono substance consumption of drugs. Youth abuse only one substance. Most often it is caused by the fact that only to this substance there is an access, but sometimes young people intentionally refuse all others. Separate stages of development of drug addiction can be allocated on each of these ways, but not all stages accurately appear in each separate case.

When carrying out preventive measures among youth, it is important to know the main types of this age: mesomorphic, endomorphic, ectomorphic [4].

Study time in a higher education institution coincides with the second period of youth or the first period of a maturity which differs in complexity of formation of personal lines [5, 6, 7]. Strengthening of conscious motives of behavior is a characteristic feature of moral development at this age. Such qualities as commitment, determination, persistence, independence, initiative, ability to be self-controlled become considerably stronger. Interest in moral problems increases (a purpose, way of life, duty, love, fidelity, etc.).

When having a work with students, it is important to disclose the near-term and remote prospects, as all their life and aspirations are turned, as a rule, to the future which they connect with a main type of work, a profession, a social and gender status. Psychological support is necessary for youth, and if it isn't given, then students to remove stress can resort to various narcotic medicines [8, 9].

The reasons of youth drug addiction are divided into two big groups: objective and subjective character. Objective – everything that is connected with the habitat and activity of a young man. Subjective – what corresponds to a person identity, the process of his/her development and social formation [10].

Thus, the essence of preventive activity consists in making anticipatory impact on the young people entering into risk group, still before the “trigger” mechanism of a drug addiction works, and to neutralize risk factors.

## MATERIALS AND METHODS

### Research Methods

In the course of the research the following methods are used: theoretical (monographic and content analysis of tests; synthesis; specification; generalization; method of analogies; modeling); diagnostic (questioning; interviewing; testing; method of purposes and tasks); empirical (studying and generalization of effective pedagogical experience, pedagogical observation); experimental (stating, creating, control experiments); methods of mathematical statistics and graphic representation of research results.

### Experimental and Research Base of the Study

Experimental and research base of the study is presented by Russian State Vocational Pedagogical University and Sverdlovsk Regional Medical College.

### Research Steps

The research of a problem was carried out in three steps:

The first stage: the analysis of philosophical, sociological, psychological, pedagogical, medical literature was carried out. During this period, the conceptual framework was formulated; the working hypothesis was defined; the purposes and research problems were planned; the main maintenance of a special course for training of specialists, carrying out activities for drug abuse prevention in the educational organizations was found out; introduction questioning, interviewing, an interview were carried out.

The second stage: experimental work on check of a working hypothesis was carried out; the complex of pedagogical conditions on drug abuse prevention was determined and proved in educational organizations; experienced and experimental work was carried out; the results received during experimental work were analyzed, checked and specified; conclusions were formulated.

The third stage: the received results were processed, analyzed and systematized; theoretical and experimental conclusions were specified; the results of a research were introduced into work practice of the department of the higher education institution.

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## RESULTS

### Features of Pedagogical Conditions

The complex of pedagogical conditions was defined on the basis of systemic and activity approaches; keeping those conditions primary drug abuse prevention among youth will be effective: pedagogical analysis of the reasons of a youth drug abuse (social and demographic, psychological, pedagogical); detection of specifics of drug abuse of youthful age consisting of features of physiological, psychomotor development of an organism of a young man; coordination of efforts of educational and medical institutions, public organizations on primary drug abuse prevention; development and use of methods and agents of primary prophylaxis of a youth drug abuse (a lecture, conversations, trainings, "round tables", meetings with law enforcement officers, health care specialists and psychologists, use of PR technologies); development of a special course for training of specialists, carrying out activities for drug abuse prevention in educational organizations.

These conditions in interaction reveal the organization of process of primary drug abuse prevention among youth. The result of realization of these conditions is understood as a certain level of depression of a number of risk groups on drug abuse development, and as a result, - recession of the development level of drug abuse in society.

The presented conditions are a basis of the organization of the process of primary drug abuse prevention in higher education institutions.

### Stages of Pedagogical Conditions Realization

Realization of these conditions assumed carrying out the following stages of experimental work:

- definition of students of risk group, on the basis of identification of accentuations of character and level of knowledge and personal relation of students to the problem of abuse of narcotic and psychoactive agents with use of methods of testing, questioning, pedagogical observation and introspection of teachers, statistical processing of results of a research.
- development and implementation of a special course for training of specialists, carrying out activities for drug abuse prevention in educational institutions.
- determination of a level and identification of dynamics of the studied problem.

### Stage of Stating

In total, the research has captured 228 students, 114 students became direct participants of the experiment. According to the analysis of the results of diagnostic study, it was found out that most tending to be affected by the risk of development of drug addiction and toxicomania are students in the following percentage ratio: unstable type of accentuation of character - 6%; hypertemic type of accentuation of character - 18%; hysteroid type of accentuation of character - 20%; epileptoid type of accentuation of character - 12%. To a lesser extent, but also are in the group of possible risk of drug addiction development - representatives of labile type of accentuation of character - 16%; schizoid type of accentuation of character - 0,3%. The risk of developing of drug addiction increases if the type of accentuation of character appears mixed, i.e. there is an imposing of types. The mixed types of accentuation of character are revealed among 8% of students.

Thus, 80,3% of respondents enter into risk group of rather possible development of drug addiction.

During the stage of stating, after determination of types of accentuation of character, an assessment of level of knowledge and personal relation of students to the problem of the use of narcotic and psychoactive agents was carried out; the program of the creating part of experienced and experimental activities was constituted. The basic principle lying in its structure is integration of the existing models of pedagogical prevention of drug addiction among students. The possibility of application of various forms and methods of pedagogical activities allows the teacher to build up the work taking into account specific features of students. Each of organizational forms has the specific features which shall be considered when using in practice of pedagogical preventive activities.

### Stage of Forming and Designing

The implementation of pedagogical conditions in the course of the creating experiment demanded involvement of students in interactive communication with other students and teachers for acquaintance with a technique of holding preventive counter-narcotics actions under the leadership of the teachers who were specially trained in those techniques.

The following stage of the creating part is the implementation of content of the information block. There is an acquisition of scientific information for the solution of problem and informative tasks at that moment. Students under the leadership of teachers participate in conversations on a subject: "abuse of narcotic and psychoactive

means", listen to lectures and participate in seminars. All this work is an approximate basis for further carrying out preventive activities and acquisition by students of abilities to carry out more correctly and competently preventive counter-narcotics measures.

Teachers also increase the general level of their knowledge on this subject during preparation and designing of the information block. A closing stage of experimental and research study is holding preventive actions by students.

The main objectives of holding actions is the following: to deepen theoretical knowledge of the questions concerning the problem of drug addiction and toxicomania in society; to carry out search of the most optimal solutions in a situation of narcogenic "infection"; to gain experience of joint actions in a team, to form abilities to hold preventive activities.

The main objective of this activity is stimulation of informative process wherein students act as active converters of reality, and also prevention of possible abuse of narcotic and psychoactive agents among young people.

The necessary preparatory work is carried out before holding any activities: responsible groups are created; the roles are cast, there is a congruence of interests. Anti-narcogenic information is perceived by students as personally significant after holding such activities; as subjective experience of the young man is involved in it.

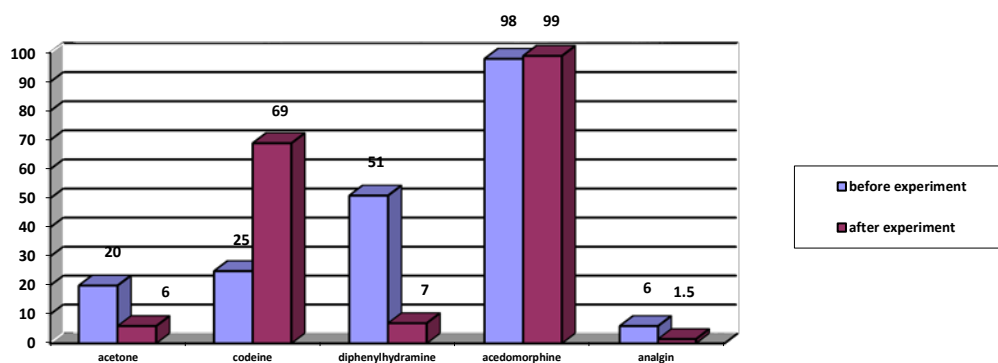
The developed special course "Prevention of Drug Addiction in Educational Institutions" is designed to help students to acquire the system of special knowledge and enables to carry out counter-narcotics prevention, orient students to fixed preventive activities in educational organizations and education of requirement to self-knowledge and self-determination in this area among students. The main objectives solved when studying this special course are the following: to create theoretical and practical knowledge and abilities on the basis of domestic and foreign experiment on these problems among students; to cultivate the requirements for personal development among students; to create the vital skills and abilities, their application in the conditions of involvement in drug environment and everyday life; to disclose specifics of preventive activities in educational institutions and its humanistic orientation.

The stages of carrying out the special course of study were revealed while teaching it: predicting (identification of the types of accentuation of character stimulating development of drug addiction; detection of the risk factors leading to drug addiction); motivational (creation of a situation of interest, forming of motivation of development of anti-narcogenic attitudes; ensuring prolific psychological climate in the course of a cooperation of all members of an educational process); organizational (implementation of personal-oriented pedagogical technologies: role plays, trainings, psycho-technical exercises aimed at the development of positive characterological potential of a student); subjective (active inclusion of the student into the process of forming of anti-narcogenic stability; assimilation and assignment of information by students as personally significant; forming of the need for development of anti-narcogenic stability and availability of motives of its implementation among students, acceptance by them of the purpose and the program of activities; positive emotional and psychological health and a physical condition of students in the course of preventive counter-narcotics activities); educational (acquisition of information by students on the correct carrying out preventive counter-narcotics measures; forming of skills of holding counter-narcotics actions among teenagers and youth).

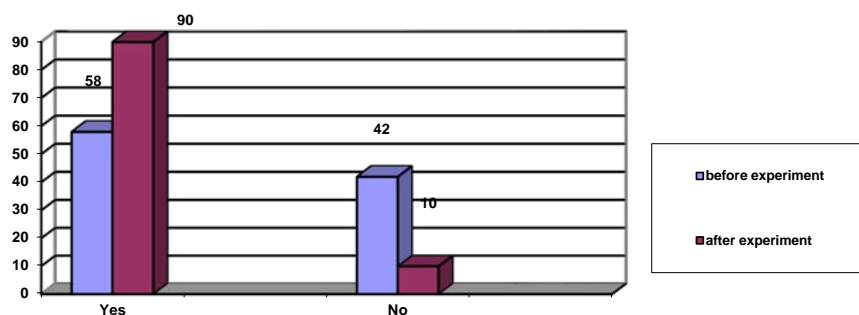
Primary prevention of drug addiction among students will be successful if all members of educational process are involved in its implementation. The discussion of difficulties was conducted during the analysis and assessment of the performed work both on the part of a teacher and students; the substantial and developed characteristic of results of implementation of a special course was given; virtues and shortcomings of the performed work were analyzed.

### Control Stage

The retesting of students who participated in the research was carried out at this stage of experimental work. Positive dynamics of level change of knowledge and personal relation of students to a drug addiction problem is revealed. The students determine belonging of the substances offered in selection to the category of narcotic more competently after participation in experimental work; the students' knowledge in the field of information awareness of the legal acts regulating responsibility for production, storage, distribution and sale of narcotic substances has increased; value judgment of health has significantly increased; personal relation of students to a drug addiction problem has changed. All changes are confirmed by results of the conducted analysis of this survey among the students (Figure 1, 2). There are no essential changes on these indicators in the control group.



**Figure 1.** Comparative data of level of students' awareness on types of drugs



**Figure 2.** Change of personal relation of students to the problem of infrequent use of drugs

The correctness of an experiment was caused by the fact that initial characteristics of experimental and control groups were similar. It is proved by data of the starting experiment; it has been recorded that on the level of knowledge and percent of the students belonging to risk group, groups had almost identical starting indicators.

Thus, the results of retesting and comparison with control group have shown that the developed and approved special course "Prevention of Drug Addiction in Educational Institutions", and also realization of pedagogical conditions have made positive impact on mitigation of negative impact of risk factors and manifestation of positive sides of character of young people.

We can claim that the created pedagogical conditions positively have an impact on acquisition by students of information on a problem of drug addiction and toxicomania, and its assumption as personally significant, and also reevaluation of the personal relation to abuse of narcotic and psychoactive agents.

## DISCUSSIONS

Studying of scientific literature enables to state an attention disadvantage to the problem of primary drug abuse prevention among young people. However, the concept "primary drug abuse prevention among youth" is considered in R.O. Avakyan [11] works, I.O. Bolotovskiy [12]. The problems of prophylaxis of ineducability were investigated in works of L.N. Anisimov [13], A.Ya. Grishko [14], etc. The problems of youthful age are considered by A.V. Mudrik [15], E.G. Eydemiller [16], O.A. Selivanova [17, 18], G.N. Zhulina [19], and theories of training of future teachers for work with the difficult, moral and abnormal, pedagogically neglected teenagers are can be found in works of A.S. Belkin [20], E.V. Ketrish et al. [21].

The major factors influencing an emergence of deviations in development and behaviour of a personality, conducting to drug addiction are the following: social factors (availability of narcotic substances, influence of group of peers, promotion in media of the directions of youth subculture, "fashion" for drugs), personal factors (existence of anxious feeling, depression, emotional instability, feeling of a contradiction and hostility, excessive trust to people), psychological factors (attraction of the arising feelings, character accentuation type, interpersonal disadaptation), biological factors (individual intolerance of drugs, or, on the contrary, the high resistance to them burdened by alcoholism heredity, narcotic substance nature), social and pedagogical factors (weak moral good breeding, defects of family, school or public education, a problem of adaptation to educational process of a higher school).

Accentuation of character of a person acts as a significant sign of definition of degree of risk [17, 18]. Epileptoid, hypertemic, unstable and hysteroid types of accentuation of character are the most predisposed to development of drug addiction. Less predisposed types are labile and schizoid [4, 22].

The formation among young people of a peculiar moral and strong-willed "barrier" to negative impacts of the environment as main warning facility of drug addiction appear to be overcoming risk factors. One of essential properties of manifestation of such "barrier" is an ability of a person to social moral consciousness and self-control, active management of health, feeling and behaviour.

Immediate causes of youth drug addiction are the following: the hypererethism of youthful age aggravated with loss of illusions concerning a family and habitual environment, loss of the parent authority, desire to avoid daily cares and real life; also one of basic reasons of drug addiction among youth are economic instability, material living conditions of society.

The success rate of performing primary prevention of a youth drug addiction in many respects depends on society and holding actions of educational character; only joint efforts of educational, medical, public organizations and parents will allow to achieve positive results in drug abuse prevention [23, 24, 25].

Primary prevention of drug addiction in educational organizations is considered as system of the measures of preventive nature directed to creation of conditions for effective development of a personality in educational process and restriction of the factors provoking primary drug addiction of youth [10, 26, 27].

One of conditions of the successful organization of primary prevention of drug addiction in educational institutions is the use of all directions of prevention in total, as follows: information direction, wherein mass media are a priority carrier, because it is necessary to give almost valuable information on signs of abuse of drugs, constructive behavior of adults, self-diagnostics for "experimenters" in addition to illumination of negative consequences of dependence and results of fight against drug trafficking; the appeal to a family, temporary and fixed communities, implemented through family advisory points, women's and other public organizations, print services; studying of the mental violations which arose because of deficit of communication such as hyperactivity, deficit of attention and mental activity, tendency to risk behaviour, cruelty, etc.; interactive training within educational programs which directed to the development of psycho-social skills promoting formation of autonomy of a personality and its positive development through interaction with people around, symbolical mastering the situations connected with risk for health and life is performed.

Now there are several concepts in the field of drug abuse prevention [28, 29, 30]. The main of them are: the theory of advance towards health, the theory of motivation, the theory of life skills, the theory of activity of an alternative drug addiction, receiving of social support.

Having carried out the analysis of literature drug abuse prevention in Russia [10, 13, 22, 25, 31, 32, 33, 34] and others, it is possible to draw a conclusion that educational organizations of an average link – schools, gymnasiums, lyceums mainly are engaged in primary drug abuse prevention, on the other hand, colleges and higher education institutions are less active. At the same time, the theoretical analysis and experience of educational, medical and public organizations showed that the system of drug abuse prevention will become effective (will provide quality and result) in case it relies on scientific research and justification of the causes of a youth drug addiction; it should be based on various directions and concepts of prophylaxis; to have the warning (preventive) character; to use various forms of interaction in work on prophylaxis of a drug addiction of all strata of society, departments and governing bodies, and the population in general; to create conditions for active cooperation with youth, their formal and informal associations.

## CONCLUSION

It is established that the identified complex of pedagogical conditions positively influences on acquisition by students of information on the drug abuse problem, its assignment as personally significant, and also on reevaluation of personal relation to abuse of narcotic and psychoactive agents. Moreover, it promotes prophylaxis of a drug addiction and development of abilities to carrying out preventive counter-narcotics measures.

In the course of the research there were new questions and problems which have to be decided. It is necessary to continue the researches on primary prophylaxis of a youth drug addiction. The researches should be devoted to improvement of traditional means and creation of new ones of primary prophylaxis, studying of opportunities of broader coverage of educational organizations, and also special methods of work with drug-addicted people for the purpose of their socialization.

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