

## The Role of The Family In Protecting Children From Drugs

دور الأسرة في حماية الأطفال من المخدرات

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### Abstract:

This article discusses the role of an important social institution (Family) in protecting its children from taking the drugs throughout numerous axes such as the role of the family in the process of the counseling and guidance of the children via educating them upon self-confidence and making decisions based on good judgment and not being influenced and obeying the opinions of others from bad friends, The role of parents as a good example, the family and good socialization methods, also the protection of children from bad friends, and creating the appropriate family environment.

**Key words:** family; socialization; guidance and counseling; drugs ; addiction.

يهدف هذا العمل إلى مناقشة دور مؤسسة اجتماعية مهمة في حماية أبناءها من تعاطي المخدرات من خلال عدة محاور منها: دور الأسرة في عملية إرشاد وتوجيه الأبناء من خلال تربيتهم على الثقة بالنفس واتخاذ القرارات المبنية على حسن التقدير وعدم التأثر والانصياع لأراء الآخرين من أصدقاء السوء. الوالدين والقدوة الصالحة، الأسرة وأساليب التربية السليمة، كذلك حماية الأبناء من أصدقاء السوء، وتهيئة البيئة الأسرية المناسبة.

**الكلمات المفتاحية:** الأسرة؛ التنشئة؛ إرشاد وتوجيه؛ مخدرات؛ إدمان.

### **Introduction:**

Nowadays, the family lives in societies full of sicknesses and social troubles that have affected and are affecting negatively upon individuals and upon the society due to the bad and weak nature of the social and cultural structures which are suffering at the level of social relationships from the frailness of such relationships and their duplication, sometimes relationships governed by personal interest and in other times they can be described as being chaotic relationships which are not subject to acceptable social norms and principles , rather shallow relationships , furthermore this structure witnesses a weakness at the level of prevailing values and standards which has been reflected on the one hand on the safety and health of the social environment where it increased the social issues and sicknesses which have disseminated from which we can mention taking the drugs which became a lesion threatening the future of the individual and the society, and from the other hand it has been reflected upon the effectiveness of the different social systems which witnessed a decline at the level of the roles and responsibilities of the society, all that led the family to be in a state of

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loss, weakness and decline owing to the loss of self, family and social security.

For this sake, the role of the family became multiplied for the purpose of protecting and preserving individuals from the negative pathological manifestation and behaviors for instance taking the drugs, so it has the great task of counseling and guiding the individual to reject every behavior and negative habit and protecting them from each social environment and abnormal interaction throughout providing the relevant education that is represented by a good example affecting the life of the individuals, while the social and cultural environment witnesses, represented via all its formal and informal institutions, a state of mediocrity and decline at the level of ethical and educational values which govern such environment as well as at the level of the effectiveness and roles of these institution which became frail and no longer performing their roles in a sound manner.

On what has been previously said we can ask the following questions:

- What is the role of the family to protect individuals from taking drugs?
- How can the family protect the individuals from taking the drugs?

### **-PROBLEMATIC OF STUDY:**

Usually, the family works as a social institution to raise and elevate the children according to some ethical and educational standards and that is in ordinary situations, however today the family lives in a social and cultural environment that is working often unlike the family direction especially what is concerned with the education of children due to the spread of an

explicit or perverse culture which controls the street and affected a lot of the educational and social institutions particularly the family which living a state of conflicts at the level values to deal with children, that's why the family has the burden to maintain their role and the role of the other educational institutions, in addition to that the necessity of protection of familial environment and the infiltration of ideas and negative values.

**-STUDY APPROACH:**

We have adopted a descriptive analytical approach and that after much research on the knowledge and scientific notions which have been written on the topic especially what it has to do with the reality of the Arab family and their roles in the social life, and the quality and size of the social and cultural changes in the Arab society, as well as the size of pervert conducts and explained theories, and the analysis of such notions and knowledge to build a perfect notion on the subject of study and its scientific necessities starting from study questions.

**-THE IMPORTANCE OF STUDY:**

The study has a scientific importance represented with the importance of the topic which discusses the role of the Arab family in educating the children which is considered the most important elevating social institution, in a social reality prevailed by a culture hindering the role of family in life in general and taking part in the appearance and the dissemination of many deviations, and the study also has a practical importance represented by what it has reached from notions and results about the topic of study.

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### **-THE AIMS OF STUDY:**

-The discussion of the importance of the role of family to protect its children from drug abusing?

-The recognition of the most important ways of the family to protect children from abusing drugs?

### **- CONCEPTS:**

#### **1-DRUGS:**

The international organizations define drugs that they those natural or industrial substances which the effect of numbing or hallucination for the human being which is when addicted to leads to a state of getting used to addiction which harm the abuser and his social environment.

So the word drug stands for all those chemical substances which affect the human being and causes drowsiness and sleep or sub-consciousness accompanied by numbing or pain.

In psychology, it is referred to drugs that it is a substance which could lead to psychological or organic dependence, which help to develop readiness of the abuser for exposure to mental disorders.

And drugs are prohibited and banned substances by law, in which it prohibited for any person to circulate, to cultivate, to sell or to produce them, except for purposes allowed by law, and couldn't be circulated, sold or produced only with a license.

So, Drug abuse is defined as the consumption of substances through any sort of administration, which alters mood, the level of

perception or the function of the central nervous system. These drugs may be either licit or illicit, from medication and alcohol to marijuana, crack, solvents and other drugs (Bernardy CCF, Oliveira MLF, 2010, p11).

Substance use, like many human behaviors, occurs along a broad continuum from no use to extremely heavy use. The likelihood of an individual experiencing problems stemming from substance use typically increases as the rate of use increases. The continuum for the use of substances includes substance use, substance abuse, and substance dependence or addiction (Department of Health and Human Services, 2009, p11).

## **2-ADDICTION:**

It is a state of psychological dependence (a state of satisfaction resulting from abusing drugs and what impacted from a desire to abuse more) and an organic dependence (the adaptation of the body with the drugs, in which any abstaining from abusing it leads to complications and painful physical symptoms) which happen as a consequence to abusing such a drugs and getting accustomed to them, in which any disruption might bring about psychological and organic painful effects upon the abuser.

Initiation of substance use in early adolescence is predictive of many negative outcomes in adulthood, compromising work, family roles, educational achievement, and ongoing drug involvement.

Youth are among the most vulnerable in our population, vulnerable because they are at much higher risk for developing a substance use disorder later in life and because other adverse consequences are likely to affect them more significantly. Research has shown that substance use by adolescents can often be prevented through interventions that respond to risk and protective

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factors that function at different stages of development. Individual, family, peer, school, community, and societal levels all matter (<https://www.rivermendhealth.com>).

In Brazil (for example) It is estimated that 39% of police occurrences every year are related to the use of alcohol, and that 50% of psychiatric admittances into hospitals are related to alcohol and drug abuse. (Bernardy CCF, Oliveira MLF, 2010, p13).

### **3-THE FAMILY:**

It the essential unit or the first unit in the social structure of the society and it the smallest social unit composed of the father, the mother with their children and some relatives who live in a group and in the same dwelling is called the extended family (Mardock, G.P,1949), or it is constituted of merely the father, the mother and the children or from couple without children is called the nuclear family (Mardock, G.P, 1949).

The family is a permanent and indispensable social group and an essential social system, and it is not only the foundation of the existence of the society, but also the ethics and first pillar to control the behavior and frame from which the person receives the first lessons of social life (Sana elkhoul,1972, p 01)

### **-THE ROLE OF FAMILY IN THE PROCESS OF GUIDANCE OF CHILDREN:**

Nowadays, it is not that easy for the family to be a platform for guidance, in a time surrounding environments became full of temptations and consume the time of individual more than the family, and moreover

good behaviors can no longer be distinguished from the bad ones due to their dissemination and use from members of the society, such illicit deportments which are mechanisms for individual access to delinquency and crime from which abusing drugs and addicting them, and may be from such negative behaviors the dissemination of lying, trick, justification, irresponsibility, treason and betrayal, and weak ethics and educational values and so on and so forth.

And despite the complexity of the scene, the family has to work to raise the awareness among its individuals throughout decent and ethical behaviors in how to reach them in return for awareness of immoral behavior and how to avoid it with the clarification of the social outlook to such deportments, so that individuals will be conscious of the right path and how to reach it, in other words they will have an ability to distinguish between what's right and wrong and between what's accepted or rejected socially, religiously, and ethically.

And for the sake of the family to perform her roles in the guidance of their children, it has to prepare the appropriate familial environment to perform such process as being a good educational and ethical environment. Furthermore, the educational and ethical role ought to be represented with the behavior of the usher or guider from the parents, which means to be a good example to achieve the objective from the guidance, and they have to choose the suitable moment to provide the advices away from the situations of fear, embarrassment and psychological and social pressure, instead of that it should be given in familial moments dominated by passion, love and harmony. Something else, parents must choose the appropriate manner to give advices and guidance using parental advice and constructive criticism



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and relying on the style of raising the social and ethical awareness, and via using a moderate warm voice staying away from reprimand and insulting and all other stuff that repulse the hearer and keeping him apart from the participation.

Moreover, the counselor must be conscious of the manner that fits the age of the target individual from the children, in other words the style used should be relevant to the level of understanding and awareness of the child or the target individual so that for the process to achieve its aims otherwise the guidance will be pointless and useless, if conducted with inappropriate manner especially in the language, the vocabulary, the proposed notion, the supported example and responsible attribution.

The parents or the counselor has to use different ways to guide from social story, religious ethics and a social outlook, and legal responsibility to fulfill seduction and thrill, and stay away from boredom and denial, which might have positive effects to achieve the purposes of the counseling process.

Also for parents or those counseling to evoke the psychological and social damage to such negative behaviors as opposed to the psychological and social benefit of the positive departments.

He has also to open space to his children to diagnose the negative behaviors and their criticism for diagnosing the positive conducts and putting them in balance.

Supportive parenting and monitoring of children's behavior (parental involvement) is another critical factor associated with lower rates of drug use

among youth. Most parents limit the amount of time that youth spend out with friends on school nights, always or sometimes check on homework, help with their homework, make children do chores around the house, tell children they had done a good job or were proud of them, and limit the time on television and on computers or cell phones for social media purposes. If parents frequently helped with homework, the illicit drug use by youth was 7.6%, but was 18.1% among youth who reported that their parents “seldom” or “never” helped. Current cigarette smoking and binge alcohol use in the past month also were lower among youths whose parents “always” or “sometimes” helped with homework (more than half the rates). Youth who spend a lot of time on social media websites are far more likely to use drugs (Rivermend Health’s Scientific Advisory Board).

#### **-PARENTS AND GOOD EXAMPLE**

International household surveys and other population estimates suggest that approximately 10 per cent of children live in households where there is parental alcohol abuse or dependence and/or substance dependence.

As a consequence, low educational achievement, poor housing, family stresses and high levels of despair and hopelessness. In addition, there is evidence that a significant majority of substance misusers also experience severe psychological pressures, including sexual and physical abuse. Many of these factors manifest themselves as low levels of social capital and low social integration within the larger family and community (Sharon Dawe and others, 2007, p18).

More than eight million children in the United States live with at least one parent who abused or was dependent on alcohol or an illicit drug during the past year. These children face a heightened risk of maltreatment.

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One study, for example, showed that children of parents with substance use disorders (SUDs) are nearly three times more likely to be abused and more than four times more likely to be neglected than children of parents who do not abuse substances (Department of Health and Human Services).

The process of socialization requires a good model of good behaviors and from inside the family, whom the children will follow and get affected by his personality and follow his conduct, and the best example or the model is the father and mother due to their close relationship linking them to the child, and for the attachment of the latter with them, moreover his friction and imitation of his parents as being the first people he will interact with.

The family is control the founding of the personality of the child as well as his psychological and mental growth, so the parents are the most important influences definitely in the growth of the child socially, they are those the child is permanently connected with in his toddler age, and the interaction between the child and his family is most intense and longer in time, so concerning the path of familial growth, the child acquires the behavior, convictions, beliefs, standards and social motives that family establishes (Fatima Abd Elrahman, 2004, p 332).

That's why the parents should be a good example to the children throughout good conduct, good reputation, a moderate and disciplined behavior staying away from anything which might frustrate the child or has a negative impact such as the father and mother abusing of drugs or the multiplicity of standards to judge what is considered bad conduct, as opposed to allowing themselves everything and prohibit to their children.

Therefore, the family which includes one of the parents or both abusers of drugs, it is the worst example or model the children can follow, and the imitation of their conduct from children or the inspiration from it will very possible and natural.

Also the existence of one parent or both from drug abusers, he won't be fit to be source of advice and conducting the behavior in children due to the frustration and juxtaposition which might be born among the children when they perceive their parents abuse drugs or narcotics and at the same time do not allow and advise their children to keep away from such substances.

In other words, the parents should adjust their conduct first before their attempt to adjust the children's deportment and showing good moral values which present a positive picture and model impressive for their kids and earns their respect, and as a result becomes a model for them and fixer of their conduct.

### **-THE FAMILY AND METHODS OF GOOD EDUCATION:**

The family is the child's first incubator and it is the first developing institution which he interacts with, it also represents the first reference group for the child determines the directions of the child and his future deportment, moreover it is the most important institution to build the personality of the child and instilling cultural values.

Socialization in the childhood and young adulthood is considered of a paramount importance whether for the individual himself or for the society, during which the foundation of the individual's personality are established, his habits, his directions, his values, growth of his inclination and readiness are founded, and his abilities appear and his skills established,

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acquires his behavioral patterns, and during which as well the determination of his mental, psychological, social and spiritual growth according to the contribution of the socialization institutions (Tarek Abd Raouf, 2008).

The family has an extreme importance in the individual's life, however such importance depends on the extent of awareness with the sound methods of education which achieve a harmony and adjustment among the child at the personal and social level, via building positive picture about the self and capacity and liability to get involved and interact positively with the social environment or others.

The ignorance of the family with the sound methods of education as well as the variation of behavioral values and standards among the family in its counseling and direction such as cruelty and recklessness, revulsion and derision, overprotection and excessive spoiling, and the permanent depending on the parents, not moderation in dealing with the children between cruelty and softness, and to not choose the appropriate manner for social circumstance, all bring about among some children a frustrated personality unable to interact with society or to deal with easiest rules of daily life.

And as perceives Ibn Khaldoun: "the excess of using cruelty hurts the psychological and mental value of the child and such might lead him to despise his parents and to use trick and hypocrisy to evade such toughness, and cruelty does not establish free, alert working men, but instead tight ignorant minds as well as subjugated and humiliated spirits".( Tah Houssin,1925).

This means that the ignorance of the family with the sound educational methods and the lack of application of such methods in a sound way could one of the most important causes which might lead to addiction or abusing drugs throughout the creation of a personality incompatible psychologically and not integrated socially suffering from psychological and social issues, and such addiction is likely to be mechanisms to compensate for deficiency or to treat psychological imbalance or reinforcement of the frail personality or to evade from the reality or the tough social environment.

The family has to maintain a moderate way in dealing, the style the most acknowledged in raising the children, in other words to avoid using cruelty far away from forgiveness and kind treatment, and not to maintain the forgiveness and spoiling as a method far away from punishment, so the family has to combine between cruelty and kindness, or in-between them, and with cruelty we do mean tough sanctions or hitting and what is like from the methods that likely to weaken the child's personality, however the father and mother should possess a fixed position on each rejected is met with a word no, and each admitted with a word yes, moreover they should maintain the reward method on each good conduct and negative reinforcement on each rejected conduct.

There also must be some moderation in protection, which means child should not left without protection to feel rejected, and to not overprotect him to feel excessively spoiled and depend completely on his family and a weakness and drawing back of his personality and a lack of self-confidence and evasiveness from the responsibility.

This means that we must deal with rationality with the child and to bring him up on ethics via following the previously mentioned methods

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supported by methods of reinforcement, maintaining the dialogue and conviction and understanding instead of punishment, smacking and reprimand to establish a sound personality of stable values no matter how different the position are, self-confident, able to interact in a sound manner with others, adaptive to circumstances and has an ability to challenge and continuing.

### **-THE PROTECTION OF CHILDREN FROM BAD COMPANY:**

Friends and peer groups are important and consistently strong predictors of drug use. Adolescents whose friends use drugs are more likely to use themselves, and friends often provide the drugs. Friends also are role models for drug using behaviors, they help to shape beliefs and positive attributes to drugs and normalize drug use. Friends' use of drugs predicts frequency of use and problematic outcomes. Early intervention with risk factors often has a greater impact than later intervention to change a child's life path away from problems and influential peers, and toward positive behaviors. Parental monitoring and supervision of friendships are critical for drug abuse prevention: rule-setting for activities, monitoring friends and social engagements, limiting social networking, praise for appropriate behavior, and moderate, consistent discipline that enforces defined family rules all reduce children's risks and protect against pathology and substance abuse (Rivermend Health's Scientific Advisory Board).

People who abuse substances are likely to find themselves increasingly isolated from their families. Often they prefer associating with others who abuse substances or participate in some other form of antisocial activity.

These associates support and reinforce each other's behavior (National Center for Biotechnology Information, 2004).

The lack of enough surveillance from the parents upon the children and their conduct provide them a freedom of behavior as they wish without any watching, and it might provide an opportunity to interact with bad company and abusing the drugs.

So the family has to perform her role surveillance towards children throughout follow-up and care inside the family and outside, and we do mean to stifle the individual's freedom and to push him and making him feel a criminal watched; instead we mean the parents company, effective participation in the activities of their children and to get closer to them and accompanying them and to treat them as friends to be very close from them and aware of their activities as well as their interactions.

There also must be much work to prepare the safe and reference environment for the child to maintain ways and opportunities for counseling, questions and dialogue, help request if children need them.

In addition to that, the role of the family to provide advice concerning the choice of the quality of friends and prepare the suitable environment for the child to choose from his friends, via making the child aware of the standards of his choice of the appropriate friend who is socially, culturally and ethically symmetric or homogeneous with the social, ethical and educational position of family.

Furthermore, the family has to organize the schedule of their children, and training and enlightening of how to make use of their free time such as practicing sport and reading and so on instead of wasting that time in the lost and futile friendship.



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As Tahtaoui says: “Education means to establish the moral values of the child upon what is appropriate with the good society, in which they develop all the virtues they keep from vices and enable them to close themselves so that to cooperate with their peers to do good.

### **-THE ROLE OF FAMILY IN CREATING THE APPROPRIATE SOCIALIZATION ENVIRONMENT:**

The family is implied in the healthy development, or lack thereof, of its members, because it is understood as the link between the several spheres of society. Family relations, attitude and behaviors of parents and siblings are important models for the young relatives, and are a factor of protection against drug use.( Bernardy CCF,2010).

We cannot actually discuss any positive role of family in the life of individuals unless such role belongs to a suitable social and cultural environment, since the normalization of the individual socially and raising him upon the decent values and refined ethics does not get fulfilled in chaotic environments which suffer from the dissemination of negative behaviors and values.

And since the family is the most important institution to elevate the individual socially, and upon it lies a huge burden of responsibilities to protect and take care of the individual, it must possess a suitable educational environment so that it can raise its individuals in the right way.

Nowadays, the family works to organize the internal situation as well as internal environment for their individuals due to its control somehow of such

environment, however it suffers from the inability to control the external environment represented by the other institutions of society.

So the family has to prepare the suitable circumstances without family issues, prevailed by stability, psychological comfort and harmony between its individuals, in addition to that free of antisocial and sick conducts. There also has to maintain the social and ethical values from respect, cooperation, discipline and understanding to control the nature of interrelations.

The family has to be close to its individuals and help and educating them upon discussion, dialogue and self-expression about themselves and their troubles that they endure throughout preparing the relevant circumstances from protection, time, mutual respect, forgiveness and the reign of collaboration and all such stuff which might increases the bonding of family and availability of secure environment which the individual might resort to in case he threatened or his watching or hearing any notion or unsocial behavior.

As a result, the family has to be aware of circumstances and the suitable social conditions to raise the children and educating in the sound way, it also has to work to prepare such circumstances which begins with choosing the right husband and ensuring the appropriate dwelling and the awareness of the sound educational methods and full understanding of the nature of childhood and its requirements, and how to meet those needs in a sound way.

Since elevating the individual as J. Stewart Mill perceives does not include everything we know for ourselves or what others might provide in order to raise us in merely a good way, but it also includes all what

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contributes to the evaluation of our ethics, developing our skills and refining our habits.

### **-THE RESULTS:**

-The family has an important role to protect children from deviated conducts especially taking the drugs.

-The family is a social and educational institution, as well as a production institution for values and social standards.

-The family suffers in counseling and directing their children due to the spread of unethical behaviors.

-The family has a crucial role in guiding and directing the children and protecting them from abusing drugs throughout maintaining the familial awareness style.

-The educational of children process requires a good model inside the family and from the parents particularly to have an impact on children.

-The family has a paramount importance in the life of individual, however such importance involves the level of awareness of the right educational methods.

-The moderate style in dealing with children is an important method for the family to protect their children from deviated conducts especially abusing the drugs.

-The surveillance role of the family on the behavior of children inside and outside the family is one of the methods of family to protect their children from deviated behaviors especially abusing drugs.

-The family suffers from the difficulty of preparing the appropriate educational environment.

-The preparation of a good familial environment is considered one of the familial methods in the protection of their children from the deviated behaviors particularly abusing drugs.

**Conclusion:**

From what was previously presented appears the role which each family can perform towards the protection of their children deviation and practicing the unwanted behavior especially abusing drugs particularly after the retreat of social and cultural environment.

So the family is the first educational and social institution, and the first incubator responsible for taking care and protecting the children from any rejected conduct, and to fulfill that it has to perform its role in a sound manner at the level of educating the children and elevating them throughout its role as an observer and resident of the children behavior as an important process in the frame of familial protection, moreover the family has to be healthy and sound from any social and psychological sickness, a coherent family including not corrupted, cooperating harmonious individuals possessing refined ethics, following the high social values and aware of the importance of the family and how to preserve itself and its individuals.

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