



ORIGINAL RESEARCH PAPER

The Methodology of Encountering the Social Issues (Case Study: Managing and Reforming Addicted Teenagers Behavior)

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ABSTRACT

SUBJECT AND OBJECTIVES: There is a question that crosses the mind: Is the addict a criminal, an evil or morally deviant and we have to punish him and expel him from our lives or has he become a victim of certain factors and circumstances and is now sick- as is the case of people with cancer- and needs someone to help and save him from what he is in and look for the best treatment until he is fully recovered?

METHOD AND FINDING: As a result of fear for the reputation of the family in front of people, and instead of saving their children and looking for specialists in this field, some parents may deal with selfishness and adopt one of two negative methods of education in dealing with their addicted teenagers. First: Extreme cruelty such as contempt, beating, and expulsion from the home. Second: Severe neglect, non-involvement, and disregard for the wrong behaviors of children. That is why, as a matter of responsibility, we have searched this area for many years to save our children from all kinds of addictions. This guide is for parents and educators as it addresses the phenomenon of addictions in teenage years, examines the reasons why teenagers resort to addiction in order to avoid it, and studies the negative effects of addiction. It is intended to guide readers to educational, psychological, behavioral, social, and religious methods to treat each type individually.

CONCLUSION: We have to change the way we think and consider the addict to be a sick person, not a pervert, who does not like and does not prefer the situation he is in. At the same time, we must consider that he has been trapped in addiction and cannot get rid of what he suffers from on his own.

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Introduction

Almighty Allah said:

"O you who believe, ward off yourselves and your families against a fire". (Qur'an, 66: 6)

When this verse was sent, people asked how would we protect our families against fire. The Prophet, peace be upon him, answered as Imam Sadiq told:

"Do good, remind your family of it and discipline them to obey God [Allah]". (Noori Tabarsi, V. 12: 201, Hadith 13881-13882)

Pedagogy emphasizes the initiative to educate and discipline kids since early childhood. This was confirmed by the Commander of the Faithful, Imam Ali, when he said to his son Hassan:

"Rather, the heart of the juvenile (youngster, child, minor) is like a vacant land. It accepts whatever is thrown into it. So, I took the initiative to discipline you with politeness before your heart hardens, and works for you". (Nahj al-Balagha, Sermons 3)

When the child reaches adolescence, some challenges begin. It is a phase that oscillates between childhood and adulthood. A teenager may feel kind of lost as he is no longer a child and has not yet become a man. It's neither this nor that. That's why he needs to be attended, educated, cared for, and understood by educationists. This is where the role of parenting comes, which means pledging the child's development, step by step, until he reaches full development.

Parents' Responsibilities

Proper education, particularly sound religious education, can save a teenager from loss and confusion where the answers to all his questions are found. He also learns how to meet his needs in the right and legitimate ways.

A teenager needs the serenity of the soul that saves him from his disorders, which he finds when his soul is linked to Allah and to the supreme values, principles and morals of prophets, Imams and righteous believers. In addition, the child will discover his prestigious place in the world of creation and cherish it and not drift towards lust and vice.

Almighty Allah said:

- *“We have honored the children of Adam”.*
(*Qur'an, 17: 70*)

- *“We have created man in the best stature”.*
(*Qur'an, 95: 4*)

At this point, the parents assure the child that he is a respectable figure who has prominence at his Creator and among people and has a role to play in this life. Parents also assert that they are proud of him and waiting for him to undertake his responsibilities and expect him to succeed and flourish. This motivation and encouragement will boost his morale, strengthen his self-confidence and bring up as a normal person. Otherwise, the adolescent is not respected, appreciated and properly educated, as he considers that others treat him as a child rather than an adult, he is likely to engage in unacceptable behavior in order to draw the attention of others to indirectly say that he has grown up and has been able to do whatever he wants.

This state may occur in some adolescents who suffer from a complexity of incompetence and lack of self-confidence which often happens to adolescents who have been denied proper education in childhood. Hence, parents bear the great responsibility to lay the foundations of right education since childhood before the child is influenced by deviant beliefs that stray from the right path.

Imam Sadiq was quoted as saying:

"Hasten to your children to speak before The Murji'ah precedes you".
(Kulayni, 1990, V. 6: 47)

Al-Irja' in language: delay, and in technical terms delaying the action and taking it out of the reality of faith. Ibn Kathir said in explaining the reason for calling the Murji'ah by this name. It was said Murji'ah because they put forward the

saying and they postponed the action - that is, they delayed it. They are various groups and sects who differed determining the meaning of faith.

This hadith emphasizes the initiative by the parents in the sense that they have to take responsibility for the education that imam called talking to them and instilling principles and values before the teenager drifts with misguided and misguiding currents. At this stage, they either guide the children to the right path or they will be misled by several reasons, including educational, psychological, physical and social. Some of them may resort to addiction, which is a case of behavioral disorder.

An addict gets used to a kind of drug, for example, and finds pleasure and imagines that it is a kind of treatment that relieves him even though

this is an illusion and not a fact, but he wants to believe because he wants to escape from his reality.

Types of Teenagers Addictions

It is very difficult to absolutely have an inclusive, reliable, and scientific definition for addiction, given its multiplicity of facets, types and forms. Addiction, in its linguistic definition as a term, is the addiction of the thing, i.e. commitment to it and inability to get away from it. It is a state of behavioral disorder characterized by a person's getting used to something and finding pleasure and satisfaction in repeating it unconsciously. The addict imagines that what he is doing is a therapy to relieve him, which is not true.

Addiction Types and Forms

Narcotics; Such as grass (hashish) or some types of

medicines, drugs, pills, liquors, alcoholic beverages and smoking, which is considered the most common among teenagers.

Technology Tools: Such as TV and its programs, multiple websites, means of communication and social networking, smart devices, mobiles, and electronic games...

Sexual Addiction; Such as following pornography programs and sites, or even some gay practices...

Bad Habits; Such as nail biting, head and beard plucking, or eyelashes...

Causes of Teenagers Addiction

- Addiction is an acquired behavioral approach.
- Adolescence is a sensitive age to everything that is acquired and new.
- A teenager is passionate, impulsive, inexperienced and under-appreciated.

All these reasons make teenagers more likely to be addicted.

Habits by definition are acquired behaviors that fall into two categories:

- Motor habits that require continuous training to which the body responds until mastery, and are practiced automatically, such as swimming, printing, driving, etc. They leave no effects when not practiced.
- Habit needs which are also acquired for psychological and social causes, but become needed by the body if not satisfied, and entail symptoms and psychosomatic disorders. This kind of habits is, therefore, terminologically called psychosomatic habit needs. Addiction in all its aspects, types and forms falls into this category.

Since addiction is an acquired behavioral approach on the one hand, and adolescence is a sensitive age to everything that is acquired and new on the other, the teenager rushes into a trial exploratory process to identify a type of addiction until slipping into it. Enthusiasm, inexperience and lack of weighing fallouts meet altogether in the teenager to form a dash bug due to psychological, physical, and social causes that make teenagers more vulnerable to addiction.

1. Psychological Causes

- Curiosity and the desire to experience everything that is new or unknown.
- The psychological nature of teenagers is characterized by rebellion against power and prevailing laws.

- Weakness of personality and will and inability to make a decision or rejection out of shame or courtesy.
- Some psychological or emotional disorders that in turn make the teenager weak-willed and short of self-confidence.
- Escape from the frustrating atmosphere or from some situations that cause him/her sadness and depression.
- Imitating a beloved figure, s/he considers to be a role model or a film and television character.
- Some bodies are in nature more receptive and responsive to narcotics than others, which explains why some individuals respond faster to use them.
- Habit needs, such as smoking, make the body feel that it needs nicotine available in cigarettes, or some narcotics and spirits that may kill pain and relax nerves, and, thus, the body demands again to get used to them.

2. Physical Causes

- The teenager's body accepts everything that is new and makes it part of its components.

3. Social Causes

- Friends and the environment in which the teenager lives.
- Family disintegration and lack of care for the teenager or attention to his/her actions, activities and actions.

- Addiction in the teenager's family.
- The environmental and residential milieu of the teenager.
- Frequent sleep, fatigue, and laziness when drinking alcohol or smoking.
- The smell of certain substances appears on the teenager's body and clothes.

Symptoms of Addiction

Addiction has symptoms some of which are obvious and appear on the body of the addict, whereas some others are difficult to observe and need to be scrutinized and controlled to tell. Addiction symptoms can be classified as physical, psychological and social.

1. Physical Symptoms of Addiction

- General weakness in the teenager's body.
- Dark signs of fatigue appear below the eyes, if s/he is addicted to a substance or narcotic drug.

2. Psychological Symptoms of Addiction

- Frequent straying and thinking.
- Ambiguity in actions and overreactions to those who interfere in his affairs.
- Always wants to stay alone and hides his affairs from others.
- Lack of understanding and perception.
- Loss of appetite on eating.
- Hallucinations and other more serious symptoms depending on the nature and degree of addiction.

3. Social Effects on Addicts

- The desire to be isolated from the family.
- Not wanting to socialize with others.
- Staying with friends and making relationships they hide from relatives.
- Stay up late at night, escape from school and go to places unknown to parents.

Drug Addiction

- **Can the addict be treated permanently?**

It is possible to treat the addict permanently and reach full recovery when going through several stages of treatment, including detoxification, psychotherapy, changing his/her behavior and negative thoughts, and training him/her to live without the drug.

- **How long is the addict's therapy?**

The duration of therapy varies from person to person depending on health state and length of the addiction period. The duration of addiction therapy may sometimes range from 3-6 months after commitment to treatment.

- **Does ignoring the addict make him change his mind and agree to treatment?**

Absolutely no, because the teenager will be more motivated to indulge further in the life of addiction and compensates for the loneliness by the drug that provides him with a sense of confidence, courage and self-esteem.

- **How do I know that my kid is a drug addict?**

The most important thing about drug use is to focus on

symptoms, then discuss them with specialists, and then with the teenager. Specific symptoms and signs that appear on your kid should be noticed. They tell you that the kid is in addiction, the need for immediate intervention, preventing him from drug use, and the speed to enroll him in the Addiction Treatment Program.

In general, The Most Prominent Factors Agreed by Experts to Uncover the Issue of Drug Use Are 14 Points Indicative of Addiction Symptoms:

1. *Complete Relaxation or Hyperactivity*; The first changes you notice on the user are total relaxation, fatigue and exhaustion in the case of the use of substances that are degrading to the nervous system such as opium, heroin,

alcohol, sedative and sleeping medications. If overactivity is observed and he is interested in carrying out various activities and work, it is the result of the use of stimulants of the nervous system such as captagon pills.

2. *Bad Appearance*; Poor external appearance and lack of attention to personal hygiene are symptoms of drug use in teenagers, in addition to the presence of burns on the fingers caused by smoking the drug and not feeling pain, and the bad smell emitting from the user's breath who tries to hide it by chewing a gum or

brushing the teeth on an ongoing basis.

3. *Sleep Disorder*; A first time drug use symptom is the teenager's tendency to sleep for long periods or to feel constant insomnia as a result of the effect the drug has on the nervous system and brain centers.
4. *Isolation*; A drug user tends to love isolation, unwilling to mingle with the outside world or participate in family and social activities, makes sure of privacy, and closes the door of his/her room not allowing anybody in.
5. *Change in the Circle of Friends*; Changes in the social circle surrounding the teenager,

the observation of new faces of friends not seen before, and the disappearance of the ones who used to show up are obviously noticed.

6. *Mood Swings*; Sharp mood swings and the observation of the transition between agitation and violence to calmness and serenity are the most prominent symptoms of drug use in teenagers that occur as a result of the imbalance in brain chemistry.
7. *Depression*; Getting into a sudden state of depression which might be thought due to age and the usual hormonal volatility at that stage, but drugs may also have a role as a

result of a decrease in the secretion of happiness hormones produced by the drug and their return to the normal level.

8. *Tears and Nose Run Out*; The symptoms of drug use in teenagers may resemble those of flu. Running eyes and nose may be observed on your kid. When asked, the cause is likely to be cold, but the real one is the respiratory disorder and those resulting visible symptoms.
9. *Narrowing or Dilation of the Pupil*; Do you notice changes in your kid's eye, narrowing or dilation of the pupil along with redness of the eye? These signs

are one of the most prominent symptoms of drug use in teenagers. They occur as a result of blood clots in the eye that lead to sensitivity to light and the tendency of the user to wear glasses all the time.

10. *Decline in the Level of Study*; The level of study is the first thing affected by the entry of drugs into the life of the teenager. A decline in the level of school is noticed contrary to the usual, frequent absence from school, and poor concentration and attention.
11. *Frequent Driving Accidents*; Frequent driving accidents occur due to lack of concentration, inability to properly

estimate distances, and tendency to increase or reduce them.

12. *Long-Sleeved*

Clothing; A teenager tends to wear long-sleeved clothes to hide bruises from intravenous injections.

13. *Constant Asking for*

Money; A drug user constantly asks for money and spends a lot of it in a short time to get the drug.

14. *Rapid Weight Loss*;

Rapid weight loss resulting from loss of appetite and increased burn rate are a symptom of drug use in teenagers.

In general, Be sure before having any discussion with your teenage kid in this regard... Maybe it is just parents' doubts. It is best to

make an appointment with a specialist, explain the situation and take advice on how to deal with the teenager. A number of the points and symptoms mentioned earlier must come together in order to judge your kid. A careful follow-up to his/her life will make you find out.

Methodology of Dealing with an Addicted Teenager

The process of dealing with a teenager who uses drugs needs care, full awareness and a special flair. Here are eight ways highlighting how to deal with an addicted teenager.

1. *Understanding the Nature of the Addict*;

Your kid you knew before addiction is not like the addicted one you behold before you. Addiction has changed him inside out. So, before you start talking to him, you first have to

understand what addiction is and how he cannot fully control his addiction and feels helpless about it, and that his objection to treatment is the result of his great fear of living without a narcotic, not because he wishes to keep up that life.

2. *Staying Calm*; Dealing with the addict requires complete calm, using a low tone of voice that helps to communicate with him, giving him a sense of comfort and the ability to trust you, and that you are not in an offensive position but in a solidarity position, which makes it easier for him to accept your words to get convinced of treatment.

3. *Confrontation*; "If you are sure" that your kid is on drugs, start talking to him/her in direct confrontation telling that you know the secret of his/her addiction, but in a tone of acknowledgement, not an accusation. It is best to have evidence, whether it is the drug or one of the tools used, so that he cannot dodge in order to force him/her to directly get into the subject.

4. *Anticipation of Denial*; Upon dealing with a stubborn addict, and on confronting, set realistic goals for your conversation, the most important of which is to anticipate denial. Do not expect the addict to directly admit addiction, but s/he will deny, dodge

and accuse you of untrusting and unloving him/her. Remember that s/he is enough ashamed of himself/herself and you as well. So, s/he cannot admit his/her addiction before you. Stay calm, and tell him/her you are here not to hold him/her accountable, but to find a solution to his/her problem.

5. *Fifth*; Showing the Harm of Addiction; When dealing with a stubborn addict, show him/her the great damage addiction has left to his/her life and the kind of person s/he has become to realize the impact of addiction on his/her life and what it will do to him/her if s/he continues to do so. No harm to say, You've changed a lot and you're

no longer like before. Your school level has declined and you have been dismissed.

6. *Trust and Absolute Support*; Trusting an addict can be difficult, but s/he needs it badly. So, show that you trust him/her to overcome addiction. Talk about your absolute support, and that you will always be next to him/her by saying, "I am with you and will not leave you alone, and I trust your ability to overcome that illness.
7. *Seventh*; Treating Family Problems; Sometimes parents may be the cause of the kid's addiction due to the many family disputes as well as their teenager's negligence and cruel treatment. To get away from such troubles and abuse, the

teen is forced to turn to drugs. If you try to convince him/her of treatment, immediately change your relationship and turn it into a friendship, and find a solution to all the problems the family has.

8. *Eighth*; Seeking Medical Assistance; The sooner you seek medical assistance and enroll him/her in a specialized Addiction Treatment Center with detoxification and psychotherapy programs aimed at treating depression and childhood trauma, the more you help your kid easily overcome addiction and avoid its catastrophic effects that might bring him/her either to prison or the risk of death.

Mistakes That Help the Teenager Sticks to Addiction

There are mistakes that parents unconsciously commit help the kid to stick more to the life of addiction, increased stubbornness, and total rejection of the treatment process.

1. Granting Money

Any money you grant to your kid helps him/her get drugs and get more into a life of addiction. Therefore, when dealing with a stubborn addict, you do not give him/her any money whatever s/he asks for and under any pretext, whether to study or get food. Make sure that the rest of the family abides by this.

2. Threat and Intimidation

Using threatening language in dealing with a stubborn addict increases his/her aversion to you and his stubbornness even more.

S/he does not care about anything you deprive him/her of, and all s/he wants to get is drugs, and threatening him/her with depriving him of it will not work.

3. Anger and Violence

We understand how angry you are with your addicted kid, but you have to swallow that anger and stay away from the violent style that increases his/her stubbornness and holds him/her more into an addictive life even if s/he wants to get rid of it.

4. Blame and Reproach

Your kid did not want that life in any way and did not choose to become addicted. S/he blamed and reproached himself/herself and felt guilty and despised enough. Therefore, you do not need to remind him/her of his/her negative feelings by using the offensive tone of blame and reproach.

5. Revealing His Addiction Secret

Spreading the news of your kid's addiction among his relatives is a serious mistake you might make. This destroys his/her life, completely banishes social standing, and tarnishes reputation even if s/he is treated. S/he also loses trusting you and feels ashamed of people which exposes him/her to introversion and social ostracism.

6. Granting Excuses and Solving problems

It is true that addiction has never been your kid's choice, but his/her subsequent actions make him/her take part of the responsibility. Do not try to find any excuses for his/her actions, but let him/her face them and look at the results himself/herself until s/he realizes the effect of the drug and reconsiders.

Strategies Prevent Teenagers from Drug Addiction

The following simple and highly important points can help you do this:

- You will most probably have a lot of conversational sessions with the teenager about drug and alcohol abuse. Turn off your phone and put it aside, and choose when no one is likely to interrupt you. It is also important to know when you should not conduct a conversation, such as being angry with your kid, or not being ready to answer questions.
- Inquire about your teenage kid's views. Avoid lecturing. Instead, listen to his opinion and questions about drug use. Make sure your teenage kid can be honest with you. Discuss the reasons for refraining from drug use. Avoid intimidation ways. Press that drug use can affect things your teenage kid cares about, such as sports, driving, health, and appearance.
- Be cautious of media messages. Social media, TV shows, movies or songs can charm or facilitate drug use. Talk about what your teenage kid sees or hears.
- Discuss ways to resist pressure from bad friends. Share ideas with your teenage kid on how to reject drug offers

- Be prepared to discuss your opinion on drug use. Think about how to respond if your teenage kid asks you about your drug experience. If you tell him you don't take drugs, explain why. If you have already taken drugs, share what you have learned from your experience.
- Set the rules and the consequences. Explain your family's rules, such as leaving parties when they include drug use, and not getting in a car with a drug driver. If the teenager fails to comply with the rules, the appropriate consequences must come into action.
- know the teenager's friends. If your teenage kid's friends are taking drugs, he may feel an urgent desire to try them too.

Other preventive strategies help parents prevent teenagers from taking drugs:

- know the activities of teenagers. Watch out for the places that teenagers frequently attend. Discover adult-supervised activities that teenagers care about and encourage them to participate in.
- Track the quantities and locations of prescription drugs. Write down the stock of all medications prescribed by your physician and those available without a physician's prescription in your home.

- Provide support. Praise your teenage kid and encourage him when he achieves some success. A strong family tie between you and the teenager may help protect him from drug use. Be a role model.
- If you suspect that your kid or someone close to you is on drugs. the sooner you seek treatment, the more you make him/her avoid a darker fate that takes his/her life away. (Ref to: Faraj, 2014; Ginsburg et al, 2015; Facts for Families, 2016; Talking with Your Teen, 2016)

Conclusion

If parents and educators use the above-mentioned psycho-behavioral religious methods to address teenager addiction, they will be able to overcome most of the challenges they face. We have stated and continue to reiterate that addicted teenagers are sick and victims, not evil and deviant people. Therefore, we must change the way we think to make it easier for us to deal with them with mercy as Allah Almighty asked us to do. He almighty said:

"It is by Allah's mercy that you soften to them And if you were harsh and hard-hearted, they would have dispersed from around you So pardon them and ask forgiveness for them and consult them in the matter so if you resolve,

then trust in Allah, Allah loves those who trust". (Qur'an, 3: 159)

We hereby declare that no matter what we search, each case has its own causes, effects and circumstances, and it is indispensable for parents to turn to specialists in this regard.

List of Resources

1. **The Holy Qur'an.**
2. **Nahj al-Balagha.** The Sermons of Imam Ali.
3. **Facts for Families: Discipline.** Illinois: American Academy of Pediatrics: [http://www.aap.org/AACAP/Families and Youth/Facts for Families/Facts for Families Pages/Discipline 43.aspx](http://www.aap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Discipline_43.aspx). Accessed Sept. 6, 2016
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