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The Study of Effective Factors in Kerman Province to Use Industrial and Psychotropic Drugs

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ABSTRACT

Addiction to drugs is a great social problem which not only has physical and psychological effects for addicted people, but also threatens the public health socially, politically, economically and culturally. If we consider the addiction as an unusual reliance and a necessity to use various compounds which change condition and quality of people, or if we believe in Bergeret, chairman of document center of addiction in France, who says: "Addiction is a situation of great dependence which relies on deep emotional preparedness of an individual", we will be allowed to treat with dependence on psychotropic drugs as a kind of addiction. Basically, tendency and addiction to use psychotropic drugs is the worst kind of addiction and nowadays, unpleasant effects of such these materials on the body of human are distinguished more and more. Using psychotropic drugs has never been mentioned useful for the health of people. As, a great part of population of Islamic Republic of Iran is the youth, and the use of psychotropic drugs is spread among some of these young people in various regions of Iran, and such this problem – as a social effect – will threaten the youth who are an important element for economical, social and cultural development of the Country, the subject is a warning for social authorities of government because according to experts of World Health Organization, taking psychotropic drugs is the greatest factor which endangers social health and harms personal and social health and human interests. Prevention of a social problem and fighting with such a pest which endangers personal and social health requires an appropriate understanding and perception of the problem. The youth are potential and talented forces who are great capitals of our country. Prevention of addiction to psychotropic drugs among the youth and fighting with expansion of such this harmful addiction should be one of the activity areas of authorities. This paper considers the quality of this problem according to scientific methods due to significant development of these drugs among the youth. The paper also analyses the effectiveness of personal, social, family, religious, psychological and nervous factors on tendency of the youth to take psychotropic drugs, and helps cultural authorities and social planners to perform preventive policies to avoid related problems and to control effective factors which stimulate the youth toward psychotropic drugs.

Keywords: Psychotropic Drugs, Cigarettes, the Youth, Addiction, Social Damages, Drugs, Self-Respect, Self-Confidence.

INTRODUCTION

Nowadays, addiction is one of the greatest problems in the world. Addiction causes so many social problems and personal and family confusions.

World Health Organization has indicated drug problem including production, transmission, distribution and consumption of drugs beside production and stockpiling of weapons of mass destruction, environmental pollutions and poverty and social distance as the basic international problems which threaten the human life and encounter it with serious challenges in various social, economical, cultural and political aspects in the entire world. The increasing statistics of drug taking in the world is much that Luding, one of the famous toxicologist, says: "Excepting the food, there is no other material on the earth which enters the life of nations so easier than drugs. At present, drug taking is increased in countries and bases for many social problems are occurred which break down the foundation of families"(Abdi, 1998).

According to statistics of United Nations, about 185 Million people around the world are involved in addiction. So, having knowledge about unpleasant consequences of drugs will be effective to avoid the youth to be trapped and to create a healthy society (Ahadi, 1987).

Problem Description

Today, addiction is one of the important social problems which appear as a great problem for many governments. Sociologists, psychologists, medics and other experts and various organizations perform different plans and programs to avoid addiction and to fight with it, in order to save the health of people and public health of society and also to avoid waste of human powers. Followings are drugs which have involved many people especially the youth and have created a lot of physical and mental damages and have engaged the effort of families: opium, morphine, heroine, marihuana, methadone, drug pills, LSD (lysergic acid psychotropic material), cigarette, Cigarette is seemingly worthless among other drugs and is available for all people, so the social bad-nature of cigarette is low. For this reason all people especially the youth are disarmed against gastrointestinal upset and various cancers. In Diagnostic and Statistical Manual of Mental Disorders (Ahmadi, 1996) which categorizes mental diseases, consumption of cigarette is one of the subgroups of drug addiction (Sanaei, 1988).

During the passage of time, the number of smokers is increasing day to day, and since physical and mental damages of cigarette consumption is the background of other addictions and generally, cigarette is an open way to take other drugs, the youth are at risk of addiction more than other social groups due to their physical and mental properties (Farjad, 1998).

There are various reasons for addiction of the youth including:

- 1- Poverty of family
- 2- Low knowledge and illiteracy
- 3- Family problems
- 4- Pressure of friends and peer group

Followings are some measures may be taken by families to avoid their young members to be addicted to drugs:

- 1- Teach them the criteria of being a "good" or a "bad" person.
- 2- Teach the teenagers to be serious, responsible and conscious against principles and rules, governing the society, school and home.
- 3- Try to be a good behavioral sample for teenagers.
- 4- Strengthen the self-respect, self-control and self-confidence of your children.
- 5- Establish an effective and intimate relationship with teenagers (or the youth).
- 6- Create opportunities for them to made decision for their daily affairs responsibly.
- 7- Be sensitive about depression, impatience and isolationism of teenagers.
- 8- Remind the realities of society to your teenagers (or the youth) (John, 1988).

MATERIAL AND METHOD

Goals of Research

Main Goal

Considering the Effective Factors on Young Boys between 18-28 in Southern Cities of Kerman Province (Iran) to Use Industrial and Psychotropic Drugs (Cristal, Crack, ...) in 2011-2012.

Secondary Goals

- 1- Considering the relationship between addiction to psychotropic drugs and social class of the youth.
- 2- Considering the relationship between the age and tendency to take psychotropic drugs.
- 3- Considering the relationship between having a private room and tendency to take psychotropic drugs.
- 4- Considering the relationship between problems of life and tendency to take psychotropic drugs.
- 5- Considering the relationship between viewpoint of the youth about honesty and tendency to take psychotropic drugs.
- 6- Considering the relationship between leisure time and tendency to take psychotropic drugs.
- 7- Considering the relationship between the level of knowledge about harms of drugs and tendency to take psychotropic drugs.
- 8- Considering the relationship between pocket money and tendency to take psychotropic drugs.
- 9- Considering the relationship between education of parents and tendency of boy children to take psychotropic drugs.
- 10- Considering the relationship between job type of parents and tendency to take psychotropic drugs.
- 11- Considering the relationship between addiction of family members and tendency to take psychotropic drugs.
- 12- Considering the relationship between behavior of parents and tendency to take psychotropic drugs.
- 13- Considering the relationship between family environment and tendency to take psychotropic drugs.
- 14- Considering the relationship between the method to control the youth and tendency to take psychotropic drugs.
- 15- Considering the relationship between addiction of friends and tendency to take psychotropic drugs.
- 16- Considering the relationship between habitat environment and tendency to take psychotropic drugs.
- 17- Considering the relationship between adherence to religion and tendency to take psychotropic drugs.
- 18- Considering the relationship between participation of the youth in religious ceremonies and tendency to take psychotropic drugs.
- 19- Considering the relationship between appearance adornment and tendency to take psychotropic drugs.
- 20- Considering the relationship between behavior and conduct of the youth and tendency to take psychotropic drugs.
- 21- Considering the relationship between loneliness and tendency to take psychotropic drugs.
- 22- Considering the relationship between attitude of boys to the life and tendency to take psychotropic drugs.

- 23- Considering the relationship between motivation of the youth to take drugs for the first time and tendency to take psychotropic drugs.

Study Hypotheses

Main hypothesis

It seems that there is a significant relationship between social class of boys in some cities including Kahnooj, Ghalaganj and Manoojan and tendency to take psychotropic drugs.

Secondary hypotheses

With due consideration that there are too many variables in tendency of boys in Kahnooj, Ghalaganj and Manoojan to take psychotropic drugs, this study tries to consider these variables in following general frameworks; so, the hypotheses of study are arranged and represented according to these three categories:

- 1- Personal factors
- 2- Family factors
- 3- Social factors

A. Hypotheses about the role of personal factors in tendency of young boys to take psychotropic drugs in Kahnooj, Ghalaganj and Manoojan.

1. It seems that there is a significant relationship between the age and tendency of young boys to take psychotropic drugs in Kahnooj, Ghalaganj and Manoojan.
2. It seems that there is a significant relationship between living in various districts of city and tendency of young children to take psychotropic drugs.
3. It seems that there is a significant relationship between having a private room at home and tendency of young children to take psychotropic drugs.
4. It seems that there is a significant relationship between having problem and tendency of young children to take psychotropic drugs.
5. It seems that there is a significant relationship between conception to honesty and tendency of young children to take psychotropic drugs.
6. It seems that there is a significant relationship between leisure time and tendency of young children to take psychotropic drugs.
7. It seems that there is a significant relationship between the level of knowledge about harms of drugs and tendency of young children to take psychotropic drugs.

B. Hypotheses about the role of family factors in tendency of young boys to take psychotropic drugs in Kahnooj, Ghalaganj and Manoojan.

1. It seems that there is a significant relationship between the education of fathers and tendency of young children to take psychotropic drugs.
2. It seems that there is a significant relationship between the education of mothers and tendency of young children to take psychotropic drugs.
3. It seems that there is a significant relationship between the job of parents and tendency of young children to take psychotropic drugs.
4. It seems that there is a significant relationship between the type of protection and tendency of young children to take psychotropic drugs.
5. It seems that there is a significant relationship between the death of one of the family members and tendency of young children to take psychotropic drugs.
6. It seems that there is a significant relationship between addiction of one of the family members and tendency of young children to take psychotropic drugs.
7. It seems that there is a significant relationship between behavior of father and tendency of young children to take psychotropic drugs.
8. It seems that there is a significant relationship between family environment and tendency of young children to take psychotropic drugs.

9. It seems that there is a significant relationship between controlling social intercourse of the youth by head of family and tendency of young children to take psychotropic drugs.

C. Hypotheses about the role of social factors in tendency of young boys to take psychotropic drugs in Kahnooj, Ghalaganj and Manoojan.

1. It seems that there is a significant relationship between addiction of friends and tendency of young children to take psychotropic drugs.
2. It seems that there is a significant relationship between residence place and tendency of young children to take psychotropic drugs.
3. It seems that there is a significant difference between tendency to take psychotropic drugs in the youth who consult with their parents and take their advices and the youth who do not consult with their parents and do not take their advices.

D. Hypotheses about the reason of tendency of young boys to take psychotropic drugs in Kahnooj, Ghalaganj and Manoojan.

1. It seems that there is a significant relationship between motivation to take drugs for the first time and tendency of young children to take psychotropic drugs.
2. It seems that there is a significant relationship between situations to take drugs and tendency of young children to take psychotropic drugs.
3. It seems that there is a significant relationship between the source of money to buy psychotropic drugs and tendency of young children to take them.
4. It seems that there is a significant relationship between inclination or disinclination of the youth to leave addiction and tendency of them to take psychotropic drugs.

Research Technique

The technique used in this research is a survey technique which is one of the most common methods to assess variables.

Data Collection Tool

Questionnaire is the tool to collect data, while fish sampling method is referred in this research.

Sampling Method

Simple randomly method is selected as the method for sampling.

Sample Size:

$$n = \frac{t^2(p)(q)}{d^2}$$

$$p = \frac{n}{N} \Rightarrow p = \frac{11417}{22996} = 0.496$$

$$q = 1 - p \Rightarrow q = 1 - 0.496 = 0.504$$

$$n = \frac{0.95993856}{0.0025} = 384$$

$$n = \frac{(1.96)^2(0.496)(0.504)}{\left(\frac{5}{100}\right)^2}$$

Where:

P = Distribution percentage of a trait in the society

q = The percent of people lacking the trait

n = The number of sample sizes to be calculated

t = The size of variable in distribution

N = Total number of statistical population

Theoretical Framework

Drugs in viewpoint of sociologists

Like other social distortions, sociologists get one of the four theories of disharmony in the social organization, deviation from the norms, social tags and conflict of values to analyze drugs problem.

- 1- In viewpoint of disharmony in the social organization, widespread addiction in some parts of the society is due to specifications of social organization. Taking these materials is encouraged in some regions and feasibilities are provided to access them. The believers in this viewpoint also believe that the society is disharmonized because a part of people are not able to understand and take the goals of society or cannot satisfy themselves by linking to social desirable goals. So, they try drugs to take the satisfaction through social goals they had failed to gain.
- 2- Sociologists who believe in social tags say that some drugs are tagged as authorized and some others are tagged unauthorized. Deviated-called addicted people depend on those who are in power. For example alcohol is a drug which is acceptable for the authorities of western countries, so drinking alcohol is common, and the society has no social power to tag alcohol-drinkers as deviated people.
- 3- In viewpoint of conflict of values, the problem of drugs has a close relationship with the conflict of values among various groups of society. Some groups are in favor of one type and some others are in favor of other types. The drug authorized for a group, will be the same drug that members have got acquainted during socialization process and the available drug for the group, conforming to their lives. Drugs problem occurs in a society when a group intends to impose its values on another group. In such a case, conflict of values will be potentially sufficient to some extent because creates a kind of harmony among conflicting parties. (Sekhavat, 2002).

Theory of Wicker about Drugs

Wicker is one of the first ones who propound the role of factors conditioning the actor in addiction. Wicker says:

If we perfuse drugs or other central nervous system stimulants such as amphetamines or cocaine to animals, the speed and the number of reactions will be increased. Generally, taking drugs after a specific behavior will allocate a strengthening role to drug which increases the number of drug taking. Behaviors and instruments related to drug taking will turn to secondary fortifying factor beside drug as the primary factor. So, stimulants which are not directly described with restriction signs, take conditioned avoidance features and drug taking, on the other hand, may act as a negative fortifier. It may end unpleasant states such as disappointment, anxiety, etc and makes actor conditional. This positive and negative fortifying feature of drugs is emphasized in conditioning of actor, yet offers neurophysiologic explanations (Golparvar, 2003).

Theory of James Coleman about drugs

Coleman believes that drugs are important in some situations for some people. There are some people who take drugs to remove their anxiety and trouble and to conform to their environment. When drug helps remove anxiety or when alcohol – in a low dose – helps remove tensions and establish easy connections (of course only at primary stages), people tend to use them more. In most of the cases, this easy solution of conformity to life affairs substitutes with correct and effective conformity methods. So, drugs not only keep the addicted person away from adverse situations, but also decrease his or her mental tensions

temporarily especially by creation of euphoria feeling; in fact, drug taking makes a false heaven for addicted people (Karimi-Nia, 2003).

Although young and adult generations refer to drugs to reduce their anxiety and mental tensions, to escape from adverse situations and for an easier conformity to various affairs, there may be other reasons to motivate young people to take drugs. Belief in the development of the power of thought, creation of new motivations and experiences, exhilaration, more self-recognition and personality development are some tenants of this generation in western countries (Liaghat, 2001).

The difference between values adopted by addicted people and values of adults, opposite to each other, makes drug problem more sophisticated-to-control. What makes drugs difficult-to-control is the license to use low-dose drugs in many cases such as prescription of medic or imagination of people (Moradi, 1984).

The other problem to control drugs is relative prohibition of these materials. It is not obvious that addicted people are psychopaths and physical patients or criminal and guilty, or addiction is a social problem or not. According to Coleman, danger of drugs should be distinguished and agreed upon, and the public should know enough about taking and controlling drugs to have a sufficient control over drugs as a basic social problem in western societies (Sekhavat, 2002).

Cultural Transmission Theory

Some thinkers believe that the norms, values and abnormalities which are more available, will be accepted faster. Cultural transmission theory insists on this opinion that deviant behavior is being learnt through association and companionship with others (unsuitable friends) and the process to learn criminal behavior is defined by friends of offender individual.

Edwin Sutherland is one of the theorists of cultural transmission theory who discusses about the theory of differential link or association with deviants and heterogeneity association with the wrong people. He believes that deviant behavior is being learnt through differential associations or special social relations with a specific group of people such as criminals. He also says that an individual should learn at first how to commit a crime to become a criminal.

Following four steps show briefly the process of differential link:

- 1- Deviant behavior (criminal) will be learnt due to mutual interaction with other friends just like any ordinary behavior.
- 2- Acquisition of criminal behavior requires learning criminal techniques and appropriate motivations, backgrounds and tendencies.
- 3- An individual changes to a criminal when availability of law violation feasibilities is more than unfavorable limitations. So, if values of a person and values of those who affect him or her strongly support criminal behaviors instead of anti-criminal behaviors, probably the person will become a criminal.
- 4- Criminal relationships of a person may be varied as its specific aspects such as time-duration and intensity of these relationships and help us define the effects of these links (Nejati, 1988).

According to this viewpoint, deviant behavior from social environment is very effective on people, and the probability of addiction among people who live in poor regions is higher. In other words, if the environment is ready for appearance of deviation, people learn to crime unconsciously. According to this viewpoint, poor geographical regions (which are poor culturally) are mentioned. Sutherland has worked more on the culture of deviation and believes that environment of deviation is important for those who are exposed to deviation. He also believes that deviation should not be considered individually, but it should be reviewed organized to be sure that a series of effects arise from power resources which feed them. So, the differential link says that people who are exposed to deviated regions, groups and media, will have more motivation for deviation (Norman, 1999).

Generally, Sutherland discusses about some parameters in theory of differential link or association with bad friends and points to official media and believes that deviant behavior mostly spreads through peer groups. He also points to unofficial media and believes that application of deviant behavior requires various motivations, unsuitable tendencies and learning criminal techniques, and says that development and amplitude of possibilities and features for lawbreaking and various methods to perform crimes are the outlines for deviation. He, at last, discusses about criminal relationships and says that such this deviation returns to systematic resources, the power of effective resource inside the system and the relationship and nearness to them. This situation is being assessed according to time period and intensity of familiarity and relationship with deviant groups and friendship resources (Ordubadi, 1994).

“Clifford Shaw and Henry McKee”, two sociologists of this theory, showed during various studies on Chicago that the rate of crime had been high between 1900 and 1906. This situation continued during 1917-1923, while the structure of those regions had been changed. They have concluded that in the regions in which the rate of crime is high, deviation, crime and offence are more or less as traditional aspects of social life. According to them, these criminal offences are transferred through personal and group interactions, and partner groups and young bands are the most important factors to transfer crimes. Although crime satisfies the necessity to excitement, friendship and so on, but it is not a factor to distinct offences. They believe that the main factor for relative durability of crimes is the disintegration of social supervision; but anyhow, cultural transfer is the main function in their theory (Ourang, 1988).

Peer Cluster Theory

Peer cluster is one of the social groups which have a considerable role to form beliefs of children and youngsters. This social class includes peer friendly groups in various regions and districts of life, schools and universities in which, members have relatively equal social situations and close relationships. Peer cluster is accepted as the second factor of socialization. Increasing of influence of this group decreases the influence of parents (family). Most of the youngsters prefer to spend their time with their peers (Duos, 1997).

In these groups, people may accept the opinion of each other because they love and respect each other or they like to be similar to each other. The members of this group can search for relations and subjects that are forbidden in school and family. Thus, they try to avoid the influence of these two important structures on themselves and establish distinct roles and identities (mostly unauthorized).

Peer cluster excites its members or forces them to follow interests and behaviors of group to be socialized. Besides offering a new and independent viewpoint to its members, this group creates a situation for children, youngsters and the youth to learn the concept of friendship and cooperation. A person inside peer cluster may not be the same with inside his or her family, namely the relationships are not according to physical power. Relative and kinship relations are not ruling, members are neither commander nor obedient, they should learn to adapt themselves to values and procedures of their peers who are the same and should try to play the role of a fellow members. They should also prevent social deviations (Ritzier, 1998).

“Outing” is one of the theorists of this theory who believes that the effect of peers, whom the youth select for friendship, is one of the important and prominent variables about drug taking among the youth and youngsters. He also believes that drug taking has always a direct relationship with peers. This theory claims that four groups of variables affect the relationship between youngsters and the youth with their peers who take drugs. Social structure variables such as divorce; social, economical and psychological situations including personalities; behavior of youngsters which aggravate their relationships with their peers; and at last, social links which indicate the relationship between the youth with those who may encourage or discourage them to take drugs.

According to this viewpoint, the youngsters who feel no dependence to their families, have no religious commitment and hate the school and are directly exposed to establish relationship with their peers who take drugs. They are indirectly exposed to take drugs (Saadat, 1974). Generally, it may be said that human is inherently a social being and obtains mental and social growth in group activities. Human is always eager to be a member of peer clusters in districts and schools especially in young ages and accompany these groups. According to viewpoints and association and companionship with different people, Leading and directing them is a very important and considerable affair (Saraei, 1996).

Holy Prophet of Islam (PBUH) says: "The wisest person is who withholds to associate and accompany unlearned people. Everyone who believes in the Day of Judgment must not make friendship with unbelievers and adulterers and have intercourse with the wicked and unbeliever people because association with such these people will eventually affect human". He also says: "Accompany with those whom when you see, you remember God and your knowledge increases when they talk, and you remember the Day of Judgment when you see their manner". He also adds: "The most fortunate people are those who accompany with noble, honorable and great people" (Sarukhani, 1999).

RESULT & DISCUSSION AND CONCLUSION

The findings of this study show that all theories of this research except for "the relationship between type of job and tendency of the young boys to take psychotropic drugs in southern cities of Kerman Province" are confirmed and only the above-mentioned theory is rejected and the relationship between type of job and tendency of the youth to take drugs is not significant. Namely, the type of job has no effect to their tendency to take drugs and there is no relationship between them. Following is a brief general conclusion:

- 1- Family factors: The quality of behavior of parents against youngsters and general environment of their families, method of supervision, quality of controlling social intercourses of the youth and addiction of family members to cigarette, drugs or psychotropic materials, normalization of drug taking in family, death of one of the family members especially the father, education of parents and education of the youth are effective on tendency of the youth to take drugs. Whatever the behavior of parents and family environment are unpleasant and youngsters are not controlled or the level of education of the youth and their parents is low, the youth are seriously exposed to take drugs. An addicted person in a family is approved as an important factor in tendency of youngsters to take drugs.
- 2- Religious factors: According to this study, how much the youth are bound to their prayer and religious ceremonies, they take more immunity against addiction and are exposed less to drug taking. So, religious beliefs and maintenance rituals are approved as a preventing factor in tendency of the youth to take drugs.
- 3- Social factors: Affairs with social essence are one of the factors to lead the youth toward drug taking. In this study, some factors such as association with addicted people and consultation with parents and elders are the bases of tendency to take drugs. Both theories are approved and the probability of drug taking of those who associate with addicted people is higher and positive. There is a significant relationship between those who do not consult with their parents and probability to take drugs.
- 4- Personal factors: Personal factors have significant and basic role in tendency of the youth to take drugs. The results of this study show that various personal situations such as age, different problems, living environment, possession of private room, leisure time and the level of knowledge about disadvantages of drug taking are effective in tendency of the youth in southern cities of Kerman Province to take drugs.

- 5- According to findings of this study, the most important reasons in tendency of the youth in southern cities of Kerman Province to take drugs in their own viewpoint are primarily personal issues. Social issues, addicted friends, family problems and lack of knowledge about drugs are the second, third, fourth and fifth important issues respectively.
- 6- A strong and close relationship between academic status of students and the level of drug taking is recommended in this study. Whatever academic status of youngsters in southern cities of Kerman Province is weak, they tend more to take drugs (due to disappointment for not being succeed to pass exams).
- 7- According to this study, tendency to take drugs for the first time among the youngsters in southern cities of Kerman Province and daily cost to use drugs, situations to take drugs, resources to provide enough money to buy drugs and tendency of addicted youngsters to addiction treatment are in a significant relationship with tendency of the youth to take drugs and psychotropic materials.

RECOMENDATION

We point to key role of higher education in southern cities of Kerman Province in association with this study, hope to be useful:

University is a mirror to reflex values of society and in other words, reflects the structure of values of the society. The importance of university and education in definition of viewpoint of people is recommended in many studies. University can play an important role to develop healthy community-building skills. In fact, as increasing the age and discovery of new realms beyond family environment, an individual encounters with other groups and foundations which are effective in his or her healthy sociability.

Generally, university is the most important determinant of political views. In this regard, it is necessary to mention some of the results of this study in association with education of the youth.

As it is mentioned, university has a key role to change viewpoint of the youth about healthy life and units of academic units in various cities can play this role effectively. Given that many academic courses are taught in universities, existence of professors is important to benefit. So, university can play this role sufficiently. So it is proposed that:

- 1- To consider the effect of each personal, family, religious, educational, social, etc factor in tendency of young boys of southern cities of Kerman Province to take drugs and psychotropic materials, it is suggested to perform accurate and slight studies, separately for each factor.
- 2- As this study is a general study and includes various groups of addicted people and the youth who do not use drugs, it is required to perform further studies about those young people who have been addicted to take drugs with grater sample size. Interview is required beside questionnaire and psychological tests may be enjoyed.
- 3- This research project should be performed for other groups and social classes such as students, staffs, farmers, etc, first of all to define the reason of drug taking and distribution of addiction among various social groups in southern cities of Kerman Province and second of all to recognize vulnerable groups against drugs and psychotropic materials to take required measures to avoid their addiction.
- 4- According to findings of this study, behavior of parents, general environment of family and family relation have a basic and significant effect on tendency to or on prevention from taking drugs among the youth of southern cities of Kerman Province. It is essential to take fundamental steps to reinforce family discipline which is one of the most important elements of society. Despite training parents and informing them about the importance of their role to define behavior of their children and to lead them toward suitable and admirable states, the system and discipline of families should be

- repaired and improved and parents should be introduced with various kinds of drug and psychotropic materials for appropriate measures by related organs against young children who are addicted to drugs.
- 5- Establishment of recreation and art centers, sport clubs, sport fields, theaters, green lands, parks, centers for fun and leisure time of youngsters.
 - 6- Enactment of principles about prohibition of selling cigarettes to teenagers and youngsters and prioritization of non-smokers in employment evaluations in governmental organizations in this city and other cities.
 - 7- As the youth imitate and follow those outstanding characters some of whom unfortunately smoke cigarettes in public (such as superheroes in films, actors, athletes and some people who have social prestige and sometimes smoke cigarettes in films, photos and in public), they intend more to smoke. It is worthy to control mass media such as TV, cinema, journals, ... that advertise cigarettes to avoid representation of famous patterns about cigarette smoking.
 - 8- Informing honorable people of southern cities of Kerman Province especially young generation who are being considered in this study through mass media about physical, mental and economical disadvantages of drugs and psychotropic materials.
 - 9- Providing more information for teachers and training instructors and all academic authorities about physical and mental disadvantages of drugs to help them play their role in leading and guiding the youth and prevent addiction in the best manner. This study confirms that some of the youth accept the statements of their peers more than their parents and elders. These peers are being trained under the control of teachers and instructors in schools. This may be a key effect, and may represent their role better.
 - 10- Development of religious and cultural activities to provide social backgrounds to carry all drugs as anti-values, to advertise ugliness of drug taking among people by means of statements of religious authorities and through mass media, by preparation of films, photos and scientific journals, and by interviewing addicted people who are treated successfully to provide a strong motivation in addicted people for treatment.
 - 11- Adding simple and scientific contents according to study of scientists about taking drugs and psychotropic materials, considering statements of Islam and Holy Imams about preventing worthless measures and commitment to save the health of body by means of verses of Holy Koran and traditions in textbooks, in order to increase the knowledge of young people of Iran especially southern cities of Kerman Province.
 - 12- Equipment of the youth in these cities to knowledge and required skills. Universities can take an important step to inform the youth by publishing specific journals.

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