

## **The Relationship Between Family Performance and Addiction Potential of High School Students in the City of Khash for the Second Period 1394-1395 Academic Year**

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**Abstract:** Tendency and addiction to abuse of drugs is an important issue in the field of social harm. Family environment is the first environment in which physical, emotional and personality patterns of the individuals are formed and it has a significant role in a person's mental health. The aim of the present study was to examine the relationship between family functioning and its components with addiction potential among male students. This study was a descriptive-correlational study. The sample was 95 male students of second year high school of the second period in Khash chosen by clustering sampling from a population of 326 people. Data collection tool used in this study was Family Assessment Device FAD (1984) for family and addiction potential questionnaire by Zargar for addiction potential. Data was analyzed by SPSS 16 using descriptive method and inferential statistics tests (Pearson correlation coefficient and regression). The results showed that there is a significant negative relationship between total family functioning score with addiction potential ( $p < 0.01$ ). From among family functioning components, problem solving explained 32% of the variance of addiction potential, role 18% and emotional reactions 26% of it. According to the results with the scores of the overall functioning of the family, social roles, expressing emotion and solving problem becoming higher, addiction potential reduces.

**Key words:** Family functioning, social role, expressing emotions, problem solving, addiction potential

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### **INTRODUCTION**

Family is the first founder of character, values and intellectual standards and has a decisive role in determining the fate and the future of a person's life style and policies and the ethics and mental health of the individual are greatly dependent on it. Adolescence reaction to his surroundings is naturally influenced by social and cultural norms among which they are brought up (Ahadi and Mohseni, 2007). Family as the smallest social unit is the base to form society and protect human emotions and any dysfunction in family functioning would have unfavorable effects on normalizing the children. Lack of parental attention to make children's mental and emotional environment healthy and the lack of proper relations, in most cases, make children face emotional-motivational deficiencies and psychological problems.

At this stage, teenagers grapple with many problems one of which is their social problems related to tendency

towards drug. Contents and studies have identified the role of the family as one of the most important factors in adolescents' tendency towards addiction. In shaping children's behavior and character, it is indicated that family is one of the most important factors in the development of the child. The child that is born healthy has the highest growth potential, he is created at his best capacity and has the potential to be reared the best way possible and achieve the highest perfection as long as a suitable family and the environment are provided for him. When a child comes into existence, most parents try to provide the most awesome features for the full development of their children. Most parents would like to have healthy, happy and vigorous children, despite this many children gradually acquire unfavorable traits during their growing up and are deprived of having self-confidence and feeling secure and face behavioral problems (Law *et al.*, 2010).

The phenomenon of making children social by the family is known as an important factor in relation to

behaviors guaranteeing health. Normal family is the one with a coherent structure that acts for the growth and well-being of its members and can dynamically interact with novel environmental factors and be consistent with them, all these without being confused and without family members' showing symptoms of sickness (Chalak and Hussein, 2010). Drug abuse and addiction have righteously been known as scourge among people. It is a phenomenon result of the interaction of multiple factors. Experts in drugs believe that addiction cannot be conceived of as a mere physical, psychological, or social problem and its emergence is the result of the interaction of several problems.

Studies have shown that some components related to the family, especially parental control and support is associated with the likelihood of drug abuse in adolescents (Kumpfer and Fowler, 2007). Although, studies have confirmed the importance of peer in tendency towards substance abuse, they have less dealt with the role of parents and parenting practices on adolescent tendency to drug addiction and the adolescent attitudes towards life that may have a significant impact on susceptibility to addiction are not well studied.

In recent decades, the tendency of young people to drugs has concerned families and planners of the country, as it brings about the loss of many of the resources and work force. Tendency and addiction to substance abuse are of important issues in the field of social ills that have preoccupied the mind of many researchers in the field.

In terms of pathology, drugs are a strategic and several-faceted threat that by demand of time, a figure of it becomes more prominent than the others do. This threatens not only personal security but also ontological security of a society (Brook *et al.*, 2001). On the other hand, it is worse in Iran, because young population percent in Iran is very high. In the meantime, the number of young addicts is rising and their age is declining. Young class tends to abuse drugs more than middle-aged and elderly and unfortunately crack and shisha have become the most common drug used by them (Chalak and Hussein, 2003).

Family as the place where the children's first character takes shape has a very important role in the tendency towards abnormalities, social problems and or healthy living of family members.

In this regard, attention to familial indices and family function is very important in the trend toward social problems such as addiction, so the problems that arises in this research is whether the family functioning has a relationship with tendency towards addiction in students or not.

**Research purposes:** Determining the relationship between family functioning and susceptibility to addiction among high school students. Determining the effect of components of family functioning on susceptibility to addiction among high school students.

**Hypotheses:** There is a significant relationship between family function and susceptibility to addiction among high school students. Which of the components of family functioning has greater impact on susceptibility to addiction among high school students?

## **MATERIALS AND METHODS**

Regarding its subject and purpose, this study is applied and in the terms of method, it is descriptive-correlational, where the relationship between familial function variables, as the independent variable and susceptibility to addiction, as the dependent variable was analyzed.

The study population included all high school students of second grade second period in Khash who were 326 people. In the present study, hierarchical sampling method was used, according to Morgan table, sample size was determined as 100 students and the questionnaire had five losses, so the sample became 95. At first, four schools were selected from different parts of the city in the next step, after referring to the schools and regarding the number of classes, the students were randomly selected.

The data collection tool for susceptibility to addiction was Iranian Addiction Potential Scale (IAPS), Wade and Butcher developed addiction potential scale and efforts have been made in order to determine its validity in Iran.

The questionnaire is Iranian addiction potential scale that was developed by Zargar regarding psychological-social conditions of Iran. The reliability of this test was determined as 0.90 using Cronbach's alpha that is favourable, in the research by Zargar, two methods are used to determine the validity of the scale.

For family function variable, function measurement tool for the family function has 53 questions developed based on the theory by Eloy and McMaster. This tool was prepared by Epstein with the purpose of describing the structural and organizational characteristics of the family (FAD-I).

In Iran, the first scientific attempt to standardize the tool of this test was done by Bokharian with a sample of 51 students of Tehran University, using factor analysis, he was able to identify and name three

constructs or factors in the questionnaire and these include: social roles, problem solving and emotional reaction. At the same time to accepting the validity of the Persian version of this test, the overall validity of that test was obtained as 0.93 which is significant at  $p < 0.001$  level.

After implementing the questionnaire, data were analyzed using SPSS Software. Data were analyzed using descriptive statistics such as mean and standard deviation and hypotheses and using appropriate statistical tests (Pearson correlation coefficient and stepwise regression).

## RESULT AND DISCUSSION

As shown in Table 1, the average of subjects in solving problem, role, emotional reaction, total scores of family functioning and addiction potential are, respectively, 22.88, 10.10, 10.54, 17.43, 60.53 and 88.75.

**First hypothesis:** There is a significant relationship between family functioning and addiction potential of students. The results presented in Table 2 shows a significant negative relationship between family functioning and addiction potential. Relationship is significant at  $p < 0.01$  level. There are sufficient reasons for rejecting  $H_0$ . The value of the correlation coefficient obtained is -0.547. This value shows average correlation and negative relationship where with higher family performance, susceptibility to addiction reduces.

Table 1: Descriptive indices of family functioning and its sub-indices in research subjects

Variables	Index				
	Frequency	Mean	SD	Min.	Max.
Solving problem	95	22.88	3.70	14	36
Role	95	10.10	2.08	6	15
Emotional reaction	95	10.54	2.84	5	18
Total score of family function	95	60.53	5.93	9	65
Addiction potential	95	88.75	9.43	67	119

Table 2: Correlation coefficients between family functioning and addiction potential of students

Variable indices	Addiction potential	
	Pearson correlation coefficient r	Significance level p
Family function	-0.547	0.00

Univariate test  $r = -0.547$ ,  $n = 140$ ,  $p = 0.00$

Table 3: Statistics of statistical data of stepwise regression for the prediction addiction potential

Patterns	B	SD	$\rho$	t	R	R <sup>2</sup>	R <sup>2</sup> change	Sig.
Solving problem	-1.86	0.539	-0.284	-3.46	0.579	0.321	0.59	0.01
Role	-2.62	0.456	-0.440	-5.76	0.440	0.188	0.18	0.00
Emotional reaction	-1.49	0.377	-0.296	-3.95	0.526	0.266	0.18	0.00

Variable criteria: addiction potential

**The second hypothesis:** The impact of which component of family functioning is greater on susceptibility to addiction among high school students. To investigate this hypothesis, stepwise regression method was used. In fact, the sub-indices of family functioning were considered as predictor variables and addiction potential, as a criterion variable (being predicted).

Based on the results presented in Table 3, it can be concluded that in explaining the addiction potential from the components of variable of family functioning, i.e. from the predictor variables, problem solving explained 32% of the variance of addiction potential, role 18% and emotional reactions 26% of it.

## CONCLUSION

Family is as one of the most fundamental and basic organization determining the health and disease of its members and parents play the most important and the basic role. Family can be taken into account as the base of social construction from different perspectives. This small social institution, from its inception has played the role of a secure shelter for its members and little social damage can mentioned that is not affected by the family (Aghabakhshi *et al.*, 2009). Therefore, in this study, the relationship between family function and susceptibility to drug addiction was examined. The results showed that there is a significant negative relationship between family functioning and addiction potential and by increase in family functioning susceptibility to addiction comes down.

The results of this study are consistent with the results of the research by Amanallahi who concluded that the optimal family functioning has a connection with addiction potential and research by Sadipour, who showed that there is a significant negative relationship between all aspects of family functioning and addiction potential. The results were also consistent with the result by Marshal and Chassin (2000).

According to the results, since the family has the most important role in the upbringing of children, any interruption in the normal state of the family could adversely affect the mental health of its members. Therefore, it is recommended that about the prosperity and development of positive performance in the family and to strengthen this element in the family, training and thus development and survival be provided.

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