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## **THE OPINIONS OF ADOLESCENTS ABOUT SUBSTANCE ABUSE AND QUIT USING SUBSTANCE**

### **Abstract:**

Substance abuse which has biological, social and spiritual dimensions is a major problem affecting the whole community, especially young people. It seems to start at a young age the addiction and the rate of substance abuse is higher in young age in the world and in our country. In this study, it aimed to determine the opinions of adolescents about substance abuse and non-abuse of substance and quit using substance. Designed on the model of appropriate qualitative research of this study was conducted with AMATEM hospitalized in the clinical adolescents and adolescents who had never met substances. Data were collected using semi-structured interview form, encoding is used and were analyzed using data reduction method by the investigators with 20 individuals who accepted to participate. When the data set analyzed; it is seen that dependent adolescents defined the addiction as a habit with no barriers, friend and associated with substance deprivation crisis. Peer influence and domestic problems were also identified as the main cause of the addiction. If those are non-dependent adolescents have described the addiction mostly as to get away from problems and associated with early death. They also stated that the addiction is due to the emulation and curiosity. All participants emphasized that the basic factor for cessation of the addiction is self control and cessation responsibility belongs to dependent person but in long-term substance use is too hard to cessation. It is seen that dependent adolescents stated that the treatment is especially difficult because of substance deprivation crisis while all of non-dependent adolescents expressed that addiction can be treated. At the same time, all participants conceived that services related to the treatment of the substance abuse should be continuously and free, both the adolescents and the family-oriented training should continue in the post treatment and increasing leisure time activities is important during the treatment process. As a result, the perceptions about substance abuse and addiction process of dependent and non-dependent adolescents are made difference. Continuity of treatment services, education programs appear to be similar to the views on the holistic approach. In this regard it is important to offer a holistic approach to treatment services and after the treatment, supporting the adolescent and family with periodic monitoring training programs.

### **Keywords:**

Adolescence, substance abuse, quit substance

**JEL Classification:** I10