



## THE ROLE OF THE FAMILY INSTITUTE IN THE FIGHT AGAINST DRUG ADDICTION AMONG YOUTH

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### ANNOTATION

*This article highlights the causes of drug use by young people and the role of the family institution in combating it, and offers suggestions on various factors and solutions to problems that help to protect young people from drug addiction.*

**KEY WORDS:** Youth, family, parents, older generation, east, west, society, addiction, crime, moral values, education, upbringing, healthy environment, external signs.

In the context of the growing influence of globalization processes on all spheres of society, a number of activities aimed at combating crime, preventing drug addiction and other types of offenses among young people are being carried out. This process is one of the urgent issues not only with the reforms in the internal socio-political system of the state, but also in the activities of international cooperation on a global scale.

In the mid-90s of the 19th century, the UN Security Council noted three factors that threaten human life and future. These are: proliferation of weapons of mass destruction; the consequences of human wrongdoing; widespread use of drugs. Currently, drugs pose a greater threat to humanity than the most dangerous weapons of mass destruction. At the same time, the increasing number of drug users, mostly minors, as well as women, shows how dangerous it is.

According to statistics, the number of people using various synthetic drugs is increasing. Despite the pandemic, the amount of drug trafficking has not decreased. By 2020, the number of members of the "darknet"-hidden internet segment, whose activity temporarily decreased in 2017, has increased. In the conditions of the pandemic, the purchase of drugs is carried out through the Internet [1].

In the Republic of Uzbekistan in 2017-2019, on average, more than 56 thousand 500 people were in the accounts of health institutions, 11.4% of them are young people, 80.5% are alcoholics, 12.8% are drug addicts [2].

Today, we need new, modern forms and technologies that will allow us to really change the situation in the fight against drug addiction among young people. To solve specific problems, it is necessary to develop a preventive model in the family, relying on our national traditions. At the same time, the issue of choosing adequate forms and methods of work organization is of particular importance. In order to prevent drug addiction, it is necessary to have objective information,

to properly organize free time of young people and to use it wisely. It is important to take into account the interests and needs of young people, as well as the characteristics of different age groups of teenagers. Educational institutions and their experienced educational psychologists play an important role in forming a healthy lifestyle among the young generation. The educational institution plays a leading role in the organization of sanitary and educational work on the prevention of unruly behavior among students, violation of moral norms, as well as prevention of smoking, alcoholism and drug addiction. Therefore, unity of spiritual-educational and educational processes should be sought in the modern family.

Undoubtedly, the role and influence of the family is incomparable in the formation and promotion of the unique spirituality of any nation. Because the purest and purest feelings of a person, the first concepts and imaginations of life are first formed in the bosom of the family. It is natural that the foundations of the spiritual criteria and views that define the child's character, nature and worldview - goodness and nobility, nobility and kindness, honor and dignity - are settled in the family environment [3].

In this sense, the family is the main social institution that teaches to establish relationships with all spheres of a person's life: emotional-volitional, moral, spiritual, as well as with the outside world, as well as in the education and formation of an independent personality. The family, as the starting point of everything, can also be a destructive path for the teenager. This, in turn, leads to his formation as a social destroyer. According to some experts, social disorder is a person's inability to adapt to environmental events, to enter into social relationships correctly [4].

For a teenager, the existence of these wrong relationships means that it is impossible to show their basic social roles [5].



If a teenager cannot fulfill his main positive social roles, he is forced to look for other ways and means to realize himself. It may be that they leave their home because their needs cannot be met, in another, the adolescent takes a path of developing addiction and chooses to change their mind by experimenting with various psychoactive substances.

In 1990, the well-known Russian scientist N. Sirota developed a classification of risk factors affecting the emergence and development of drug addiction in adolescence, in which the following were identified:

Alienation in the family, inconsistency and growing discontent in relations with parents;

Avoidant, superficial style of communication in the family;

Official attitude to family problems, ignoring them, etc [6].

Education in the family is one of the important tools in prevention and prevention of the formation of drug addiction in young people. It is in the family that the initial socialization of the individual takes place, and certain social directions appear that determine the choice of the individual's future lifestyle. Also, the family environment is one of the criminogenic factors that cause crime, and it also appears as the place where most crimes take place.

The socialization of the child starts from the early years, and the mother is the support for him, especially in the preschool age, her influence on the child is high. The process of formation of a person in the family is mainly manifested as a result of the education and life experience of the representatives of the older generation. As a direct social environment, the family, compared to other social institutions, has maximum opportunities for children to communicate with social values, to join social and professional structures.

One of the most important conditions for preventing young people's interest in drugs is a healthy family environment, which forms a trusting attitude of family members towards each other. The great German philosopher Hegel said that family relationships are based on the principles of moral rules, love and trust. Therefore, parents should create an atmosphere of mutual understanding, love, trust and friendship in the family, seek to find common interests, and pay more attention to children.

In the East, the educational components of the family are wide and include:

Material and household conditions;

Number and composition of family members;

The spiritual and spiritual environment of the family;

The level of development of the family team;

Nature of relations between family members;

Working environment of the family;

Life experience and cultural-educational level of adult family members;

Glorification and inheritance of national values in the family;

Role models of parents;

Access to mass media and cultural media;

The family's communication system with each other and others;

Level of pedagogical culture of family members;

Distribution of pedagogical forces in the family;

Family traditions;

Characteristics of parents' professional experience,

etc.

The analysis of family conflicts on the basis of drug addiction shows that it is not always possible to adapt in one family for a number of reasons. Therefore, the promising development of the concept of family criminotherapy in crime prevention developed by D.A. Shestakov is shown. Criminotherapy of family relations (grouped socio-psychological prevention) is considered the main type of crime prevention, and according to the scientist, family criminotherapy aims to prevent crimes by changing interpersonal relations in the family. The focus of the criminologist should not be on an individual person, but on the interaction between a person with a tendency to commit a crime and his family, the dynamics of the situation. The methodology of criminological therapy is universal for different types of criminogenic families, such as conflicted and alienated, malicious and aggressive, family of experienced drug addicts and family of casual users of drugs.

Experts have tested several models to explain how different factors in adolescents' lives influence their addiction, all of which suggest that the family institution plays a central role in long-term drug use. The negative influence of peers on a teenager causes him to start using drugs or alcohol. In other words, while peer influence is often the cause of adolescents' initiation of negative behaviors, a positive family environment is the main reason why adolescents refrain from such behaviors, including drug and alcohol use, delinquency, and crime [7].

Although the negative influence of peers on a teenager cannot be denied, the relationship of a teenager with his parents has a significant impact on his social circle. When teenagers have a positive relationship with their parents, they choose peers who are positive influences [8].

Such studies allow us to identify the main causes of the drug problem in families.

According to Western researchers, there are various factors that help protect children from psychoactive violence. For example:

A sense of secure and healthy attachment in the parent-child relationship;

Parental control and effective discipline;

Upbringing in the spirit of socially useful and national, family values;

Constant involvement of parents in the child's life;

Parental support (emotional, cognitive, social and financial).

Such studies focus on children and families experiencing acute or chronic difficult life events and confirm that parenting and family factors help young people cope with difficult family situations and achieve positive outcomes [9].

Research shows that children who are willing to help, encourage independence, insist on rules, and are consistent and fair about discipline are more resilient and adapt to



difficult situations than other children. These types of parents are often called "authoritative parents" [10].

Other factors that contribute to resilience include a well-structured family environment, fostering relationships, family values, family cohesion and flexibility, and family-friendly problem solving and coping skills that continuously build in all family members.

Research shows that parents and families can be powerful protective factors in the lives of children and adolescents. Some family traits can act as strong risk factors. Inability to cope with children's behavior, overly strict and inconsistent discipline, and lack of opportunity to acquire social skills cause social, psychological, and academic problems in children and adolescents [11].

In general, a chaotic environment in the family and lack of family harmony is one of the main factors in the origin of drug addiction.

The measures mentioned above are part of comprehensive social measures aimed at preventing drug addiction in the family. If the normal socialization of the individual is provided in the family and creative work, healthy lifestyle, socially significant interests, and high moral qualities prevail among his values and skills, then the person will have strong immunity against bad habits that cause drug addiction. Prevention of drug addiction in family life is closely related to the problems of anti-drug education of children in pre-school educational institutions, general education schools, and educational institutions. If the state does not have an anti-drug education system, they can serve as a prevention center that provides a barrier to drug addiction. Prevention of drug addiction in educational institutions is an urgent problem. Drug addicts engage in unique internal group relations, look for like-minded people, join groups, mislead the weak-willed, and create a whole drug network, where new victims fall on the basis of individuals, relationships, connections.

The risk of learning drugs depends largely on the situation in the family, so parents of students should be directly involved in the prevention of addictive behavior. Parents have misconceptions about the following issues:

Drug addiction is only a problem of incompetent families;

My children are not interested in drugs, so there is no need to teach them about it;

Prevention is the work of schools and doctors;

Strong control, lack of free time in the child - a guarantee of healthy behavior;

They believe that they are not responsible for drug prevention work.

Such parents do not know about the signs of drug use, do not believe that their children will become addicted to drugs. They do not understand the causes of addiction, and when their children become drug addicts, they turn to specialists late. They do not realize that children are influenced more by their own example than by advice. If parents have a positive attitude towards psychoactive substances such as tobacco and alcoholic beverages in front of their children, it is safe to say that children will have the same attitude.

In the process of prevention, parents should:

Current drug situation;

Factors causing and hindering the formation of dependent behavior;

Causes of drug addiction;

Signs of drug use;

It is necessary to introduce information such as the role of the family in the prevention of drug addiction;

Also, it is necessary to familiarize with the addresses of institutions that can be turned to in case of a problem with drugs in the family.

In other words, the interests of the children and youth of the parents participating in the meeting should be taken into account.

Parents should inform their children about psychoactive substances in the family and inform them about the consequences of consumption. Such an environment should be based on love for children, adequate demands and justice.

Parents should know the following about drug addiction in the family:

Causes of children's behavior disorders;

Psychology of motivation and punishment;

Situations related to drug use;

Child and dependency;

How to keep a child from consuming psychoactive substances, etc.

In the family, parents should be informed about the basic principles of preventing drug addiction in their children:

It is not necessary to deny the interests and needs of the child (pay attention to him, take care of him, take an interest in his life, help him in a difficult situation);

Respecting the child's independent choice (in clothes, hairstyle, music, etc.);

Without denying the danger of drug addiction, talk to the child about it;

Strictly prohibiting the child's interest in drugs, their consumption, and systematically carrying out explanatory work;

Pay attention to changes in the child's behavior and always monitor;

Set an example by taking a responsible approach to your health and healthy lifestyle;

Discuss more feelings in the family, boldly tell the child that you love him;

Compliance with the rules of non-dispute handling;

Allowing the child to independently resolve conflicts with peers in safe ways;

An attentive parent reacts quickly to changes in his child's behavior. It should be remembered that if the parents do not pay attention to the child, if they are not interested in his life, then others may "take care" of the child. These "others" may not only have their own opinion about drugs, but also their own self-interest. Therefore, working with parents to prevent drug addiction is one of the main aspects of the school.

Research shows that children and teenagers often get information about alcohol or drugs through movies and social



media. Most of these movies may have wrong ideas and as a result they will get the destructive ideas of the movies in their minds.

According to our observation, external signs indicating the use of psychoactive substances, drugs:

States of agitation or lethargy, lethargy;

Speech is meaningless, incomprehensible;

A mask-like, hypomimic, swollen face or, on the contrary, a violation of the animation of facial expressions;

Lack of memory, inability to think logically, explain their actions and reasons;

Insomnia replaced by incomprehensible energy, rapid fatigue;

Uncertain, staggering gait, uncertain, impulsive actions;

Swelling of the eyelids, redness of the face, the appearance of oily coatings;

Excessively narrowed or dilated pupils;

Needle marks on hands;

frequent odors coming from the nose;

specific smell from the mouth, clothes (similar to the smell of tobacco, smoke, glue or household chemicals);

decreased biological response, negligence.

As can be seen from the above points, there is a specific method for identifying teenagers who are addicted to drugs. External and internal signs can determine whether or not a teenager is addicted to drugs.

Domestic and foreign experts involved in drug addiction prevention - sociologists, psychologists, teachers, psychiatrists and drug addicts - believe that the family can and should protect the child from drug addiction.

## CONCLUSION

Therefore, the effectiveness of prevention in the family directly depends on the level of parents' involvement in it. It is the family that is able to give the child a stable immunity to drugs. Therefore, it is necessary to develop methods for solving preventive problems. Thus, mistakes in family education can lead a child to the abyss of addiction. Today, it is appropriate for parents to exercise strict control over their children's attendance at secondary schools, to oblige students to subscribe to various educational newspapers and magazines for children, to participate in sports and science clubs in secondary schools. Also, along with summer camps, children will learn various skills through the organization of computer technology, foreign language, mountaineering, tourism, young botanists, gardening courses in summer schools.

The formation of such an attitude in the family in the fight against drug addiction becomes a truly national effort and includes efforts both at the government level and through non-governmental structures and organizations.

Political scientist V. Kochkarov says that the future of the Uzbek family will change radically in the 21st century. Because the process of transformation of family relations is taking place. Family values, worldviews are changing. Differences between the worldview of parents and children are increasing more and more [12].

Creating a healthy environment in society has always been in focus. It is necessary to fight drug addiction among young people, first of all, starting with proper attention to education in the family. Effective use of legal norms is required to reduce this evil in society. After all, by inoculating all members of society with the "vaccine of honesty" [13] and the punishment of drug addiction, it leads to the loss of human mental condition as not only responsibility before the law, but also as a torment of conscience. In this context:

**Firstly**, taking into account the urgency of raising our children on the basis of national education, morals, and high spirituality, improving the most effective and practically tested methods and approaches of stabilizing the family environment and spirituality in it;

**Secondly**, based on the fact that the family is the first place for the formation of a child's mind, to study the material and spiritual foundations of further strengthening the educational opportunities of parents and to develop practical recommendations;

**Thirdly**, based on the characteristics of our national mentality, to develop new methods and means of instilling in the minds of young people the saying "Neighborhood is both father and mother";

**Fourthly**, it is desirable to improve the family legislation, having thoroughly studied the issue of combating drug addiction among young people.

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