

Analysis of psychological and behavioral factors in adolescent drug use

Di Liu

Yingkou Vocational and Technical College, Yingkou City, Liaoning Province 115000, China

Abstract. In recent years, nearly 80% of young drug users under the age of 35 in China's drug addicts, drug trials are increasingly endangering the healthy growth of young people and social stability. This paper analyzes the influencing factors from personal factors, family factors, school factors and social factors, and expounds the psychology and behavior of teenagers taking drugs from the perspective of personal factors such as lack of subjective cognition, rebellion psychology, curiosity psychology, imitation psychology and escape psychology. Drug prevention education should be carried out to improve teenagers' awareness of drug prevention and psychological education at the same time. Improve the resistance of young people to drugs.

Keywords. Teenagers, experimenting with drugs, psychological and behavioral factors.

In recent years, China's drug control work has achieved great results, but the problem of drug trial and addiction is still prominent, and the manifestation of drug abuse has developed from traditional drugs to new synthetic drugs and even the third-generation drugs. The new drugs have the characteristics of "small dosage, quick action, easy to smoke and new and diverse forms of existence", which have a huge and irresistible attraction to young people. Among the new drug users, the number of people who abuse synthetic drugs is as high as 80.5%, and the proportion of young users is increasing, and the ignorant and immature faces are increasing, and the young age is becoming more and more prominent. The existence of drugs and the easy access to them increasingly endanger the healthy growth of young people and the stability of society.

1. The concept of drug use

Drug use refers to the repeated and sustained heavy use of substances that are not related to medical purposes and have the potential for dependence [1]. Repeated attempts and persistent use of drugs can become addictive and seriously affect a person's physical and mental health. The dependence generated by this abuse will make the abuser pursue the use of these substances by all means, and then try to adopt some illegal behaviors, which will bring many economic and security problems to themselves, their families, schools and even society. China and many other countries around the world have legislated against the practice.

2. Current situation of drug experimentation among adolescents

According to the statistics of relevant departments, drug experimentation seriously harms the physical and mental health of young people. In 2020, young people in China's drug users are the main harm group of new synthetic drugs, accounting for nearly 72%, and young people's drug use has become one of the important social problems. According to statistics, in 2020, there are about 1.05 million registered youth drug users in the country [2]. By the end of 2021, there were 1.486 million drug users nationwide, and 121,000 drug users were newly discovered. At present, this number is still growing rapidly.

There are more and more types and forms of teenagers' drug experimentation, showing a trend of diversification and novelty. Drug types include opium, heroin, cocaine, marijuana, methamphetamine, etc. This includes not only the "recreational" varieties commonly found in entertainment venues, such as ice powder, K-powder, ecstasy and leprosy, but also methadone, caffeine, dihydroetorphine hydrochloride and anaca, even new drugs "2C-B", "Coke powder", "fairy water", "bath salts" and some controlled psychotropic drugs and narcotic drugs also often appear in the field of vision of teenagers through various unconventional ways.

The average age at which young people first used drugs was 21.27 years for new drugs, 18.73 years for traditional drugs and 18.03 years for mixed drugs (3). It is not difficult to see that the age of first smoking is at the stage of teenage students. Young students' self-control ability and social maturity are not high, and there is often a mass smoking situation, three or five people or even dozens of people, ranging in size. At the same time, they have a certain level of culture and independence.

Through the analysis of the psychological state of young students' drug attempts, we can put forward more targeted prevention and control measures to nip the source of drug erosion to young people in the bud.

3. Analysis of psychological and behavioral factors of adolescent drug abuse

Most young people are mentally immature, misbelieving the wrongdoers' claims that smoking methamphetamine and other new drugs will not make them physically addictive, and lack subjective cognition of drugs. It is the lack of knowledge about drugs that makes them try drugs and take drugs. There are many factors for teenagers to try drugs and take drugs, including both external factors and their own psychological reasons. These factors are mainly listed below.

3.1. Personal factors

In the adolescent period, the behavior of teenagers is characterized by great immaturity and instability. Adolescence is a transitional period from childhood to adulthood, and it is also a transitional stage from childish psychological level to mature psychological level. Their self-awareness and self-control ability have not yet been fully formed, and when they face setbacks and temptations, they will inevitably have a sense of loss and loneliness. In this process, if parents and teachers of young people at this stage do not pay attention to these objective characteristics of their psychological development and fail to notice in time the problems they may have, it will provide opportunities for the erosion and temptation of drugs.

(1) Subjective cognitive deficiency

In adolescence, students' psychological development is not mature enough, the way of thinking is relatively simple, and the ability to judge and analyze things is limited. They lack awareness of drugs, lack of understanding of the concept, function, types and characteristics of drugs, and lack of awareness of the harm of drug abuse to physical and mental health, family and social security. Their experimentation with drugs often comes from the search for novelty, the idea of "eating to not be depressed" or even "losing weight." Some young people do not realize that drug use is illegal and are not satisfied with being forced to give up drugs [4]. Even in most cases, they do not realize that they are taking drugs, just as a kind of exciting game.

(2) Rebel psychology

Teenagers are the second growth period of life, and are in the rebellious period of identity chaos. During this period, students gradually began to have their own opinions. Due to the contradiction between physiological maturity and psychological immaturity, they would deliberately oppose teachers and parents, blindly worship some non-mainstream culture in society, and be induced by some wrong cognition under the drive of curiosity. Due to the immature psychological development of adolescents, coupled with the neglect and strict discipline of family members, they often have a wrong understanding of the discipline and constraints of family, others and society, and appear rebellious [5]. They will think that trying drugs is just for excitement, and that it is their business, not that of parents or teachers.

(3) Curiosity

Chinese scholars have conducted a survey of nearly 1,000 teenagers who use drugs, and the results show that nearly 60% of them use drugs because of the curiosity of "trying" and "tasting". China Youth Daily once conducted a survey on the topic of "If there is a chance to contact drugs, they are willing to taste it", and the result showed that 73 percent of teenagers said they would do so. A survey of young people under the age of 25 conducted by a drug rehabilitation center showed that 37% of them started using drugs out of curiosity [5].

Teenagers have a strong curiosity and desire to explore new things, and they want to try all "fun" things, like to be unconventional and seek stimulation [6]. At the same time, their self-control ability and the ability to resist temptation is insufficient, so they are easy to accept the lies of drug criminals and social bad people, deceived and misled. Young people's curiosity about things makes them very want to find out, want to experience the feeling of "becoming immortal". Drugs are new and strange to young people, and at the same time shrouded in mystery to be explored. Therefore, once they have the opportunity to approach and try drugs, they will have a fluke mentality and always want to try it. Such an experience, the consequences are out of control, into the ranks of drug users.

(4) Imitation psychology

Friends, classmates and acquaintances were the main sources of drug supply for first-time drug users, accounting for more than 60% [5]. It has been reported that students in a certain area poured milk powder in a milk bar on paper and smoked it with a straw, mimicking drug use, and mimicking the state of being excited and ferocious after drug use, and called this drug-like thing "sucking music". For teenagers with strong imitation ability, if they really encounter drug abuse, they may develop bad habits of drug abuse.

It is very easy for teenagers to take drugs because of imitation psychology. In the process of socialization, teenagers form informal groups because of the consistency of their cognitive attitudes such as interests, hobbies and aspirations. It is because of this characteristic that in informal groups everyone has a strong sense of belonging. Members of informal groups try their best to conform their behavior to that of other members of the group in order to avoid being ostracized or expelled from the group. When individuals see the so-called "stimulation" or "becoming immortal" state of others, they will naturally produce imitation behavior and maintain consistency with the group.

(5) Escape psychology

Nowadays, most teenagers are the only child, and they grow up under the love of their parents. Once in conflict with parents, teachers or classmates, it is difficult to think from the perspective of others, and then admit their own mistakes. At this stage, once students encounter setbacks in life, interpersonal communication, education and even love,

psychological problems such as helplessness, sense of loss and even escape from reality will occur.

Many teenagers in the face of learning, work, communication and emotional pressure often show negative emotions, heart emptiness, depression is a common manifestation. This is also one of the important reasons why teenagers seek to forget their troubles and find comfort in drug experimentation. Once the escape mentality occurs during this period of adolescence, the psychology is very fragile and easy to be affected by the external environment. In order to relieve the psychological sense of loss and loneliness, the phenomenon of looking for various stimuli will appear. They will use Internet addiction, alcoholism, smoking and even drugs to numb themselves.

3.2. Family factors

Family is an irreplaceable shelter for young people in the process of healthy growth. Poor family atmosphere and environment are often important factors that lead teenagers to go astray and even illegal behaviors.

A survey on the relationship between adolescent drug abuse and family environment shows that 30% of adolescent drug abuse is caused by parents' divorce, incomplete family and lack of family warmth; 28% were affected by family members who used drugs; 5% of those who took drugs were spoiled and pampered by their families.

The relationship between family members is not harmonious, the parenting style is not reasonable, and the family organization is not complete, which may make the young people in their own family cannot get the warmth, support and love. It is this neglect and the abundance of money that make young students, due to temptation and ignorance, have sufficient economic conditions to try the so-called sensory stimulation brought by alcohol, tobacco and even drugs.

In the long run, young people with insufficient psychological maturity will form bad psychology such as indifference, inferiority, lack of sense of security, and even give up on themselves or take revenge on the family and society. Drug-taking criminals make them feel "warm", drug-taking behavior is likely to occur, and these "attempts" may be the reason for young people to become addicted to drugs.

3.3. School factors

In today's society, schools still focus on the education of cultural courses and professional courses, most of their energy is focused on the completion of teaching indicators, and the intervention of students' ideological and psychological conditions is insufficient, and the popularization of drug knowledge is insufficient. Schools should start from the nature and characteristics of ideological and political theory courses, effectively connect with students' drug prevention education, play its role in drug prevention education, and prevent students from taking drugs [7].

At the same time, the school's supervision of students' spare time is limited, and many students are exposed to society too early, providing opportunities for social vices. The school is the distribution center of entertainment information, various literary works, film and television works. Inevitably, there is some negative news and wrong public opinion. The so-called "fashionable" pursuit proposed in these works has become a way for students to avoid the pressure of social competition, escape reality and relieve the pressure of learning. There will even be drug users infiltrating the campus from various ways, tempting and influencing young people to take the road of trying drugs.

3.4. Social factors

In the current society, many young people advocate pleasure, in the case of increasing drug varieties, and cannot distinguish the harm of drugs, but think that drug use is a kind of advanced enjoyment, is a fashion. By taking drugs, teenagers just want to show their economic status or identity to their classmates around them and be proud of it. At the same time, bad social atmosphere, weak supervision, lack of justice, lax law enforcement, and even the rapid development of Internet technology may have a great impact on youth drug abuse behavior. At present, the domestic drug market is very active, a wide variety of new drugs, coupled with the development of telecommunications network technology in the all-media environment [8], so that drug transmission, supply, trading has become more convenient.

4. Psychological and behavioral intervention in adolescent drug use

4.1. Carry out drug prevention education and raise youth awareness of drug prevention

Much of the experimentation with drugs is due to the ignorance of teenagers. Relevant departments should vigorously carry out scientific education and publicity of drug abuse prevention in the trinity of family, school and society, and present the harm of drug attempts in front of teenagers from multiple angles, all-round and true, so that they can understand and accept, and then enhance the awareness of drug prevention.

In drug prevention education, lectures, visits to education bases, cartoons, blackboard newspapers, network media and other forms can be used in combination with cases. At the same time, let students know the possible consequences of drug attempts to ensure that drug prevention education has vitality and shock.

4.2. Carry out psychological education to improve the ability of young people to resist drugs

Rebellious psychology, curiosity psychology, imitation psychology and escape psychology are the psychological factors that teenagers try drugs. Relevant departments should vigorously carry out psychological education, so that young

people can maintain a psychological defense line against drugs, raise their vigilance, resist temptation, and not fall into the trap. No matter who, no matter how the drug is described, no matter how the drug is packaged, they must have discernment and self-control, do not blindly follow, do not respect, and strictly prevent drug attempts from happening to themselves and people around them.

References

- [1] Wang and Mei. Forensic pathology of drug abuse [J]. *Journal of Law and Medicine*, 1995(03):107-110.
- [2] Legal lawyers. What is the data of youth drug use in 2020 [EB/OL]. (2020-11-06) [2022-10-11]. <https://mip.64365.com/ask/13403851.aspx>.
- [3] Zhang Meng. Analysis of Psychological characteristics of young people taking new drugs [J]. *Research on Prevention of Juvenile Delinquency*, 2020(01):10-17.
- [4] Xia Ziwen, Xu Mingxing, Yu Kang, et al. Research on current situation and countermeasures of anti-drug education in higher vocational colleges -- A case study of Suzhou [J]. *Science and Technology Wind*, 2020(01):209-210.
- [5] Duan Wei, Zhu Xiaohui. Current risk factors of drug abuse among adolescents and their treatment strategies [J]. *Chinese Journal of Drug Dependence*, 2008(02):81-83.
- [6] Zhou Limin. An analysis of the necessity and feasibility of drug prevention education in colleges and universities -- Based on a questionnaire survey of 169 adolescents [J]. *Chinese Journal of Drug Abuse Prevention and Control*, 2017(09):282-286.
- [7] Hu Fangming. The role of ideological and political theory courses in drug prevention education of college students [J]. *Science and Education Guide (Late)*, 2020(03):96-97.
- [8] Shen Xiaoyu. Study on drug prevention education of college students in all-media era [J]. *Journal of Yunnan Police College*, 2019(05):12-15.