

Investigating the Impact of Proper Education on Addiction Prevention in Youth

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Abstract : Drug addiction is one of the major social and health challenges in modern societies. This destructive phenomenon, in addition to its harmful effects on the physical and mental health of individuals, inflicts extensive damage on the foundation of families and society. Effective education and proper cultural development can play a key role in preventing addiction, especially among youth. The objective of this research is to examine the impact of effective education on reducing the tendency toward addiction among youth and its role in improving their mental and social well-being. Additionally, this study aims to propose distinct methods for designing and implementing educational programs to enhance youth awareness and empowerment. This research employs a mixed-method approach (quantitative and qualitative). In the qualitative section, the current situation was analyzed through text analysis and review of previous studies. In the quantitative section, standard questionnaires and in-depth interviews were used to collect data. The statistical population consisted of 500 youth from diverse backgrounds, selected through random sampling. Moreover, experimental educational programs utilizing modern technologies such as social networks and educational applications were designed and implemented. Data analysis was performed using statistical tests such as independent t-tests and analysis of variance (ANOVA). The results indicated that life skills education and cultural development programs, especially those in the form of participatory and skill-building activities, significantly reduce the tendency toward drug use. Additionally, the implementation of recreational and thought-oriented programs contributed to increased social interactions, strengthened sense of responsibility, and reduced risk factors associated with addiction. This research demonstrates that targeted education, raising awareness about the negative consequences of addiction, and creating participatory and engaging environments for youth can play a decisive role in preventing addiction. The findings emphasize the importance of investing in educational programs, as such initiatives not only enhance the psychological and social health of society but also reduce the heavy costs of treatment and the social repercussions of addiction. Expanding such programs can be an effective step toward achieving sustainable public health.

Keywords : addiction prevention, impact, proper education, youth

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