Comparing Efficacy of Four Preventive Methods on Attitude of Drug Substance Abuse and Self–Esteem in Students Supported by Emdad Committee

Aghababai, A.¹, Jalali, D.², Saidzadeh, H.³, Bagheri, S.⁴

Abstract

Introduction: This study was aimed to compare the efficacy of four drug substance abuse preventive methods: cognitive–behavioral social training, life skills training, poster presentation and short message system on attitude change and enhancement self-esteem in students supported by Emdad Committee. Method: This was a quasi experimental study. 150 students were selected and randomly assigned to the four experimental and control groups. The groups were completed attitude of drug substance abuse and self-esteem inventories. Experimental groups received: group 1 received 10 sessions of group cognitive-behavioral social training 120 minutes each, group 2, 10 sessions of life skills training, 120 minutes each, group 3 for 10 weeks into presented of 40 posters and group 4 short message service for 10 weeks. Findings: The results revealed that preventive techniques were effected on attitude and self–esteem. Also results of post-hoc (LSD) test revealed that preventive techniques with difference effectiveness were effected on change attitude of substance abuse. Also cognitive–behavioral social training and life skills training techniques were effected on self esteem. Conclusion: The results of the study revealed that all the four techniques were effective in the generation negative attitude into drug abuse, otherwise only cognitive–behavioral social training and life skills training enhancement on self esteem.

Keywords: substance abuse, prevention, attitude, self–esteem

1. Author-in-chief: M. A in Sociology. E-mail: w_ziz@yahoo.com
2. Ph. D. Student of Psychology, Isfahan Sciences and Research Branch, Islamic Azad University
3. Seargent of Law Enforcement Forces, Charmahal and Bakhtiari
4. B. A of Counseling