

Initiate Integrable Model for Impede Drug Abuse in UAE

¹Saleh Abdelrahman Ahmed Almutawa, ²Nusaibah Mansor, and ³Mohamad Zahir Zainudin

¹Institute of Technology Management and Entrepreneurship, Universiti Teknikal Malaysia Melaka

²Faculty of Technology Management and Technopreneurship, Universiti Teknikal Malaysia Melaka

³Center for Languages and Human Development, Universiti Teknikal Malaysia Melaka
dlouaesaleh@gmail.com; nusaibah@utem.edu.my; mzahir@utem.edu.my

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Abstract

Drug abuse is an indulgent misuse of convinced stuff that may persuade psychological and physical habits. The drug is a substance that alters the body function either psychologically or physically. It passes over the interferes and body with the brain. Hallucinatory drugs influence the vital nervous system and revamp individual thinking, desire, and behavior. Drug abuse among youths has risen in the UAE. Preventing drug abuse among youths may go a long way in reducing these addiction risks. The main direction about this research was to review factors in preventing drug abuse over prevention strategies within the UAE. The major research question was whether the prevention strategies have sustained in preventing drug abuse within the UAE. This research intends to provide factors in preventing drug abuse over prevention strategies among youths in the UAE. Imply methodologies act qualitative approaches that apply an interview method. We perform research attained 40 interviewees from UAE. The research vital outcomes target on developing the conceptual model of factors in preventing drug abuse over prevention strategies within the UAE.

Keywords: Drug Abuse, Addiction, Substance, Health Factor, Preventing.

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INTRODUCTION

Drug addiction is a complex and significant consequence for an individual (Khalili, 2018). Drug addiction is a biological process that causes addiction path in the brain which rushes positive feelings about drug use (Chuang, C.W.I., Sussman, S., Stone, M.D., Pang, R.D., Chou, C.P., Leventhal, A.M. and Kirkpatrick, 2017). Therefore, this phenomenon motivates an individual to take a drug that can regain a positive feeling and relax behavior perception (Gossop, 2016). Besides, the combination of drug mechanisms will lead to addictive disorder to a person (Melancon, 2017). Thus, this leads to the disharmony behavior of the individual and criminality attempts (Graf & Stöver, 2019).

The impact of drug abuse leads to impedes the ability of the immune system to fight diseases and infection in the human body (Abdulrahman, A.D., Sheraz, A. and Ali, 2017). Yet consuming drugs will impact the brain and increase high blood pressure to the hearth (Griffith, H.W. and Moore, 2017). Hence, drug abuse or addiction is an economic and social dilemma in most countries in the world (Murji, 2019). The UAE has a zero-tolerance policy for drug abuse within the country (Alblooshi, Abdullah, & Yunus, 2019). According to Said & Hussain, (2017), drug abuse among youths occurs due to peer pressure where 62% are from encouragement by friends, 45% youth consume drugs for stress relief, 43% take drugs for boredom, 43% addicted drug due to easy access, 41% consume drug due to lack of

entertainment options and 9% using drugs for sociable activity.

Therefore, the action needed to prevent drug abuse among Arab youths (Onakpoya, Heneghan, & Aronson, 2016). This dilemma also is a global challenge and UAE can't deal with the dilemma on its own (Said & Hussain, 2017). Thus, law enforcement needs to prevent drug abuse from a holistic perspective and a strategic approach to reducing drug abuse among youths (Alblooshi et al., 2019). Law enforcement needs to emphasize restricting supply reaching consumers in the UAE through harder to obtain and riskier (Ghany, A. and Ghaleb, 2018). Besides reducing demand by law enforcement through a comprehensive balance within the supply control and demand will prevent drug abuse among youths (Bah, 2018a).

Moreover, preventing drug abuse is very important today (Gázquez, J.J., Pérez-Fuentes, M.D.C., Molero, M.D.M., Martín, A.B.B. and Sánchez-Marchán, 2016). Efforts at preventing drug abuse emphasis from the community and individual level that need to be implemented in all policies of the country towards positive health outcome (M Jayakrishnan, Mohamad, & Yusof, 2019; Said & Hussain, 2017). Yet, preventing drug abuse may take a longer time in condensing the risks within the UAE (Mahmood et al., 2015). We need to combat drug abuse among youths through educators in identifying research-based prevention. Besides parents need to increase awareness about preventing drug abuse dilemmas (Sadek et al., 2015) and government leaders need to design prevention plans on drug abuse through community groups (Said & Hussain, 2017).

Furthermore, effective intervention needs to be the focus on risk reduction among younger adults through mass media campaign on increasing skills of resisting drugs (Gossop, 2016), community programs that focus on wide strategies for reducing drug abuse (Day, 2018), family management practice on parenting skill in monitoring the behavior (Olsson, Öjehagen, Brådvik, Kronstrand, & Håkansson, 2017), skill-

building intervention among youths awareness towards drug addiction (Feizabadi, 2017) and enhancing administrative capability on preventing drug abuse among youths within the UAE (Alblooshi et al., 2019).

We can classify the approach towards treatment and rehabilitation that can prevent drug abuse among youths on focusing multi-modality that emphasis on behavioral counseling that provide incentives to the attitudes and handle stressful circumstances for promoting drug abuse. Besides, deliver skills training that can empower youths with the skills and knowledge to encounter drug abuse dilemmas (Orsini et al., 2019). Yet, treatment should be implemented on the mental and medical perspective that includes a community-based recovery system for drug abuse among youths within the UAE. We conceptualize the factors in preventing drug as interpersonal, social and environmental. Therefore, the challenges in preventing drug abuse through prevention strategies will create people's awareness in the UAE. To implement and design a conceptual model, we need to structure a good fundamental question on how to develop a conceptual model indicating the factors in preventing drug abuse through prevention strategies among youths in the UAE. Thus, this study intends to discuss factors in preventing drug abuse through prevention strategies among youths in the UAE and conceptualized a model for the factors in preventing drug abuse through prevention strategies among youths within the UAE.

LITERATURE REVIEW

Drug abuse is currently one of the rapid social harms (Abdulrahman, A.D., Sheraz, A. and Ali, 2017). Recent years have an emphasis on a rapid rise in drug abuse cases among youths in the UAE (Girelli, 2019). According to Greener, (2018), 57% of youths using drugs in the UAE. This phenomenon occurs due to the influencing factor by parents and friends that consumes various substances of the drug (Candido Da Agra, 2017). It makes youths feel the same enjoyment that

impacts their mind to use the drug and experienced it (Palmer, 2018). Youths fear not being accepted in a social circle that leads them towards consuming drugs with their drug peers (M. Jayakrishnan, 2018; Said & Hussain, 2017).

Besides drug abuse interact with the neurochemistry of the brain that produces feelings of pleasure to the youths (Mailasan Jayakrishnan, Mohamad, & Abdullah, 2018b). Youths feel very difficult during their education times, which make them to feel pressure and lead them to take drugs (Khalili, 2018). Moreover, some of the youths suffer depression, stress and social impact that makes them lessen the feelings and starting to use the drug as their addiction (Girelli, 2019). Yet, few youths stated that certain drugs enhance their performance and able them to perform academically and athletically (Downes, 2017).

We have identified the factors in preventing drug abuse through (1) Interpersonal where enhance social skills that improve social support to preventing drug abuse among youths (Hirschi, 2017; Mailasan Jayakrishnan, Mohamad, & Abdullah, 2019c) and increase resistance skills and self-efficiency that builds confidence interacting among youths on preventing drug abuse (Mailasan Jayakrishnan, Mohamad, Azmi, & Abdullah, 2018c; Salavera, C., Usán, P. and Jarie, 2017), (2) Social where increase healthful role models from parents that promotes healthy behavior (Ceka, A. and Murati, 2016; M. A. Jayakrishnan, Mohamad, & Yusof, 2018b; Koch & Zahedi, 2019) and provide social support that

can prevent the influence of drug abuse among youths (Mailasan Jayakrishnan, Mohamad, Azmi, & Abdullah, 2018d; Turner, 2018; Wellman, B. and Gulia, 2018) and (3) Environmental where increases health promoting messages that can encourage to prevent drug abuse among youths (Ballard, P.J. and Syme, 2016; Mailasan Jayakrishnan, Mohamad, & Yusof, 2018e) and increase knowledge on drug abuse impact to the brain and behavior changes that might lead to crime among youths (M. A. Jayakrishnan, Mohamad, & Yusof, 2018c; Koch & Zahedi, 2019; Palmer, 2018).

Yet, there is an intimate relationship between social norms and health beliefs (Alblooshi et al., 2019). Understanding this relationship is important for researchers by exploring the theoretical framework for social norms and health beliefs (Beccaria & Rolando, 2019). We have explored and adapted the Health Belief Model and Social Norms Theory for this research. The Social Norms Theory is widely used by researchers for intervention strategies by promoting positive health-related behaviors on preventing drug abuse (Cislaghi, B. and Heise, 2018; M. A. Jayakrishnan, Mohamad, & Yusof, 2018a). Besides, it influence youths attitude and behaviors change towards promoting values and norms on preventing drug abuse (Girelli, 2019). We can justify Social Norms Theory is a fundamental process for factors in preventing drug abuse through prevention strategies as shown in Table 1.

Table 1: The Social Norms Theory for Drug Prevention Strategies.

Components	Classification	Indicators	References
Baseline	Identify the actual drug abuse and misperceived behavior norms of an addiction.	Interpersonal Bringing prevention culture over transformative dialogue among youths.	(Farrow, K., Grolleau, G. and Ibanez, 2017)
Intervention	Intensive drug abuse exposure to actual	Social Working on	(Melancon, 2017)

	behavior norm messages for an addiction.	prevention signals in the local context for drug abuse among youths.	
Predicted Results	Less exaggerated drug abuse misperceptions of behavior norms of an addiction.	Environmental Capacity preventing to nurture values on reasoning drug abuse among youths.	(Gottfredson, 2017)

Based on Table 1, the Social Norms Theory indicators explain how prevention strategies promote positive health behavior among youths and the factors in preventing drug abuse. The attitudes and positive range respectively drive behavior among youths on preventing drug abuse (Abdulrahman, A.D., Sheraz, A. and Ali, 2017). Therefore, the Health Belief Model emphasis on optimal behavior change for youths through preventing action on drug abuse (Wilson, 2017).

The Health Belief Model classifies as an individual believes that promote prevention strategies based on interpersonal, social and

environmental that adopt behavior outcomes. Moreover, health action will prevent drug abuse among youths and interventions more effective youths' perceptions towards drug abuse dilemma (Greener, 2018). Therefore, Health Belief Model indicates ranging from drug experiencing symptoms and negativity towards health concern of addiction which impacts the personality and social environment (Panahi, R., Ramezankhani, A., Tavousi, M. and Niknami, 2018). We can justify the Health Belief Model's emphasis on behavioral evaluation that focuses on three (3) components, as exposed within Table 2.

Table 2: The Health Belief Model for Drug Prevention Strategies.

Components	Classification	Indicators	References
Individual Perception	An individual believes in drug abuse that perceives healthy concerns.	Interpersonal Strategies on helping youths on developing accurate perceptions about drug abuse.	(Salari, R. and Filus, 2017)
Modifying Factors	To understand the complex processes of drug abuse that emission prevention strategies among youths and localized prevention controlling.	Social Develop a realistic drug abuse perception of the consequences and recommend prevention strategies among youths.	(Gossop, 2016)
Likelihood of Action	Interpret drug abuse risk and choose better prevention strategies among youths and	Environmental The mechanism to portray the potential	(Livi, S., Zeri, F. and Baroni, 2017)

	societal dynamics.	prevention strategies of healthy behavior among youths towards drug abuse.	
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Based on Table 2, the Health Belief Model emphasis on youth's willingness to change health behaviors towards drug abuse. Health Belief Model shows realistically dilemma on drug abuse that helps youths to make a health change and their ability to preventing drug abuse among them (Murji, 2019). Moreover, its emphasis on preventing drug abuse in a perceived susceptibility (Schriber, R.A. and Guyer, 2016) and youths needs to understand the seriousness of drug abuse and its consequences towards the addiction (Orji, 2016).

Besides, the Health Belief Model indicates the potential positive aspects of prevention strategies that concern the health action among youths towards drug abuse (Jeihooni, A.K., and Rakhshani, 2019). Yet it is designed to improve youth's behavior towards drug abuse on taking action that can educate and alert them on drug dilemmas. We can conclude that the theoretical framework is mapped with the factors in preventing drug abuse through prevention strategies among youths.

METHODOLOGY

This study utilizes the qualitative method approach that mainly employs an inductive approach that compiles data first and they pursue to determine interpretation from the data. The qualitative study utilizes exploratory that provide insights into how the perception of society understand aspects of the world (Mihas, 2019). Therefore, we have adopted this method for our study on factors in preventing drug abuse through prevention strategies among youths.

The qualitative data collection method utilizes for this study will be an interview approach. This study employs an interview session that guides the interviewee to share his or her perspective

about the phenomena of interest that focus on factors in preventing drug abuse through prevention strategies among youths.

Furthermore, we formulate a set of highly structured questions that will be respondents and interviewed by 40 interviewees from UAE. We had designed a standard set of questions that gathers all the necessary information for this study and develops the conceptual model of factors in preventing drug abuse through prevention strategies among youths based on the outcomes of the transcribed analysis.

FRAMEWORK DEVELOPMENT

Drug abuse continues to raise among Arab youths in the UAE that impacts the economic, political angle and social (Alblooshi et al., 2019). The Islamic-ruled nation has always maintained strict control over drug consumption (Onakpoya et al., 2016). Drug abuse can diversity the inner and structure tool of the intellect that affects the ability of an individual (Farrington et al., 2017). Drug abuse dilemma occurs due to addiction that provides positive feel-good feeling to the brain by the addictive drug substance (Leal & Mier, 2017). Drug abuse contributes to poor decision making and judgment capabilities that lead to continued drug substance use (Valente, Cogo-moreira, & Sanchez, 2017).

Moreover, drug abuse continues to be the most challenging situation in the UAE, and we encounter that factors in preventing drug abuse through prevention strategies among youths. Drug prevention strategies can be an emphasis on three (3) levels as, (1) primary level that prevents the drug problem from occurring in the first place (Bah, 2018b), (2) secondary level that prevents the drug problem from getting worse (Downes, 2017) and (3) tertiary level that prevents the drug

problem from getting worse and prevent any other complications (Farrington et al., 2017).

Furthermore, drug prevention strategies need to enhance protective factors on parental monitoring, self-control and anti-drug policies among youths (Leal & Mier, 2015). Yet, the drug prevention strategies need to be tailored to the characteristics of the youths and address all forms of drug abuse

occurs within the UAE (Alblooshi et al., 2019). Besides, it should provide coordinated prevention between agencies and government organizations towards drug abuse among youths in UAE (Sadek et al., 2015). Therefore, we have tabulated the factors in preventing drug abuse through prevention strategies among youths, as shown in Table 3.

Table 3: The Factors in Preventing Drug Abuse.

No	Components	Factors in Preventing	Indicators	References
1	Interpersonal Factors Increases the risks of being initiating illicit drug use.	Enhance social skills Interacting with others in social situations that replace with desirable behaviors. Increase resistance skills and self-efficiency Specific peer pressure influencing to stop drug addiction.	Community Organizing Preventing through influencing youths on health problems.	(Arslan, 2015; Blomgren, Svahn, Åström, & Rönnlund, 2016; Mailasan Jayakrishnan, Mohamad, & Abdullah, 2019a; Klein & Golub, 2016; Priester et al., 2016; Salavera, C., Usán, P. and Jarie, 2017)
2	Social Factors It impacts the youths and their families that lead to petty crimes.	Increase healthful role models Parents show good moral values that can be learned and follow. Provide social support Social support was associated with preventing drug abuse outcomes among youths.	Parent Education and Involvement Preventing through parents' involvement in family education.	(Ceka, A. and Murati, 2016; DiClemente, 2018; Mailasan Jayakrishnan, Mohamad, & Abdullah, 2018a; Johnston et al., 2018; Koch & Zahedi, 2019; Wellman, B. and Gulia, 2018)
3	Environmental Factors Drug availability of both licit and illicit.	Increase health-promoting messages A comprehensive way to permit youths to act for their health. Increase knowledge Emphasis on information and ways of implementing	School Curriculum Preventing social influence on interactive teaching.	(Akers, 2017; Ballard, P.J. and Syme, 2016; Mailasan Jayakrishnan, Mohamad, & Abdullah, 2019b; Koch & Zahedi, 2019; Livi, S., Zeri, F. and Baroni, 2017; Palmer, 2018;

		strategies for preventing drug abuse.		Thombs, D.L. and Osborn, 2019; Van Wormer, K., and Davis, 2016)
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Based on Table 3, the factors in preventing drug abuse through prevention strategies among youths at each stage of their development have been mapped. Prevention health factor focuses on interpersonal, social and environmental factors through prevention strategies that emphasis on

community organizing, school curriculum, and parent education and involvement among youths within the UAE. Therefore, we have developed and design a conceptual model of factors in preventing drug abuse through prevention strategies among youths, as exposed in Figure 1.

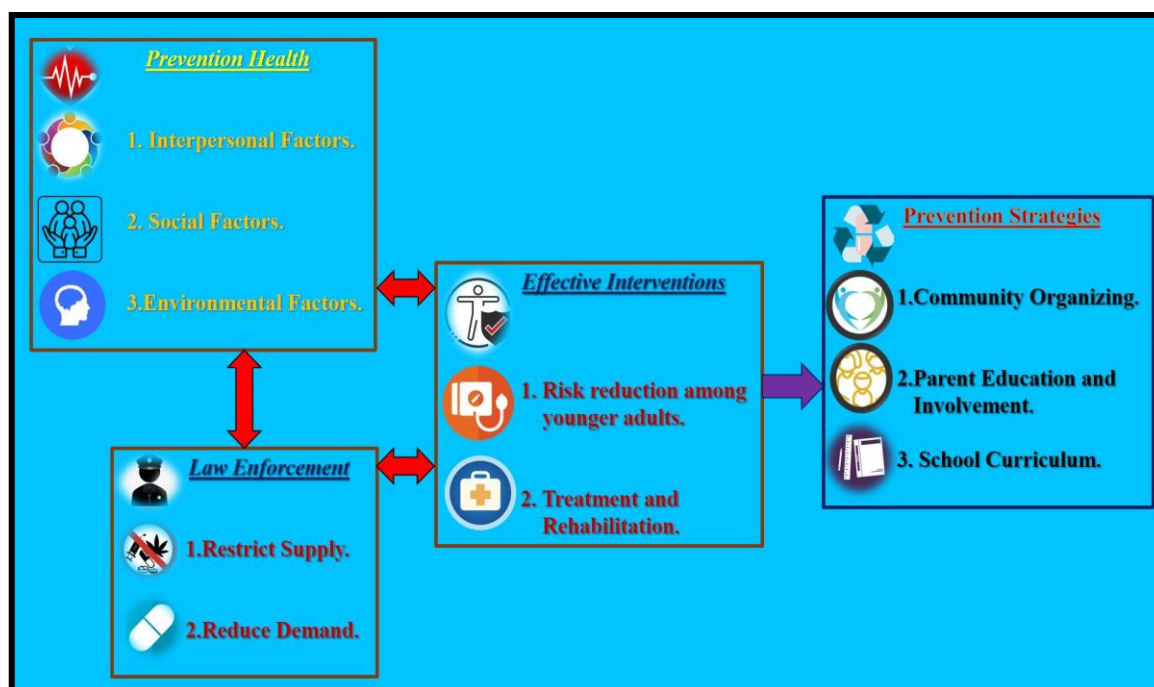


Figure 1: Conceptual Model of Factors in Preventing Drug Abuse Through Prevention Strategies Among Youths.

Based on Figure 1, the conceptual model of factors in preventing drug abuse through prevention strategies among youths shows the factors in preventive health factors on interpersonal, social and environmental factors within the UAE with the influence of law enforcement on restrict supply and reduce demand with effective interventions on risk reduction among younger adults and treatment and rehabilitation. Therefore, we have outcome our prevention strategies as community

organizing, school curriculum, and parent education and involvement. This fundamental conceptual model can be used by other countries or agencies to adopt similar prevention of drug abuse through prevention strategies.

CONCLUSION

Drug abuse occurs due to the spectrum of behavior that indicates an individual lost control of drugs. UAE is encountering drug abuse and the demand for drug addiction is keep on increasing

day by day. Moreover, the countries drug addiction level is very high and relates to crime in multiple ways. Furthermore, the crime rate increase because of drug addiction that possesses, distribute and uses potential harmful drugs that will impact society and economic development. We need to prevent drug abuse before it is too late. Preventing drug abuse through prevention strategies will be an effective and efficient medium to communicate and educate the society regarding drug abuse and mold them to be aware of it. Drug prevention strategies as a tool for attitude change and social influence that can inspire a positive change. Therefore, this study focusses on developing a conceptual model of factors in preventing drug abuse through prevention strategies, which strategize the guidance on personality factors on resist drug use to the society and creates awareness of it among youths in UAE.

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