The Impact of a Preventive Program Based on Recordings and Videos on the Attitudes of University Students towards Drug Abuse and Addiction in Jordan

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Abstract

Generally, the youth people are the majority besieged and targeted group by the drug traffickers, especially those who still in the undergraduate educational level at the universities. This fact was demonstrated by many sherds of studies that shed the lights on the prevalence of this phenomenon over the university students in Jordan. Even that there are huge efforts to reduce this problem. Yet, the only guarantee to realize a real shrink in the drugs' take is the self-contentment that would never be shaped without building solid awareness about their harms. Thus, this research aims at introducing the effectiveness of the proactive awareness program that is based on videos and documentaries. this program is designed for the purpose of creating self-disapproval trend towards the drug addiction over university students, also to tackled it by building self-contentment and encouraging them to distinguish the approaches that obviate them from the addiction. To achieve the objectives of this research, the researchers applied the descriptive and the quasi -experimental scientific approaches in order to develop the adopted measurement that evaluates the intention towards drugs. Also, to propose the proactive program. A stratified random sample was selected equivalently from all faculties from Mutah and Applied Balqa universities. The sample clustered as two groups; 60 students (males and females) from Mutah university who passed in the awareness program (experimental group), in contrast with the other 60 students from Applied Balqa university where the program did not apply (controlling group).The results evidenced a statistically significant differences between the means of the two groups (experimental and controlling groups) at α≤0.05 with positive results that credited to the experimental group, which indicate the effectiveness of the program on the experimental group. Moreover, the results indicated no significate difference between the two groups at the confidence level α≤0.05 according to the gender, sort of faculty, or student's academic year. Finally, the research recommended and stressed the vital role of implement scientific programs, sessions and awareness documentaries in the media and universities to protect the youth in the universities from being victims of drugs.

Keywords: Proactive programs, Drugs, Videos, addiction, Jordan

Introduction
Nowadays, drug addiction is acknowledged as one of the distinguished risky phenomena that threaten the families and societies at the same extent. Thus, the globe paid higher attention to this life-threaten dilemma. The criticality of addiction is justified according to its authority on harming the human capital either directly or indirectly since it targeted the youth people who are indeed the backbone of growth.

During the last few decades, the drug taking, and addiction exhibitions expanded the intimidations to the maximum limits, this was readable from the remarkable statistics about the takers, traffickers, and promotions as well. It expanded its spreading to cover the globe. All of this leads the governmental, social and academic institutes to put tremendous efforts to stop this predicament. The danger of drugs is not only limited with itself, yet it expanded to the leading to killing, stealing and raping offenses under the motive of offering the money to get the drugs. Additionally, to mental illness including depression, anxiety and physical illness like heart disease and cancers. All of this brings negative payback to the nations.

Drugs as position chemicals hurt the human mental, body, nervous and emotional systems. Also, it destroyed the social and ethical systems by attacking the youth and keep them with no future or development opportunities (Zarrad and Mokaideb, 18:2001).
The Opium is the commonly known sort of drugs over the takers and addiction, it is a white medical obtained from the opium poppy that is commonly known with bread seed poppy. The extraction happens by Scratching the planet and extract the white liquid that turned in a later on stage into Elastic rubber material (Al-Azami, 53: 2008).

Heroin is one of the regularly known and most powerful and influencing drugs (one of Morphine's derivatives). Initially, it was produced for purely medical missions as a painkiller, yet it turned to the most frighten medicine that people can take as tablets, injection or by smiling it (Moseqer: 56:2001). Cocaine is a forcefully addictive stimulant drug. It has been chewed and ingested from the coca leaves. The Cocaine is stimulant to the central nervous system, it leads the taker to behave as drunk with no respect to the bashfulness. it also causes missiles commotion, anti-anxiety, anti-fear, and sleeping and eating disorders. It also leads to expand the focus of the eye and fluctuations in the heart rates besides to hallucination (Sharboil: 71: 2001).

The addiction is a multifaceted predicament, it impacts individuals starting from infections and general weakness and not ending with psychological and physical pains. It is a paradoxical dilemma since it influences the people pleasure, ability to adapt to the others, and surroundings (Ghabari, 10: 1999). holistically, it concerns the health, the economic, and the social dimensions which in turn harm the futures of the nation's (AlNayal, 66: 1996).

The riskiest in the drug addiction phenomena that it is target the youth and teenagers. Dumerdash, 1982 following the Times magazines in 1979 stressed the same fact (Dumerdash: 7: 1989). The university students as well under the risk of dealing with drug promoters in their daily routines, since they penetrate into the universities hiddenly. Therefore, the best approach to tackle this threat is to build internal and self-awareness inside the youth and share the lacked knowledge about the harms of drugs ٠

Supporting the disapproving directions to the drugs needs assessing tools that aim at resolving this, accordingly, researchers and specialists put huge efforts to find out proactive solutions like orientation programs for university students that assess in exploring the drug effects .

The addiction is one of the most attractive agendas in the Cinema due to the worry that it caused to the communities, and due to its association with the critical issue like the scandals, wars, families, and inflictions to the ethical systems. According to shreds of evidence, the media can influence the human and social behaviors with results exceeding 20%. Also, according to researchers only Hollywood movies holds the responsibility of 20% of taking drugs and drunk (Young, 2015).

On one hand, a group of movies tries to handle the criminals and misconducts that govern humans and socialites. Similarly, other movies shed the lights to the violence and attacks from the purely sociological ground and they are directed to the truly needed audiences. On the other hand, other audiences prefer the imagination movies that motivate the murder like Vampires, this sort is famous across the teens. In spite of that, in this case, the mental interaction limits to the reality even if it attached to the details of the stories in the movies, yet the movies that tackle the instincts has more psychological impact on the emotions and thoughts, which lead in some case to the Schizophrenia especially when they are in addition to those movies which isolate them from the reality, help them to adopt anomalous believes and behaviors. And the last sort is the serial killers' movies that taken by disorders criminals (Yong, 2015).

Research Problem
The United Nation's reports which deliberated the drugs issue indicated that citizens from 134 countries all over the world are addicted, with a noticeable proportion of them from the teenagers. Also, the drugs pass through 170 states approximately. Economically, the international investments in drugs are estimated at $500 billion/year. Also, the drugs trade is positioned at the third place in the global trade after the oil and the weapons. All this signpost that the drugs turned to be global a disaster that desires huge efforts to tackle it (Bin Rmah, 2004).

For Jordan, it is obvious that there is an oscillation in the drugs distributions over the local communities according to the geographical aspects. Since the nineteens, there was an intensification in the awareness levels towards the harms of the drugs, and a revolving in the Jordanian society from a passing to prevalence society. Despite this, the prevalence of this phenomena is still limited and did not turn to life-threating matter (Twaisi et al., 2013). Accordingly, even there is no lack of adequate knowledge and researches about the addiction to the Arab and Islamic world. Yet, there is a need to challenge this topic and dig deep in its details. As a response to the ethical and professional responsibilities in medical, phycology and sociology fields, there are intensive proactive efforts and designed programs to guard the youth against the drugs addiction. For instance, the researching efforts of Hashem, 2008, AlShari, 2005, AlWayli, 2003, M, atthew,2010, Twaisi et al., 2013, and finally Abu Abdullah and Bin Juido, 2014.

Looking into another standing point, there is an obvious contribution of the modern technological development towards the drugs problem. Many experts stressed on employing those technological tools in struggling and combating the drugs propagation like media and videos to influence the students' insight towards this hazard. Hence, the research question is:

What is the influence of the proactive program that implements the videos on the perceptions and the directions of the university students towards drug addiction in Jordan?

Research Questions

This research aimed at inquiring the following questions:

1. Is there a statistically significant differences at α ≤0.05 between the means of the exploring and controlling groups according to the students' directions measurement towards the drugs after the program implementation?
2. Is there a statistically significant differences at α ≤0.05 between the means of the exploring groups according to the students' directions measurement towards the drugs after the program implementation due to the gender?
3. Is there a statistically significant differences at α ≤0.05 between the means of the exploring groups according to the students' directions measurement towards the drugs after the program implementation due to the faculty type?
4. Is there a statistically significant differences at α ≤0.05 between the means of the exploring groups according to the students' directions measurement towards the drugs after the program implementation due to the student's academic level in years?
5. Is there a statistically significant differences at α ≤0.05 between the means of the exploring group according to the students' directions towards the emotional and behavioral proactive program pre and post the program implementation due?

Research Objectives

This research aims at:

1. Developing a video-based proactive program to influence student's directions towards drugs to take and addiction in Jordan.
2. Investigating the influence of a video-based proactive program on the university students' directions towards drugs take and addiction in Jordan.
3. Developing a video-based proactive program that would help specialists at the universities and experts in tumbling drugs take also addiction ratios.
4. Recognizing the differences within the experimental group's members in terms of (post the program implementation) that would be justified according to gender, faculty sort or region.

Research Significance

The significance of this research is justified by the researcher according to the below:

A. Theoretical Significance, which crystallized in:
1. This work is a try to introduce a conceptual literature to explain the directions and issues surrounding drugs, addiction including its history and introduction.
2. This work tries to shed the lights into the top factors that push people towards the addiction.

B. Practical Significance, which crystallized in:
1. The practical significance of this research arose from its inspection in the drugs addiction phenomena and the prevention solutions, this, in turn, will assess the government in Jordan by adopting its presented conclusions and recommendations.
2. The proposed therapeutics program will assess the therapists and specialist at the universities and drugs' rehabilitation centers in Jordan to progress in drug addiction reduction.

Research Hypothesis

This research aims at testing the following hypothesis:

- **H1:** There is a statistically significant differences at α ≤0.05 of the videos-based therapeutics program (applied on the university student) between the means of the experimental and the controlling groups according to the students' directions measurement toward the drugs and addiction in Jordan.
- **H2:** There is a statistically significant differences at α ≤0.05 within the experimental group post the implementation of direction's measurement toward drugs and addiction justified to gender.
- **H3:** There is a statistically significant differences at α ≤0.05 within the experimental group post the implementation of direction's measurement towards drugs and addiction justified to faculty type (humanitarian or scientific).
- **H4:** There is a statistically significant differences at α ≤0.05 within the experimental group post the implementation of direction's measurement towards drugs and addiction justified to geographical area.

Research Terminologies and Definitions

1. **Addiction:** It is a periodic or chronic poisoning that harm individual and society, it happens as a result of taking natural or chemical medicals (Ghabari, 1999)
2. **Drug:** According to the experts in the WHO, the drug is any harmful material that penetrates the human body and obstructs one or more of its functions. Scinatafaclly, the drug is all chemicals that lead to the sleep or syncope that is linked with pains (Azzoz, 2005).
3. **Protection:** It is a step the preceding the treatment and reducing the necessity of it by preventing the causes and overcome any harm likelihood by allowing the students to express their emotions.
4. **Psychotherapy:** according to Canada's psychologist association, the Psychotherapy is a medical approach that used positive talk or any communication approach to discover any metal or behavioral disorder and reduce the Williams and pains (Kamal, 1994)

Research Methods

For the purposes of this research, the quasi-experimental scientific approaches are adopted by the researchers, this approach depends on the random samples that shaped from the experimental observations that would be divided into groups at the following stage. In this approach, it is mandatory to have experimental and controlling groups. This tactic is defined as "method to inspect the influence of one variable into another in a way that reliant on a stringent quantitative controlling and variables segregation that may affect (unintentionally) the experiment" (Qahtan, 2004).

Research Population

The population of this research consisted of ten public universities' students located in The Hashemite Kingdom of Jordan. Yet, Mutah and Applied Balqa Universities were selected to serve the purposes of this research for three main reasons, firstly; the number of students at these two universities exceeds 18.000 students. Secondly, there is a diversity of cultures and regions cross their students. Finally, they were picked by researchers due to the geographical aspects.

Research Sample

As mentioned, a stratified random sample was selected by the researcher over all faculties from Mutah and Applied Balqa universities. The sample size was 60 students for the experimental group (from Mutah) beside other 60 students from Applied Balqa for the controlling group (where the program did not implement). Table 1 illustrates the sample distribution for the experimental group.

Variable	Category	Number	Percent
Gender	Male	30	50%
	Female	30	50%
Faculty	Humanitarian	27	45%
	Scientific	33	55%
Student's Academic Year	First year	13	21.66%
	Second year	16	26.67%
	Third year	19	31.67%
	Fourth year and beyond	12	%20
Totals		60	100%

Research Instrument

Firstly: The Proactive Program

It is a documentary and video-based program that intents at guarding the students from drug addiction. The researchers relied on the previous sherds of literature as a backbone to prepare the program, also to expand the horizons towards how it should be prepared. Correspondingly, they consulted many specialists in the field to boot its quality and purposiveness.

Secondly: The Face Validity

In order to ensure face validity. The researchers consulted referred to academics and experts in the sociology, anthropology and sociology fields from Mutah University besides to some academics from the Malaysian universities. To permit this, a draft program distributed for evaluation, arbitration and then amendments purposes.

Thirdly: Direction's Measurement

This measurement has developed in the purpose of identifying the students believes and directions towards drug take and addiction. They adopted it from the research of AlDosari, 2009 titles "Student directions towards drugs and Stimulants and its role in the academic performance: Applied research on Faculty of art students", also, the researchers referred to unpublished thesis from Mutah University, also they mentioned the work of AlOmari, 2013; AlTwais et al, 2014.

Research Validity

The researchers confirmed the validity of the instrument by the following two approaches :

1. The Face validity: This was ensured by appraising the instrument by academics in the psychology field, and then amend/delete some items according to the provided feedback and recommendations .

2. Cronbach Alpha: Statistically speaking, the researcher calculated the value of Cronbach for each item, and then for the overall instrument. The researcher used a pilot sample of 30 students

to compute the Cronbach on that level compared to the correlation coefficient values as well. The results illustrated in tables 2 and table 3

Table (2): correlation coefficient for items and total correlation	
Item Number	**Correlation Coefficient**
1	.549**
2	.771**
3	.427*
4	.618**
5	.683**
6	.599**
7	.646**
8	.783**
9	.649**
10	.688**
11	.708**
12	.393*
13	.737**
14	.441*
15	.636**
16	.435*
17	.719**
18	.539**
19	.741**
20	.417*
21	.608**
22	.603**
23	.539**
24	.666**
25	.713**
26	.510**
27	.477**

: Confidence level of 1%. **α≤0.01
 Confidence level of 5%.α≤0.05*

Table 2 illustrate the correlation coefficients where its value varies from 0.393 − 0.783 (at). α≤0.05 reliability

To ensure the Psychometric Properties of the measurement, the researcher conducted a pilot study of 30 students, then re-implement the measurement back after a short period of 15 days to ensure the consistency by calculating Cronbach alpha and Person correlation coefficient (R) and Spearman Rank Coefficient as per table 3.

Table (3): Cronbach alpha and split-half reliability for reliance tool				
Variable	**Number of items**	Reparation results	Cron	split-half reliability
Student directions	27	0.77	0.81	0.72

According to the results in table 3, it is noticeable that all outputs higher than the cutoff points and acceptable for the research purposes with 0.77 for the internal consistency, 0.81 for Cron alpha values, and finally 0.72 for the split-half reliability.

Data Collection
By dig deep into the previous sorts of literature in relevance with this research frame. Also, after the alterations on the adopted measurement and researching tool by researchers. They desired to progress with the data collection stage by coordinating with the administrative and management units at the targeted universities. 60 students were randomly selected across the faculties from each university, and then they divided into controlling and experimental groups. This followed by presenting orientation sessions to all students in order to explain the purpose of the program, and how to respond to the items. Hence, the researchers stressed the privacy in dealing with the returned items.

Statistical Analysis
In order to test the research hypothesis, the researchers used the Statistical Package for the Social Sciences (SPSS) software and implemented the following tests:
1. Descriptive statistic measures to describe, summaries and provide key indicators about the sample using; the frequencies and percentages.
2. Means and stander deviations.
3. Person correlation coefficient (R).
4. One Way ANOVA
5. Independent T-Test
6. Schaffer' Test for post comparisons.

Study Results
The research results are presented after the applying the statistical analysis compressing; the means, the stander deviations, the t-test, one Way ANOVA, all of test were conducted under the confidence level α≤0.05. Below is a description of the results:

    1. Comparing the controlling and comparison groups
In order to examine the differences between the two main groups, the researcher used the Independent T-Test across the independent samples, the results are explained in **table 4:**

Table (4): Independent **T-Test**						
Group	**Count**	**Mean**	**S. Div**	**Degree of freedom**	**T value**	**Sig.**
Comparison group	60	89.98	13.30	18	-1.865	.065
Controlling group	60	93.57	6.68			

It could be noticeable according to the results that there are no statistical differences in the means between the two groups at α≤0.05 since the t-value was -1.865.

Testing of the research questions:

First question
Q1) Is there a statistically significant differences at α ≤0.05 between the means of the exploring and controlling groups according to the students' directions measurement towards the drugs after the program implementation?
To answer this question, the researcher used Independent T-Test as per **table 5**

Table (5): Independent T-Test for the groups post the program implementation						
Group	Count	Mean	S. Div	Degree of freedom	T value	Sig.
Comparison	60	91.83	10.22	118	-4.224	.000
Controlling	60	97.80	3.90			

According to the results exhibited at table 5, there was a statistically significant difference at α≤0.05 between means since the t-test value was (-4.224). In the light of this figure, it was obvious that there are differences between the groups, which, in turn, support the proposed power of implemented drug-addiction proactive program, and appreciate its role in explaining the hazards across students. It is worth to mention that the diversity in the implemented scientific methods directed the success as well with no ignorance of the role of its ability to respond to the actual needs by interviewing students and mentors.
Looking into the effectiveness of the video-based proactive programs, it could be confirmed according to the efforts of shedding the lights into drug traffickers and promotions. Also, to stress on the risks linked with utilizing spare time, and finally by mentioning some valuable alternatives that developed the psychological system (e,g sports. Those results aligned with the results of Abu Abdullah and Bin Jedo, 2014 which indicated a positive relationship between the sports and the protection from drugs.
Moreover, the positive insights of the program also sustained according to emphasizing the value to some mental disorders and stressors that students suffer from (e.g. the anxiety). This followed AlWali, 2003 who explored that the programs that combined a treatment for anxiety were positively associated with the reduction in the side effect.
The convoyed sessions aimed at treating and investigating daily master and stressors student encountered in their daily life, since those problems could be the main motive behind drug addiction (Al-Khawladh and Alkhayat, 2009). By inspecting the key motives behind the addiction, the disintegration of the family, the willing to have some joys, the friends beside the need to come over the stressors are the main reasons. the aggressiveness was also a reason according to the efforts of (McComicke & Smith, 1995). Malhotr et al. also agreed on the conclusions that the emotional status, the changes in mood, the ability to handle the pressure also the main factors behind addiction.

Second question
Q2) Is there a statistically significant differences at α ≤0.05 between the means of the exploring groups according to the students' directions measurement towards the drugs after the program implementation due to the gender?

Table (6): Independent T-Test for the groups post the program implementation (by gender)						
Group	Count	Mean	S. Div	Degree of freedom	T value	Sig.
Male	30	97.53	3.74	58	-.526	.601
Female	30	98.07	4.11			

In reference to the results in table 6, there is no statistically significant difference at α≤0.05 between the means of the directions justified to the gender. The T-test value is -.526, this means that students regardless of their gender look at the addiction from the same standing point. This reflects leading extent of awareness towards its economical and physiological harms regardless that the drug taker is male or female

Al-Nayal, 1966 indicated that the addiction is one of the century epidemics that threaten the individual, family, and society since it attacks the human capital which is the backbone and the generator of countries development. Also, it harms the health, economic and social aspects. Its risk increased in the current time as a result of the increase of the pressure and stressors between youth people.

Third Question
Q3) Is there a statistically significant differences at α ≤0.05 between the means of the exploring groups according to the students' directions measurement towards the drugs after the program implementation due to the faculty type?

To answer this question, T-test was conducted with the following results in table 7

Table (7): Independent T-Test for the groups post the program implementation (by faculty)						
Group	Count	Mean	S. Div	Degree of freedom	T value	Sig.
Humanitarian	27	98.07	4.18	58	.489	.627
Scientific	33	97.57	3.70			

The outcomes in Table 7 indicated that there is a statistically differences within the comparison group at α≤0.05 in the means according to the faculty type. The t-value was .489, this is justified as that students regardless of their faculty group (humanitarian or scientific look at the addiction from the same standing point since they are living almost under the same conditions and circumstances, also they are from the same age group and same extent of cultural awareness toads the harms of drugs. Also, this is justified to being engaged with

academic life, since there is a negative relationship between the increase in leisure time and drugs (AlTwaii et al., 2013).

Fourth question
Q4) Is there a statistically significant differences at α ≤0.05 between the means of the exploring groups according to the students' directions measurement towards the drugs after the program implementation due to the student's academic level in years?
In order to answer this question, Two Way ANOVA was used as per table 8 to indicate the differences in the means in the post-implementation phase of the program.

Table (8): Two-way ANOVA								
Year	**Mean**	**S. Div**	**Count**	**Sum of squares**	**Degree of freedom**	**Mean squares**	**F**	**Sig**
1	97.38	4.13	13	68.419	3	22.806	1.537	.215
2	96.31	3.11	16	831.181	56	14.843		
3	99.00	3.94	19	574790.000	60			
4	98.33	4.27	12	899.600	59			

As per the outcomes in Table 8, there are no statistically significant differences at α≤0.05 within the means of the comparison groups, this value of F-test value was 1.537, which means that students' standing point towards drugs did not change according to their academic level (in years) since they hold the same cultural and knowledge about this risk, also they have the ability to control their behaviors and attitudes. Furthermore, huge efforts are credited to the Jordanian universities for the efforts to end spreading the awareness culture.

Fifth Question
Q5) Is there a statistically significant differences at α ≤0.05 between the means of the exploring group according to the students' directions towards the knowledge, emotional and behavioral proactive program pre and post the program implementation due?
In order to answer this question, the researcher used)Independent T Test as table 9

Table (9): independent T-Test for knowledge, behavioral and emotional perspectives							
Area	**Test**	**Count**	**Mean**	**Std div**	**Degree of freedom**	**T**	**Sig**
Knowledge	Pre	60	2.92	0.732	58	3.763	.008
	Post		4.76	.716			
Behavior	Pre	60	3.06	1.118		4.288	.001
			3.68	.529			
Emotional	Post	60	2.89	0.901		2.771	.009
			3.73	.834			
Overall	Pre	60	2.96	0.917		4.968	.000

			4.06	0.693			

The results presented in Table 9 indicated that there is a statistically differences at α≤0.05 between the means according to the behavioral and emotional scales (pre and post implementing the program), the t-test value was 4.968 .

Those differences could be explained according to the post-implementation of the program since the T-value was 2.96 and turned to be 4.06. This means better performance indicators and a turning point in the behavioral aspects towards drug addiction. Furthermore, there is noticeable growth in the awareness towards the harms of the drugs at all levels (health, social and economic). Also, the program developed a motivation and emotional and behavioral rejection towards the drugs by shaping a body of knowledge. All of this indicates the program realized its objectives .

Conclusion

The conclusions of this research indicated the following

1. There is a statistically significant difference at α≤0.05 between the means with t-value -4.224, the differences are positively linked with the comparison group. Accordingly, the effectiveness of the proactive program was evidenced by the results .
2. There is no statistically significant difference at α≤0.05 between the means of the groups towards drug take and drug addiction, this is justified according to the gender, the t-value -.526.
3. There is no statistically significant difference at α≤0.05 between the means of the groups towards drug take and drug addiction, this is justified according to the faculty type, the t-value is -.489.
4. There is no statistically significant difference at α≤0.05 between the means of groups towards drug take and drug addiction, this is justified according to the student's academic year, the t-value is 1.537.
5. There are no statistically significant differences at α≤0.05 between the means of the comparison group in terms of behavioral and emotional scales (pre and post the program implementation) towards the drug take and drug addiction. This is justified according to the student's academic year. The t-value is 1.537

Secondly: The Recommendations

Considering the research conclusions, the researchers recommend the following :

1. Implement the proposed program by this research as one of the proactive programs that are afforded by educational institutions, in the purpose of preventing the youth from drug take and addiction
2. There is a necessity to stabilize a specialized care center which follows-up in the susceptibility to addiction inside the university
3. There is a necessity to found centers and stations to help the students to spend their leisure time with activities with positive paybacks on them .
4. There is a necessity to hire a psychological therapist who can assess in coming-over the stressors that may motivate students to try drugs.
5. Establish a solid monitoring system that relates to the governmental and police units to prevent the drug traffickers and promotions

6. Elaborate the awareness programs over the media, also activate the role of The clergy in its economic, health, social effects.

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