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Investigation of the relationship between adolescents' family relationships and their self-efficacy for protection from substance abuse

Ergenlerin aile ilişkileri ile madde bağımlılığından korunmaya yönelik öz yeterlik durumları arasındaki ilişkinin incelenmesi

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ABSTRACT

Objective: This study was conducted to examine the relationship between family relationships and self-efficacy to prevent substance abuse in adolescent high school students.

Methods: This descriptive study was conducted between March 2023 and June 2023 with the students of a vocational and technical Anatolian high school. The sample of the study consisted of 477 high school students who agreed to participate in the study. The data were collected using the Individual Identification Form, the Self-Efficacy Scale for Substance Abuse Prevention and the Adolescent Parental Relationship Scale. Some descriptive statistics, T test, Anova test and correlation were used to analyze the data.

Results: The mean age of the participants was 15.47±1.15, 51.8% were male, 33.5% were 10th graders, and 63.7% were nuclear family students. The mean total score of the Self-Efficacy Scale for Substance Abuse Prevention was 101.96±14.78 and the mean total score of the Adolescent Parental Relationship Scale was 103.45±21.47. There was a significant relationship between the gender and grade level of adolescents and both the Self-Efficacy Scale for Protection from Substance Abuse and the Adolescent Parental Relationships Scale. In addition, it was determined that there was a statistically significant positive correlation between adolescents' self-efficacy levels for protection from substance abuse and adolescent parental relationships (p<0.05).

Conclusion: The support that the adolescent will receive from the family in his/her relationship with his/her parents, sharing and closeness with the family determine the level of self-efficacy of the adolescent for protection from substance abuse.

Anahtar Kelimeler: Adolescent; family relationship; self-efficacy; substance abuse

ÖZET

Amaç: Bu çalışma ergenlik çağındaki liseli öğrencilerinin aile ilişkileri ile madde bağımlılığından korunmaya yönelik öz yeterlikleri arasındaki ilişkiyi incelemek amacıyla yapıldı.

Gereç ve Yöntem: Tanımlayıcı türde olan bu çalışma Mart 2023 – Haziran 2023 tarihleri arasında, bir mesleki ve teknik anadolu lisesi öğrencileri ile gerçekleştirildi. Araştırmanın örneklemini çalışmaya katılmayı kabul eden lisedeki 477 öğrenci oluşturdu. Araştırma verileri; Birey Tanılama Formu, Madde Bağımlılığından Korunma Öz Yeterlik Ölçeği ve Ergen Ebeveyn İlişkileri Ölçeği kullanılarak toplandı. Verilerinin analizinde bazı tanımlayıcı istatistikler, T testi, Anova testi ve korelasyon yapıldı.

Bulgular: Katılımcıların yaş ortalaması 15.47±1.15, %51.8'i erkek, %33.5'i 10. sınıf ve %63.7'si çekirdek aile yapısına sahip öğrencilerden oluşmaktadır. Madde Bağımlılığından Korunma Öz Yeterlik Ölçeği toplam puan ortalaması 101.96±14.78 ve Ergen Ebeveyn İlişkileri Ölçeği toplam puan ortalaması 103.45±21.47 olarak tespit edildi. Ergenlerin cinsiyet ve sınıf düzeylerinin hem Madde Bağımlılığından Korunma Öz Yeterlik Ölçeği ve hem de Ergen Ebeveyn İlişkileri Ölçeği ile arasında anlamlı bir ilişki tespit edildi. Ayrıca ergenlerin madde bağımlılığından korunma öz yeterlik düzeyleri ile ergen ebeveyn ilişkileri istatistiksel olarak anlamlı pozitif yönde bir ilişki olduğu belirlendi (p<0.05).

Sonuç: Ergenin ebeveynleriyle olan ilişkisinde aileden alacağı destek, aile ile olan paylaşımı ve yakınlığı ergenin madde bağımlılığından korunmaya yönelik öz yeterlik düzeyini belirlemektedir.

Keywords: Ergen; aile ilişkisi; öz yeterlik; madde bağımlılığı

Introduction

Adolescence is a special developmental period that marks the transition from childhood to adulthood (Diclemente, Hansen & Ponton, 2013; Steinberg, 2017). During this period, rapid changes are experienced

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in biological, cognitive, psychological and social areas (Santrock, 2014). Although the changes during adolescence are universal, they may vary according to the social structures of adolescents, the climate structure of the geography they live in and the personality characteristics of each individual. This makes the individual unique (Kadim, 2023).

During adolescence, when relations with the environment are reorganized, social changes are also experienced (Erikson, 1968). Adolescents naturally spend their first socialization experiences in the family environment (Steinberg, 2017). Since they spend most of their time with their families, their behaviors and attitudes are naturally shaped in the family environment (Çeçen, 2007; Yavuzer, 2015). In this process, on the one hand, the individual needs more support from the family, who have experienced this process before, in order to cope with the effects of growth and development, and on the other hand, the intense desire to become independent does not want to be intervened in their own living space (Avcı, 2006; Kulaksızoğlu, 2020; Mckinney & Renk, 2011; Yavuzer, 2015). The adolescent's effort to become an independent individual increases the difference of opinion with the parent and may negatively affect the communication with the parent (Mckinney & Renk, 2011; Steinberg, 2017). For this reason, it is common for adolescents to conflict with their parents and experience various adaptation problems during adolescence.

Adolescents who show adjustment problems during adolescence may engage in risky behaviors. Risky behaviors are behaviors that can change the well-being of the adolescent, reduce his/her real capacity and harm himself/herself or the society he/she lives in (Ansari et al., 2016; Lindberg et al., 2023; Yalçın, Koyuncu & Avşaroğlu, 2022). During this period, individuals can exhibit many risky behaviors such as aggression and tendency to show violence, engaging in random sexual relationships, self-harm and addictive substance use (Şanver & Özvarış, 2023; Şimşek & Çöplü, 2018).

Substance use is generally experienced for the first time during adolescence (Yeşilay, 2024). According to WHO (2024), cannabis is the most commonly used drug among young people worldwide. In 2018, about 4.7% of adolescents aged 15-16 years used cannabis at least once and more than a quarter of all people aged 15-19 years, 155 million adolescents, are currently alcohol dependent. In addition, according to the World Drug Report (2021); in 2019, 1 in every 18 people aged 15-64, which constitutes 5.5 percent of the total world population, used drugs at least once. Looking at the world in general, there are parallel data on this issue in Turkey (Ministry of Health General Directorate of Public Health, 2017).

When adolescents cannot effectively cope with their problems, they may choose substance abuse as a solution. In particular, most adolescents grow up in an indifferent family, do not receive adequate support from their families, have unhealthy relationships within the family, do not have a role model to guide the individual, their parents use alcohol or drugs, have a family structure with disrupted integrity, and face domestic abuse and neglect (Telef & Karaca, 2011; Yalçın et al., 2022).

Substance use may be a way that adolescents may resort to when they cannot cope with challenging situations. Coping with difficulties is an important indicator of self-efficacy. Self-efficacy is the belief system that individuals create with their experiences and the sense of self-confidence they have (Lee, 2005; Yardımcı & Başbakkal, 2010). Individuals make better and stronger attempts to exhibit the desired goal, attitude or behavior with self-efficacy (Mohebi, Azadbakht, Feizi, Sharifirad & Kargar, 2013). When the literature is examined, it is found that adolescents with high levels of self-efficacy can cope with their problems more effectively (Keskin & Orgun, 2006).

Family relationships of adolescents, who are a risky group in terms of substance abuse, directly affect their coping with the problems of the period (Telef & Karaca, 2011). Family support and positive relationships with the family can discourage adolescents with high self-efficacy from substance abuse, which is an important problem, and they can have a higher self-efficacy with positive family relationships (Shumow & Lomax, 2002; Yuan, Weiser & Fischer, 2016). For this reason, our study aims to determine the

relationship between adolescents' family relationships and their self-efficacy to protect them from substance abuse.

In line with this purpose, the following questions were sought to be answered:

- What is the self-efficacy of adolescents towards protection from substance abuse?
- What are the family relationships of individuals in adolescence?

Is there a relationship between the self-efficacy of adolescents to protect themselves from substance abuse and their family relationships?

Method

Type of Study

It is a descriptive study to determine the relationship between adolescents' self-efficacy for protection against substance abuse and family relationships.

Sample and Inclusion Criteria

The sample of the study consists of students enrolled in the 9th, 10th, 11th and 12th grades at Abdurrahman Şimşek Vocational and Technical Anatolian High School in Şanlıurfa with a random selection. Of the 500 students who agreed to participate in the study, whose parents were alive and together, who did not receive any training related to the research topic between the ages of 13-18, 477 male and 477 female students were included.

Data Collection Tools

Individual Identification Form, Adolescent Parental Relationship Scale and Self-Efficacy for Adolescences Protecting Substance Abuse Scale were used in the study.

Individual Identification Form

The individual identification form was created by the researcher. The form inquired about the cohabitation and survival status of the parents for the purpose of the study, the students' previous education to prevent substance abuse, and socio-demographic characteristics such as age, gender, grade and family type.

Adolescent Parent Relationship Scale (APRS)

The scale consists of 27 items developed by Aktaş (2017) to measure the quality of high school students' relationships with their parents and is applied to high school students. Adolescent-parent relationships scale is answered on a Likert-type, five-point scale. High school students choose the most appropriate rating from the options "Not at all appropriate, not appropriate, partially appropriate, appropriate, completely appropriate". The total score that can be obtained from the scale varies between 27 and 135. Since three of the 27 items in the scale are reversed items, they are scored in reverse. A high score on the scale means that adolescents perceive their relationship with their parents positively. The scale consists of four factors: "support, sharing, closeness and monitoring". The total cronbach alpha value of the scale was found to be 0.95. In this study, the total chronbach alpha value of the scale was found to be 0.93 (Aktaş, 2017).

The Self-Efficacy for Adolescences Protecting Substance Abuse Scale (SEAPSAS)

The scale created by Eker, Akkuş & Kapısız (2013) can be applied to high school students in adolescence. A five-point Likert scale is used for scoring the scale. The responses to the items are evaluated as '1-I am not sure at all', '2-I am very little sure', '3-I am moderately sure', '4-I am quite sure', '5-I am extremely sure'. While 23 items in the scale are scored positively, in the control question, the scoring is done as '5-I am not sure at all', '1-I am extremely sure'. The minimum score that can be obtained from the scale is 23 and the maximum score is 115. A high total scale score can be interpreted as indicating a high self-efficacy in preventing substance abuse. The scale consists of 4 sub-dimensions. Dimension A, Staying Away from Drugs/ Stimulant Drugs- General, has 12 items. Dimension B, Staying Away From Drugs/ Stimulant Drugs- Under Pressure, has 4 items. Dimension C, Help-Seeking about Drugs/ Stimulant Drugs is 4 items. Dimension D, Supporting a Friend about Drugs/ Stimulant Drugs consists of 3 items and is a control

question: It is an item that can provide information about self-efficacy even alone. The total cronbach alpha value of the scale was found to be 0.81. In this study, the total chronbach alpha value of the scale was 0.89 (Eker, Akkuş & Kapısız, 2013).

Data Collection

Data were collected using face-to-face interview technique. Verbal information was given on how to fill in the scales. Data collection took an average of 20 minutes.

Statistical Evaluation of Data

IBM's Statistical Package for the Social Sciences (SPSS), version 23 was used for data analysis. The data were found to be normally distributed. Descriptive statistics such as number, percentage, mean values, T test and Anova tests were used. Correlation analysis was also performed between the two scales. Statistical significance was accepted as $p < 0.05$.

Ethical Principles of Study

For the study, the permission of the Harran University Clinical Research Ethics Committee (session numbered E-76244175-050.04.04-218147 dated 27.03.2023 and decision numbered 2023/05/09) and the approval of the participating students and their families were obtained.

Results

Descriptive characteristics of the 477 students who participated in the study are given in Table 1. The mean age of the students was 15.47 ± 1.15 years. It was determined that 51.8% of the students were male, 33.5% were 10th grade students and 63.7% had a core family structure.

Table 1. Descriptive characteristics of the secondary school students who participated in the study

Descriptive Characteristics		
	Ort.	**Min-Max**
Age	15.47 ± 1.15	13-18
	Number (n)	**Percentage (%)**
Gender		
Female	230	48.2
Male	247	51.8
Classroom		
9th grade	150	31.5
10th grade	160	33.5
11th grade	122	25.6
12th grade	45	9.4
Family type		
Wide	103	21.6
Core	304	63.7
Crowd	70	14.7
Total	477	100

Table 2 shows the mean total scores of the adolescents who participated in the study on the SEAPSAS and the APRS. The mean total score of the adolescents included in the study was 101.96 ± 14.78 and the sub-dimension scores of the adolescents included in the study were 55.22 ± 7.97 in the Avoiding Drugs / Stimulants sub-dimension and 18.74 ± 2.79 in the Avoiding Substances Under Pressure sub-dimension.74 ± 2.79, the mean sub-dimension scores of Seeking Help About Substance were 16.14 ± 4.29, the mean score of Supporting Friends About Drugs / Stimulants was 11.85 ± 3.34, and the mean total score of the APRS was 103.45 ± 21.47.

Table 2. Adolescents' mean total scores on the SEAPSAS and APRS

Scales	X±SS	min-max
SEAPSAS Total	101.96 ± 14.78	23 -115
Staying Away from Drugs/ Stimulant Drugs	55.22±7.97	12-60
Staying Away From Drugs/ Stimulant Drugs- Under Pressure	18.74±2.79	4-20
Help-Seeking about Drugs/ Stimulant Drugs	16.14±4.29	4-20
Supporting a Friend about Drugs/ Stimulant Drugs	11.85±3.34	3-15
APRS Total	103.45± 21.47	27 - 135

According to Table 3, the relationship between the total score of the SEAPSAS, the sub-dimension scores of the SEAPSAS, and the total scores of the APRS and some socio-demographic characteristics of the participants was analyzed. A significant difference was found between the gender of the participants and the total score of the SEAPSAS, Staying Away from Drugs/ Stimulant Drugs The SEAPSAS such as Abstaining From Drugs/Stimulants, Abstaining From Drugs/Stimulants When Under Pressure And Supporting Friends About Drugs/Stimulants ($p<0.05$).   However, no significant relationship was found between the sub-dimension of Seeking Help About Drugs/Stimulants of the SEAPSAS ($p>0.05$). In addition, there was no difference between the mean total score of the APRS and the gender of the adolescents ($p>0.05$). There was no significant relationship between the family type of the students and the scales ($p>0.05$). There was a significant correlation between the class type of the students and the sub-dimension of Supporting Friends About Drugs/Stimulants and the total score of the APRS ($p<0.05$).

According to the Pearson Correlation analysis results in Table 4, there was a significant positive correlation between the total score and sub-dimensions of the SEAPSAS and the total scores of the APRS.

Table 4. Pearson correlation analysis of the total and sub-dimension scores of the SEAPSAS and the total scores of the APRS

	SEAPSAS Total	SEAPSAS Staying Away from Drugs/ Stimulant Drugs	SEAPSAS Staying Away From Drugs/ Stimulant Drugs- Under Pressure	SEAPSAS Help-Seeking about Drugs/ Stimulant Drugs	SEAPSAS Supporting a Friend about Drugs/ Stimulant Drugs
APRS	R=0.382	R=0.327	R=0.256	R=0.422	R=0.142
Total	p=0.000	p=0.000	p=0.000	p=0.000	p=0.002

($p<0.05$)

Table 3. Distribution of total and sub-dimension scores of the SEAPSAS and total scores of the APRS according to some demographic

Features	SEAPSAS Total Mean ± SD	SEAPSAS Staying Away from Drugs/ Stimulant Drugs Mean ± SD	SEAPSAS Staying Away From Drugs/ Stimulant Drugs- Under Pressure Mean ± SD	SEAPSAS Help-Seeking about Drugs/ Stimulant Drugs Mean ± SD	SEAPSAS Supporting a Friend about Drugs/ Stimulant Drugs Mean ± SD	APRS Total Mean ±SD
Gender	103.88±11.8	56.10±6.4	19.06±2.1	16.36±4	12.35±2.8	103.82±22.3
Female (230)	100.17±16.9	54.40±9.1	18.44±3.2	15.93±6.4	11.38±3.6	103.11±20.7
Male (247)	**p = 0.005**	**p = 0.018**	**p =0.015**	p =0.271	**p=0.001**	p =0.721
	t=2.794	**t=2.365**	**t=2.436**	t=1.103	**t=3.215**	t=0.358
Family type	102.40±13.60	55.02±7.23	18.66±2.52	16.68±4.01	12.02±3.13	101.00±21.63
Wide(103)	101.83±15.46	55.29±8.44	18.74±2.95	16.06±4.37	11.73±3.43	105.11±20.60
Core(304)	101.84±13.53	55.18±6.94	18.88±2.44	15.67±4.33	12.10±3.23	99.85±24.32
Crowd(70)	F=0.060	F=0.45	F=0.136	F=1.310	F=0.527	F=2.584
	p=0.942	p=0.956	p=0.873	p=0.271	p=0.591	p=0.077
Class type	99.56±17.41	54.33±9.56	18.29±3.56	15.98±4.35	10.96±3.57	107.75±20.52
Grade 9(150)	101.97±13.54	55.10±7.51	18.83±2.52	16.06±4.20	11.98±3.22	100.81±22.72
Grade 10(160)	103.95±13.25	56.14±6.71	19.03±2.31	16.34±4.36	12.42±2.98	104.16±19.94
Grade 11(152)	104.48±12.38	56.13±6.62	19.15±1.59	16.40±4.32	12.80±3.30	96.60±21.58
Grade 12(45)	F=2.511	F=1.380	F=2.130	F=0.232	**F=6.242**	**F=4.474**
	p=0.058	p=0.248	p=0.096	p=0.874	**p=0.000**	**p=0.004**

Discussion

The findings of this study, which was conducted to examine the relationship between family relationships of adolescent high school students and their self-efficacy to protect themselves from substance abuse, were discussed in line with the literature.

The mean total score of the students who participated in our study from the Self-Efficacy Scale for Protection from Substance Abuse was 101.96 ± 14.78. When the literature was examined, it was determined that the scores were similar to the scores obtained in studies conducted in similar groups (Karaca, 2023; Uzun & Kelleci, 2018; Yılmaz, Yılmaz, Sorver, Karagöz & Abalı, 2023). However, according to the study of Akkuş, Eker, Karaca, Kapısız & Açıkgöz (2016), 88.34 ± 13.63, according to the study of Görgöz (2023) 76.44 ± 8.89, according to the study of Yıldız (2017) 66.24 ± 17.90 and according to the study of Altundağ (2021) 40.56 ± 15.91. The mean scores of these studies differ from our study. The possible reason for the differences in the scores obtained in the studies is thought to be dynamics such as the fact that the studies were conducted in different cities and institutions with different characteristics, and that the participants had different family structures and cultures. As a matter of fact, Yıldız (2017) and Altundağ (2021) state that the fact that the adolescent group in the study has different socio-demographic, cultural and individual characteristics will affect the results.

According to Lowe, Sorkhou & George (2024), during adolescence, the individual is more vulnerable and in a bad mood due to the effect of the substance. This situation also affects the coping skills of the individual in later life processes. Substance use should be prevented to address the mental health risks of individuals. In the study conducted by Rizzal, Keliat & Wardani (2021) with nursing interventions in 87 high schools in East Java, it was found that as the positive aspects of adolescents, such as self-efficacy, increase in the face of the problems they experience, their rejection skills increase and they can be protected from substance abuse.

High self-efficacy of individuals in adolescence is an important factor that protects individuals from substance abuse (Akkuş, Eker, Karaca, Kapısız & Açıkgöz, 2016; Altundağ, 2021; Şen, 2015; Şen & Dilmac, 2017). Individuals with increased self-efficacy to protect themselves from substance abuse have more positive expectations for the future and are better able to overcome the difficulties they will face (Şen, 2015). In addition, this situation reduces individuals' tendency towards risky behaviors and individuals can spend this period healthier (Altundağ, 2021).

In our study, it was observed that female students had higher total score of the SEAPSAS higher scores of the sub-dimension scores of the SEAPSAS's Staying Away from Drugs/Stimulants, Staying Away from Drugs/Stimulants When Under Pressure, and Supporting Friends About Drugs/Stimulants than male students ($p<0.05$). When the literature was examined, similar findings to our study were found in the study results of Tilim (2019), Şener, Akkuş, Karaca and Cangür (2018) and Teze and Ayhan (2022). During adolescence, the individual's initiation of the substance, the continuation of the substance and the addiction threshold of the individual may differ according to gender. In our society, it is generally seen that women are given more adaptive roles. In addition, they are exposed to social labeling more than men in this regard. This situation may cause men to be more comfortable in exhibiting risky behaviors and to use more substances (Saçaklı & Odabaş, 2023). In this case, girls are more afraid of substance abuse and protect themselves more than boys. When the literature is examined, there are also results that differ from our study and there are data that gender does not affect in a certain way in some studies (Karaca, 2023; Yıldız, 2017). Therefore, it is not possible to make a general judgment.

A significant relationship was determined between the 12th graders' sub-dimension scores of Supporting Friends About Drugs/Stimulant Substances of the SEAPSAS. 12th grade students are 18 years old on

average and in the last period of adolescence (Kılıç, 2016). Towards the end of adolescence, it is seen that family, peer and social relations of individuals increase during this period. This situation increases the social responsibility awareness of adolescents, supports them to be helpful and involved in society (Temel & Aksoy, 2001; Yağmur & Aslan, 2023; Kılıç, 2016).

According to the analysis results of our study, the mean total score of the Adolescent-Parent Relationship Scale was 103.45 ± 21.47. When the literature was examined, the mean total score of the scale in Ağırkan's (2021) study was 107.28 ± 17.59 and parallel results were obtained with our study. The possible result of these findings is an indication that the students participating in the study have good relationships with their parents. In families with strong ties, supportive parental attitudes, effective communication and quality sharing, appropriate environments should be created for the development of social and emotional skills (Ağırkan, 2021; Karataş, Mercan & Düzen, 2016; Özyürek & Basar, 2021). For this reason, the family's attitude towards the adolescent is very important (Gülmez, 2003). Because, according to Doğan (2016), the family's attitude towards the adolescent can shape and direct the behavior of the adolescent.

According to Wang, Liu & Wang (2013), this may be the most important reason why adolescents who are not in positive relationships with their families often experience emotional and behavioral problems. Individuals who can establish a strong family relationship during adolescence may be stronger against substance abuse (Chedid, Romo & Chagnard, 2009). In our study, findings supporting these data were also found.

In our study, a significant relationship was found between the 9th graders and the Adolescent Parental Relationship Scale. The 9th grade students who participated in our study are 14 years old on average and are in early adolescence. According to Steinberge (2017), early adolescence is a period when young people try to take a stronger role in the family but the family does not allow this. In our research, it is seen that relationships get better with decreasing age. The ultimate reason for this result may be that the adolescents in our study group dominate the traditional family structure due to the culture in which they live, live in crowded or extended family environments, and the family is more dominant and influential on the individual at a young age (Özer & Aslan, 2023).

According to the results of the correlation analysis between the Substance Abuse Prevention Self-Efficacy Scale and the Adolescent Parental Relationship Scale, a statistically positive effect was found between them ($p<0.05$). In Stormshak and Dishion's (2009) study, it was found that the positive relationship of the parent with the adolescent was effective in reducing the risky behavior of the adolescent and reducing the long-term risk of substance use in adolescence. In other words, it can be concluded that the better the relationship of adolescents with their parents, the higher the self-efficacy of adolescents to protect themselves from substance abuse. There is a positive correlation between the support provided by the family in the relationship that the adolescent establishes with his/her parents, the sharing with the family and the closeness he/she establishes with the family, and the high level of self-efficacy for protection from substance abuse, staying away from the substance even when under pressure, being able to seek help and supporting his/her friend about the substance (Akkuş et al., 2016; Aktaş, 2017). In addition, when the family adequately monitors the adolescent and provides proper guidance in peer relationships, adolescents show less risky behaviors with a more understanding, non-restrictive and controlled monitoring of the adolescent's behaviors (Uludağlı ve Sayıl, 2009).

Conclusions and Recommendations

In this study, which examined the effect of adolescents' relationship with their parents on their self-efficacy levels for prevention of substance abuse, it was concluded that girls had higher self-efficacy for

prevention of substance abuse than boys. It was determined that 9th graders had better parental relationships and 12th graders were more supportive to their friends about substances.

In summary, it was determined that parents' supporting the adolescent positively, showing closeness to him/her, sharing with him/her and observing the individual in this process positively predicted the adolescent's high level of self-efficacy for protection from substance abuse.

- It is recommended that the study be expanded in a larger sample, in different cities and cultures, and that interventional studies be conducted to increase adolescents' self-efficacy to protect themselves from substance abuse.
- Various trainings can be provided for adolescents and their parents. The harms of risks can be reduced by educating the family, which is the basic dynamic of society. These trainings can include appropriate communication and technology-supported resources with modern approaches and cultural richness.
- It may be recommended to provide adolescence education at an earlier age and to increase school-family-environment supported skill-building trainings for adolescents to develop skills and attitudes towards risky life experiences.

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