

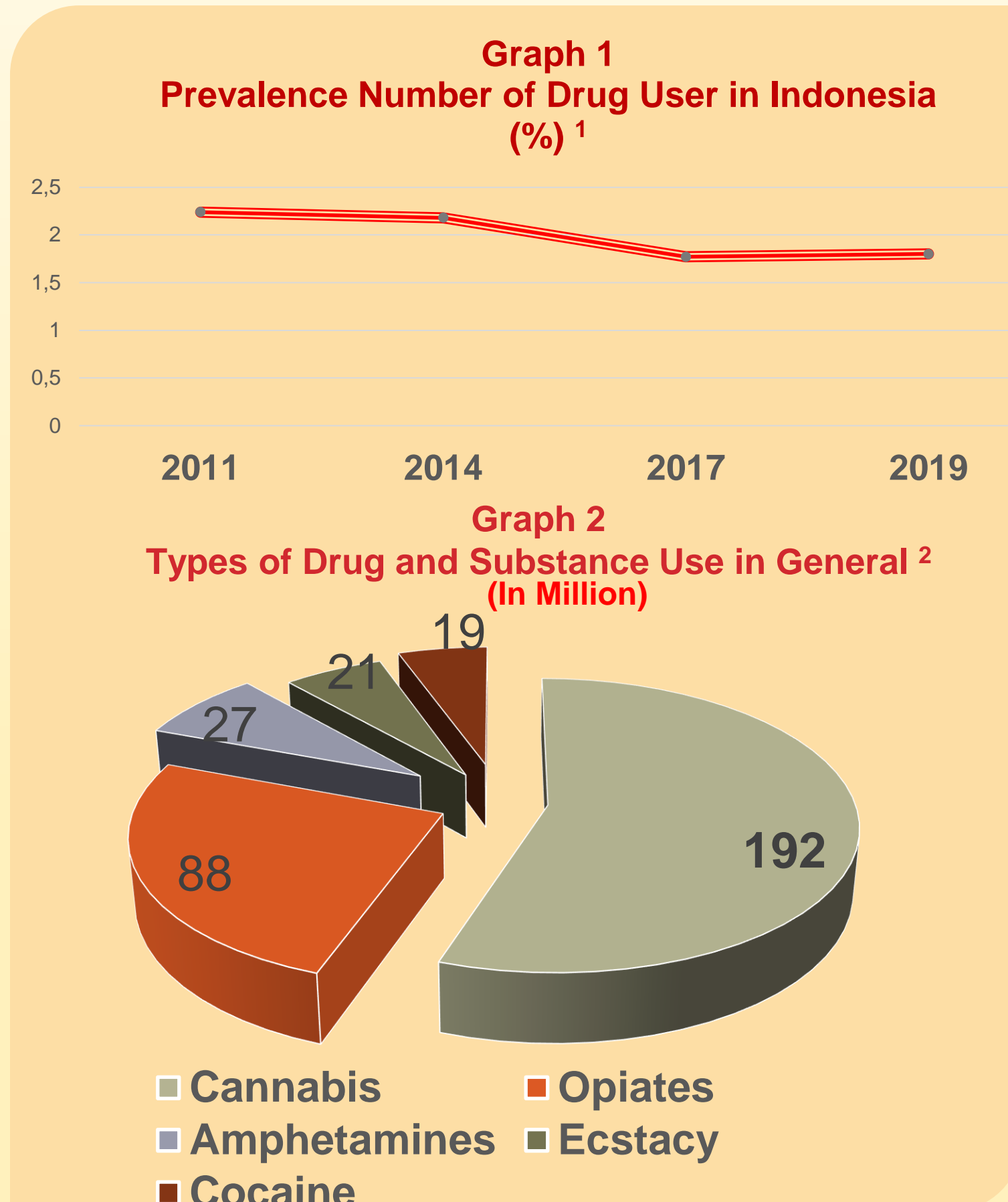
Preventing Drug and Substance Abuse Among Students Through Mindfulness

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Mindfulness contributes to helping more young generations safe from drug and substance use problems.



Introduction

- Drug and substance abuse have become a trend or lifestyle among adolescents.
- Adolescence is a crucial risk stage of the initiation of drug exposures (Gonzales, 2020)
- From the statistics, only one out of eight people get the proper treatment for their drug problems.²
- Adolescents have rapidly changing emotions and they tend to react to situation quickly (Gonzales, 2020)
- Students often face some pressures that educators can help with; mindfulness is a great coping strategies (Cujipers, 2002)

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 2. UNODC. (2020). World Drug Report 2020. <https://wdr.unodc.org/wdr2020/en/drug-use-health.html>

Adolescents And Drug Exposure

From NIDA (2020), some factors causing teenagers to use drug and substance:

- To fit in with their peers
- To feel the euphoria
- To have an attempt to lessen feelings of distress
- To improve performance
- To seek a new experience of drug use

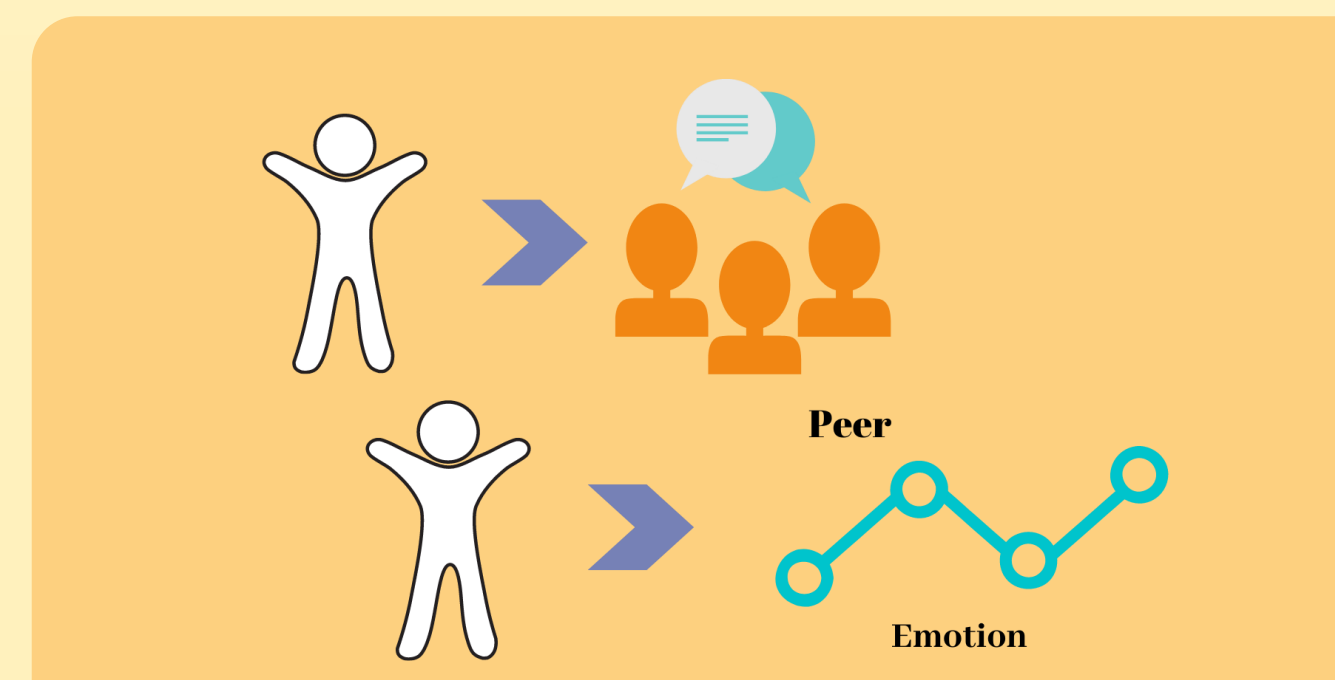


Figure 1: Young Adolescents Characteristic

What Is Mindfulness

Kabat-Zinn defines the mindfulness as a state of awareness that can be cultivated by increasing our attention level, being here and now, and without judgement. It will help us to accept every situation clearly (Bowen et al, 2009).

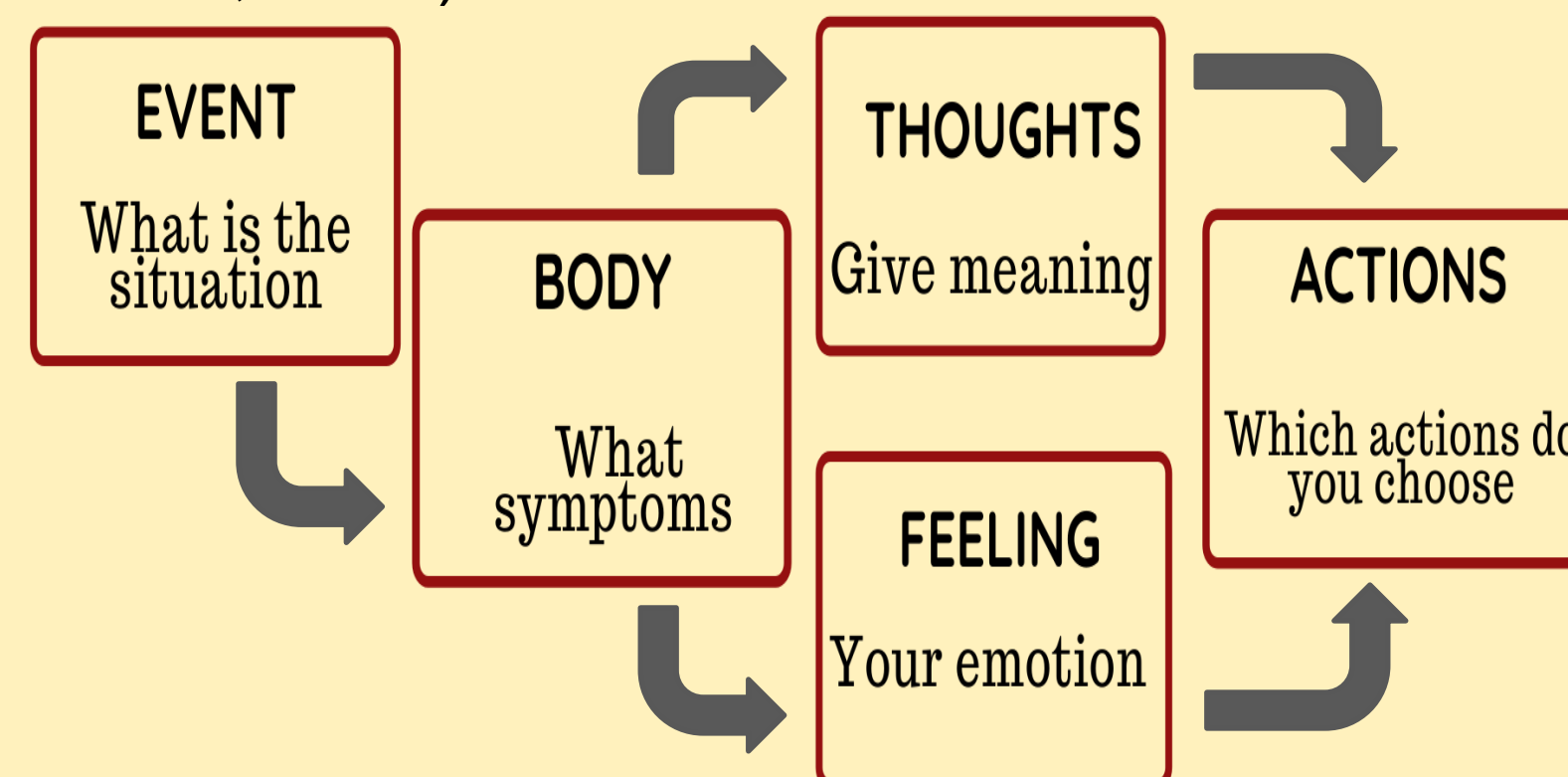


Figure 2 Mindfulness Process

Method



- Two Groups of Random Controlled Group and Treatment as Usual Group
- 15 - 20 years old
- Screening



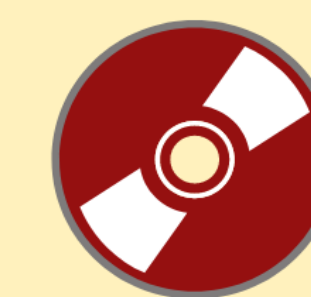
- Eight 2-hr Session
- Guided Meditation
- Counseling
- Experiential Exercise



- Pre and Post Assessment
- Five Factor Mindfulness Questionnaire (FFMQ)
- The Acceptance and Action Questionnaire (AAQ)



- Self-Recorded Meditation



- CD Of Guided Meditation

Mindfulness Exercise

Mindful breathing Learn to pay attention and observe all the situations around.
Body Scan To feel all the sensations from different parts of the body.
Mountain Observing To notices: feelings, thoughts, lights, sound, etc.
"How would you treat your friend" Increase compassion and see objects or events from different perspectives.

Discussion

- Mindfulness high school-based interventions can help students overcome their anxiety (Gonzales, 2020).
- School-based drug prevention can be an effective solution to solve the addiction problem (Cujipers, 2002).
- Therefore, promoting Mindfulness-Based intervention at school should be studied in the future as a drug and substance use prevention strategy.

References

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3. Gonzalez, R. (2020). *Mindfulness high-school-based strategies and interventions for students with social anxiety* (Order No. 27961625). Available from ProQuest Dissertations & Theses Global. (2406975654). Retrieved from <https://search-proquest-com.libezproxy2.syr.edu/docview/2406975654?accountid=14214>
4. National Institute on Drug Abuse. (2020, May 24). *Why do adolescents take drugs?* National Institute on Drug Abuse. <https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/frequently-asked-questions/why-do-adolescents-take-drugs>.