Research Article

Mental Health Status, Hope and High Risk Behaviors of the Children of Addicted Families and Comparison with Healthy Families in Yasuj

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ABSTRACT:
The purpose of this study was to investigate the mental health status, hope and high-risk behaviors of children of addicted families and compare them with healthy families in Yasuj city. The purpose of this research is applied research. It is also correlated in terms of the nature and method of the research, and it is temporally cross-sectional because it has been done within a certain time. The statistical population of this study was all families living in Yasuj. The number of households one parent or both of whom was involved in drug addiction and who lived in Yasuj in 2017 is 3,420 households, with 2360 households with a severe drug use situation. Which is a total of 1,800 people; the number of subjects sampled from the Morgan table was 328 (164 healthy families and 164 families involved in addiction use). Sampling method was simple random. In this research, a questionnaire was used to collect data. To analyze the data, t-test of two independent samples and comparison of the means of the two groups using spss software have been studied. The findings of this study showed that the average mental health status and hope of the children of the families involved in the addiction of the children of the healthy families were lower and their high risk behaviors were higher. Also, the difference in mental health status, hope and high-risk behaviors of these children was significant.

Keywords: mental health, high-risk behaviors, hope, addiction.

INTRODUCTION

Mental health is one of the important issues that plays a very important role in the growth and development of societies. The World Health Organization defines mental health as a form of well-being that recognizes and empowers people efficiently and productively, and is useful to their community (1).Hygiene is one of the most important issues in every country. It is considered in physical, psychological and social aspects. If the mental health dimension is not adequately addressed, the frequency of psychological and behavioral problems will be increased to the extent that the resulting complications neglectingit in individual, social, familial, human, political, economic and cultural aspects will have adverse effects (2).Mental health is the balanced and coherent behavior of the community, the recognition and acceptance of social realities and the ability to adapt to them, the satisfaction of their own needs and the prosperity of their natural

talents. Therefore, a person has mental health that is able to resolve his problems and adapt to the changes and requirements of his natural and social environment and strive to provide health and vitality for himself and others because mental health is a favorable condition for Growth is physical, emotional and sensible, without disturbing others (3).One of the serious health threats, which in recent years has been considered by the health organizations, law enforcement and social policymakers as one of the most important problems in the society due to rapid social changes. Is the outbreak of high-risk behaviors among the various sections of society. For example, it is anticipated that, by 2030, only the incidence of illnesses and deaths from smoking and tobacco will reach 10 million per year (4), which if the physical, psychological and social consequences of other behaviors Also, the high risk such as substance abuse, violence, AIDS, alcohol consumption, and insecure sexual behaviors also accounted for more injuries.

Risky behaviors are risky behaviors that can cause, in the future or in the future, to cause physical and psychological problems and physical and social harm in the health of the individual and the community, and have negative consequences. If these behaviors are stable in personality, His lifestyle is called unhealthy (5). The most important of these behaviors are violence, suicide, smoking, alcohol, insecure sexual material and behavior (6).Life with severe illness or injury is unpredictable and undesirable. This type of life is full of the dangers of self-realization and also hurt hopes, self-esteem, feeling of freedom, everyday activities, physical comfort, mental health, and future life. Addiction is a type of illness that has various consequences, including disability, high risk behaviors for children, and, ultimately, lack of mental and physical health (7).

Drug orientation is one of the concerns of human societies, which is constantly evolving, so that by 2011 it has hit 243 million people worldwide, drug use and psychosis The battalion, it's funny and even affectionate to it, has a long history. But the use of it in the old days in the present form was not problematic and did not lead to the destruction of the human community. Addiction souvenirs for human societies, deafened and depressed faces, sighted eyes, lack of physical and mental health, disappointment, unmarried families, delinquent and high risk children, robbery, delinquency, suicide, prostitution, aggression, poverty And so on (8).

Hope to visualize good days in the future (9). According to Schneiders theory, hopelessness is a shocking state that becomes apparent with the feeling of impossibility of affairs, the feeling of disability and lack of interest in life. The person is severely inactive due to frustration and cannot judge and decide on different situations (10). Nowadays, theories of psychology and therapeutic meaning, taking into account the transience of being and the existence of man, instead of pessimism and isolation, call for man to work and express that what constitutes human beings, They are not suffering and undesirable, but it is dismaying that life is disastrous. If you accept the pain of courage boldly until the last tail, life will have meaning and the meaning of life can even have a potential meaning of pain and suffering. Frankl believes that there is nothing in the world that would help humanity more than finding the "meaning" of its existence. In this regard, Nietzsche believes that "anyone who has found the cause of life will make any difference" (1).

The family is one of the oldest and most original units of the human community. The amazing advancement of knowledge and technology and the development of communication and information systems has not only failed to increase the importance of the family at all, but has encouraged thinkers and policy makers to announce on the basis of numerous and different surveys and studies. That the most powerful nations are those whose families have the strongest foundation and organization. Therefore, all social institutions should serve to strengthen and strengthen the family system. Parental addiction severely threatens the family's mental health. Damage, depression, anxiety, decreased self-esteem, severe emotional involvement, high

risk behaviors such as violence, AIDS, insecure sexual behaviors, etc., is harmful. Which threatens the family when one parent adds. Usually, addicted husbands are one of the most important causes of women's addiction. Many men are not criticized for their addiction to drugs when they use drugs, they even addiction to their husbands, they may even abuse their children and bring them to do things like to distribute drugs (11). Regarding the mentioned cases, the researcher is now answering to the question whether there is a significant difference between the variables such as mental health, hope and high-risk behaviors among the children of the families involved in addiction to healthy families.

BACKGROUND RESEARCH

Mirkhani (2015) studied the relationship between personality traits, excitement and religiosity with a tendency towards high-risk behaviors in Arak students. The results showed that between variables, prediction of psychosis, extraversion, flexibility, adventure, experientialism and escape from inhibition of high-risk behaviors are positive and significant. It also predicts that responsibility, religious knowledge and religious beliefs, and the practice of religious duties of high risk behaviors are negative and significant. Based on the results of any lesion and inadequate physical and mental health of students, it unavoidably leads to slow progress in society (7).

Fathi and Zakeripour (2014) investigated this issue in a study entitled "Identifying the Causes of Psychological Attitudes of Adolescents to Harmful Behaviors of Coping with It". The findings of the research indicate that the most psychological causes of high-risk adolescents' behavior are related to personality factors, which police considers the educational and rehabilitation strategies as the best way to deal with it. Considering the high prevalence of high-risk behaviors among adolescents and their relation to psychological factors such as identity and personality characteristics, the results of research in rehabilitation institutions and legal decision-

making bodies on coping with crimes can be used (12).

Mohammad Salari et al. (2013) in his research entitled "Comparison of Negative Psychosis, Negative Emotions with Risk in Delinquent Adolescents with Non-Cash" showed that adolescent delinquents had a high prevalence of adolescents, and had lower levels of lowering emotions and higher risk aversion than non-adolescent adolescents (13).)

Gholami et al. (2010) investigated this issue in the study of "Effectiveness of group therapy on the meaning of group therapy in life and general health of thalassemia patients" in the city of Ahvaz among 15- to 18-year-old girl thalassemia major patients. The results of this research, which inferred from the general health test and Miller's Life Expectancy test, showed that the training of meaning therapy can increase the life expectancy and general health of patients with thalassemia major. Also, the measurement of research durability has shown the same result (14).

Hosseinian et al. (2009) investigated the mental health of female headed households in their research on "Mental Health of the Head of Households of Women Covering the Welfare Organization of Tehran". The results of the research show that 77% of female headed households do not have full mental health and only 23% of them have full mental health. They also believe that paying attention to the psychological state of women headed by the family through counseling sessions, workshops and types of treatments can be effective in improving their condition (15).

Zare et al. (2007), in a study entitled "The relationship between academic achievement and general health and hope in students of Shiraz University of Medical Sciences", have shown that students' academic status is not correlated with their level of health and their hopes, but health The public is solid with hope. They believe that the academic status of students is influenced by other factors and their interactive effects (16).

Haghighi et al. (2007), in an article entitled "The Impact of Life Skills Training on Mental Health

and Hope of First-Grade Girl Students", concluded that life skills training, based on the mean difference in knowledge scores Students in the experimental group have increased the hopes of the experimental group compared to the average of the difference in the grades of the students in the control group (17).

Narimani et al. (2007) found a significant difference in the mental health of mothers of exceptional children and mothers of normal children. There are significant differences in mental health symptoms such as depression, anxiety, psychosis, aggression, and anxiety. However, there was no significant difference between groups in terms of physical complaints, obsessive-compulsive, sensitivity to intercourse, and paranoid thoughts. A comparison of the two groups showed that the presence of a mentally retarded child affects maternal mental health more than a blind or deaf child (18).

The results of a research conducted by Kyo and Suhhoo (2014) by Andong University College of Nursing, South Korea, on the purpose of studying the effectiveness of therapeutic meaning and exercise on the increase in meaningfulness and life expectancy in elderly people, shows that There is a significant difference between the test and control group due to the meaning of life, life expectancy, and life expectancy. In this way, it is recommended that exercise with nursing care be done for the elderly (19).

Mumtaz et al. (2012) in a study on "Comparison of drug use by fanatical and non-medical students" in Rawalpindi, Pakistan. The results of this study indicate that smoking and drug use in non-nursing students is higher than that of medical students, which is more common in male students than in women. The most important factor in the use of materials in this group of students is the impact and pressure of the group, and after that, the availability of the materials as another important factor in this group of students was introduced (20).

Hokansoon et al. (2012) concluded in their research entitled "Neuroticism and Extrovert Relationship with Mental Health and Risk in Boys

Adolescents" that individuals with fewer neuroticism and anorexia are less likely than those of normal self-esteem Higher, have a higher mental health and less risk (21).

RESEARCH METHOD

The purpose of this research is applied research. It is also correlated in terms of the nature and method of the research, and it is temporally cross-sectional because it has been done within a certain time. To collect information in this research, library studies have been used in the study of subject literature and theories and the history of the subject matter of internal and external books as well as the collection of articles and journals in the organizations and the library. A survey method has been used for collecting data. According to the characteristics studied the statistical population of the study was the variables studied and the hypotheses presented using various tools and techniques for obtaining and providing required information and collecting the data. Books, dissertations, subject studies and sample individuals, Internet resources, English articles and organizational information were the major sources of information required. The statistical population of this study was all families living in Yasuj. The number of household's one parent or both of whom was involved in drug addiction and who lived in Yasuj in 2017 is 3,420 households, with 2360 households with a severe drug use situation. Which is a total of 1,800 people; the number of subjects sampled from the Morgan table was 328 (164 healthy families and 164 families involved in addiction use). Sampling method was simple random. In this research, a questionnaire was used to collect data. To analyze the data, t-test of two independent samples and comparison of the means of the two groups using spss software have been studied.

RESEARCH FINDINGS

Main hypothesis: There is a significant difference between the mental health status, hope and high-risk behaviors of children of families involved with addiction with healthy families in Yasuj.

Table 1 shows the mean and standard deviation of the three variables in question, as well as in general, by the families of addicted families and healthy families. As shown in the table, the average mental health in the offspring of the affected families is 2.26 and 3.8 in the offspring of healthy families. These values indicate that mental health in children of the affected families is lower than the average of 3, while in the children of healthy families, the average is 3.

Meanwhile, the average life expectancy at the children of addicted families was 1.38 and in the offspring of healthy families, it was 3.36. These values also indicate that the life expectancy at the children of the affected families is lower than the average of 3, while in the children of healthy families, the average is 3. Therefore, it can be predicted that the children of healthy families have a much higher life expectancy, while the hope of living in the children of the affected families is heavily underestimated.

The average of high-risk behaviors in offspring of addicted families is 3.64 and in healthy children's children are 2. 21. These values indicate that high-risk behaviors are higher than the average of 3 in the families of affected families, while in healthy children's children they are above average 3.

Table (1): The mean and standard deviations of the variables by the healthy and involved families of addiction

	Family	Number	Average	The standard deviation
mental health	Involved in addiction	164	2.26	0.23
	Healthy	164	3.80	0.17
Life expectancy	Involved in addiction	164	1.38	0.26
	Healthy	164	3.56	0.26
High-risk behaviors	Involved in addiction	164	3.64	0.14
	Healthy	164	2.21	0.57

To test the hypothesis that there is a difference between families, two independent samples were used to test the t test. The test results are shown in Table (2).

Table (2): T test, two independent samples for the assessment of mental health status, life expectancy and high-risk behaviors

Variable	Test statistic	The significance level	Average differences
Mental health, life expectancy and high risk behaviors	-28.322	0.001	-0.610

The analysis of the data shows that the test statistic is 28.22-32, whose significance level is equal to 0.001, which is less than the error level (0.05). Therefore, the hypothesis was confirmed and it was found that there is a significant difference between the mental health status, hope and high behaviors of the children of the families involved in addiction with healthy families in Yasuj city at a confidence level of 0.95. The average difference between two types of families is estimated at -0.610.

First sub hypothesis: There is a significant difference between the mental health status of children of families involved with addiction and healthy families in Yasuj.

Data analysis shows that the test statistic is 58.1 231 which its significance level is equal to 0.001, which is less than error level (0.05). Therefore, the hypothesis was confirmed and it was found that there is a significant difference between the mental health's statuses of the children of families involved with addiction to healthy families in Yasuj city at a confidence level of 0.95. Also, the average difference between two types of families is estimated to be 1.38, which means that mental health among offspring of addicted families is 1.38 times lower than that of healthy families.

Table (3): T test statistic two independent samples for the mental health variable

Variable	Test statistic	The significance level	Average differences
mental health	-58.231	0.001	-1.38

Second sub hypothesis: There is a significant difference between the statuses of hope of children of families involved in addiction with healthy families in Yasuj.

The analysis of the data shows that the test statistic is equal to -0.259 and the significance level is equal to 0.003, which is less than the error level (0.05). Therefore, the hypothesis was confirmed and it was found that there is a significant difference between the statuses of hope of children of families involved in addiction with healthy families in Yasuj city at the confidence level of 0.95. Also, the average difference between two types of families is estimated to be 1.80, meaning that the life expectancy among children of affected families is lower than an average of 1.80% of the children of healthy families.

Table (4): T test statistic two independent samples for the life expectancy variable

Variable	Test statistic	The significance level	Average differences
Life expectancy	-79.320	0.003	-1.80

Third sub-hypothesis: There is a significant difference between the statuses of high-risk behaviors among the families of addicted families with healthy families in Yasuj.

Table 5: T test statistic two independent samples for the variable of high-risk behaviors

Variable	Test statistic	The significance level	Average differences
High-risk behaviors	31.048	0.001	1.68

The analysis of the data shows that the test statistic is 31/48 and the level of significance is equal to 0,001, which is less than the error level (0/05). Therefore, the hypothesis was confirmed and it was found that there is a significant difference between the statuses of high-risk behaviors among the families of addicted families with healthy families in Yasuj. At the same level, the average difference between the two types of families is 1.68 The concept is that high risk behaviors among offspring of addicted families are 1.68 on average more than children of healthy families.

CONCLUSION

The analysis of the data shows that the test statistic is 28.2232 which has a significant level of 0.001 which is less than the error level (0.05). Therefore, the main hypothesis of the research was confirmed and it was found that there is a significant difference between the mental health status, hope and high behaviors of the children of the families involved in addiction with healthy families in Yasuj city at a confidence level of 0.95. The average difference between two types of families is estimated at -0.610. The results also showed that there is a significant difference between the mental health status, the children's expectations, the high risk behaviors of the children of the families involved in addiction with healthy families in Yasuj, at a confidence level of 0.95. The results of this research are consistent with Mirkhani research (1394), Fathi et al. (2014), Mohammad Salari et al. (2013), Hosseinian et al. (2009) andHaghighiet al. (2007). A person with mental health has intimate relationships and is well aware of his position in the family and social groups. Also, the most basic characteristic of healthy living is the readiness to accept and receive a new structure and transformation based

on the requirements of the next moment's experience.

Based on this, in the affected families, addiction due to the constraint of consumption and drug dependence, as well as the pain caused by the lack of consumption by the consumer, has created a constraint on the acceptance of new conditions, which in turn reduces the mental health of family members Due to the lack of estimation of the variation in the variability of family members, the family group is diminished. Therefore, children should be properly informed about the consequences of parents' addiction by comparing them with the children of healthy families in order to make their decision.

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