FATORES DE PROTEÇÃO PARA USO DE DROGAS NA ADOLESCÊNCIA: UMA REVISÃO INTEGRATIVA

PROTECTIVE FACTORS FOR DRUG USE IN ADOLESCENCE: AN INTEGRATING REVIEW

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RESUMO

Este artigo científico apresenta uma revisão integrativa de estudos que abordam o tema fatores de proteção do uso de drogas por adolescentes e tem como objetivo identificar quais são estes fatores. A pesquisa foi realizada em bases de dados on-line entre o período de 1998 a 2018, utilizando os Descritores: “fatores de proteção”, “adolescentes” e “drogas”, com o recurso de operadores booleanos “and”. Desta forma, a pesquisa gerou um total de 211 artigos que foram analisados segundo critérios pré-determinados de inclusão e exclusão que culminou em 25 estudos que compõem o estudo. Assim, a pesquisa mostrou que dentre os 25 artigos analisados, 19 destes apresentam a família como principal fator de proteção ao uso de drogas por adolescentes. Além disso, a religiosidade, a escola, o engajamento em grupos sociais, a autoestima e a disponibilidade de informações sobre drogas também foram apontados, porém em menor escala.

Palavra-chave: adolescentes; fatores de proteção; droga

ABSTRACT

This scientific article presents an integrative review of studies that approach the theme protection factors of the use of drugs by adolescents and aims to identify which are these factors. The research was carried out in online databases between 1998 and 2018, using the Descriptors: "protection factors," "adolescents" and "drugs," with the use of Boolean "and" operators. Thus, the research generated a total of 211 articles that were analyzed according to predetermined inclusion and exclusion criteria that culminated in 25 studies that make up the study. Thus, the research showed that among the 25 articles analyzed, 19 of these present the family as the main factor to protect the use of drugs by adolescents. Also, religiosity, school, engagement in social groups, self-esteem and the availability of drug information were also pointed out, however on a smaller scale.

Key-words: adolescents; protective factors; drugs

INTRODUCTION

The present article of integrative review has the objective of identifying and analyzing the protection factors for drug use among adolescents pointed out by previous studies. Human development occurs throughout life through a biopsychosocial, global and continuous process of transformation. Thus, adolescence is an important phase of life that is configured as a period of maturity and growth. The maturation "occurs in the biological body characterized by the transformations of puberty and the psychological structure." It is a phase of transition from childhood to adulthood in which important biological, cognitive, social and emotional transformations take place. BRASIL (2014)¹.

According to the Statute of the Child and Adolescent - ECA (Law no. 8,069 / 90), a teenager is between twelve and eighteen years of age (BRAZIL, 1990). However, the norms and policies of the Ministry of Health of Brazil delimit the age group between ten to twenty-four years of age. The World Health Organization - WHO defines the period of adolescence between ten and nineteen years and the United Nations - UN, between fifteen and twenty-four years. (EISENSTEIN, 2005).

According to De Micheli *et al.* (2014) during adolescence, brain transformations that subsidize the behavior of adolescents and the region responsible for more complex functions such as planning elaboration, mental representations of the outside world, logical reasoning and speech production are the last ones to mature. Changes in the reward system encourage the adolescent to abandon children's practices and seek satisfaction in making new friends, becoming interested in music, sports, religion and philosophy, and engaging in new activities, including taking risks. Therefore, adolescence is characterized as a period of physical, emotional and social vulnerabilities.

Considering the adolescent's vulnerability spheres, the issue of drugs is a matter of indispensable approach, as well as the relationship they establish with it, besides the legal, social, biological, emotional, political and cultural aspects.

"The prevention of the use of alcohol and other drugs is an action that is very complex because, at the same time as it refers to the intimacy dimensions of private life, it involves society as a whole." (BRASIL, 2014).

According to Brazilian law, Law nº 11.343 / 2006, a single paragraph of art.1º that establishes the National System of Policies on Drugs - SISNAD defines as drug "substances or products capable of causing dependence." In the scientific field, the most widely used definition is WHO (1993, 69-82), which considers the biological perspective and defines that "drug is any natural or synthetic substance that is introduced into the living organism, it can modify one or more of their functions." (LIMA, 2013).

The drug problem affects people of all ages, from all walks of life, and is concerned about agents in a variety of areas, particularly health, education, and security. Thus, avoiding and reducing drug use by adolescents is a major challenge for society. According to Diehl and Figlie (2014), "Factors related to reducing the potential for abuse and increasing resistance to experimentation are called protection factors." Among the protection factors pointed out by the author is precisely the family relationship, its positive connection and the welcome it offers.

METHOD

The study is an integrative review of the literature. The elaboration of the article was carried out through research in Capes' online journal platform, generating a total of 211 studies and, in databases such as Scielo (34); Lilacs (71); ERIC (01) and Pubmed (105) with the resource of Boolean operators "*and*." All the searches were delimited in the period of the last twenty years, that is, between 1998 and 2018, using the

descriptors "drugs," "adolescents" and "protection factors." The pre-determined inclusion criteria for the analysis of the articles found were: an approach to protection factors related to drug use among adolescents. Articles were found that dealt with protection and risk factors. However, only the information about the protective factors to compose the study was extracted. Opinion articles, reflective articles, reviews, those dealing with "protective factors" from the point of view of teen pregnancy prevention; protection of rights; organs that guarantee protection; protection net; social protection, as well as articles that, although they dealt with the topic, did not present clear and / or conclusive data on results, discussion or conclusion were excluded. Thus, we selected 25 articles that compose this study on protective factors for the use of drugs in adolescence.

RESULTS

The results present publications available in different databases on protection factors against the use of drugs that pointed out by studies between 1998 to 2018.

Authors	Main results	DataBases	Year
Sanchez <i>et al.</i>	The study demonstrates that family structure, religiosity, availability of information on dependence and consequences of drug use, as well as prospects, influence as protective factors in drug use.	Scielo	2003
Kessler <i>et al.</i>	The article presents results from previous studies that demonstrate that stable environment, high motivation, strong family bonding, parental supervision, consistent discipline, attachment to prosocial institutions, association with non-users friends, and early treatment of ADHD(85% chance reduction of involvement with drugs) are characterized as protective factors against drug use.	Scielo	2003
Mathews <i>et al.</i>	The research shows that the role of the mother as head of the family represents a protective factor against the use of drugs for the adolescent. As well as, the frequent practice of sport as a lifestyle.	Scielo	2004
Best <i>et al.</i>	The study suggests that more time invested in parent-child relationships is linked to lower levels of drug use.	Pubmed	2005
Schenker <i>et al.</i>	The article presents results from previous research that points to support and family interaction as protective factors for drug use.	Scielo	2005
Bezerra <i>et al.</i>	The results of the study suggest that religiosity can act as a modulator of exposure to alcohol and tobacco consumption in adolescence, being a factor to protect the use of these substances.	Scielo	2006
Rumpold <i>et al.</i>	The article demonstrates that knowledge about the danger of substance use acts as a protective factor against drug use among adolescents.	Pubmed	2006
Herman-Stahl <i>et al.</i>	The study suggests that spiritual beliefs may exert a protective influence over drug use.	Pubmed	2006
Sanchez <i>et al.</i>	According to the study, family and religiosity present themselves as important protective factors against drug use.	Pubmed	2008

de Paiva, <i>et al.</i>	The results of the study show lower rates of drug involvement in cases of adolescents receiving more parental monitoring, forming a protection factor.	Scielo	2009
Larrosa, <i>et al.</i>	The study shows that protective factors are more personal and familiar	Pubmed	2010
Malta, <i>et al.</i>	The study identifies that the presence and supervision of parents is a factor of protection and prevention of the use of alcohol, drugs, and tobacco.	Scielo	2011
Sanchez, <i>et al.</i>	The research pointed out that the availability of information and implications regarding drug use is an essential protection against consumption among adolescents who are at risk (the previous information of the family has a greater impact, and the information provided by the school institution less relevance). The family, the perspective of life, self-esteem, and religiosity are also factors of protection.	Scielo	2011
Cid-Monckton, <i>et al.</i>	The study shows that the lack of religious support and professional support, in addition to the difficulty of intrafamily communication are risk factors and suggests that family communication and excellent academic performance are considered as protective factors.	Scielo	2011
Das Graças, <i>et al.</i>	The research findings show that an affectionate family that has adequate communication between parents and children, which generate a cohesive and stable climate that encourages adolescents to have a sense of security stands out as a protective factor against the use of drugs among adolescents.	Scielo	2011
de Moura, <i>et al.</i>	School attendance, reduction of exposure to street culture, family ties and not having suffered domestic violence are pointed out by the study, as factors of protection against frequent and heavy use of drugs.	Scielo	2012
Costa, <i>et al.</i>	The study shows that the influence of the social group and its support networks that encourage studies and work, as well as school as a space for discussion and propagation of information on the harmful effects of drug use, constitute as protective factors against drug use, as well as the family.	Scielo	2012
Silva, <i>et al.</i>	The article demonstrates that the family has determinant protective factors for prevention and protection against drug use among adolescents and young adults.	Scielo	2013
Wongtongkam, <i>et al.</i>	According to the survey, students who engage in prosocial activities and the family structure are responsible for playing an important protective factor against drug use among adolescents.	Pubmed	2015
Razali, <i>et al.</i>	The study shows that religious practices and opportunities for prosocial school development are presented as protective factors.	Pubmed	2015
Zappe, <i>et al.</i>	According to the study, having positive expectations about the future, the positive perception in family relationships, school, religious and social, and a high level of self-esteem are presented as protective factors. The data suggest that these protective factors are related to drug use.	Scielo	2016
Schinke, <i>et al.</i>	The study suggests that positive self-image; lower levels of stress; self-control skills, self-efficacy, goal setting, and problem-solving constitute protective factors for drug use.	Pubmed	2016
Dutra-Thomé, <i>et</i>	The study shows that family and educational institutions act as protective	SciELO	2017

al. spaces against drug use.

De Pedro, <i>et al.</i>	The study demonstrated that school connectivity and adult support point to an association of less likely to use substances such as alcohol, cigarettes, marijuana, prescription drugs and inhalants among young students LGB.	Pubmed	2017
Ventura-Martínez, <i>et al.</i>	According to the study, affective involvement, especially with the mother, is a protective factor against drug use.	SciELO	2017

Among the factors that protect drug use, the participation of the family, its structure, communication and the relationship of affection between parents and children stand out, being pointed out in 19 studies among the 25 articles. Seven studies point to religiosity as a protective factor of drug use, considering the importance of practice, belief and positive perception about religion.

The school question is cited as a protection factor in 7 articles. However, it was not found as the central theme in any of the 25, that is, the role of the institution was pointed out as one of the items among several others addressed in the studies. Regarding school, aspects related to drug use protection factors include school connectivity, attendance, positive perception of the institution and the opportunity for school development.

Engagement in social groups, their networks of support and involvement in activities that encourage study and work constitute a factor to protect the use of drugs by adolescents and was cited in 3 articles.

The availability of drug information and harmful effects are reported as protective factors against drug use in 3 studies.

Self-esteem is related as a protective factor in 2 studies, but not in isolation. Among the 25 articles analyzed, other protective factors were related, such as sports, early treatment of ADHD, high motivation, positive expectations for the future, goal setting, self-control skills, self-efficacy, stable environment, association with friends, not drug users, low-stress levels, have not suffered domestic violence.

DISCUSSION

The data found in the 25 articles analyzed showed that the family, its structure, affection relationship and established communication between parents and children are important aspects as a protection factor for the use of drugs by adolescents. It should be noted that among the 25 studies, 19 indicated that the family is the main protection factor. Also, two studies specifically focus on the role of the mother as a protective factor for drug use.

Many studies, including this selection, jointly address risk factors and drug use protection. Despite the importance of knowing the protection factors for contribution and development of public policies and prevention programs, little emphasis is given to studies on the specific theme. Religiousness as a protection factor is the second most commonly found aspect of the selected articles. That is, it plays a vital role in preventing drug use, preventing adolescents from starting consumption. According to Miller (2000)³², religious foundations help in the construction of the personality and moral values that aim at the respect and preservation of life.

The school as a protection factor of drug use appeared as a secondary item in seven studies among the 25 selected. These data demonstrate that the school, in general, has not been responsible and made possible

the approach of the subject, although its attributions exceed the pedagogical relations. For Camargo *et al.* (2002), teachers are central characters in the transmission and transfer of knowledge, and when aware of their role in the construction of citizenship, they also engage in the prevention of drug use and the promotion of well-being and health of students.

The school institution may have several protective factors for drug use, such as: welcoming climate, high expectations of educators regarding students; encourage participation and involvement in decision-making tasks; provide quality education; develop in students the ability and ability to make decisions and reflection; strengthen self-esteem; establish and maintain interpersonal links; to enable them to discover and appreciate their own way of being, to face their fears, desires, frustrations and expectations; build a life project; demystify the use of drugs; present reasoned and objective information; provide discussions and reflections on consumption patterns, ways to reduce risks and damages, and legal grounds, etc. BRAZIL (2014)¹

Analyzing the publication results, we noticed that in the last ten years there was a higher index of studies published in Brazil related to the theme compared to the first decade analyzed, which highlights the relevance of this discussion.

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