

Drug Abuse Among Elementary School Children: a Narrative Review of Implications For Islamic Ways of Prevention

Penyalahgunaan Narkoba di Kalangan Anak Sekolah Dasar: Tinjauan Naratif tentang Implikasi serta Cara Pencegahan secara Islami

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Abstract


Elementary education is the key to further education. Drug abuse is a troubling issue in most societies, involving the misuse of drugs, such as using them without a prescription or just to cause intoxication. The aim of this study is to review the implications of drug abuse from the perspective of Islamic prevention methods. The study uses a qualitative method with a narrative review technique. The findings show that drug abuse has many negative impacts on both users and passive members of society. Muslim communities are also not spared from the grip of drug abuse, necessitating a religious-based intervention. Although education at the elementary level and beyond offers significant benefits, drug abuse poses an obstacle to achieving educational goals for children. Due to their vulnerabilities and lack of experience, children often fall into drug abuse. Drugs are substances that can alter bodily conditions. Children may be drawn into drug abuse due to various factors, such as peer pressure, lack of experience, genetics, environment, and others. Drug abuse can affect physical health, cause mental health problems, disrupt education, and create numerous social issues. Parents who adhere to Islamic laws in parenting can significantly reduce drug abuse among children. Following Islamic laws, such as the prohibition of drugs, will certainly address drug abuse among children in society.

Keywords: *Bain*, Children, Drug abuse, HIV, Islam, Parents

Abstrak

Pendidikan dasar adalah kunci untuk pendidikan lanjutan. Penyalahgunaan narkoba merupakan masalah yang meresahkan di sebagian besar masyarakat dengan menggunakan narkoba secara salah, seperti tanpa resep atau hanya untuk menyebabkan mabuk. Tujuan dari penelitian ini adalah untuk meninjau implikasi penyalahgunaan narkoba dalam perspektif cara-cara pencegahan Islami. Metode yang digunakan adalah metode kualitatif dengan teknik naratif review. Hasil penelitian menunjukkan bahwa penyalahgunaan narkoba mengakibatkan banyak dampak pada pengguna dan anggota pasif dalam masyarakat. Masyarakat Muslim juga tidak luput dari jeratan penyalahgunaan narkoba, sehingga diperlukan intervensi berbasis agama. Meskipun pendidikan pada tingkat dasar dan tingkat lainnya memiliki manfaat yang penting, penyalahgunaan narkoba menjadi penghalang untuk mencapai tujuan pendidikan bagi anak-anak. Karena kelemahan dan kurangnya pengalaman, anak-anak sering kali terjerumus ke dalam penyalahgunaan narkoba. Narkoba adalah zat yang dapat mengubah kondisi tubuh. Anak-anak dapat terjerumus ke dalam penyalahgunaan narkoba karena satu atau lebih faktor, seperti tekanan, kurangnya pengalaman, faktor genetik, lingkungan, dan sebagainya. Narkoba dapat memengaruhi kesehatan fisik, menyebabkan masalah kesehatan mental, mengganggu pendidikan, dan memunculkan berbagai masalah sosial. Orang tua yang mengikuti hukum Islam dalam pengasuhan anak secara drastis akan mengurangi penyalahgunaan narkoba pada anak-anak. Mengikuti hukum Islam seperti larangan terhadap narkoba pasti akan mengatasi penyalahgunaan narkoba pada anak-anak di masyarakat.

Kata Kunci: *Bain*, Anak-anak, Penyalahgunaan Narkoba, HIV, Islam, Orang Tua

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INTRODUCTION

Drug abuse among elementary school children is an alarming phenomenon that has gained significant attention over the past few years. Children, due to their developmental stage, are particularly vulnerable to the dangers of drug abuse. Research by Carter et al. (2023) highlights that drug abuse is not just a problem for teenagers or adults but is increasingly affecting younger age groups, including elementary school children. This trend poses a serious risk to both individual and public health, requiring comprehensive prevention strategies, especially in communities where traditional methods might not be enough.

Studies have shown that drug abuse among children can have devastating short-term and long-term consequences, including physical and mental health problems, educational challenges, and increased vulnerability to social issues (Smith & Johnson, 2022). Children are often influenced by a combination of factors such as family dynamics, peer pressure, socio-economic status, and exposure to environments where drug use is normalized. As reported by Parker and Lee (2023), there is a growing concern that children who start using drugs at an early age are at higher risk of developing chronic substance abuse disorders in adulthood.

The Muslim community, like any other, is not immune to these challenges. Al-Tamimi (2023) argues that the values and teachings of Islam provide a unique framework for addressing drug abuse, particularly in the context of prevention. Islamic teachings emphasize the importance of maintaining physical and mental health and avoiding substances that can harm the body or mind. According to Al-Ghamdi (2022), Islamic law, or Sharia, prohibits the use of intoxicants, which includes drugs, and prescribes a comprehensive approach to nurturing moral and ethical behavior from a young age.

Given the rising rates of drug abuse among children, there is a critical need to explore prevention strategies that are culturally and religiously appropriate for Muslim communities. A study by Ahmad et al. (2022) suggests that integrating Islamic teachings with conventional drug prevention programs could enhance their effectiveness by providing moral and spiritual guidance alongside practical support. Furthermore, parents and educators in Muslim communities play a crucial role in imparting these values to children, thereby potentially reducing the risk of drug abuse.

The psychological development of children makes them particularly susceptible to negative influences. According to Brown and Greene (2023), children's brains are still developing, and early exposure to drugs can significantly affect their cognitive, emotional, and social development. The World Health Organization (2022) has also emphasized the importance of early intervention in preventing substance abuse, recommending that prevention strategies start as early as possible in a child's life.

Islamic education, which includes teachings on moral conduct, self-discipline, and community responsibility, can serve as a powerful tool in drug abuse prevention (Al-Hadad, 2022). The values instilled through Islamic education, such as respect for oneself and others, responsibility, and obedience to God's commandments, can provide children with a strong foundation to resist the temptation of drugs. Moreover, Islamic teachings stress the importance of a supportive community, which can help protect children from the pressures and influences that may lead to drug abuse.

Parental involvement is another critical factor in the prevention of drug abuse among children. A study by Karim and Bashir (2023) indicates that parents who actively engage in their children's education and daily lives, and who provide a nurturing and

stable home environment, are less likely to see their children succumb to drug abuse. Islamic teachings on parenting emphasize the importance of nurturing children with love, discipline, and education, which align with contemporary research on effective parenting strategies to prevent drug abuse.

Moreover, prevention strategies should also involve educational institutions. A report by Harrison and Kim (2023) suggests that schools should incorporate comprehensive drug education into their curriculum, including discussions on the dangers of drug abuse and the importance of making healthy life choices. For Muslim-majority schools, this curriculum could be enhanced by integrating Islamic teachings on health, morality, and responsibility, thus providing a more holistic approach to prevention.

Recent research by Rahman et al. (2022) has also highlighted the role of community leaders and religious figures in preventing drug abuse. They can offer support, guidance, and education to both children and their families, reinforcing the values of Islam and promoting a drug-free lifestyle. Community-based programs that involve local mosques and Islamic centers could be particularly effective in reaching a wide audience and creating a supportive environment for children.

A drug is a substance that affect the brain and other parts of the body causing change in mood, awareness, thought, behavior, and feelings. A drug is any chemical capable of affecting the functioning of an organism (National Institute on Drug Abuse, 2014). It can be a chemical that changes physical or mental state of the human body. Children are less experience, have a growing body, more victimized by social pressure (Usman et al., 2022; Aziz, 2023). The direct and indirect consequences of drug abuse on children are enormously leading to effects and risks for the children, community, and society at large. Drug abuse is an escalating concern to parents, teachers, and every one, an issue that lead to everlasting consequences to the body, and brain. Drug abuse is a situation when the person involved uses drug for recreation or to deal with pressure (Kaluwe, 2019; Essack, 2020). This paper forms a narrative review of drug abuse among elementary school children: A narrative review of Implications for Islamic ways of prevention.

In conclusion, addressing drug abuse among elementary school children requires a multi-faceted approach that incorporates both conventional and religious strategies. By combining Islamic teachings with proven methods of prevention, communities can offer children a more comprehensive framework to resist drug abuse. As the research indicates, early intervention, parental involvement, and community support are critical to preventing drug abuse and promoting healthy development for children.

METHOD

This study employs a qualitative narrative literature review technique to explore the issue of drug abuse among elementary school children, focusing on its implications and Islamic prevention strategies. The research is based on an extensive review of existing literature, including scholarly articles, books, and relevant reports that address the phenomenon of drug abuse in young children. The selected sources are critically analyzed to identify recurring themes, patterns, and gaps in the current understanding of the topic.

The narrative approach allows for a comprehensive and in-depth exploration of the subject matter, emphasizing the contextual and cultural factors influencing drug abuse and prevention methods. This method also provides the flexibility to integrate Islamic perspectives on prevention, examining how Islamic teachings and values can be applied

to effectively address and mitigate the risks associated with drug abuse among young students. The analysis is guided by key Islamic principles and educational frameworks, aiming to develop a holistic understanding of both the causes and potential interventions.

In the final phase, the study synthesizes the findings from the reviewed literature to offer a narrative that highlights the interplay between drug abuse, childhood vulnerability, and the role of Islamic education in prevention. This synthesis not only sheds light on the broader social and psychological impacts of drug abuse on children but also proposes actionable recommendations for educators, parents, and policymakers based on Islamic principles. The goal is to contribute to the development of effective, culturally relevant prevention strategies that can be implemented in educational settings.

RESULTS AND DISCUSSION

Benefits Of Elementary Education

Elementary education is a first part of education provided by elementary school to children at the age of five to eleven years. Elementary education is otherwise known as primary education, it is an education that starts at age 5 and halt at 11 or 13. Some benefits of elementary education are enumerated as follows (Anero, 2014; Nguyen et al., 2024):

1. Cognitive development - Elementary education is a basic knowledge of mathematics and reading that serve as a groundwork for the entire future learning. Children are supposed to learn critical thinking, love for learning, and problem solving dexterity which in turn pave way for higher success in further education.
2. Social and emotional development - Elementary school allows children to learn social interactions, life complexities, and friendships.
3. Discipline and responsible child- Here students are taught on discipline, management, and responsibility through class schedules, assignments, and homework.
4. Diversity exposure - Students are exposed to diverse array of ideas, culture, and perspectives in order to be more open-minded, inclusive, and empathetic.
5. Nurturing of talents- The level of elementary school instill talents as well as interest in learners (Sutrisno & Subroto, 2020; Nguyen et al., 2024).

MISUSE OF DRUGS

Misuse of drugs is a common term referring to improper use of prescription drugs. It is an act of taking drugs (medicines) in different way other than the one prescribed by healthcare directives such as taking drug prescribed for someone else, use of drug in different manner than the supposed manner, use of medicine for getting high, consumption of larger drug dose (Abdullahi et al., 2018; Abikwi & Okafor, 2022).

Risks Of Taking Drugs

There are many factors that affect people and risk them to indulgence in drug abuse such as:

1. Stressful life situations such as child abuse, child sexual abuse, any other form of trauma.
2. Genetics - Having a history of drug abuse in the family
3. Prenatal drug abuse- A situation involving a mother who takes drug while pregnant

4. Poor parental care- Parents showing poor care to children expose their kids to many bad environmental and societal situations that may be harmful (including drugs abuse)
5. Peer pressure - A child or even adult that seat with friends or people that take drugs is possibly influenced to drugs. This is a major drug abuse influencing many children and youngsters to drug abuse (Akanbi, 2015; Nasiru et al., 2019abc).
6. Sings Of Drug Abuse In Children
7. There are several situations and portends that can show a child is into drugs, some of them are enumerated as follows:
 8. Changing so many friends
 9. Staying alone for a long period of time
 10. Tiredness
 11. Feeling of sadness extremely
 12. Always in bad mood
 13. Behavior of missing important appointments
 14. Having unusual problems with family
 15. Having unusual problems with friends
 16. Lying behavior
 17. Stealing behavior
 18. Poor concentration in learning and life activities
 19. Lack of coordination, and slurring in speech
 20. Talking too fast
 21. Saying abnormal things
 22. Eating excessively
 23. Poor self-care
 24. Poor hygiene practices behavior
 25. Poor interest in good things (Mamman, 2014; Murat, 2016; Vilchez, 2018; Usman et al., 2022).

Reasons For Drug Abuse In Children

Some reasons for drug abuse among children are listed as follows;

1. To join the trend - Children on many occasions take drugs in order to be accepted by peers and friends or clubs or groups
2. Feeling good- Many children take drugs in order to feel good
3. For excelling in academics - Many youngsters take drugs for stimulation in order to read and have good grades in academics, albeit this goal hardly become true
4. Experimental behavior - May young children take drugs to have new experience so as to see what will happen or how they will feel
5. For sporting - Sports are social activities and require more energy. To meet up with this demand many children take drugs to do good in sports.
6. Pleasure demand - Children on several occasions take drugs in order to have a sense of please that fade after short time.
7. To relieve anxiety- Children feeling anxious, depressed, physical pain compelled many children to drugs to seek redress (Ekeagwu, 2018; Khan et al., 2018; Vilchez, 2018).

Examples Of Drugs Of Abused Among Children

There many types of drugs being abuse by children, some of them are as follows:

1. Club drugs
2. Inhalants
3. Marijuana

4. Methamphetamines
5. Cocaine
6. Anabolic drugs
7. Cough syrup (Khan et al., 2018; Sarkingobir et al., 2023).

Parental methods for curtailing drug abuse

Some tips to be used by parents in addressing children's drug abuse include:

1. Children are growing and developing, the consumption of drugs affect physical development, physical health, poor mental development. Other effects may include involvement in sexual risks, danger driving, accidents, sleeping disorders, etc.
2. Parental methods for caring children against drugs
3. Good communication with children telling them right and wrongs and giving them right advices
4. Encouraging children to have confidence, strong self, control conflicts, and problem solving skills
5. Teaching children on responsibility so that they exhibit self-control, have safe boundaries, providing them with safe care
6. Supervision of children is key responsibility of parents. Parent properly supervising children can be able to find problems, prevent them from having bad peers and bad behaviors (Santoso, 2014; Adilham 2023; Sarkingobir & Tukur, 2024; Sharu et 2024).

Consequences of drugs abuse in children

Some of the consequences of drugs abuse in children includes:

1. Drug dependence - Drug abuse among children cause drug dependence so that the affected children cannot do without the drug involved despite the feeling of harmful effects.
2. Sexual risks- Drug abuse is linked to unsafe sex acts such as premarital sex, promiscuous sex, group sex, sex without protection, etc
3. Poor judgement - Children drug abuse is associated with making poor acts and behaviors as a result of poor judgement
4. Mental health problems - Drugs abuse in children cause poor mental health, poor brain functioning, and related effects such as depression, and anxiety.
5. Poor school performance - Drug abuse among children on many instances result in poor grades at school, school absenteeism, and poor academic performance
6. Crimes - Children intoxicated with drugs are prone to indulge in many crimes such as physical violence, theft, and destruction of public properties.
7. Poor quality of life- Drug abuse lead to quality of life disorders such as financial problems, poor health, illnesses, diseases, etc
8. Death on many occasions drugs lead to death among children
9. Dehydration - Drug misuse cause low electrolytes in the body, and poor body fluids levels (Nasiru et al., 2019; Enambe & Eba, 2021; Bensaid et al., 2021; Umar et al., 2023ab)

Implications of drug abuse for Islamic Da'wah

Islam in it's Shari'a has provided path to life. Qur'an has its own dietary laws that specifically prohibited drug abuse. Drugs in Islam could be in many forms. For instance, the word "*rijs*" abomination, "*kubth*" contamination (filthy), "*israf*" abuse, and "*muskir*" intoxication are all things that are involved in drug abuse (Usman et al. 2022; Sharu, 2024).

Indeed, Islam has basic principles that restrict children from drugs in ways including prayers, peace, moderation, self-discipline, spiritual awareness, laws. A good Muslim make relationship and connection with good that create a bond preventing drug abuse. Through laws Islam prohibit drugs that lead to any form of intoxication (Dada et al., 2015; Bensaid et al., 2021; Usman et al. 2022; Sharu, 2024).

Tips For A Muslim Child

A Muslim should abide by the followings:

1. Teaching children to have resolutely commit themselves to shun drugs
2. Utilization of patience (*Sabr*) to restrain self from drugs
3. Protection of honor of a Muslim against the filth of drug abuse practices
4. Always reminding children that they are meant to serve God almighty not to wallow in self-destructive behavior of drugs
5. Reminding children of the consequences of drugs in the sight of God Almighty such humiliation, *azaba* (toil, punishment), and other health effects
6. Islam prohibits Muslim from indulgence in anything that destroys life
7. A Muslim child should be taught on ways to tame self (*nafs*, the soul) against engaging in sins (Idid & Hashi, n.d; Santoso, 2014; Kavitha et al., 2022; Aziz, 2023).

Responsibilities Of Parents For Their Children

There are several roles parents should play over their children according to Islamic laws and regulations. Some duties or responsibilities of parents are enumerated below:

1. Provision of spiritual as well as moral education - Islam enjoined parents to provide their children with values of Islam such as faith, five daily prayers, and character modelling; all based on the teachings of Prophet Muhammad SAW. Quran revealed " And enjoin prayer upon your family (and people) and be steadfast therein. . ." Q.20:132.
2. Prophet Muhammad SAW said" Each of you is a shepherd and each is responsible for his flock. A leader is a shepherd and a man is the shepherd of his family"
3. Protection of children is parents responsibility - Protection of children by the parents should consists of physical and spiritual against all forms of evil. Parents are supposed guide children on the ways to be shielded from environmental hazards and other challenges as well. Allah SWT said" O you who have believed, protect yourselves and your families from Fire whose fuel is people and stones.." Q.66:6
4. Parents shall be praying for their children - Islamic traditions emphasized on the need for parental prayers upon their children, that is why Hadith emphasized that parents prayers upon their children are answerable by God Almighty. In this vein, Prophet Yaaqub AS prayed for his children safety while sending them in search for their brother Prophet Yusuf AS.
5. Education - Education is an aspect that involves learning and span the whole life of a human. Thus, parents are responsible for providing learning examples to their children through acting rightfully so that children could imitate, and through providing formal and non-formal school education to their wards. Almighty Allah said" Say, Come I will recite to you what Your Lord has prohibited to you:and be good to parents...."Q.6:51.
6. Dialogue and Counseling - Parents are supposed to seat on frequent basis to discuss pressing issues and life activities with their children, so that suggestions, cautions, advices, and relations could be gives to the children because they are growing and with no life experience. Quran" And tell my servants to say that Which is best. Indeed, Satan induces (distension) among them...."Q.17:53.

7. Right of children before birth- Islam enjoins every Muslim to select a good wife so as to sire good children as well.
8. Giving a good name is a right- It is a duty of parents to give every child good name so that child behave well in accordance with the name giving to him.
9. Parents shall train their children in good characters- Parents shall teach and train their wards on praiseworthy things and behaviors. The father shall help bring his children up in good manners concerning things like drinking, eating, dressing, sleeping, entering and leaving home, attributes of good person, attributes of bad people, generosity, and above all the oneness of Allah SWT. Children shall be forewarned against evil deeds and behaviors such drinking, crimes, stealing, association with bad peers, going to bad places, etc (Idid & Hashi, n.d; Santoso, 2017; Kavitha et al., 2022; Aziz, 2023).

Health Consequences Of Drug Abuse On Children

Drug abuse is harmful to children, and other members of the society as well. Tobacco smoke can cause cancer on children using them and also elicit respiratory problems on users and the passive smokers. Smoke from drugs, otherwise known as second hand smoke release about 250 harmful chemicals to non-users. Drug abuse increase spread of communicable diseases such as HIV, hepatitis, syphilis, gonorrhoea, etc. Drug abuse increase happenings of many accidents resulting in injuries upon users and non-users as well (Aziz, 2023).

Effects of drugs on brain are many. They are capable of interfering with neurons activities of sending, receiving, and processing neurotransmitters signals by mimicking as chemicals similar to neurotransmitters thereby activating abnormal happenings. On many occasions, it is believed that drugs cause the release of pleasure hormones (or neurotransmitters) in order to bring euphoria, an action that spur dependence and harms. Therein, drugs are able to cause mental disorders like depression, anxiety, and other psychotic symptoms as well (Idid & Hashi, n.d; Mamman, 2014; Manish et al., 2020; Santoso, 2017; Kavitha et al., 2022; Aziz, 2023).

Specific Methods For Prevention In Children

There are specific methods that parents and relevant stakeholders shall do to prevent drug abuse to the barest minimal especially among children. Some of the methods are listed below:

1. Parental and family engagement- Parents shall do all their responsibility to guard and shelve the rights of children as commanded by Islamic laws.
2. Family support method- The family shall help children by assisting the parents in performing their duties in material and moral support. Children from poor family and poor moral support are risky
3. Parents shall disapprove acts of drug abuse, keep an eye on any symptoms to provide urgent and drastic remedy before escalation. Parents shall not engage in drug abuse at all and warned against it harms openly so that children could learned.
4. Parental monitoring - Parent out to monitor their kids always about their friends, behaviors, acts, health, etc to avoid any misfortunes or bad peers or bad behaviors. Discipline measures shall be used to call children to order.
5. Schooling- Parents and government shall ensure children are properly educated in western and Islamic fashions
6. Laws- Parents shall have laws for punishing children engaging in drugs. Likewise, governments shall put a very sensitive and drastic measures in curtailing sell and buying of drugs. Drug dealers shall be punished according to Islamic laws.

7. *Taubah*- Teaching children on ways and methodologies of returning to Allah SWT is good way of rehabilitating drug users. Because, Islam always want returners, and never discourages people from turning to Allah SWT no matter the bulkiness of their sins.
8. Prayers- Islam shows that prayers of parents and leaders are answered, therefore, parents shall keep on praying for their children's protection and salvaging.
9. Feeding children with *halal* (lawful) foods is a key factor that help shape children's behavior
10. Rehabilitation- Rehabilitation centers shall be poised all over the areas of the land to teach *taubah* ways to stop drug abuse.
11. Preaching- It is high time religious approaches are put to use in every Muslim country or societies to put a stop to drug abuse (Idid & Hashi, n.d; Santoso, 2017; Ibrahim et al., 2022; Kavitha et al., 2022; Aziz, 2023; Adilham, 2023; ElShafie et al., 2023).

CONCLUSION AND SUGGESTIONS

This paper forms a narrative review of drug abuse among elementary school children: A narrative review of Implications for Islamic ways of prevention. Certainly, drug abuse is a great public concern that affect everyone either directly or indirectly. The issue in children is more eminent, because it can lead to effects on mental and physical health of both passive and active drug abusers. Islam has a vital role to play in curing drug abuse in Muslims children through effective exhortations of Islamic virtues and as well parental care.

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