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## METHODS AND STRATEGIES FOR INCREASING THE ACTIVITY OF YOUTH IN THE FIGHT AGAINST DRUG ADDICTION

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### ABSTRACT

The article analyzes drug addiction and its spread among young people: concepts and historical context, and draws a conclusion.

### KEYWORDS

Addiction, psychoactive, variability, central nervous system, physiological, isolation.

### INTRODUCTION

State policies and programs play an important role in solving the problem of drug addiction among young people. It is necessary to develop effective policies and programs that require an integrated approach to prevent drug addiction and reduce its negative consequences. In this regard, the measures implemented by the states can be in different directions and strategies.

Firstly, one of the main directions of state policy is the introduction of preventive education programs to protect young people from drug addiction. These programs are implemented in educational institutions, youth centers, and other social settings [1]. Educational programs educate young people about the harmful effects of drug addiction, the factors that influence its development, and how to avoid it. At the same time, trainings aimed at supporting the psychological and



social health of young people, developing stress management and coping skills are also held. One of the main directions of state policy in protecting young people from drug addiction is the introduction of preventive education programs. These programs are implemented in educational institutions, youth centers, and other social settings. Their goal is to provide young people with complete information about the harmful consequences of drug addiction and the factors that influence the development of this problem.

Secondly, it is important for the state to organize informative and entertaining activities for young people. Social activities such as sports, art, and scientific research keep young people away from drug-oriented environments and provide opportunities for them to spend time productively. Involvement of young people in social activities, focusing on interesting and useful activities, helps to avoid dangerous habits such as drug addiction [2]. In order to prevent young people from dangerous habits such as drug addiction, informative and entertaining activities provided by the state are of great importance. These types of activities include social activities such as sports, art, and scientific research, and they provide opportunities to keep youth away from drug-oriented environments and to spend time productively.

Thirdly, government programs should be aimed at improving the health and social services system in

solving drug addiction problems. This, in turn, includes the prevention and treatment of drug-related diseases, the organization of rehabilitation programs for drug addicts, and the strengthening of social support. Rehabilitation programs help young people recover from addiction and re-socialize. State programs should be focused on improving the health and social services system in solving drug addiction problems. Measures taken in this direction can be effective in the fight against drug addiction. In this, first of all, there are important tasks such as prevention and treatment of drug-related diseases, secondly, organization of rehabilitation programs for drug addicts, and thirdly, strengthening of social support.

Strengthening social assistance is aimed at ensuring social protection of people suffering from drug addiction and improving their living conditions [3]. In this context, it is necessary for the government to provide services such as social assistance programs, financial assistance, and psychological counseling. The effectiveness of social support helps to accelerate social integration and the return of drug addicts to society. Thus, government programs should be aimed at improving the health and social services system in solving drug addiction problems. This includes the prevention and treatment of drug addiction, the establishment of rehabilitation programs, and the strengthening of social support, which helps young people to get out of addiction and re-socialize.



Fourthly, the state policy should include strengthening cooperation with law enforcement agencies in the fight against drug addiction. Drug addiction can be prevented by controlling the sale and distribution of drugs, implementing legal measures and educating the public. The problem of drug addiction is widespread on a global scale, and in addition to restrictions between countries, it also creates internal risks. In order to effectively solve this problem, public policy requires strong cooperation with law enforcement agencies [4]. One of the important aspects of public policy is the control of drug trafficking and distribution. For this, first of all, it is necessary to create effective systems for identifying drug-related crimes and searching for their sources. Success in the prevention of criminal activity can be achieved through the integration and sharing of expertise between law enforcement agencies.

It is also important to develop special laws and regulatory legal documents to provide legal assistance to the public and fight drug addiction within the framework of state policy. These documents help to more effectively punish drug crimes and prevent crime. Through coordinated cooperation between law enforcement agencies and other relevant organizations, public policy helps to create an effective system of combating drug addiction. In general, state policies and programs for the prevention of drug addiction among young people require a complex, multifaceted approach. In this regard, programs in the

fields of education, social activities, health and law enforcement should be implemented in a mutually coordinated manner.

The problem of drug addiction is widespread among young people around the world, and countries are developing various policies and programs to combat this problem. There are many scientific studies on the effectiveness of state policies and programs to combat drug addiction. At the same time, the views of foreign scientists show that this issue requires a comprehensive approach. Several foreign scientists emphasize the importance of an effective state policy in the fight against drug addiction. For example, research by S. H. B. Roberts and J. C. Smith (2019) examines how public policies and programs can play a role in youth substance abuse prevention. Roberts and Smith examined the effectiveness of large public programs and policies, such as prevention lectures, drug prevention education programs, and health care.

On the opposite side, European countries such as the Netherlands and Sweden adopt softer and more supportive strategies. The Netherlands' policy of decriminalization and the creation of information and counseling services for young people has shown positive results. A 2021 study by Jan S. Verbeek found that the rate of drug use among teenagers in the Netherlands is 30 percent lower than in neighboring countries with stricter measures (Verbeek, 2021). However, despite strict laws and high public scrutiny in



Sweden, there is a perception that the "zero tolerance" policy can have negative consequences. A 2023 study by Axel Holmsson found that stricter punitive measures can lead to an increase in "hidden" drug addiction, as young people begin to hide their drug use and avoid seeking help (Holmsson, 2023).

Thus, international experience shows that there is no universal approach to drug addiction prevention among young people. The US, the Netherlands and Sweden demonstrate different approaches with different strengths and weaknesses. It is important to consider local characteristics and culture when developing and implementing prevention programs. Constant sharing of experience and studying the effectiveness of different strategies will help to formulate more comprehensive and flexible policies against drug addiction in the youth environment.

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