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Original Research Article

Motives to Consuming Dangerous Drugs of Adolescents in Western Province of Sri Lanka

Amarakoon A.A.N.R, Konarasinghe K.M.U.B, Konarasingh W.G.S

Institute of Mathematics and Management, Ranala, Sri Lanka

Corresponding Author: Amarakoon A.A.N.R

ABSTRACT

Adolescents are the future of a country, a critical link between childhood and adulthood, characterized by significant physical, psychological and social transitions. Most dangerous drugs are mainly shown in positive attitudes on movies, advertisements, socially, etc. Literature revealed factors on adolescents taking dangerous drugs, which are media, schools, and peers. The objective of this study was to find any association between movies, demographic and socio factors of adolescents taking dangerous drugs. The sample was 101 randomly selected adolescents of public and private schools of Western Province of Sri Lanka. A self-administrated questionnaire was used for data collection. Both descriptive and inferential statistics used for data analysis. The Z-test and t-test test was used for hypothesis testing. The descriptive statistics indicated that, around 8% of adolescents have taken dangerous drugs, 9.9% of them take dangerous drugs because of friends and 2% of adolescents take dangerous drugs daily. Inferential statistics were obtained for proportion of adolescents who taken dangerous drugs. The results show that the proportion of males and females taking dangerous drugs are equal, and proportion dangerous drugs in public schools and private schools are also identical. In conclusion, the main influence for adolescents taking drugs is friends. There is no association between addiction of dangerous drugs and movies. Further, there is no significant association between gender and type of school and dangerous drugs. Results of this study can be used for policy and strategy development to prevent drug abuse of adolescents.

Keywords: *D*angerous drugs, Adolescents

INTRODUCTION

The motives in which adolescents take dangerous drugs are plenty. They may just be curious or influenced. Therefore, they still require special attention and guidance from adults, since they are still developing. Adolescents are in ages varying from 13 to 20 years and just starting to learn about the world. Therefore, it could be proposed that by the curiosity of adolescents, they may experiment what they see. Most adolescents progress to adulthood with quite little effort, undergoing excellent physical health and strength and not engaging in unhealthy behaviors that put themselves or others at risk. But, there are other who have been influenced into experimenting them, and not know the harming short and long-term effects caused by dangerous drugs such as; insomnia, nausea, permanent brain damage, cancer, internal bleeding and many more. Use of dangerous drugs in early teens had been associated to problems later in life. [1] Adolescents are still learning the dangers of dangerous drugs and harmful behaviors resulting from real experiences or the accepted customs, attitude and standards shared among family and friends. [2] The more time spent with the family, the greater

the understanding of parent's experiences and human interaction. These actions form the principles and behavior of adolescents. [1-3] However, this can also be harmful to adolescents since a family with a drug history can negatively influence children. [2,3] Studies have identified many factors that increase the risk for substance use such as experimental curiosity, peer and family influence, lack of parental supervision and personality problems. [4] Thalagala [5] (2004), found that 2.3% of in school adolescents and 4% of out-of-school adolescent admitted trying dangerous drugs in Sri Lanka. Nearly $4 billion is spent annually on prescription drug advertising. [6]

Research Problem

Factors for adolescents committed with taking dangerous drugs in Sri Lanka are undecided. A factor affecting drug abuse is not knowing the effects of drugs. [3] Drug use, though infrequent, tended to be shown positively in media. [7] Literature reveal that there are so many factors influences for taking dangerous drugs. Ahmad (2015) [8] found out that schools and friends influence drugs, Nkonge (2017) [9] found it to be friends and poor parenting, Alhyas (2015) [10] noticed that availability and affordability and peers influence drugs, and finally, Ololade (2017), [11] found that drugs is associated with peers. With that finding determents are vital to minimize the destruction to the adolescents.

Hence, following research questions are identified;

1. Do adolescents get motivated /addicted to dangerous drugs by demographic factors?
2. Do adolescents get motivated /addicted to dangerous drugs by socio factors?
3. Do adolescents get motivated /addicted to dangerous drugs by movies?

Significance of the Study

The results of the study will be a light house for better development of the future of adolescents. This study will fill the knowledge gap and paw the path for identifying reasons for addiction of dangerous drugs of adolescents in Western Province of Sri Lanka. The results of this study can be taken as a guideline for policy and strategy developments to overcome this issue.

Objective of the Study

The Objectives of the study as follows;

Primary Objectives

i. To test whether demographic factors affect for motivation/ addiction of adolescents to dangerous drugs
ii. To test whether socio factors affect for motivation/ addiction of adolescents to dangerous drugs
iii. To test whether movies influence for motivation/ addiction of adolescents to dangerous drugs

Secondary Objectives

i. To find the proportion of adolescents who have ever taken dangerous drugs.
ii. To compare the use of dangerous drugs of adolescents by gender.
iii. To compare the use of dangerous drugs of adolescents of by type of school.

LITERATURE REVIEW

The objective of Ahmad, Ismail, Ibrahim, et al (2015), [8] to explore the factors influencing the behavior risk of substance abuse in Malaysia. They tested the association between; individual factors, family factors, social environmental factors, protected environment and behavior risk of substance abuse. Pearson correlation is used to test the relationship between variables of factor of individuals, family factors, and social environmental factors and at behavior risk of substance abuse. They used multiple regression analysis to identify the most leading forecasting factor on behavior risk of substance abuse. It was found that friends play a major role in influence of drugs and schools have the highest rate of drugs abuse. Nkonge (2017), [9] says, "Various factors have been attributed to influencing drug and substance abuse among the youths, but these

factors cannot be generalized to be absolute." By that statement the main objective of the study was finding the factors which influence youths in to drug abuse in Likii sub-location of Laikipia East Sub-County in Kenya. They used descriptive analysis, it was found that largest influence for drugs is friends, and second in poor parenting.

The objective of Alhyas, Ozaibi, Elarabi, et al (2015) [10] study is to access adolescents awareness of the availability of substances and reasons for using substances. Adolescents from Abu Dhabi, United Arab Emirates are taken within the ages of 13-18 years. The dependent variable is, "Adolescents' perception of substance use", and the independent variables are, "Family, peers, community and school, and religion". Constant comparative data analysis was used. The results reveled that, almost all the participants emphasized the role of religious beliefs and practices in protecting against risky behavior's including substance abuse. The availability and affordability of substances, specifically tobacco product, were believed to be strong risk factors for substance use among adolescents in the UAE. The study suggests that peers either increase or decrease substance use on adolescents.

The main objective of the study was to find the factors influencing drug use among grade 8 and 11 high school learners in Gauteng province, South Africa (2017). [11] Multiple logistic regression was used to find any association between independent variables and illicit drug use. The study revealed cannabis is the most common drug. Between ages of 14- 18 years the use of cannabis increased as age increased. It was found that use of drugs is associated with peers, and no association between religion and drug use.

METHODOLOGY

The methodology consist conceptualization and operationalization. The conceptualization further divided into theoretical framework and conceptual framework.

Conceptualization

Conceptualization is the process of development and clarification concepts and taking dangerous drugs. Current study uses several concepts. We clarify these concepts further and develop the following variables. These variables have been selected with the help of literature. Conceptualization of the study begins with the theoretical framework.

Theoretical framework

Social Learning Theory suggests that people learn from one another, by observation, imitation, and modelling. [12] Problem behaviors are those that aren't believed typically acceptable. Nearly everyone can have a moment of disruptive behavior or an error in judgment. However, problem behavior is a consistent pattern. [13] The Theory of Planned Behavior foresees an individual's intention to involve in a behavior at a specific time and place. [14] The Social Norms Theory posits that our behavior is influenced by misperceptions of how our peers think and act. [15] Cognitive behavioral therapy is a short-term, goal-oriented psychotherapy remedy that takes a hands-on, practical approach to problem-solving. Its purpose is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel. [16] Social responsibility is a duty every individual should work to maintain a balance between the economy and the ecosystems. [17]

Conceptual framework

The selection of the model dimensions and indicators to formulate the conceptual model of the project depends on many factors such as the nature of adolescent's behavior and objective of the project. Figure 1 is the conceptual framework developed with the help of literature.

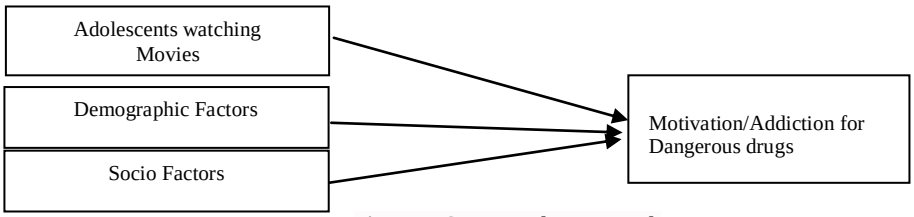

Figure 1- Conceptual Framework

The literature review has revealed that there have been researches worked on relationships between negative impacts of adolescent's behavior and dangerous drugs. However, the researches on combine relationships between dangerous drugs and negative impacts on adolescents' behavior could not be traced.

Hypotheses of the Study

Following hypotheses were developed;

Hypothesis 1

H_0: Adolescents do not get motivated /addicted to dangerous drugs by demographic factors.

H_1: Adolescents get motivated /addicted to dangerous drugs by demographic factors.

Hypothesis 2

H_0: Adolescents do not get motivated /addicted to dangerous drugs by socio factors.

H_1: Adolescents get motivated /addicted to dangerous drugs by socio factors.

Hypothesis 3

H_0: Adolescents do not get motivated /addicted to dangerous drugs by movies.

H_1: Adolescents get motivated /addicted to dangerous drugs by movies.

Operationalization

Adolescents of Western province of Sri Lanka were the population of the study. Multistage sampling technique was used in the data collection. In stage one, two famous higher education institutes were selected by judgment. The selected institutions are; Shakthi Institute and Sakya Academy of Higher Education. Shakthi Institute conducts tuition classes for London GCE ordinary level and GCE advanced level. Sakya Academy of Higher Education conducts tuition classes for local ordinary and advanced level.

A self-administered questionnaire was used for data collection. The measurement of the questionnaire is ordinal. A systematic sampling technique was adopted to select the participants, a sample of 101 adolescents was asked to fill the questionnaire. Cronbach's Alpha Test used to test the reliability and confirm validity of the questionnaire. Both descriptive and inferential statistics used for data analysis.

ANALYSIS

Data analysis consist three parts;

i. Testing internal consistency of the questionnaire.
ii. Descriptive statistics.
iii. Inferential statistics.

Testing Internal Consistency of the Questionnaire

Internal consistency of the questionnaire was first tested after the pilot survey, and then necessary adjustments were done. Then, the internal consistency was pre-tested after the data collection of the study. The internal consistency was assessed by inters item consistency using the statistical tool Cronbach's Alpha Co-efficient. Questionnaire was distributed among 25 adolescents on the pilot survey. The Cronbach's Alpha was found to be 0.744. Then the questionnaire was distributed among 101 adolescents and, Cronbach's Alpha was found to be 0.745. Therefore, the questionnaire is acceptable.

Descriptive Statistics

Firstly, the demographic variables were analyzed, and then the variables related to consuming dangerous drugs were analyzed. Hence the descriptive statistics of the study is categorized as follows;

i. Demographic variables.
ii. Variables related to consuming dangerous drugs.

Demographic Variables

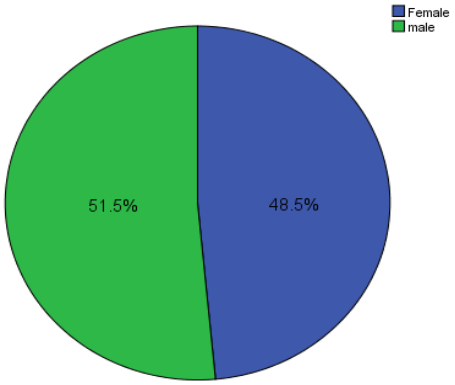

Figure 2-Sample by Gender

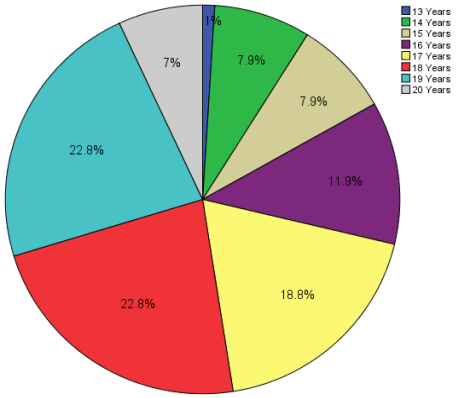

Figure 3-Sample by Age

Figure 2, the gender of adolescents in the sample. It is noticed that majority (51.5%) of adolescents belong to male category and 48.5% belong to female category. These results suggest the gender influence on adolescents' motivation or addiction to dangerous drugs.

Figure 3 summarizes the age of adolescents in the sample. Around 1% of adolescents in study are 13 years old, 7.9% are 14 years old, 7.9% are 15 years old, 11.9% are 16 years old, 18.8% are 17 years old, 22.8% are 18 years old, 22.8% are 19 years old, and 7 % are 20 years old.

Figure 4 summarizes the type of school of adolescents in the sample. Majority (52.5%) of adolescents belongs to public schools and 48.5% belong to private schools. These results suggest the influence of type of school on adolescents' motivation or addiction to dangerous drugs.

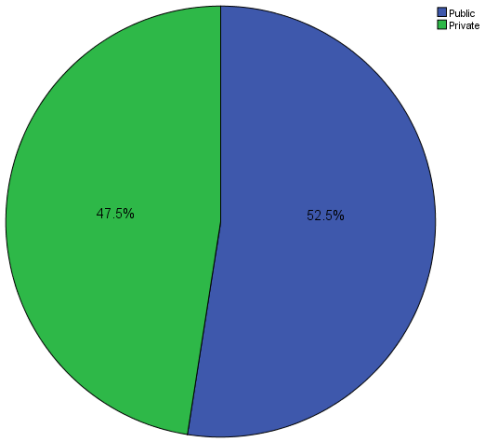

Figure 4-Sample by Type of School

Variables related to consuming dangerous drugs

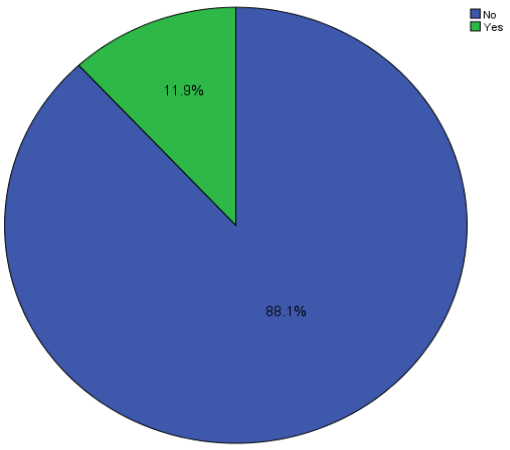

Figure 5- Sample by Ever Consumed Drugs

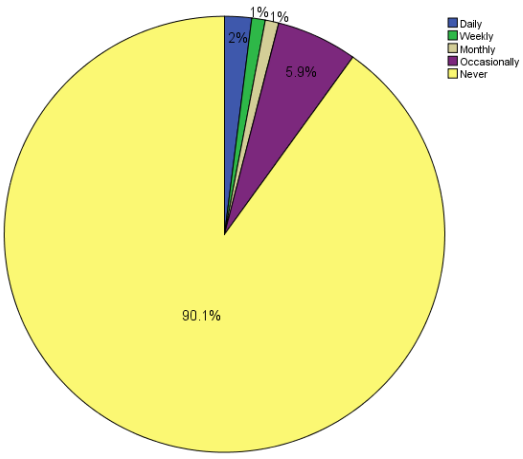

Figure 6- Sample by Rate of Taking Drugs

The summary of Figure 5 shows that 11.9% of adolescents have taken harmful drugs, while 88.1% do not. The summary of Figure 6 shows that 2% of adolescents take dangerous drugs daily, 1% take dangerous drugs weekly, 1% take dangerous drug monthly, 5.9% take dangerous drugs occasionally, and 90.1% take dangerous drugs once, twice or never.

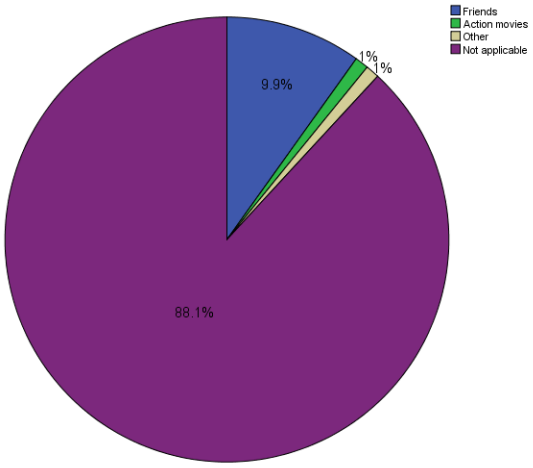

Figure 7- Sample by Influence for consuming Dangerous Drugs

Figure 7 shows that 9.9% of adolescent are influenced by friends, 1% are influenced by action movies, 1% are influenced by other reasons, and 88.1% do not take dangerous drugs or did not answer. These results suggest that the action movies influence the adolescents' motivation or addiction to dangerous drugs. Also, it suggests the influence of friends on the same.

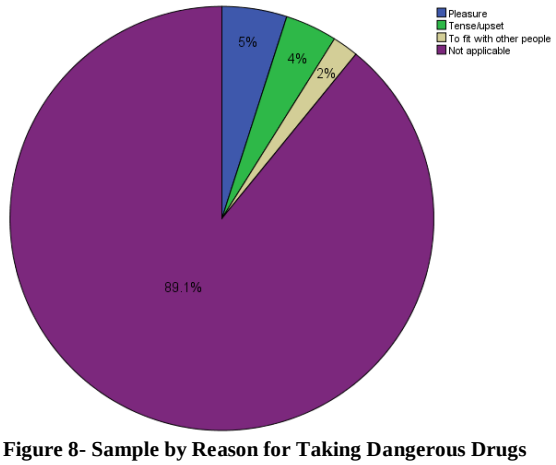

Figure 8- Sample by Reason for Taking Dangerous Drugs

The summary of Figure 8 shows that 5% of adolescents take dangerous drugs for pleasure, 4% take dangerous drugs because they are tense/upset, 2% take dangerous drugs to fit with other people, and 89.1% do not take dangerous drugs or did not answer.

Inferential Statistics

Statistical inference can be defined as the process by which conclusion are drawn about some measure or attributes of a population based upon analysis of sample data. Statistical inference can be divided into 2 types; estimation and hypothesis testing.

In sample proportions of following variables were obtained;

D: No. of adolescents who have ever had dangerous drugs.

D_m: No. of males who have ever had dangerous drugs.

D_f: No. of females who have ever had dangerous drugs.

Inferential Statistics for Proportion of Adolescents who have consumed Dangerous Drugs

Let p = population proportion of adolescents "ever took dangerous drugs"

p_s= sample proportion of adolescents "ever took dangerous drugs"

(1-α) % confidence interval for

$$p = p_s \pm Z_{\alpha/2}\sqrt{\frac{p_s q_s}{n}} \quad (1)$$

Where: $Z_{\alpha/2}$= critical value of standard normal distribution, $q_{s\,=\,1} - p_{s,}$ n = sample size. Hence the 95% confidence interval for p = (0.055709, 0.181915) ≈p = (0.06, 0.18).The 95% CI for population proportion of ever took dangerous drugs is (6%, 18%).It means, there is a 95% chance that the population proportion is between 6% and 18%. The random variable, "number of adolescents who ever took dangerous drugs" (*D*) can be modeled by the binomial distribution due to following reasons.

i. Either an adolescent has taken dangerous drugs or not. It means each trail has 2 possible outcomes
ii. There were 101 participants in the study (no. of trails is fixed)

Assuming the drug taking habits of adolescents are independent from each other and setting $p = 0.06$;
$D \sim B(101, 0.06)$

According to the central limit theorem, normal approximation to Binomial distribution will be appropriate when n is large and p is small. Hence, $D \approx N(\mu, \sigma^2)$
Where $\mu = np$
$\sigma^2 = np(1-p)$

At first, following hypothesis was tested at $\alpha = 5\%$
$H_0: p = 0.06$
$H_1: p > 0.06$

The null hypothesis can be rejected, if the p-value of the test is less than the significance level. In this case p – value = 0.006, it is less than $\alpha = 0.05$. Therefore, $H_0$is rejected. At 5% significance level, there is evidence to say that the population of "adolescents who ever took dangerous drugs" is greater than 6%.

Then, following hypothesis was tested, assuming population proportion = 0.07
$H_0: p = 0.07$
$H_1: p > 0.07$

The p – value of the test (0.027) is less than the significance level (0.05). Therefore, H_0 is rejected. At 5% significance level, there is evidence to say that the population of "adolescents who ever took dangerous drugs" is greater than 7%.
Therefore, following hypothesis was tested, assuming population proportion = 0.08
$H_0: p = 0.08$
$H_1: p > 0.08$

The p – value of the test (0.075) is greater than the significance level (0.05). Therefore, H_0 is not rejected. At 5% significance level, there is evidence to say that the population of "adolescents who ever took dangerous drugs" = 8%

Comparison of Population Proportions of consuming Dangerous Drugs by Gender

Sample proportion of females taking dangerous drugs = 3/49, sample Proportion of males taking dangerous drugs = 9/52. It was intended to see whether, taking dangerous drugs differ by gender in the population.
Let p_1 = population proportion of females ever took dangerous drugs.
p_2 = population proportion of males ever took dangerous drugs.

Hence the following hypothesis also tested.
$H_0: p_1 = p_2$
$H_1: p_1 < p_2$

At $\alpha = 5\%$, the Fisher's exact test p – value of the hypothesis test is 0.124. Therefore, null hypothesis is not rejected. It can be concluded that the proportion of males taking dangerous drugs is not different from proportion of females taking dangerous drugs. It is evidenced that the gender has no influence on adolescent's motivation / addiction to dangerous drugs.

Comparison of Population Proportions of consuming Dangerous Drugs by Type of School

The population of the study consist both public and private schools, it was intended to test whether taking dangerous drugs is different in public schools and private schools.

Let p_1 =Population proportion of public school adolescents ever took dangerous drugs.
p_2= Population proportion of private school adolescents ever took dangerous drugs.
$H_0: p_1 = p_2$
$H_1: p_1 \neq p_2$

At α = 5%, the *p* - value of the hypothesis test is 0.665. Therefore, null hypothesis is not rejected. At α = 5% there is evidence to say that taking dangerous drugs is not different in public schools and private schools. It is clear that, type of school has no influence on adolescent's motivation / addiction to dangerous drugs. Accordingly, demographic factors do not influence on adolescent's motivation/ addiction to dangerous drugs.

Hypothesis test for Proportion of adolescents influence from friends for consuming dangerous drugs

Let *p* = population proportion of adolescents influenced by friends

p_s= sample proportion of adolescents influenced by friends

(1-α) % confidence interval for

$$p = p_s \pm Z_{\alpha/2}\sqrt{\frac{p_s q_s}{n}} \quad (1)$$

Where: $Z_{\alpha/2}$= critical value of standard normal distribution, $q_{s=1} - p_s$, *n* = sample size.

p_s= 9.9%, Hence the 95% confidence interval for *p* = (0.842741, 0.959239) ≈ *p* = (0.84, 0.96).

The 95% CI for population proportion of influenced by friends is (84%, 96%). It means; there is a 95% chance that the population proportion is between 84% and 96%.The random variable, "number of adolescents who were influenced by friends (*F*) can be modeled by the binomial distribution due to following reasons.

i. Either an adolescent is influenced by friends or not. It means each trail has 2 possible outcomes
ii. There were 101 participants in the study (no. of trails is fixed)

Assuming the influence of friends of adolescents are independent from each other and setting *p* = 0.06;

$F \sim B$ (101, 0.84)

According to the central limit theorem, normal approximation to Binomial distribution will be appropriate when *n* is large and *p* is small. Hence, $F \approx N(\mu, \sigma^2)$

Where $\mu = np$

$\sigma^2 = np(1-p)$

At first, following hypothesis was tested at α= 5%

H_0: *p* = 0.84

H_1: *p* > 0.84

The null hypothesis can be rejected, if the *p*-value of the test is less than the significance level. In this case *p* – value = 0.047, it is less than α = 0.05. Therefore, H_0 is rejected. At 5% significance level, there is evidence to say that the population of adolescents influenced by friends is greater than 84%. Therefore, following hypothesis was tested, assuming population proportion = 0.85

H_0: *p* = 0.85

H_1: *p* > 0.85

The *p* – value of the test (0.076) is greater than the significance level (0.05). Therefore, H_0 is not rejected. At 5% significance level, there is evidence to say that the population of adolescents influenced by friends = 8%

Hypothesis test for Proportion of adolescents influence from movies for consuming dangerous drugs

Let *p* = population proportion of adolescents influenced by action movies

p_s= sample proportion of adolescents influenced by action movies

(1-α) % confidence interval for *p* =

$$p_s \pm Z_{\alpha/2}\sqrt{\frac{p_s q_s}{n}} \quad (1)$$

Where: $Z_{\alpha/2}$= critical value of standard normal distribution, $q_{s=1} - p_s$, *n* = sample size.

p_s= 1%,

Where: $Z_{\alpha/2}$= critical value of standard normal distribution, $q_{s=1} - p_s$, *n* = sample size.

p_s= 1%, Hence the 95% confidence interval for p = (0.000000, 0.029210) ≈ p = (0.00, 0.03).

The 95% CI for population proportion of influenced by action movies is (0%, 3%). It means; there is a 95% chance that the population proportion is between 0% and 3%. But, since the p-value of the test = 0.064, it can be concluded that there is no influence on adolescent taking drugs by watching movies.

DISCUSSION AND CONCLUSION

It is discussed that taking dangerous drugs is one of the most harmful behaviours for adolescents. And they may experiment on these, which in turn may affect their future. In this study, we examine taking dangerous drug by demographic, socio factors and movies in Western Province of Sri Lanka. The main influence on adolescents for taking dangerous is their friends, which is same as literature. The study reveals that there is no association between movies and dangerous drugs. It was also found that 8% of adolescents have taken dangerous drugs, and the proportion of males and females taking drugs is not different. Also, the proportion of adolescents committed with taking drugs is not different in public and private schools. Following the results of this study, steps towards prevalence of adolescents taking drugs should begin from the government on spreading awareness and educating adolescents and the parents of adolescents on drug abuse. Starting new advertising campaigns on increasing awareness, mentioning the short and long-term negative effects caused by dangerous drugs such as; distorted vison and hearing, cancer, nerve and brain damage and many more. Additionally, religious program could be conducted for the prevalence of drug abuse. Also, non-government organizations can educate the people by adding workshops and other educational programs as cooperate social responsibility to educate adolescents and their parents. For example; 'Family Prevention programs' which increases family bonding using proper discipline for both parent and child, 'Community and school prevention programs' for spreading awareness at an early age and 'Role of healthcare providers in prevention' where pediatricians and primary care providers would offer counselling on drug abuse. The government should implement and monitor new policies on drug abuse. Both private and public schools should pay more attention and educate adolescents and their parents to prevent taking of dangerous drugs.

In conclusion, there was no association between watching movies and taking dangerous drugs of adolescents in Western Province of Sri Lanka. Furthermore, it can be concluded that there is no significant association between gender and dangerous drugs and, no association between type of school and dangerous drugs. The main influence for alcohol consumption was found to be by friends which is identical to literature.

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