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Prevention of student addiction through exercise programs

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Abstract

The purpose of this study is to explain the role of exercise in students' lack of addiction to drugs and methods of prevention of addiction in educational settings. The research method is qualitative-analytical. The findings showed that the higher the tendency of young people to sports and sports activities, the lower the tendency to addiction, so that adolescents refuse to work with addiction with more motivation. Exercise and mobility help them to have a healthy spirit of competition and struggle with Avoid illnesses such as depression and avoid addiction. Students realize the dangers of drugs and cigarettes when they experience them, and that experience comes at the cost of their addiction. Practical guidance, exercise and physical activity, optimizing leisure time and creating social vitality are among the important strategies to prevent addiction. We should know that preventing substance abuse goes beyond teaching in the classroom. Not providing comprehensive (school, parenting and social support activities) will not have a positive effect. The inclusion of schools in comprehensive social programs causes the transfer of messages, values and attitudes to the student. In other words, the development of prevention programs in schools must be in accordance with new practical findings. And strong theoretical criteria are presented and presented in a research, practical and holistic format

Keywords: Sports, Addiction, Student, Prevention.