

Social, Educational, and Psychological Reflections of Substance Addiction: A Comprehensive Review

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ABSTRACT: This study examines the effects of substance use on individuals across a broad range of domains, from social relationships and family bonds to academic performance, criminal tendencies, and psychological health. Substance addiction is a complex condition that significantly reduces quality of life and is influenced by various factors. These factors include loneliness, family conflicts, academic difficulties, criminal tendencies, and depression. In this study, a correlational survey model and quantitative analysis methods were used to evaluate the relationship between substance use and these factors within a scientific framework.

The sample of the study consisted of 500 participants, including high school and university students aged between 15 and 24. In the data collection process, valid and reliable scales were employed, including the UCLA Loneliness Scale, the Family Assessment Device (FAD), the Friendship Quality Scale (FQS), the Academic Motivation Scale (AMS), the Antisocial Behaviours Scale (ABS), and the Beck Depression Inventory (BDI). In the data analysis process, correlation and multiple regression analyses, together with statistical significance tests, were used to examine the relationships among these variables. This approach provided a scientific basis for understanding the multidimensional effects of substance use on individuals.

Previous research indicates that substance use has a negative impact on social relationships, leading to increased feelings of loneliness and changes in the individual's social environment. A significant relationship has also been found between family conflicts and substance use, suggesting that individuals with limited family support are more likely to engage in substance use. In terms of academic achievement, substance use has been found to reduce students' performance, while individuals with low academic motivation are more likely to use substances. In addition, substance use has been associated with a tendency toward criminal behaviour, and antisocial behaviours have been found to be more common among substance users. From the perspective of psychological health, substance use has been shown to increase levels of depression, and individuals with poorer psychological well-being tend to use substances more frequently.

This study provides empirical support for the proposed hypotheses and suggests that substance use is significantly associated with individuals' social, academic, behavioural, and psychological experiences. By examining substance use through a multidimensional framework, the research may contribute to the development of prevention and intervention strategies. The findings highlight the importance of strengthening social support mechanisms, improving family communication, supporting academic motivation, and providing psychological assistance for young individuals at risk of substance use.

KEYWORDS: Substance use, social relationships, family support, academic achievement, criminal tendency, psychological health, addiction.

1. INTRODUCTION

Substance use and addiction constitute a complex and multidimensional problem that profoundly associated with individuals' psychological, social, and academic quality of life. According to the 2023 World Drug Report published by the United Nations Office on Drugs and Crime, substance use remains a significant public health and social concern among young people. The risk of initiating substance use is particularly high during adolescence and young adulthood, and these periods are considered among the most vulnerable developmental stages (Hawkins, Catalano, & Miller, 2022). Therefore, understanding the effects of substance use on individuals and society as a whole is of vital importance for the development of prevention and intervention strategies.

In-depth studies on substance addiction indicate that it is insufficient to explain the roots of this complex problem solely through individual choices or biological predispositions. Research emphasises that substance use is influenced by multiple factors, such as

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social environment, family dynamics, academic performance, and psychological condition (Brook et al., 2019; Swendsen et al., 2010). Among the main factors underlying substance use among young people, feelings of loneliness, changes in the social environment, family conflicts, academic failure, criminal tendencies, and psychological problems are particularly prominent (Fergusson, Horwood, & Ridder, 2008).

The focus of this study is to examine the potential effects of substance use and addiction on individuals' social, academic, and psychological conditions. The study specifically investigates how substance use associated with social interactions, including feelings of loneliness and changes in friendship networks; how it influences family dynamics, including family conflicts and family support; how it associated with academic performance, including academic motivation and achievement; how it relates to criminal tendencies; and how it influences psychological health, particularly levels of depression.

This study is based on a sample of 500 high school and university students aged between 15 and 24. A quantitative data analysis method was employed throughout the research process. For this purpose, several scales were used, including the UCLA Loneliness Scale, the Family Assessment Device (FAD), the Friendship Quality Scale (FQS), the Academic Motivation Scale (AMS), the Antisocial Behaviours Scale (ABS), and the Beck Depression Inventory (BDI). Through the use of these scales, the effects of substance use on individuals were examined in a more detailed and comprehensive manner.

This study is expected to make a significant contribution to the development of policies aimed at preventing substance use and to the formulation of individual intervention strategies by examining the social, academic, and psychological dimensions of substance addiction through a scientific approach. In addition, identifying the triggers of substance use and addiction may help individuals become more aware of relevant risk factors.

In the following sections of this study, the key variables related to substance addiction will be discussed through a detailed literature review. This review will be followed by the presentation of the research model and related hypotheses. A detailed explanation of the research methodology and the data analysis process will then be provided. In light of the findings obtained, recommendations will be offered for developing effective strategies against the problem of substance addiction.

2. LITERATURE REVIEW

Substance use and addiction significantly affect an individual's psychological, social, and academic life. Therefore, examining the factors that trigger substance use is of vital importance in order to understand the development of addiction and to design strategies for preventing this process. In this section, the effects of factors such as social relationships, family structure, academic performance, criminal tendency, and psychological health on substance use will be discussed in detail in light of the existing literature.

Social connections are regarded as one of the critical factors affecting an individual's quality of life. It has been found that individuals with substance addiction experience social isolation over time, undergo changes in their social environment, and report increased feelings of loneliness (Russell, Peplau, & Cutrona, 1980). Research also shows that individuals who use substances tend to reduce their relationships with non-using peers and often establish social ties with other substance users (Brook et al., 2019).

The UCLA Loneliness Scale is an important measurement tool used to determine the effect of substance use on social relationships. This scale examines the depth and quality of the bonds individuals establish with their social environment (Russell et al., 1980). Various studies have demonstrated a direct relationship between feelings of loneliness and substance use. In this context, it has been concluded that loneliness may increase individuals' tendency toward substance use (Hawkins, Catalano, & Miller, 2022).

Research on the vital role of the family in an individual's social and psychological development has shown that inadequate family communication, inconsistent parental attitudes, and family conflicts are risk factors that increase the tendency toward substance use (Epstein, Baldwin, & Bishop, 1983). While lack of family support has been observed as an important factor in young people's tendency to use substances, strong family bonds have been identified as a protective factor against addiction (Velleman, Templeton, & Copello, 2005).

Family dynamics are often evaluated through the McMaster Family Assessment Device (FAD). This measurement tool helps identify support structures and levels of conflict among family members (Epstein et al., 1983). Scientific studies indicate that domestic violence and insufficient parental support increase individuals' tendency toward substance use (Loeber & Farrington, 2000).

Substance use has the potential to impair an individual's cognitive abilities and academic performance. This situation is supported by studies showing that substance use is more common among individuals with lower academic achievement. For example, a study conducted by Henry, Knight, and Thornberry (2012) reported that individuals with lower academic performance were more likely to use substances compared to their peers with higher academic achievement.

There are also studies suggesting that academic achievement and motivation function as important deterrent factors against substance use among students (Finn, 1989). In this regard, the Academic Motivation Scale (AMS) is widely accepted as a tool for evaluating academic achievement and motivation (Vallerand et al., 1992). Studies conducted using the AMS have revealed a significant inverse relationship between low academic motivation and substance use (Fergusson, Horwood, & Ridder, 2008).

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The relationship between criminal tendency and substance use among young people has been strongly supported by longitudinal studies. Initiating substance use during adolescence and young adulthood increases the likelihood of engaging in crime-related activities (Farrington, 1995). In addition, individuals who display antisocial behaviours have been found to be more inclined toward substance use (Loeber & Farrington, 2000).

The Antisocial Behaviours Scale (ABS) is a measurement tool used to examine the relationship between substance use and criminal tendencies. This scale was designed by Loeber and Farrington (2000) to identify individuals' illegal or aggressive behaviours. Research has shown that individuals with criminal tendencies often begin substance use at an earlier age (Farrington, 1995).

The interaction between psychological health and substance use has been a widely researched topic, and connections have been identified between these two factors and conditions such as depression, anxiety, and stress (Swendsen et al., 2010). Individuals with high levels of depression have been observed to be more susceptible to the appeal of substances. This situation represents an important parameter in understanding the psychological dimension of addiction (Beck et al., 1961).

The Beck Depression Inventory (BDI) is a frequently used measurement tool for assessing levels of depression, and higher scores are commonly observed among individuals with substance addiction (Beck et al., 1961). Furthermore, psychological disorders may be considered not only as a consequence of substance use but also as a factor that directs individuals toward substance use (Swendsen et al., 2010).

3. EXAMINATION OF THE HYPOTHESES

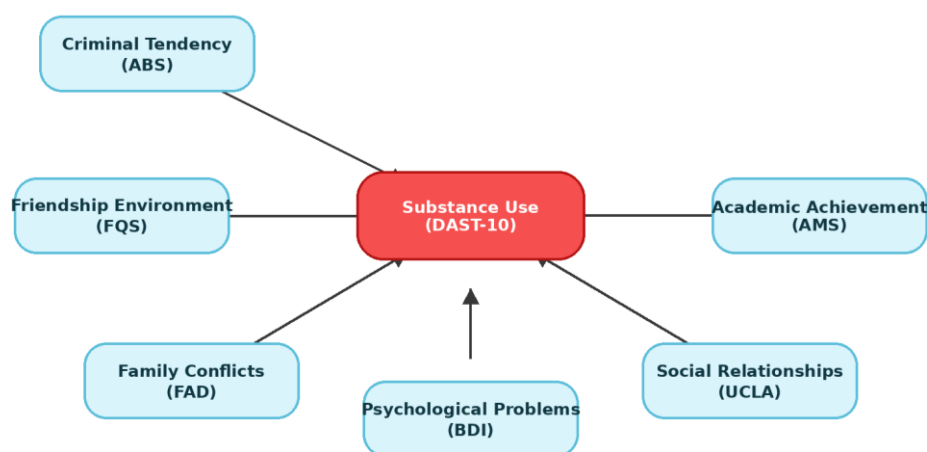


Figure 1. Proposed research model showing the predictors of substance use.

Research Model 1: The Social, Academic, and Psychological Effects of Substance Use

Our research model clearly illustrates the social, academic, and psychological dimensions associated with substance use, measured through the Drug Abuse Screening Test (DAST-10). In this model, factors such as social relationships, family conflicts, friendship environment, academic achievement, criminal tendency, and psychological problems are considered independent variables, while substance use is positioned as the dependent variable. This carefully designed model serves as a framework for testing the proposed hypotheses, and correlation and regression analyses will be conducted to verify the accuracy and statistical significance of the findings.

The hypotheses developed during the research process are grounded in the relevant literature and are prepared for empirical testing. The following section presents the hypotheses formulated to examine the relationships among the key variables that constitute the focus of this study.

This study examines the complex relationship between social relationships and substance use. In particular, it focuses on how substance use associated with individuals' social environments and interpersonal relationships.

Social Relationship Hypotheses H1–H4

- Hypothesis 1: Substance addiction is associated with the deterioration of individuals' social relationships.
- Hypothesis 2: Substance use has a direct and significant relationship with individuals' level of loneliness.
- Hypothesis 3: Substance use is significantly associated with changes in the dynamics of individuals' friendship networks.
- Hypothesis 4: Individuals with substance addiction benefit less from social support mechanisms compared to individuals who do not use substances.

Family-Related Hypotheses H5–H

- Hypothesis 5: Family conflicts have a direct and significant relationship with substance use.

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- Hypothesis 6: The likelihood of substance use varies depending on the level of family support. Specifically, individuals with low family support are more likely to use substances compared to those with high family support.
- Hypothesis 7: Communication breakdowns within the family are significantly associated with individuals' tendency toward substance use.

Academic Hypotheses H8–H10

- Hypothesis 8: In light of the relevant literature, substance use negatively associated with individuals' academic performance.
- Hypothesis 9: Individuals with low academic motivation are more likely to use substances.
- Hypothesis 10: Individuals who use substances have lower academic achievement compared to those who do not use substances

Criminal Tendency Hypotheses H11–H13

- Hypothesis 11: There is a significant positive relationship between substance use and criminal tendency.
- Hypothesis 12: Antisocial behaviours are more common among individuals who use substances compared to those who do not.
- Hypothesis 13: Individuals with a high tendency toward criminal behaviour are more likely to use substances compared to those with a low criminal tendency.

Psychological Health Hypotheses H14–H16

- Hypothesis 14: Substance use is positively and significantly associated with the level of depression.
- Hypothesis 15: The prevalence of psychological disorders is higher among individuals who use substances compared to those who do not.
- Hypothesis 16: Individuals with poor psychological health are more likely to use substances compared to psychologically healthy individuals.

Integrated Model Hypotheses H17–H20

- Hypothesis 17: Substance use is significantly determined by factors such as social relationships, academic achievement, family communication, criminal tendency, and psychological health.
- Hypothesis 18: Academic motivation, social support systems, and family relationships function as effective protective factors in reducing substance use.
- Hypothesis 19: Criminal tendencies and psychological disorders constitute significant risk factors that contribute to increased substance use.
- Hypothesis 20: In individuals who use substances, deterioration in social relationships and decreases in academic performance are indirectly associated with psychological health problems.

These assumptions will shape the theoretical foundation of the study and will be tested through quantitative analysis techniques. The subsequent statistical evaluations will provide critical data for confirming the validity of these hypotheses and for analysing the effects of substance use on various aspects of individuals' lives.

4. METHOD

In this study, a quantitative research method was employed. This type of approach enables the analysis of relationships between phenomena through measurable data sets. During the data collection process, the survey technique was used, and various structured scales were administered to the participants. This methodology contributes both to maintaining scientific rigour and to increasing the reliability of the research findings.

During the data collection phase, both online and face-to-face surveys were conducted in order to obtain participants' responses. All surveys were prepared in a Likert-scale format. Accordingly, participants responded to the items using a five-point scoring system ranging from 1, meaning “strongly disagree,” to 5, meaning “strongly agree.” This research focuses on the effects of substance use among young adults on social interactions, family bonds, academic motivation, and psychological health. The demographic group targeted in the study consists of high school and university students aged between 15 and 24. According to the 2023 World Drug Report published by the United Nations Office on Drugs and Crime, young people are considered a vulnerable group in terms of substance use initiation and related risks.

Table 1. Variables, Scales, and Sources

Variable	Scale	Source
Substance Use	DAST-10	Skinner (1982)
Social Isolation	UCLA Loneliness Scale	Russell (1996)

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Variable	Scale	Source
Family Relationships	Family Assessment Device (FAD)	Epstein et al. (1983)
Friendship Quality	Friendship Quality Scale (FQS)	Bukowski et al. (1994)
Academic Motivation	Academic Motivation Scale (AMS)	Vallerand et al. (1992)
Criminal Tendency	Antisocial Behaviours Scale	Loeber and Farrington (2000)
Depression	Beck Depression Inventory (BDI)	Beck et al. (1961)

Stratified random sampling was used as the sampling method in this study. This method was selected in order to ensure the representation of different demographic groups. Participants were included in the sampling process by being placed into different strata according to factors such as age, gender, educational level, and family structure.

This study was based on a sample of 500 participants. In terms of gender distribution, 52% of the sample consisted of male participants, while 48% consisted of female participants. The mean age of the participants was 19.7 years, with a standard deviation of 2.64. Comparisons between participants with and without a history of substance use enabled the statistical analysis of differences between these two groups.

In determining the sample size, the G*Power analysis tool was used effectively. Through this program, the minimum sample size required for regression analyses was calculated. The calculations were conducted by considering a 95% confidence interval and a 5% margin of error. As a result, it was concluded that the sample size was sufficient for the purposes of the study.

The data obtained in this study were analysed using SPSS. The statistical methods used in the analysis process are presented below. Descriptive statistics were used to understand the structure of the data set. These statistics generally include the mean, which indicates the central tendency of the data; the standard deviation, which shows the degree of dispersion; and the minimum and maximum values, which indicate the range of the data.

Correlation analysis was conducted using Pearson's correlation coefficient in order to examine the relationships among the variables. Regression analysis played a critical role in identifying the various factors affecting substance use. In addition, multicollinearity analysis was performed based on VIF and tolerance values. Normality testing was conducted through histogram and P-P plot analyses in order to examine whether the residual values followed a normal distribution.

All statistical analyses were conducted based on a significance level of $p < 0.05$. In addition, Cronbach's Alpha was used to determine the reliability coefficients of the scales, thereby evaluating the internal consistency of each measurement tool.

The research process was carried out in strict accordance with ethical principles, and informed consent was obtained from all participants. For participants under the age of 18, parental or guardian consent was obtained in addition to participant assent. The purpose of the study was explained to the participants in detail, and it was ensured that all collected data would be evaluated anonymously and in accordance with confidentiality principles. In addition, participants were informed of their right to withdraw from the study at any stage without providing any reason.

This study used standardised tests and scales to evaluate various psychological and social phenomena.

Substance use and addiction level were measured using the Drug Abuse Screening Test (DAST-10), developed by Skinner in 1982. This 10-item scale identifies problems related to substance use and is structured as a dichotomous yes/no measurement tool.

The UCLA Loneliness Scale, developed by Russell, Peplau, and Cutrona in 1980, was used to determine the level of deterioration in social relationships. This Likert-type scale measures individuals' loneliness and social isolation.

Family conflicts were assessed using the Family Assessment Device (FAD), developed by Epstein, Baldwin, and Bishop in 1983. This Likert-type scale is used to evaluate family functioning, communication, support, and conflict levels within the family.

Changes in the friendship environment were analysed using the Friendship Quality Scale (FQS), developed by Bukowski, Hoza, and Boivin in 1994. This Likert-type scale evaluates individuals' friendship relationships, perceptions of friends, and perceived friendship support.

Changes in academic achievement were measured using the Academic Motivation Scale (AMS), developed by Vallerand et al. in 1992. This five-point Likert-type scale is used to determine students' level of motivation toward academic goals.

Criminal tendencies were evaluated using the Antisocial Behaviours Scale (ABS), developed by Loeber and Farrington in 2000. This Likert-type scale assesses individuals' aggressive, illegal, or rule-violating behaviours.

Psychological problems, particularly levels of depression, were assessed using the Beck Depression Inventory (BDI), developed by Beck, Ward, Mendelson, Mock, and Erbaugh in 1961. This Likert-type scale is widely used to measure symptoms of depression.

5. EVALUATION OF FINDINGS AND DISCUSSION

Descriptive Statistics

	N	Range	Sum	Mean	Std. Deviation	Variance
Gender	500	1	235	.47	.500	.250
Education	500	3	718	1.44	1.097	1.204
LivingWithFamily	500	1	238	.48	.500	.250
UsedSubstance	500	1	255	.51	.500	.250
RegularUsage	500	1	250	.50	.501	.251
Valid N (listwise)	500					

First, when the gender distribution is examined, the mean value of the participants is observed to be 0.47. In an analysis where 0 represents male and 1 represents female, this value indicates that the distribution of male and female participants is almost equal. The standard deviation value of 0.500 also shows that the sample is balanced in terms of gender. This situation enables the study to analyse the effect of gender on substance use. If there had been a serious imbalance in the gender distribution of the sample, the statistical analysis results could have been misleading. However, the current distribution demonstrates that both genders are represented in a balanced manner within the sample.

When the data collected regarding educational status are considered, the mean educational level of the participants was determined as 1.44. This assessment was based on a scale in which educational status was coded as 0 = primary education, 1 = high school, 2 = university, and 3 = graduate. The mean value of 1.44 indicates that a large proportion of the sample was at the high school level. The standard deviation and variance were calculated as 1.097 and 1.204, respectively, confirming that educational levels varied within the sample, although the concentration was mainly at the high school level. In order to better understand the effect of educational level on substance use, it is recommended that a comparative analysis be conducted, particularly between individuals at the high school and university levels. Since educational level may influence individuals' awareness of substance use and their access to such substances, this variable should be examined in greater detail in relation to substance use.

Living with family constituted an important demographic characteristic of the sample examined. This variable was divided into two categories: 0 representing "not living with family" and 1 representing "living with family." The mean value of 0.48 indicates that almost half of the sample lived with their family, while the other half did not.

Living with family is a highly important issue in terms of its possible effect on individuals' substance use. The family environment may function both as a protective factor and as a risk factor in relation to substance use. Previous studies have indicated that family support and parental monitoring play an important role in reducing substance use among young people. On the other hand, individuals who do not live with their families may adopt a more independent lifestyle, which may increase their vulnerability to substance use. Therefore, detailed analyses are required in order to better understand the effect of this variable on substance use.

The data obtained regarding substance use indicate that 51% of the participants had used a substance at least once. Since the UsedSubstance variable was coded as 0 = never used and 1 = used, the mean value of 0.51 means that more than half of the research group had experience with substance use. This high rate demonstrates the extent to which substance use is widespread, particularly among young people. Previous studies have reported that rates of substance use increase during adolescence and young adulthood and that this pattern is associated with various factors such as social environment, peer pressure, and psychological factors. The findings of the present study also support this tendency and emphasise the need for more comprehensive analyses of substance use. The examination of the frequency of substance use reveals that regular use is also an important factor. Considering that the RegularUsage variable was coded as 0 = no regular use and 1 = regular use, the mean value of 0.50 indicates that the proportions of regular users and non-regular users were almost equal. This finding suggests that a considerable proportion of individuals who had used substances tended to develop a pattern of regular use.

In particular, when it is considered that individuals who begin using substances may face the risk of addiction over time, this finding provides important information for strategies aimed at combating addiction. Previous research has shown that substance use may progress from experimental use to regular use and then to addiction. Therefore, when developing prevention strategies, it is critically important to understand at which stage substance use turns into a regular habit.

From an overall perspective, the findings indicate that substance use is considerably widespread among the young population and that a significant proportion of users have progressed to regular use. Among the demographic factors, gender, educational level, and living with family emerge as critical variables that may shape substance use patterns. In this context, in order to examine the effects of these factors on substance use in greater detail, it is necessary to apply statistical analyses such as correlation analysis, regression analysis, and t-tests, which can reveal the relationships among variables and identify differences between groups.

Table 2: Descriptive Statistics Results

	Mean	Std. Deviation	N
DAST_SCORE	4.56	1.339	500
SOCIAL_SCORE	4.32087703	.742997401	500
FAMILY_SCORE	4.30877599	.754512089	500
FRIEND_SCORE	4.30359435	.793047620	500
ACADEMIC_SCORE	4.29900489	.785484256	500
CRIME_SCORE	4.31505945	.786688019	500
PSYCHO_SCORE	4.32068893	.763185246	500

In this study, data obtained from a sample of 500 participants were analysed in order to clarify the relationship between substance use and various social, psychological, and academic factors. These analyses provide specific trends and significant findings. During the evaluation process, several variables were taken into consideration, including DAST_SCORE, which indicates the intensity of substance use; SOCIAL_SCORE, which represents social relationships; FAMILY_SCORE, which reflects the condition of family bonds; FRIEND_SCORE, which measures the quality of the friendship environment; ACADEMIC_SCORE, which indicates academic achievement and motivation level; CRIME_SCORE, which reflects criminal tendency; and PSYCHO_SCORE, which identifies the presence of psychological problems. The relationship between these variables and individuals' substance use was examined in detail.

Initially, substance use levels were assessed using the DAST-10 scale, and the mean score was found to be 4.56. The standard deviation was calculated as 1.339, indicating that substance use levels varied considerably among individuals. This finding suggests that substance use was noticeably prevalent within the sample and that the participants did not show a homogeneous distribution in terms of substance use. The literature indicates that substance use among young people is strongly associated with psychosocial factors and that individuals are significantly influenced by their social environment, family, and academic context (Brook et al., 1998; Velleman et al., 2005). In light of this information, it is necessary to examine the other variables within the broader scope of the study and to identify the factors that most strongly affect substance use.

When the analyses related to social relationships are examined, the mean social relationship score was found to be 4.32, with a standard deviation of 0.743. These results indicate that individuals generally had a moderate to high level of positive perception regarding their social relationships. However, in order to determine the effect of substance use on social relationships, the relationship between this variable and the level of substance use should be examined in detail. Scientific studies have shown that substance users may gradually become detached from their social environment and experience social isolation over time (Ennett et al., 2006). Such deterioration in social relationships may lead individuals to become isolated and to adopt substance use as a coping strategy. Therefore, in order to better understand the effect of social relationships on substance use, it is recommended that the correlation between the relevant variables be analysed, as detailed below.

The analysis of family bonds and support mechanisms showed that the mean score for this measure was 4.31, with a standard deviation of 0.755. These findings support the view that family support is one of the most effective protective factors in preventing substance use among individuals (Velleman et al., 2005). The presence of a strong communication structure within the family may play a critical role in preventing substance use by meeting individuals' emotional needs. However, in cases where family conflicts are intense, the risk of young people turning to substance use may increase (Swendsen et al., 2010). In this context, it becomes necessary to examine the relationship between family bonds and substance use in greater depth. In particular, comparing the substance use tendencies of individuals who live with their families and those who do not may provide an important analysis in this regard.

The mean score of the variable related to the friendship environment was determined as 4.30, while the standard deviation was calculated as 0.793. Although individuals generally evaluated the support they received from their friendship environment positively, a more detailed analysis of the relationship between friendship environment and substance use is required. The existing literature indicates that individuals who begin using substances may experience changes in their social circles over time and may spend more time with friends who also use substances (Fergusson et al., 2008). Peer influence may therefore be an important factor in the spread of substance use among young people. In this context, it is recommended that statistical methods capable of analysing group differences be used to identify individuals who experience changes in their friendship environment due to substance use.

The research findings showed that the mean score for academic achievement was 4.30, with a standard deviation of 0.785. There is evidence indicating that a lack of academic achievement and motivation may increase individuals' likelihood of engaging in substance use (Henry et al., 2012). Individuals who experience difficulties in the educational process have been observed to be more

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vulnerable to substance use. In this context, comparing the academic achievement and motivation levels of substance users and non-users is critically important for better understanding the effect of academic achievement on substance use.

The examination of the criminal tendency variable showed that its mean score was 4.31, with a standard deviation of 0.787. More in-depth analyses are required to understand the potential relationship between substance use and criminal tendency. Previous literature has indicated that criminal tendencies increase together with substance use and that individuals with substance addiction are more likely to engage in illegal activities (Farrington, 1995). The mean score of the measurement tool addressing psychological problems was 4.32, with a standard deviation of 0.763. The effect of substance use on psychological health cannot be ignored. In particular, the literature suggests that factors such as depression, anxiety disorders, and stress increase the risk of substance use (Swendsen et al., 2010). In this regard, it is highly important to examine the relationship between psychological condition and substance use in detail.

Table 3: Correlation Analysis Results

		Correlations						
		DAST_SCORE	SOCIAL_SCORE	FAMILY_SCORE	FRIEND_SCORE	ACADEMIC_SCORE	CRIME_SCORE	PSYCHO_SCORE
Pearson Correlation	DAST_SCORE	1.000	.708	.713	.664	.692	.642	.695
	SOCIAL_SCORE	.708	1.000	.616	.598	.576	.551	.564
	FAMILY_SCORE	.713	.616	1.000	.583	.610	.535	.616
	FRIEND_SCORE	.664	.598	.583	1.000	.522	.480	.542
	ACADEMIC_SCORE	.692	.576	.610	.522	1.000	.550	.586
	CRIME_SCORE	.642	.551	.535	.480	.550	1.000	.546
	PSYCHO_SCORE	.695	.564	.616	.542	.586	.546	1.000
Sig. (1-tailed)	DAST_SCORE	.	<.001	<.001	<.001	<.001	<.001	<.001
	SOCIAL_SCORE	.000	.	.000	.000	.000	.000	.000
	FAMILY_SCORE	.000	.000	.	.000	.000	.000	.000
	FRIEND_SCORE	.000	.000	.000	.	.000	.000	.000
	ACADEMIC_SCORE	.000	.000	.000	.000	.	.000	.000
	CRIME_SCORE	.000	.000	.000	.000	.000	.	.000
	PSYCHO_SCORE	.000	.000	.000	.000	.000	.000	.
N	DAST_SCORE	500	500	500	500	500	500	500
	SOCIAL_SCORE	500	500	500	500	500	500	500
	FAMILY_SCORE	500	500	500	500	500	500	500
	FRIEND_SCORE	500	500	500	500	500	500	500
	ACADEMIC_SCORE	500	500	500	500	500	500	500
	CRIME_SCORE	500	500	500	500	500	500	500
	PSYCHO_SCORE	500	500	500	500	500	500	500

Correlation analysis is a valuable statistical tool used to examine the relationships among a set of variables and to determine the extent to which these variables are associated with one another. This study aims to clarify the relationships between substance use (DAST_SCORE) and various social and psychological factors. These factors include social relationships (SOCIAL_SCORE), family bonds (FAMILY_SCORE), friendship environment (FRIEND_SCORE), academic achievement and motivation (ACADEMIC_SCORE), criminal tendency (CRIME_SCORE), and psychological condition (PSYCHO_SCORE). The relevant relationships were analysed using Pearson's correlation coefficient.

Correlation coefficients above 0.50 indicate the presence of a moderate to high positive relationship between variables. Each correlation value significant at the $p < 0.001$ level shows that the relationship between the variables is statistically significant. As a general rule, the closer the correlation coefficient is to 1, the stronger the relationship; the closer it is to 0, the weaker the relationship. Within this framework, the relationships among the variables were examined and interpreted in detail.

It was observed that substance use and addiction (DAST_SCORE) had moderate to high positive relationships with all other variables. The highest correlation values were found for family relationships ($r = 0.713$, $p < 0.001$), social relationships ($r = 0.708$, $p < 0.001$), psychological problems ($r = 0.695$, $p < 0.001$), and academic achievement ($r = 0.692$, $p < 0.001$). These findings indicate that substance use is closely associated with individuals' social environment, family bonds, academic achievement, and psychological health. They also suggest that problems experienced in these areas may interact with substance use and addiction.

A significant correlation was found between social bonds and substance use ($r = 0.708$, $p < 0.001$), indicating that individuals' social relationships may be associated with their substance use habits. Previous studies have shown that individuals experiencing social isolation tend to have a higher tendency toward substance use (Ennett et al., 2006). At the same time, it has been found that substance users often become detached from their social environment and that their social support structures weaken. However, in cases where substance use is perceived as part of the social environment, individuals may also begin using substances in order to strengthen their social bonds (Brook et al., 1998). This highlights the need for more detailed analyses to fully understand the nature and direction of the relationship between social relationships and substance use.

The significant relationship between family interactions and substance use ($r = 0.713$, $p < 0.001$) demonstrates that family dynamics have a notable effect on individuals' substance use. While family support constitutes an important protective factor for young people, family conflicts, lack of communication, and weak parental control have been identified as factors that may trigger substance use

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(Velleman et al., 2005). It has been found that young people's tendency toward substance use increases when family support is weak. Therefore, in this study, the nature of the relationship between individuals' family relationships and substance use should be examined, and the role of the family factor in the prevention of addiction should be determined.

A significant relationship was also found between substance addiction and psychological problems, indicating that substance use has an important effect on individuals' mental health ($r = 0.695$, $p < 0.001$). Conditions such as depression, anxiety, and stress increase the risk of substance use, as also documented by Swendsen et al. (2010). Individuals often turn to substance use in an attempt to relieve the psychological difficulties they experience; however, this may activate the cycle of addiction. Furthermore, substance use has been observed to worsen psychological problems in the long term and to draw individuals deeper into the addiction process. Therefore, further analyses are required to fully determine the nature and effect of the relationship between substance use and psychological problems.

The strong correlation between academic achievement and substance use ($r = 0.692$, $p < 0.001$) indicates that these two factors may be related. Previous studies have shown that students with lower academic performance tend to have a higher tendency toward substance use (Henry et al., 2012). Individuals who experience academic failure often suffer from low motivation, which may lead to greater exposure to substance use. At the same time, substance use itself may also reduce academic motivation. Therefore, more comprehensive analyses are needed in order to better understand the causal relationship between academic achievement and substance use.

The positive relationship between substance addiction and criminal tendency ($r = 0.642$, $p < 0.001$) draws attention to the possibility that individuals with substance addiction may be more inclined toward criminal behaviour. The academic literature emphasises the co-occurrence of crime and substance use and discusses how these two factors influence each other (Farrington, 1995). While substance use may increase individuals' likelihood of engaging in illegal activities, it should also be considered that individuals with higher criminal tendencies may have greater opportunities to access substances. Therefore, comprehensive analyses are required to determine the exact effect of substance use on criminal tendencies.

Overall, the correlation analysis demonstrates that substance use is significantly associated with social, academic, and psychological factors. Substance use was found to be directly related to deterioration in social interactions, family conflicts, academic failure, psychological problems, and criminal tendencies. These results emphasise the need to adopt various strategies in the fight against substance addiction. Strengthening family support, developing methods to prevent social isolation, preventing academic failure, and encouraging individuals to seek psychological support are considered critical steps in combating substance addiction.

Future studies are recommended to examine the relationships among specific variables more comprehensively and to include causality analyses. In addition, longitudinal studies are important for determining whether social environment and family-related factors function as preventive or facilitating factors in substance use. In the development of policies concerning substance addiction, supporting individuals' social and academic environments and improving psychological support mechanisms appear to be critically important.

Regression analysis examines in detail the relationship between the dependent variable, defined as substance use and addiction level (DAST_SCORE), and independent variables such as social relationships (SOCIAL_SCORE), family bonds (FAMILY_SCORE), friendship environment (FRIEND_SCORE), academic achievement and motivation (ACADEMIC_SCORE), criminal tendency (CRIME_SCORE), and psychological problems (PSYCHO_SCORE). This regression model provides critical findings regarding the extent to which these independent variables explain the effects on substance use.

Table 4: Regression Analysis Results

Model Summary ^b										
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	Change Statistics			Sig. F Change	Durbin-Watson
						F Change	df1	df2		
1	.859 ^a	.738	.735	.690	.738	231.476	6	493	<.001	1.836

a. Predictors: (Constant), PSYCHO_SCORE, FRIEND_SCORE, CRIME_SCORE, ACADEMIC_SCORE, SOCIAL_SCORE, FAMILY_SCORE

b. Dependent Variable: DAST_SCORE

When the results of the regression model are examined, the R value is found to be 0.859. This result indicates a strong relationship between the independent variables and substance use. Another important finding is that the R Square (R^2) value is 0.738. This value shows that 73.8% of the variance in substance use can be explained by the independent variables. Therefore, the model has a high capacity to predict the dependent variable in a meaningful way. In addition, the Adjusted R Square value was calculated as 0.735. This result indicates that the inclusion of the independent variables in the model generally increases its explanatory power.

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The high adjusted R^2 value demonstrates that the variables included in the model make a significant contribution to explaining substance use and that the model has a high level of generalisability. The standard error of the estimate was calculated as 0.690, indicating that the model has a strong predictive capacity. The F value was found to be 231.476, and the p value was lower than 0.001. This shows that the independent variables collectively have a statistically significant effect on substance use.

According to the Durbin-Watson test results, the obtained value of 1.836 indicates that autocorrelation is not present in the regression model, or that it is at least at a negligible level. A Durbin-Watson value close to 2 generally indicates that there is no autocorrelation among the error terms of the model and, therefore, that the regression analysis is reliable. This suggests that the model largely meets the assumptions of regression analysis.

The high explanatory power of the regression model reveals that substance use is strongly associated with social, academic, and psychological factors. It is clear that the independent variables play a crucial role in explaining substance use.

The statistical analysis of social relationships showed that SOCIAL_SCORE had a significant relationship with substance use ($R = 0.738$, $p < 0.001$). This finding indicates that social connections play an effective role in determining substance use. Previous studies have shown that individuals who use substances experience significant changes in their social environment and that the weakening of social support systems increases substance use (Ennett et al., 2006). In addition, individuals' social bonds and peer interactions may play a role in either increasing or reducing substance use. Social isolation may be a factor that leads individuals toward substance use, while substance use may also negatively affect individuals' social relationships and cause deterioration. In this context, it is highly important to examine the effect of social support systems on substance use in detail.

The family relationships index (FAMILY_SCORE) also showed a highly significant relationship according to the statistical analysis results. The Pearson correlation coefficient was calculated as $R = 0.738$, and this value was statistically significant at the $p < 0.001$ level. There is a clear relationship between family relationships and substance use, indicating that family support mechanisms and parent-child communication are important factors affecting the risk of addiction. Research has documented that individuals who lack family support are more likely to engage in substance use (Velleman et al., 2005). In particular, substance use tendencies increase in cases where family conflicts are intense, parental support is limited, and control mechanisms are insufficient. These findings support the view that strengthening family bonds and promoting healthy communication between parents and children play an important role in preventing substance use.

The statistical significance of the effect of the friendship environment (FRIEND_SCORE) was demonstrated by a Pearson correlation coefficient of $R = 0.664$ and a p value lower than 0.001. This indicates that the friendship environment has a significant effect on the examined condition. The effect of friendship networks on substance use may be explained by peer pressure and the influence of the social environment on individuals. Various studies have shown that peer pressure and the spread of substance use within the social environment play a determining role in young people's initiation of substance use (Fergusson et al., 2008). It has been observed that individuals who use substances tend to distance themselves over time from non-using friends and spend more time with peer groups who use substances. This observation emphasises that peer influence is a determining factor in substance use. The analysis of the relationship between academic achievement and motivation produced notable results. The correlation coefficient between academic achievement (ACADEMIC_SCORE) and motivation was determined as $R = 0.692$. This value is statistically significant with a p value lower than 0.001. This result shows that motivation has a significant effect on students' academic achievement. A clear relationship was also identified between academic achievement and substance use. Students' low academic motivation, weakened interest in school, and feelings of failure may increase their tendency toward substance use (Henry et al., 2012). Experiences of failure may lead individuals to adopt substance use as a coping strategy. This situation emphasises the importance of strengthening academic support mechanisms and implementing measures aimed at increasing students' motivation within educational processes.

The analysis results related to criminal tendency (CRIME_SCORE, $R = 0.642$, $p < 0.001$) indicate a significant relationship between substance addiction and criminal tendencies. This finding suggests that individuals with substance addiction may be more vulnerable to risky and antisocial behaviours. Particularly during adolescence, the co-occurrence of substance use and criminal tendencies may strengthen young people's inclination to adopt risky behaviours (Farrington, 1995). Substance use may lead individuals to participate more frequently in illegal activities and to commit crimes in order to obtain substances.

The presence of psychological problems also showed a statistically significant relationship (PSYCHO_SCORE, $R = 0.695$, $p < 0.001$). This indicates that psychological problems are strongly associated with the examined condition. A clear relationship was identified between psychological disorders and substance use. Depression, anxiety, and traumatic experiences have the potential to push individuals toward substance use (Swendsen et al., 2010). Although substance use may initially appear to relieve stress and anxiety, in the long term it may make psychological problems more complex and difficult to manage. In this context, receiving psychological support is of critical importance for individuals with substance addiction in coping with addiction.

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Table 5: Multicollinearity Diagnosis

Collinearity Diagnostics ^a										
Model	Dimension	Eigenvalue	Condition Index	(Constant)	Variance Proportions					
					SOCIAL_SCORE	FAMILY_SCORE	FRIEND_SCORE	ACADEMIC_SCORE	CRIME_SCORE	PSYCHO_SCORE
1	1	6.915	1.000	.00	.00	.00	.00	.00	.00	.00
	2	.017	19.885	.38	.02	.04	.37	.00	.24	.00
	3	.017	20.087	.55	.00	.01	.14	.16	.19	.03
	4	.015	21.708	.06	.03	.05	.18	.24	.52	.09
	5	.013	23.162	.01	.06	.01	.00	.42	.00	.69
	6	.012	24.282	.01	.49	.23	.31	.18	.01	.03
	7	.011	25.473	.00	.40	.67	.01	.01	.04	.16

a. Dependent Variable: DAST_SCORE

Multicollinearity is a problematic condition that arises from a high level of correlation among independent variables. This issue becomes particularly evident in regression models. A high level of association among independent variables may reduce the reliability of the model and make it more difficult to interpret the effect of each independent variable on the dependent variable. For this reason, the multicollinearity diagnosis table is examined in order to determine whether the variables included in the model are highly correlated with one another.

Table 6: Residuals and Predicted Values

Residuals Statistics ^a					
	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	.60	5.84	4.56	1.151	500
Residual	-2.098	2.111	.000	.686	500
Std. Predicted Value	-3.443	1.118	.000	1.000	500
Std. Residual	-3.041	3.060	.000	.994	500

a. Dependent Variable: DAST_SCORE

It was observed that the predictions of the model varied across a wide range, from 0.60 to 5.84. The mean predicted value was calculated as 4.56. This indicates that the model is capable of meaningfully distinguishing the substance use levels of different individuals. The standard deviation of the predicted values was 1.151, suggesting that there is considerable variation among individuals in terms of substance use levels and that the model effectively reflects these differences. Previous studies have indicated that individual levels of substance use are significantly influenced by psychosocial, academic, and environmental factors (Brook et al., 1998; Swendsen et al., 2010). Therefore, more comprehensive analyses are required to determine the relationship between the model's predictions and these factors.

When the residual values of the regression model are examined, it is observed that these values range between -2.098 and 2.111. This indicates that, for certain individuals, the model deviates from the actual value by approximately two points; however, in general, it does not produce serious errors. The mean residual value of 0.000 suggests that the model does not contain any systematic error and that prediction errors are distributed in a balanced manner. In addition, the standard deviation of 0.686 indicates that the prediction errors of the model are largely within acceptable limits.

Standardised predicted values are a critical metric for analysing the predictive ability and accuracy of the model. These values were observed to range between -3.443 and 1.118, with a mean value of 0.000 and a standard deviation of 1.000. These results indicate that the predicted values of the model largely conform to a normal distribution and that extreme values do not have a significant effect on the overall performance of the model. Since the majority of the standardised predicted values are concentrated between -3 and +1, it can be stated that the model generally neither overestimates nor underestimates the values, but rather demonstrates a balanced predictive capacity.

The examination of standardised residuals plays an important role in evaluating the errors of the regression model. These values were found to range between -3.041 and 3.060, with a mean value of 0.000. The standard deviation of 0.994 indicates that the residuals largely follow a normal distribution and that outliers do not exert an excessive influence. As stated in the previous literature, standardised residual values between -3 and +3 indicate that the error structure of the model is within acceptable limits (Belsley, Kuh, & Welsch, 1980). In light of this analysis, the fact that the great majority of residual values fall within these limits shows that the model is generally consistent with the assumptions of linear regression and that the errors do not follow a specific pattern.

The approximately two-point difference between predicted and actual values for some individuals may indicate that the model's level of accuracy may be lower for certain groups. This difference may result from the exclusion of additional factors that affect substance use, such as individual motivational factors, biological predispositions, or environmental stressors. The literature

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emphasises that cognitive and emotional processes, peer influence, and economic status are among the determining factors affecting substance use (Fergusson et al., 2008; Henry et al., 2012). Therefore, the integration of these factors into the model may be recommended in order to increase its explanatory power.

Overall, the results show that the regression model generally conforms to linear relationships and does not contain any systematic error. The predictive accuracy of the model is at an acceptable level due to the near-normal distribution of values and the absence of major deviations among outliers. These findings support the general reliability of the regression model. However, they also indicate the need to include additional variables and conduct more in-depth analyses in order to improve the accuracy of the model. To understand the psychological and social factors related to substance use from a broader perspective, it is recommended that comprehensive studies be conducted and that the model be tested with different sample groups.

Table 7: Histogram

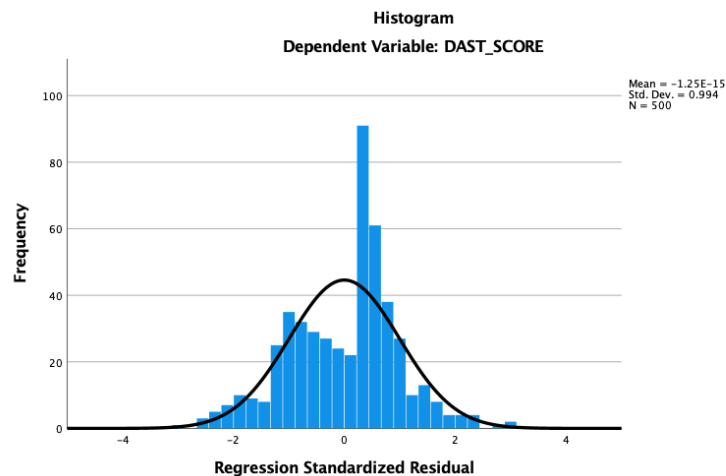
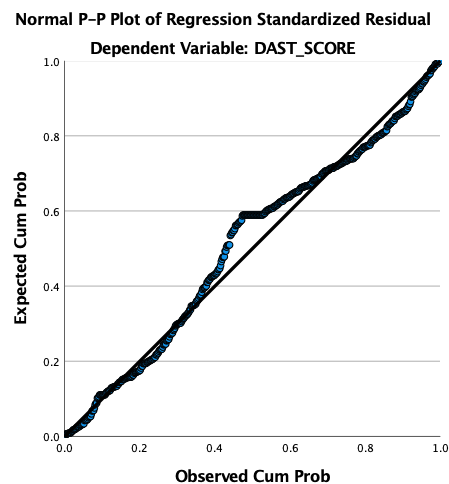


Table 8: Distribution Curve



Residual analysis examines whether the error terms of the regression model conform to a normal distribution, which is essential for determining the extent to which the model satisfies the assumptions of linear regression. Visualisation tools such as histograms and P-P plots reveal the distribution of error terms and provide valuable information about the accuracy and reliability of the model. The presence of normally distributed error terms enhances the predictive capacity of the regression model and supports the validity of the results (Field, 2017).

The histogram graph is used to analyse the distribution of the model’s standardised residuals and the extent to which this distribution is compatible with a normal distribution. The blue bars in the histogram visualise the frequency distribution of the residuals. The obtained distribution generally presents a pattern that is very close to normal distribution; however, a noticeable concentration difference is observed in the central region.

The model’s mean prediction error was found to be -1.25E-15, indicating that the error is practically close to zero and that there is no systematic tendency. In addition, the standard deviation value of 0.994 indicates that most of the error terms are concentrated within the ± 1 standard deviation range. This shows that the model avoids extreme outliers and produces statistically balanced

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predictions (Gujarati & Porter, 2009). However, the presence of minor deviations in some observations may suggest that the model does not fully satisfy the normality assumption. The clear concentration in the centre indicates that the model predicts the substance use scores of some individuals with a lower margin of error, whereas the error margin increases for extreme values.

The normal distribution curve is represented by the black line and reflects the theoretical structure of the normal distribution. The overall distribution largely conforms to this theoretical curve, although minor deviations are observed in certain areas. Slight curvatures in the left and right tails of the histogram may indicate that outliers have a limited effect on the model. Nevertheless, it can be stated that the overall distribution largely complies with the normal distribution.

The Normal Probability P-P Plot was examined in detail to determine whether the error terms in the regression model conform to a normal distribution. This graph clearly shows the relationship between the observed and expected cumulative probabilities of the residuals. If the error terms follow an ideal normal distribution, the points are expected to be located along a 45-degree diagonal line.

In the observed graph, most of the points appear to be distributed close to the line. However, noticeable deviations are present in the tail regions, particularly below 0.2 and above 0.8. This may suggest that the model predicts some extreme values with slightly lower reliability. Nevertheless, the fact that the majority of the points are positioned close to the diagonal line indicates that the error terms largely conform to the normal distribution.

Previous studies have stated that when the error terms of a regression model approximate a normal distribution, the model can produce valid predictions and the statistical results can be considered reliable (Tabachnick & Fidell, 2013). In this analysis, the error terms generally display a normal distribution, and the regression model appears to produce reliable predictions. However, minor deviations in extreme values may indicate that the model cannot fully guarantee prediction accuracy for certain individuals. In such cases, it is recommended that additional variables be included in the model or that alternative regression techniques be applied in order to reduce the error margin.

The analysis results show that the error terms largely follow a normal distribution and that the regression model provides reliable predictions. However, the slight deviations identified in extreme values may require additional measures to optimise the accuracy of the model. Future studies are recommended to include additional variables and evaluate the model across different samples in order to explain substance use and addiction levels more comprehensively.

When the results of the hypotheses evaluating the effect of substance use on social relationships are examined, a significant and positive relationship is observed between these two factors. Substance use is associated with an increase in individuals' levels of social isolation and feelings of loneliness. The data obtained from the correlation analyses confirm the presence of a strong relationship between substance use and loneliness. In addition, substance use was found to cause changes in individuals' social environments, and these individuals were observed to spend more time with peers who use substances. Furthermore, a negative relationship was identified between substance use and access to social support mechanisms. As a result, it was concluded that individuals who use substances benefit less from social support.

As a result of examining various hypotheses regarding the relationship between family dynamics and substance use, a significant connection was identified between family conflicts and substance use. Individuals with insufficient family support were found to have a higher risk of substance use. In addition, communication gaps within the family were identified as an important factor triggering substance use. Regression analyses also revealed a strong correlation between low family support and substance use.

Research examining the effect of substance use on academic achievement revealed a clear negative relationship between these two variables. The findings indicate that substance use may seriously affect individuals' academic performance. In particular, individuals with low academic motivation were found to be more likely to turn to substance use. This demonstrates that individuals who use substances have lower academic achievement compared to those who do not use substances. Therefore, it was concluded that a decline in academic achievement increases the risk of turning to substance use.

The analysis of the hypotheses examining the relationship between criminal tendencies and substance use reveals a clear positive relationship between these two factors. Antisocial behaviours were found to be more common among individuals who use substances, and their criminal tendencies were observed to increase. On the other hand, individuals with high criminal tendencies were found to be more likely to use substances compared to individuals with low criminal tendencies. These findings indicate that substance use is significantly associated with criminal tendency. However, the correlational design of the study does not allow for a definitive causal interpretation.

The study also presented several hypotheses concerning the relationship between psychological health and substance use. In light of these hypotheses, a significant relationship was identified between depression level and substance use. Individuals with higher levels of depression were observed to have higher rates of substance use. Moreover, individuals who use substances were found to experience more psychological problems compared to those who do not use substances. These findings indicate that individuals with poorer psychological health have a greater tendency toward substance use. This suggests that substance use may trigger psychological problems, while psychological problems may also encourage substance use.

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The hypotheses examining the relationship between substance use and social, academic, and psychological factors were statistically supported. The findings of the regression analysis indicate that these independent factors have a strong capacity to predict substance use, and the explanatory power of the model is considerably high. These results emphasise the importance of strengthening social support structures, promoting family communication, and developing policies that support academic achievement in order to combat substance addiction effectively.

The overall results of this study provide empirical support for the tested hypotheses and show that substance use is associated with individuals' social interactions, family relationships, academic performance, criminal tendencies, and psychological health. These findings provide valuable information for the development of strategies aimed at preventing substance use.

6. CONCLUSION

This study examined the social, educational, and psychological reflections of substance addiction among young individuals. The findings show that substance use is not limited to an individual behavioural problem but is closely associated with social relationships, family dynamics, academic performance, criminal tendency, and psychological health. In this respect, the study supports the view that substance addiction should be understood through a multidimensional and holistic framework.

The results of the correlation and regression analyses indicate that substance use is significantly associated with increased loneliness, deterioration in social relationships, changes in friendship networks, family conflicts, low academic motivation, criminal tendency, and psychological problems. The regression model also demonstrates that these variables explain a substantial proportion of the variance in substance use. Therefore, the findings suggest that preventive and rehabilitative strategies should not focus solely on the individual but should also include family, school, peer group, and psychological support systems.

This study offers empirical support for the relationship between substance use and several social, educational, behavioural, and psychological variables. However, since the study is based on a correlational and cross-sectional design, the findings should not be interpreted as definitive evidence of causality. Rather, they indicate meaningful associations that may guide future research and prevention-oriented practices. Future studies may strengthen these findings by using longitudinal designs, including different age groups, and examining additional variables such as economic status, trauma history, peer pressure, and access to substances.

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