The Relationship between Adolescents' Perceived Attachment to Parents and Peers, and their Substance Use Behaviour

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Abstract: This study aims to examine the relationship between adolescents' perceived attachment to parents and peers, and their substance use behaviour among high school students in Addis Ababa, Ethiopia. To achieve the purpose of the study, a descriptive correlational research design was used. Participants (n = 321) were selected using stratified random sampling technique from two secondary schools. Data were gathered using inventory of Parent and Peer Attachment (IPPA) and Alcohol, Smoking and substance Involvement Screening Test (ASSIST) in May and & June, 2016. Data were analyzed using descriptive and inferential statistics (p < 0.05; CI: 95%). Results revealed that adolescents have good attachment with their mother and peers, whereas their attachment to their father was relatively low. Besides, the findings indicated that statistically significant difference was observed among adolescents of different age groups on their attachment with their mother, father and peers. In Addition, this study revealed that a great proportion of adolescents abused the commonly used drugs in Ethiopia (i.e. tobacco, alcohol, khat and cannabis). Moreover, a correlation analysis showed that there was a statistically significant negative correlation between adolescent- mother attachment and tobacco smoking. On the other hand, direct relationship between adolescent-father attachment and alcoholism were also uncovered. Finally, Stakeholders should raise community awareness on the importance of adolescent-parent relationship on adolescents' problematic behaviour.
Key words: Adolescence, Attachment, Parents, Peers, Substance use

I.   INTRODUCTION

Adolescence is a developmental stage characterized by significant physical, cognitive, moral and psychosocial development. Many lifelong skills, personality, behavioural patterns and occupational choices are established during adolescence. It is during this crucial time that individuals acquire most of the enviable and unenviable behaviours that will be pivotal marks to their future lives. Among the most unproductive behaviours that are common in these age groups are substance abuse and early risky sexual engagements (Bode, 2015).

In more specific terms, this particular developmental stage in life also associates its name with highest risk for the onset of problematic alcohol and other drug (AOD) use. Some experimentation with alcohol may be considered normal during adolescence; however, youth who engage in binge drinking or who have developed alcohol use disorders typically also engage in other drug use, most frequently cigarettes and marijuana, leading to a broad complication called a domino effect - one kind of substance predating entry into other substance abuse and further use of two or more substances to the severe case of dependence (Beman, 1995; Boyd, Howard & Zucker, 1995).

The explanation often given for high vulnerability of adolescents to AOD .First, it is a transition period in life from dependent childhood to self-reliant adulthood to join the labour force; second, it is at this period that young person achieve the highest stage of cognitive and physical development and strive to define their self-identity (Hibret, 2007). As the findings of Hibret (2007) revealed, demographic factors such as age, gender, social class, social factors, school climate, family factors (including family relationship patterns, discipline and monitoring) , parental drug use, and peer influence are the major factors underplay adolescents' substance use behaviour. In addition to these, personal factors such as attitudes, beliefs, and normative expectations regarding drug use including relevant psychological factors like self-efficacy, self-esteem, and psychological wellbeing are found to be important risk factors for adolescent drug use (Hawkins, Catalano & Miller, 1992 as cited in Hoffmann, 1993).

More specific to our interest, family and parenting variables such as parent-child attachment, family cohesion, and parent monitoring were determinant to affect the nature of parent-child risk behaviour such as early substance use and early sexual relationships (Bowlby, 1988 as cited in Moretti, 2004). According to Bowlby (1988), the early attachment relationship is an instinctual process with a primary goal of maintaining

proximity to the caregiver. Through dynamic interaction with the caregiver, mediated by behavioural systems and feedback, an attachment bond is established (Adams & Berzonsky, 2003). This early attachment also continues to put its foot prints on adolescence.

Studies have shown the relationship between an insecure attachment and an enhanced likelihood of internalizing problems (introjections) such as high suicidal behaviour and emotional disturbances are observed in adolescence. Further, an insecure attachment was related to externalizing problems such as delinquency, marijuana use, and the use of hard drugs (Allen et al., 1996 as cited in Van Der Vorst et al, 2006).

In addition to adolescent-parent attachment as profound effects on cognitive, social and emotional functioning of the adolescents, level of attachment with their peer can be considered as key determinant for their substance use behaviour. With the advance of adolescence, the amount of time spent with parents decreases while time spent with peer increases considerably (Moretti, 2004). Young people tend to form an identity independent from their families and foster tighter bonds with their friends. In this regard, Hoffmann (1993) pointed out that adolescents' involvement with drug-using peer networks increased their risk for the escalation of substance use, perhaps to abusive levels.

The transition from childhood to young adulthood is a crucial period in which experimentation with different substances in many cases begins. Drugs may have strong appeal to young people who are beginning their struggle for independence as they search for identity and destiny. Because of their innate curiosity and thirst for new experiences, peer pressures, their negative influences and problems in establishing positive interpersonal relationships with significant others, young people are particularly susceptible to the allure of drugs.

Several studies have been conducted on the prevalence, trends and severity of the problem over time. The study undertaken by Babor (1994) (as cited in Sussman & Ames (2008)) found that substance use tends to be concentrated among the young and, with the exception of nicotine, the more addictive the substance, the more socially marginalized the user. He also indicated that the gender differential is diminishing and the overall use of illicit drugs has increased in developed countries due to globalization and its adverse consequence.

In line with Babor's (1994) study, there are other researches which indicate the prevalence rates of substance use among adolescents in many countries are higher than the general population. This situation is due to various factors common to almost all countries in any socio-economic status (SES) and gender differences. As already mentioned, the main reason remains that adolescence is a period of experimentation and search for identity, and that young people are more likely than adults to experiment with various things, including drugs. Thus, prevalence rates among youth can be three or four times higher than those found among the general population (Canadian Center on Substance Abuse, 2007).

A research conducted by Gebreselassie & Gebre (1996) in Addis Ababa and twenty four towns, various categories of the Ethiopian population agreed that khat, alcohol, tobacco, cannabis and solvents and to a lesser degree of heroin and cocaine were habitually abused substances. The study also explored that some group such as out of school, youth from khat producing areas, and young people at school were considered the most vulnerable groups. Eshetu (1998) studied the correlates of poly-drug use behavior among 400 street children with mean age of 15.01 and who lived in four cites of Ethiopia namely Addis Ababa, Nazreth, Dire Dawa and Awassa. Accordingly, 38.2% of males and 21.6% of females were found to be heavy drug users. He also found significant difference in terms of gender. Among the participants, 54.3% females were non-users compared to the 36.7% of non-user males.

In similar studies, Zein and Masressha (1979), and Azeb and Veale (1992) both cited in Eshetu (1998) found out that majority of students started smoking cigarette between the ages of 16 and 18 and khat use ranges from 13-19 years, affirming the triggering factor for drug use in adolescence period like in other cultural contexts.

Even though these above mentioned studies were conducted on the adolescent substance use behaviour, none of them were concerned with the role of parents and peer attachment in explaining adolescent's substance use behaviour. What make the matter worsen is that it is common phenomena to observe children and teenagers who use alcohol and other drugs may before they celebrate their avowal to adulthood. Moreover, there is no legal prohibition on possession and consumption of substances by non-adult population in Ethiopia so far.

Having these scare in literatures, the main intent of this study was to fill such wide gap through studying the impact of adolescents (13 to 24 years old) parents and adolescents- peer attachment on their vulnerability to substance use (specifically alcohol, cigarette, cannabis and Khat) behaviour of two Secondary School Students in Arada Sub City of Addis Ababa. Specifically, the study focused on exploring the possible relationship exists between adolescent-parents and peers attachment, and their substance use behaviour. Thus, this study intended to answer the following leading research questions.

1. What is the level of adolescent-parent and peer attachment among adolescents?
2. Is there any statistically significant mean difference in adolescent-parent and peer attachment between male and female adolescents?
3. Is there a statistically significant difference in adolescent-parent and peer attachment among adolescents across different age groups (13-16 years, 17-20 years and 21-24 years)?
4. Is there a statistically significant relationship between adolescents' perceived attachment to their parents and peers, and their substance use behavior?

II.   METHODS

The main purpose of this study was to examine the relationship between adolescent's perceived attachment to parents and peers, and their substance use behaviour in two Secondary Schools in Addis Ababa, Ethiopia. To achieve this objective, a descriptive correlational research design was employed.

Participants

A total of 321 students from two public Secondary Schools in Addis Ababa participated in this study. The sample consists of 179 males (55.8%) and 142 females (44.2%). Their age ranged from 13 years to 24 years.

Sampling Procedure

To select the samples, among the ten sub-cities of Addis Ababa city administration, Arada sub city was selected using purposive sampling due to the presence of different bars, houses for Khat chewing and clubs that hold day parties where the students spend most of their out of school time ,and hence possibly get access to different psychoactive substances. Among the five schools found in the sub-city, two secondary schools were selected using simple random sampling.

After school selection was completed, the next step was sampling the participants. In this process, students were selected using stratified random sampling techniques. The stratification was based on sex and grade.

Measures

Adolescents' attachment to their Parents and Peers were measured using Inventory of Parent and Peer Attachment (IPPA) (Armsden & Greenberg, 1987). The IPPA contains 75 items, measuring three attachments: adolescents' attachment to mother, father, and peer. Items are scored on a five point response scale, ranging from 1 (Almost never or never true) to 5 (Always true).

Adolescents' substance use behaviour is measured by the Alcohol, Smoking and substance Involvement Screening Test (ASSIST) developed by WHO (2010). This instrument is a brief screening questionnaire designed to find out about people's use of substances. It was developed by the WHO and an international team of substance researchers as a simple method of screening hazardous, harmful and dependent use of alcohol, tobacco and other psychoactive substances. The questionnaire covers: tobacco, alcohol, cannabis, cocaine, amphetamine type stimulants, sedatives, hallucinogens, inhalants, opiods, and other drugs.

For the purpose of this study, ASSIST has been modified. In the original version, the eight questions are asked for the ten substance types. But in this study only four types (categories) are included believing they are contextually available and more prevalent. The included substance type categories are Alcohol beverages (local drinks, beer, wine, tej(local beer), etc.),Tobacco products (cigarette), Cannabis (ganja, marijuana, hashesh) and Khat.

In this study the authors followed the principles of adapting a questionnaire for use in different settings. The validity and reliability of the questionnaires are checked by experts. Finally, the reliability of IPPA the instrument was tested. The values of cronbach's alpha for IPPA Mother, Father and Peer were .76, .81, & .79 respectively. Thus, the alpha values of the present study yielded high reliability.

Ethical Considerations

After the approval of the department, the researchers contacted the principals of the schools and permission was granted. The study participants were made to participate voluntarily. Informed consent was given to participants. The participants were assured anonymity in using the collected data.

III.   RESULTS

This study was conducted to examine the association between adolescents' perceived attachment to parents and peers, and their substance use behaviour. In doing so, both descriptive and inferential statistics were used. According to statisticians, to use inferential statistics, certain assumptions, such as assumptions of normality and homogeneity of variance should be met. In the current study, the assumption of normality is examined by analyzing the values of skewness and kurtosis. The values of skewness and kurtosis for the

variable of the study are checked and they are within the acceptable range. Regarding to homogeneity of variance, it was found that Levene's test of equality of variances was not significant. Therefore, the data did not violate the assumptions of normality and homogeneity of variance.

Adolescents' Perceived Attachment to Parents and Peers

An attempt has been made to assess adolescents' perceived attachment to their parents and peers. Here it should be noted that adolescents attachment to mother, father and peer were measured separately and the analysis were performed accordingly.

In this sub-section, the present study intended to measure the perceived attachment of adolescents to their parents and peers. To achieve this objective, respondents were asked to rate items on adolescent-parent and peers attachment. So, the collected data are analyzed using a statistical method. The observed and expected means of students' responses on adolescent-parents and peers attachment scale were computed and then one sample t-test was calculated to see significant differences between the two means. The result is given in table 1 below.

Table 1: Significance of mean differences on adolescent-parent and peer attachment.

Variable	N	µ	Mean	SD	t	Sig.
Adolescent-Mother Attachment	316	75	80.23	13.110	7.089*	.000
Adolescent-Father Attachment	231	75	76.03	15.946	.978	.329
Adolescent-Peer Attachment	317	75	83.21	15.211	9.604*	.000

*P<0.05   µ = expected mean   SD = standard deviation

As shown in table 1, the calculated t-ratio for adolescent-mother and peer attachment, (i.e., 7.089 and 9.604 respectively) is greater than the critical t-ratio at 0.05 level of significance. This shows that there is a significance difference between the observed sample mean (80.23 and 83.21 respectively) and the expected mean score (75) of the adolescents-mother and peer attachment items. Thus, as the sample mean is greater than the expected mean, it can be interpreted that the adolescents have good attachment with their mother and peers. However, as it can be seen in table 1, the one sample t-test statistical analysis for adolescent-father attachment was not significant. There was no significant mean difference between observed (76.03) and expected means (75). This implies that adolescents-father attachment was low.

In addition, independent sample t-test was also performed to see whether there was a statistical significance difference between male and female adolescents with regard to their attachment with their mother and peers. The statistical analysis revealed that there was no statistically significant difference between male and female adolescents regarding to their attachment with their mother (t = .057, df = 314, p<0.05 and peers (t = -.219, df = 315, p<0.05).

One way ANOVA was also performed to see for possible statistically significant difference among adolescents of different age groups with respect to their attachment with their mother, father and peers. Table 2 represents the results of One Way ANOVA.

Table 2 Summary of One Way ANOVA for comparison of adolescent-parent and peers attachment by different age groups

Variables		SS	df	MS	f	Sig.
Adolescent-Mother Attachment	Between Groups	3267.841	2	1633.921		
	Within Groups	50867.754	313	162.517	10.054*	.000
	Total	54135.595	315			
Adolescent-Peers Attachment	Between Groups	5593.854	2	2796.927		
	Within Groups	67515.818	314	215.019	13.008*	.000
	Total	73109.672	316			

*P<0.05   SS = Sum Squares; MS = Mean Square; df = degree of freedom

As it can be shown in table 2, the one way ANOVA analysis revealed that there was a statistically significant difference among adolescents of different age groups on their attachment with their mother (F (2,313) = 10.054, P<0.05) and peers (F (2,314) = 13.008, P<0.05). The results of this study showed that adolescents' attachment with their mother and peers decreases as their age increases.

An investigation of Tukey post hoc test at p<0.05 showed that, early adolescents with age group between 13-16 years reveal statistical significant variation in adolescent-mother attachment with age groups between 17-20 and 21-24 years. Besides, an examination of the post hoc test at p<0.05 indicates that participants with age group between 17-20 years show statistically significant difference in adolescent-mother attachment with age group between 21-24 years.

Regarding to adolescent-peers attachment, an examination of the post hoc tests at p<0.05 indicates that participants with age group between 13-16 and 17-20 years show statistically significant difference with age group between 21-24 years. But, there was no statistically significant variation in adolescent-peers attachment between age groups 13-16 years and 17-20 years.

Adolescents' Substance Use Behaviour

Substance abuse/misuse has a negative impact on the physical and mental health of individuals as well as the socioeconomic condition of the family and the society at large. In our country, there is lack of studies regarding the link between adolescents-parent and peers attachment and their substance use behaviour. Therefore, to fill this gap, the objective of this section in this study was to see the substance use behaviour of adolescents.

As a result, the collected data showed that out of 321 participants who filled on the questionnaire, 45(14%), 164(51.1%), 29(9%) and 90(28%) of the participants reported having used at least once tobacco products, alcoholic beverages, cannabis and khat in their life time respectively. More specifically, among the 45 who reported on tobacco use 2(0.6%), 5(1.6%) and 11(3.4%) of them reported that they smoked cigarettes monthly, weekly and daily respectively. Concerning alcohol use, out of the total alcohol users, 69(21.5%), 40 (12.5%) and 43(13.4%) of the participants reported that they drank alcohol once or twice in three months, monthly, and weekly respectively. On cannabis use, 13(4%), 1(0.3%), 3(0.9%) and 5(1.6%) of the participants used cannabis once or twice in three months, monthly, weekly and daily respectively. Finally, on chat use also, 17(5.3%), 7(2.2%), 30(9.3%) and 1(0.3%) of the participants reported that they chew chat once or twice in three months, monthly, weekly and daily respectively.

Table 3 Substance Abuse Habits of Respondents'

Variables	Life time		Once or twice in three months		Monthly		Weekly		Daily or almost daily	
	F	**%**	**F**	**%**	**F**	**%**	**F**	**%**	**F**	**%**
Tobacco products	45	14.0	18	5.6	2	.6	5	1.6	11	3.4
Alcoholic beverages	164	51.1	69	21.5	40	12.5	43	13.4	0	0
Cannabis	29	9.0	13	4.0	1	.3	3	.9	5	1.6
Chat or Khat	90	28.0	17	5.3	7	2.2	30	9.3	1	.3

According to WHO (2003), the subjects who filled on the ASSIST inventory are categorized as mild users, moderate users and heavy users based on their total score on ASSIS. Participants with ASSIST specific substance involvement scores three or less (10 for alcohol) are at low risk of problems related to the use of substance involved and considered as mild users. Mid range scores between 4 (11 for alcohol) and 26 for a substance are an indication of hazardous or harmful use of that substance and categorized as moderate users of a given substance. Participants with scores in this range are at moderate risk of harm from their current pattern of substance use. A score of 27 or higher for any substance suggests that the participant is at risk of dependence on that substance and is probably experience health, social, financial, legal and relationship problems as a result of their substance abuse and participants in this range are considered as heavy users.

By taking this criterion, therefore, in the current study the participants' were categorized as mild, moderate and heavy users based on their total score.

As a result, 60(18.8%), 90(28.1%) and 16(5%) of the participants were mild, moderate and heavy drinkers respectively. Besides, regarding to tobacco use, 16(5%), 28(8.7%) and 12(3.8%) of the study participants were mild, moderate and heavy smokers respectively. With respect to cannabis use also, 13(4.1%), 22(6.6%) and 3(1.6%) of the subjects were mild, moderate and heavy cannabis users respectively. Finally, 33(10.3%), 56(17.4%) and 5(1.6%) of the participants were mild, moderate and heavy khat chewers respectively.

The Relationship between Adolescents Perceived Attachment to Parents and Peers and their Substance Use Behaviour

To see the strength and direction of relationship between adolescents' attachment to their parents and peers (IPPA Mother Total Score, IPPA Father Total Score, and IPPA Peer Total Score) and their substance use behaviour (TTS, ATS, CTS and KTS)**,** Pearson product moment correlation coefficient was employed.

Table 4 Pearson product moment correlation coefficient

No	Variables	Variables			
		Tobacco Total Score	Alcohol Total Score	Cannabis Total Score	Khat Total Score
1	IPPA Mother Total Score	-.146[**]	.029	-.042	-.008
2	IPPA Father Total Score	-.063	.148[*]	.003	-.046
3	IPPA Peer Total Score	-.060	.026	-.021	-.199[**]

* Correlation is significant at the 0.05 level (2-tailed).

As shown in table 4, the results of correlation analysis revealed that adolescent- mother attachment total score (IPPAMTS) was negatively and significantly related to tobacco total score (TTS) ($r = -.146$, $p< .05$). But, the other variables (Alcohol Total Score, Cannabis Total Score, and Khat Total Score) were not significantly related to adolescent-mother attachment total score. This implies that adolescent-mother attachment has an impact on adolescents' tobacco use behavior. The result revealed that as adolescents' tobacco total score increases, their perceived adolescent-mother attachment total score decreases.

An examination of Pearson product moment correlation between adolescent- father attachment total score (IPPAFTS) and their substance use behavior shows that IPPAFTS was positively and significantly related to alcohol total score (TTS) ($r = .148$, $p< .05$), but not with tobacco total score ($r = -.063$, $p< .05$), cannabis total score ($r = .003$, $p< .05$), and khat total score ($r = -.046$, $p< .05$).

Moreover, the correlational analysis shows that adolescent-peers attachment total scores also correlated negatively and significantly with khat total score ($r = -.199$, $p< .05$), but not with tobacco total score ($r = -.060$, $p< .05$), alcohol total score ($r = .026$, $p< .05$), and cannabis total score ($r = -.021$, $p< .05$).

IV. DISCUSSION

The objective of this study was to examine the relationship between adolescents' attachment to parents and peers and their substance use behaviour. Literature shows that attachments formed during infancy are not necessarily temporary or limited to the mother–infant bond. Indeed, attachment models formed during infancy may persist throughout an individual's lifespan and generalize to relationships with others (Bowlby, 1988 as cited in Moretti, 2004).

This study has four main findings.

Firstly, adolescents have good attachment with their mothers and peers. However, the adolescents' attachment to their father was relatively low. This might be because of contextual cultural factors. Ethiopian culture encouraged more attachment with mother than father. In our culture, child rearing, care and monitoring is the responsibility of the mother. Throughout their childhood and adolescence period, individuals openly interact with their mothers. This practice gives an opportunity for children to establish closer attachment and relationship with their mother than father. On the other hand, the males spent most of their time on outdoor activities and duties. This condition might contribute for limited relationship between adolescents and fathers. This finding is consistent with several studies. Findings from Bahr, Hoffmann & Yang (2005), and Ma & Huebner (2008)) reported that attachment to mothers is higher throughout childhood and adolescence than adolescent-father attachment.

Secondly, the current study found that there was no statistically significant difference between male and female adolescents regarding to their attachment with their mother and peers. However, a statistically significant difference was observed among adolescents of different age groups on their attachment with their mother. This implies that adolescents' attachment with their mother and peers decreases as their age increases. Early adolescents have closer attachment with their mother than late adolescents.

Adolescents Perceived Attachment to Parents & Peers and their Substance Use Behaviour

Having closer family relationship is one of the most important protective factors to adolescents' substance abuse. Crawford and Novak (2002) recommended that adolescents who spend a significant numbers of times with their families abused less because their opportunities for drug abuse are monitored and restricted.

Thirdly, our finding confirms that adolescent- mother attachment was negatively and significantly related to tobacco smoking. But, the other variables (Alcohol drinking, Cannabis smoking, and Khat chewing) were not significantly related to adolescent-mother attachment. This implies that adolescent-mother attachment is associated with adolescents' tobacco use behaviour. The result revealed that as adolescents' tobacco total

score increases, their perceived adolescent-mother attachment total score decreases. From this we can conclude that having good attachment with mother is a protective factor for tobacco dependence.

In line with our finding, a study conducted by Bahr, Hoffmann, and Yang (2005) showed that parents have significance influence on adolescents' substance use behaviour. Closer attachment to mother and father and parental monitoring had significant contribution in protecting adolescents from substance abuse. In his study, the authors further disclosed that other family variables have significant, direct influences on adolescent drug use separate from any peer influences.

In addition to this, adolescent- father attachment and their substance use behaviour was positively and significantly related to alcohol drinking but not with tobacco smoking, cannabis smoking and khat chewing. The researchers believed that this might occur because individuals especially males in Addis Ababa have positive attitude to alcohol drinking than other drugs. Thus, the positive attitude of the fathers towards alcohol drinking may have significant influence on their children substance use behaviour.

In agreement with the above findings, literature shows that in early adolescence, some patterns of adolescent behaviour (such as drug use) tend to show a greater association with parental than peer practices (Bush, Weinfurt & Iannotti, 1994). Parents are often the first models in terms of drug use (smoking, drinking and other substances) and often the first to offer the young person an opportunity to try at least when the parent is a user (Bush et al., 1994; Engels et al., 1994).

Finally, the results of this study showed that adolescent-peers attachment was correlated negatively and significantly with khat chewing, but not with tobacco and cannabis smoking, alcohol drinking. This finding is in agreement with varies studies (for example, Moretti and Peled, 2004; Brown & Klute, 2003; Collins & Laursen, 2000) found out that parents make little or no difference in how their children explore the adolescent period, pointing instead that peer influence dominates this period. Peers are very important to adolescents. During this phase of the lifespan, children spend increasing amounts of time in the company of their peers and increasingly focus on peer relations as crucial to their sense of identity.

V. CONCLUSIONS

Based on the above findings of the study, it is concluded that Participants of this study have good attachment with their mother and peers while their attachment to their father was relatively low. In addition, there is no statistically significant difference in attachments between male and female adolescence with their mother and peers. It is also found that Adolescents' attachment with their mother and peers decreases as their age increases. The study revealed that a great proportion of adolescents used and abused different types of drugs mainly tobacco, alcohol and chat.

Furthermore, a significant negative correlation found between adolescent- mother attachment and tobacco smoking. Having good attachment with mother is a protective factor for tobacco use and abuse. Adolescent-father attachment also positively and significantly correlated with alcohol drinking. Besides, adolescent-peers attachment and khat chewing was negatively and significantly correlated.

VI. RECOMMENDATIONS

On the basis of the findings that were obtained, the following recommendations are forwarded:

❖ The governmental and nongovernmental organizations should provide short and long term intervention programs for parents to equip them with the necessary knowledge and skill of rearing children involving closeness and connectedness to children and also supervision and monitoring.

❖ Public education should be given to the community on the importance of adolescent-parent relationship. Strategies to achieve this goal include media campaigns and provision of brochures through government agencies, public health offices and schools.

❖ Youth serving agencies, churches, community organizations, and schools need to develop strategies that promote high levels of family connectedness and encourage parent-adolescent communications that may help to minimize adolescents' substance use/abuse behaviour.

❖ Psychologists, school counsellors, social workers and other health professionals should raise adolescents' awareness about the harmful effects of substance abuse for them, their families and the society at large. Besides, the above mentioned professional should provide the necessary counselling services for adolescents about substance abuse and on their overall development.

Moreover, the researchers recommended that further study has to be done on how other family variables influence adolescents' problematic behaviour in general and substance use behaviour in particular. Specifically, it is better to conduct critical study by using qualitative or mixed approach to deeply explore the experience of adolescents regarding to their attachment to their parents and how do their attachment affects their substance use behaviour.

Conflict of Interests

The authors have not declared any conflict of interest.

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