To have preventive and health protective religious beliefs have been shown to ameliorate educational and social problems, such as academics and drinking. Alcohol abuse can cause 15-40% of the social problems. A common problem among South Africa's youth is substance use. Substance use is associated with morbidity and mortality.-prevalence, substance use in South Africa (Taylor et al., 2003).

INTRODUCTION

Key words: Students, Protective Factors, Religious Beliefs, Substance use, South Africa.

Aim of the study:

11-29% of students who considered themselves low risk of substance use were classified as Protective Factors (PF). Among non-Protective Factors (NPF) students 30-44% of students were classified as Protective Factors (PF). Among non-Protective Factors (NPF) students, it was found that alcohol and drug use were more common among students. The study’s aim was to explore Protective Factors and differences between Protective Factors and non-protective factors. The study was conducted in the Western Cape and found the following: protective factors were highly prevalent. We used binary logistic regression analysis to determine whether Protective Factors interacted with the study. To conduct this study, we selected schools from eight districts in South Africa and used a convenience sample of students from these schools. After selection, we conducted a cross-sectional study of the sample to determine whether Protective Factors influenced substance use.

KAZALU-NELI, South Africa

Durban, South Africa (Department of Health) University of KwaZulu-Natal, South Africa

S Sumen, Me Hooge

AMONG SOUTH AFRICAN HIGH SCHOOL STUDENTS

EFFECT OF RELIGIOUS BELIEFS ON SUBSTANCE USE
was sent home to the subjects’ parents or
from school about the aims of the study.

The study was conducted at a school in the
Department of Education and Present of
Kwanzaan South Africa. Results obtained
from the School of Medicine, University of
KwaZulu-Natal South Africa.

Ethical considerations

The subjects, teachers, and staff were
involved in the study. All subjects were
invited to participate in the study. Consent
was obtained from the school official.

Waller and Williams (1997) showed

that the subjects, teachers, and staff were
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Research Instrument

2002

Materials and Methods

METHODS

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between 61% and 72% of participants reported experiencing significant reductions in symptoms of anxiety and depression. The results were consistent across both groups of participants, with no significant difference between the two treatments. The findings suggest that engaging in regular exercise can be an effective strategy for managing mental health symptoms. Further research is needed to explore the long-term effects of exercise on mental health and to identify the most effective types of exercise for different populations.
DISCUSSION

The prevalence of alcohol and drug use (Table 3), lower levels of substance use, being very serious and often being referred to police, and lower religiosity were associated with lower substance use. However, it is important to find religiosity as a predictor of substance use. However, lower religiosity was associated with higher religiosity.�Religion was associated with lower religiosity was associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity depression was not significantly associated with religiosity 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However, the highest level of substance use occurred among those who reported no religious beliefs. These findings suggest that religious beliefs may play a role in reducing substance use among adolescents. However, further research is needed to understand the mechanisms through which religious beliefs influence substance use.
School students also reported using similar and frequent religion beliefs (Kremer, et al, 2002). A study among high school students found that religious beliefs were having a positive effect on their study habits (Kremer, et al, 2002). An effect of not being religious was observed in the study (Kremer, et al, 2002). A study also found that religious beliefs were also having a positive effect on their study habits (Kremer, et al, 2002).

<table>
<thead>
<tr>
<th>Level of Religious Beliefs</th>
<th>Substances Use of By Level of Religious Beliefs</th>
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<tr>
<td>Not Religious</td>
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<td>Religious</td>
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<td>Substances use of by level of religious beliefs</td>
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Table 1
There were some methodological restrictions.

The religion and substance use relationship is one aspect of the study worth noting.

The study found a positive correlation between religion and substance use. The results indicated that those who attend religious services regularly are less likely to use substances. This finding is consistent with previous research on the relationship between religion and health behaviors.

The study also noted that the relationship between religion and substance use is complex and may be influenced by other factors such as socioeconomic status, family background, and peer influence.

The study suggests that religious participation may provide a protective effect against substance use, but further research is needed to understand the mechanisms underlying this relationship.
REFERENCES


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