



## IMPACT OF DRUGS ON YOUTH IN INDIA

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**Abstract:** Use of a substance for non-medical purpose with the aim of controlling the human feelings and to produce some mind altering effects is known as Drug Abuse. Drug when used regularly by a person makes him lose control on himself and it is known as Drug addiction. It is a matter of great importance that this is not only destructing the life of one person or affecting the economy and society adversely but also it is ruining the mental and physical fitness of a person.

The present study is carried out to show how drug abuse is leading our country to a bad situation. The people are getting attracted to drugs very easily and are changing the scenario of the country. In earlier times, India was a developing country but now- a-days, it is becoming the slowest country of the world for its development. Mainly, youth of the country is getting indulged in it and reasons for their indulgence is drug abuse or addiction. There are lot of signs and symptoms through which we come to know that the person is engaged in abusing drugs. How can we remove this evil from our society and the people who are already indulged, how can they be treated so that they leave drug abusing. It has been found that the youth is getting more into the drug addiction and abuse. Not only the males, but also the females are getting attracted towards drug abuse, due to the reason of ignorance, family issues and societal issues.

This study is all about our surroundings and come to know about different drugs, their consumption pattern and their ill effects. Mainly we will examine the level of youth indulgence in drugs. Through this study we can take the preventive measures and can make strategies and implement it so that our country can become a Drug Free Country and develop fast as compared to now-a-days.

**Key Words:** Drugs, Addiction, Drug Abuse, pleasure, youth, Consumption

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**Introduction:** Drugs are used in excessive quantities to produce pleasure, to alleviate stress or to avoid reality or to get confidence. Not only the illegal drugs are abused like heroin, cannabis ( ganja) , cocaine but also the legal drugs are abused like alcohol, tobacco etc. During the ancient period, the people used to abuse drugs.

During the Mughal Period, Opium (type of drug) was used. Addiction is a state of physical or psychological dependence on a substance.

Major reason for drug abuse is peer pressure, low self esteem, emotional distress, curiosity, intimacy with drug peddler and enjoyment etc. The children who face psychological, emotional and development problem are mostly addicted to drugs.

Drug abuse and addiction is a major problem in the society, economy, infrastructure and GDP. This problem is occurring at an exceptional proportion.

It is a social evil which is eating the bones of the society by increasing many problems such as crime, robbery, family quarrels, and loss of life skills and take away the person from the real world and he starts living in the world of imagination. Addiction of drugs involves lack of control, and repeated inability to take personal responsibility of behaviors. The person who is addicted to drugs doesn't listen to others and do whatever he wants to do whether he is on the wrong track and harming others as well as his own life.

In earlier times, India was a fast growing country but now it has become the slowest country in the world. It is due to the addiction of drugs by the people of the country. As a developing country, India is in the hands of the trends of drug abuse . Mainly 68% of population of India abuse drugs. Not only the aged people use to abuse drugs but also the youth of our society is included in it.

#### **Review of Literature:-**

Consumption of non-medical substance and making it a habit is not a new phenomenon. It was consumed in earlier times also but now it has become dangerous. It has been with us for the generations but in modern era, its trends and pattern are different. In ancient times, cannabis drugs, madira, soma rasa, dev booty etc were used. So it is not a new one for our culture. Youngsters think drug abuse as a part of their sub-culture. Full literature review is taken from the Reports related to the Drugs abuse. The

following is related to the views of the different persons regarding this topic.

**Jolly (1976)** stated that resources are limited and human desires are unlimited that can't be fulfilled that leads to frustration among the people which results in drugs abuse.

**Khan and Krishna (1982)** studied the use of hard drugs such as Heroin and lysergic acid diethylamide (LSD).

**Dickinson and crowe (1997)** prescribed the combination of three methods for screening juveniles for illicit drugs use such as drug recognition techniques, chemical testing and assessment instruments and techniques.

**Cocozza and skowayra (2000)** stressed upon the disorders occurred due to consumption of drugs and need of mental health screenings.

**Mears (2003)** discussed about the harmful and negative effects of drug abuse that leads to mental and health disorders.

**Seddon (2005)** examined that use of Heroin drug is linked to crime and states the direction of its causation.

**Liddell (2007)** stated that drug dependency is a disease and cause of crime through which the society need to be protected.

One of the reasons for increasing drug abuse is rural areas and background. Specially, in Punjab drugs are widely used.

#### **Objectives of the Study:**

- To assess the adverse effects of substance abuse.
- To understand the mental problems of drug abusers.
- To describe the current treatment practices.
- To make aware of factors that lead to drug abuse
- To know about the drugs perception towards youth.

**Significance of Research:** This study was done to know the facts about drugs. It includes minimal number of persons who abuse drugs, what kind of drugs are abused the most and what are the challenges that the youth is facing and our economy has to face in future also. This

research will help in knowing the facts about the society and taking corrective actions.

It will lead to tell about the need of rehabilitation programs. Whether the running programs are less in numbers, there is need of more programs. Whether there is need for more scientific study for the treatment of drug abusers.

It will tell about its direct effect on economy, society, government authorities, GDP, growth and development of the country.

**Factors That Lead to Drug Abuse: -**

- Social factors:
  1. Poverty
  2. Low self esteem
  3. Friends circle.
  4. Area of living
- Family Factors:
  1. Parents divorce
  2. Parents ignorance
  3. Family misunderstandings
  4. Low self confidence
  5. Family responsibilities

**Research Methodology:** For this review, a survey was carried out among the students of the colleges of age 16-23 years. It was conducted on males as well as females. In the recent survey, we got to know about their habits, what they think about drug abusing and which type of drug they abuse. This study stated that youngsters are

more prone to drugs. Survey was not only in written format but also the interviews were conducted and asked to them from face to face. Some of them refused that they abuse drugs and to become a part of survey. According to the survey, a graph is plotted and concluded that how much future generation is getting ruined only because of drug abuse and hindrance in the process of development and growth.

**Trends Among Youth:** Indian youth are more prone to drugs named alcohol and marijuana. The level of consumption may differ but the trends are same. They use to take it 3-4 times a week. They are not confronted with the problems related to the consumption of drugs. They are regularly consuming it and having fun but in reality they don't know that they are destroying themselves and harming their families also. The teenagers of age 16-21 years are more likely to take drugs. They are diverted by drugs sellers from their right life path and destination. Nearly 57% of teenagers abuse drugs. Even they are addicted to drugs.

**How does drug abuse differ from drug addiction:** There is a lot of difference between the drug abuse and drug addiction. As a common man, we think both the things as same but it's not true.

The difference between these two are as follows:

	DRUG ABUSE	DRUG ADDICTION
Meaning	Not regular consumption of drugs even taking a try for the drugs.	Compulsory using a substance, regardless of potentially negative social, psychological, and physical consequences.
Involvement	Self sufficient, no loss of skills, no harm to life.	Lack of control and repeated inability to take personal responsibility for behaviors.
Changes to life	They can change their consumption pattern of drugs if the people experience harmful effects.	If experienced negative consequences associated with the drugs using even then use to continue consumption of drugs despite those consequences.
Complaints	If the people get complaints about their using and accept those complaints as expressions of concern for their well being.	If the people get complaints about their using and resent, discount or disregard those comments and complaints.

Hence, drug abuse not a serious problem and does not leads to destruction but drug addiction is a very serious problem and it is destructing human life, society as well as economy.

**Classification of Drugs:-** If we go and find the type of drugs then there are many drugs that are available for use for different purposes. But taking of these drugs without consultation of doctors or taking it in excess leads to harm the life of the person. Here are some Traditional drugs and some are modern drugs.

Traditional drugs: cannabis, opiates, opium etc.

Modern Drugs: Heroin, mescaline, LSD etc

**Consequences of Drug Addiction:** - Different drugs lead to have different effects on the different people. It's not that each and every person will have same kind of drug and have same symptoms for that. Drugs lead to give adverse health consequences if not taken as prescribed that is as follows:

Memory Loss , Fatigue Confusion , Depression, Impaired Coordination , Loss of appetite , Constipation , Sudden Death , Hypertension , Premature stoppage of growth , Rapid or irregular Heartbeat and many other ill effects to health , temporary or permanent impairment of cognitive functioning, allergic reactions and psychological disorder.

It also leads to loss of Recognition, reputation, Respect, culture and most important take away from family and ultimately leads to death.

**Intoxicant effects of drugs:** Intoxication of single drug at a time will not cause so much harm as compared to intoxication of multiple drugs at a time. Intoxication of drugs is not a good thing. It leads only to destruction nothing else. It is a curse for the society. It is made by the scientists to get rid of disease prevailing in the society but rather than using it as a boon, we are taking it in a wrong manner and making it a curse for the society.

Effects of its intoxication are as follows:

- Causes many diseases like:
  1. Euphoria
  2. Sedation
  3. Drowsiness

4. Sleeplessness

5. Feeling nausea

- Societal misbehavior:

1. Aggressive nature

2. Impatient

3. Loss of coordination

4. Violence

5. Slurred speech

- Effects on mind, heart and body:

1. Poor concentration

2. Increased body temperature

3. Vomiting

4. Loss of mental alertness

5. Blood pressure

6. Red and teary eyes

#### **Symptoms for drug abuse:**

##### **Physical symptoms**

- Unusual smell from body, clothing.
- Appetite changes.
- Slurred speech.
- Lack of energy
- Loss or gain in weight.
- Detraction of physical appearance

##### **Behavioral symptoms**

- Drop in performance of work.
- Secretive behaviors.
- Need of money that is not explainable.
- Sudden changes in behavior.
- Quarrelsome attitude.

##### **Psychological symptoms**

- Fearful feeling
- Lethargic
- Lack of motivation
- Sudden changes in mood
- Anxious nature
- Unusual hyperactivity.

**Findings & Interpretations:** According to the survey, it is found that the youngsters are engaged in abusing drugs and even some are addicted to drugs. They start abusing drugs because their family members or friends used to abuse it. Their surroundings make them to adopt this type of things. They feel guilty for abusing drugs even then they do not stop using it. That means that they are addicted to drugs and they

don't have control on themselves. The abuse of drugs makes them quarrelsome and takes them away from performing their duties and responsibilities. For this purpose standard

deviation .Standard error mean is calculated to know about the perception of the youth towards drugs. The results are shown in the following table:

		Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
What is your gender	Girls	1.8043	.39778	.02933	1.7465	1.8622	1.00	2.00
	Boys	1.4259	.49563	.03372	1.3595	1.4924	1.00	2.00
	Total	1.6000	.49051	.02453	1.5518	1.6482	1.00	2.00
Do you use drugs other than required for medical purposes?	yes	1.3478	.47758	.03521	1.2784	1.4173	1.00	2.00
	no	1.8519	.35607	.02423	1.8041	1.8996	1.00	2.00
	Total	1.6200	.48599	.02430	1.5722	1.6678	1.00	2.00
Are you able to stop using drugs whenever you want to?	yes	1.2826	.45150	.03328	1.2169	1.3483	1.00	2.00
	no	1.2037	.40369	.02747	1.1496	1.2578	1.00	2.00
	Total	1.2400	.42762	.02138	1.1980	1.2820	1.00	2.00
Have you ever engaged in illegal activities for getting drugs?	yes	1.7174	.45150	.03328	1.6517	1.7831	1.00	2.00
	no	1.8889	.31500	.02143	1.8466	1.9311	1.00	2.00
	Total	1.8100	.39279	.01964	1.7714	1.8486	1.00	2.00
Have you ever felt disability to do something after leaving use of drugs?	yes	1.5435	.49947	.03682	1.4708	1.6161	1.00	2.00
	no	1.9074	.29053	.01977	1.8684	1.9464	1.00	2.00
	Total	1.7400	.43918	.02196	1.6968	1.7832	1.00	2.00
Do you feel guilty for abusing drugs?	yes	1.6522	.47758	.03521	1.5827	1.7216	1.00	2.00
	no	1.5926	.49249	.03351	1.5265	1.6586	1.00	2.00
	Total	1.6200	.48599	.02430	1.5722	1.6678	1.00	2.00
Have you faced any problem regarding drug abuse?	yes	1.6087	.48937	.03608	1.5375	1.6799	1.00	2.00
	no	1.7547	.43127	.02962	1.6963	1.8131	1.00	2.00
	Total	1.6869	.46435	.02333	1.6410	1.7327	1.00	2.00
Do the use of drugs make you Quarrelsome?	yes	1.4130	.49372	.03640	1.3412	1.4849	1.00	2.00
	no	1.8519	.35607	.02423	1.8041	1.8996	1.00	2.00
	Total	1.6500	.47757	.02388	1.6031	1.6969	1.00	2.00
Have the use of drugs created problems in the family?	yes	1.5000	.50136	.03696	1.4271	1.5729	1.00	2.00
	no	1.6296	.48403	.03293	1.5647	1.6945	1.00	2.00
	Total	1.5700	.49570	.02478	1.5213	1.6187	1.00	2.00

Is there flashouts or blackouts as a result of drug use?	yes	1.4130	.49372	.03640	1.3412	1.4849	1.00	2.00
	no	1.5926	.49249	.03351	1.5265	1.6586	1.00	2.00
	Total	1.5100	.50053	.02503	1.4608	1.5592	1.00	2.00
Have you ever involved yourself in any treatment related to drug abuse?	yes	1.7826	.41360	.03049	1.7225	1.8428	1.00	2.00
	no	1.8148	.38935	.02649	1.7626	1.8670	1.00	2.00
	Total	1.8000	.40050	.02003	1.7606	1.8394	1.00	2.00
Have you ever lied to the doctor in order to receive ny subscription?	yes	1.6522	.47758	.03521	1.5827	1.7216	1.00	2.00
	no	1.8704	.33668	.02291	1.8252	1.9155	1.00	2.00
	Total	1.7700	.42136	.02107	1.7286	1.8114	1.00	2.00
Have you ever missed your duties or study because of drugs?	yes	1.4565	.49947	.03682	1.3839	1.5292	1.00	2.00
	no	1.8113	.39218	.02694	1.7582	1.8644	1.00	2.00
	Total	1.6465	.47867	.02405	1.5992	1.6938	1.00	2.00
Have you ever neglected you duties and responsibilities because of drug abuse?	yes	1.4565	.49947	.03682	1.3839	1.5292	1.00	2.00
	no	1.8519	.35607	.02423	1.8041	1.8996	1.00	2.00
	Total	1.6700	.47080	.02354	1.6237	1.7163	1.00	2.00
In circle of your Friends or family, does anyone take drugs?	yes	2.7174	.95042	.07007	2.5792	2.8556	1.00	4.00
	no	2.8148	1.12600	.07661	2.6638	2.9658	1.00	4.00
	Total	2.7700	1.04874	.05244	2.6669	2.8731	1.00	4.00
Is tobacco a drug?	yes	1.4783	.50089	.03693	1.4054	1.5511	1.00	2.00
	no	1.2222	.41671	.02835	1.1663	1.2781	1.00	2.00
	Total	1.3400	.47430	.02372	1.2934	1.3866	1.00	2.00
Is alcohol a drug?	yes	1.4348	.49708	.03665	1.3625	1.5071	1.00	2.00
	no	1.4074	.49249	.03351	1.3414	1.4735	1.00	2.00
	Total	1.4200	.49418	.02471	1.3714	1.4686	1.00	2.00
Do you dread the thought of trying to make it through the day without using prescription medication?	yes	1.5435	.49947	.03682	1.4708	1.6161	1.00	2.00
	no	1.7593	.42853	.02916	1.7018	1.8167	1.00	2.00
	Total	1.6600	.47430	.02372	1.6134	1.7066	1.00	2.00
Should drugs be legalised?	yes	1.4565	.49947	.03682	1.3839	1.5292	1.00	2.00
	no	1.7407	.43925	.02989	1.6818	1.7996	1.00	2.00
	Total	1.6100	.48836	.02442	1.5620	1.6580	1.00	2.00

The result shows that students are using drugs which will be harmful for them and for the society too. As per survey results the drugs should be legalized so that the youth cant purchase the drugs from anywhere. Main thing is that youth is already aware about the

drawbacks of the drugs but still they are having the same. Government and society must take hard actions to control the consumption of the drugs so that we can control our nation. The following suggestion may be applied to control the consumptions of drugs amongst the youth

## **Suggestions:**

**1. Rehabilitation programs:** It is the process of medical treatment for the person who is dependent upon psychoactive substances such as alcohol, heroine, cannabis etc. The intention of this program is to cease the drug abusers from abusing drugs. There are different approaches for different drug abusers. Now-a-days, drugs can be ceased by different ways but scientifically, it is thought that effective treatment is through medication and behavioral therapy. When these both are combined, it leads to tremendous changes.

Medication helps in reestablishing normal brain functioning, blood circulation, preventing relapse and diminish cravings. Till now this treatment is available for those who abuse opioids, alcohol, tobacco and cannabis.

Behavioral therapy helps the drug abusers to cease the use in the situation in which they prefer to abuse drugs. It helps them to avoid such kind of situation and cope up with that situation in different manner. It helps in improving life skills and increasing efficiency and effectiveness of life. It can also be known as Motivational therapy.

Undoubtedly, treatment for drug abuse can be done physically, socially, mentally and also by way of spiritual mode and counseling.

Government also runs this type of programs so that people get rid of this type of addiction or abuse.

Rehabilitation programs are remarkably successful and have treated many people till now even 70% people are successfully treated and 30% treatments are going on.

## **2. Preventive measures for drug abuse**

- Communication regarding the harmful effects of drugs
- Education shall be provided.
- Discussions shall be made publicly.
- Listen to others and if they are under peer pressure and make efforts to be supportive to them.
- Grab opportunities of discussing about drugs.

- Be clear in words. Don't confuse the people and can be said like 'drug abuse is harmful'.
- If someone is suffering from mental illness then take the help for it and don't ignore it.

**Conclusion:-** This paper is attempted to portray the image of drug abusers and drug addicts and to what extent drugs have become a part of life for the people. In Punjab, drugs are exclusively taken. Students get into the habit of taking drugs because of their surroundings. According to the survey, people start using drugs because their friends or family use to abuse drugs. It is due to high pressure of studies, unemployment and migration from rural areas to urban areas. It is in the blood of new generation and hindering the growth, development, peace of the society, rising disputes and finally causing a great harm to whole India. Drugs are eating the bones of the society and making economy as a backward economy in the whole world.

So, say no to drugs, create awareness, happiness and make the country as a fast growing country as it was before.

“Not to Destroy Ourselves as well as society”

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