Drug Abuse

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Introduction
Drug abuse is one of the most serious social problems we are now faced with. To cope with the problem, it is essential not only to take measures to reduce the supply and demand of abused drugs, but also to put into practice a wide range of policies in the areas of criminal, medical, social, economic and welfare policy etc. Judging from the previous results of case reports and evidence-based research carried out throughout the world, the programmes for drug-abuse prevention are only effective when they are mutually combined and integrated.

Now-a-days, the term ‘drug’ means not only medicine, but also the fatal narcotics that include cocaine, heroin, brown sugar, and many other specifications. All these drugs have their evil effects on the mind and body cells of the addicts. The young generations, particularly teenagers, are the worst victims of evils of Drug Addiction.

Meaning of Drug Addiction
Drug Addiction (also called substance use disorder) is a brain disease. The addict becomes dependent on the drug. The addict uses it, despite having full knowledge of its harmful effects on health. It is considered a brain disease because it changes the structure and functioning of the brain.

Drug Abuse in India
"Understand that your loved one is dealing with a disease, and that they can't wish it away. You are not going to get reasonable or mature behavior from a pre-recovery addict. It's not a choice for the addict. Having unrealistic expectations of your loved ones stifles healing and only deepens your pain."

According to report of WHO, about 500 lacs drug addicts are there in this world. Among them 300 lacs take marijuana, 80 lacs cocaine, 70 lacs consume opium, 7 lacs take heroine and rest use other drugs.

A drug (French-Drogue a dry herb) is defined as “any chemical agent which affects living protoplasm and is intended for use in the treatment, prevention or diagnosis of disease.”

The prolonged use of drugs may lead to the dependence of the body on them, called drug addiction.

Drug addiction is not a hallmark of moral failure or lack of willpower—it’s a complex disease that deserves long-term, extensive treatment, just like any other chronic condition. People who have not struggled with substance abuse may find it difficult to understand why anyone would start using. Why would someone willingly put themselves in harm’s way by taking dangerous substances? There are, in fact, many reasons why some people turn to or start abusing drugs, and unfortunately the consequences can be life-shattering. While every case is unique, there are general patterns that indicate why some people use drugs, how addiction develops, and the consequences of drug abuse.

A total of 29,247 cases under Narcotic Drugs and Psychotropic Substances Act, 1985, were registered in 2012 showing an increase of 13.4 percent compared to previous year's 29,048 cases. Trend analysis showed 15.7 percent increase from 2002 and 0.7 percent marginal increase from the average of last five years (2007-2012). All figures taken from data from the National Crime Record Bureau (NCRB).

The data further said that a total of 13,459 people, including 216 foreigners, were arrested and 89,519 kg of drugs including opium, morphine, heroin, ganja, hashish, cocaine, methaqualone, ephedrine, LSD, acetic anhydride, and amphetamine were recovered.

"At least 13 kinds of different drugs are being smuggled to international market at different rates starting from Rs.1.5 lakh to Rs.2.5 crore per kg," said a Crime Branch official in Delhi Police adding that the prices increased by 3-5 times when drugs reach Delhi from the bordering states and 5-10 times when it reaches Mumbai.

"After transiting through India, the drugs end up on the streets of North American and European cities. There is manifold increase, particularly in the price of heroin when the consignment reaches the international market," said Additional Commissioner of police (Crime Branch), Ashok Chand.

Statistics reveal that at least 25,426 people committed suicide due to drug and addiction related problems in the last 10 years across India. This comes down to an average 2,542 suicides every year, 211 per month and 7 per day. Appalling
truth is that suicides due to drug related problems exceed dowry, poverty and money related suicides in India in most of the last 10 years. According to official data from the ministry of social justice and empowerment, India has an estimated 3.4 million drug abuse victims. India is highly vulnerable because it is sandwiched between two infamous drug routes and poppy growing areas, namely the ‘Golden Crescent’ on the northwest and ‘Golden Triangle’ on the northeast, where drugs are easily available. Entry of drugs into the Indian market is another cause of grave concern. During the last four years (2011 to 2014), around 100 million kilogram of drugs were seized across India.

The government undertakes remedial measures like Integrated Rehabilitation Centre for Addicts (IRCA) that provides counselling, treatment and rehabilitation services to drug abuse victims. But the numbers of IRCAs are very low. Even though there are 3.4 million drug abuse victims, the government has only 401 rehabilitation centres functioning at present. That is an average of overwhelming 8,478 victims per IRCA.Out of these 3.4 million drug abuse victims, a mere 0.3 million have registered themselves in these de-addiction centres, which is just 10% of the total figure.

As per the state wise NCRB data of 2012, Punjab has emerged at the top position with 10,220 registered cases followed by Uttar Pradesh with 6,755 cases Maharashtra- 1,903 cases Tamil Nadu- 1,402 cases Rajasthan- 1,115 cases Jammu and Kashmir-411 cases Gujarat-68 cases ,despite of sharing its border with Pakistan, which is major supplier of narcotics Mumbai registered the maximum cases of drug trafficking at 1,512 followed by Delhi with 829 cases Kanpur (Uttar Pradesh) with 551 cases, Amritsar with 457 cases and Kota (Rajasthan), with 242 cases

June 26 is celebrated as International Day against Drug Abuse and Illicit Trafficking every year. It is an exercise undertaken by the world community to sensitize the people in general and the youth in particular, to the menace of drugs. The picture is grim if the world statistics on the drugs scenario is taken into account. With a turnover of around $500 billions, it is the third largest business in the world, next to petroleum and arms trade. About 190 million people all over the world consume one drug or the other. Drug addiction causes immense human distress and the illegal production and distribution of drugs have spawned crime and violence worldwide. Today, there is no part of the world that is free from the curse of drug trafficking and drug addiction. Millions of drug addicts, all over the world, are leading miserable lives, between life and death.

India too is caught in this vicious circle of drug abuse, and the numbers of drug addicts are increasing day by day. According to a UN report, One million heroin addicts are registered in India, and unofficially there are as many as five million. What started off as casual use among a minuscule population of high-income group youth in the metro has permeated to all sections of society. Inhalation of heroin alone has given way to intravenous drug use, that too in combination with other sedatives and painkillers. This has increased the intensity of the effect, hastened the process of addiction and complicated the process of recovery. Cannabis, heroin, and Indian-produced pharmaceutical drugs are the most frequently abused drugs in India.

Cannabis products, often called charas, bhang, or ganja, are abused throughout the country because it has attained some amount of religious sanctity because of its association with some Hindu deities. The International Narcotics Control Board in its 2002 report released in Vienna pointed out that in India persons addicted to opiates are shifting their drug of choice from opium to heroin. The pharmaceutical products containing narcotic drugs are also increasingly being abused. The intravenous injections of analgesics like dextropropoxphene etc are also reported from many states, as it is easily available at 1/10th the cost of heroin. The codeine-based cough syrups continue to be diverted from the domestic market for abuse

Drug abuse is a complex phenomenon, which has various social, cultural, biological, geographical, historical and economic aspects. The disintegrated of the old joint family system, absence of parental love and care in modern families where both parents are working, decline of old religious and moral values etc lead to a rise in the number of drug addicts who take drugs to escape hard realities of life. Drug use, misuse or abuse is also primarily due to the nature of the drug abused, the personality of the individual and the addict's immediate environment. The processes of industrialization, urbanization and migration have led to loosening of the traditional methods of social control rendering an individual vulnerable to the stresses and strains of modern life. The fast changing social milieu, among other factors, is mainly contributing to the proliferation of drug abuse, both of traditional and of new psychoactive substances. The introduction of synthetic drugs and intravenous drug use leading to HIV/AIDS has added a new dimension to the problem, especially in the Northeast states of the country.

Drug abuse has led to a detrimental impact on the society. It has led to increase in the crime rate. Addicts resort to crime to pay for their drugs.
Drugs remove inhibition and impair judgment egging one on to commit offences. Incidence of eve-teasing, group clashes, assault and impulsive murders increase with drug abuse. Apart from affecting the financial stability, addiction increases conflicts and causes untold emotional pain for every member of the family. With most drug users being in the productive age group of 18-35 years, the loss in terms of human potential is incalculable. The damage to the physical, psychological, moral and intellectual growth of the youth is very high. Adolescent drug abuse is one of the major areas of concern in adolescent and young people's behavior. It is estimated that, in India, by the time most boys reach the ninth grade, about 50 percent of them have tried at least one of the gateway drugs.

However, there is a wide regional variation across states in term of the incidence of the substance abuse. For example, a larger proportion of teens in West Bengal and Andhra Pradesh use gateway drugs (about 60 percent in both the states) than Uttar Pradesh or Haryana (around 35 percent). Increase in incidences of HIV, hepatitis B and C and tuberculosis due to addiction adds the reservoir of infection in the community burdening the health care system further. Women in India face greater problems from drug abuse. The consequences include domestic violence and infection with HIV, as well as the financial burden. Eighty seven per cent of addicts being treated in a de-addiction center run by the Delhi police acknowledged being violent with family members. Most of the domestic violence is directed against women and occurs in the context of demands for money to buy drugs. At the national level, drug abuse is intrinsically linked with racketeering, conspiracy, corruption, illegal money transfers, terrorism and violence threatening the very stability of governments.

India has braced itself to face the menace of drug trafficking both at the national and international levels. Several measures involving innovative changes in enforcement, legal and judicial systems have been brought into effect. The introduction of death penalty for drug-related offences has been a major deterrent. The Narcotic Drugs and Psychotropic Substances Act, 1985, were enacted with stringent provisions to curb this menace. The Act envisages a minimum term of 10 years imprisonment extendable to 20 years and fine of Rs. 1 lakh extendable up to Rs. 2 lakhs for the offenders.

The Act has been further amended by making provisions for the forfeiture of properties derived from illicit drugs trafficking. Comprehensive strategy involving specific programmes to bring about an overall reduction in use of drugs has been evolved by the various government agencies and NGOs and is further supplemented by measures like education, counseling. India has bilateral agreements on drug trafficking with 13 countries, including Pakistan and Burma. Prior to 1999, extradition between India and the United States occurred under the auspices of a 1931 treaty signed by the United States and the United Kingdom, which was made applicable to India in 1942. However, a new extradition treaty between India and the United States entered into force in July 1999. A Mutual Legal Assistance Treaty was signed by India and the United States in October 2001. India also is signatory to the following treaties and conventions:

1961 U.N. Convention on Narcotic Drugs
1971 U.N. Convention on Psychotropic Substances
1988 U.N. Convention Against Illicit Traffic in Narcotic Drugs and Psychotropic Substances
2000 Transnational Crime Convention

The spread and entrenchment of drug abuse needs to be prevented, as the cost to the people, environment and economy will be colossal. The unseemly spectacle of unkempt drug abusers dotting lanes and by lanes, cinema halls and other public places should be enough to goad the authorities to act fast to remove the scourge of this social evil. Moreover, the spread of such reprehensible habits among the relatively young segment of society ought to be arrested at all cost. There is a need for the government enforcement agencies, the non-governmental philanthropic agencies, and others to collaborate and supplement each other's efforts for a solution to the problem of drug addiction through education and legal actions.

The main drugs are:
1. LSD (Lysergic Acid Diethylamide)
2. Mescaline
3. Psilocybin
4. PCP (Phenyl cyclohexyl piperidine)
5. Marijuana, Hashish, Bhang, Ganja, Charas etc.

Symptoms of drug addicts:
1. Loss of interest in daily routine.
2. Loss of appetite.
3. Loss of health.
4. Unsteady gait, clumsy movements and tremors.
5. Reddening and puffiness of eyes with unclear vision.
7. Fresh, numerous injection marks on the body and presence of blood stains on clothes.
8. Sleeplessness or drowsiness, lethargy and passiveness.
9. Acute anxiety, depression, profuse sweating.
10. Frequent changing of moods and temper.
11. Emotional detachment and depersonalisation.
12. Impaired memory and lack of concentration.
13. Possession of drugs.
14. Presence of needles, syringes, etc.

Social and Cultural Factors Associated with Drug Abuse

There are many factors that play a part in initiation and maintenance of drug abuse in adolescents. Initiation of drug use is complex with multiple factors contributing in the onset of this behaviour. The social and cultural factors

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influencing the initiation of tobacco use vary from country to country, from developed world to developing nations, region to region and culture to culture.

1. Parental Influence

Parents have a tremendous influence on their children and the children of smoker parents are twice likely to become smokers Parental disapproval of smoking makes an adolescent less likely to initiate smoking. Female adolescents are more likely to be smokers if both parents are smokers. There is a strong correlation between mother smoking and the female youth becoming a smoker. Raised in a home where parents smoke exposes the young person to tobacco smoke. Parents who smoke may also give easy access to cigarettes and less likely to oppose their children’s smoking. The children are also more likely to smoke whose elder siblings are smokers. Cannabis, a traditional drug in Indian society is ritualized in social and religious gatherings. It is a socially sanctioned behaviour in certain cultural groups to use Bhang and Charas by adolescents and has parental approval for that. Parental attitude towards alcohol plays an important role in initiating the adolescent to drink alcohol.

2. Family Structure

Higher levels of parental education and socioeconomic variables have inverse relationship with tobacco use and use of psycho-active substances among adolescents. Prevalence of smoking is more common in families which are with low socio-economic educational status of the society. Children using inhalants generally hail from low socio-economic status, engaged in menial work with unstable family income. Marital discord, divorce among parents, single parenting, is associated with drug abuse among adolescents. Parents having poor monitoring of their children are likely to have their children abusing drugs.

3. Peer Influence

Friends have the greatest influence on the young smokers. The initiation of tobacco smoker generally occurs in the company of a friend who is a smoker. Female adolescents with a best friend who is a smoker are nine times more at risk to become smokers. Smoking is a shared activity with the drugs is likely to initiate drug use among the smoker. Raised in a home where parents smoke exposes the young person to tobacco smoke. Parents who smoke may also give easy access to cigarettes and less likely to oppose their children’s smoking. The children are also more likely to smoke whose elder siblings are smokers. Cannabis, a traditional drug in Indian society is ritualized in social and religious gatherings. It is a socially sanctioned behaviour in certain cultural groups to use Bhang and Charas by adolescents and has parental approval for that. Parental attitude towards alcohol plays an important role in initiating the adolescent to drink alcohol.

4. Role Model

Film and TV stars, pop stars and fashion models make smoking seem attractive and the adolescents imitate them to smoke their style. They leave tremendous impact on adolescent mind.

5. Advertising and Promotion

Advertising is an effective weapon to influence the decision of young to initiate smoking. Advertising bans have been found to be very effective in reducing cigarette smoking prevalence in youth. Indian Government has banned advertisement of cigarettes and other tobacco products through an Act.

6. Socio-economic Factors

Higher drug-abuse rates are observed in lower income groups. Adolescents from low socio-economic background are more likely to become smokers than the middle-class counterparts. This difference in smoking pattern may reflect divergent beliefs about tobacco use based on socio-economic status. In India, beedi smoking is more common in adolescents for the reasons of easy availability, low in price and convenient to use. Adolescents from low income families tend to use cheap and spurious country-made liquor prepared illegally. Use of inhalants is also common in the adolescents from poor families.

7. Availability

Availability and accessibility are important factors in initiation and maintenance of drug abuse among adolescents. An adolescent who has an easy access to drugs or alcohol because his parents or elder sibling is using, is more likely to use these drugs than those whose parents or anyone else is not using these in the family. Similarly peer group members making the product available are likely to recruit new adolescents in the drug use behaviour.

8. Knowledge, Attitude and Beliefs:

Knowledge about the detrimental health effects has preventive effect on drug use. Some believe that moderate alcohol consumption does not have adverse effects, tobacco cessation could lead to weight gain and cannabis is a social and religious blessing of gods. These beliefs permit the adolescents to use drugs without hesitation or guilt. Positive attitude towards the drugs is likely to initiate drug use among the adolescents.

Effects of Drug Abuse:

Some of the major effects of drug abuse are:

Drug abuse has led to a detrimental impact on the society. Apart from affecting the financial stability, addiction increases conflicts and causes untold emotional pain for every member of the family. With most drug users being in the formative age group, the loss in terms of human potential is incalculable. The damage to the physical, psychological, moral and intellectual growth of the youth is very high. Adolescent drug abuse is one of the major areas of concern in adolescent and young people’s behavior. The use of substances may compromise an adolescent’s
mental and emotional development by interfering with how young people approach and experience interactions. In addition, adolescents are at serious risk for a number of direct and indirect consequences, including the following:

1. Traffic Accidents: Nearly half (45%) of all deaths from traffic accidents are related to alcohol intoxication or influence of other drugs, and an estimated 18% of drivers age 16 to 20 (or 2.5 million adolescents) drive under the influence of alcohol.

2. School-Related Problems: Adolescent substance abuse is associated with declining grades, absenteeism from school, and dropping out of school. Cognitive and behavioral problems experienced by teens abusing substances may interfere with their academic performance.

3. Risky Sexual Practices: Adolescents who use drugs and alcohol are more likely than non-using teens to have sex, initiate sex at a younger age, and have multiple sex partners, placing them at greater risk for unplanned pregnancies and HIV/ AIDS, hepatitis C, and other sexually transmitted diseases.

4. Delinquent Behavior: Adolescents who use marijuana weekly are six times more likely than nonusers to report they run away from home, five times more likely to say they steal from places other than home, and four times more likely to report they physically attack people.

5. Juvenile Crime: Adolescent drug use has led to increases in the crime rate. Addicts resort to crime to pay for their drugs. Drugs remove inhibition and impair judgment egging one on to commit offences. Incidence of eve-teasing, group clashes, assault and impulsive murders increase with drug abuse. Adolescents age 12 to 16 who have ever used marijuana are more likely at some point to have sold marijuana (24 percent vs. less than 1 percent), carried a handgun (21 percent vs. 7 percent), or been in a gang (14 percent vs. 2 percent) than youth who have never used marijuana.

6. Developmental Problems: Substance abuse can compromise an adolescent’s psychological and social development in areas such as the formation of a strong self-identity, emotional and intellectual growth, establishment of a career, and the development of rewarding personal relationships.

7. Physical and Mental Consequences: Smoking marijuana can have negative effects on the user’s mind and body. It can impair short-term memory and comprehension, alter one’s sense of time, and reduce the ability to perform tasks that require concentration and coordination, such as driving a car. Evidence also suggests that the long-term effects of using marijuana may include increased risk of lung cancer and other chronic lung disorders, head and neck cancer, sterility in men, and infertility in women.

8. Infections: Increase in incidences of HIV, hepatitis B and C and tuberculosis due to addiction adds the reservoir of infection in the community burdening the health care system further. Women in India face greater problems from drug abuse. The consequences include domestic violence and infection with HIV, as well as the financial burden.

9. Violence: 87% of adolescent addicts being treated in a de-addiction center run by the Delhi police acknowledged being violent with family members. Most of the domestic violence is directed against women and occurs in the context of demands for money to buy drugs. At the national level, drug abuse is intrinsically linked with racketeering, conspiracy, corruption, illegal money transfers, terrorism and violence threatening the very stability of governments. Drug abuse and suicide have strong association.

10. Future Use Disorders: The earlier the age at which a person first drinks alcohol, the more likely that person is to develop an alcohol use disorder. A person who starts drinking alcohol at age 13 is four times more likely to develop alcohol dependence at some time in his or her life than someone who starts drinking at age 20.

Social Effects of Drug Abuse

Drug abuse has an immediate impact on the body and mind but it can also affect your future and your relationship with others. When drug use becomes an important part of your life, your relationships suffer. You would behave more violently for the access of money for your need for drug. Conflict and breakdowns in communication would become a routine. Drugs would affect your ability to concentrate and focus at work. The side effects of using drugs like a hangover feeling can reduce the ability to focus. Poor performance at job can make you lose your job.

1. Safety: Use of illicit drugs increases chances of being in dangerous situations and compromise the safety of self and others. Under the influence of some drugs, you drive rashly compromising the safety of yourself and other road users. Drug abusers are at greater risk of overdosing.

2. Financial pressures and mounting debts: Drug Addiction can become an expensive affair to the family. In extreme situations, people addicted to drugs try anything from selling household goods to illegal activities like theft and robbery, to secure money to get their next dose. Drug addicts also tend to behave violently for the need of money, with family members, often ending up with crimes like murder.

3. Violence: Drugs can increase the likelihood of violent behavior. Drug-induced violence can lead to serious injury to the drug users and to others. Serious crimes like murder or rapes could be committed unknowingly under the influence of drugs.
4. Homelessness: Spending most of the money on drugs would make you poor and leave no money to cover the basic living expenses like rent, food, or utility bills.

5. Legal issues: Buying, selling, possessing or making illicit drugs is illegal. It’s also against the law to give prescription drugs to people who don’t have a prescription from a doctor, yet several prescription drugs are routinely abused. Getting caught in possession of illicit drugs or in violent acts can land the drug user in jail or mental rehabilitation centre.

6. Corruption: Drug lords and people in drug trade bribe politicians and police officers with hefty ransom for securing their trade. Traffickers try to corrupt or intimidate officials for removing blocks in the drug transit and often have private armies. Judges, public officials and even police officers are lured into the trap of corruption because of illicit drug trade. Honest officials initiating courageous campaigns against the drug traffic are often killed or kidnapped.

Psychological Effects of Drug Abuse

1. Euphoria and Illusion: Drugs would distort the normal perception capacity and functionality of the brain and make a “pseudo” visualization and perception. It would create illusion and artificially make you feel euphoric, excited or pleasurable.

Stress: Drugs would make you feel as if it is helping you in relaxation and forget about all the issues that make you stressed. However, in reality, it is the opposite. Long-term use of drugs can cause a deep impact on the way your brain works, and lead to increased anxiety and stress.

2. Anxiety and Depression: Feeling low after alcohol consumption is common. Some drugs would make you feel depressed, while others make you depressed and anxious because of something that happened while you were under its impact. People often use drugs as a way to overcome their depression, but in reality, the drug use can often worsen these.

3. Mental illnesses: Scientists have showed that there is a link between drug use and serious mental illnesses like schizophrenia, yet it’s still unclear whether serious drug use leads to mental illnesses. However, a person having any chronic psychological illness has an increased chance of drug abuse.

Effects of Drug Abuse on Health and Sexual behaviour

1. Accidents and Injuries: Drug distorts your perception and thoughts and it would make you do unwarranted acts that you would not do normally. Drugs can increase your chances of getting seriously injured or losing your life through falls and road accidents and can even pose a threat or cause harm to others around you.

2. Internal Organ Damages: Prolonged use of certain addictives can cause damage to the internal organs such as brain, liver, kidneys, heart, lungs, throat and stomach. For example marijuana smoking is 10 times potentially more harmful to lungs than cigarettes. 2-3 marijuana cigarettes cause more damage to the lungs and respiratory tract than 20-25 tobacco cigarettes. Continuous use of marijuana can damage your brain and destroy your memory, learning attention and understanding capacity.

3. Methamphetamine, a powerfully addictive drug, can destroy your teeth and damage your heart. Once the drug enters in a person’s body, it causes the neuro-receptors to release a great amount of dopamine, leading to the typical euphoria. Short-term effects include extreme wakefulness, a lasting boost of energy and a lack of appetite. Long-term effects include high blood pressure, stroke and serious heart problems.

4. Risk of Infectious Diseases: Needle-sharing for injecting drugs would put you at risk of catching serious diseases like HIV / AIDS, Hepatitis C, Hepatitis B etc. Apart from this, sharing pipes or cigars would expose the users to infections like common cold, flu, pneumonia, or tuberculosis.

5. Sexual Effects: Illegal drugs are widely perceived as sexual stimulants and aphrodisiacs: however the impact is often contradictory to the desired one. Cannabis drugs like marijuana are regarded as aphrodisiacs, increasing the good mood and sexual arousal by stimulating sexual activity. However, the fact is that marijuana distorts the sense of time, and an illusion of prolonged arousal and orgasm is experienced by the user. Long-term users of cannabis have low sperm counts and low testosterone levels and women can have abnormal ovulation.

Drugs like MDMA or Ecstasy impede erections and orgasms for both genders, and can cause erectile dysfunction in males. Under the influence of this drug, you will not remember to have safe sex and you would end up having risky unprotected sex with one or multiple sexual partners. It can lead to unwanted pregnancy or contracting of sexually transmitted diseases (STDs) such as syphilis, gonorrhea and HIV/ AIDS.

Prevention and Control of Drug Addiction

“Prevention is better than cure” is also true here. Tobacco, drugs/alcohol abuse is more during young age and during adolescence. The following measures would be particularly useful for prevention and control of alcohol and drug abuse in adolescents.

The following measures would be useful for prevention and control of drug abuse:

1. Avoid undue Peer Pressure: Every child has his/her own choice and personality, which should be kept in mind. So a child should not be Pressed
unduly to do beyond his/ her capacities, be it studies, sports etc.

2. Education and Counselling: Education and counselling are very important to face problems, stresses, disappointments and failure in life. These should be taken as part of life. One should utilize a child’s energy in some other activities like sports, music, reading, yoga and other extra curricular activities.

3. Seeking help from parents and peers: Whenever, there is any problem, one should seek help and a guidance from parents and peers. Help should be taken from close and trusted friends. This would help young to share their feelings of anxiety and wrong doings.

4. Looking for Danger Signs: If friends find someone using drugs or alcohol, they should bring this to the notice of parents of teacher so that appropriate measures would be taken to diagnose the illness and the causes. This would help in taking proper remedial steps or treatment.

5. Seeking Professional and Medical helps: Highly qualified psychologists, psychiatrists and de-addiction and rehabilitation programmes can help individuals who are suffering from drug/alcohol abuse. If such help is provided to the affected persons, with sufficient efforts and will power, the patient could be completely cured and lead normal and healthy life.

Conclusion: Drug abuse is a serious issue because it causes harmful effects on people’s health and people who are high often commit crimes. The best approaches to deal with it are to educate the public about its effects and also to give the police more power to fight drug related crimes. Although the problem is unlikely to be entirely eliminated in the short term there are concrete steps to reduce the effects it is having on the current society. In conclusion, although the problems of drug abuse may seem impossible to eliminate or to even control, there are concrete steps that can be taken to weaken the hold of drugs on families and on society. Parents, teachers, and communities must take steps to educate children about the dangers of drug abuse and must offer safe, appealing alternative for restless, inquisitive young people and programs and for those who are at-risk. In addition, police departments must be provided with more manpower, resources, and community support to combat drug-related crimes. If the war on drugs is to be won, everyone must realize that he or she has a stake in the battle and in its outcome.

References: