

Foundation Course
Semester 1
UNIT 6
GROWING SOCIAL PROBLEMS IN INDIA

13. Substance Abuse – Impact on youth and challenges for the future

The wants and needs of human life are unlimited. After satisfying one need another need emerges. The satisfaction of each need has its own problem as each need is fulfilled only when the human being goes through certain hurdles and these creates a chain of various problems. A drug is a chemical substance, that affects physiological or bodily functions, mood, consciousness or perception, behavior and which, if misused or abused, may prove to be detrimental to the individual and to the community at large.

According to World Health Organization “drug addiction is a state of periodic or chronic intoxication, detrimental to the individual and to the society, produced by repeated consumption of a drug, either natural or synthetic.”

The common terms in drug addiction are drug abuse, drug tolerance and drug dependence.

INTRODUCTION

The wants and needs of human life are unlimited. After satisfying one need another need emerges. The satisfaction of each need has its own problem as each need is fulfilled only when the human being goes through certain hurdles and these creates a chain of various problems.

DEFINITION

Wallace Weiver defines Social Problem as a particular incident or a condition or an action which gives rise to feelings of tension, pressure, conflict or frustration.

For certain people in the society the problems are obvious. For example, if a certain section of population is drug addict or alcoholic then they have to face all the physical and mental problems associated with it. Hence drug addiction and alcoholism are called as Social Problems.

We can say that the social problems are salient features of our society. This is because for some people of the society a certain social problem is not a social problem at all. They feel

that it is normal and is needed for the benefit of an individual. For example, the western society and the high class Indian society do not consider alcoholism as a social problem at all. They call alcoholics as “Social Drinkers”. The “Social Drinking” is carried out without any shame during marriages, functions or parties. Even we find that in many families the parents themselves encourage their children to start “Social Drinking”. So when the children start the so called social drinking it soon becomes an habit which ultimately leads to social abuse of alcohol. Thus “Glorification of Wrongs” by the family itself leads to the growth of social problems.

Thus we can say that social problems depends on the outlook of the family, on the upbringing of children, on the degree of modernization of a society and on a particular situation at a given time.

Alcoholism , Smoking and Drug Addiction : This social problems are witnessed on a large scale amongst the Highest Income group and the lowest income group. Along with this, they are popular substance abuse amongst the teenagers. The teenage is called as a period of “Storm and Stress” where the individual is affected by many physical and mental changes. Hence in order to relieve themselves from various tensions and frustration, the youths start substance abuse like smoking cigarettes, drinking alcohol and using drugs like Charas, Ganja, Cocaine etc. This ultimately creates problems in the personal and social life of the individual as well as disturbs the peace of the society.

Dowry System : It is a part and parcel of the traditional Indian society. Almost in every caste and religion of India, the dowry system is found on a large scale. The women are burnt alive and harassed by their in-laws for dowry.

Casteism : The Caste System is a blot on the traditional hindu society. The low caste people are harassed and tortured by the high caste. Incidences like Khairlanje in Maharashtra occurs even in today’s highly modernized world.

Communalism : Since the Indian society is a multi-religious society, conflicts based on religion are quite natural. The Hindus, the Muslims, the Christians et al ., exhibit communalistic tendencies. The Ram-Janma Bhoomi Babri Masjid issue, the Godhra Railway incident, the Mumbai riots of 1993 present a bloody picture of communal violence in the country.

Linguism : Since the Government started the re-organization of States on the basis of language, Linguism became a cause of conflict in the country. Hindi was given the status of national language in 1961 and since that time lingual conflicts occurred in the country.

Regionalism : The politicians for their own benefit have created regionalism. They try to ignite the flame of regionalistic fervor amongst the people and later on they utilize people for political power.

Population Explosion : From 1901 till today the population of the country is on rise. It gives

rise to problems like poverty, hunger, malnutrition, unemployment, illiteracy, corruption etc.

Illiteracy: One of the reason for the backwardness of the country is illiteracy. From 1951 to 2001 the literacy rate of India was just 65%. On the top of it, the rates of drop-out students, female illiteracy are also very high. This again is concern for the government of the country.

Unemployment: The main reason for unemployment is population explosion. The government is finding it difficult to create jobs for its literate citizens. If this problem continues then it would lead the educated youth towards criminalization.

Corruption: Almost in every walk of life whether it is social, political or economical ,we find corruption. It has affected the social and economic development of the people. According to the former Commissioner of the Chief Vigilance Commissioner, there are five players of corruption in India. They are Neta(politician), Lala(Businessmen), Jhola(Non- Governmental Organizations), Babu(Civil Servants) and Data(Criminals).

Poverty: The social problem of poverty is inter-related with hunger and malnutrition. The main causes of poverty are population explosion and unemployment. The government has plans like Garibi Hatao Yojana., however, many of such plans are only on paper.

HIV/AIDS: It is a cause of concern for many countries of the world. India hosts about 5.2 million HIV infected persons. There is a need to create awareness amongst the masses about the menace of the deadly disease of AIDS.

Trafficking: India faces the proble of in-country and cross- border trafficking. Commercial sexual exploitation, organ transplant, begging, circus and forced marriage of women and children are common in the country.

Child Abuse: The exploitation of children is a universal problem and one of the major problems in india. The childrens are forced to work in factories and industries for free and they are physically and mentally exploited by the businessmen and the high class society. Many childrens are kidnapped for ransom and sexually abused by sadistic people.

Gender Inequality : Since the traditional Indian society is male dominated society, the women have secondary status as compared to men. In many families birth of a baby girl is considered as a bad omen and as a liability. Women are exploited , ill-treated, burnt alive, sold in an open market, assaulted and harassed in all the stages of their life and at any Age

Now let us take a brief review of measures taken by the Government and the NGO's to solve these social problems:

1. Measures undertaken by the Government :

The Government has several plans and programmes for problems like poverty, unemployment and illiteracy. The Poverty Alleviation Programme, the Jawaharlal Nehru Rozgar Yojana, the Population Policy, Family Planning Programmes etc, speaks volumes of the government's efforts to reduce the intensity of these problems. Several laws like the Dowry Prohibition Act, 1961, Domestic Violence Act, 2005, Indian Divorce Act, etc, have been passed by the judiciary so as to provide protection to women from domestic and social violence.

2. Measures undertaken by the NGO's :

There are many Charity and Welfare organizations to provide help to the poor and needy people of the society. Many Relief organization provide help and support during emergency situations like earthquake, floods, drought etc. The Rehabilitation organizations provide medical and psychological help and support to people affected by alcoholism, drug addiction and smoking. Many NGO's are providing education and training to the weaker sections of the society like women, children, senior citizens, addicts and the physically and mentally challenged people.

For the development of the youths many NGO's like The Youth Hostel Association of India, the Young Womens etc organize youth welfare programmes and workshops for youth empowerment. NGO's like Bharatiya Agro-Industries Foundation work for rural development. Likewise many NGO's are working in the field of environmental protection and consumer protection.

SUBSTANCE ABUSE- IMPACT ON YOUTH AND CHALLENGES FOR THE FUTURE

INTRODUCTION :

Substance Abuse involves maladaptive drug use that has not progressed to Substance dependence. The term Substance Abuse is used widely by many psychologists and psychiatrists for 'drug abuse' and 'drug dependence'.

A drug is any chemical substance which affects bodily function, mood, perception or consciousness, which can be misused and which may be harmful to the individual or to the society. When people are habituated to drugs, the problem of drug dependence and drug abuse arises.

Dependence is of two types :

Physiological dependence : Here the body of the person becomes hungry for the drug. Hence the word 'Drug Addiction' is used to show physical inclination for drugs.

Psychological dependence : Here the person feels the psychological need to take drugs. Hence the word 'Drug Dependence' is used to show mental inclination for drugs. Since ancient times drugs like alcohol, opium(Afu), marijuana(Ganja) and Cocaine(Hashish/Charas) were used by a limited group of people and their use was condemned by the society. Today a large section of the society especially the teenagers are using and misusing the drugs which in turn is affecting their personal and social growth as well as it has become a major social problem in many societies of the world.

SMOKING

A Cigarette in my hand,I felt like a Man” goes a popular awareness video song on the Television about Smoking. It speaks volumes about the macho man symbolism of a paper rolled with tobacco i.e., a Cigarette.

Active Smokers : They are actual people who are addicted to smoking.

Passive Smokers : These unfortunate innocent people are those who do not smoke but who are around the smokers. They are also called as 'Silent Smokers'.

Smoking is the biggest preventable cause of death in the world. According to Dr. Fagerstrom, in 1950, there were 75 million deaths related to smoking. In 2050, the figure will reach upto 520 million people. According to WHO Report of 2008, many teenage girls are prone to smoking than boys. From 1988 onwards the WHO is celebrating 31st May as International 'Anti-Tobacco Day'

The major culprit in Smoking is Nicotine. The Nicotine is a stimulant in tobacco(Tambakhu) from which the Cigarettes are made. It increases the activity of the central nervous system releases a hormone named as Epinephrine into the blood stream which feels a person with energy. Hence for sometime the Smokers feel more alert and active. Nicotine is the highly addictive substance known to man. Smoking delivers nicotine to brain in eight seconds. Addiction to nicotine is quick and the person himself does not know when he became a smoke addict i.e, a Smoker. There are a variety of ways of tobacco-intake. Either you can chew the tobacco directly or you can roll the tobacco and use it as a bidi, cigarette, gudgudi, hookah, chirut, chillum etc. Not only this you can use it by inhaling as a masher or mishri. A bidi or a cigarette is a 'social offering'. In villages, Hookah or Chillum is passed on from one person to another. In urban areas, especially in the malls, there are separate Hookah parlours for the addicts. Many folk songs and movie songs are dedicated to smoking.

The Government feels satisfied just by writing in small font that "CIGARETTE SMOKING IS INJURIOUS TO HEALTH" on the packets. One feels that Cigarettes will never be completely banned by the government as it is a great source of income. On an average, any smoker uses five to eight packets of cigarettes daily to satisfy his craving. So much money a smoker pays to the businessmen and the government just to satisfy his craving and feel like a man.

6.4.1 Causes of Smoking:

The following are the major causes of smoking : Curiosity: Many teenagers have the curiosity to smoke at least one cigarette in their life. They start with one and ultimately they end with being a chain smoker. Sense of relaxation : The smokers claim that smoking gives them a sense of relaxation, helps them to concentrate and gives them relief when they suffer from tension or when they are in acute pressure.

Advertising: The advertisements on television presents smoking as glamorous, sophisticated and symbol of a macho man. It appeals to the young people's need to be adventurous and Independent

Movies and serials : The movies and the television serials have a considerable impact on the teenagers. Many movie and television actors are shown smoking cigarette in style. This style is copied by the teenagers and this leads to addiction.

Parental Influence : Parents are like a role model for children. Parents who smoke motivate their children to smoke. Childrens of smokers, due to passive smoking are exposed to so much nicotine over the years that it makes them an addict. Peer Pressure: The Peers of a person means friends of the same age group. The pressure exerted by the peers who smoke is too hard to ignore for any person. If the friends of a person have the habit of smoking then naturally that person will succumb to it to become one with the group. Social Factors: Social use of cigarettes at parties, functions and other such gatherings, easy accessibility of cigarettes and social approval of the habit of smoking are all responsible for addiction to smoking.

Increase creativity: The smokers feel that they are able to think in a better way if they smoke. Their creativity reaches a new high if they smoke. Hence many writers, artists start smoking just to make their mood.

Effects of Smoking :

There are short term and long term effects of smoking. Along with this smoking also has a great deal of impact on the family of an individual.

Short-Term Effects of Smoking:

When the smoke from cigarette goes in the body of the person, at that time, the nicotine in tobacco mixes within seconds with the blood and reaches the brain. Due to this for sometime the smoker feels activeness but after some time the smoker feels sadness and gets tired.

Earlier the smoker experiences physical problems like increased acidity, weakness of liver, vomiting, palpitation of heart etc. The smoker becomes prone to regular Cold and Cough as the smoke fills up his respiratory organs and damages the internal layer of the respiratory tract.

Long Term Effects of Smoking :

Cigarette smoking causes Angina Pectoralis (Heart Burn). The nicotine creates lumps in blood which results in severe pain in the heart as well as in the left hand. This leads to Angina. Continuous use of bidis, cigarettes affects the lungs, respiratory tract, Food pipe, mouth , throat which ultimately leads to lung cancer, mouth cancer, throat cancer and

bronchitis. Many people use Masherī to clean their teeth but the nicotine present in this masherī proves harmful and gives rise to tooth decay and other dental problems. Smoking also causes blindness. Smokers have the loss of taste and smell. It leads to duodenal ulcers. It contributes in the development of pulmonary tuberculosis, especially among the middle-aged and elderly. It leads to impotency in man and sterility in women. Thus it ables the ability to reproduce. It causes thrombosis obliterates, a disease in which blood flow is impaired, chiefly in the vessels of the legs.

It leads to insomnia (loss of sleep).

It leads to premature death of the addict.

Children, whose parents smoke are prone to Cough, Cold and Ear infections than children who grow up in smoke-free environment. Women smokers are at a greater risk of having strokes, heart attacks, and blood clots in their veins. Women who smoke during pregnancy may have miscarriages, stillbirths and premature delivery. Their babies may face problems like being undersize, low birth weight and premature death.

The person may get into other evil habits along with smoking like gambling, drinking and undesirable social contacts. Hence, the dignity, personal respect can be lost in a society due to such habits.

Social Effects of Smoking :

Many times the smokers forget to put off their match sticks after lighting bidi or cigarette. This has led to outbreak of severe fire resulting in loss of people and property. It leads to air pollution. It creates the problem of sanitation at public places as the smokers throw away used bidis or cigarette packets and sticks wherever they want.

Effects of Smoking on Family :

Due to addiction, the addict faces economic problems. They spend huge amount of money on buying cigarettes which leads to loss of savings and poverty. Many times the addict have to take loans to satisfy their addiction. This leads to indebtedness and the family of the addict has to take the responsibility of repaying the loan. The addict may become jobless. He has to take leave every now and then for his deteriorating health. One day ultimately he resigns or is fired from his service. Quarrels occur every now and then in his family due to his addiction. His family life gets disturbed and he may also face divorce from his or her spouse.

Measures to solve the problem of Smoking:

There are certain social and individual measures to solve the problem of smoking.

Social Measures :

Education and Awareness : Since the teenagers are more prone to the habit of smoking, the school and college syllabus should contain lessons on the harmful effects of smoking.

Programmes of awareness like 'Quit Smoking' should be held in schools and colleges. Apart from this the shops who sale bids and cigarettes nearby schools and colleges should be closed down immediately

Ban on smoking at Public Places : Smoking at public places is banned but is not strictly implemented. Hence strict implementation of such a rule is the need of the hour. **High taxation on smoking items:** Bidis, Cigarettes, chillum, hookah etc should be taxed on large scale. This will make the people to think twice before buying such items. **Strict control on advertisements :** The mass media like radio, television, internet, newspapers

should not publish advertisements related to smoking which glorifies the habit. Such advertisements should be banned and condemned by the public. Court Case should be filed against those mass medias which publishes such kind of advertisements. Statutory Warning: Generally the statutory warning printed on the packet of cigarette is in small and light font. This warning is to in large and bold font. The one-fourth of the cigarette packet should contain this warning. It should be in Hindi, English and regional language of the state. For example, in Maharashtra it should be in Hindi, English and Marathi. Responsibility of the Elites : The High Class Elite society should shoulder the responsibility of spreading awareness about the harmful effects of cigarettes. The doctors, professors, teachers, advocates, police, movie actors, sportsperson etc should propogate the harmful effects of smoking in the society as they have a very good influence on the society Role of NGO's : The NGO's should carry out programmes of welfare for the addicts. Such NGO's should receive proper funding from the government.

Personal Measures :

If the smoker himself decides to quit smoking once for all, then with this confidence and trust in himself, he will be able to give up smoking.

The smoker can slowly and steadily reduce the habit of smoking. One by one he can decrease the use of cigarettes. The smoker can use those cigarettes which contains lesser amount of nicotine.

If the smoker takes counseling from doctors and psychologists then this will help them to have a control over their addiction. Yoga, meditation, reading of good books, social service will keep the smoker engaged in good things and this will distract his attention from smoking. The smoker should not wait for any particular day i.e., a muhurat, to quit smoking because such day never comes. The moment he decides he should begin his efforts to quit.

ALCOHOLISM

6.5.1 Introduction:

The use of alcohol is a salient feature of almost every society in the world. In ancient India, alcohol was called as Somarasa, Sura and was prominently used right from the vedic times. The use of alcohol initial stage is just for entertainment and later on it turns into an addiction. It is said that alcohol is bitter and the sorrows of a person's life are also bitter. So the bitterness of sorrow is reduced to a considerable extent by drinking alcohol. The National Institute on Alcohol Abuse and Alcoholism defines Alcoholism as "A disease that includes alcohol craving continued drinking despite repeated alcohol-related problems, such as losing a job or into trouble with the law".

The World Health Organization defines alcoholics as "those excessive drinkers whose dependence upon alcohol has attained such a level that they show a noticeable degree of disturbance or an interference with their bodily and mental health, interference with their interpersonal relations and their smooth social and economic function, or the prodromal signs of such developments."

In the above definition, dependence means a need to continue taking alcohol to avoid the feelings of discomfort. The prodromal signs means the recurrence of one symptom after another.

The symptoms of alcoholism are

1. A strong craving to drink.
2. The development of tolerance to alcohol which creates the need for increasing the amount of alcohol in order to feel its impact all over the body.
3. The withdrawal symptoms like shakiness of the body, slurred speech, nausea, sweating, fever, measles, rashes occur after a bout of heavy drinking.

Along with this, the definition of WHO contains terms like Alcohol Abuse and Alcohol Withdrawal which are explained as follows :

Alcohol Abuse : It is the harmful use of alcohol. Alcohol abusers are those who drink despite recurrent social, interpersonal and legal problems as a result of alcohol use. Harmful use implies alcohol use that causes either physical or mental damage.

Alcohol Withdrawal : It refers to a group of symptoms that may occur from suddenly stopping the use of alcohol after chronic or prolonged ingestion.

The withdrawal symptoms are classified as follows :

Physical Symptoms :

Severe Headache, excessive sweating on palms and face, nausea, vomiting, loss of appetite, insomnia, tremor of hands, rapid heart rate etc.

Psychological Symptoms :

Nervousness, shakiness, anxiety, irritability, depression, fatigue, nightmares and confusion.

Certain severe symptoms are hallucinations, black-outs and convulsions.

Types of alcohol:

There is various type of alcohol such as beer, vodka, toddy, whisky, rum, wine, brandy, gin; even it is made at the villages which are popularly known as country liquor.

Stages of Alcoholism:

- Pre-alcoholic stage – The beginning stage of occasional relief drinking.
- Pro-abnormal stage – This stage is characterized by the sudden appearance of blackout.
- Crucial stage – Drinking alcohol is become physical need
- Chronic stage – The beginning of regular morning drinking marks the beginnings of the chronic stage.

Classification of Alcoholics

Explain Alcohol Abuse.

Which are the various withdrawal symptoms of alcoholism?

Explain the various stages of alcoholism and types of alcoholics.

Causes of Alcoholism:

There are many factor and forces responsible for alcoholism like:-

1. Psychological Factors:-

Emotional immaturity : The people who are under continuous mental pressure, who cannot deal with conflicts and stress in life, find substitute in alcohol to reduce their mental pain.

Defence mechanism : Alcoholism is seen as a defence mechanism to hide the sense of guilt and poor self image of an alcoholic.

Poor childhood experience: The experiences in childhood like poor parent-child relationship, quarreling of parents, divorced parents etc leads to alcoholism.

Tranquillizing Effects: Alcohol is like a potential tranquilizer for many addicts. They involve in heavy drinking only to get tranquilized and sleep under its effect.

Feelings of Inferiority: Individuals who suffer from low self esteem and inferiority complex enjoy drinking to boost their self confidence.

Frustration: Frustrated people resort to alcoholism to achieve a sense of self satisfaction and achievement and to relieve tensions.

Social reinforcement: Peer pressure, role model of alcoholic parents or favourite alcoholic

movie star leads to alcoholism.

Stress : Marital disharmony, unemployment, poverty, death of a spouse or relative generates stress which leads to alcoholism.

2. Biological Factors:- They include the following withdrawal symptoms which themselves provide stimulus to alcoholism.

- Craving for alcohol
- Tremors
- Nausea
- Convulsions and hallucinogens.

3. Occupational Factors:- They include the following events at professional level which are responsible for developing addiction to alcohol.

- Business get-togethers
- Working in the drink trade itself
- Availability of cheap or free alcohol
- Strong peer pressure to drink
- Lack of supervision at work

4. Family factors:- Some children start drinking alcohol due to:

- Conflicts between parents
- Nervous parents
- A father despising the mother
- Sexual deviations by the parents

Many times it is found that the childrens drink due to parental consent which makes them less guilty.

In some families ,the mother herself glorify the drinking habit of her son by saying that it adds to his masculinity. She feels proud

when he acquires his drinking license and when he drinks on her birthday and marriage anniversary.

Some of the senior citizens in the family become alcoholic due to :

- Social isolation
- Reduced income
- Depression
- Poor health
- Loneliness

Ethnic Factors :

The proper and controlled use of alcoholic beverages depends upon the attitude of the nation towards alcohol and its regulations.

The countries like Spain, Italy and Portugal have permissive Cultures, where attitude towards alcohol is good and favourable. Here the problem of alcoholism is found at a very high level. In some countries social sanctions are imposed against intoxications and drunkenness. Here the problem of alcoholism is almost negligible.

Effects of Alcoholism:

Physiological Effects: It includes the following : Increase in risk for certain cancers, especially those of the liver, throat, and larynx (voice box). Immune system problems, brain damage, and harm to the fetus during pregnancy. Damage to unborn children, birth defects, mental retardation, learning problems and fetal alcohol syndrome. Problems in cardiovascular system and endocrine system. Overdose, suicide, homicide, car accidents, and other traumas.

Psychological Effects : It includes the following :

Loss of self control.

Loss of memory.

Decrease in concentration level.

Impaired thinking and judgement.

Increase in anxiety and depression.

Decrease in patience. alcoholic

3.Social Effects : Alcoholics creates tensions for themselves

as well as for their family members. The family members suffer in the following ways :

- Social isolation of the family.
- Marital breakdown leading to divorce.
- High level of distress.
- Family disorganization.
- The development and growth of the personality of the children

of the addict is affected a lot. Their children may show signs of hyperactivity, aggressive behavior, temper tantrums, destructive behavior, lower self esteem and they are at the higher risk of becoming an alcoholic themselves.

Apart from this, alcoholism leads to increase of crime rate in the society. It also increases violence against women like rape,

molestation, acid throwing, murder etc. Alcoholism also causes many deaths and injuries due to accidents.

4. Economic Effects : The alcoholic have to face the loss of earning power due to excessive drinking, loss of job, poor work habits, highly undependable nature, frequent absenteeism from work and indebtedness.

Measures to solve the problem of Alcoholism:

It includes curative and preventive treatment for the alcoholics.

Curative treatment for alcoholism:-

1. Medical treatment:-

Doctors take care of the alcoholic patient about his mental, physical, and emotional requirements. They treat the patient with tranquilisers or drugs like antabuse, naltrexone, acamprosate, heminevrin.

2. Individual treatment:-

In it various forms of psychotherapy and counseling includes.

3. Aversion therapy:-

In this type of various therapies are applied on the alcoholic patient. He may be given electric shock. e.g. group therapy, environmental intervention, behavioural therapy and the approach used by Alcoholics Anonymous.

Prevention from Alcoholism:-

- Traditionally, prevention is divided into three kinds, primary, secondary and tertiary prevention.

Primary prevention aims at stopping people to take alcohol.

Secondary prevention aims to identify the problem through screening mechanisms and through the application of knowledge to particular vulnerable groups, where there may be greater alcohol related problems.

Tertiary prevention aims to provide medical treatment of alcoholics.

- Education and public information play an effective role to prevent alcoholism.

- Societal controls like, restriction on alcohol advertising, warning labels.

- Directive principles of State Policy:-

The article 47 of the Indian Constitution says, "The state shall endeavour to bring about prohibition of the consumption; except for medical purposes of intoxicating drinks and of drugs, which are injurious to health". State can take preventing measures by imposing ban of manufacture of liquor like products.

DRUG ADDICTION

6.6.1 Objectives:

1. To generate awareness about Drug addiction.
2. To suggest measures to solve problems of Drug Addiction.

Introduction:

Drug Abuse is a disorder that is characterized by a destructive pattern of using a substance that leads to significant problems or distress; it is a kind of disease which leads to significant problems involving tolerance or withdrawal from the substance cause for sufferer.

Drug Tolerance is the use of increasing amounts of a drug upon repeated exposure, to experience its original effect. If a person has high drug tolerance and if he increases his dose of the drug; then this may prove to be costly and harmful in the long run.

DIFFERENT TYPES, SIGNS AND SYMPTONS OF DRUG DEPENDENCE

6.7.1 Drug Dependence is of two types :

Physical Dependence : It refers to the body's need for a drug. It exists when the use of a drug is stopped and may result in withdrawal symptoms such as vomiting, fever, hypertension etc.

Psychological Dependence : It refers to the mind's need for a drug. It is a craving or a strong psychological need for pleasurable mental effects produced by a drug.

Types of Drugs:

Narcotics: - This drug type produced from "opium poppy seeds", this group includes: opium, heroin, morphine, codeine, methadone, and meperidine. All these drugs act as depressants upon the central nervous system.

Heroin: - This kind of drugs obtained from "morphine" by a simple chemical process. The informally this can be known as horse, smack, shit, junk, or Mexican Mud etc. It can be inhaled, smoked or injected. The user experience "rush" or "flash".

Barbiturates: - Informally known as barbs, reds, yellow jackets, and goofballs etc. it can be either swallowed or injected. All these drugs act as depressants upon the central nervous system.

Tranquillizers: - It is in form of capsules and tablets. They are prescribed by the Psychiatrists and Psychologists themselves. They help to reduce mental tension and is effective for people suffering from insomnia.

Amphetamines: - it affects on central nervous system. Informally known as speed, bennies, defies, and, uppers etc.

Cocaine: - This is also known as coke, snow, flake etc. Strong psychological affect on individual.

Marijuana: - It either smoke or swallowed. Other types of it are bhang, ganja, marijuana tobacco, hashish, and hashish oil. Locally known as grass, pot, Acapulco gold, Mary Jones, weed, harsh, and harsh oil.

Hallucinogens: - They are also known as acid, big D, mesc, button, and peace pills etc. One of its powerful form is LSD. LSD (Lysergic acid Diethylamide):- LSD is found in three forms- tablet, powder, liquid. Once the LSD is kept on the tongue it leads to convulsions and the person gets a different kind of experience that they are in a different world and the person loses his mental balance. Many times people commit suicide under the influence of LSD.

Brown Sugar : It is an impure form of Heroin which is popularly known as 'Gard'. The fashionable and High Class teenagers call it as 'Smock'. It is taken by 'Chasing' or in the form of a cigarette. Chasing means inhaling by creating a smoke.

Signs and Symptoms of Drug Addiction:-

- Repeated health complaint
- Depression
- Fatigue
- Increase or decrease in appetite
- Needle marks or bruises on lower arm, legs or bottom of feet.
- Extreme hyperactivity
- Sudden mood changes
- Irritability
- Secretive or suspicious behaviour
- Explained need for money
- Increased use of toilets and remaining in toilet for long hours.
- Change of personality.
- Increase in demand for money.
- Acute pain in the abdomen.
- Withdrawal from family etc.

Check Your Progress

Explain the various signs and symptoms of a Drug Addict.

Cause of Drug Addiction:-

Availability of Drugs: If the drugs are readily available, the people are bound to use them and those who have already experienced it may use them regularly. Even if the drugs are not easily available, potential abusers are ready to go to any extent to obtain them. Hence many times drugs are smuggled in the country.

Peer pressure: The teenagers take drugs to be accepted by the group or else they may feel isolated. Drug abusers seek approval for their behavior from their peers so they often try to convince others to join their habit.

Personality traits: Many drug abusers are immature and hence they are not able to cope with problems, anxieties and frustrations in a mature and rational way. For them drug provides a temporary source of adequacy and a feeling of being able to cope with the pressures in life. In short, drugs are used as a means of escapism from reality.

Curiosity: Many people have a temptation for drugs. Just for the sake of curiosity they experience with a drug and this later on develops into addiction. The teenagers, generally belong to this category. The first taste and its effects on the user will influence the users

decision to use it again or not.

Alienation: People want a family, peer group, a community and a country. Many people feel isolated in the rush of people and those who are not able to sustain themselves in the competitive world do feel the pressure. They become alienated from the society and if they find drugs, they get addicted to it.

Hedonism: It means the idea that pleasure is the most important thing in life. Some people are hedonistic and they simply want good experiences every time. This is provided only by the drugs.

Psychological dependence: There are some drugs that have the power to affect or change the mood. It directly affects the central nervous system of the body and creates a psychological dependence for its use.

Physical dependence: When the drug abuser stops the use of drug he experiences withdrawal symptoms such as vomiting, fever, hypertension etc. This leads to physical dependence.

Parental influence: The children of the addict are at a high risk of drug addiction because the children are bound to imitate the parents. Hence if the parents take drugs, their children may also become drug addicts.

Socio-cultural factors: In certain societies of the world taking drugs like bhang, charas etc is a normal practice. People in such a society do this only for the feeling of unity and fatigue.

Effects of Drug Addiction:-

Physiological Effects:- The drug addicts develop the following physical signs and symptoms which proves life threatening for them.

- Brain cell damage
- Cardio-vascular problem
- Loss of muscular coordination
- Sensory and perceptual disturbance
- Vomiting
- Nausea
- Hand tremors
- Shivering
- Weight loss
- Muscular weakness
- Chest pain
- Coma and Death
- Reduced immunity
- Hepatitis and HIV infection occurs in a state of addiction

Psychological Effects:- The drug addicts suffers from the following mental disturbances :

- Frustration
- Anxiety
- Aggressive behavior
- Violent
- Reduced sensibility

Develop psychological dependence on drugs

Stereotypes behavior

Emotional distress

Excitement and impulsive behavior

Withdrawal symptoms where his body demands drugs

Develop tolerance

Social Effects:- The drug addicts harm the society in many ways.

Some of them are as follows:

- Immoral judgments

- Reduced sociability

- Commit suicide

- Disturbance to family and society

- Increase in violence

- Criminalization increases in the society. Gambling,

prostitution, murders, rape, molestation, kidnapping etc are some types of crimes committed

by the addicts. Economic Effects: The drug addict naturally has defective personality and

lacks concentration. So many of them suffer joblessness. They face the following economic

problems : Economic loss as drugs are very costly Lethargy in work which affect daily work

Poor work performances or dismissal Increase health care costs

6.8 MEASURES TO SOLVE THE PROBLEM OF DRUG ADDICTION

Preventive Measures against Drug Addiction: Education: The general public should be made aware about the causes and ill effects of the drug addiction. Also provide the education related preventive measures and curative treatment in public as well as school and colleges.

Organizing Youth Centers:Social service organization and NGOs should establish Youth Centers and youngster should be enlightened about the danger of this drug addiction

Stringent Action Against Drug Pushers:The government should initiate stringent action against drug pushers such as imprisonment and death sentence because they are destroying the lives of lakhs and cores of young lives. The country like U.A.E. and Saudi Arabia has provided death penalty of drug pushers. Watching for early signs of possible Drug

Addiction:Loss of appetite, behavioural changes, withdrawal from family, poor academic/ work performance these are common sign and symptoms usually observe in drug addict. It should be observed addict himself as well as family, friends, well wishers etc and as soon as possible get the person rid of this worst addiction. International Help :The UN (United

Nation) war against

Narcotics:-

On Feb. 24, 1990, UN declared on open war against production, sale, smuggling, and use of narcotics with financial and human resources. It also declared the decade 1990-2000 as a decade against 'drug pushers'. They also organize many international programmes to intensify war against narcotics. Counselling Centres: They help to reduce drug abuse, improve the person's ability to perform better and cope with problems in life. Such centres should be established by educational institutes, community centres and NGO's for those people who are at an risk of drug abuse and who are already drug abusers.

CURATIVE TREATMENT

Hospitalization: Drug addicts must be hospitalized and go through medical examination which help to know which drug addict using accordingly medical treatment given in primary level on withdrawal symptoms. Behavioural Therapies: Psychotherapy, counseling, support group, family therapy etc, this kind of therapies help addict to come out from addiction. Occupational Therapy: This therapy required for the addict when he is undergoing through medication and psychotherapy because of it he will not getting isolation, loneliness, and boredom like feelings and keep him away from drugs. Approach of Narcotics anonymous: The group of former addicts can share their ideas, experiences about their dreaded conditions and educate them why they should quit from their abuse.