

## DRUG ADDICTION AMONG STUDENTS IN CHENNAI

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### ABSTRACT:

Substance abuse among in students is a cause of concern across the globe. India shares this problem in massive volume and focuses its future adverse consequences on health, growth, productivity, and well-being. The health risks inherent, with substance abuse, often are linked with other risk behaviors (like early sexual activity, violence, academic failure, school dropout, delinquency) among Teenagers. The available literature provides evidence that developed nations have taken cognizance of this problem long ago, and are working towards educating, rehabilitating, protecting youngsters and preventing this problem. India is still oblivious of the concurrent and future threats and consequences. In spite of the gravity of the problem, not many systematic empirical research studies have focused on why youngsters are turning towards alcoholism and substance abuse, who are these teenage students what are the motivators, temptations, pulling or pushing forces, or compelling circumstances. What are the concurrent and future consequences and what measures can be taken to protect growing children from turning to such vices in India. This paper tries to focus on the epidemiology of substance abuse, its genetic correlates, psychosocial and socioeconomic factors associated towards alcohol and substance abuse among students.

**Keywords :** Drug Abuse, Substance, Alcohol, Tobacco, Causes

### Introduction

Drug abuse is also known as substance abuse. It is a designed utilization of a medication in which the client expends the substance in sums or with techniques which are destructive to themselves or others, and is a type of substance-related confusion. Widely differing definitions of drug abuse are used in public health, medical and criminal justice contexts. In some cases

criminal or anti-social behavior occurs when the person is under the influence of a drug, and long term personality changes in individuals may occur as well. In addition to possible physical, social, and psychological harm, use of some drugs may also lead to criminal penalties, although these vary widely depending on the local jurisdiction. Drugs most often associated with this term include: alcohol, cannabis, barbiturates, benzodiazepines, cocaine, methaqualone, opioids and some substituted amphetamines. Drug abuse has become a worldwide problem in modern times. Many youngsters today get dependent on drugs – they wind up dependant on different kinds of mind-adjusting or animating meds or unlawful ones. Addiction frequently comes as one with opiate impacts, regardless of whether they are solid or light. It is just an issue of time when you get dependent. You bit by bit wind up decimated on every one of the levels of your wellbeing. What's more, this is tragic. It ends up being sadder when you come to realize that commonplace age scope of medication addicts is from 15 to 30 years. Individuals of this age speak to the primary working gathering in a nation, they are both center and underlying foundations of a general public. The addiction is likewise broad topographically – you can discover individuals having issues with drugs all around, in nations Not only the underdeveloped countries but also the developed countries face this problems .The abuse of alcohol and illicit and prescriptive drugs continuous to be major health problem internationally. Medication manhandle includes impulsive and unnecessary admission of drugs over some undefined time frame. Repeated utilization of drugs brings about creating dependence that has harmful repercussions. The United nations office on drugs and crime reports that approximately 5% of world's population used on illicit drug .([Chakravarthy et al. 2013](#))The anxiety levels were not measured in 1983 and 1984 but the present survey states that 39.4% of students had revealing of anxiety .([Ashton and Kamali 1995](#))Every 3 student out of 70 had addiction of drugs during their college life . There are also semi organised groups which influences students .([Jagnany et al. 2008](#))The drug users have developed all over longitudinal which becomes the hazardous

variables and outcome tentatible . Annually at last 1400 deaths are attributable to alcohol use on college campus. High risk drinking among youth adults in associated with sexual assault ,destruction of property ([Arria et al. 2011](#)).Generally underage people are becoming addictive by observing the society .Usually practices start at the age of 16-18. There are over six types of drug addicts existing in India .([National Institute on Drug Abuse](#) ) Drug addicts mindset have been set in such a way that drug as a stress buster for them in their life . There are several reason for

addiction of drugs . Drug abuse in tempts an urge to have sexual content and often victim of diseases like HIV , STD, AIDS.([Bachman et al. 2013](#)). In a survey conducted in Kolkata , India it was found that 18.3%were medical and 43.6%were non medical students who were addicted to drugs. There is still anchor conclusions and solutions to these problems .([Chatterjee et al. 2011](#)).Substance abuse among women's is less than students . There is recorded statics which describes the liquor reliance . ([Murthy et al. 2010](#)).There is ethnic differences in illicit and licit drug abuse among students of grade 8-12. The drug addiction among youth is widespread in Country like India .The cross section data from large, ethnically ,diverse,,national represents samples. ([Wallace et al. 2002](#)).The patterns of self reported people Byron in 1990's found that 42.3./. uses illicit drug due the tension and drug experimentation among teenagers results were positive . 15.4./. out of the each 50./. are drug addicts .Medication experimentation was high among 15 and 16 year olds, and utilization of cannabis was especially high among smokers. Cigarette smoking was more typical among young girls than young boys([Miller and Plant 1996](#)).A developing collection of research has concentrated on the ascent in tranquilize use by young people'- IO and the conceivable causes and outcomes of such use.11-35 One supporter of that exploration has been the Monitoring the Future task, a continuous across the nation investigation of secondary school seniors led by the University of Michigan Institute for Social Research under a allow from the National Institute on Drug Abuse. A basic role of the venture is to screen levels of drug use among youth, and to give early signs of changes and trends. Another design is to add to a comprehension of the relates of medication utilize, especially those corresponds which may turn out to be among the vital causes and additionally outcomes of utilization.In 1975, cocaine utilize was low and was not firmly connected with the foundation and way of life factors treated in this report. By 1979, use levels were higher and the connections were significantly more grounded; be that as it may, thepatterns of relationship were the common place ones reliably in confirm for liquor, maryjane, and other illegal medications taken as a gathering. As such, the sorts of youngsters most "in danger" have a tendency to stay much the same, while the sorts and measures of substances utilized move to some degree from year to year.Year by year usage has been increasing even though there is barrier to prevent it ([Bachman et al. 1981](#))The speculations that age and gender would deliver noteworthy impacts were upheld. Men announced altogether more noteworthy liquor utilization than did women. Moreover, there was a critical cooperation amongst gender and age. Women under legitimate drinking age had

higher rates of utilization than women of lawful drinking age or more seasoned, while the contrary example was found for men. The long haul example of liquor utilization might be distinctive for men than for women. Amid the school years, women appear to direct their utilization. At long last, these outcomes show that illicit, underage drinking by men and women happens at a high rate. Research ought to be intended to assess the degree of the issue. ([Gross 1993](#)) According to (Engs and Hanson 1990) Men's are addicted to drugs more than women in 19th century, few teenagers are addictive due to peer pressure. According to ([Badiger et al. 2012](#)) Even Self-medication results in wastage of resources, increases resistance of pathogens and generally causes serious health hazards such as adverse drug reactions, prolonged suffering and drug dependence. This study was undertaken to determine the reasons for drug addiction and the pattern of drug addiction among students. The objective of this study is to find out the causes of drug addiction among teenagers, and suggest some measures to students to overcome the addictiveness.

**Hypothesis:**

Null hypothesis: There is no significant impact on the personal reasons on youngsters to get involved or to get drug addicted.

Alternative hypothesis: There is significant impact on the personal reasons on youngsters to get involved to get drug addicted.

**Materials and methods:**

The methodology used through the research by empirical approach and analysing the subject topic by examining various related research paper and principles of law. The method used is random sampling method by conducting survey from college and school students in Chennai.

The survey was done with the persons who are drug addicted and normal students. This research is based on primary and secondary data.

**Survey Results:**

According to the survey 69.4% of respondents were above 18 and 29.8% were between age 12-18 and 0.8% were above the age of 25. 71.6% respondents were male and 28.4% were female. In the survey conducted in Chennai 62.2% respondents from college and 37.8% were from school. There some respondents who answered the survey that drug is illegal (41.7%) whereas 29.3% answered that it is good and remaining 29% said drug is used for medication

purpose .In the survey 32.2% are drug addicts,54.4% are non drug addicts and 32.2% didn't prefer to say the answer . Those students who consume drug they answered that they consume twice in a week(34.8%) , 12.2% all the days ,22.6% once in a day,30.3% thrice in a day. Some of the respondents answered that certain drug is illegal(44.2%) ,43% answered it is not illegal, 12.8% were in hypothetical situation to answer this question.50% of students started to consume drug during their school days,50% of the students consumed drug during their college days especially during any functions in their college. There some students (12%) are drug addict due to their peer pressure,36.5% are due to curiosities , 39% due to stress level and 12.4% due to social excommunication .27.2% of the students are having signs of addictive drug of dry mouth, 13.4% of myosis,23.4% of constipation , 16.3% suffer from mydriasis ,15.1% suffer from renal damage and failure of kidney ,and others suffer from Diarrhea .26.7% of respondents consume drug such as cocaine morphine,21.2% are smokers,19.8% consume tobacco ,17.1% alcohol and 13.4% consume all the substances .23.6% students involved in drug for happiness ,38.2% to control their emotions,29.5% for their mood to wing and 8.6% to reduce their angerness .44% of respondents say that advertising does not play a major role for tempting to take drug ,36,5% say advertisement play a major role in tempting students ,19.5% says May be reason for tempting students .77.3% respondents advice their friend to stop drug consuming whereas 22.7% encourage their friend to continue in substance abuse .

### **Discussions:**

There are various researches were done regarding this topic but most of the results will be focussing on the peer pressure as major cause of drug addiction but this paper will tends to analyse on various others reasons for their addiction ,There are a number of factors that predispose age as critical a factor. Age goes with maturity and at times reasoning. For university students this may be handy particularly for fresh entrants who are not only young but are also more excited about campus life compared to continuing students. In most cases they live a restricted lifestyle which opens up once at university. Peer pressure and influence are also more experienced at younger than older ages. The findings are therefore not isolated. According to [\(Nuhu et al. 2010\)](#) Psychoactive drug use has been identified by World Health Organization (WHO) as a significant social and public health concern with increasing prevalence despite efforts to stem the tide globally. Many factors have been adduced to influence drug use among students of tertiary institutions .Many

factors were also found to have influenced the use of drugs among them. The need to formulate and implement policies to stem the tide is therefore imperative. According to [A Rudra \(2008\)](#) Illicit drugs have been of increasing social and medical concern. Abuse of illicit drugs is unfortunately not limited to adults. Although the rates of use of various substances vary from year to year and decade to decade, children, adolescents, and young adults continue to use tobacco, alcohol, and other drugs at terrifying high rates. Alcohol continues to be the drug of choice for intoxication, marijuana and hallucinogen use is slightly less than in previous children revealed that, frequently used drugs are marijuana (59%), amphetamines (19%), cocaine (18%), and LSD (18%). According to [Kamal Heidari\(2014\)](#) As the first experience of substance abuse often starts in adolescence, and studies have shown that drug use is mainly related to cigarette and alcohol consumption, an initial exploration of substance abuse prevalence, including cigarette and alcohol, seems to be the first step in preventing and controlling drug consumption. This study aimed to explore studies on drug use among high school students by investigating articles published in the past decade in India . According to [George N. Ani \(2014\)](#) Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Use of drugs among adolescents is a global phenomenon eating deep into the fabrics of our society. Students are most vulnerable at this transformative stage in their life .

According to [Ondieki and Mokuu 2012\)](#) The issue of drug utilize has been in presence for a huge number of years. It is as old as mankind and has been a fundamental piece of every general public. Individuals have utilized different sorts of psychotropic substances in the expectation of taking care of issues and diminishing agony by modifying the condition of the focal sensory system. A drug can be characterized as any substance which, when ingested by a living creature, adjusts at least one of its physiological capacities. 47.8%. Of the respondents believe that advertisements play a major role in tempting youngsters to be drug addicts .In India tobacco and alcohol companies use surrogate method of advertisements. For example during an IPL match there was an ad with slogan “Divided by Teams United by Kingfisher” its a open promotion of their brand of alcohol .It is impossible to prevent adolescents from being exposed to ads that promote alcohol or vaping. Advertising around alcohol is difficult to avoid because it has become interwoven into so many recreational activities. While ads for vaping are still sparse, they are beginning to grow in number as more people are beginning to turn to e-cigarettes over

traditional cigarettes. Their style and misleading safety information appeal to many viewers looking for a more socially acceptable alternative to smoking.

In the survey it found that there are several reasons for drug addiction Most of the 39./. respondents answered that youngsters are drug addicted because they cannot bare their stress level and 36.5./. Because of curiosities and 12./. of peer pressure and 12.4./. of social excommunication . In a report from National Commision of Drug found that In India drug abuse has become wide-spread and a cause of concern for the people and the government. The major causes of drug abuse and addiction are :It is to be noted that despair very often drives many to drug addiction. Students who remain far away from parents and guardians and live in hostels and messes become victims of addition.Their keeping contact with bad company pushes them to be addicts. There is no proper direction, no goal or objective before young men and women to move forward and reach.Our education is such that it does not prepare students to fit into life. Coming out of the schools and colleges, they find that they have no future, no prospects in life.

The symptoms of addictive drugs are cancer,HIV,AIDS,etc.,In my survey respondents answered that 13.4% suffers from myosis ,23.4% suffer from constipation , 27.2% suffer from dry mouth conditions 15.1% from renal damage and failure . People send major portion of their salary amount in drug addiction. When people start using new substances, they may spend time with others who have similar habits. Drugs and alcohol are no exception when it comes to the renal filtration process; in fact, the majority of abused substances are excreted through the kidneys these causes renal damage and failure of kidney. Constipation is a condition of the digestive system where an individual has hard feces that are difficult to expel. In most cases, this occurs because the colon has absorbed too much water from the food that is in the colon. These Constipation disease may leads to piles problem. You would have noticed that most of the drug addicts especially youngsters after drug abuse their excessive constriction of the pupil of the eye is seen in them. Some believe that boy wouldn't have had enough sleep in the night but that may be true or drug may be the reason.

**Conclusion:**

The abuse of drugs has brought about critical horribleness and mortality among young people around the world. A considerable lot of these youth will lose their lives to drugs and a noteworthy number are probably going to grow up to wind up issue drug clients. In spite of the fact that, the substance abuse issue is intricate and extensive in greatness, there is a generous

measure of confirmation based research accessible to doctors, group pioneers and schools to actualize intercessions that can diminish pre-adult substance abuse rates. Drug problems cannot be solved by laws. Hence, suitable fields are to be invented for doing away with this Menace and hence the alternative hypothesis is true.

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