

# Substance Abuse and Wellbeing of Adolescents: Current Trends and Future directions

\*Ayesha Arshi

\*\* Anjali Sahai

## Corresponding Author:

\*Student (IIIInd Year), BA(H) Applied Psychology, Amity Institute of Psychology and Allied Sciences  
Amity University, Noida

\*\*Assistant Professor, Amity Institute of Psychology & Allied Sciences, Amity University, Uttar Pradesh,  
Noida.

Email:sahai.anjali@rediffmail.com



## Abstract

Substance use among young people goes from its experimentation to extreme use and consequently leading to lot of problems. In present day Substance Abuse is seen as a simple path to fulfil the typical formative need to face challenges and look for thrills. On the basis of extensive review of literature, it has been found that the substances that are utilized most by youths are liquor, nicotine (in tobacco or vaping items), and pot. The aim was to understand more about Substance Abuse its forms and its implication on the well-being of Adolescents. Boles and Miotto (2003) conducted a study on substance abuse and violence, studied that illegal medications are available in the two wrongdoers and casualties in numerous vicious occasions. The connections between psychoactive substances and savagery include expansive social and financial powers, the settings wherein individuals acquire and burn-through the substance, and the organic cycles that underlie all human conduct. On account of liquor, proof from lab and exact examinations uphold the chance of a causal part in fierce conduct. Additionally, the psychopharma-codynamics of energizers, for example, amphetamines and cocaine, likewise propose that these substances could assume a contributing part in vicious conduct. Overdose of liquor and different medications lead to extreme medical conditions and mental issues. Liquor utilization are more pervasive in the present youth either to flaunt or to keep themselves standoffish from rest of the world. Individuals have issues identified with their work and expert life and even now and again face divisions from their friends and family. Substance misuse and substance reliance mess up mental, physical, mental and enthusiastic prosperity of a person. The un-favourable impact of substance reliance drives Individual to carries out grievous wrongdoing, for example, assaults, murder, lewd behaviour, physical and aggressive behaviour at home, mishaps and battles.

**Key Words:** Substance-induced disorder, lewd behaviour, mental and, behavioural, effects

## I. INTRODUCTION

Substance abuse is also known as Drug Abuse. The term substance abuse is used when the consumer consumes a particular material in an undesired way and unwanted quantity which in return harms his or her body. Commonly used drugs are Alcohol, Opioids, Benzodiazepines, Cocaine, Cannabis, Barbiturates, Methaqualone, etc. Addiction of drug results into various neurological problems and thus cause symptoms like nausea, tremors, hallucinations, anxiety, cravings.

There are different treatments for different type of drug abuse, some of these are behavioural therapy and medication. Drug overdose has been popular amongst the teenaged group. youngsters in order to pretend cool and classy in consumes harmful drugs and once in habit they start consuming them in a very huge amount which is termed as drug overdose or substance abuse.

They even consume them to get rid of the pain of being loneliness once ditched by their loved ones. Signs and symptoms include slow breathing, heart rate and pulse, blue lips and nails due to lack of oxygen, decreased consciousness. substance have a long-term effect on heath and brain and it's very difficult to minimize the habit of drugs once it has been initiated.

### Drug Abuse

Drug used to be traced back from around 100 years long and their effects has been showed by that time. Since the starting of the drug, people had started to abuse them which led to full addiction and negative result and deteriorating physical, mental and emotional health. First hospital to treat alcohol as a mental health was New York state inebriate asylum in the year 1864. Rehabilitations centre has been working towards the decreasing the drug consumption of the youngsters.

It happens when you need at least one medication to work. The American Psychiatric Association (APA) used to recognize reliance and misuse. Misuse was viewed as the gentle or beginning stage of improper medication utilize that prompted reliance. Individuals saw reliance as a more extreme issue than misuse. The APA supplanted "reliance" and "misuse" with "substance use issue" in the 2013 version of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). This finding centres around the turmoil including the utilization of the substance. Physical indications of withdrawal happen when the body gets worried without the medication. These manifestations include: anxiety, depression, muscle weakness, nightmares, body aches, sweating, nausea and vomiting

**Substance Induced Disorder-** The overall category of substance-induced disorders includes intoxication, withdrawal, and other substance/medication-induced mental disorders (e.g., substance-induced psychotic disorder, substance-induced depressive disorder). The essential feature of a substance use disorder is a cluster of cognitive, behavioural, and physiological symptoms indicating that the individual continues using the substance despite significant substance-related problems. For certain classes some symptoms are less salient,

and in a few instances not all symptoms apply (e.g., withdrawal symptoms are not specified for phencyclidine use disorder, other hallucinogen use disorder, or inhalant use disorder). An important characteristic of substance use disorders is an underlying change in brain circuits that may persist beyond detoxification, particularly in individuals with severe disorders. The behavioural effects of these brain changes may be exhibited in the repeated relapses and intense drug craving when the individuals are exposed to drug-related stimuli. These persistent drug effects may benefit from long-term approaches to treatment. Overall, the diagnosis of a substance use disorder is based on a pathological pattern of behaviour related to use of the substance.

It has been reported that the prevalence rates of both alcohol and drug dependence (1.3% and 1.8% respectively) are about one-fourth the magnitude of abuse (5.2% and 7.1%, respectively). Taken together, the lifetime prevalence rates of substance use disorders are 6.5% for alcohol and 8.9% for illicit drugs

## Wellbeing

Wellbeing can be seen as a positive outcome. Generally, it is assumed that good living conditions and finance are directly related to wellbeing. Many researches have refuted this stating that there are certain unexplained reasons as well for one's wellbeing. Since it is subjective in nature it is measured through various self-report measures. There is no single factor that determines individual well-being, but usually, well-being is dependent upon good health, positive social relationships, and availability and access to basic resource.

There are different aspects of wellbeing like physical, economic, social developmental, emotional, psychological to name few.

## Impact of Substance abuse on wellbeing:

1. **Biological Wellbeing**-It refers to a debilitated resistant framework, expanding the danger of disease and contamination. Heart conditions going from anomalous pulses to respiratory failures and crumbled veins and vein diseases from infused drugs; Sickness and stomach torment, which can likewise prompt changes in craving and weight reduction; expanded strain on the liver, which puts the individual in danger of huge liver harm or liver disappointment and seizures, stroke, mental disarray and cerebrum harm.
2. **Physical Wellbeing**-Substance use issues can prompt various conduct issues, both in the short-and long haul, which can include: Paranoia, aggressiveness, hallucinations; addiction; impulsiveness and loss of self-control.
3. **Mental Wellbeing**- ceaseless utilization of certain medications can prompt both short-and long-haul changes in the mind, which can prompt emotional wellness issues including distrustfulness, melancholy, uneasiness, hostility, mental trips, and different issues

In summary substance abuse impacts negatively on the level of wellbeing. Teenage being a stage where there are lot of challenges, a right direction and a right path leads them to the path of no confusion; clarity and confidence in their decision making faculties.

The following table is the summary of the type of drug stimulant and its adverse impact on the health:

DRUG STIMULANT	ADVERSE EFFECT
Amphetamines	Risk of addiction, stroke, fatal heart problem, psychosis
Cocaine	Risk of addiction, stroke, fatal heart problem, psychosis
Nicotine	Addiction, cancer
Caffeine	Addiction, high blood pressure
Tranquilizer's	Addiction, brain damage, death
Benzodiazepines	Lower risk of overdose, addiction when alone
Alcohol	Alcoholism, health, depression, increased risk of accident, death
Opiates	Addiction and death
Hallucinogens	Memory problem, suicide, overdose, death

## Interventions

There have been many options available for Adolescents to help them out of the drug consumption or addiction. They are behavioral counseling, medication, medical devices to treat withdrawal symptoms or long term follow-up to prevent relapse.

Treatment starts with perceiving the issue. In spite of the fact that forswearing is a typical side effect of fixation, individuals who are dependent have far less disavowal on the off chance that they are treated with compassion and regard, as opposed to determined what to do or being stood up to. The substance may either be gradually pulled back or halted unexpectedly. Backing for physical and enthusiastic manifestations, just as staying drug free (forbearance) are likewise key to treatment.

Individuals with tranquilize overdose may require crisis treatment in the emergency clinic. The specific treatment relies upon the medication utilized. Detoxification (detox) is the withdrawal of the substance suddenly in a domain where there is acceptable help. Detoxification should be possible on an inpatient or outpatient premise. On occasion, another medication with a comparative activity or impact on the body is taken, as the portion is gradually diminished to decrease the symptoms and dangers of withdrawal. For instance, for opiate enslavement, methadone or comparative medications might be utilized to forestall withdrawal and proceeded with use.

Private treatment programs screen and address conceivable withdrawal side effects and practices. These projects use strategies to get clients to perceive their practices and figure out how not to return to utilizing (backslide).

### Objectives:

1. To understand the meaning and forms of Drug abuse.
2. To review and assess the implications of drug abuse on wellbeing among Adolescents.

## II. REVIEW OF LITREATURE-

**Aloha & Crowley (2018)**-conducted a research to study Adolescents substance abuse and boredom. The examination tried the theory that young adult substance victimizers are bound to encounter recreation as weariness than non-substance victimizers. The information upheld this speculation. It was additionally discovered that substance victimizers tended to take an interest all the more oftentimes in relaxation when all is said in done and physical amusement exercises specifically. In any case, they likewise occupied with certain social exercises all the more every now and again, for example, going for a drive and going to shows, than non-substance victimizers. As a result of their character inclination toward sensation chasing and low capacity to bear consistent encounters, substance victimizers apparently favour dynamic relaxation ways of life. Regardless of whether relaxation fatigue is a reason or an impact (or both) of medication misuse, in any case, is yet to be resolved. With respect to down to earth suggestions, the discoveries recommend that a more experiential methodology in treating juvenile substance victimizers might be a superior technique for taking care of the issue of substance maltreatment than conventional intellectual and more detached methodologies.

**Daniel, Krishnan & Gupta (2017)** did a study to understand the prevalence and pattern among male adolescents in suburban area of Delhi. For this purpose, cross sectional survey was used. Results were that the reasons cited by participants of the study for consuming drugs were to be liked by friends (57.38%), to feel like an adult (24.6%), and few of them reported: "like the feeling of substances" (13.11%) as reason for taking substances. Common substances used by the subjects were any kind of tobacco (77.05%), inhalants (26.23%), and alcohol (11.47%).

**Das et al., (2016)** studied on interventions for adolescent's substance abuse. Numerous undesirable practices regularly start during youthfulness and speak to significant general wellbeing challenges. Substance misuse majorly affects people, families, and networks, as its belongings are aggregate, adding to expensive social, physical, and psychological wellness issues. From a sum of 46 deliberate surveys concentrating on mediations for smoking/tobacco use, liquor use, tranquilize use, and joined substance misuse. It was found that among smoking/tobacco intercessions, school-based avoidance projects and family-based serious mediations normally tending to family working are compelling in decreasing smoking. Among intercessions for liquor use, school-based liquor avoidance mediations have been related with diminished recurrence of drinking, while family-



based mediations have a little yet persevering impact on liquor abuse among youths. For tranquilize misuse, school-put together mediations based with respect to a blend of social ability and social impact approaches have demonstrated defensive impacts against medications and cannabis use. Also future exploration should concentrate on assessing the viability of explicit mediations parts with normalized intercession and result measures.

**Smith, Tanner, Lipsey (2013)**-explored the effectiveness of out-patients' treatment for adolescent's substance abuse. Meta-examination was utilized to blend research on the impacts of outpatient treatment on substance use results for youths with substance use issues. A broad writing search found 45 qualified test or semi trial contemplates revealing 73 treatment-examination bunch sets, with huge numbers of the correlation bunches likewise getting some treatment. The primary investigation analysed 250 impact sizes for the substance use results of youths getting various kinds of treatment comparative with the separate examination gatherings. As a classification, family treatment programs were discovered to be more compelling than their examination conditions, though no treatment programs were less successful. In any case, not all treatment types were contrasted and each other in the accessible examination, making it hard to evaluate the relative adequacy of the various medicines. To give a more separated image of the relative improvement in substance use results for various medicines, a subsequent investigation inspected 311 pre-post impact sizes estimating changes in substance use for youths in the different treatment and examination arms of the examinations. The young people in practically a wide range of treatment demonstrated decreases in substance use. The best upgrades were found for family treatment and blended and bunch advising. Longer treatment span was related with littler upgrades, yet other treatment attributes and member qualities had little relationship to the pre-post changes in substance use. In view of these discoveries' family treatment is the treatment with the most grounded proof of near adequacy, albeit most kinds of treatment give off an impression of being gainful in helping youths diminish their substance use.

**Dennhardt & Murphy (2013)**-studied the prevention and treatment in college going students. Medication use during the school years is a critical general wellbeing concern. The essential objective of this paper is to give a thorough survey of counteraction and treatment investigations of understudy medicate use so as to control school anticipation endeavours and to illuminate and invigorate new examination around there. To start with, built up chance components for medicate use were audited. Significant levels of character characteristics including, impulsivity, sensation-chasing, pessimistic emotionality, enthusiastic dysregulation, and character issue indications increment hazard for tranquilize use. Medication use has additionally been connected to overestimating regulating levels of medication utilize and encountering negative life occasions, and explicit thought processes in sedate use are connected to more tricky examples. There have been not many investigations looking at anticipation and treatment, yet parent-based and in-person brief inspirational intercessions have all the earmarks of being promising. Longitudinal investigations of the turn of events and course of medication use among undergrads, just as clinical preliminaries to assess novel hypothetically based intercession and counteraction programs that consider built up hazard factors for sedate maltreatment are required.

### III. MAJOR FINDINGS & DISCUSSION-

On the basis of the extensive review of literature it has been found that substance abuse is directly linked with the wellbeing of adolescence. The need of the hour is to educate and counsel adolescents to be a part of the crusade that rallies against drug usage.

1. Adolescents consume drugs majorly as it makes them feel loved and liked by their peer groups. So there is a constant pressure on them apart from academics and career path they intend to choose.
2. In today global scenario no part of the world is free from drug usage. India is no exception. With the changing pattern of family system, a change in social and cultural values the urgency calls for effective interventions of school and colleges in shaping the attitude and behaviour which is more real and true to their self-identity. Also awareness of self and confidence boosting sessions and workshops by educational institutions will add on to the effort to sensitize adolescents.
3. It has been identified in many researches that those who initiate substance usage at a young age are more susceptible of the negative outcomes and more likely to indulge in risky behaviours, hyperactivity, impulsiveness, inattention and early aggressive behaviour.
4. Female adolescents were found to be more sensitive to the effects of depressive symptoms compared to male adolescents. In a recent study by Mason and Coatsworth (2020) they tried to identify the variation of treatment response based on sex and found that females are more vulnerable to depression and accordingly need is for the individualized plan of action to handle.
5. Researchers have also identified that in 2015, about half (48.9%) of U.S. secondary school seniors use illegal medication (not including liquor or tobacco) in their lifetime. 21% of eighth grade understudies detailed that they had devoured liquor, and 8% revealed that they had been inebriated; these numbers skyrocket to 58% and 38%, individually, for twelfth grade students. While cigarette smoking has consistently declined over all ages since 2010, e-cigarettes have gotten more well-known than some other tobacco item, and the individuals who use them refer to experimentation and "in light of the fact that they taste great" as the most significant reasons why they started or keep on utilizing them.

### IV. FUTURE IMPLICATIONS-

By moving ceaselessly from our present spotlight on persistent forbearance as the just or best proportion of achievement, we can expand upon and commend each decrease in medication or liquor use.

- The time calls for the treatment cycle which is not a one-time took shots at balance that the dependent individual either passes or fizzles. Subsequently, one-size-fits-all treatment has become the standard. It's an excessively oversimplified and disregards the immense contrasts in the properties of different substances and their consequences for the individuals who use them. Heroin dependence and liquor

habit, for instance, have various dangers and challenges and ought to be drawn nearer in an unexpected way. So line of treatment need to be more defined and assistance at all level to be provided.

- Well supported Scientific evidence have suggested the need to create policies and programs addressing different stages of life span right from infancy to adulthood. This can be framed keeping in view the demands and challenges of each stage. Schools and Parents can partner in framing such programs.
- Different interventions can be utilized right from school where programs like information and values clarification, affective education, and alternatives to drug use is found to be very useful. In family-based interventions the role of parents in providing support, consistent rule enforcement, and monitoring of their child's behaviour can lead to reduction in the rate of drug use.
- In today's time where everything is online due to current pandemic situation the role of internet in providing right and structured information can help adolescents in getting more clarity and myths related with substance abuse. Role of internet can be fun, interactive and quick to use. Some possible online features including the provision of anonymity can help those who are affected by social desirability and those who are not very comfortable opening up in face to face interactions. So counselling or help can be provided to them to gain more knowledge about the substance abuse and ways to overcome. Self-awareness is always the key to realization.

## V. CONCLUSION

Thus, due to the overdose of medication or different substances the common issues faced are uneasiness, state of mind swings, palpitations and some more. All substance use, even exploratory use, puts young people in danger of momentary issues, for example, mishaps, battles, impulsive or undesirable sexual movement, and overdose.

In present times all across it has been reported that substance use is a simple route for young people to fulfil the typical formative need to face challenges and look for thrills. Even incidental substance use is unsafe and ought not be trivialized, disregarded, or permitted by grown-ups. Substance abuse and substance dependence may lead to issues related with mental, physical, psychological and emotional well-being of an individual. The need of the hour is to plan, strategize and work for the interventions models at School, and University level to sensitize adolescents about the upcoming challenges and dangers associated with it. Also those who are drug users in any form to be bought back to the main stream.

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