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ABSTRACT

Drug addiction is a serious problem in Punjab and is sweeping like an epidemic all over the state. It is one of the biggest problems the youths in Punjab are facing. Drug addiction has been affecting the health and lives of an individual which also undermines the social, political and cultural foundation of the state seriously. Drug dependency causes a number of serious problems in the society in terms of productivity, transmission of infectious diseases, high crime rate and violence.

The UN report over 1 million heroin addicts are registered in India. Adolescents above the age of 11 to 35 years are reported to have been caught in activities of drugs. A high prevalence of heroin abusers has also been noted. Drug abuse is in such a rampage that it is in the midst of unemployment. The psychological effects caused by drugs create such a chaos in the society that it leads to massive increase of violence in household such as self-harming, depression, psychosis, withdrawal symptoms etc. This is anti-behavioral in a society.

Drug abuse has globally affected almost every country in the world, but its characteristics differ from country to country. India too is trapped in the circle of drug abuse, and the numbers of drug addicts are increasing every day. Drug abuses affecting the youths have shaken the entire society in a state. It has been presumed that drug abuse in Punjab is racing like an epidemic among the young.

The young generation has involved themselves into substance abuse, which is assumed to be in an alarming rate in India. The cultural values and increasing economic stress are some of the major factors that excess the use of substance.

Cannabis, Heroin, Opium, etc. are the most commonly abusive drugs in India apart from alcohol and tobacco. Drug abusers among the youths are predominantly male. Punjab as a sacred portion of India has a rich history of ancient land that has given its people a feeling of native pride.

KEYWORDS: drug Abuse, cannabis, opium, heroin etc.

HISTORICAL BACK GROUND & INTRODUCTION

Punjab being blessed with countless victories and triumphs fertility, joy and freedom has tragically turned into a massive usage of illegal drugs sweeping all of the Punjab. Drug addiction has intensified over the youths. Nearly 73.5% of Punjab youths are seriously drowned in drug abuse, thousands of man women and children are desperately addicted to drugs. 'Bhukki' which comes from the poppy plant is also a kind of drug used by the people of Punjab which is mostly cultivated in Rajasthan and Madhya Pradesh. It is a real threat to the people of Punjab. 'Bhukki' is mostly abused by boiling it in water and using the concentrate, as it is the only drug that is easily manageable, that is why it is called as "the poor man's addiction". Drug usage has drastically spread all over the Punjab as an epidemic. Drug consumption has become one of the biggest crises affecting the life of children and youth in Punjab. The numbers of Opioids are increasing day by day which is affecting the local society as well as the economic sector of the state.

Most of the Problems that are indulged in the growth of drug abuse in the state are because of the easy availability of narcotic substance. Secondly, as Punjab is more dependent on agrarian sector that is farming which cause crisis due to over reliability on cash crops which affect the economic status. Thirdly, because of the lack of job opportunities and improper education. Lastly, the ties between the border of Punjab and Pakistan which is an open gate for illegal transition of narcotic substances and the crook elements of the law enforcement agencies.

The wide spread of the problems caused by drugs in Punjab has created such a situation that it has severely affected the youths starting at the age of 12-13 years (mostly the homeless). It is a fact that majority of the drug abuses are done due to peer pressure, or the curiosity built within an individual to experience the after effects of drugs, or because of the poverty and hunger. Nearly 75% of the Punjab youths are addicted to Heroin, smack, cocaine and other abusive substances. The problems caused by drug abuse are it produces transmission of infectious diseases, family problems, increases crime rate and health issues.

Drug Abuse among the Students: It's out Break

The outbreak of drug abuse among the student has brought Punjab in such a point that it has become a grave land for the people. Drug addiction has caused a serious human distress undermining the cultural foundation of the state of Punjab causing a dramatic effect on the society. Punjab is in the midst of drug epidemic due to unemployment and cheap availability of Heroin and because of the geographical location of Punjab which passes to the other parts of the state. Drug abuse mostly among the adolescent affects the behavior and physical health which directly affects the mental stage of an individual and the moral values which leads to criminal activities. It also affects the intellectual growth of an individual which makes them least bothered in studies and finally a drop out due to drugs. The increasing consumption of narcotic substances among the youths especially Heroin in Punjab is easy flow of Afghan Heroin through the border of Pakistan. It is a reality in Punjab that drug addiction has caused a massive destruction among the youths. It is no far that soon Punjab will become like Mexico. Drug abuse has spread in such a rampage in Punjab because of the lack of proper skill development and training among the youths who are uneducated and because of the cultural and traditional expectation of the Punjabi community. The flaws of the rapid growth of drug addiction are because of the drastic growth of modernization and globalization which has become a complex change for the society to surpass the traditional system and adopt the new lifestyle. Due to the sudden change in the scenario where families started taking alcohol as a status symbol slowly gradually involving in drugs especially in the rural areas which is because of the lack of understanding and adoption of modernization. Narcotic abusers among the youths are mostly among the low Cast of the society. High numbers of Heroin users instigate a high addiction potentiality. It is deteriorating the youths as the youths are the pillars of society.

STATEMENT OF PROBLEM

Addiction is a state of mind when an individual is willingly or forcefully influence by peers falls into a certain desire to intake intoxicants to reach certain ecstasy feelings through his imaginations or thoughts for some it works to tap their subconscious in a trance state but for many it is a dead bed as there is reason for everything that is happening in and around us the concept of good in context of bad and bad being in a bad situation as it is for each to feel divinity within not through external factors , According to Jomtien convention (2000) set out ambitious goals to eliminate drug to influence your life to achieve equality in employment . The focus was on ensuring youths gain full and complete access to and achievements in good quality basic education and awareness on drugs use and misuse, Dakar Framework for action (2000). The study is therefore is set to investigate factors causing inequality in employment, violence, murder, rape and to suggest ways to prevent these inconvenience and trouble in Punjab state, India.

RESEARCH OBJECTIVES

1. Traced out the factors responsible for drug abuse among the youth in Punjab
2. To examine the adverse impact of drug abuse among the youth

3. To analyze the initiatives undertaken by the Punjab government to control drug abuse
4. To examine the challenges in controlling drug abuse
5. To recommend suggestion to control drug abuse

Significance of the Study

The study of misuse of drugs in Punjab will have the following importance:

- 1 The study is expected help the executive policy makers, drugs control and preventions authorities to come up with different executives on trying to make equal opportunity for employment.
- 2 The study focus to enable policy makers, planners and decision makers to design camps and rehabilitations center sensitive programs in school and colleges hence to create awareness and prevention of drugs amongst young minds
- 3 The study also intends to help parents and other educational stakeholders to design camps and rehabilitations .The information obtained from this study will create insight on importance of misuse of chemical substances for development of community and society at large.
- 4 The study is expected help the in inequality in employment causing drug abuse , easy flow of drugs and availability , Impact of Drug abuse by students and appropriate ways of addressing drug prevention in institutions.

RESEARCH METHODOLOGY

. The type of research adopted is an analytical research. Because the researcher has to use facts and information already available and analyze the given information in order to make a critical evaluation

The research design that was employed in this study was qualitative. According to Patton (2002) a qualitative research is defined as a research strategy that usually emphasizes words rather than quantification in the collection and analysis of data.

DATA COLLECTION TOOLS

The present study is based on the secondary data. Secondary data means the data collected from someone. It means collecting the data which the material is already made available or the study has been done already. The data tools used are, books, journals and previous research done by other respected scholars

LITERATURE REVIEW

This chapter presents a review of literature that relates to this study. This reviewed literature used is a guideline for the study .The literature review discussed involved the following subtopics, concept of drug abuse amongst the youth, domesticated violence, psychological affects, and unemployment.

K. Kaur (2017) in his article titled, “Drug Abuse! Problem is intense in Punjab, India” finds out that drug abuse has led to unprecedented impact and affects directly the household its member it also causes the youth to have a different pattern of behavior unsuitable for community or society, this article also talks about women being harassed in influence of drugs in domesticated section of societies thus group clashes, impulsive murder and emotional pain for every member of the family.

In Punjab in recent years, there has also been an increase in the rate of HIV infections in the state. This is because the rate of injecting drug user (IDUs) is far higher here than in other states. The prevalence of needle sharing has been reported by various national studies to be 30.3% and 41.9% among IDUs in Haryana and Punjab (Shimona,2015)

Nadeem, Ahmad, Rubeena, Bano, Agarwal V.K., Piyush, Kalakoti. (2009) in their article titled, "SUBSTANCE ABUSE IN INDIA" find out that, the outbreak of drug abuse in youths has attained certain dimensions in India. Changing cultural activities, increasing individual stress, Marijuana, Heroin are the most frequently abused drugs in India .impact of social media and televisions led to loosening of the traditional methods of social control rendering an individual to the stresses and strains of modern life.

Singh, Rajinder. (2012) in the book titled, "Drug Addiction" mentions that, the drug addiction pose as a greatest threat to society .When an individual is addicted with any form of drugs the person harms himself his family and the society , the society and surrounding are responsible for this condition .

Advani, Rahul. (2013) in his paper titled, "Factors Driving Drug Abuse in India's Punjab" finds out that, the most unique aspect of Punjab's drug addiction problem is the extent to which occurs predominantly in the rural/urban area .At the national level, the 2004 UNODC report found , based on a sample that (76.6%) were from a rural background and 23.4% were from an urban background However ,while the distributions of Punjab's general population and drug user population are both heavier in rural areas, the difference between the former and latter is staggering ,unlike at the national level where the two distribution fit relatively closely .

Mahi RK, Sharma A, Sharma KC, Sidhu BS. (2011) in their article titled, "An Epidemiological Survey of Alcohol and Drug Dependence in a Village of district Sangrur, Punjab" find out that, Drug abuse has become a boon affecting most of the places .About 190 million people all over the world consume one drug or the other . Addiction due to drugs causes immense human distress and illegal activities leading to violence worldwide .82, 28,883Cannabis users and 2,057,221 opiate users in India.

Gurpreet Singh1, Garg PD1, Manjit Singh1, Rajiv Arora1 and AseemGarg. (2016) in their article titled, "Emerging Trends and Prevalence of Drug Abuse: A Study Conducted at Swami Vivekananda Drug De-Addiction and Treatment Centre" find out that numbers of heroin abusers indicate its high addiction potential .This publication provide the figure of current alarming rise of heroin abuse among the study population.

RK arora and vinaykaura [2017] in their article titled, 'War on drugs challenges on the Punjab government state of Punjab is both a transit point and market for drugs smuggling from the Golden Crescent that is in Pakistan, Afghanistan, and Iran. Increasing trends of heroin abuse among youths is shattering the Punjab, Such a drastic deviation towards heroin abuse can be attributed to its high addiction potential .Awareness regarding the health issues cause by drugs and their addictive potential should be focused and campaigns in the rural population regarding the preventive measures and treatment options available addiction should be encouraged. .

BhuwanSharma ,KawaljitSingh,Harinder Singh and Prabot Kaur in their article titled ' **Drug abuse : Uncovering the burden in rural Punjab : finds out that Drug abuse is a global phenomenon, Illicit drug abuse not only affects the health and lives of individuals but also undermine the political, social, and cultural foundation of all countries ,all over the world , are leading miserable lives , between life and death .**

Saira Khalid and RukhsanaKausar (2016) in their article title "drug use and depression is co related as it immensely affects the young mind .Data was analyzed using Descriptive statistic. The results revealed that protective relationship with depression. Drug leads to breakdown of nervous system and takes away ll the memory making a young mind old soul. The findings have important implications for drug rehabilitation services, drug user's family school teachers can play a major role in individual's life and to be aware of drug misuse and abuse.

Samir Patel in his article titled 'Punjab's unshakable drug smuggling network: Finds out that the factors that caused and perpetuated the state's drug problem is because of the lack of health education opportunities, unemployment and easy availability of drugs and open window syndicates, gangster , small unorganized groups student peddlers, rogue figures which creates a chaos in the

society. Moreover, Punjab is just one of several corridors in India for drug smuggling; dismantling the whole global network that drives the illicit trade requires a much larger national and international effort. Another key problem is that Pakistan's Inter-Services Intelligence agency is patronizing some smuggling syndicates as part of a 'hybrid warfare' strategy against India that also involves sending counterfeit Indian currency notes and small arms across the international border into Punjab.

Susan Wherley and Subhankar Chatterjee 2015 in their article title: Indians growing problem of injecting drug and misuse. Finds out the prevalence of drug user is relatively low, current research and literature reviews estimate that there are between 180,000 and 1.1 million users of injected drugs in the country, rapidly growing populations of users in Punjab and other states in the north west present new challenges for care and management. The typical injecting drug user in India in male aged between 15-35, uneducated and unemployed up to 20% of injecting drug users are female. In one study 66% of female users also reported engaging in sex work in exchanging for drugs.

Jyoti Singh and Pradeep Kumar Gupta 2017 in their article titled **Drug addiction; Current trends and managements** finds out that drug abuse has become a worldwide problem and leading causing death. Cases of HIV and death is frequent amongst the drug addicts, The National level survey conducted on drug use in Indian indicated that prevalence of drug abuse among males in the general population is significant. Economic burden distributed family environment, violence and psychological problems are other consequences of drug abuse in the family environment, adolescent drug abuse is another major area of concern because more than half of the person's with substances use disorder are introduced to drug before the age of 15 years.

. Debasish Basu and Aijit Avasthi 2015 in their article titled **"Strategy for the management of substance use disorders in the state of Punjab finds out that"** According to a Punjab Government survey 66% of the school-going students in the state consume gutka or other forms of tobacco every third male and every tenth female students has taken drugs on one pretext or the other and 7 out of 10 college-going students elements prevailing among the youths. "In the recent times, many people even sell their blood to procure their daily dose of deadly drugs, they even beg on the streets for money to continue their addiction. The entire Punjab is in the grip of the drug hurricane which weakens the morale, physique, and character of the youth. We are in the danger of losing the young generation. The vibrant Punjab that had ushered in the green revolution is today living in a dazed stupor as 67% of its rural household has at least one drug addict."

Vikasvasudeva 2017 in his article **"Punjab's new addicts; on the rise of female drug addicts finds out that"** The number of drug abuse among the women is rising day by day. The female addicts are mostly on rural areas particularly on Kapurthala district in Punjab, most of the women are housewives and are under the influence of heroin. They are mostly hooked to drugs because of the easy supply and peer pressure or most commonly because of divorce financial status or depression.

D. Mohan and H.K Sharma 1986 in their article titled **"Drug abuse in rural areas of Punjab finds out that"** survey conducted on 24 rural areas by the community development blocks instigated that majority of the household has at least one drug user both men and women. Even after a strict check on the peddlers and introduction of awareness programs and various rehabilitation center the toll of substance abuse are increasing.

Rahul Bedi 2010 in his article **"youth drug addiction crisis ravages Punjab heartlands finds out that"** Punjab is in the verge of drug crisis where a number of youths are hooked into it. The thread for drugs is getting higher and higher day to day mostly in rural areas. Young people are indulged in drugs because of the high rise in unemployment social insecurities and tensions. Drug abuse among the youths is mostly because of the influence of easy availability or low self-esteem.

Rahul Advani 2013 in his article **"Driving drug abuse in India's Punjab"** finds out that Punjab as one of the wealthiest state is now on the verge of drugs crisis and swept away the economic growth. The problem of drug abuse is up to such extent that it has

increase the number of death rate among the youth. The factors influencing the problem are because of the Punjabi masculinity and the culture of consumption and because of the lack of participation in higher education and unemployment.

DRUG ABUSE IN PUNJAB

Substance abuse in Punjab is growing day by day it is spreading like an epidemic mostly in the rural areas of Punjab. It has been estimated that almost every household has at least one drug addict which have created a critical scenario and worsen the situation. Punjab was flourished in economic terms; wide prosperity people were full of enthusiasm and energetic ready to explore creative ideas. But with the passage of time Punjab has wrapped itself into the blanket of drug crisis which has overtaken the whole of Punjab. Punjab is at the edge of bombshell ready to explode anytime. Analyzing the factors that are responsible for drug abuse among the youths of Punjab it has curled itself into a giant trap and debt trap. Drug crisis has paved its poisonous roots like economic, social, political, geographical, social lives by destroying the fabric of the state. Corruption has poisoned the society, one of the major threats for drug crisis in Punjab is because of the political patronage which is creating a social issue and making the situation worsen. Politicians lure the youths with drugs and money during election just to swing votes it has created such a scenario that the youths are being exploited by the politicians as puppets just for the sake of power.

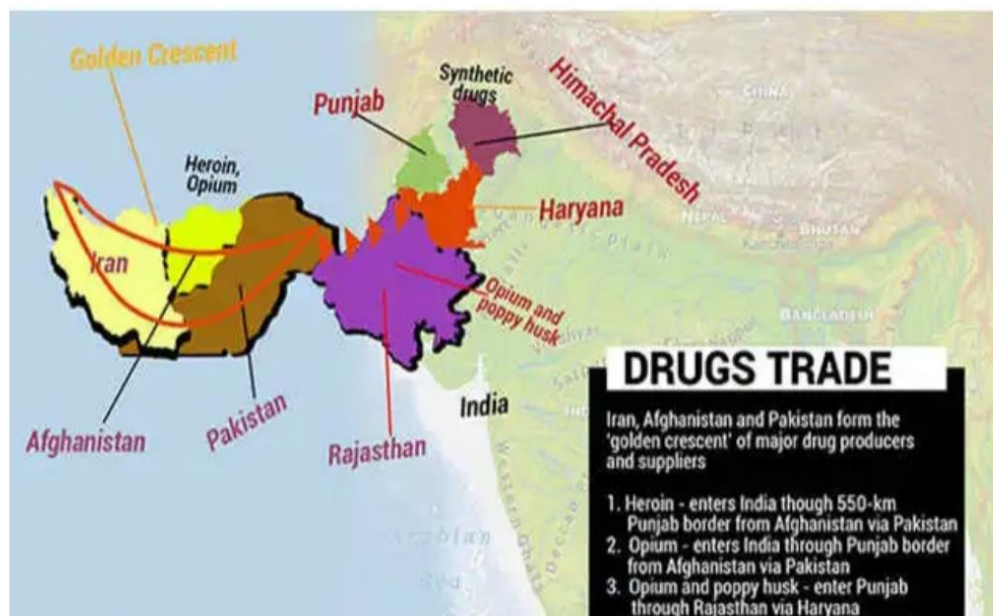
FACTORS RESPONSIBLE FOR DRUG ABUSE AMONG THE YOUTHS IN PUNJAB

Politics is one of the major problems that are creating a drug crisis in Punjab. The youths in the rural areas due to unemployment and lack of experience do not know the consequences the drug is going to manifest upon them. Politicians have lured the youth of Punjab which is one of the biggest problems that is creating aggression in Punjab and at the same time hopelessness among Punjab's youths.



Women in Punjab campaign against drugs in the state. The drug epidemic has already claimed many lives.

The problem of drug crisis has also increased the death toll in the state. The drug trade flourished in Punjab because of the geographical location. Most commonly used and supplied drug in Punjab is 'Chitta' as it became like a veritable business in Punjab. Drug users consist of not only the unemployed rural youth but also the urban rich youth, college students, house wives and even cops. Drugs in Punjab are a quick and easy transition as it flows from the poppy cultivation of Afghanistan that enters Pakistan which is the main entry point of drugs into Punjab. The originality of drug flows from Afghanistan which is the world largest producer of heroin. Drugs smuggle from the border consisting of a kilogram is valued rupees 5 crore in the international market. When it reaches Pakistan it cost approximately around rupees 1.5 lakh and rupees 5 lakhs. Once it enters India the price goes up 10 to 15 times to around 20 to 25 lakhs (cited from the article 'The Chitta Economy').



After reaching the border the drugs are packed into small packets consisting a gram each which is then distributed to the local peddlers. In most of the cases the drug peddlers are drug addicts themselves they not only earn money but for their own use. Drug addicts are the ones controlling the distribution network as they circulate among themselves in border areas which become quite easy to pass through cities. The drug trade is rising at the peak because of the involvement of politicians and businessman influence in drug business and its easy and high profit. Punjab has reached in such a stage that drugs is overpowering the youth and is causing lives of the people difficult to live effecting the economic condition and interference by political strategy making it worst.

EXAMINING THE ADVERSE IMPACT OF DRUG ABUSE AMONG THE YOUTHS

Drug abuse as a serious epidemic is spreading like a wildfire among the youths in Punjab. The land of Punjab has become a prey for drug portal causing a devastating problems in the youths mostly in rural areas. Primarily drug usage at initial stage soon gets changed to drug abuse. In many cases drug usage starts with excitement or desperation to try something new or to kill stress with the respective peers, among the youngsters which gradually change into the need for doing it every day and becomes a matter of survival. Mostly the first stage of drug usage starts with the introduction of new environment, entering a stage where one is curious about everything it is a phase of glorification where a person is lost in fictional fantasy with positive aspects which becomes a serious issue and a life changing thrill that will misguide a person and leaves a high risk by getting indulged in various harmful substances. This will cost life because of the lack of guidance and experience. Drug is a serious virus because ones the person is involved in drug usage it becomes an addiction.

Drug when abused it directly attacks the brain which gradually affects in every spheres of life. Drugs have a chemical component that effects the communication system of a person. They trek into the nervous receptor, which stimulates the brains rewards circuit. In this way the chemical component disturbs the receptor and activates abnormal message and information, drugs have huge effect on humans that leaves a state of hopelessness and isolation that kills the spirit and mind, cultivating a bad impact on a person. Once hooked into the circle of drugs the whole of the body, mindset is disturb by it and creates a change in every aspects in the society, shaking the peaceful life of the society by drug crisis. Drug abuse is highly affecting the economic condition of the state causing unrest on the society, unemployment and causing a huge impact in the lives of the people in the society.

PSYCHOLOGICAL EFFECT OF DRUG ADDICTION

The psychological effects of drug addiction comes from the reason the consumer is addicted to drugs and the change in the brain's chemical once a person becomes a drug addict. "Craving" In words, an addict is fixated with obtaining and using the drug to function and handle life.

Continual usage of drugs can lead to both short term and long term memory loss which leads to certain mental health like depression, anxiety, aggression, hallucination , Drugs that are psychoactive such as cannabis , alcohol ecstasy and heroin have the capacity to affect ones mood

Short term effect of drugs

Using psychoactive drugs increases the risk of mental health problems in an individual. This includes:

Drug-induced anxiety disorder

It refers to a psychiatric disorder that involves extreme fear or worry, panic disorder, panic attack, autism, and so on. This period of anxiety increases the heartbeat hunger, shortness of breath. This results to the feeling of strange and unreal environment and the feeling of losing enact in reality.

Drug induced psychosis:

Psychoactive drugs cause illusions- one believing in supernatural energy that are not true and hallucinating.

Drug induced mood disorder:

Using of drugs such as cocaine, heroin, causes mood disorder. The effect of these drugs on an addict leads to the feeling of depression, restlessness, irritable, loss of pleasure, impulsive behavior, racing thoughts and maniac.

LONG TERM EFFECTS OF DRUGS

The use of psychoactive drugs will cause long term effect on mental health. Here are some mental health problems caused by different drugs:

Ecstasy and depression

Study reveals that ecstasy the so called "love drug" when consumed regularly cause depression. Experts have warned that the drug leaves a long-term mental health issues on a person who regularly consumes this drug - this drug causes to the change in brain's chemicals.

Marijuana and Schizophrenia

Schizophrenia is a mental illness that causes an individual to hear voices in his head and believe that other people are trying to harm and control him.

Cannabinoids which is naturally found in the brain and the THC) which is one of the compounds found in cannabis is so similar that THC mimics the functions of the natural compound of the brain and takes over its functional aspects. The long-term use of cannabis and the high level of THC present on the brain triggers an episode of schizophrenia.

PSYCHOLOGICAL FACTORS IN DRUG ABUSE.

Drug use can have a direct or indirect effect or can have a short term or long term effect on health. Drug use does not only affect one's mental health, it also affects the physical health as well. Depending on the usage of drugs, an individual health, the quantity of intake and other factors influences the short term and long term effect. Indirect effects of drug use include those people who are involved with drugs and those people who are around them. This can include affecting a person's nutrition, sleep, judgment, impulsivity and risk for trauma, hostility, communicable diseases and injury. In broader level, it affects education, employment, relationships and criminal justice involvement.

Short term include heart rate, blood pressure, heart attack, to change in appetite, psychosis, wakefulness, overdose and even death. These health effects may occur after just one use. Long term effects include HIV/AIDS, cancer, lung disease, hepatitis and many more. Following are some of the long term effects on health.

Prenatal effect- Studies have shown that various drugs results in miscarriage, premature birth, low birth weight and variety of cognitive and behavioral problems in a child. If a mother is a regular user of drug, the baby can also be born dependent on it. This condition is also called *neonatal abstinence syndrome*.

Kidney effect- Some drugs directly or indirectly damages the kidney. The usage of drug dehydrates, increases body temperature and causes muscles breakdown.

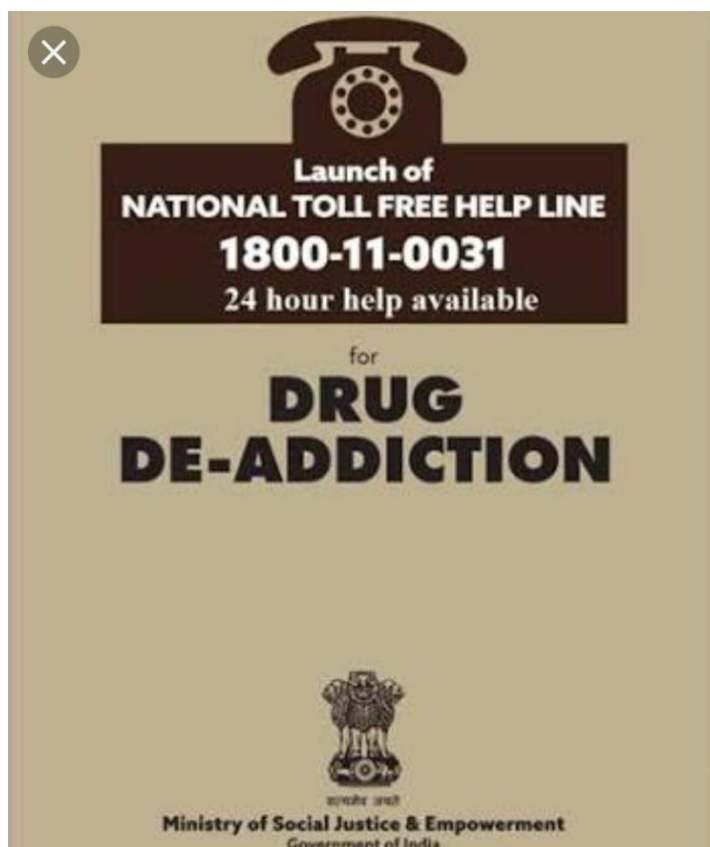
Death- Today, there are more deaths, illness and disabilities from substance abuse than any other health conditions. One in every four deaths are attributed by alcohol, tobacco and illicit or prescription drug use.

INITIATIVES UNDERTAKEN BY THE PUNJAB GOVERNMENT TO CONTROL DRUG ABUSE

Various schemes and initiatives are taken by the government of Punjab to control drug abuse. Sectors like de-addiction centers, training school for re-constructing psychological behavior disturb by drugs, skill development centers, rehabilitation center and government recognized hospitals on treating the abusers. Punjab government has initiated and trained various medical officers to be recruited to de-addiction and rehabilitation centers of the state to treat people suffering from drug abuse. Many other measures for drug abuse in Punjab have been initiated by the government to control the toll of drug abuse. The ministry of social welfare and development are taking steps to facilitate treatment facilities to the people who are addicted to drugs (cited from the article 'Punjab organizes special training program for de-addiction 2016').

Punjab government has also initiated for the awareness program on drug abuse by starting a prevention campaign initiated by the prime minister of Punjab, by close monitoring on the problems cause by drugs. Many efforts are taken by the DAPO on anti-drugs ensuring to cover each locality of the state, and to launch awareness through multi-media which is mechanized as a doorstep model (cited from the article 'Doorstep service to end drug abuse 2018'). The government of Punjab has aimed at prevention of drug abuse by spreading awareness among the youths specially the university students through innovative methods and education. Initiatives

by the health and family welfare department for prevention and treatment for de-addiction and rehabilitation centers (cited from the article 'Fight against drug abuse 2017').



Social Factors leading to Drug Abuse

On a different level, there are other explanations related to social influence, parental influences and peer pressure both affect the likelihood of drug use, as do general social norms and availability. Drug use can be learned in a variety of ways: through direct experiences (both pleasurable and aversive) through observation, through sociocultural influences such as advertisement, movies, song lyrics, social rituals and religious beliefs. In order to understand drugs and drug related problems, there are many different dimensions to consider, including medical, legal, economic cultural, religious and public health perspectives.

CONCLUSION

From the above analysis we have come to know how Punjab was and how its culture and prosperous land had flourished before the poisonous vibes of drugs entered inside Punjab leaving behind a bad impact on the society, the numerable dead of young people of Punjab and a very drastic shift in the paradigm of economic growth. The above analysis is mainly about the substance abuse that has affected the youth of Punjab and how it has created a tension on the state by changing the whole scenario on the lives of the people specially living in the rural areas. Even after various initiatives taken by various associations and communities Punjab is still raging towards drug crisis because of the geographical location of the area which makes distribution network quick and easier. Secondly, because of the masculinity of the young men in Punjab and because of the cultural aspects of the state. The traditional stereo type convention and the mindset of the people of Punjab is what making it more prone to substance abuse, because of the traditionally or religious aspect of smoking like bhang, charas, etc. It has been practice in almost every society

irrespective of their caste, class, sex or greed, every person in the society is hooked up in drugs in one way or the other, the young ones in Punjab are mostly addicted to heroin commonly known as chitta. Every youth in rural areas of Punjab are under the influence of drugs, making it hard for the society or the community to control or keep a check on it. In some extreme cases the youth are so much dependent to drugs that they are in need of drug as it becomes as a survival need, many youths are into the trap of drugs that they are ready to take any steps just to kill their withdrawal cause by the drug, which automatically increase the crime rate on the society and destruction in the family. Every household in the rural areas has one drug addict which makes it a very complicated and worsens the situation of the state. Many people are introduced to drugs at a very young age without having proper guidance about the consequences or lack of experience in life. Drug abuse is mainly because of the unemployment or because of the lack of participation in higher level of education as it is mainly among the students. Punjab shares a border with Pakistan which makes it easier in the flow of drugs. The golden crescent or the golden triangle is an easy transit for the availability of drugs in Punjab supplying all around the rural areas by the drug peddlers who are addict themselves and are easily supplied in city areas. Punjab is a portal on drugs that is taking the lives of the youth and curving a huge impact on the state making life difficult. Drugs are a very dangerous virus consuming the whole of Punjab. This is getting bigger and bigger day by day because of the political strategy of the politicians of Punjab causing a sense of hopelessness among the youth Under this research question various impact were found including poverty , free availability and easy flow of drugs , high illiteracy rate ,Unemployment in informal sector and industry as well as increase of HIV rates. Firstly findings reveal that lack of education plays significant role in individuals life among girls and women in male dominated society reduce their productivity as drug abuses also leads to high death rate.

Moreover, lack of health education lack of basic facilities also creates situations for girls and women in rural areas i.e. rape, domesticated violence and adolescents. Increase risk of HIV/ AIDS to girls in Punjab state is another finding of this study.

Value based education significance of individuality and teachings for contribution towards its homeland people and nation.

Change of negative socio-cultural belief, norms, values attitudes and practices is another findings of this study. Education is very important to make any individual understand the very nature of life but the knowledge seeks for higher understanding of self, there is a greater demand to parents, teachers and society as whole in Punjab to change negative attitudes and practices that limit girl's success to education.

Generally the abuse of drug in institution in Punjab received little attention. It is leant from finding that sever factors impedes opportunity female, cultural influence, western influence over youth.

Failure to implement the plans and policies established to reinforce youths to access education participate in extra curriculum ,on one hand parents should also play an important is bringing up his pupil with best and words of wisdom , parents and government have responsibilities to perform to ensure equal access to education .

SUGGESTIONS

To keep a check on every household in rural areas.

1. To engage community meetings on prevention and awareness on substance abuse.
2. To engage the youth in service learning courses and community service.
3. Strict monitoring or raids on drug peddlers.
4. Parents should special care on young adults.
5. Parents should educate their children about substance abuse and discuss its risks and consequences.
6. Immediate action should be taken by the parent if any signs of trouble are seen on the person.
7. To learn the signs and symptoms of substance abuse.

8. Educate parents, students and faculty staff about substance abuse and prevention activity

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