

ADDICTION OF DRUG AND ALCOHOL IN NAGALAND

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Abstract

This article will look at the state of Nagaland in North East India where the rampant illegal usage of drugs and alcohol has had a negative effect on all sections of the population. The article will aim to look at the nature of these intoxicants being peddled and the causes for which people, especially the youth, have started to take to it in large numbers. Light will also be thrown on the various measures taken by different agencies in the state such as the Church, NGOs, etc in trying to control this menace

Keywords : *Drug , Alcohol , Ganja , cocaine , abuse , trafficking , addiction , dependency, NGO , Church government , police .*

The northeastern state of Nagaland got its independence on December 1st in 1963. The nation of Nagaland is also amongst one of the mountainous place of Northeastern part of India, who stocks its border from Myanmar, Assam, and Arunachal Pradesh, Burma to the east and eventually Manipur to the south. The state territory covers an area of 16,579 square km. The location of 20 % is covered with wild green wooded area with hills as their traditional homeland.

About 90 % of the Naga's population is Christian and there are many accurate numbers of church buildings located in all parts of the districts. For this motive Nagaland is popularly referred to as the most Baptist state in worldwide and use of alcohol and drug is forbidden in Christian religion. But with the passage of time Naga people started to use alcohol and drug due to western influence. Along with this the bordering states of Nagaland like Assam and Manipur also led to the inflow of drugs into the state. Due to the excessive use of such intoxicant the government declared Nagaland as a dry state to try and stop the spread of intoxicants and drugs.

A drug is a biological substance that is natural or synthetic, and is normally for non-dietary needs. It is a substance that destroys the functioning of our body and thoughts. Drug abuse is a worldwide phenomenon and also abused in India. A major section of the populace of India today is a victim of drug abuse. And at present situation kids of age below 18 have also tasted tablets like cocaine, ganja, heroin, methamphetamine and so forth due to peer pressure, tension, rejection from society etc.

Drinking of alcohol is a concerning issue in present Nagaland. However, it may be traced from deep within our history in the form of Zutho meaning rice beer. It is a fermented drink that is obtained from rice, however nowadays the adulteration and mixing of different chemical compounds in brewing the cherished rice beer has spoilt and tampered its essence and ethics; for one, a significant difference between rice beer of the olden times and beverage of these days has included the creation of distilled liquors and spirits, replacing the historical recipe with contemporary chemicals of spirit and adulterer yeast.

Such drug and alcohol addiction are the principle reason of social troubles which are affecting the younger generation in Nagaland. Both women and men contribute to this extreme disturbance of society. Its most important target is children. It caused criminal troubles because it increases someone getting into a physical fight, displaying disorderly conduct in public, becoming worried in home disputes or violence. It even has a totally awful effect inside a family as it can spoil marriage, and so on.

Nature and causes

Addiction or dependence is a mental disease characterized by way of the compulsive choice to take a psychoactive drug on a continuous foundation so that one can experience its satisfying effects. Common reasons to take such addictive are due to (1) peer stress , (2) interest and quest for new experience motivates the younger people to try 'new drug' experience especially when it is easily available, (3) frustration , (4) instability in domestic quarters in particular because of family troubles ,damaged households , relationship problems ,divorce trauma, etc,(5) the feeling of having no purpose in life, (6) no proper encouragement from parents and elders ,(7) the drug peddlers, (8) mass unemployment of knowledgeable youngsters and migration of rural youths to city facilities in search of work have additionally played their role in precipitating abuse of medicinal drugs.

Apart from the above mentioned reasons, some different reasons leading to drug addiction in Nagaland are:

- Drugs and alcohol are not easily accessible in Nagaland but supply to all the hundreds of the people is possible when you consider that Dimapur state shares a border with Assam country where there may be unlawful influx of alcohol.
 - It is a style assertion for younger teens because they're now not left behind or discriminated from its peer institution.
 - Everyone does it for fun, entertainment and pleasure
 - Social evils like extortion and prostitution took place beneath such have an impact on of drugs. Easy money through commercial enterprise is the main thing since the use of medicine abuse seeing that there's high fee of its demand.
 - Even westernization has additionally contributed a notion for young youths who are greater prompted at this scene. They try to adapt to each tradition that they see and receives determination from it without knowing its evils results.
 - Lack of right schooling and illiteracy also constitute to unawareness of the mass defects of such capsules.
- Moreover free go with the flow of illegal merchandise have additionally introduced such intoxicant products within the market destroying lives of the people of all the age.

A. Gender Distribution of users

Naga society consist of large number of male where two-third of male population are using alcohol. Even women of naga among one-third of them also enjoys in consuming alcohol. This can be demonstrated below the given table:

Gender	No. of users	Percentage %
Male	150	82 %
Female	50	18 %
Total	200	100

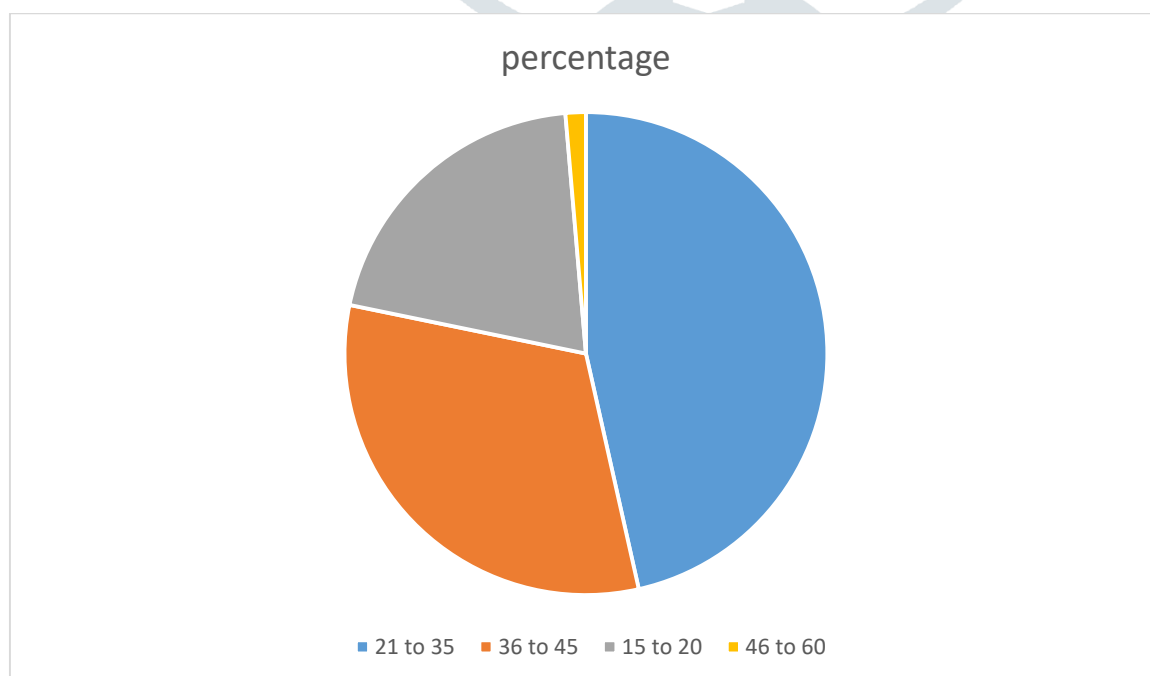
According to shown table which shows the distribution of users in gender wise. It shows that the more consumption users are male about 82 percent users while the remaining 18 percent consist of females under certain age. And these 18 percent of women consist of age ranging from 16 – 50. The main reason for its indulgence is due to peer pressure and friends plays an important role as a misleading path without proper guidance from the elders since there is wide gap between their elders. While for some family alcohol is considered as a taboo and their personal desire are not shared with them. The taboo itself is a restriction for girls as compared with boys and so it is not at all surprising but the general consumption are seen mostly in male dominant societies

B. Users of different age

Age is also another important case study that has to be taken into an account. In states like Nagaland most of the youths are generally involved in such drug consumption and such is a serious case because most of them are school going students. Children, adolescents and elderly people are typically more vulnerable to alcohol – related harm from given volume of alcohol than other age groups (Hilton , 1987 ; Midanik and Clark ,1995; Makela and Mustonen , 2000) Also , early initiation of alcohol use (before 14 years of age) is a predictor of impaired health status because it is associated with increased risk for alcohol dependence and abuse at later ages (Grant and Dawson 1997;Dewit et al.,2000; Kraus et al., 2000,Sartor el al., Hingson, Edwards and Zha,2009) , and other unintentional injuries (Hingson et al., 2000; Cherpitel,2013). At least part of excess risk among young people is related to the fact that, typically, a greater proportion of the total alcohol consumed by young people is consumed during heavy drinking episodes (US Surgeon General,2007).Also, young people appear to be less risk-averse and may engage in more reckless behavior while drunk. Other users includes working class or old age groups etc. it is estimated around the age group from 15-30 are more into consumption of such intoxicants for varied reasons .And around 30-35 percent of people involved under such age group which is the highest. While for others falls lesser than this category of age group. The data below shows the estimate graph for the overview of age distribution.

This table shows the distribution of users according to age wise.

Table : 1



Source: Field survey of Dimapur district.

Here in the given pie chart we get an idea of the age distribution of users in percent wise. There we see almost most of 41 percent of the age group belonged to age from 21-35, these group are actually the youths, student and even includes unemployed employee which is actually one of reason for drug abuse. And at this age group young boys easily gets influenced by it while some before age of 30 years as they gets job pressure leading to addiction. The second category is about 36-45 that holds around 28 percent which actual reason may include jobless man they use as a stress relief or others take due to enjoyment .The age group of teenage group 15-20 also holds the third position of 18 percent out of the remaining population the reason due to their indulgence is basically due to peer pressure and for fun at this present context. The last category is the age group of 46-60 that holds the percent of 13 percent. The factor may be due to less interference in their social affairs and having lesser contribution in their local area. however , the most affecting age group is from 21-35 which is the most dangerous period that often leads to destruction and sometimes even death while the last category 46-60 simply proves to be the end of usage of such drug so it normally end by this age.

C. Usage of Drug

(i) Sharing of needles

There are many motives for injecting drug through needles and syringes seeing that injecting procedure takes few amount of drug to satisfy a character which will become affordable for someone to come up with the money for amongst youths as drugs are high-priced. Heroin becomes too highly-priced and it is only way to shop money. The manner of injecting drug makes a better effect to an individual making them experience high for longer time frame. The use of injection of drug by way of sharing needles and syringes is less high-priced and because of non-availability of needles even as refusal of by pharmacist to promote needles to young people which makes growth in HIV and other communicable disease in Nagaland.

(ii) Inhale and Oral drug

Inhale are the ones which are domestic use product like dendrite, nail polish remover, petrol .This objects are taken as a drug in place of other drugs. Each users encompass teenage group to adults. It regularly reasonably-priced and to be found in most of the stores. Whereas oral drug are those pills like Spasmo-proxyvon or any cough syrup (tossex, corex, phensedyl).

(iii) Behavior aspect of users

All those drug customers have one of a kind varieties of behavior that is witnessed by way of their surrounding and so that they stay aloof from such state of affairs so that they're not judged by means of their very own society. Drug customers usually maintain distance from their circle of relatives and keep themselves busy with tablets and alcohol through such system they lie to their mother and father and even quarrel for stupid motives and involved in stealing if there is shortage of money or unavailability of useful resource. Such scene creates masses of misunderstanding in real lifestyles wherein parents face extreme trouble because of loss of household property done through a person for fulfilling their very own wishes. A character indulged in drug becomes physically and mentally vulnerable which are the existing issues in the society.

(iv) Prevention taken up for drug customers via person's circle of relatives

Different remedy are taken seriously by means of such families wherein a person is admitted to rehab if a person is too much addicted to drug. In rehab such man or woman is asked to consume ost (opium substitution treatment) wherein it is a medicinal drug is given in place of drug. This is likewise any other treatment for staying far from addiction. Thus, these are only technique of distracting an abuser from drug it in all likelihood paintings for majority of users even as for some it doesn't work. Thus, these possible methods are used for better result.

The effect of dependency

Social impact

The impact that alcohol has on naga is very significantly disastrous mainly speaking on social sphere of naga society. Under such it impacts class one is own family whilst different is on society.

a. Family

Family is one of the maximum critical a part of individuals existence. The evil consequences of addiction have turned many family the wrong way up. The problems of addiction is by and large visible in own family where there's unrest and fighting's inside themselves .There are lot greater problem which can be discussed beneath;

b. Domestic violence

Domestic violence is exploitation of a character at houses. It includes physical beating, mental torture, the use of abusive words and treating a man or woman in a different way like no longer giving right remedy at home this unhuman act are viable when one receives concerned in addiction. Most of the naga own family specifically area far from city face such problem. The victim is constantly a female i.e. spouse. Mostly leading to divorce and separation at the same time as a few stayed back and undergo all of the crimes because they may be less knowledgeable and because of it their voice that are not been heard. This issues is usually a massive problem that's faced now not only by means of naga network but additionally in one-of-a-kind states of India particularly in male dominant society. The very fact that alcohol and drug intake are generally susceptible person who frequently pour out their stress, anger, problem, frustration with their loved ones. And creates chaos and confusion with in own family.

c. Relations with Parents

The relation among their mother and father receives worst if an addict is a kids considering the fact that during that age a character is jobless and due to no supply of profits they have a tendency to borrow from dad and mom and in a few case things at home gets disappearing that is a horrific sign of addiction. There are many fights among their siblings as properly , a report tells that most of family contributors disowns such addict they're not taken care well frequently use to humiliate them by disrespecting them and calling them with positive terms like ' loser' or 'true for not anything' that is pretty miserable. It creates sadness to such addict who are already pissed off , careworn and depressed where they devote suicide because of overdose use of drug because they don't get sympathy from their cherished ones or from pals . But however, there are predominant steps are taken by using maximum dad and mom to control their infant from such have an effect on but most effective few they get improved but for majority of the addicts it becomes extra worst which compels dad and mom to chase them out from their own home while some are kept in jail and some in rehab Centre as long as an individual receives cured.

The abuse of alcohol and pills have created a lot of anxiety hassle in own family and its surrounding environment. It has delivered anger, disunity, disrespect, sadness and no peace and no love handiest hatred within ourselves. The

customers commonly lie, manipulates and steals from circle of relatives. Parental relation will become bad and creates a huge distance and so there's no near relation between families. Even while a mother who gets addicted is left by using their youngsters. There's less love for any member of own family who turns into an addict and there may be less interest from people and are rejected from almost the whole lot. They commonly do now not get proper to assets and circle of relatives business they are stored as a loner and prevented at many state of affairs. They are also no longer covered in any vital event they're always facet element manner they never get first preferences. Many own family have witnessed a lot with it and their experience with such users leaves them trauma and depressed and helpless on the identical time and discover it hard to manage up with them making them indignant and their worry of revelation in their child from being talk of the metropolis as a drug additionally makes them indignant .

The family are the maximum disturbed category who face embarrassing state of affairs, guilt, and disgrace in society .This is a very touchy problem which should be dealt properly with subject of family and doctor.

d. (c) Role of circle of relatives

The role in particular of a family is maximum essential and needs to be acknowledged by using own family itself. As maximum of circle of relatives are unaware of abusers from preliminary level that have to be dealt cautiously by guiding them. After gaining knowledge of such trouble its miles very essential that right treatment ought to receive. However, there are plenty of circle of relatives which might be unaware of their child of been an abuser. In line with survey finished in local district of dimapur that's shown in following desk approximately number of family that has knowledge of users.

e. Health of Drug and Alcohol users

With excessive taking of drug and alcohol is very bad for health and is major source of many disease. Most of common problem caused by alcohol and drug is that it affects our internal body system like liver and intestine as well as functioning of brain becomes very poor. The most common disease as high blood pressure, physical illness and cancer like liver, throat, mouth, T.B, stomach and premature or early death.

According to the study it is said that the common reason for death is due to overdose and internal organ failure and even due to T.B. Such addict's gets disease of cancer and T.B while for this recent time HIV/AIDS are main problem that most get infected.

There are different drugs and alcohol issues which has taken into an account by various NGOs through its survey about the spread of such disease

(i) Firstly, it is through blood transfusion and under such process infected blood are transmitted to other body and it destroys such health of a person.

(ii) Secondly, mother to child so when a mother with HIV positive it is very obvious that even a child gets infected during the stomach and delivery itself and through breast feeding transmission disease. It is most importantly blood to blood.

(iii) Thirdly, through sexual intercourse without protection and so those infect person can easily transfer it to their partner.

(iv) And lastly, sharing of needles which those who are infected with disease is easy process to get infected and so needle should be changed with every use of needle.

These are above mention ways how HIV are spread, by hugging, shaking hands or sharing from same food will not get disease easily except for T.B. Recent study have shown that giving up of alcohol and drug may help to get rid of such disease.

In Nagaland through survey found out that there are majority of infection through sexual intercourse which is very rapid and it shows that there is less use of protection there are many campaign held by NGOs for protection and health issues but few take part in it. From another source it is said that alcohol addicts are more prone to HIV as compared with drug addict since there are more alcoholic than drug addicts in Nagaland.

Guidance from different organization

There are different organization that assist the abusers which includes both government and NGOs. Both take this issue very seriously since addiction is very disturbing factor that affects the lives of an individual and their surroundings. Its side effects are very severe and so different organization provide free treatment for minor issues. Before there was less organization for abuser but now it is uncountable with Dimapur district itself namely CAD foundation in Dimapur , Shalom rehabilitation center , Bethesda welfare center , prodigal home etc. and most of these are NGO and it consist of majority of male as compared with female and there are less number of female involved in addiction.

These certain centers try their best in removing their crave for addiction and supporting through personal counseling in bringing them to normal life. If the situation of an abusers is worst then they go out of state and seek professional help and modern technology and medicine product of superior quality. In civil hospital some are given free checkup and free blood test while in private there is no free treatment and is quite expensive and people usually prefer district hospitals as compared with private. But majority regardless of free treatment they prefer NGOs for health and drug related issues.

(a) Treatment

There are many types of options that was provided to the addicts and its services provided by NGOs and other organization includes:

- (i) Counselling
- (ii) Free HIV test
- (iii) Medicines
- (iv) OST (Oral substitution Treatment)

Free condoms, needle syringes and blood test. The most important one is the oral substitution treatment where a patient is given a tablet for removing the desire of drug addiction it substitutes the intoxicant drug with medicine. Most of addicts gets recovery from it. Counselling also helps to understand the problem created by drug.

(a) Education

The role that education plays is very important in upliftment in social aspect of life. By education through different seminars it makes an individual aware for evil effects of drug and alcohol. Different campaigns will also play an important role in creating more awareness in every localities. Even different government narcotic cell should gather up for certain meeting creating better understanding of drugs. In naga society being involved in such activity should be taken more importance and through prayer center it helps individual to get good education and self - protection

from such evils. Some individual takes advice from two or more organizing since they are already confused and needs best guide for giving up addiction.

Role of Church, NGOs and State Government addressing its problem.

Church:

The Church is one of the most important institution of NGO which contribute an important role in the drug and alcohol protection. The main idea of the church is to change unbelievers (means those who take sinful substance like drug and alcohol) into believers (evangelism). In the light of the reality of drugs and alcohol, the church has recognized the brokenness of an individual and society is due to addiction. And so they are an instrument of education, healing and restoration for youth providing proper cremation for abusers.

There are several data from the source provided by the Church workers and elders who brings to light that drug addicts are not entitled with proper burial rites because almost all of them are not the members of the churches due to their non-involvement in the churches service when they put on the evil habits of drug dependency. Since some of the family they abandon such abusers so some of the Churches have replied that they perform proper funeral rites even to the drug users. If he or she is a part or a member of the church, proper funeral rites are entitled to him/her. It is preached by different respondents from different Churches that the church should perform proper funeral rites to anyone who is a member of the church; regardless of who and what he or she is. The Church should provide proper funeral rites to the individual users as it is the necessity of the church as the church is not to judge but it is God who will give the final judgment. The responses are from the following Churches. They are Chakhesang Baptist Church Dimapur, Ao Baptist Church, Sumi Baptist Church purana bazar, Christian Revival Church, chumukidema Village, and Calvary Baptist Church. According to the study indicates that there are roughly five Churches who said 'No to proper funeral rites' for an abuser. The study shows that there are some few Churches which do not perform any appropriate funeral rites for the abusers so long as they tend to please men.

The Student bodies

The 'Student Bodies' is a form of body consisting of different student of naga community for the wellbeing of the naga student especially if their voice are not being heard. Most of the student bodies do not directly involve in the control of drug and alcohol abuse since there are some like other NGOs who have played important role in molding and shaping the lives of drug addicts and alcoholics by counseling and organizing awareness programs. There are different student leaders from the different districts and state level have participated in this study. Leaders from the state level-student organization such as Naga Student Federation (NSF) which was formed in 29 October 1947 after India got independence was a special body formed by educated naga youth who started to form and raise their opinion regarding various issues of students in Nagaland. And another one is All Nagaland College Student Union (ANCSU) formed in July 1960 its members consists of college from different part of districts in Nagaland for certain rights that was not looked into it by the naga government. It have given their views and suggestions in the prevention of drug and alcohol abuse in Nagaland.

The ' Naga Mothers Associations'

In state of Nagaland there is also ' Naga Mothers Associations' a special organization consisting of all elderly naga mothers it is a civil society organ formed during 1984 in Kohima by mothers it became an umbrella organization

which brought all the women under one wing. This organization have consistently raised their opinion on violence like killing, and they try to settle dispute between different insurgencies in Nagaland like NSCN (I-M) and NSCN (K). Women association have played significant role in the eradication of drugs and alcohol in Nagaland since drug addict was growing rapidly. Naga Mothers Association is one of the important organizations which had the liquor is prohibited in Nagaland. There are many mothers' small associations and women societies who have joined together and played their essential role in curbing the dangerous disease of drug addiction and alcoholism in Nagaland. The role of mothers' societies and women union are included in different ages with their immense contribution and accumulation with the other categories for Non-users, Post users and NGOs.

Government agencies

The government has very important role to play in demolishing drug and alcohol problem in Nagaland. The excise, prison, police departments, and hospitals for treatment centers are the governmental agencies that are provided to put down the drug and alcohol issues in the Naga society. Excise and police departments are strong force where several laws are made for upgrading government agencies which would work for public welfare. The following are the various contributions that are made by the government agencies in protecting the lives from such deadly forces of drug and alcohol abuse in Nagaland.

(a) Excise and narcotic cell

The Excise Department in Nagaland was established on 1st Dec. 1963 and with the introduction of Total Liquor Prohibition Act, 1989, and so with these the Department has been to "Excise and Prohibition Department". The Act, 1989 totally prohibits possession, sale consumption and manufacture of liquor in and of import and export thereof in the state of Nagaland. it extends to the entire state of Nagaland.

"Nagaland was declared as a 'Dry State' in June 1989. And no person shall:

- i.) Transport, import or possess liquor.
- ii.) Sell or buy liquor
- iii.) Consume liquor
- iv.) Manufacture liquor.
- v.) Use or keep any material, utensil, implement or apparatus whatsoever for manufacture of liquor.

The Nagaland Liquor Total Prohibition (NLTP) Act, 1989 came into force with effect of December 1990. The Department also enforce the Narcotic Drugs and illegal substance in the state. This prohibition shall not apply to certain article to:

- i. Any toilet preparation containing alcohol which is unfit for use as liquor.
- ii. Any medical preparation containing alcohol alcohol which is unfit for use as liquor.
- iii. Any antiseptic preparation or solution containing alcohol which is unfit for use as a liquor.
- iv. Any flavoring extract, essence or syrup containing alcohol which is unfit for use as liquor.

Provided that such articles corresponds with the description and limitations mentioned in section 33. Provided further that the purchase, possession or use of any liquor or alcohol for the manufacture of any such article shall not be made or had except under a permit granted under section 15.

(b) Police department

Police Department is one of the Government agencies in putting a severe check on drug and alcohol problems in Nagaland. Police Department of Nagaland performs the basic duties and responsibilities which include maintaining law and order, providing community assistance, and investigating any crimes. The department of police has the sub-working assistances like Police station, Police Check gates, Traffic Control etc. The total number of Police Check gates comprises of 19 (Nineteen) and 1(one) Narcotic cell in Nagaland. The data shows the quantity of drugs and alcohol that was seized in a year during the period 2005 to 2008. The table below shows that the total quantity of 7,94,207 Tablets (Different types of Drugs) and 1,67,569 Bottles (variety of Liquor) were seized from different parts of the district of Nagaland.

Rehabilitation center

The rehabilitation Centre have played a significant role in shaping the young generation of the Nagas. The process within which the sensitive recovery takes place may be termed as 'Rehabilitation'. It is a process whereby a person regain himself to a normal condition. It consists of proper recommendation, treatment, and spiritual guidance by through gathering or devotional programs. There are various Drop-In-Centers (D.I.Cs) in Nagaland for abusers. They produce a tremendous help by taking great care of the drug and alcohol abusers and provide them medical treatment for better Improvement.

Conclusion

Drug abuse and alcoholism are the root cause of social problems affecting the lives of the individual's family and the society at large scale. The study provides that alcoholism has remained a complex and social problem of the state since 1870s when American Baptist

Missionaries prohibited the consumption of local rice beer and the problem of drug addiction starts 1980s.

The study shows that there are many causes of drug and alcohol addiction in Nagaland and its main influence are those peer pressure, frustration, and anger and for enjoyment. And such people get indulged due to improper guidance from family and westernizing society. And other reasons are failure and drop-out in studies. It is from these study that we get the idea that the main target of the addiction are for the youths between age group from 21-30 under different conditions.

Different professional group also get involved in it specially school students, teachers, police, businessman etc and such are very important to area also gets influenced. There are major unmarried population that are involved in addiction while for the married users are lesser compared with youths due to less responsibility from social life.

Alcohol use can be switched to drug use if there is less availability of alcohol. It can be seen in the form of tablet that we get from any pharmacy. There is same level of demand for the use in both cases. Thereby many diseases are coming up with loss of life. The drug users experienced discrimination and stigmatization and not giving special attention in leading them to normal life. And it affects both the victims and its family leading to depression.

However there is a need for proper participation from the side of the government as an important role to look for the ways for limiting such health hazardous drugs which would lessen the problem of addiction. The police, excise, NGOs are important areas of organization to look after such problems which would uplift the Naga society and its wellbeing. The contribution of different non-government organization including church and small union could

organize a project or survey and any type of seminary workshop could be a major contribution in limiting drug interest.

These study provides a major contribution for bringing the information about the pros and cons that are caused by addiction of alcohol and drug in Naga society.

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