



# DRUG ABUSE AND TEENAGERS : CURRENT SCENERIO

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**Abstract :-** Drug abuse among teenagers is a significant public health concern with far-reaching consequences. This paper examines the current scenario of drug abuse among teenagers, focusing on the prevalence, types of drugs commonly abused, risk factors, and the impact on individual health and society. Various factors contribute to drug abuse among teenagers, including peer pressure, family environment, genetics, and socio-economic status. Understanding these factors is crucial for designing effective prevention and intervention strategies. The paper also discusses the role of schools, parents, and healthcare professionals in addressing drug abuse among teenagers. Additionally, it highlights the importance of early detection and intervention to prevent long-term negative consequences. Future research directions and policy implications are also discussed to address this pressing issue effectively.

**KEYWORD :-** Factors Contributing to Drug Abuse, Environmental Causes of Substance Abuse and Addiction Individual and Genetic Causes of Substance Abuse & addiction, Objectives, Impact of Drug Abuse, Impact of Alcoholism on Family, Alcohol Abuse and Financial Troubles, Alcohol Abuse and Impact on Children, Signs & Symptoms, Treatment and Cure, Diagnosis of Substances Use in Adolesents ,constitutional and Legal Framework.

## 1. Introduction:

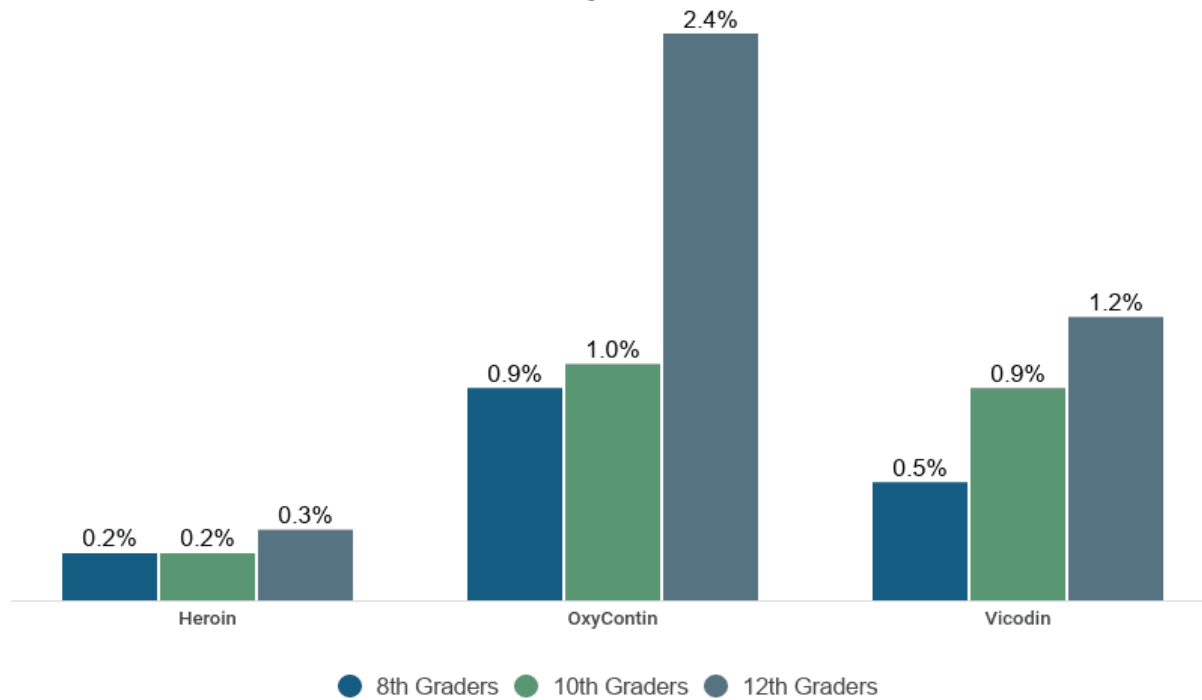
The goal of reducing drug abuse has shaped some of the world government's most uncompromising policies. Preventing the onset of cigarette smoking is a major public health goal. Tobacco use is difficult for individuals to control and the usual pattern of life-long, dependent smoking is associated with serious health consequences. Although moderate use of alcohol and marijuana is widespread, and many people believe that judicious use of these substances may create no serious social or medical risk [2], there is general agreement that frequent use of these substances among young adolescents should be prevented. Thus schools and health agencies have sought effective programs to deter or delay smoking, alcohol, and drug use among junior- high school students. Narrow strategies of prevention have tended to yield disappointing or paradoxical results," [3] prompting researchers to study the problem in search of more effective preventive measures. Social pressure, particularly peer pressure, appears to be an important factor favouring the onset of early adolescent smoking [4], and is probably also involved in the onset of alcohol and drug abuse [5]. These findings suggest that training students to resist specific social pressures toward tobacco, alcohol, and drug use may reduce the frequency of those behaviours. To gather data on that hypothesis, our research team has been conducting a longitudinal study of the onset of smoking, alcohol, and marijuana use among students in two roughly-matched, middle-class junior-high-schools in California. The background and early results of our investigation are published elsewhere [6]. Addiction affects family functioning. It changes how families relate and the roles that each member plays. The addiction becomes the family's priority [7, 8]. Gruber and Taylor [9] present a cogent argument that addiction must be seen from a family perspective to be properly understood. Much of the research and clinical literature has been focused on adults who have substance abuse or dependency disorders [10-12]. Insights on family functioning with an addict can be seen through personal stories that tell the experience from one family's or one teenager's perspective [13-16]. Velleman [17] has identified seven areas of family functioning that are impacted by addiction: roles, rituals, routines, finances, communications, conflict and social life.

## 1. Factors Contributing to Drug Abuse:

A World Health Organization (WHO) report, entitled impacted by addiction and social life a "Neuroscience of Psychoactive Substance Use and Dependence", details many environmental and individual factors, including genetics that contribute to Substance Abuse and Addiction. Genetics contribute to the increased likelihood that an individual will abuse drugs, and to what extent the substance abuse may escalate. Environmental risk factors include availability of drugs, poverty, social changes, peer influences, employment status, type of occupation and cultural attitudes. Individual risk factors include: being a victim of child abuse, personality disorders, extreme changes in family situation,

inter-family dependence problems, academic stress, poor academic performance, social deprivation, depression, and suicidal behavior. College student are particularly influenced by a number of different factors: including peer pressure, separation from family and friends, academic performance pressures, and biological mental duress. All can be contributing factors of substance abuse.

### Youth Who Used Opioids in the Past Year



\*Reported usage at any point throughout 2020.

Fig -01

### 3. Environmental Causes of Substance Abuse and Addiction:

Some of our earliest interactions in life play the biggest roles in our development. From early childhood to the ongoing development into adulthood, our relationships with family and peers have some of the greatest influence on the development of addictions. Conflict within the household can amplify stress and cause some to seek an escape through these substances. Stressors can develop as a result of a variety of environmental factors. For example, children exposed to criminal behavior and family members abuse drugs/alcohol are at a greater risk of developing their own problems. The earlier in life a person is exposed to illicit substances, the higher the risk. The strength of relationships within the family, structure of authority and overall happiness can affect the development and acceleration of abuse. While the family is not the sole source of influence on many young adults, they play one of the most critical roles as they determine an individual's earliest social interactions.

### 4. Individual and Genetic Causes of Substance Abuse & Addiction

Biology plays a critical role in predisposition to addictive behaviors especially if the individual's first experience with abuse is early in life. Experimentation during the most critical stage of development can affect susceptibility and lead many into more serious abuse. During adolescent years, the brain is developing its ability to assess situations and manage emotions. Exposure to drugs and/or alcohol during this process can result in increased risk for poor decision-making and lead many towards riskier behavior. Trying drugs and continued use can have a substantial impact on mental functioning and cause long-lasting, potentially irreversible, consequences.

#### School & Peers

For many, college is the first time a young adult is away from family and friends. Thrust into an unknown world, the desire for companionship can lead many towards dangerous lifestyle changes. College is an impressionable time where the process of self-discovery leads some off track especially when guided by desire for acceptance, no matter the recourse.

#### Drugs Types

Many different types of drugs are manufactured by the pharmaceutical industry in the country. It pays to know some facts about various drugs to protect oneself against drug abuse. Drugs are classified as legal and illegal and also prescription drugs. One caught in possession of or found consuming illegal drugs can be sentenced to prison by a law court. However, not all legal drugs are as benign as they are made to appear with

hundreds of thousands of people losing their lives around the world with so called legal drugs such as alcohol and tobacco. This article attempts to find out differences between legal and illegal drugs to enable readers to take informed decisions.

## Legal Drugs

Drugs are chemicals that are known to change the way a body functions. People take them when they are ill and when the doctor prescribes them these medicines. Medicines are legal when they are taken in proper doses and when they are prescribed by doctors. However, drug abuse is termed illegal. People indulge in an illegal act when they sell or buy and possess and consume drugs banned in a country. Tobacco and alcohol are two drugs that are legal in most countries though an individual lower than the age of 18 buying tobacco and one lower than 21 buying alcohol is considered illegal in US.

## 5. Objectives:

- To study the impact of alcoholism on women, family life, children etc.
- To study the issues related to alcohol abuse.

## Research methodology

The study is based on secondary data. Relevant data are availed from various sources of information such as Research Papers, Reports, Books, Websites etc.

## Limitations

The study is undertaken by the use of secondary data collected from various sources which may have some deficiencies.

## Major Causes of Domestic violence

Prior to October 2006, this was the likely outcome for women seeking protection from domestic violence. That may change, however, with the adoption of 'The Protection of Women from Domestic Violence Act 2005' by the Parliament of India, enacted to protect women from domestic violence which was brought into force by the Indian government from 26 October 2006. This Act is designed to provide emergency civil protection for female victims of domestic violence. The primary protection the Act provides is a Protection Order prohibiting the alleged abuser from engaging in further domestic violence. In providing a comprehensive definition of domestic violence and by protecting a woman's right to reside in her household, the Act is ground breaking and an important step toward gender equality for Indian women.

## There are some major reasons for domestic violence to persist in India.

**1. Male dominated society:** Even though women had risen to top positions, India was & still remains as a male dominated country.

**2. Alcoholism:** Reports shows that Alcohol abuse contributed to nearly 84% of violence acts.

Alcohol doubles the risk of Domestic Violence in the family.

**3. Lack of awareness of Laws:** Victims of domestic violence are afraid to protest as there is lack of awareness or rather lack of initiative to make her aware of her rights.

**4. Negligence in implementation of the existing Acts:** No or less efforts are made to increase awareness amongst the women by the authorities posted to implement the Protection of Women from Domestic Violence Act 2005.

**5. Bureaucracy & Fear:** If a domestic violence is reported by a third party then he/she is scrutinised as an intruder and problem maker by the community. The bureaucracy associated with reporting of domestic violence, lack of funds for support group adds up to the continued domestic violence in India.

## 6. IMPACT OF DRUGS ABUSE:

### 6.1 IMPACT OF ALCOHOLISM ON FAMILY

Following are some of the impact of alcoholism on family members:

**1. Neglect of important duties:** Alcohol impairs one's cognitive functions and physical capabilities, and this, at some point, will likely result in neglect of responsibilities associated with work and home life.

**2. Needing time to nurse hangovers:** Alcohol has various short-term side effects. such as hangovers. The physical state of a hangover may be temporary, but it can significantly disrupt a person's ability to meet commitments as well as invite unhealthy behaviors, such as poor eating and a lack of exercise.

**3. Encountering legal problems:** Drinking can increase a person's likelihood of getting into fights, displaying disorderly conduct in public, driving under the influence, and becoming involved in domestic disputes or violence.

**4. The inability to stop at will:** Alcohol is an addictive substance and can lead to physical dependence. Although a person who is physically dependent is not necessarily addicted, ongoing drinking is a slippery slope that can lead to addiction.

## 6.2 ALCOHOL ABUSE AND FINANCIAL TROUBLES:

Alcohol is not free. Although even the strictest accountant or budgeter will make an allowance for entertainment expenses, ongoing drinking can quickly cause people to spend beyond their allotment for socializing. It is well established that alcohol abuse can lead to serious financial problems, but not only because of the actual money spent on alcohol. The person's inhibitions are lowered when he drink alcohol and may be more likely to impulsively buy things without thinking through the consequences of those purchases in the moment. For instance, a person who is intoxicated may be apt to spend more money than planned at a bar.

Even drinking at home does not provide a shield against spending when inhibitions are low. The Internet opens up an entire world of shopping possibilities. Work productivity can suffer from alcohol abuse. Finances are about more than the money earned; they also include earning potential. Studies show that drinking can affect work or academic productivity at every phase of working life. Employees who drink heavily are prone to absenteeism at work or being at work but underperforming. Long-term drinkers may have to exit careers earlier than planned in order to manage health problems.

## 6.3 ALCOHOL ABUSE AND IMPACT ON CHILDREN:

Children and extended family members are also victims of alcohol abuse, or at least be significantly affected. As a general rule, these people especially children, have a greater likelihood of having emotional troubles compared to children who grew up in sober homes.

Early exposure to an alcohol abuser can also increase the child's propensity to have a problematic relationship with alcohol. In general, children of individuals who abuse alcohol are four times more likely to abuse alcohol themselves. Children are in a unique position in relation to a parent or caregiver who abuses alcohol. The drinking is most often a source of detachment from children. Children will notice radical changes in behavior, such as parent turning from happy to angry, and may falsely believe that they are the cause of these mood swings. Self-blame, guilt, frustration, and anger can emerge as the child tries to understand why the parent acts this way.

## WAYS TO PREVENT ALCOHOL ABUSE

Given below are the suggestions for those who are alcoholic and wants to get rid of this habit

### 1. Don't Keep Alcohol at Home

Having alcohol at home makes it easy to drink without accountability, especially if you live alone or have a tendency to drink privately. By keeping your house alcohol-free, you can lower the chances of alcohol abuse in the form of emotional drinking or drinking out of boredom. Try to limit your drinking to social occasions in public places with someone you can trust to help you set limits.

### 2. Know Your Limits

It is important to keep a limit on amount of alcohol consumption. This can be done with the help of family members also.

### 3. Make Friends Who Don't Drink

Think about your friends and ask yourself, "Are all or most of my friends also my drinking buddies?" If so, you might need to make a change if you want to decrease the chances of alcohol abuse, or stay sober in your recovery. Try making friends who don't drink at all, or spending more time with the ones who don't drink often. After all, it's easy to drink recklessly if you have friends to do it with you. If you socialize with people who don't drink or don't drink often, you may be less likely to consume alcohol yourself, or have less than usual.

### 4. Find a Support Group

Whether you currently abusing or are addicted to alcohol, joining a support group which can help reduce your chances of alcohol dependence or help you get sober again. This group is intended for anyone who has current or previous struggles with alcoholism or alcohol abuse by creating opportunities for friendships, a support system and accountability partners to help you keep your drinking in check. Regardless of the severity of your alcohol use, consider a recovery support group.

### 5. Enroll in a Treatment

If you think you need professional help for alcohol abuse, take a treatment to help you regain control of your life. Many institutions provide programs for alcohol addiction, in addition to other substance abuse disorders. These programs include an aftercare element to help you stay sober while keeping up with the demands of your job.

**Characteristics:**

- Drug misuse is term used commonly when prescription medication with sedative analgesic or stimulant properties are used for mood alteration or intoxication ignoring the fact that overdose of such medicines can sometimes have serious adverse effects.
- Chronic use of certain substances leads to a change in the central nervous system known as 'tolerance' to the medicine such that more of the substance is needed in order to produce desired effect.
- With some substances, stopping or reducing use can cause withdrawal symptoms to occur substance in question.
- The characteristic of drug addiction are strong indicators of serious substance abuse issues, that affects an individual physically, mentally & emotionally.

**History:**

AS DRUGS HAVE BEEN ABUSED FOR HUNDREDS OF YEARS ALL OVER THE WORLD, THEIR EFFECTS HAVE BEEN FELT FOR JUST AS LONG"

In 1864, the New York State Inebriate Asylum, the first hospital intended to solely treat alcoholism as a mental health condition was founded. As public began to view alcoholism & related drug abuse more seriously, more community groups & sober houses began appearing.

The most commonly consumed drugs are Morphine diacetate (heroin), synthetic drug & cocaine.

- Between 1980's first time cocaine users averaged 1 million per year.

- By 1990's 5000k Americans confessed to smoking Marijuana on a frequent basis. Between 1992 & 1993, 5.5% of pregnant women per year took some form of illicit drug.

**Causes:**

1. Drug Abuse is a complex phenomenon which has various social, cultural, biological, geographical, historical & economic aspects.
2. Disintegration of old joint family system, absence of parental love & care in modern families where both parents are working & decline of old religious & moral values etc., lead to a rise in no. of drug addiction.
3. The process of industrialization, urbanization & migration have led to loosening of traditional methods of social control, rendering an individual vulnerable to stresses & strains of modern life.
4. Fast changing social milieu, among other factors, is mainly contributing to the proliferation of drug abuse, both of traditional & of New psychoactive substances.

**7. Signs & Symptoms:-**

- Lying & manipulative behaviors
- Blaming others for life problems
- Impulsivity
- Neglectfulness
- Drugs take over
- Involvement in criminal activities
- Severe Anxiety & Depressions being common

**8. Treatment & Cure:**

- Behavioral therapy
- Motivational interviewing
- Community reinforcement approach
- Exposure therapy
- Cognitive behavioral therapy
- Medication
- Dual diagnosis

**Individual and Genetic Causes of Substance Abuse & Addiction:**

Biology plays a critical role in predisposition to addictive behaviors especially if the individual's first experience with abuse is early in life. Experimentation during the most critical stage of development can affect susceptibility and lead many into more serious abuse. During



adolescent years, the brain is developing its ability to assess situations and manage emotions. Exposure to drugs and/or alcohol during this process can result in increased risk for poor decision-making and lead many towards riskier.

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### **School & Peers**

For many, college is the first time a young adult is away from family and friends. Thrust into an unknown world, the desire for companionship can lead many towards dangerous lifestyle changes. College is an impressionable time where the process of self-discovery leads some off track especially when guided by desire for acceptance, no matter the recourse. Recreational drug abuse and binge drinking have become normative behaviors among college-aged students. Popular media continues to portray drugs and alcohol as acceptable, enjoyable ways to relate to others and have a good time. Peer pressure can make even the most steadfast young adult submit to experimentation and a "just this once" mindset. Even with no other risk factors present, peer pressure can be one of the most influential forces in an individual's life.

### **Combating Risk Factors of Substance Abuse**

Risk factors can influence young adults in a variety of ways. The more risks present in an individual's life, the more likely drug and/or alcohol addiction may develop. Risk factors become more influential during particular stages of life and can affect individuals differently depending on their own unique experiences. For most, the key to combating risk factors is a healthy balance between those and protective factors. Protective factors include parental supervision, academic competence and a strong sense of self-control and self-worth.

### **Drugs Types:**

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### **Nicotine**

About one-third of people who inhale or ingest nicotine end up getting addicted. Once that happens, it's very difficult to give it up, as anyone who has tried to quit smoking will readily admit. Nicotine is subsequently a stimulant and a relaxant. It induces a pleasant, happy sensation, while also providing a rush of adrenaline, increasing the heart rate and blood pressure. Nicotine is available in the form of cigarettes, cigars, chewing "smokeless" tobacco and pipe tobacco. E-cigarette use is on the rise, which cuts out the tobacco but still involves the highly addictive nicotine. Although cigarette smoking has waned somewhat in recent years, nearly 40 million adults in the U.S. currently smoke cigarettes. The CDC says cigarette smoking is the leading cause of preventable disease and death in the U.S., responsible for more than 480,000 deaths annually. As for

chewing tobacco, at least 28 chemicals in the product have been found to cause cancer.

### **Alcohol**

Alcohol is legal for adults 21 and older to purchase and consume, but it is another highly addictive substance. Alcohol is found in most grocery stores, pharmacies, restaurants, sports venues and more. The liquid substance is commonly available in three forms (from weakest to strongest): beer, wine and hard liquor (aka spirits). Alcohol is a depressant that initially makes the user happy and less reserved, while The CDC estimated excessive alcohol use led to 88,000 deaths in the U.S. between 2006 and 2010.

### **OxyContin**

OxyContin (which contains the active ingredient oxycodone) is a legal opioid that is generally prescribed to relieve moderate to severe pain. This medication is also abused by others on a non-prescription basis because it can produce feelings of euphoria. OxyContin is a slow-release painkiller that doesn't fully kick in until 12 hours after consumption.

OxyContin is not prescribed on an "as needed" basis for pain. This narcotic is never prescribed to children, and those who mix it with alcohol can suffer an accidental overdose.

OxyContin is not quite as strong as heroin (an illegal opioid), but it's one of the most addictive legal drugs, nonetheless. OxyContin abuse was actually on a downward trend from 2010 to 2012, but unfortunately heroin use rose during that time.

### Caffeine

Everyone's everyday drink contains heavy amount of caffeine, which is the most commonly consumed psychoactive substance in the world. Not only is caffeine found in coffee, but it comes in tea, chocolate, soda and many other items we eat and drink, which is why it's hard to abstain from it. A Gallup poll in 2015 found that nearly two-thirds of adult Americans drink at least one cup of coffee a day.

Moderate amounts of caffeine are said to be healthy, but too much of the substance can cause insomnia, nervousness, twitching, increased heart rate and even vomiting. Caffeine consumers can build up a tolerance to the substance, requiring more and more of it to feel satisfied. Heavy caffeine use can lead to a litany of withdrawal symptoms when not on the substance can cause insomnia, nervousness, twitching, increased heart rate and even vomiting.

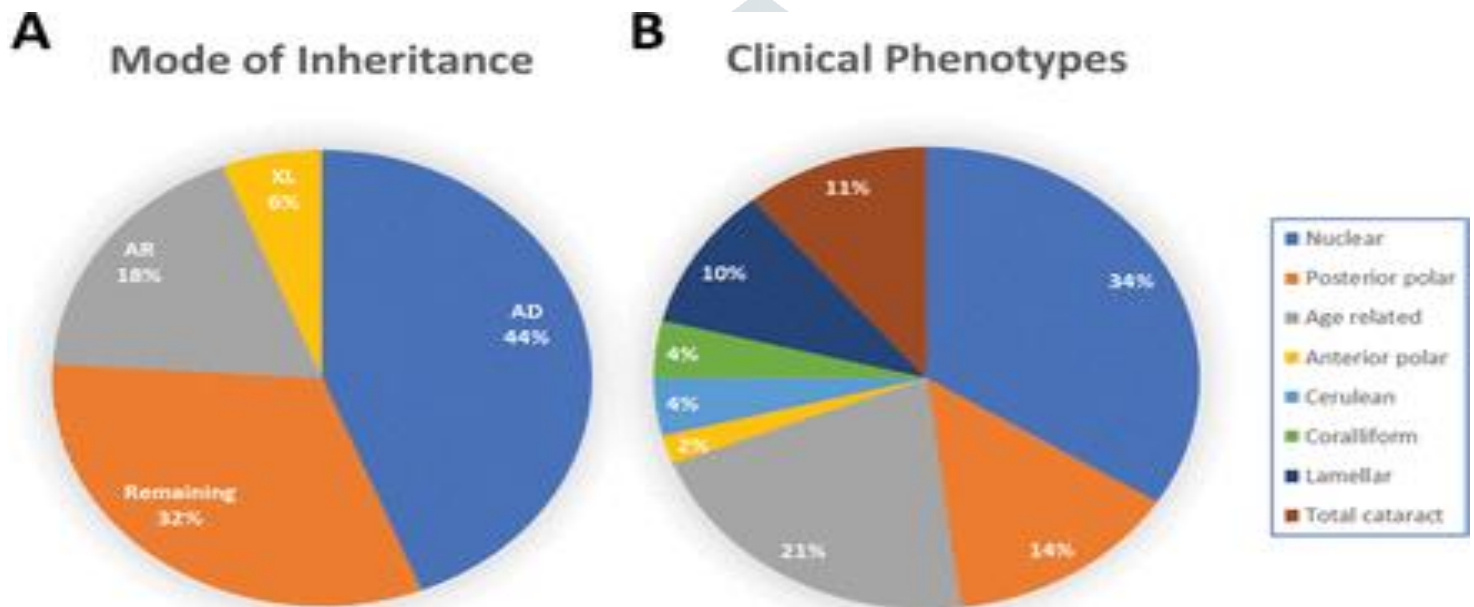


Fig-02

### Alcohol Use In Adolescents:

Alcohol use is common and is the substance most often used by adolescents. The Monitoring the Future Survey on Drug Use is a long-term study of substance use conducted by the U.S. National Institute on Drug Abuse. This survey reported that in 2021 in the United States, 54% of 12th graders had tried alcohol, and 26% had consumed alcohol in the past month and were considered current drinkers. About 39% of 12th graders said they had ever been drunk. Heavy alcohol use is also common, and nearly 90% of all alcohol consumed by adolescents occurs during a binge. A binge is defined as a pattern of alcohol consumption that raises the blood alcohol level to 80 milligrams per deciliter (17.37 millimoles per liter). The number of drinks that constitute a binge depends on age and sex and can be as few as 3 drinks within 2 hours for younger adolescent girls. However, because adolescents often drink alcohol directly from the bottle or pour their own drinks, a drink for them may be larger than a "standard" drink for adults. Binges put adolescents at risk of accidents, injuries, unprotected or unwanted sexual activity, and other unfortunate situations. For these reasons, adolescents should be discouraged from drinking. Society and the media portray drinking as acceptable, fashionable, or even as a healthful mechanism for managing stress, sadness, or mental health problems. Despite these influences, parents can make a difference by conveying clear expectations to their adolescent regarding drinking, setting limits consistently, and monitoring. On the other hand, adolescents whose family members drink excessively may think this behavior is acceptable. Some adolescents who try alcohol go on to develop an alcohol use disorder. Risk factors for developing a disorder include starting drinking at a young age and genetics. Adolescents who have a family member with an alcohol use disorder should be made aware of their increased risk.

### Tobacco Use in Adolescents

The majority of adults who smoke cigarettes began smoking during adolescence. If adolescents do not try cigarettes before age 19, they are very unlikely to become smokers as adults.

Combustible tobacco products are products that need to be burned so they can be consumed, for example, cigarettes, cigars, and hookahs. Rates of combustible tobacco use among adolescents fell dramatically in the 1990s and 2000s and continue to decline.

The Monitoring the Future Survey reported that in 2021, about 4.1% of 12th graders reported current cigarette use (smoked in the previous 30 days), which was down from 28.3% in 1991 and from 5.7% in 2019. Only about 2% of 12th graders reported smoking every day.

The strongest risk factors for adolescent smoking are

- Having parents who smoke
  - Having peers and role models (such as celebrities) who smoke
- Other risk factors often associated with starting smoking during childhood include
- Poor school performance
  - Other high-risk behavior (such as excessive dieting, particularly among girls; physical fighting and drunk driving, particularly among boys, or use of alcohol or other substances)
  - Poor problem-solving abilities
  - Availability of cigarettes
  - Poor self-esteem

Pipe smoking is relatively rare in the United States. The percentage of people over age 12 who smoke cigars has declined.

Adolescents may also use tobacco products in other forms. About 2% of high school students are current users of smokeless tobacco, and this rate has declined over the past 10 years. Smokeless tobacco can be chewed (chewing tobacco), placed between the lower lip and gum (dipping tobacco, or dip), or inhaled into the nose (snuff). Parents can help prevent their adolescent from smoking and using smokeless tobacco products by being positive role models (that is, by not smoking or chewing), openly discussing the hazards of tobacco, and encouraging adolescents who already smoke or chew to quit, including supporting them in seeking medical assistance if necessary.

### **Electronic Cigarettes (Vaping Products)**

Electronic cigarettes (e-cigarettes, e-cigs, vapes) are battery-operated devices that use heat to turn a liquid into a vapor that can be inhaled. These liquids typically contain nicotine, which is the active ingredient in tobacco, or tetrahydrocannabinol (THC), which is the active ingredient in cannabis. Both nicotine and THC are addictive. (See also Vaping.)

E-cigarettes initially entered the market as alternatives to smoking for adult smokers, and initial models were not used much by adolescents. They have since morphed into "vapes," which are highly attractive to, and have become increasingly popular among, adolescents over the past several years, especially among adolescents of middle and upper social and economic status. Current e-cigarette use (nicotine vaping, not counting other substances) among 12th graders increased markedly from 11% in 2017 to 25.5% in 2019. According to the Monitoring the Future Survey, in 2021 e-cigarette use decreased to 19.6%, and about 40.5% of 12th graders tried e-cigarettes (nicotine and other substances), which is a decrease from 45.6% in 2019.

E-cigarettes cause different negative health effects than smoking tobacco. However, like regular cigarettes, chemicals contained in e-cigarettes can cause lung injuries. Lung injuries can be sudden, severe, or long-lasting and, when most severe, lethal. In addition, these products can deliver very high concentrations of nicotine and THC. THC and nicotine are highly addictive, and toxicity is possible. Secondhand vapor from e-cigarettes exposes people to nicotine and other chemicals.

E-cigarettes are increasingly the initial born of exposure the a but these effect on the rate of adults skin is unciese. The longko cigarettes are not currently known.

### **Cannabis (Marijuana)**

The Monitoring the Future Survey reported that in 2021 19.3% of 12th graders were current cannabis uues, which is a decrease from 22.3% in 2014. About 15% of 12th graders reported hasing used cannabis one or moru times in their life. In 2010, the rate of current cannabis use surpassed the rate of current tobacco use for the flot time. The most significant increase in cannabis use in in THC vaping. The number of 12th graders who reported current THC vaping increased from 4.9% in 2017 to 14% in 2019 (see abo vaping products). This percentage decreased slightly to 12.4% in 2021.





Fig no. 3

**Other Substance** Use of substances other than alcohol, nicotine, and cannabis during adolescence is less common.

In the 2021 Monitoring the Future Survey, the following percentages of 12th graders reported using illicit substances one or more times in their life

- Prescription drugs (taken without a prescription): 8.8%.
- Inhalants (for example, glue, aerosols): 5.0%
- Hallucinogens (for example, LSD, PCP, mescaline, mushrooms): 7.1%
- Cocaine: 2.5%
- Anabolic steroids (taken by mouth or injected into a muscle): 0.8%
- Methamphetamines (nonprescription): 0.6%
- Heroin: 0.4%

Prescription drugs that are most often misused include opioid (narcotic) pain relievers, anti-anxiety drugs, sedatives, and stimulants (such as methylphenidate and similar drugs used for attention-deficit/hyperactivity disorder).

Although anabolic steroid use is more common among athletes, non-athletes use them too. Use of anabolic steroids is associated with a number of side effects. A problem specific to adolescents includes premature closure of the growth plates at the ends of bones, resulting in permanent short stature. Other side effects are common to both adolescents and adults.

Nonprescription, over-the-counter (OTC) drugs that are commonly misused include cough and cold drugs that contain dextromethorphan. OTC cough and cold drugs are widely available and are considered safe by many adolescents and now serve as gateway drugs. Gateway drugs are introductory substances that can increase the likelihood of other drug use and the risk of substance use disorders later on. Other gateway drugs include cigarettes, alcohol, and cannabis.

Even young adolescents may try drugs, with some reporting drug use as early as age 12. Many adolescents who experiment with OTC, prescription, and other substances go on to develop substance use disorders.

### 9.Diagnosis of Substance Use in Adolescents:

- A doctor's evaluation, including routine screening and use of screening tools
- Sometimes a drug test

There are behavioral and physical signs that a child may be using drugs, other substances, or both. Knowing the signs can help parents and caregivers determine whether their child should be seen by a health care professional.

#### Some behavioral signs of possible drug or substance use:

- Erratic behaviour
- Depression or mood swings, change in attitude
- Acting paranoid, irritable, or anxious
- Having difficulty staying on task or staying focused
- Stealing, lying
- Becoming secretive, locking bedroom door
- A change in friends

- Declining school performance
- Loss of interest in hobbies
- Acting aggressive or angry or irresponsibly
- Sleeping more or less than usual
- Missing school, sports, or work

#### Some physical signs of possible drug or substance use:

- Poor hygiene/change in appearance
- Glazed, watery, or bloodshot eyes
- Pupils larger (dilated) or smaller (constricted) than usual
- Frequent nosebleeds or runny nose
- Sores in the mouth, on the lips, or both
- Puffy face
- Small track marks (due to needle use) on arms or legs, wearing long sleeves (even in warm weather)
- Shaking hands or cold, sweaty palms
- Headaches
- Fidgeting
- Shakes or tremors
- Sudden weight loss

Parents also should be concerned about possible drug or substance use if they find drugs or drug paraphernalia (such as vapes, pipes, syringes, and scales) among their child's possessions.

During resiting health care visits, parents should expect their child's doctor to screen their child for substance use by asking confidential questions about tobacco/nicotine, alcohol, and other drug use. Screening tools are used for adolescents age 12 to 17. These brief tools may be self-administered by an adolescent or may be administered by a doctor or other health care practitioner. The tools begin with questions about frequency of use of tobacco, alcohol, and cannabis in the past year. Additional related questions are generated based on the adolescent's responses. Screening tools can help doctors and other practitioners assess whether an adolescent has a substance use disorder or is at risk of developing a substance use disorder and implement an appropriate intervention or make a referral for treatment. Drug tests (including at-home tests) may be a useful part of an assessment but have significant limitations. Results of a urine test may be negative in adolescents who use drugs if the drug has been cleared from the body before the test is done, if a drug not included on a standard testing panel has been used, or if the urine specimen has been contaminated. Sometimes, drug test results are positive in adolescents who have not used drugs (false-positive). Even a true-positive test does not indicate how often and how heavily a drug is used and thus cannot distinguish casual use from more serious problems.

Given these limitations, a doctor with expertise in this area should determine whether a drug test is needed in a given situation. When parents maintain their child's confidentiality, they make it easier for a doctor to obtain an accurate substance use history and form a trusting relationship with their child.

#### Treatment of Substance Use in Adolescents:

- Therapy tailored for adolescents

If the doctor thinks the adolescent has a substance use disorder, a referral for further assessment and treatment may be needed. In general, the same treatment used for adults with substance use disorders, including therapeutic drugs and counseling, can also be used with adolescents. However, the treatment should be tailored to the adolescent's needs. Adolescents should receive services from adolescent programs and therapists with expertise in treating adolescents with

substance use disorders and should not be treated in the same programs as adults.

Therapeutic drugs that are used to treat withdrawal symptoms or suppress cravings resulting from the use of nicotine, THC, and other substances are available for adolescents.

## Treatment for Drug Addiction



**Psychotherapy:**  
Develops healthier behaviors & thinking patterns



**Medication:**  
Eases withdrawal symptoms



**Behavioral therapy:**  
Builds coping skills & provides positive reinforcement



**Hospitalization:**



**Support groups:**

Fig no.4

### 10. GOVERNMENT AND ADMINISTRATION ROLE ON DRUG ABUSE:

The problem of alcoholism and drug abuse is a social malaise and is dealt holistically by targeting all spheres of human activity. Drug and alcohol use affects every sector of society, straining our economy, our healthcare and criminal justice systems, and endangering the futures of young people. While many challenges remain. Over the years, drug addiction is becoming an area of concern.

The Government of India has been following an integrated approach involving all concerned Ministries and Departments who could complement and supplement the initiatives being taken by each other. The initiatives being taken include imparting education on drugs and positive alternative to the youth through appropriate modification in school curriculum and sensitization of school environment. Programmes are being developed for the sensitization of the teachers, parents and the peer groups in a school environment through the participation of the Non- Government Organisations. The cooperation of the media and various youth organizations has also been solicited for dissemination of information on ill effects of alcohol/drugs and in engaging the community in positive/healthy alternatives. The Counseling and Awareness Centers are engaged in a wide range of awareness generation programme in varied community settings including village panchayats, schools etc.

Besides these Centers, the Ministry has been actively utilizing the various media channels, print as well as audio-visual for educating the people on the ill effects of drug abuse and also disseminating information on the service delivery. The overall approach is based on the need to comprehensively address the widespread ignorance and lack of information on the ill effects of drug abuse prevention/rehabilitation services and to build up a climate of abstinence from drugs through sensitizing the community at large. In this perspective, the strategy for public awareness about the damage consequences of drug abuse takes into account the culture-specific aspects of the problem. A differential approach has been adopted towards educating the public vis-à-vis groups at risk.

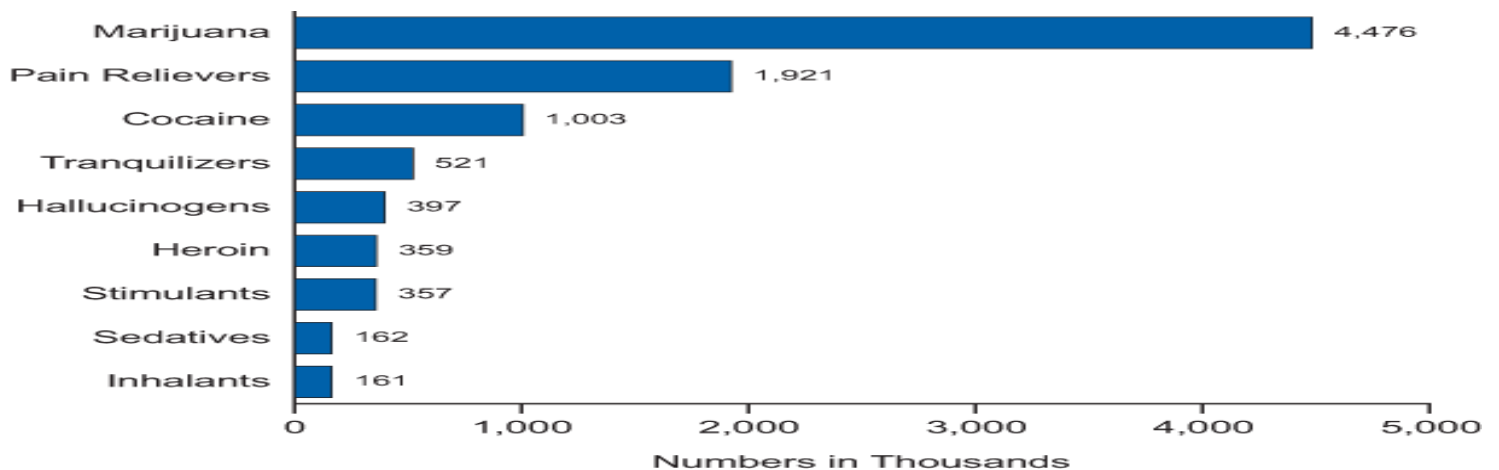


Fig no.5



## Effect of Tobacco and Wine Addiction on the Financial Position of the Addicts of Singrauli:

Singrauli is a rural and tribal district. Nearly seventy-five percent area of the district is covered by forest. As per the literacy census 2011, the literacy rate of Singrauli district is 66.03%. Despite of the good literacy rate a large number of residents of the district are trapped in the vicious circle of the various addictions like tobacco, wine and drugs. An adverse effect of these addictions is certain on the financial condition of the residents of Singrauli district. Current paper is an attempt to understand the effect of tobacco and wine addiction among the residents of Singrauli district on their financial condition.

### Objectives:

Followings are the objectives of the paper -

1. To discuss the effect on the earning capacity of the tobacco and wine addicted people of Singrauli district.
2. To discuss the effect on the monthly income of the residents of Singrauli district, trapped by the tobacco and wine addiction.
3. To discuss the effect on the monthly saving of the tobacco and wine addicted residents of Singrauli district.

A brief explanation of some key words is provided in the following paragraphs to understand the subject matter of the current paper in depth.

**Earning Capacity:** According to www.uslegal.com "earning capacity means person's capability or power to acquire money by contributing a person's talent, skills, training, and experience."

**Monthly Income:** The monthly income of the residents of Singrauli district constitutes by salary in case of employees similarly monthly profit portion derived in cash in case of self-employed residents.

**Monthly Saving:** The amount left after spending from income is known as saving. In the same way the amount left after the monthly spending from the monthly income is known as monthly saving.

### Effect on the earning capacity of the tobacco and wine addicted people of Singrauli district:

As discussed in the above paragraph earning capacity is the person's power to acquire money by using his talent, skills, training, and experience. This statement suggests that the earning capacity of a person is the outcome of various personal dividends. A person by using District maximum personal dividends may success in maximizing his earning capacity. Tobacco and wine addicted people cannot use their personal dividends up to the fullest level to acquire money hence less earning capacity is found among these people. Tobacco and wine consumption reduces the physical and mental strength of the addict, thus affects the earning capacity adversely.

In Singrauli district following instances of lower earning capacity among tobacco and wine addicted people are found -

1. Late reporting on job.
2. More absenteeism
3. Unwillingness to acquire new skills

### Effect on the monthly income of the residents of Singrauli district, trapped by the tobacco and wine addiction:

Wine and tobacco is banned in Singrauli district. It is illegal and a punishable offence to sell and consume wine and tobacco in the district. Still the tobacco and wine is easily available in the district. Being the prohibited commodities, tobacco and wine are sold on very high rates. Thus, the addict people spend a major portion of their earnings on tobacco and wine, which reduces their monthly income.

### 11. Conclusion:

Alcohol abuse is a condition that can have consequences, but a can be prevented Preventing drug abuse and excessive alcohol use increases people's chances of living long, healthy, and productive lives. Excessive alcohol use includes binge drinking, underage drinking, and alcohol impaired driving. Drug abuse includes any inappropriate use of pharmaceuticals and any use of illicit drugs. Alcohol and other drug use can impede judgment and lead to harmful risk-taking behavior. Preventing drug abuse and excessive alcohol use improves quality of life, academic performance, workplace productivity, and military preparedness; reduces crime and criminal justice expenses; reduces motor vehicle crashes and fatalities, and lowers health care costs for acute and chronic conditions. And most important it curbs domestic violence and makes family life happy.

Drug abuse has detrimental effects on the society & has lead to an increase in crime rates a addicts look for a way to pay for their drugs. Drugs remove inhibition & impair judgment egging are to common offenses. There is an increase in cases of eve teasing & domestic violence. Families suffer due to cultural & social factors of drug behavior. Long term use of such substances also causes changes in other brain chemical systems & circuits a well, affecting functions that include learning, judgment, decision making stress, memory and behavior.

Based on the above discussion it is clear that there is a direct relationship between the financial position and the spending on the tobacco and wine. Resident of Gadchiroli district trapped in the tobacco and wine addiction cannot save adequate amount for a safe future. Less saving is

the outcome of the reduced monthly income. A strong willpower to give up the bad habit of tobacco and wine addiction is the only personal solution to secure a safe future and strong financial position.

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