



# A study on Addiction relating to Drugs and Alcohols among Undergraduate Students in Mumbai City

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## Abstract:

Alcohol consumption as you all know can be for the person who consumes it, it is easy to things in lightly but it's very hard to get out of it it's the harmful use of alcohol is the cause of all deaths and the global burden of disease and injury. It changes the lifestyle of the person with all this consumption year later when males started drinking alcohol, it became a habit of their lifestyle, and after that for females too. Eventually, it happens after one sees them follow the same habit as each other these changes can motivate further drinking and cause an individual to become stuck in an unhealthy cycle of alcohol case. It is linked to many health and social consequences & and affects personal relationships, heart and liver diseases, and cancers. Once the addiction starts it defects the personality, creates problems for oneself, and creates a lack of family involvement with each other. But this should soon get rigged out of it as it is too harmful and terrible for humans, they start these consequences when they have poor classroom performance. Putting one's self in high-risk situations such as drinking and driving.

**Keywords** - Cancer, Consumption, Harmful, Human Behavior, Lifestyle

## Introduction:

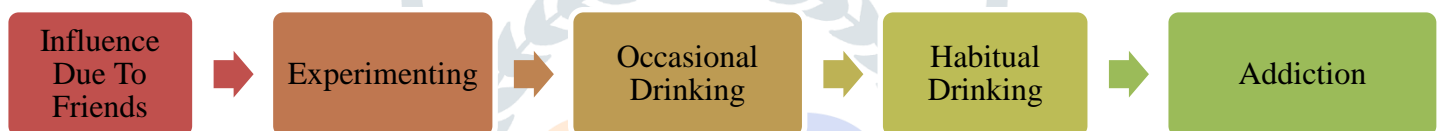
As you all know addiction is too huge & and a distractive mental problem & we don't have control over what we do and it becomes impossible to live without it and physical changes to some nerves in the brain. The main causes for addiction are being accepted by peers, increasing economic stress, Changing cultural values, and

Experimentation. The research has shown that drugs and alcohol are more prevalent in men. Men experience long-term physical symptoms of drugs and alcohol.

Addiction is a complex brain disorder characterized by great engagement in behavior and negative consequences. It leads to the loss of control, impacting different aspects of their lives: Addiction can strain relationships with family members, friends, and partners. Individuals may become increasingly isolated, start conflicts, and engage in manipulative behaviors to conceal their addiction. Addiction can impact performance at work, and school, leading to absenteeism, and decreased productivity. It may result in job loss, financial instability, and barriers to education further stress, and contributing to the cycle of addiction.

**Drug Addiction:** With continued drug use, individuals may develop tolerance, requiring higher doses of the drug to achieve the desired effects. This can increase the risk of overdose and other adverse health consequences. Drug addiction can lead to a range of psychological effects, including mood swings, anxiety, depression, and impairment. These effects can impact daily functioning, relationships, and overall well-being.

#### How Addiction Affecting the Brain Due to Mental Stress:



#### Objectives:

1. To study the addiction level relating to alcohol and drugs in undergraduate students.
2. To understand the influencing factors affecting the mental health and stress of undergraduate students.
3. To know the highest consumable product related to addiction to drugs & and alcohol among undergraduate students.
4. Understand the alcohol consumption among teenagers, and solve the problem at an early stage.

#### Limitations:

1. **Area** - the research is being conducted in the suburban area of Mumbai city only.
2. **Time**- the research has been constructed to be completed within a particular deadline, so limited time was invested in sampling data and collection of primary data.
3. **Subjective Thinking** – the primary data collected differs from the individual undergraduate student's thinking behaviors while filling out the form.

## Hypothesis:

**H102** - Alcohol and drugs don't affect the mental and physical health of undergraduate students in Mumbai.

**H102** - Alcohol and drugs affect the mental & and physical health of undergraduate students in Mumbai.

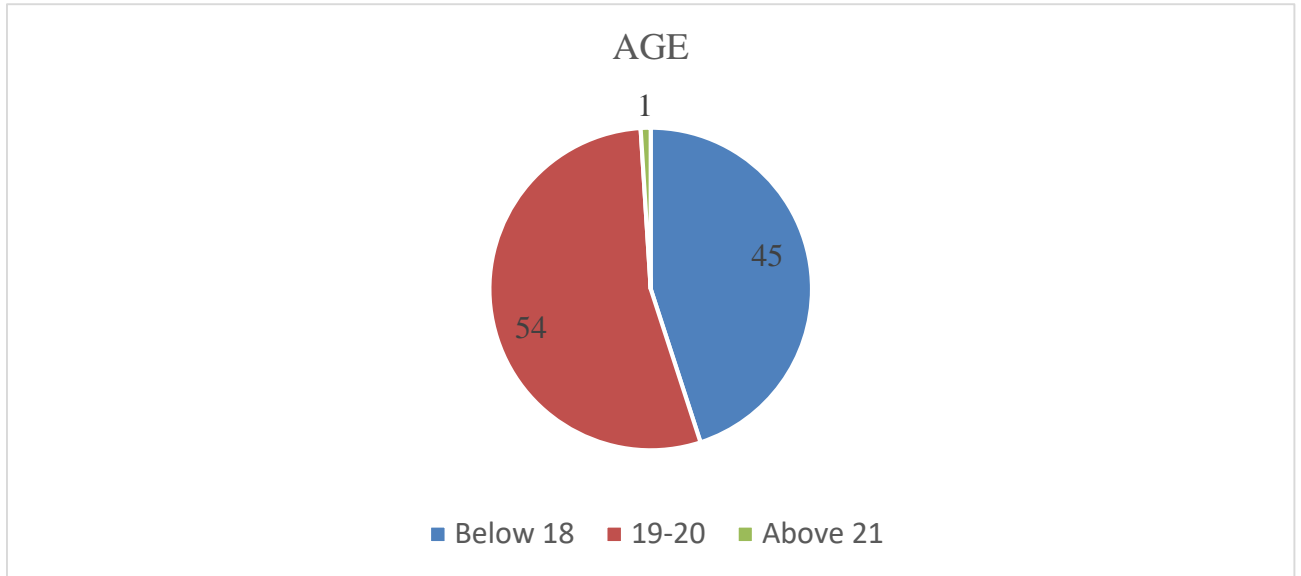
**H203**- The undergraduate students of Mumbai don't consume any drugs or alcoholic-related products, below attaining the age of 21.

**H203** - Few undergraduate students of Mumbai consume any drugs and alcoholic related products, below attaining the age of 21.

## Research Methodology:

- 1. Data Source:** The data study is always descriptive. The data is collected from students from various colleges.
- 2. Tools and Techniques Applied:** To represent the data in the research paper, the statistical data pattern was used to display the primary data. The primary data shows the frequency and Percentage to show the accuracy of the data collected.
- 3. Sampling Method:** A simple random Sampling method was adopted which was convenient and random. Respondents were contacted by sending Google Forms via WhatsApp.
- 4. Sample Size:** A total of 100 Undergraduate students responded to the Google form.
- 5. Data Analysis:** The narrative analysis has been presented in the form of a bar and graph diagram.

*(Primary Data: Question 1)*

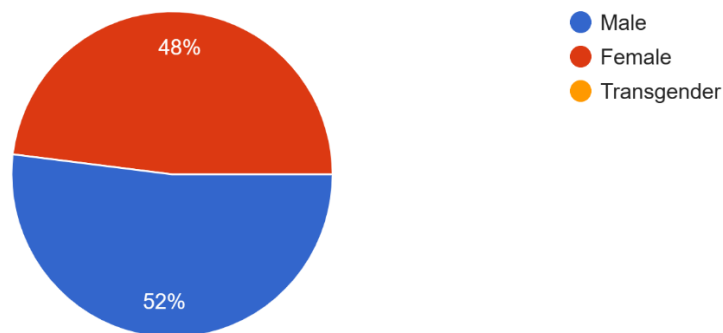


The interpretation of the provided percentages suggests No. of respondents below the age of 18 years was 45%, 19-20 years was 54%, and above the age of 21 years was 1%.

*(Primary Data: Question 2)*

Gender

102 responses

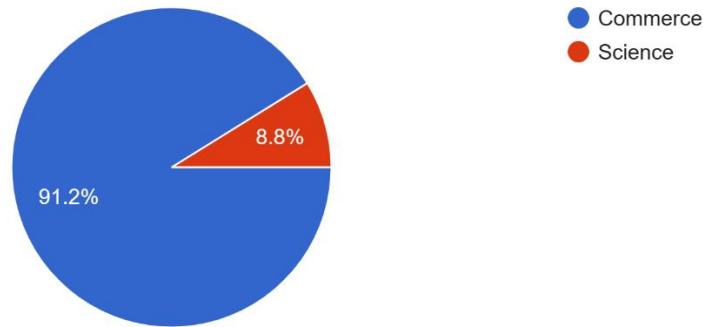


The interpretation of the provided percentages suggests that 48% of respondents were female and 52% were male respondent

*(Primary Data: Question 3)*

Stream

102 responses

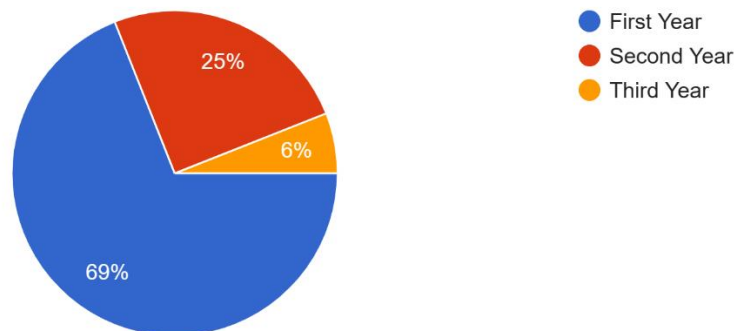


The interpretation of the provided percentages suggests that a small proportion of respondents, 8.8% respondents are from the science stream, and (91.2%) are from the commerce stream.

*(Primary Data: Question 4)*

Under graduate year

100 responses

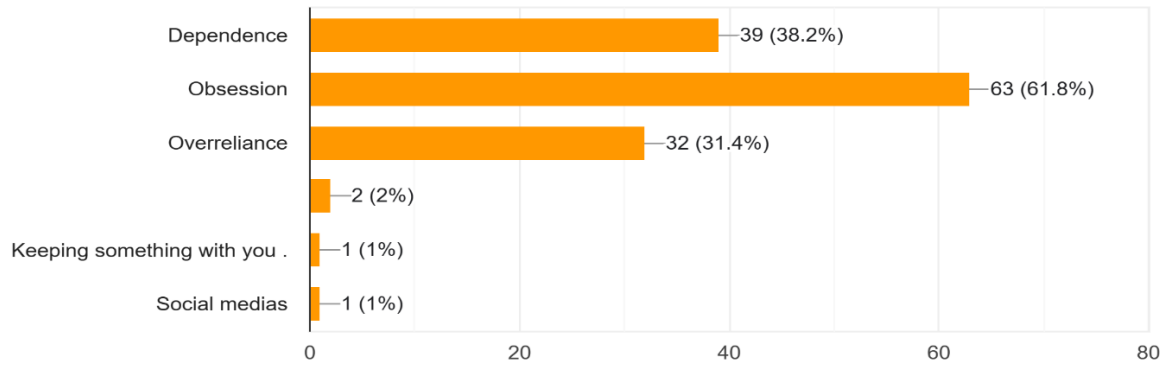


The interpretation of the provided percentages suggests that a small proportion of respondents are third-year students which is (6%), (25%) are second-year students, and (69%) are first-year students.

(Primary Data: Question 5)

As per your thinking, what is Addiction ?

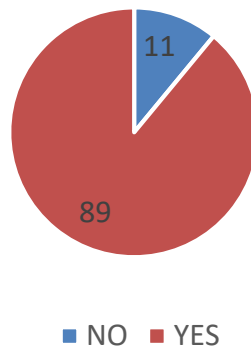
102 responses



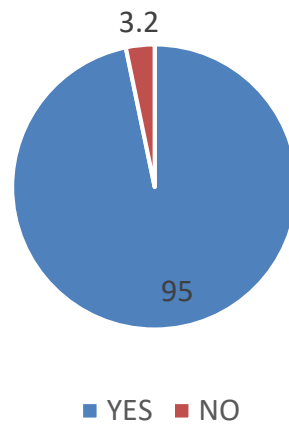
Addiction can be understood as a combination of dependence, obsession, and overreliance on a substance or behavior. Understanding addiction as a complex interplay of dependence, obsession, and overreliance underscores the multifaceted nature of the condition and the importance of comprehensive approaches to treatment and recovery.

(Primary Data: Question 6)

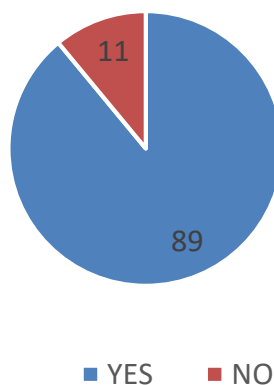
Can We Prevent The Addiction?



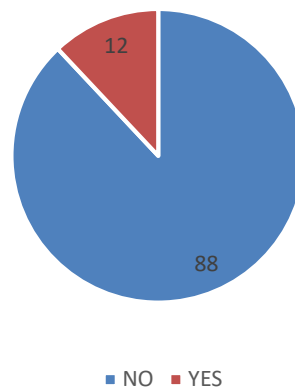
Prevention strategies may include education and awareness programs, initiatives, promoting healthy coping skills and resilience, addressing risk factors such as trauma and mental health issues, and implementing policies to limit access to addictive substances. addiction prevention efforts may not eliminate the possibility of addiction, but they can significantly reduce its occurrence and mitigate its impact on individuals, families, and communities.

*(Primary Data: Question 7)***Does Addiction, Affects Our Mental And Physical Health?**

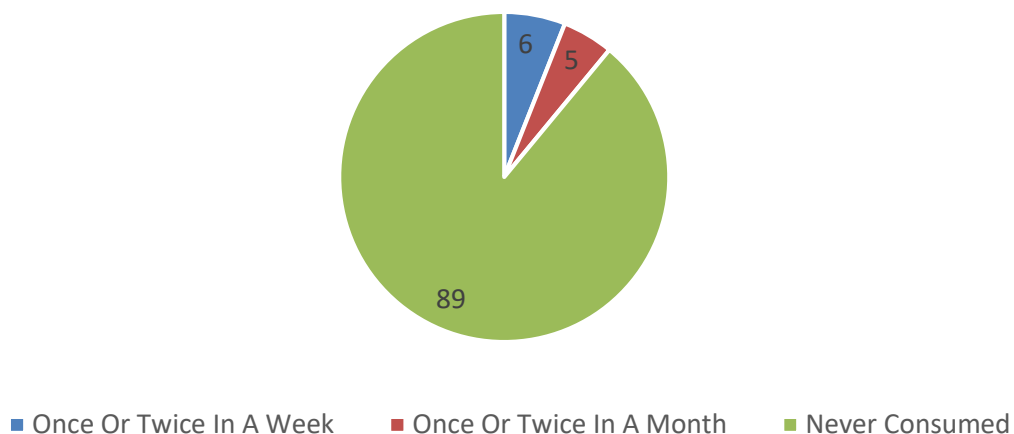
The majority of respondents (95%) believe that addiction affects both mental and physical health. It highlights the need for comprehensive interventions that address the interconnected nature of mental and physical health and promote holistic recovery and well-being. Substances can lead to various physical health problems, including liver disease, cardiovascular issues, respiratory complications, infectious diseases,

*(Primary Data: Question 8)***Making Youngsters Aware Of Addiction, Can Prevent The Percentage Of Addiction Consumption In Them?**

This suggests a strong consensus on the importance of education and awareness initiatives in preventing substance abuse among young people. By providing information about the risks and consequences of addiction, as well as promoting healthy skills, and decision-making strategies, educational efforts can empower youngsters to make informed choices and resist peer pressure to engage in substance use.

*(Primary Data: Question 9)***Have You Ever Consumed Alcoholic Or Drug Based Items/Products ?**

The interpretation of the provided percentages suggests that a small proportion of respondents, 12%, have consumed alcoholic or drug-based items or products, while the vast majority, 88%, have not. It's important to note that these percentages represent self-reported data and may not capture the full range of experiences or behaviors related to alcohol and drug consumption within the broader population. Additionally, the interpretation may vary depending on the context in which the data is collected.

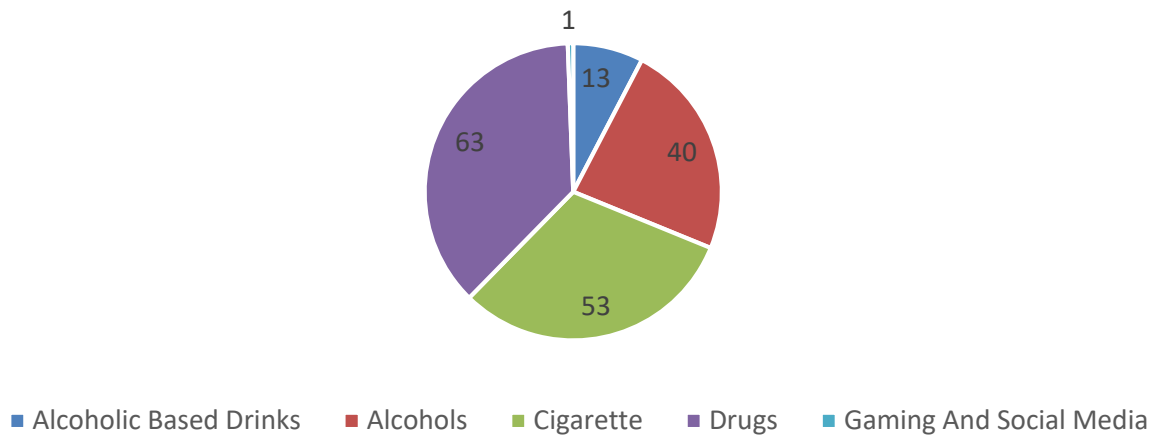
*(Primary Data: Question 10)***How Many Times, Do You Consume Alcoholic Or Drug Based Items/Products In A Month ?**

This data indicates that the majority of respondents (89%) have never consumed alcoholic or drug-based items. Among those who have consumed such substances, the frequency varies, with a small proportion reporting consumption once or twice a week (6%), or once or twice a month (5%).



*(Primary Data: Question 11)*

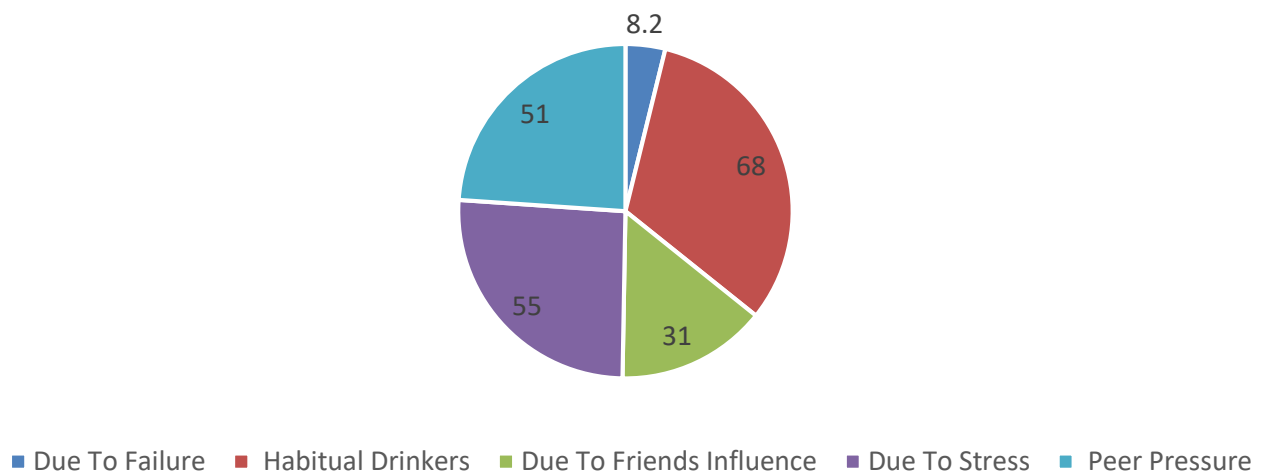
**Which Addiction Can Be Commonly Seen In The Youngsters Nowadays ?**



These findings reflect the perceived prevalence of different types of addiction among youngsters, with traditional substances like cigarettes and alcohol being widely recognized as significant concerns.

*(Primary Data: Question 12)*

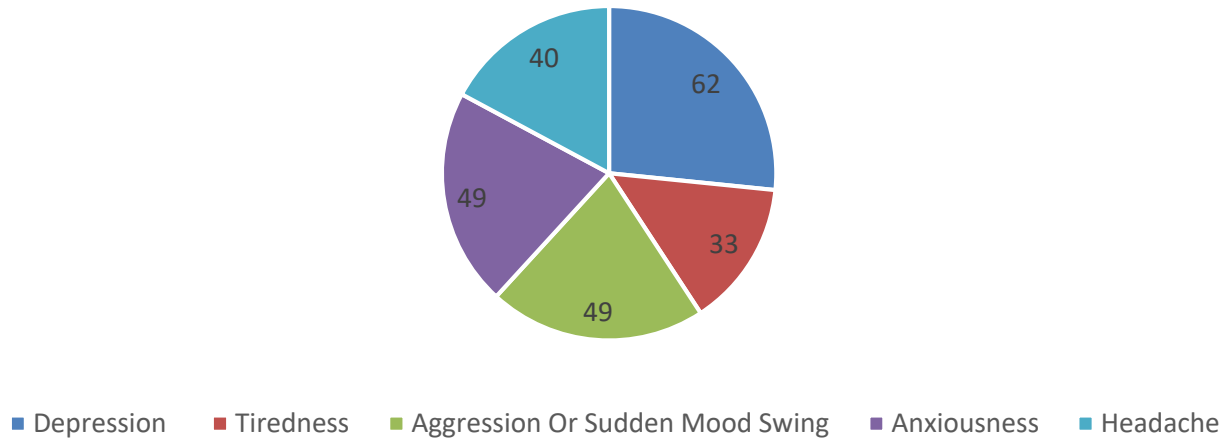
**What Makes A Youngster Addicted To Alcoholic Or Drug Based Items/Products?**



Overall, the interpretation indicates that addiction to alcoholic and drug-based items/products can manifest through a variety of symptoms, including changes in mood, depression, anxiety, and physical discomforts such as headaches, and fatigue.

*(Primary Data: Question 13)*

## What Can Be The Symptoms Of Addictions In Alcoholic And Drug Based Items/Products ?



These findings indicate that addiction among youngsters to alcoholic or drug-based items can start from a combination of social influences, personal challenges, and patterns of behavior. Understanding these factors is crucial for developing effective prevention

### Findings:

#### As per the Researcher's Findings: -

As per the survey conducted, we have found that some undergraduate students do face alcohol and drug addiction. One of the main factors for addiction is due to stress, followed by family, friends, and relationships. Due to this, it affects the health of the undergraduate students.

- 1. Environmental Influences:** Environmental factors, such as early exposure, childhood trauma, socioeconomic status, and peer influences, play crucial roles in the development and progression of addiction.
- 2. Prevalence:** Research indicates that alcohol and drug use is common among undergraduate students, with a significant portion engaging in binge drinking or experimenting with various substances.
- 3. Risk Factors:** Certain factors, such as peer pressure, stress, mental health issues, availability of substances, and family history of addiction, contribute to increased susceptibility to alcohol and drug addiction among students.
- 4. Impact on Academic Performance:** Substance abuse often negatively impacts academic performance, leading to lower grades, missed classes, and even academic probation or dropout.

- 5. Co-Occurrence with Mental Health Issues:** Substance abuse among undergraduate students is frequently associated with mental health problems like depression, anxiety, and suicidal thoughts.
- 6. Gender Differences:** Research suggests that males tend to engage in more frequent and heavier drinking compared to females, although the gender gap has been narrowing in recent years.
- 7. Protective Factors:** Supportive social networks, access to mental health resources, strong coping skills, and participation in extracurricular activities can serve as protective factors against alcohol and drug addiction among undergraduate students.

## Conclusion:

- 1. Prevention Through Education:** Raising awareness about addiction and its effects on physical and mental health among college students is crucial for preventing substance abuse.
- 2. Healthier Choices:** Educating youth about the risks associated with alcohol and drugs empowers them to make informed decisions and lead healthier lives.
- 3. Positive Impact:** By promoting awareness and understanding, we can create a safer and more supportive environment for college students, fostering their overall wellbeing and success.

## Economic Relevance:

- 1. Healthcare Costs:** Awareness helps prevent substance abuse related illnesses, reducing healthcare expenses.
- 2. Productivity:** It ensures students remain focused on studies, enhancing their academic performance and future employability.
- 3. Legal Costs:** By reducing substance related crimes, it lowers legal and criminal justice expenditures.
- 4. Social Welfare:** Prevention reduces the need for support programs, decreasing social welfare expenses.
- 5. Economic Growth:** Maximizing the potential of the workforce contributes to overall economic growth.

## Suggestions & Recommendations:

1. Addiction awareness in youth at the college level before attaining the age of 21.

2. The government should come up with some strict action and awareness ideas.
3. Employment can make them busy which can lead to a decrease in addiction levels.
4. Parents should give more time to their children and approach them like friends so that their children can speak to them about their problems without hesitation.
5. **Seek Professional Help:** Consult with an addiction specialist who can provide personalized guidance and support tailored to your specific situation.
6. **Establish a Supportive Environment:** Surround yourself with individuals who support your recovery efforts and avoid environments where alcohol or drugs are available.
7. **Prioritize Self-care and Wellness:** Focus on improving overall wellbeing by prioritizing adequate sleep, nutrition, exercise, and stress management.

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