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DRUG ABUSE: AN OBSTACLE IN “FIT INDIA MOVEMENT”

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ABSTRACT

Drug addiction is a chronic brain disease. It causes a person to take drugs repeatedly, despite the harm they cause. Repeated drug use can change the brain and lead to addiction. The brain changes from addiction can be lasting, so drug addiction is considered a "relapsing" disease. This means that people in recovery are at risk for taking drugs again, even after years of not taking them. Drug addiction is a complex illness. It is characterized by intense and, at times, uncontrollable drug craving, along with compulsive drug seeking and use that persist even in the face of devastating consequences. Addiction affects multiple brain circuits, including those involved in reward and motivation, learning and memory, and inhibitory control over behavior. That is why addiction is a brain disease. Some individuals are more vulnerable than others to becoming addicted, depending on the interplay between genetic makeup, age of exposure to drugs, and other environmental influences. While a person initially chooses to take drugs, over time the effects of prolonged exposure on brain functioning compromise that ability to choose, and seeking and consuming the drug become compulsive, often eluding a person's self-control or willpower. But addiction is more than just compulsive drug taking it can also produce far-reaching health and social consequences.

INTRODUCTION

Introduction Drug abuse is a process of misuse of drug through various ways, addicts are using substance which is easily available like cough syrups, pain killer ointments, glue, colophony, paints, gasoline and cleaning fluids. Whitener, alcohol, tobacco, hard and soft drugs is commonly being used by street and working children. Drug abuse is become a big problem in our country specially in these state Manipur, Mizoram, Nagaland, Himachal Pradesh, Punjab, Haryana and Western Rajasthan. Punjab and Manipur are in top in this list. At present, drug abuse is being seen as a complex problem because it is internally linked with other serious crimes such as organized crimes, human trafficking and money laundering. The seriousness of this problem can be traced to the information provided by the government. Drug abuse may decrease the memory of the user and it can takes the life of the user. It may be a cause of various disease like HIV/AIDS, heart attack, cancer etc. This study is focusing on various aspects of drug abuse like forms of drug abuse, causes of drug abuse and trying to

provide suggestions to curb the problem. Drug abuse is a stigma for every country especially it is very bad for developing country like India.

Signs that someone has a drug problem includes:

- Changing friends a lot
- Spending a lot of time alone
- Losing interest in favorite things
- Not taking care of themselves - for example, not taking showers, changing clothes, or brushing their teeth.
- Being really tired and sad
- Eating more or eating less than usual
- Being very energetic, talking fast, or saying things that don't make sense
- Being in a bad mood
- Quickly changing between feeling bad and feeling good
- Sleeping at strange hours
- Missing important appointments
- Having problems at work or at school
- Having problems in personal or family relationships

Causes of Drug Abuse in India

There are various causes of drug abuse in India, it can be categorized as social, economic and mental causes. These causes are mentioned as below:

- **Social Causes:** In social causes we can discuss about all those social problems which are the basic causes of drug abuse. A poor relationship with parents is responsible for drug abuse among children, in most of the families we can see a huge lack of communication between child and parents and these things leads the child towards drug abuse. Sometimes we can see it become trend among friends to take drugs by influence of those friends who are usually taking drugs. Drug users are taking drugs because it is easily available, we can see in border area the people are taking drugs in a large scale because it is easily available in those areas. Few of drug users are taking drugs because of their atmosphere, usually we can see it in those people who are growing up in a home where alcohol and drug abuse is considered as a normal behavior. Nowadays people are engaged in love affairs, the loss of a loved one and depression attracts a man more and more to the misuse of a substance. Unusual life style is also responsible for drug abuse, usually it is found in sex workers, transportation workers and street children.
- **Economic Cause:** In India poverty is a curse because it creates various problems one of them is drug abuse, financial worries leads people towards drug abuse because of mental pressure. People are producing narcotic drugs to increase income, so production of narcotic drugs is responsible for misuse of drugs.

- **Mental Causes:** There are mental causes which leads a person towards drug abuse situation of sadness, depression and stress are common causes for drug abuse. Sometimes users are misusing drugs.

Impact of Drug Abuse

- **Drug Abuse Impacts Families:** Those closest to a drug-addicted individual are the hardest hit. Common patterns emerge within families where at least one individual is addicted to drugs. These patterns include high levels of criticism or negativism within households, parental inconsistency, or in the case of parents coping with a drug-addicted child, denial. Misdirected anger between drug-addicted and non-addicted family members is common as is self-medication as a strategy in coping with family dysfunction. Co-dependent relationships often form between partners, where at least one partner is addicted to drugs and the majority of domestic disputes involve the use of alcohol or drugs. Children with one or more parents abusing drugs are more likely to take on the responsibility of the parental role, often functioning in denial of their parents' addiction or behaviors relating to the addiction. These children commonly lack necessities, including shelter, and have little to no health care.
- **Strain Of Drug Addiction On Employers And Co-Workers:** A 2006 study estimated that around 19 million people drink alcohol while at work, just before leaving for work, or go to work with hangover symptoms. This staggering number does not necessarily reflect daily abuse of alcohol at the workplace, but it does suggest a prevalence of accepted use of the intoxicant, despite known risks. Losses in revenue from decreased productivity due to illicit drug use in the workplace totals nearly \$200 billion annually. Co-workers of drug-addicted people take on additional responsibilities at work to accommodate decreases in productivity. They also work longer hours "covering for" drug addicted individuals who fail to show up as scheduled. Someone working while under the influence of drugs and alcohol is at higher risk of workplace related injury, resulting in increased insurance premiums passed on to employers and co-workers .A loss in productivity affects employers directly, and if drug-use is rampant, can result in loss of the business. Smaller to medium-sized businesses are most at risk of failure resulting from drug related decreases in productivity. Estimates suggest working drug users are a third less productive than their non-drug using co-workers.
- **Strain On Health Care System:** Addiction is a chronic disease in this country. If you add up the annual accumulative costs of treatment for all brain-related diseases and double it; that's nearly the amount spent on addiction each year. Much of the money supporting the medical costs associated with drug addiction is absorbed by hospitals and taxpayers, with approximately 20 percent of Medicaid dollars and \$1 in \$4 Medicare dollars going to drug-addiction related expenses. The health care burden relating to drug abuse alone exceeds \$180 billion annually.
- **Crime And Drug Addiction:** Drug-related incarcerations make up more than 50 percent of federal prison populations and nearly 20 percent of state prison populations. Annual costs averaged across 50 states for state prison populations is greater than \$32,000 per inmate, with federal stays averaging more than \$26,000 per person, and the average drug-specific crime resulting in prison sentences of between three and nine years. Taxpayers shoulder the burden of \$45 billion dollars for state prisons and \$144 million for federal prisons annually.

Approximately a quarter of incarcerated individuals said their incarceration related directly to crimes committed to obtain money for drugs. On average, 5 percent of all homicides relate to drug use. Unfortunately, untreated, recidivism rates for drug use following prison release are as high as 95 percent. On college campuses across the country, 95 percent of violent crimes reported, including sexual assaults, involve the use of alcohol. Violent crimes committed on college campuses can result in health care costs for the victims of these crimes, as well as lost revenue for universities.

How Drug Abuse Affects Society:

- Increase in child custody losses
- Increase in child abuse and neglect
- Increase in addiction risks for children of drug-addicted parents
- Increase in domestic disputes
- Increased rates of homelessness and poverty
- Substantial financial health care burden
- Increased rates of co-occurring mental disorders
- Increase in insurance premiums, taxes
- Increased strain on co-workers
- Increase in the number of people incarcerated in state and federal prisons
- Increase in rates of violent crimes on college campuses
- Losses in revenue for businesses and universities

Measures of Drug Abuse in India:

Drug abuse is illegal because of various reasons, so it should be prevented. We have various obligatory laws to prevent it but we are still facing the problem of drug abuse because of lack of implementation and lacunae in existing laws. In this section we are trying to suggest certain measures to curb the problem of drug abuse.

- A national action plan on substance abuse is required.
- There is a need of counselling and rehabilitation to child affected by drug abuse.
- There are some other suggestions which may be helpful to curb the problem of drug abuse, these are as follows:
 - There is need of communication between parents and child.
 - There should be a co-ordination between the multiple bodies which are established to fight with drug abuse.
 - Proper counselling of drug addicts is required.

- By making awareness among people about drug abuse.
- The improper policy of government for youngster is also responsible for drug abuse, so there is need of proper policy in favour of youngster's lifestyle which could reduce the social, mental, educational and economic pressure.
- There is a need of proper control over the manufacture, distribution and import and export of chemicals which can be used in the illicit manner.
- Identification of drug users at an early stage is required in order to take corrective measures.
- The Narcotic Drugs and Psychotropic Substance Act does not make adequate distinctions between a casual drug user, a hard addict, a petty peddler and a seasoned drug trafficker, so there should be a proper demarcation between these four types of drug abusers.
- This Act does not make any meaningful distinctions between hard and soft drugs which is the reason why many drug users resort to hard drugs. so there is a need of different punishments for soft and hard drugs.

Conclusion

Drug addiction is a complex illness with far-reaching consequences for those who know, work with, and support the drug-addicted individual. Even if you don't know someone who is abusing drugs directly, you are likely impacted in other ways, whether through taxation, paying higher insurance premiums or college tuition, or in picking up hours at work. Drug addiction knows no boundaries.

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