

Addiction as a System Failure: “Drug Abuse in Youth of Vadodara”

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Abstract

Introduction: Adolescence is a transitional stage generally occurs during the period from puberty to adulthood. It offers opportunity for growth in aptitude, independence, self-respect and relationship, but simultaneous there are associated great risks. Drug abuse is one of the alarming risk among adolescents. Drug abuse is a multifarious observable fact, which has diverse social, cultural, biological, environmental and financial aspects. This study is design to find the sources of knowledge, reasons and prevalence of drug abuse among the youth of Vadodara.

Method: Youth population of school and college of Waghodia and Piparia area of Vadodara city, belongs to age group (16-22 years) has been surveyed for the drug abuse using pre-defined questionnaire format. Total 500 participate are there out of which 400 from school and 100 are from college. The data was compiled in excel to get a survey results and represented as percentage of the target population.

Results: From the survey it was observed that 58% media is responsible for the knowledge of drug abuse in youth and about 70% peer pressure in school students, while 60 % pleasure feeling in college students is the reason for drug abuse.

Conclusion: Overall drug abuse among school and college students i.e. age group 16 to 22 years is about 18%. By effective health education program and counseling in middle and late adolescent age group in schools and college can control the increasing behavior drug abuse.

Keywords: Abuse, addiction, adolescent, college, drug, school.

INTRODUCTION

Today, there is no part of the world that is free from the curse of drug trafficking and drug addiction. Millions of drug addicts, all over the world, are breathing miserable lives, between life and death. Drug use, misuse or abuse is depends to the character of the drug abused, the persona of an individual and the immediate environment of the individual. Drug abuse is a multifarious observable fact, which has diverse social, cultural, biological, environmental and financial aspects. The crumbling of the old joint family structure, lack of parental love and care in the families where both parents are working, refuse of old pious and ethical values etc results into a ascend in the number of drug addiction in youth, who take drugs to escape tough realities.^[1]

Adolescence is a critical period, when a person explores his or her large surrounding and tries to experiment with new things. Recent advances in brain research have confirmed a dangerous link between adolescence and substance of abuse. Adolescents are more vulnerable to addictive substances than adults because the parts of the brain responsible for judgment, decision making, emotion and impulse control are not yet fully developed.^[2]

According to NIDA--National Institute of Drug Abuse, the brain relies on chemicals called neurotransmitters to get messages from one part of the brain to the other. Each neurotransmitter attaches to its own kind of receptor-like how a key fits into a lock. This allows messages to travel through the brain on the right path. When a drug used, it interferes with the normal traffic patterns that the neurotransmitters use. The chemical structure in the drugs

can imitate and fool the receptors, lock on to them and alter the activity of the nerve cells. This “alteration” can result in messages going in the wrong direction, and reset the way the brain should act or react. Adolescence, who smoke, drink alcohol, binge drink or use marijuana or other drugs are more likely than non-users to drop out of school and less likely than non-users to graduate from high school, attend college or obtain a college degree. One study found that nearly one-third of school dropouts indicate that their use of alcohol or other drugs was an important contributor in their decision to leave school.^[3]

Adolescent drug abuse is one of the major areas of concern in adolescent and young people’s behaviour. It is estimated that, in India, by the time most boys reach the ninth grade, about 50 percent of them have tried at least one of the substance of abuse nature.^[4]

A study on adolescents at Postgraduate Institute of Medical Education and Research, Chandigarh showed that there was a consistent rise in adolescents registered in De-addiction OPD, 27 in the first 20 years (1978-1997), 31 over the next four years (1998-2001) and 27 over the final 2 years (2002-2003). These findings showed that there is increase in the number of adolescents reported for treatment in the last few years which indirectly indicates the increase in drug abuse among adolescents.^[5]

Drug abuse in adolescence is becoming a global health issue and also acquires an alarming position in India. In past decades, many epidemiological surveys have been done in India to measure the dominance of substance abuse, it is seem that youth of a country is need to be surveyed for drug abuse as, stronger the youth strongest is the nation. This study was design to find the sources of knowledge, reasons and prevalence of drug abuse among the school and college going youth of Vadodara.

MATERIALS AND METHODS

The study was conducted after the approval of Sumandeep Vidyapeeth Institutional Ethics committee. It was a cross-sectional community based study carried out for the period of 3 month from August-October 2016. 500 students in the age group 16-22 years were participated in this survey, out of which 400 were school student of Waghodia area and 100 were college students of Piparia area, Vadodara.

A predesigned and pretested questionnaire was prepared with close-ended questions relating to addiction and the attitude towards it. These were pertaining to demographic data, predisposing factors, enabling factors, reinforcing factors and their influence on drug abuse among youth prevailing in India,^[6,7] with inclusion criteria:- male and female, those comes under the specified age group and exclusion criteria:- those who are not willing to participate.

An informed consent was taken from the institutional head. The subjects were informed verbally about the purpose of the survey and the identity of respective schools, institution, and subject were kept confidential. Data collected from the study was compiled and analyses in Microsoft office Excel 2007 and result were represented as percentage of the target population.

RESULTS

Out of 500 study participants 400 were school students and 100 are college students. Based on the survey 11% school students and 45% college students are involved. Overall prevalence of drug abuse amongst school and college students i.e. age group 16-22 years is about 18% and it was observed that these were not the chronic regular user. Evidently drug prevalence is more in males than in females under youth population (Figure 1)

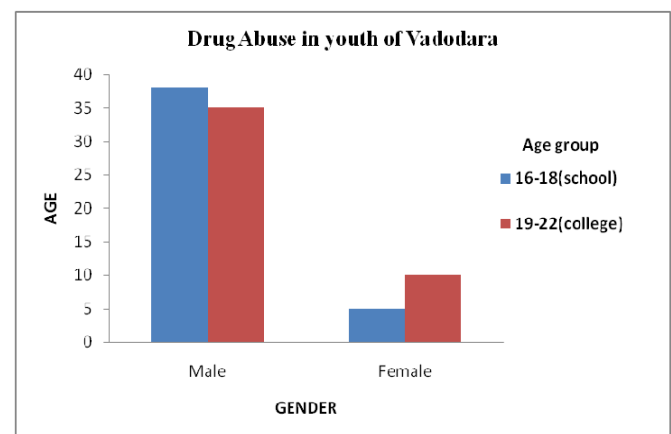


Figure 1: Graph showing drug abuse in youth of Vadodara

In this study major reason for substance of abuse in youth is peer pressure and pleasure feeling. In schools, it was found that (70%) peer pressure followed by pleasure feeling (16%), while in college (60%) feeling of pleasure next was (24%) stress and depression were predominantly reason for substance of abuse. Status in the society was also another indicator of drug abuse among the youths. (Figure 2)

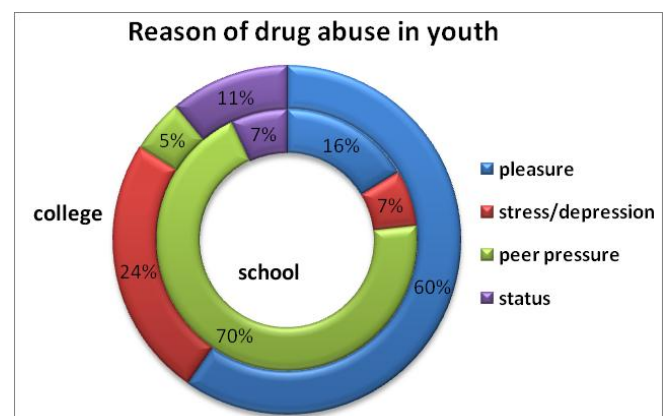


Figure 2: Reasons of drug abuse in percentage for youth of school and college

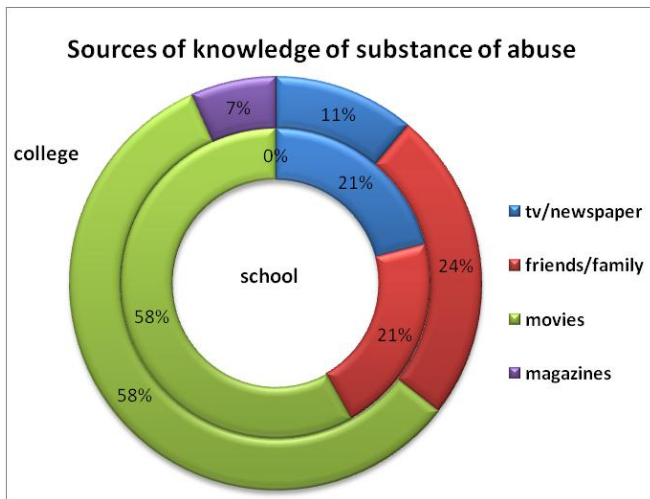


Figure 3: Source of knowledge of drug abuse in percentage for youth of school and college

It was found from the study that, the major source of knowledge of substance of abuse in youth found to be 58% from media like movies in both age groups (Figure 3). Television, newspapers friends and family etc. also play an important role.

DISCUSSION

Youth of India from the age of adolescence have been exposed to various stresses like shifting of roles in the family and community, newer responsibilities, competitions

in the fields of education and employment challenges. The encouraging messages adolescents heed to smoke, drink and abuse other drugs help to induce this problem and are cater, in large part, by adults. Cannabis products, often called charas, bhang, or ganja, are abused throughout the country because it has attained some amount of religious sanctity in India.^[1] Tobacco and alcohol advertisers and marketers pursue teens with their goods, marijuana is marketed as medicine. The entertainment industry portrays substance of use as thrill and without adverse consequences. And, many parents wave off teen substance to use, as a normal formal procedure to show that it takes tobacco, alcohol or another drug to calm down, relax or socialize.^[2]

In this study it was found, overall prevalence of drug abuse amongst school and college students i.e. age group 16-22 years is about 18% and it was observed that they were not the chronic regular user. When this result compared with others prevalence of abuse found to be less, the reason could be the easy accessibility to the substance of use in this part of the country (Table-1). Evidently drug prevalence is more in males than in females under youth population which is comparable to other studies indicate more prevalence in male gender. The reason could be, the fact that in males the level of exposure is more; friends/peer pressure is more whereas in females there is family and societal binding.^[7,8,9,11,13,14,15]

Table-1: Prevalence of substance of abuse in adolescence in different part of the India

Others study	Other parts of India	Prevalence
Dechenla Tsering et al ^[7]	West Bengal	12.5%
Syed Qadri et al. ^[8]	Ambala	60%
Juyal et al ^[9]	Dehradun	58.7%
Ningombam et al ^[10]	Manipur	54%
Sarangi et al ^[11]	Sambalpur	43.4%
Singh et al ^[12]	National Capital Territory	9.8%
Kapil et al ^[13]	Delhi	13.4%
Arora et al ^[15]	Meerut	20.4%

In this study major reason for substance of abuse in youth is peer pressure (70% in school) and pleasure feeling (60% in college). Many studies indicated peer pressure responsible for drug abuse by the individual as they feel to be accepted by the peer group or to get psychological support from their peer.^[1,7,14,16,17,18,19]

The knowledge of substance of abuse has been provided primarily through the media, principally in movie and television also drinking/smoking in close one, which was found in this study was 58% (school & college) and 24% (college), 21% (school) respectively among the youth survey are comparable with other study.^[2,7,15,16,17] These sources of information makes youth more curious for the substance of abuse.

Past decades many studies conducted on drug addiction and drug abuse, which provides detailed of demographic of drug abuse, in general, and common substance abuse among adolescents, in particular. In contrast with several anti-drug trials such as campaigns, education, outlawing of products and vending and prohibiting smoking at public places, there is not much significant decline observed in the use of drugs among the adolescence.

CONCLUSION

It is conclude from the survey that prevalence of drug abuse is found to be about (18%) among youth population. Adolescent phase is the phase when an individual is most curious to drugs which results into experimentation first then slowly developed into habitual practices and finally to

addiction. For the purpose of enjoyment and curiosity, stress and peer pressure was found to be very important factors to start smoking and alcohol among youth population. Effective health education program and counseling in middle and late adolescent age group can control the increasing behavior drug abuse.

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