



## Drug Addiction among Youth

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**Abstract :** *Of many social problems, drug addiction among youth is an increasing and growing problem in India. "Drug Addiction Among Youth" is experienced not only by a particular group, as only the rich or only the poor, but by all the groups. The youth are forced to select either their career or drugs. People face domestic violence, sexual abuse, unemployment. They even become criminals or are forced to sacrifice their lives.*

**Key words:** *Unemployment, Sexual Abuse, Criminal, Domestic Violence, Sacrificed Life, Family Destruction.*

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### Introduction:

Drug abuse is becoming an area of concern as this is increasing in developed, developing and underdeveloped countries especially in Asia, Africa, America and Europe. The youth are specially affected by it. Drug addiction is emerging despite traditional and religious importance in society.

Addiction is a chronic disease characterized by drug seeking and is compulsive or difficult to control, despite harmful consequences. The initial decision to take drugs is voluntary for most people, but repeated drug use can lead to brain changes that challenge an addicted person's self-control and interfere with this ability to resist the intense urge to take drugs. These brain changes can be persistent, which is why drug addiction is considered a relapsing disease. People in recovery from drug use disorder are at increased risk of returning to drug use even after years of not taking drugs.

It is common for a person to relapse, but relapse does not mean that treatment will not work. As with other chronic health conditions, treatment should be ongoing and should be adjusted, based on how the person responds. Long term use of drugs can also cause changes in other brain chemical systems as well, affecting functions that include learning judgment, decision making, stress, memory and behavioural change. Despite being aware of the harmful outcome, many people who use drugs continue to take them, which is the nature of addiction.

### The purpose of study:

The aim of this study is to examine the underlying causes of youth drug abusers and how they are related to his/her family and to identify problems and needs that young abusers are facing. The emphasis would be on understanding how to empower the family's role for prevention of drug abuse in the community. Specific and evidence-based policy recommendations are expected.

The main purpose of study are:-

- To collect adequate data of drug abuse of the people residing in Patna.
- To study the major problems faced by the people.
- To draw attention of the Government and Authority towards the drug addict.
- To study the awareness among the people regarding their health and environment.

### Hypothesis :

The present study deals with the barriers which Drug addicts face. The hypotheses related to the present study are:

- Drug addiction or drug abuse among youth affects the youth's health, growth and career.
- Drug addiction affects the whole family of the addict and spoils the whole environment of the family.
- With the family, drug addiction also affects the society.

### Methodology :

- **Area of study-** Patna City, Jamal Road & Danapur (Patna, Bihar)
- **Age-**12-40 years
- **Sample Size-**100
- **Sampling Method-**Random sampling method, Purposive sampling method.
- **Tools and Technique-**Bar graph, Line graph, Tabular representation; Interview, Questionnaire, Observation.
- **Sources of Data-**Primary data and Secondary data.

**Sample** – As sample, 50 young girls and 50 boys from different areas and rehabilitation centres of Patna like Patna City, Jamal Road & Danapur.

### Techniques used in the Study are :

- Interview: Meeting of people face to face, especially for consultation.
- Observation: It is the main means of data collection. It implies the use of eyes rather than of ears and voice.
- Questionnaire- A set of printed or written questions with a choice of answers, devised for the purposes of survey or statistical study.

### Results and Discussion :

The figure 1 shows that drugs are highly used and it can be seen that a career is spoiled due to excessive drug addiction, but, due to laws strictly followed, the percentage gradually decreases. Therefore, this data proves the 1<sup>st</sup> hypothesis, that is, the career of the youth is spoiled due to intake of drugs.

The figure 2 shows that the drug addiction not only affects the individual but the family also. Therefore, this figure proves the 2<sup>nd</sup> hypothesis, that is, drug addiction affects the whole family of the addict and spoils the whole environment of the family.

According to the above figure no. 3, the rate of crime increases due to drug addicts and affects the society. Therefore, the 3<sup>rd</sup> hypothesis is proved, that is that family drug addiction also affects the society.

### Solution :

Rehabilitation of young drug addicts is a social problem.

1. The need of raising the level of consciousness of self through proper education has been suggested as a proper step.
2. Those who are able to overcome their addiction can become the tutor for other young addicts.
3. The trading of harmful drugs, such as, cocoa, opium etc. should be properly controlled'

International projects should be taken to prohibition regarding manufacturing of such harmful drugs.

**Limitations :**

Identifying and reducing the risk factors relating to youth substance use;

- Enhancing protective factors and strengthening the family functioning and attached bonding, maintaining effective communications and harmonized relationships with adults through family-based intervention like parental or family training, provision of nation-wide meaningful youth engagement;
- Addressing the needs of, not only the adolescents themselves, but also the young adults, their families & the broader community;
- Acknowledging the importance of supporting parents and the families to build healthy families at an early stage, so that children and youth can benefit from growing up in a positive environment, thereby naturally building resistance against delinquent behaviour.

Mobilizing different sectors of the community to address the drug issue.

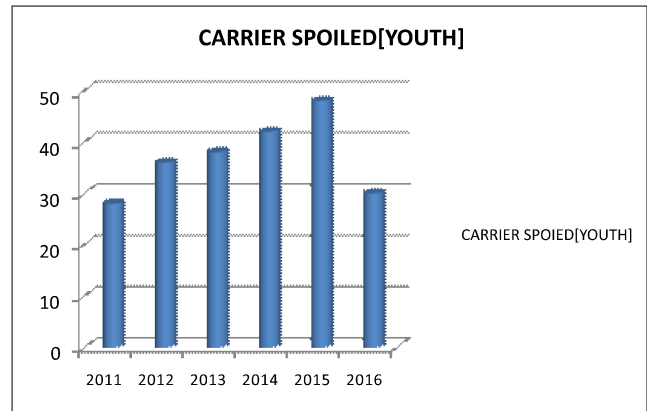
**Conclusion :**

In conclusion, if it can be, share the belief that children and young people are a precious asset for the human population and future human capital, need to invest our intellect, social resources and a range of resources in nurturing them and protecting them against this deadly social condition of the 21st century, which is drugs. This will be in the interest of long-term benefits for the socio-economic agenda globally. There are no easy solutions to the challenges posed by drug abuse, particularly amongst children and young people as the most vulnerable groups of the population. The complexity of these two issues requires careful and non-emotive planning and intervention. They may change the face and character of the human services, educational and social institutions. The main view is that the interventions, processes and strategies are not necessarily the absolute responsibility of the government.

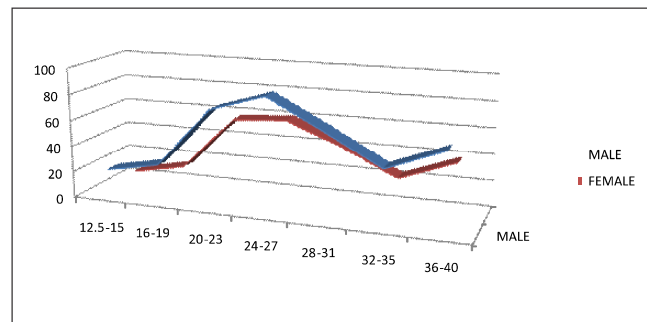
However, the governments in the name of social development, should continue to take the lead in

creating policy environments that facilitate appropriate intervention, provide resources and national infrastructures, and research funding and accountability systems. Civil society structures face the challenges of creating and sustaining effective delivery mechanisms that are collaborative, multi-faceted, preventive and remedial in character. The family in particular should seriously re-examine its role and responsibility as a socializing and nurturing agent. The family as an institution is breaking down; on the other hand, it is continually cited as one of the powerful agents of social change and the social support system in most clinical interventions. All the strategies and policies cited in this paper have merit. The challenge is what kind of mechanisms and processes can societies generate to combat and respond to the challenges of drug abuse, borrowing from these strategies and policies. Young people have powerful organization, which should play a very visible and important role in addressing and responding to the needs of young people.

**LIST OF FIGURES**



**Fig. 1**



**Fig. 2. Affecting Family – Negative Effect**

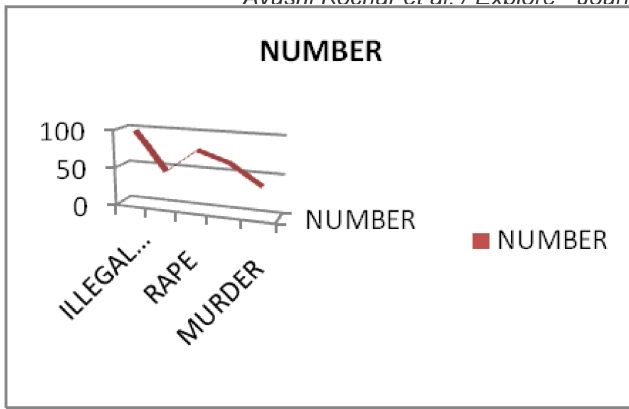


Fig. 3. Negative affects on Society

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