

# Causes and Consequences of Drug/Alcohol Addiction among Youth

Rachna Rani\*

Research Scholar, Guru Jambheshwar University of Science and Technology Hisar, Haryana

## Abstract –

**Background – An immense scope of treatment choices going from psychological to social and furthermore motivator based projects has regularly treated substance misuse cases. Aims: To assess the factors influencing alcohol addiction and their impact on personal, family, and social life among patients attending Mental illness alcohol and drug addiction psychiatric nursing home and rehabilitation centre in India. Research Methodology-The selection of the most appropriate research design method depends on the objectives of the study. Data analysis -In this Paper, the quantitative and qualitative data obtained from the selected respondents has been analyzed. Conclusion-The objectives are to assess the various factors leading to alcohol addiction, to assess the influence of addiction on personal, family, and social life, and also to create awareness among the community with regard to the causes, impact, and ill-effects of alcohol addiction.**

**Keywords: Substance Abuse, Drugs, Alcohol, Behavior, Adolescents**

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## INTRODUCTION

People progressing of reliance don't have control in isolation for example the thing they are doing, taking, talking, using. Their reliance inclination may reach to frightful condition. Addictions are not simply the things which are eaten up, for instance, medications, alcohol, etc anyway may similarly consolidate anything like wagering, card playing, etc. Close by drug misuse there are various kinds of abuse which are recorded under.

- Economic Abuse
- Sexual Abuse.
- Physical Abuse.
- Verbal Abuse.
- Emotional Abuse.
- Academic Abuse.
- Psychological Abuse.
- Use of Technology

Numerous people don't fathom that why and how others will be unmistakably subject to prescriptions. They envision that the people who use meds should be need moral guidelines or restraint and they could

stop their inclination. Truly, sedate propensity is an amazing ailment and halting as a general rule occurs with extraordinary points or a strong will. The cerebrum gets change in a way that it makes halting hard, despite for the people who need to or genuinely prepared to. Fortunately, researchers have found out about how medications impact the psyche and the meds which can assist people with recovering from drug obsession for outstanding a sound life.

## Causes of Alcoholism

Alcohol use disorder (AUD) can stem from different factors. After a long period of drinking, your brain begins to rely on alcohol to produce certain chemicals.

This is what makes it difficult for heavy drinkers to quit and can cause uncomfortable withdrawal symptoms. Several of the most common causes of alcoholism are: biological factors, environmental factors, social factors and psychological factors. Here's a breakdown of how each one plays a role in the development of alcohol abuse.

## Biological Factors

Research has shown a close link between alcoholism and biological factors, particularly genetics and physiology. While some individuals can limit the amount of alcohol they consume,

others feel a strong impulse to keep going. For some, alcohol gives off feelings of pleasure, encouraging the brain to repeat the behavior. Repetitive behavior like this can make you more vulnerable to developing alcoholism.

There are also certain chemicals in the brain that can make you more susceptible to alcohol abuse. For instance, scientists have indicated that alcohol dependence may be associated with up to 51 genes in various chromosome regions. If these genes are passed down through generations, family members are much more prone to developing drinking problems.

### Environmental Factors

In recent years, studies have explored a possible connection between your environment and risk of AUD. For example, many researchers have examined whether or not a person's proximity to alcohol retail stores or bars affect their chances of alcoholism. People who live closer to alcohol establishments are said to have a more positive outlook on drinking and are more likely to participate in the activity.

Additionally, alcohol manufacturers are bombarding the general public with advertisements. Many of these ads show drinking as an acceptable, fun and relaxing pastime. In just four decades – between 1971 and 2011 alcohol advertising in the India increased by more than 400 percent.

Another environmental factor, income, can also play a role in the amount of alcohol a person consumes. Contrary to popular belief, individuals who come from affluent neighborhoods are more likely to drink than those living below poverty. Gallup's recent annual consumption habits poll showed that roughly 78 percent of people with an annual household income Rs75, 000 or more consume alcohol. This is significantly higher than the 45 percent of people who drink alcohol and have an annual household income of less than Rs 30,000.

### Medical criteria for addiction:

The general population who are battling for medication dependence there can be a feeling of blameworthy or disgrace feeling. Such sort of shame can be hazardous amid the recuperation. Like whatever other ailment, enslavement ought to be dealt with as something that is out of hand power. The DSM-IV, the demonstrative and measurable manual of mental issue, is a standard convention which ought to be utilized by Doctors and Health mind experts to analyze and treatment.

### Understanding Drug Abuse and Addiction

Lion's offer people don't fathom why or how people will be unmistakably subject to drugs. It is only acknowledged that prescription victimizers need moral principles or discretion and that they could stop using drugs essentially by changing their lead. Calm propensity is an awesome infirmity. In all honesty, considering the way that drugs change the brain in manners that empower eager prescription maul, halting is amazingly problematic, despite for the people who are set up to do accordingly. Sedate misuse and subjugation have adverse results for individuals and for the overall population. Examinations of the total general costs of substance maul in the India , including productivity and prosperity and bad behavior related costs, outperform Rs 600 billion yearly. This fuses around Rs 193 billion for unlawful drugs Rs 193 billion for tobacco, Rs 235 billion for alcohol. As staggering as these numbers might be, they don't totally depict the breadth of harming general prosperity and security implications of prescription mistreat and propensity, for instance, family separating, loss of work, disillusionment in school, forceful conduct at home, and kid misuse.

### Causes and consequences of Drug/alcohol addiction among youth

It has been discovered that people at early age are slanted to confirmation of drugs. In any case, the report by European Monitoring Center for Drugs and Drug Addiction (2007) communicated that the data of everyone encountering drug treatment exhibits that in European countries; typical use of prescriptions among the youthful is seen to be exceptional. Addition peril of making drug issues is essentially found in those people who start affirmation of tobacco and alcohol in their underlying age. It has been discovered that child sedate customers again and again begin from hazardous families and publically barred bundles; an unfortunate relationship with school similarly has all the reserves of being associated with a high risk of medicine affirmation among young people.

Brownsberger and Heymann (2009) attested that more settled adults are less subject to prescriptions than young adults and youngsters. NIDA (2010) described reliance as, "Propensity is a ceaseless; losing the faith cerebrum disorder that is depicted by dire prescription pursuing and use, paying little heed to damaging results." When a man eats up sedate, it changes his/her mind and thusly impulse is a sort of brain contamination. The working and structure of the cerebrum changes in the individual reliant on meds. People who are reliant on prescriptions continue abnormally and there is suffering impact on their cerebrum in light of confirmation of meds. Regularly people consume medications for getting happiness and feeling extraordinary in the wake of eating up it. By getting

subject to drugs, subordinate individual imagine that its easy to manage troublesome conditions, distinctive disturbance and stress.

Square (2012) communicated that the subjugation of meds among the young adult was relied upon to either the proximity of some somebody who is dependent in the family or on account of negative effect of the media. IDA (2010) portrayed dependence as, "Inclination is a ceaseless, dropping into transgression cerebrum sickness that is portrayed by critical arrangement seeking after and use, offering little appreciation to hazardous outcomes." When a man eats up steady, it changes his/her brain and in this way motivation is such psyche pollution.

The working and structure of the cerebrum changes in the individual dependent on meds. Individuals who are dependent on drugs bear on particularly and there is enduring effect on their cerebrum considering affirmation of arrangements. Ordinarily individuals ingest medications for getting ecstasy and feeling amazing in the wake of gobbling up it. By getting dependent on drugs, subordinate individual envision that its simple to oversee shocking conditions, particular disturbance and stress.

Piece (2012) conveyed that the oppression of solutions among the adolescent was needed to either the vicinity of some someone who is reliant in the family or because of antagonistic impact of the media.

Chesang (2013) gave Kenyan perspective about subjugation of meds and alcohol among the youngsters. He was of the view that effect of partner prompts to oppression of meds among the Kenyan youth. Adolescents are moved into this training as a result of relationship with everybody who is reliance on prescriptions. It was discovered that the criminals customarily swallow alcohol or liquor to abuse their aversion and enthusiastic burdens.

**RESEARCH METHODOLOGY**

The selection of the most appropriate research design method depends on the objectives of the study. The traditional research designs are the exploratory, descriptive and casual or explanatory. Exploratory research is adapted when we know some or less information about the problem and the objective, whereas descriptive method is adapted when we wanted to do in-depth analysis of particular happenings. Casual research or explanatory method is used when we know a reasonable level of information about the problem and relationship among the variables has to be established (Beri 2007).

The research for this particular study has decided to follow explorative sequential research design. This is because, the nature of the study and the objectives

related to behavior modification protocol and its implications on specific behavioral problems due to specific drug addiction can be met by following this form of research design. It is also sequential because the quantitative research is done followed by the qualitative research to substantiate the data obtained from the former one.

**DATA ANALYSIS**

In this Paper, the quantitative and qualitative data obtained from the selected respondents has been analyzed. The analysis of quantitative data has been done using statistical techniques using SPSS 19.0 software and results have been presented graphically or in tabular form. The quantitative analysis also includes testing of various hypotheses postulated for the study. Thereafter, content analysis for qualitative data has been conducted wherein responses of 5 doctors have been inferred.

**Testing hypothesis 1** -To test this theory, cross tabulation investigation has been directed among segment factors (gender and educational qualification) and explicit behavioural issues. The table beneath shows the cross tabulation results for gender and behavioural issues saw during pre-test and post-test

	Pre-test		Post-test	
	Male	Female	Male	Female
The ability to "hold liquor" more than others	88.4%	27.9%	2.6%	1.5%
Missing work or skipping child care responsibilities because of drinking	90.9%	75.0%	3.0%	0.0%
Drinking in situations that are dangerous	59.9%	39.7%	2.2%	2.9%
Continuing to drink even though there are ongoing alcohol-related tensions with friends and family	54.3%	32.4%	1.3%	5.9%
Dropped out of college due to addiction	81.9%	82.4%	41.8%	44.1%
Frequently argumentative	53.4%	58.8%	35.3%	14.7%
Refusal to comply with rules and regulations on a	59.1%	33.8%	38.8%	10.3%

persistent basis				
Unable to maintain friendships for long periods	37.9%	32.4%	14.7%	11.8%
Temper tantrums	53.4%	25.0%	33.2%	7.4%

Table 1: Gender versus Behavioural issues: Cross tabulation results. The table above shows that there are sure behavioural issues which were gender explicit in the event of pre-test while gender issues vanished after the treatment was attempted. These incorporated the capacity to hold alcohol (88.4% males and 27.9% females in pre-test; 2.6% males and 1.5% females in post-test). It very well may be seen that males were around multiple times that of females when it came to dealing with drinks before the treatment while in the event of post-test, there is not really any contrast among males and females). A report by (drink aware. co.uk 2013) expressed that organically and deductively, men are more equipped for taking care of and handling alcohol than ladies. Comparable observations were put forth in defence of missing work or skipping youngster care duties due to drinking, drinking in risky circumstances and proceeding to drink disregarding continuous alcohol related strains with loved ones. This shows that males get more affected than females in the event of these issues. Further, there are sure issues where females have demonstrated more improvement than males. If there should arise an occurrence of regularly factious conduct, it tends to be seen that while the quantity of females tumbled from 59% to 15%; the quantity of males tumbled from 53% to 35%, which is a lot lesser than females. Comparative observations have been made for issues like refusal to follow rules and regulations consistently and fits. This might be a direct result of the way that such anticipated conduct, as displayed, is profoundly implanted in the minds of both the genders, making them act up even with no substance misuse. Different investigations have noticed that male conduct is normally more forceful with more hissy fits and pugnacious conduct (Grotperter and Crick 1996; Richardson et al. 1986). The table underneath shows the cross tabulation results for educational qualification and behavioural issues saw during pre-test and post-test.

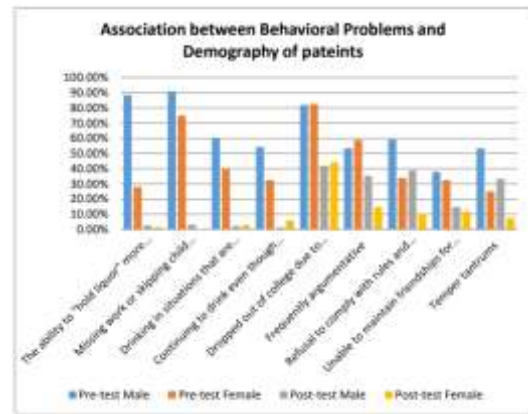


Figure 1: Cross-Tabulation results for Association between Behavioural Problems and Demographic Profile of patients

**RESULT**

A report by (drink aware. co.uk 2013) expressed that organically and deductively, men are more equipped for taking care of and handling alcohol than ladies. Comparable observations were put forth in defense of missing work or skipping youngster care duties due to drinking, drinking in risky circumstances and proceeding to drink disregarding continuous alcohol related strains with loved ones. This shows that males get more affected than females in the event of these issues. Further, there are sure issues where females have demonstrated more improvement than males. As far as their connection with the victims, it was discovered that the respondents fluctuated from guardians to life partner, kids to kin and more distant family individuals also.

**CONCLUSION**

To survey explicit social issues according to liquor and chronic drug use before organization of Behavioral Modification Protocol Referring to the essential information investigation, preceding organization of the Behavioral Modification Protocol, the patients displayed average standards of conduct like being restless, imprudent, hostile relationship with their folks and kin, while indicating huge outcome as for studies and wellbeing other than reflecting solid eagerness to have a typical existence. As far as social insights by others, most patients felt that they were slighted and stayed away from by the overall population, found to show wide variances in mind-set and bizarre conduct post utilization and were discovered to be upheld by their relatives for joining the de-dependence program. Thinking about the subjective investigation, as indicated by the specialists, most respondents joining the de-enslavement focuses demonstrated ordinary standard of conduct at the commencement of the program, similar to the liquor addicts gave indications of emotional episodes, aggravation and nervousness while the

medication addicts gave indications of animosity and fretfulness. Likewise, the underlying period of the treatment demonstrated nervousness, vulnerability, fretfulness, savage and forceful inclinations in patients, generally focused towards the absence of medications later on and the ensuing withdrawal side effects. Consequently there is a general negative conduct that both liquor and medication fanatic patients show before treatment, which can be assessed over the span of the treatment as assessment boundaries in the social appraisals.

In the current investigation, top to bottom examination was performed tending to the standards of conduct of substance misuse addicts (liquor and drugs) and a resulting convention for conduct based treatment was created to help in the de-compulsion treatment projects of India. As the examination investigation and determination uncovered, there was a critical relationship between the standards of conduct of the junkie patients and their substance of decision, segment profile, season of treatment program, social and family uphold lastly the recurrence of misuse. In view of these perceptions, it is clear that these variables should be focused for additional treatment plans and preventive measures in future. Likewise, the discoveries of this examination should be adjusted by specialists and general wellbeing authorities while moving toward the junkie patients for treatment. Above all else, the overall foundation and segment profile of the patients conceded in the treatment places uncovered an example of which the presentation of medications during the youth eliminate stood obviously. Young people are frequently at a high danger from such prospects, attributable to their hormonal changes, high pressure and as yet creating passionate and intellectual ability, yet additionally in light of the substantial impact of parental consideration and elements just as friend pressure.

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## Corresponding Author

**Rachna Rani\***

Research Scholar, Guru Jambheshwar University of Science and Technology Hisar, Haryana