

Drug Addiction and its Impact on Youth

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Abstract – Drug addiction is one of the major problems of India which affects thousands of people each year. Drug addiction is the existence of both physical dependence and psychological dependence on at least one illicit substance. It is a chronic disease of brain that compels the brain into a thought that drugs are essential regardless of its adverse results. People often use drugs as an outlet for their problems although drug use creates its own problems over time. Drugs are not only influence a person's health and relationships, but also crash society and surroundings. It can be sought out by understanding its causes and consequences with a great passion. A treatment procedure must be followed in some critical conditions. There are a lot of treatment alternative to guide people towards healthy and stress free life.

Keywords: Youth, Addiction, Intolerance, Delinquent¹, Intoxication, Peer Pressure and Notorious.

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INTRODUCTION

Youth are basically the central key of development of any country. But today drug intoxication becomes a big concern of our society. In the age of playing, the children and youth of the school and college are clinging to the heart of drugs. The responsibility of this evil is understood to some extent that changing social beliefs, desire to do something new, stressful routine, impact of western culture etc. leads to the trend of addiction in the society. The most worrisome thing is that the percentage of youth has increased day by day. In the youth, the introduction of intoxication is usually started at the school as Mithi Supari and Pan Masala, which gradually reaches to the drugs containing Tobacco, Supari and Cigarette. When the pressure of the peers, socialization or some other reasons, once they caught by drugs, it becomes very difficult to remove them from this swamp. But if the parents keep an eye on the children and monitor their activities and behavior can be prevented at initial stage by controlling them.

The behavior of drug addicted people is unpredictable, impulsive and secretive, and as their addiction increases their health and physical appearance will become noticeably worse. They lose their power of thinking and become intolerable, hence they lose their jobs, drop out of school, lose long-term relationships, experience financial difficulties or be arrested for crimes related to substance abuse and other delinquent behaviour. In modern society, many types of drugs have emerged,

which is very harmful and leave a bad effect on our body.

TYPES OF DRUGS:

There are 3 types of drugs to be used for intoxication. The first is called uppers. These medicines make the addicts feel more energy and confidence. There are some general uppers i.e. Cocaine, Ecstasy and Crack cocaine.

The second type of drug is called downers. The person taking these people feels calm and tension free and the addict gets a lot of sleeping. The names of some of the famous downers are Alcohol, Hashish, Heroin.

The third type of drug is hallucinogens. Those who consume them have a feeling of hallucinations or they go in a state of sleep. Hallucinogens are also pleasant and painful, but it is not possible to know this thing from beforehand. There are some famous hallucinogens i.e. LSD, and Mescaline.

Some prevalent drugs are as follows:

Brown Sugar: Brown Sugar is in the form of powder. In fact, this is a type of mixed medicine, in which a mixture of many chemicals including cocaine and heroin waste. Those addicted to brown sugar burn the file on the paper and take the smoke into body through pipe. This addiction shows an immediate effect, and the patient immediately falls asleep. Brown sugar is not too

expensive, but because of its effect it makes the patient addict. It is very difficult to get rid of it. At the same time, the most harmful effect of this is that patients cannot protect themselves from the threat of intoxication.

Rock cocaine: Rock cocaine is commonly known as a crack and is found in crystal form. This is cheaper than pure cocaine. Its patient smokes it by burning it. Its addiction gets faster and its patients put their house on the debt to fulfill their addiction. Crack effect is usually the same as cocaine. The person who consumes this feels himself very fervent and enthusiastic. This is the reason why this addiction in the youth is spreading rapidly. Crack cocaine patients also do antisocial work after intake. Symptoms of discharge of water from nasal, mental paranoia, dementia, nervousness, weight lose, and nasal bleeding is found in patients, so that they can be easily identified.

Rohypnol: Rohypnol is notoriously known in the world as 'date rape drug'. Rohypnol used to commit sexual assaults because it renders the victim incapable of resisting. This is the reason that after drinking it, the girl / woman knows that she is being sexually exploited. Another result of this is that when the drug given to the woman / girl, she does not even remember the point of sexual harassment next day. Rohypnol drug intensifies the effect of alcohol. The person who uses it feels himself very light. Men often make pressure on girl/women to take Rohypnol and then make physical contact with them. The most misuse of this drug is found in the clubs.

Hashish: Hashish is actually a dry leaves of a plant named cannabis, it is drunk by filling in the cigarette. It is also added in the food or in the grains. The hashish made from resin is known by many names, including bhang and ganja, and is far more potent than marijuana. It may be either smoked or eaten for its intoxicating effects. In many people, the effect of hashish is very strong. It is therefore said that its effect is different on every person. With the consumption of hashish, patient faces problem like loss of memory for a sometime, difficulty in thinking, sleepiness and lack of confinement. It eliminates resistant power of the patient and also causing multiple diseases. The patient does not recover quickly. They speak slower, eyes turned red and the pupil spreads. Its patients do not do any work properly because of very low capacity of doing work.

Heroin: Heroin is made from opium. It is a form of morphine, which is found in white or brown powder. Generally, it is taken through injection, which makes this quick effect. It provides relief from pain to the addict and feels pleasure, but the person who makes the drug addicts also has a nausea experience. The addiction is tremendous, so that the patient feels the need for more heroin to maintain the effect of intoxication, which leads to heart disease.

Corax: Corax is the type of medicine that is used to cure cough in small quantities. Drug is mixed in some quantities, so that the child gets into sleep and cured quickly. But today, youth used it for addiction purpose. The bottle gets drunk in such a way that drug available in it do process of intoxication. Because of this being a medicine, the members of family do not even suspect and the kids become addict to it. Keeping in view of its increasing side effects, the ban was imposed by the government despite of it even today its black marketing is growing to promote addiction.

SYMPTOMS OF NARCOTICS:

1. The identification of drug victims is that their normal routine is completely demolished. All their actions become radical, they stay away from family members, stay introvert, stay absent from school or college, stay in solitary place for long periods.
2. Their tendency to getting angry on all matters increasing surprisingly.
3. They become extremely careless towards cleanliness.
4. It is common for people to have a flurry in the trickle, and fluttering in speaking, irregularities in their sleep, the loss of appetite, the eyes become red, swelling under the eyes, and shrinkage in eye pupil are the symptoms that usually seen.
5. There is a sudden change in the nature of the people coming in the form of drug addiction. Lying, looting, borrowing, engaging in anti-social activities, frequent accidents while driving, no time to spend time with old friends, new ones to come home at the appointed time.
6. Excessive spending, being demanding and aggressive while not getting money
7. Empty syringe of the injection in the bathroom and bedroom, thin paper spread over the cigarette, the presence of coins with black marks on the thin plastic pipes, and missing of precious stuff from the house are some commonly seen symptoms with addictive people.

HARMFUL EFFECTS OF DRUG ADDICTION-

Health Problems: The percentage is quite high who take drugs to get rid of mental stress. Its ingestion seems to be relieving in the beginning, but the end is extremely dreadful and such people become victims of many physical ailments. The

body gets destroyed by the constant dependence of intoxication, tobacco, alcohol, cigarettes. The excessive consumption may cause lungs, kidney, and heart related diseases. Smoking is also harmful for the person in front of the person practicing smoking by attainment in the body. Similarly, there is also written on a gutka package that eating of it causes health problem, people still enjoy it. Many have been proved by the researches that intoxicants decrease age of a person, mouth cancer, and throat cancer also damage the body. Different addictions give different disadvantages i.e. drinking alcohol is harmful for liver, stomach may damage, eating gutka causes liver cancer, mouth cancer and ulcer problems, cannabis damage to the brain that cause dementia, insanity, memory loss and feeble mindedness. There would be a high possibility to have a heart attack if someone takes more than required dosage. The smoke produced from Hashish contain excessive amount of carbon monoxide which is a color and odorless gas that may take life of patient too. Its only one time intake is enough to put cocaine in habit. Thereby, the person may die. Consumption of intoxicated medicines may cause severe dehydration, kidney disease and depression that badly affect the patient's decision making abilities.

Poverty increases: There are many such families in the country who sleep without having food. Addicted people may not eat even food but intoxication is very essential for them. They ruin their hard earned money in drug addiction. They do not think that their children are hungry. The person, who does not earn money, puts the house on debt, causing problems for other people in the family resulting poverty.

Leads to social problems: Intoxication is a problem that invites the other problem like gambling, unemployment, begging, black marketing, corruption, suicides and terrorism etc. which is spreading day by day. Main reason of such social problems is drug addiction at some extents. Such people usually indulge in various offences so that they destroy themselves and their family.

Domestic violence: Drug addicts lose their temper, they do not remember where they are, what they doing, and the person with intoxicants leads to delinquent behaviour such as domestic violence therefore starts to beat or threat the wife and children.

Criminal tendency: Drug intoxication is not less than a crime. A drug addict starts stealing and robbing for fulfilling their drug desires. Their small crimes are transformed into big crimes. They commit crimes without their concern after taking intoxication like opium, charas and coca. As soon as he does not remain in control, the person takes action like theft, violence, rape, which makes him a big criminal and their future is destroyed.

Family breaks down: Drug abuse is the biggest reason for the breakup of families in today's time. There is a conflict between husband wife, which also affects children, many times when these children grow up they behave like their parents and adopt intoxication. Such children's brain cannot develop properly that directly spoil their studies and relationships. They most likely cut off from the society. Hence, the feeling of inferiority and alienation intensified in their inner being. Their temperament becomes violent and aggressive. Ultimately, they bound to become a criminal.

SUGGESTIONS FOR DRUG ADDICTION:

1. The major reason teens start using drugs is because their friends utilize peer pressure. No one likes to be left out, and teens find themselves doing things they normally wouldn't do, just to fit in. Teens should deal effectively with peer pressure and should try to find a better group of friends.
2. People today are stressed due to overwork and family responsibilities. People should find other ways to handle stress not assume drugs as compensation. One should deal with life pressure with help of meditation, yoga, exercise, reading good literature, do creativity in your hobbies or anything that fill positive energy in yourself. Such relaxing and revitaling methods could be helpful in relieving stress and take off drugs.
3. People suffering from mental sickness may turn to drug addiction. Those suffering from mental illness such as anxiety, depression or post-traumatic stress disorder should seek the help of a trained professional for treatment before it leads to drug abuse.
4. One must be aware of the biological, environmental and physical risk factors of drug abuse in order to have a stress free life.
5. When people feel unhappy about their lives, they start to have drugs. We must set our priorities, viewing life in a larger perspective and live it with a positive attitude.
6. The government of our country has been able to see this big problem the government should take decisive action and strong measures. The government should completely ban cinematic view of drugs openly. Campaign should be

arranged for the people to tell about the problem of drug addicts.

7. Drug addiction is not only the problem of India but also the problem of the whole world. To deal with this, all the countries should work together. The center of drug rehabilitation and drug control offices should open up.

CONCLUSION:

The drug addiction has resulted in severe problem among youth worldwide which is constantly demolish a person's social, physical and mental and overall well-being. Recovery from drug addiction is a complex and long term process, and those who try to victory over their drug habits must be prepared for a challenging struggle and a proper medical treatment is required in critical situations. In the end, determination and perseverance will make you strong enough to grab a happy, healthy, drug-free future.

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