

Drug Abuse and Management

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Background

The first International Day against Drug Abuse and Illicit Trafficking was observed by the UN General Assembly on June 26, 1987.

On 29th June 1987, the United Nations General Assembly observed the first International Day against Drug Abuse and Illicit Trafficking. It symbolizes the huge global cooperation to eradicate Drug Abuse from the society. Many conventions have been conducted by the UN to expand the scope of this worldwide movement.

In order to develop measures preventing drug abuse, a three-way strategy was adopted by India; demand, supply and harm reduction. An Expert Committee was also established by the Ministry of Health and Family Welfare, GOI, in 1971 to look at drug and alcohol abuse in India.

Considering the trend of drug abuse, it is necessary to have local information to properly manage this problem and take wise decisions. Thus, a questionnaire/survey was conducted in order to analyze of drug abuse in the society. Students from Universities were also engaged in sessions to discuss the problems and solutions of drug abuse in regular life.

Discussion

Around 15 students from a university were involved in a group discussion aimed at the issue of drug abuse in our everyday lives. Various factors were discussed that lead to unhealthy drug practices. These were:

- History of abuse among family/relatives
- Influence through social media platforms
- Stress related to family and jobs
- Peer pressure and the urge of “fitting into the society”
- Depression
- Fear of insecurity among the social circle
- Statement of modernization

Various activities and methods were formulated to help people who fall prey to these problems and help nurture the society.

A survey was also conducted among various people in the society, including medical students, teachers and people working in the private sector. The people mostly belonged to the age group of 20 to 50 years

of age. The survey was conducted with the aim of getting to know the ground reality from the people themselves, living in different areas and professions.

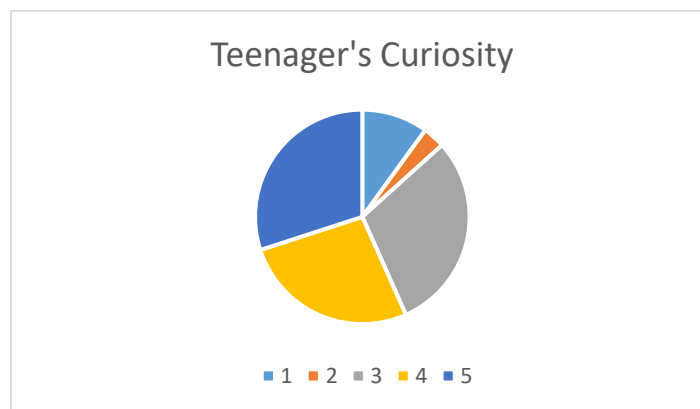
The survey drew out the following results:

- 96.7% people said that morphine was the most popular drug causing addiction in the society. Heroin (93.3%), Cocaine (93.3%) and Opium (90%) are the other most popular addicting drugs. Even sleeping pills (80%) and LSD (70%) can cause addiction.
- Addictive drugs can cause a large variety of health complications. These can show symptoms like Hallucinations, Dry mouth, Renal and Brain Damage and Mydriasis. Many of these complications can be life threatening over long periods of time.
- The various short term complications of drug abuse are Euphoria/Happiness, aggressiveness, sleep disorders, change in appetite, psychosis etc.
- The various long term complications include anxiety/depression, personality disorders, dependence of drugs, bad decision-making, etc
- Injections (96.7%) and Powders (93.3%) are the most popular forms of drugs available. Other forms include Tablets (80%), Cigarettes (73.3%), Vapor (70%), Patch (50%) and Crystals (40%).

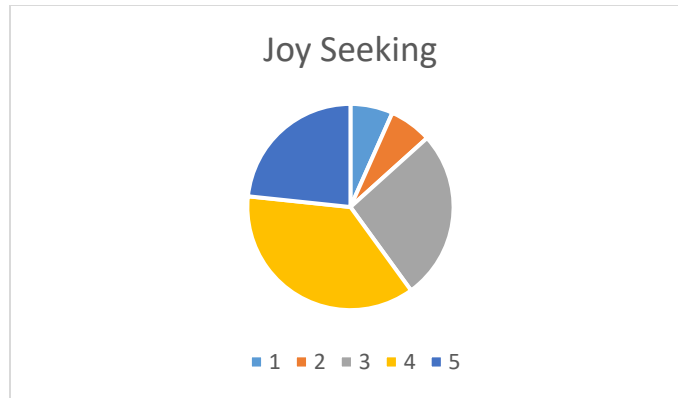
People were also asked about the various factors and tendencies towards illegal drug abuse. Some of these were teenagers curiosity, psychiatric disorders, lack of knowledge, family problems, etc.

(5- most important, 3- moderate, 1- least important)

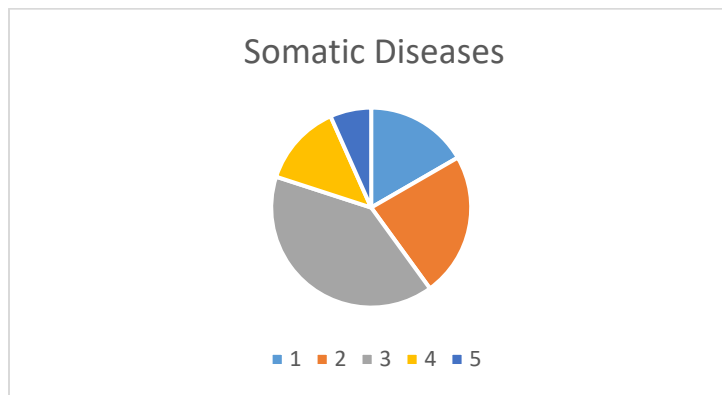
1. Teenager's Curiosity: 30% people said that teenager's curiosity was a very important factor that led to drug abuse. 26.7 % people said that it was an important factor whereas 30% people said that it was a moderate factor. 3.3% and 10% people said that teenager's curiosity was a less important and least important factor respectively.



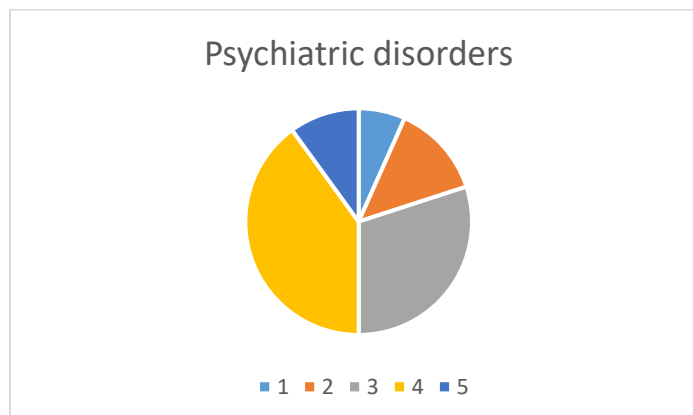
2. Joy Seeking: 23.3% people said that "Joy Seeking" was a very important factor that led to drug abuse. 36.7 % people said that it was an important factor whereas 26.7% people said that it was a moderate factor. 6.7% and 6.7% people said that Joy seeking was a less important and least important factor respectively.



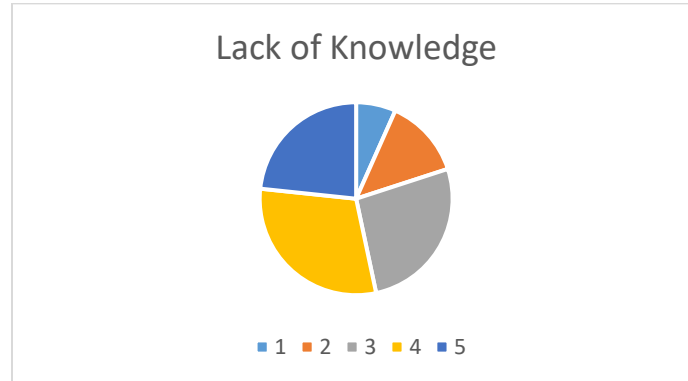
3. Somatic diseases: 6.7% people said that “Somatic diseases” was a very important factor that led to drug abuse. 13.3% people said that it was an important factor whereas 40% people said that it was a moderate factor. 23.3% and 16.7% people said that Somatic diseases was a less important and least important factor respectively.



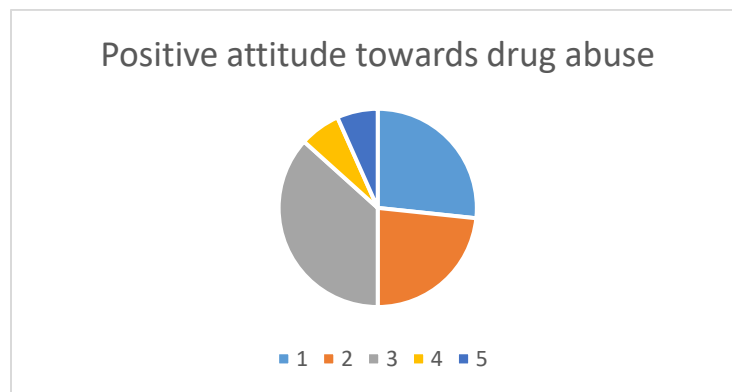
4. Psychiatric disorders: 10% people said that “Psychiatric disorders” was a very important factor that led to drug abuse. 40% people said that it was an important factor whereas 30% people said that it was a moderate factor. 13.3% and 6.7% people said that it was a less important and least important factor respectively.



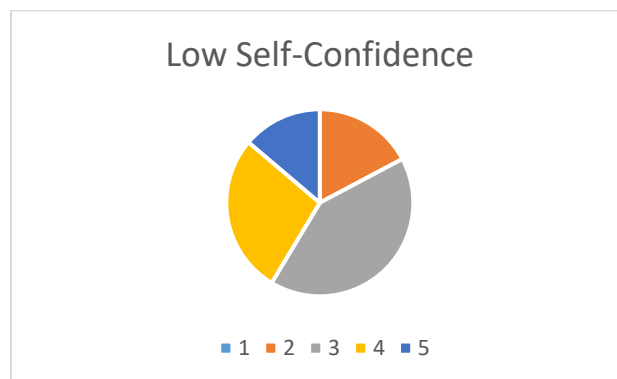
5. Lack of Knowledge: 23.3% people said that “Lack of Knowledge” was a very important factor that led to drug abuse. 30% people said that it was an important factor whereas 26.7% people said that it was a moderate factor. 13.3% and 6.7% people said that it was a less important and least important factor respectively.



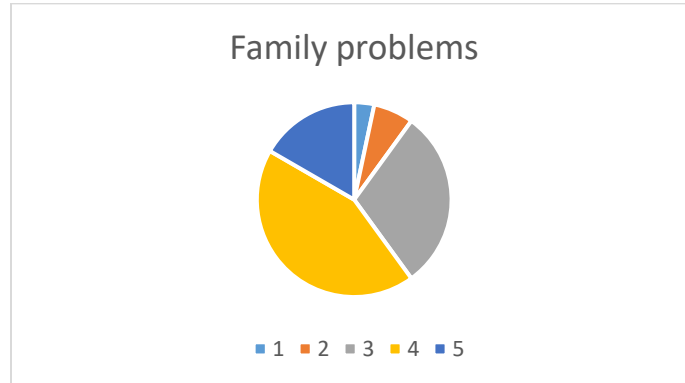
6. Positive attitude towards drug abuse: 6.7% people said that “Positive attitude towards drug abuse” was a very important factor that led to drug abuse. 6.7% people said that it was an important factor whereas 36.7% people said that it was a moderate factor. 23.3% and 26.7% people said that it was a less important and least important factor respectively.



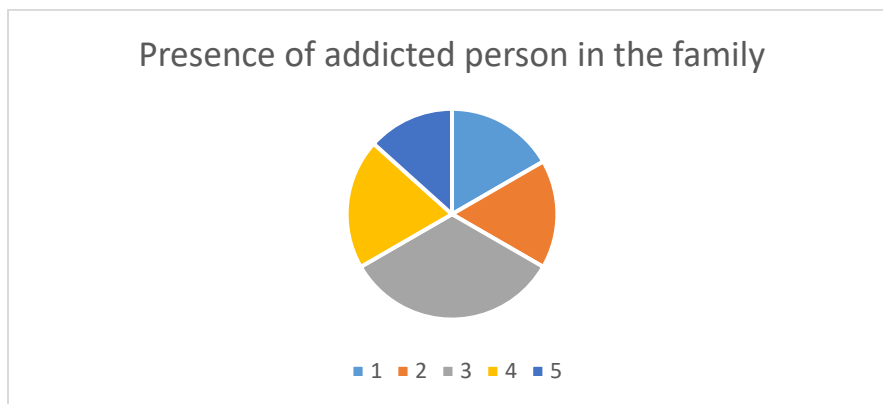
7. Low self-confidence: 13.3% people said that “Low self-confidence” was a very important factor that led to drug abuse. 26.7% people said that it was an important factor whereas 43.3% people said that it was a moderate factor. 16.7% people said that it was a less important factor.



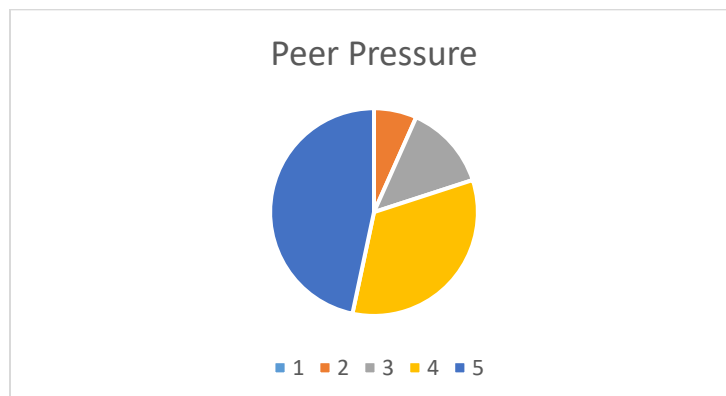
8. Family Problems: 16.7% people said that “Family problems” was a very important factor that led to drug abuse. 43.3% people said that it was an important factor whereas 30% people said that it was a moderate factor. 6.7% and 3.3% people said that it was a less important and least important factor respectively.



9. Presence of addicted person in the family: 13.3% people said that “Presence of addicted person in the family” was a very important factor that led to drug abuse. 20% people said that it was an important factor whereas 33.3% people said that it was a moderate factor. 16.7% and 16.7% people said that it was a less important and least important factor respectively.



10. Peer Pressure: 46.7% people said that “Peer pressure” was a very important factor that led to drug abuse. 33.3% people said that it was an important factor whereas 13.3% people said that it was a moderate factor. 6.7% people said that it was a less important factor.



During the discussion with peers and students, people agreed to using drugs for various purposes like curiosity, improving health from an acute condition, improving memory before exams etc., during family disputes, achieving happiness and joy, etc. Most of the drugs are consumed orally or by smoke.

Thus, various programs need to be implemented to raise the knowledge and the attitude of students and other people who are prone to falling prey to this social evil. This will help decrease their dependence on drugs and help secure the future of both these people and the society.