

## **Drugs- Gluping the Youth**

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### **Abstract**

The young generation is the worst victims of evils of Drug Addiction. Existing studies have found a high correlation between adolescence abuses and becoming a problem drug user in adulthood therefore, it can be inferred that many problem drug users start abusing drug at an early age. In India the numbers of drug addicts are increasing day by day. India also has a huge at-risk young population with 40% being below the age of 18 years. According to UN convention reports on narcotic drugs and psychotropic substances is estimated, in India, by the time most boys reach the nine grade, about 50% of them have tried at least one of the gate way drugs. Alcohol, cannabis, opium and heroin were the major substances of abuse in India. In other hand Punjab has witnessed a tremendous rise in substance abuse. The risk factors include exposure to drugs, socio-economic status, and quality of parenting, peer group influence and biological/inherent predisposition towards drug addiction. This paper explores the phenomenon of drug abuse among the youth of India.

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### **INTRODUCTION**

In today's world we are facing more challenges like poverty, corruption begging, under development, unemployment etc. and all these problems contribute to form a new problems that is , drug addiction. Youth are the future of nation if they indulge in drug addiction it is surely going to have worst impact on society. It also brings economics, cultural and moral degradation to individual in particular and family in general. If the world statistics on the drug scenario is taken into account with a turnover of \$500 billion, it is the third largest business in the world next to petroleum and arm trade. India too is caught in this vicious circle of drug abuse, and the number of drug addicts is adding day by day.

The evils is increasing by leap and bounds in the places like hostels campuses of university and technical and professional institutions where a big number of students are freely using chars, ganja, heroin, smack or brown sugar etc. they become dependent on various types of mind-alerting or stimulating medicine or illegal ones. Addiction often comes hand- in- hand with narcotics effects whether they are strong or light. It is only a question of time when you get addicted. You gradually become destroyed on all the levels of your health. And this is sad.

The life of addicts become spoiled in all spheres-social, as they need to communicate with other addicts, they lose their contacts with families and friends; economical- as they spend all their money on drugs(which are usually very expensive), addicts start to earn their money illegally(running rackets, prostitution etc.)-All these problems are incidental if to compare them to health problems- drugs are primary dangerous to people health.

The term drug addiction is defined by WHO as “Any substance that, when taken into the living organism, may modify one or more of its function.” Drug Abuse is define as the regular, excessive use of the drug so that it is damaging to the user’s job, health or social status or to society in general. Drug abuse refers to the use of as substance in such a way that it leads to such personal and /or mental health. It impairs maturation, and leads to loss of productivity, and involvement in socially disruptive or illegal activities.

### **TYPES OF DRUGS**

Drugs can be classified on the basis of the effects they have on the user. Accordingly, drugs can be classified into the following types:

1. **Stimulants:** These are substances that directly act and stimulate the Central Nervous System. Users at the initial stage experience pleasant effects such as energy increase. The major source of these comes from caffeine substance.
2. **Hallucinogens:** These are drugs that alter the sensory processing unit in the brain. Thus, producing distorted perception, feeling of anxiety and euphoria, sadness and inner joy, they normally come from marijuana, LSD etc.
3. **Narcotics:** These drugs relives pains induce sleeping and they are addictive. They are found in heroin, cocaine, opium etc.
4. **Sedative:** These drugs are among the most widely used and abused. This is largely due to the belief that they relieve stress and anxiety, and some of them induce sleep, ease tension, cause relaxation or help users to forget their problems. They are sources from valium, alcohol, promotazine, chloroform.
5. **Miscellaneous:** This is a group of volatile solvents or inhalants that provide euphoria, emotional disinhibition and perpetual distortion of thought to the user. The main source glues, spot removers, tube repair, perfume, chemical etc.
6. **Tranquilizers:** They are believed to produce calmness without bringing drowsiness, they are chiefly derived from Librium, valium etc.

### **WHAT LEADS TO DRUG ADDICTIO?**

Several reasons are responsible for this great evil. It has been seen that growing boys and girls, due to lack of enough parental love and care, go astray. In the modern time set up of families both husband and wife are in service and consequently are unable to share some time with their son and daughters. As a result the young mind feels frustrated and lonely .At this delicate juncture their so called friends, who are themselves drug-addicts, early mislead them and induce them to find so lace by taking drugs and narcotics. Once tasted, it becomes a habit very soon.

Personal and family problems also lead to drug abuse among youngsters who fail to cope up with the ever- growing family and personal problems. Work place pressure and issues with the colleagues results in work place deviance which later results in detrimental effects on the individual.

Youth associate themselves with the different type of people, otherwise known as friends, through the pressure from these friends they tend to have a taste of these drugs and once this is done, they continue to take it and become addicted to it in the long time. Another

primary cause of drug abuse is depression when certain things happen to someone that is considered very sad and disheartening; the person starts thinking of the best way to become happy once more therefore the use of hard drugs will come in. this later on turns to a habits, hence drug abuse.

### **DRUG ABUSE STATISTICS FOR PUNJAB**

Drug abuse is not new but matters have been getting worse in recent years as almost a whole generation of young people is being lost to a menace that has literally shattered the physical and mental health of Punjab's youth. Near Border area the rate of heroin abuse among 15 to 25 years old is as high as 75% the percentage is 73% in other rural areas throughout the region. If we were to apply this statistic to the total youth population in Punjab, this would suggest a population roughly 1.5 to 2 million young Punjabis addicted to drugs. A study by Kalra and Bansal (2012) on a drug de-addiction Center in Punjab found for rural drug abusers (85.5%) then urban ones (15.5%) in Punjab. A Department of Social Security Development of women and children suggested that as many as 67% of rural households in Punjab will have at least one drug addict in the family. Worse, there is at least one death due to drug overdose each week in the region. The long term effects this would have on the demography of the state could be potentially devastating, especially since many within this population of drug addicts are soon to enter their productive and re-productive years. Such a sizeable population of drug users could lead to, in the future, increasing level of crime, broken marriages, destroyed families and children who face psychological, emotional and developmental problem as a result of drug-addict parents.

### **INDIAS YOUTH-ON DRUGS**

- We have an addiction problem in India. In Punjab the numbers are ridiculous-nearly 75% of its youth are severely addicted to drugs, that's 3 out of every 4 children.
- Mumbai, Hyderabad and other cities around the country are quickly gaining a reputation for their drug usage; and the population in each of these cities continues to grow.
- Delhi filled with rehab centers trying to keep up with the flow of addicts. Over 500 centers across our country work together to nurse addicts back into healthy productive life styles-but addiction is becoming too much for India.
- The menace of drugs and alcohol has women itself deep into the fabric of our society. As its effects reach towards our youth, India's future generation will have to complete with drugs like cannabis, alcohol and tobacco.
- More Indian youngsters struggle with addiction than ever before. Peer pressure, adolescent immaturity and irresponsible parenting are the three-headed monster. Luring our children towards addiction and a life of suffering and regret.

### **PREVENTION FROM DRUGS**

Take these steps to help parent drug abuse in your children and teenagers:

1. **Communicate:** Talk to your children about the risks of drug use and abuse.

2. **Listen:** Be a good listener when your children talk about peer pressure, and be supportive of their effort to resist it.
3. **Set a Good Example:** Don't abuse alcohol or addictive drugs. Children of parents who abuse drugs are at greater risk of drug addiction.
4. **Strengthen the Bond:** Work on your relationship with your children. A strong, stable bond between you and your child will reduce your child's risk of using or abusing drugs.

### **HELPING OUR YOUTH COME CLEAN**

The second side to India's addiction problem comes in the form of our present addicts. And unfortunately, addiction currently plagues millions of Indians-both young and old. Solving this problem won't be easy either, but the solution will come in the form of better youth de-addiction centers listed on our site after youth de-addiction. This statistic must change if India hopes to save its youth.

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