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A Field Study of the Drug Abuse

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ARTICLE DETAILS	ABSTRACT
<p>Article History: Published Online: _Published_</p>	<p>Drug abuse is a World Wide problem and the greatest challenge which the modern world is facing and India is not an exception. In rehabilitate fact, India is seeing a rising trend in drug abuse. Change in cultural values, economic stress and weaker supportive bonds leads to addiction and tolerance. Cannabis, heroin and Indian produced pharmaceutical drugs are the most frequently abused in India. According to world drug report 2019 released by United Nations Office on Drugs and Crime [UNODC] on 26 June 2019, 35 million people World Wide suffer from drug use disorders while only 1 in 7 people receive treatment. This Paper addresses the social issues and challenges caused due to the drug abuse in India and the impact by and on the addicted individuals. This paper is both doctrinal as well as empirical in nature. Drug abuse has created a substantive socio- economic burden on our state. Young</p>
<p>Keywords: Drug abuse, drug addictions, cannabis, pharmaceutical drugs, adolescent, preventable disease, rehabilitate.</p>	
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	<p>generation seems to find great solace in the fact that adult often use drugs to cope with stress and other challenges. One can not deny that many countries today are drug oriented societies, but the implications of drug use are not necessarily the same for the adult as they are for the adolescent. Drug addiction is a preventable disease. Through scientific advances we now know much more about how exactly drug addiction can be successfully treated and how to rehabilitate addicted. India has harsh drug control laws to criminalization and control offences relating drug abuse. To decrease the prevalence of the problem there should be increase in awareness, promoting additional research on abused and addictive drugs and exact implementation of existing laws are strongly recommended.</p>
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Methodology:

The present Study was conducted on 40 adolescents and young adults (11-35 years) from different villages of Bathinda District. Systematic sampling (probability proportionate to size) was used for the selection of study subjects. A preformed, semi-structured questionnaire was used and interview was conducted to collect information on type and frequency of drugs abused and other sociodemographic variables.



Results:

A total of 40 subjects were studied between the age group of 11 and 35. Out of total 40 subjects, all were males, and were literate. Few respondents were perusing higher education. The prevalence of substance abuse among study group was the most common substance abused was alcohol. Most common substance abused was alcohol, followed by Cannabis and tobacco. The prevalence of Non-alcohol and nontobacco substance abuse was also there. A significant association of drug abuse was observed with male gender, and age Below 30 years.

- 20-25 alcohol
- 5-10 psychotropic substances [cannabis]
- Below 5 chemica

Introduction:

It is the old saying that nothing is good or bad, the way you use makes it so. Probably this is true in case of drugs. A drug is a blessing which nature has provided mankind provided it is used in



a way it should be. In good old time when there was not much advancement in science and allopathic medicines where other worldly substance, nature provided everything which could cure probably every disease except death. Later when man made scientific inventions and discoveries, he learnt to utilize the natural resources which were available in abundance. Medical science emerged as a specialized branch of this discourse. Man invented allopathic medicines and there was the improvement in the health of people and the life expectancy started increasing. If it is so what is this curse of drug abuse? Had nature its role in making these drugs a cause of misery, which was hitherto thought to be the guide and savior of mankind. The answer is a big no. Neither nature nor science had done any harm to mankind. It is the deed of a man and we have no one to blame but ourselves. Man manipulated the nature to meet its cunning desires. Drugs are a blessing as long as we use it to cure our disease. But when we consume drugs beyond prescription it becomes a cause of misery. Drug abuse is nothing but the use of illegal drugs or the prescription other than for which they are meant to be used. Drug abuse has emerged as a biggest social issue and a challenge which



the governments of every country are facing. Drug abuse is a multidimensional problem. It has halted the growth of many nations. In today's world drug abuse has been fashion promoted and glamorized by many. It has disturbed the family structure, increased economic burden on state exchequer, law and order problems.

Factors responsible for drug abuse:

➤ **Environmental Factors:** A man is known by the company he keeps. It is the established reality now that environment has a great role to play on the habits of an individual. Just like sexual crime is usually reported more in hot areas, the drug addiction is also determined by the environment. A person is more vulnerable to addiction if his neighbors are drug addiction. The easy availability and accessibility of drug has a potential to engulf the youth in its folds. Hence, accessibility of drugs is an issue requiring immediate attention so that actions could be carried out to minimize or eliminate possible negative effects. In the conflict zones the drug addiction



is a commonplace phenomenon. There are many reasons for that:

(a) Ultras often cultivate the cannabis and opium to fund their moment. They involve local youth in drugs and then exploit them. They first make them addicts and then provide them drug to satisfy their addiction only if they sale the drugs illegally. This helps them to make money. The world's single largest heroin trafficking pathway continues to be the Balkan route, which sees drugs smuggled from Afghanistan through the Islamic Republic of Iran, Turkey and the Balkan countries and on to various destinations in Western and Central Europe. Seizures made by countries along the Balkan route accounted for 47 per cent of global quantities of heroin and morphine seized outside Afghanistan in 2017.¹

(b) This is not peculiar to the terrorists only. In western society which is relatively peaceful, they also face drug related issue. The huge drug mafia working in organized manner all

¹Cai-Lian Tam, Yie-Chu Foo, "Contributory Factors of Drug Abuse and the Accessibility

of Drugs", Vol. 4 No. 9 International Journal of Collaborative Research on Internal Medicine & Public Health, (2012)



over the world. They use both internet and dark net to make drug available to anyone who is willing to take it. Since drug trade provides huge economic dividends and better income, drug syndicates are becoming more creative in tempting people to be involved in drug abuse and consequently be addicted. Once a great number of people become a drug addict, drug syndicates would not need to worry about source of business as in order to cope with the addiction or to avoid the pain of withdrawal syndrome, drug addicts would try ways including illegal ones to obtain the drugs. Internet has eased the transaction of drugs selling. Sales of drugs on net increase exposure and hence accessibility of drugs to non-drug users who might be tempted to later abuse drugs. Internet has been a popular tool for marketing and purchasing stuff including herbal dietary supplements.

➤ **Financial Capability:** These days the school, college and university going students are having enough pocket money to buy drugs. There is an anecdote which I would like to share. A drug addict in an interview told to me that we use drugs always in group. And we don't spend our money on anything



but to buy drugs. He further said that a drug addict would like to prefer to buy drug then to get some food to eat. He revealed since we are always in a group, we contribute the money to buy the drug. And if we are not able to raise money we could even commit theft.

➤ Out dated attitude of teachers: Many readers might feel surprised to read that a teacher may be responsible for drug addiction among students. It is proper to mention an import anecdote here. While interacting with a university student, I inquired from him that why and how he got addicted to drugs (charce). He told me there are many reasons behind this most important is that our teachers at school where very ruthless. They used to give us tough beating and heard punishment. So in order to escape the torture of teachers we used to bunk the school for weeks together, and in mean time we came in contact with the habitual drug addicts. He also sighted broken family, poverty, and unemployment as a reason for addiction. A few in the group where addicted due to the breakup with their respective girlfriends.





Effects on society:

Since readers are now substantially aware about the reasons which lead to the drug abuse particularly among youth. It is proper to mention the ill effects of drug abuse on society. Some vital areas where drug abuse has left its scars include among others, health, economy, peace and stability of state, social fabric etc. People who inject drugs (PWID) are vulnerable to multiple health issues. They run a great risk of getting infected by blood borne diseases like HIV and hepatitis C and other diseases. The number of people who inject drugs worldwide stood at 11.3 million in 2017. Third world countries where the health related infrastructure is not enough developed to provide health care facilities to its regular/ordinary patients. There is a big reason to worry about health of drug addicts who are also part of our society and need our help to rehabilitate. Roughly one in eight people who inject drugs lives with HIV, amounting to 1.4 million people. UNAIDS estimates that injecting drug users are 22 times more likely than the general population to be infected with HIV. The report also provides that Drug use and drug use disorders are highly prevalent among people who are incarcerated. Based on studies from high-income countries, drug



use disorders are more prevalent in female prisoners than in male more prevalent than the use of amphetamines, cocaine or “ecstasy”.²

Drug abuse has laid great effect on the economy of state in many ways. There is no doubt that people who are involved in drug trade make huge economic benefits but so far as the society is concerned there are many issues to be settled. There is huge burden on state budget to provide the health care to the addicted persons. Since drug abuse makes an addicted person easy and soft target of the terrorists, there is every likelihood that they may get exploited. They often indulge in street crimes and state has to raise huge fund to tackle this issue. Drug abuse is responsible for the wastage or at least underutilization of human resource of country. The family economy is also disturbed which compels the abuser to commit crimes like theft.

Social setup is badly disturbed by the drug addicts. In this era of technology, no one can negate the role of socio-economic changes on the institution of family. UNDCP and WHO has acknowledged

²United Nations Office on Drugs and Crime (2019)



the relationship which exists between drug abuse and family. The disintegration of the family appears to be related, in some way, to problems of substance abuse. Although families have a powerful influence on shaping the attitudes, values and behavioural patterns of children and thus preventing substance abuse, peer groups often prove to have an even stronger influence. Family is a double edged sword. It can lead to drug abuse if the family gives up the traditional role of supervision and care of the members, and subject them to harsh discipline.

DATA ANALYSIS AND GENERATING ESTIMATES:

According to the world drug report 2019 India is among the 10 most populous countries in the world. There are many more opioid users and people with drug use disorders than previously estimated. Globally, some 35 million people, from an earlier estimate of 30.5 million, suffer from drug use disorders and require treatment services. In 2017, an estimated 271 million people, or 5.5 per cent of the global population aged 15–64, had used drugs in the previous year. While that figure is similar to the 2016 estimate, a longer-term view reveals that the number of people who use drugs



is now 30 per cent higher than it was in 2009. The most widely used drug worldwide continues to be cannabis, with an estimated 188 million people having used the drug in the previous year. In 2017, some 53.4 million people worldwide had used opioids in the previous year, 56 per cent higher than the estimate for 2016. The higher estimates in 2017 are the result of improved knowledge of the extent of drug use from new surveys conducted in two highly populated countries, namely India and Nigeria. In Asia, the number of past-year users of opioids is now thought to be higher, at 29.5 million, than the previous estimate of 13.6 million. The number of people who inject drugs worldwide stood at 11.3 million in 2017. 1.4 million people who inject drugs are living with HIV 5.6 million are living with hepatitis C 1.2 million are living with both hepatitis C and HIV.

The National Drug Dependence Treatment Centre (NDDTC), All India Institute of Medical Sciences (AIIMS), New Delhi was entrusted with the responsibility to lead the technical and scientific aspects of the National Survey which was conducted in all the 36 states and UTs of the country, which was conducted between December 2017 and October 2018. The primary objective of the



National Survey was to assess the extent and pattern of substance use in each state and UT. Data from HHS and RDS were analyzed and collated to generate estimates for eight categories of psychoactive substances: Alcohol, Cannabis, Opioids Cocaine, Amphetamine Type Stimulants (ATS), Sedatives, Inhalants and Hallucinogens.

- Alcohol is the most common psychoactive substance used by Indians. Nationally, about 14.6% of the population (between 10 and 75 year of age) uses alcohol. Use of alcohol is considerably higher among men (27.3%) as compared to women (1.6%). For every one woman who consumes alcohol, there are 17 alcohol using men. Among alcohol users, country liquor or ‘desi sharab’ (about 30%) and spirits or Indian Made Foreign Liquor (about 30%) are the predominantly consumed beverages. States with the highest prevalence of alcohol use are Chhattisgarh, Tripura, Punjab, Arunachal Pradesh and Goa. After Alcohol, Cannabis and Opioids are the next commonly used substances in India.

About 2.1% of the country’s population (2.26 crore individuals) use opioids which includes Opium (or its variants like poppy husk



known as doda/phukki), Heroin (or its impure form – smack or brown sugar) and a variety of pharmaceutical opioids. Nationally, the most common opioid used is Heroin (1.14%) followed by pharmaceutical opioids (0.96%) and Opium (0.52%). Sikkim, Arunachal Pradesh, Nagaland, Manipur and Mizoram have the highest prevalence of opioid use in the general population (more than 10%). The survey indicates that about 1.08% of 10-75-year-old Indians are current users of sedatives (non-medical, nonprescription use). States with the highest prevalence of current Sedative use are Sikkim, Nagaland, Manipur and Mizoram. However, Uttar Pradesh, Maharashtra, Punjab, Andhra Pradesh and Gujarat are the top five states which house the largest populations of people using sedatives.³

Solution to drug abuse

Prevention is one of the ways in which drug abuse can be dealt with. In fact, it is one affliction that can be easily prevented

³ National Drug Dependence Treatment Centre (NDDTC), All India Institute of Medical Sciences (AIIMS), New Delhi.



according to medical experts and practitioners. Prevention programs involving entities such as families, schools and the immediate communities are important in this regard. Media – especially the entertainment segment – also needs to understand its role in this context and play a positive role by resisting the urge to earn millions by romanticizing and glorifying drug abuse. It needs to highlight the damning consequences of drug abuse. It is important that the youth are made to feel that drug usage itself is harmful in every conceivable way and only then will they stop using them and prevent others in their peer group from doing the same.

Sustained treatment is the only option for people who have already gone down the road of drug abuse and are highly into it. The treatment for a drug abuser normally depends on the kind of drug that the person has been using. It is said that the best treatments normally emphasize on phenomena related to the individual's life. This includes areas such as medical, psychological and work-related needs as well as issues in relationships with other people in the person's life. The treatment sessions combine medication and behavioral therapy, so that the victim of drug abuse gradually



stops feeling the urge to do drugs. These treatment programs also impart the skills and capability required in order to say no to drugs in the future, which is highly critical for a complete cure to drug abuse.

Initiatives to fight against Drug Abuse

- The Haryana Government implemented a scheme titled ‘Central Sector Scheme of Assistance for Prevention of Alcoholism and Substance (Drug) Abuse’ to curb the issue of drug abuse. Under this scheme, a financial assistance was given to the eligible NGOs, Panchayati Raj institutions and urban local bodies by the government, which in turn will provide integrated services for the rehabilitation of addicts. An advisory was issued by the government to all states and UTs asking them to take measures for the prevention of substance abuse among children.
 - CharitarNirmanSewadar Trust, an NGO engaged in de-addiction and social reformation stated that about 80 percent of the prisoners in Tihar are addicted to either tobacco, ganja, smack or alcohol. It suggested that there is a need for more counselors in the



jail to tackle depression among the prisoners who consorted to drugs because of it.

- CHETNA is an NGO which runs an unofficial recreation center for children inside the Nizamuddin Police Station. They mainly focus on developing friendly relations between the police and street children who are more susceptible to drugs and crime.
 - The Delhi AIDS Control Society (DACS) suggested a plan in which more than 400 medical officers working in 260 Delhi government dispensaries and 150 specialists working in 32 Delhi government hospitals will be trained on a long-term basis at the Institute of Human Behaviour & Allied Sciences (IHBAS) as there was a scarcity of psychiatrists and trained manpower to tackle patients of drug abuse. They also advised keeping a strict check on the sale and purchase of addictive medicines available in pharmacies. The licenses of 20 shops had been canceled in 2016 who sold such harmful drugs. The Delhi Zonal Unit of the Narcotics Control Bureau suggested to utilize stakeholders like the Police, Excise, Customs, Directorate of Revenue Intelligence in the fight against drug abuse who have the equal power as per the Narcotic Drugs and Psychotropic



Substances Act, 1985. The body also stressed on the need to implement Section 64 of the NDPS Act, which states: ‘Immunity from prosecution to addicts volunteering for treatment, provided that the said immunity from prosecution may be withdrawn if the addict does not undergo the complete treatment for de-addiction’.

Conclusions:

The problem of drug abuse in youth of India is a matter of serious concern as every third person is hooked to drugs other than alcohol and tobacco. The other striking observations were the high prevalence of heroin and intravenous drug abuse. There are several reasons why drug usage soon gets changed to drug abuse. At a very basic level this happens because the person concerned feels a desperate need to deal with stress, to get a momentary high or to just ‘fit in’ with his or her peers, as happens in the case of youngsters. It soon reaches a stage where this need becomes much more than other needs in life and the person begins to believe their survival depends on those drugs. The current studies reflect that a vast majority of people suffering from drug use disorders. Drug related death is a major concern in our society. Drug addiction however can be treated with treatment medications and



psychological treatment, prevention is a major goal in adolescents with programs such as providing normative education and competence enhancement.

SUGGESTIONS:

- There is a need to improve understanding, especially among young people, of the negative health consequences, both of early initiation and the long-term heavy and frequent non-medical use of drugs.
 - Moreover, there should be public debate on non-medical use of drugs. Legislation and public debate would do well to address these very different issues with greater clarity.
 - TV programs should be dedicated to combat, drug addiction in youth. short stories of the victims who have stopped drug abuse and have turned into useful and dependable members of the society should be telecasted. It will encourage many drug abusers to give up, their addiction.
 - Special courses regarding drug abuse should be launched in education institutions so that students get cautious about the menace of drug abuse.



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- It is strongly suggested that an exhaustive review on the working of the education system. Teachers should be provided training in order to shun the orthodox attitude and unwarranted behavior and relationship with students.
 - Extra-curricular activities should be promoted rather made compulsory to prevent students from indulging in any unproductive activity.