



## Drug Addiction among Adolescents

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### ABSTRACT

**BACKGROUND:** Drug abuse is an intense misuse of drugs and overdrew of any substance leads to addiction. In current scenario adolescents are under tremendous pressure and are growing under several complex situations and in such demanding world they are utilizing several types of drugs to relax themselves.

**OBJECTIVE:** This study aims to compare the level of intake of drugs among adolescents who are studying in 12<sup>th</sup> standard at (Akhnoor), Jammu.

**METHOD:** The sample consisted of 100 students (50 from Govt. school & 50 from private school). Age range of the subjects was from (15-18) years and were selected through random sampling method. For Assessment 'Adolescent Drug involvement scale' (ADIS) was used. The informed consent was taken from all the participants.

**RESULTS & CONCLUSION:** The Students who were studying in the Govt. schools were more addicted towards taking drugs than the private school going ones due to easy availability of drugs in the area, lack of discipline in the school, local peer involvement, etc.

Keywords: Adolescents, Drug abuse

### 1. Introduction

Drug addiction is a controversial topic for all people of our country especially for adolescents. The word 'Drug' can be defined as "any substance that causes a change in an organism's physiology or psychology when directly consumed". It alters the body's functioning but when the prescribed limit of drugs would be used in an excessive amount is known as drug misuse/ abuse. **Taylor, Shelley.E.(2011)**

Adolescents are at the transition phase of their life who experiences a lot of physical, social as well as psychological change. They enter at that stage of life which leads them towards various assumptions, critical way of thinking, fantasies and also wants to expose much their life regarding everything and in current scenario, they prefer to take drugs for several reasons just stepping at the school settings. Adolescents do experiments with several types of drugs, they took them for being trendy or for some else reason. Its effects were felt on several levels like personal, social, psychological, economic etc. It is needed to assess this type of risk behaviors by parents at home, teachers/counselors at schools/colleges (<http://library.bu.edu/drugabuse>).

According to [NICE] 'National institute for health and care excellence' (2011); 'drug dependency arises from drug abuse and it means when a person had a strong sense/ desire of compulsion to take the particular drug with significant changes'. Drug makes the body so impulsive so that it totally depends on it and alternately with the increasing use of it, craving would be shown by the body with various symptoms. But addiction regarding drugs is increasing day by day among the adolescents who are at the period of transition and wants to experiment it as they thought it could be taken as just for the ongoing trend or with the peer influence or with some other reasons. Drug addiction is a state of periodic/chronic intoxication produced by repeated consumption of a drug. **Kalra,(2009)**

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-Annual percentage of drugs to be utilized. **Das, Jadab .K (2016)**

50% ALCOHOL is used by adolescents

30%SMOKING is practiced by adolescents

20%TOBACCO+OTHER DRUGS are used by adolescents

Hence, there is a need to assess the risk as well as tendency that leads to increase the prevalent rate of drugs which can be done by the class teacher, senior head of the school so that assessment can be done both physically as well psychologically by counseling done by the school counselor on confidential basis so that consistency for drug intake could be reduced. So the present study aims to understand the basic difference between both the groups taken for study which concludes at the point that Govt. school students are much persistent towards taking drugs than the private school ones.

**Garcia, Oscar.F., Serra, Emilia., Zacaes, Juan.J and Gracia,F.(2020)** had done research on parenting styles provokes risk factor for adolescence drinking. This study is done on 532 males from 15-17 years by using Two 4\*2\*3 multi-factorial MANOVAS. Alcohol use and abuse with social acceptance or not is estimated with underlying motivation of the abusers.

**Wang, Teresa.W., Neff, Linda. J, King and Brian.A.(2020)** done this study for representing the adolescents who are involved in E-cigarette with the help of National youth tobacco survey. It is cross-sectional study done on 6-12 standard students and the results were estimated by using SAS-Callable instrument.

**Das, Jadab .K (2016)** had done research on primary interventions for adolescents at school level regarding substance abuse and also to find out the major impact of it on individual's life, family, community, health etc.. this study conducts 46 systematic reviews focusing on interventions for drug taking adolescents at the school level.

**Nahvzadeh, Mah Monir. , Akhvavan, Shohreh. and Heidari, Kamal.(2011)** had done study on 500 high school students from 14-19 yrs. at Iran to find out the prevalent rate of substance abuse by adolescents and had concluded that drug use is relatively high in the adolescents and effective groups of society, which requires specific attention and immediate intervention.

**Glaser B, Shelton KH and Van den Bree MB. (2010)** had conducted the study on adolescents to examine the relationships between conduct problems, close friend's substance use and refusal assertiveness with adolescent's alcohol use problems, tobacco and marijuana use. This study reveals that purpose conduct problems and peer effects are among strongest risk factors for adolescent drug abuse.

**Nazarzadeh M, Bidel Z, Ayubi E, Bahrami A, and Mohammadpoorasl A.(2013)** had done cross-sectional study & meta analysis which aimed to estimate the prevalence of smoking status and its related factors among adolescents on 1064 male students in High school at Iran. A self-administered questionnaire was used for checking smoking status and its associated factors and the study concludes that there is much more prevalence of smoking in the school students.

**Siam, S.H.(2005)** conducted the research on 800 male students of different universities in Rasht to investigate the various reasons of drug abuse prevalent among gangs of boys. For the conduction of this study, descriptive-cross sectional method is used and data was taken through questionnaire and interview method.

These studies which are based on addiction that is a primary, chronic, neurobiological disease, with genetic, psychosocial and environmental factors influencing its progress and manifestations. It can be featured by behaviors which includes compulsive use, craving and continued use of drug despite harm. But then body adapts to the particular drug over a particular level/ amount which refers to tolerance against the particular drug in a particular state. Hence, this study focuses on the drug addiction among adolescents who are studying in schools with different types of reasons and contexts regarding the intake of various types of drugs.

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## 2. Hypotheses

**H1.** Significant difference exists among the students studying in Govt. schools and private schools who are taking drugs.

**H2.** Students studying in Govt. schools are much prone to drug abuse than the private school ones.

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## 3. Method

**SAMPLE:** The sample of this study comprised of 100 High secondary school Male students (50-Govt.school and 50-Private school) in (Akhnoor),Jammu District. They were selected through Random sampling technique and their data was kept confidential.

**INSTRUMENT:** The "ADOLESCENT DRUG INVOLVEMENT SCALE"(ADIS) developed by-'Moberg,Paul,Lori'. This is an 13 item self report instrument used for adolescents to evaluate and diagnose whether they were involved in drugs or not. This scale has (0.85) reliability and (0.75) validity with respective resources. It is widely accepted and used till in various studies for reporting the use of drug.

**STATISTICAL ANALYSIS USED:** For the conduction of this study –

- Mean
- Standard deviation
- t-test, were used for deriving out the results.

#### 4. Results & Interpretation

After the data has been collected and the calculation part is over, following results were derived from the presented data

**Table 1.1: Results of both the groups taken for study**

Groups	Sample taken(100)	Mean	S.D	95% Of C.I diff.	t
Govt. school	50	14.080000	3.645900	From 1.886793 to 4.673207	4.6720
Private school	50	10.800000	3.369200		

From the above table, it can be interpreted that Mean, standard deviation scores are higher in case of Govt. school students than the private ones. While finding out the significant difference, the value of (t) is more than the calculated value i.e. (4.6720) which is significant at both the levels and at 95% of confidence limit it falls between (1.886793 to 4.673207) and Thus, It can be said that probability of its significance could be accepted at both levels. Thus, it could be interpreted that there is a highly significant difference among both the groups taken for study which reveals that Govt. school students are more prone to drug addiction than private school ones. Our Hypothesis is framed to test that there is significant difference among both the groups taken for study and also Govt. school going students are much drug abusers than private school one. Hence our hypothesis gets accepted and justified.

#### 5. Discussion & Conclusion

The present research is mainly based on the male students studying in 12<sup>th</sup> standard in Govt. & private schools from (Akhnoor), Jammu region who were selected to assess their involvement in drug abuse and to know what are the various possible reasons of them that are prevailing towards drug addiction. Comparing both the groups taken for the study, it can be analyzed from the above **table-1.1**, which indicates that students studying in Govt. schools are more drug addicted than the private school ones. This can be noticed by the higher scores attained by the students of Govt. Schools regarding drug addiction and there is an existence of significant differences between both the groups taken for study. With this, our hypotheses gets accepted and justified and the latest studies which are reviewed and taken for reference also supports our research as adolescents are involved in alcohol abuse and some are imitating their parents who are also involved in it. **Garcia, Oscar.F., Serra , Emilia., Zacares, Juan.J. and Garcia.F.(2020)**. It is concluded that students from Govt. schools are actually engrossed much in abusing drugs than the private ones. Several studies proves that adolescents firstly attempts and tries to do smoking as they think that this act will give them casual look and pleasure to deal with any situation and to be frank with all other persons. **Wang, Teresa.W., Neff, Linda.J., King, and Brian.A.(2020)**. So, our study is also in same direction with these studies done on the drug addiction.

Hence, from the whole presented study it can be concluded that there are some reasons which could be responsible for adolescent's drug addiction in school settings which are -the family background as well environment, due to peer pressure, lack of awareness, lack of observation by teachers in school, due to other resource persons in the locality who are engaged in drug supply, due to improper schedule and checking of school bags, lack of discipline in the school ,due to availability of enclosed shops of drugs nearby school areas, taking for stress reliever, just to look trendy. But there is a quick need to intervene among this rising issue which is increasing day by day by adopting some strategies by the counselor in the schools especially so that students could move in their life in a better way. Because counselor had a very important role in school to solve the problems of students regarding various issues and to know in depth that why the students are adopting such erotic behavior towards taking drugs. So, taking drugs is not a big issue but its harmful effects on one's life is much an important issue which needs to be solved in reality.

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