



“A Study on Factors Contributing to Drug Addiction”

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ABSTRACT:

Drug addiction represents a multifaceted and escalating global issue that poses significant challenges for individuals, families, and society at large. This study seeks to investigate the primary factors that contribute to drug addiction, encompassing psychological, social, economic, and environmental aspects. It delves into the roles of peer influence, family relationships, socio-economic status, and genetic factors in shaping patterns of substance abuse. Furthermore the research assesses the repercussions of drug addiction on public health, crime statistics, and economic viability. It also reviews the effectiveness of current prevention and rehabilitation initiatives while pinpointing deficiencies in existing intervention methods. Utilizing both qualitative and quantitative research techniques, this study aims to offer practical recommendations for policymakers, healthcare providers, and community organizations to reduce addiction risks and enhance rehabilitation strategies.

INTRODUCTION:

The factors contributing to drug addiction are complex and interconnected. Addiction is rarely caused by a single factor; rather, it is the result of a combination of genetic, psychological, environmental, and societal influences by understanding these factors in greater detail, researchers, healthcare professionals, and policymakers can develop more effective prevention, treatment, and intervention strategies to combat the growing issue of substance abuse and addiction. The foundation of modern society is rooted in the pursuit of peace, security, and prosperity. However, the methods individuals use to achieve these objectives differ significantly. While some make genuine efforts, others resort to socially unacceptable means, thereby undermining the moral and ethical fabric of society. This latter approach has contributed to social unrest and the emergence of terrorism, phenomena that were largely unheard of in the early 20th century.

Rising unemployment, the evolution of family structures, and shifts in cultural values have fostered frustration among youth. In their quest for temporary relief, many have turned to drug use. Modern societal influences often glamorize drug consumption as a way to conform to peer expectations, creating a "demonstration effect" within social circles. Additionally, certain political figures exploit these vulnerabilities, indirectly encouraging harmful habits to consolidate their power. Individuals mistakenly believe that drugs provide a sense of peace and security. However, this illusion leads to severe physical and psychological dependence, where addiction escalates to the point that the concept of "diminishing returns," as understood in economics, no longer applies.

OBJECTIVES OF STUDY:

- To identify the primary factors that influence drug addiction, investigate psychological, social, economic, and environmental triggers.
- Explore the effects of social media and digital platforms on drug use.
- To assess the socio-economic consequences of drug addiction.

REVIEW OF LITERATURE:

Bharadwaj and Sharma (1977) reported that chemical dependents have low level of emotional competencies as compared to non-dependents. This in turn, affects their capacity for making sound and effective judgments in coping and resolving problems of finding meaning and happiness in life. Liberman and Chaiken (1992) showed that caffeine users tended to criticize (selectively) and dismiss evidence of a link between caffeine consumption and fibrocystic disease, whereas non users showed no such bias. Bellak (1973) and Lerner (1980) reported that schizophrenics use more low-level, primitive defenses; normal subjects used more high-level, adaptive defenses; and neurotic patients fell in between.

Cramer and Block (1998) report that men who use denial as a defense at age 23 were at age 3 and 4, observed to be immature in their emotions, intellect, impulse control and social interactions. Further, they felt these inadequacies and conveyed a sense of low self esteem. (Ammini et al., 1976; Chein et al., 1964; Hartman, 1969; Sedlin, 1972) have reported deficits in ego functioning and a poorly developed ego structure, for drug addicts. Bolger and Zuckerman (1995) report that those high on neuroticism use normatively poor coping strategies, but nevertheless use them effectively. In general, of course, higher neuroticism is related to poor coping and more negative scores on virtually every self-report outcome.

Carman (1973) found drug use to be more directly related to preferences for independence, freedom from interference by others and the opportunity for autonomous decision making Chandrasegran (1984) and Nevdowsky (1981) also show that the desire for satisfying one's curiosity about drugs and their

effects is an important psychological factor and a strong motive in drug use. Drug addicts also have a low motivation level, which means that they are unable to face the challenges of life, have low potential to accomplish a task and lack interest in tough kind of work (Khalily, 2001).

RESEARCH METHODOLOGY:

The study combines both quantitative and qualitative techniques for a comprehensive understanding that it is using **mixed method approach**. This study will employ more of a **descriptive research design** to assess how the workplace conditions affect employees' job satisfaction. A researcher employed a simple random sampling technique to collect data from participants in an unbiased manner and for the sake of simplicity. The size of the sample for this research is 50 respondents.

DATA ANALYSIS & INTERPRETATION:

Showing role of peer pressure in drug use

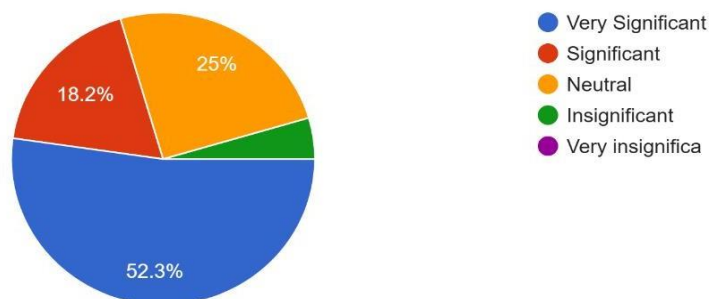
Sr.No.	Response	Frequency	Percentage
1	Very Significant	23	53.5%
2	Significant	7	16.3%
3	Neutral	11	25.6%
4	Insignificant	2	4.6%
5	Very Insignificant	0	0%
Total	-	43	100%

Interpretation:

- Over half (53.5%) feel peer pressure is very significant.
- Only 4.6% think peer pressure is insignificant.
- Neutral responses (25.6%) suggest some cases of independent decision-making.

12. How would you rate the role of peer pressure in your drug use?

44 responses



Showing what would motivate you to quit drugs?

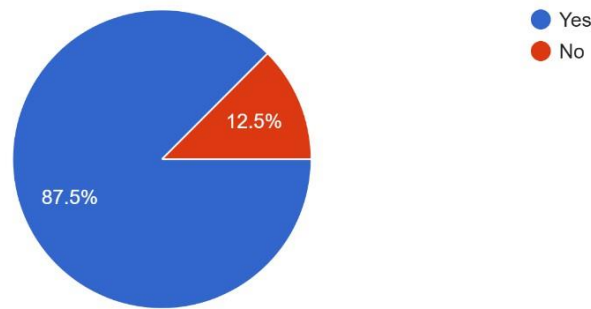
Sr. No.	Motivation	Frequency	Percentage
1	Family support	23	51.1%
2	Health concerns	12	26.7%
3	Financial stability	5	11.1%
4	Legal issues	5	11.1%
Total	-	45	100%

Interpretation:

- Family support (51.1%) is the strongest motivator to quit drugs.
- Health concerns (26.7%) also play a significant role.
- Financial and legal reasons (both 11.1%) are less impactful.

20. Do you believe government or community programs could help reduce drug addiction?

48 responses



FINDINGS:

The survey reveals that drug usage is present among the respondents. Commonly used substances include alcohol, tobacco, cannabis, and other illicit drugs. Some respondents admitted to being addicted to a particular substance.

Peer Pressure: Many respondents cited peer influence as a reason for trying drugs.

Stress and Mental Health Issues: Stress due to academic pressure or personal problems contributes to substance use.

Family Environment: A lack of parental supervision and family conflicts were identified as key risk factors.

Social Media and Accessibility: Easy access to substances and social media influence contribute to increased drug experimentation.

SUGESSTIONS:

1. Awareness Campaigns:

- Conduct workshops and educational sessions in schools and colleges about the dangers of drug abuse.
- Leverage social media to spread awareness about the impact of substance abuse and available help.

2. Parental Guidance and Counseling:

- Encourage parents to maintain open communication with their children.
- Provide training programs for parents on identifying early signs of drug use.

3. Stronger Law Enforcement:

- Stricter regulations on drug accessibility for minors.
- Increase surveillance and penalties for illegal substance distribution.

CONCLUSIONS:

The study highlights the pressing issue of drug use among young individuals, particularly students in the 15-18 age group. The prevalence of substance abuse, including alcohol, tobacco, and cannabis, underscores the growing accessibility and normalization of drug consumption among adolescents. Peer pressure emerges as a dominant influence, with many respondents admitting that they initially experimented with drugs due to their social circles. Additionally, stress stemming from academic pressure, personal issues, and mental health struggles further exacerbates substance use, indicating that drugs are often used as a coping mechanism. Family environment plays a critical role in either preventing or enabling drug use. The lack of parental supervision, family conflicts, and a non-communicative household can lead adolescents toward substance abuse. Conversely, strong parental guidance and a supportive family structure can act as protective factors against drug use. The impact of social media and easy availability of substances further complicates the issue, as many young individuals are exposed to pro-drug content, making experimentation seem socially acceptable.

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