

Drug Addiction in Indian Society

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Abstract

Drugs Abuse is a serious social problem. Nowadays, drug abuse is a problem everywhere in the world. Drug misuse is a terrible issue that also affects India. Drug use has an impact on society, the workplace, and families. In addition to encouraging the illicit manufacture and sale of drugs, drug addiction has a significant negative impact on human resources. The nation's social and economic aspects are directly impacted by drug misuse. It causes gang conflicts in cities and domestic violence, raises crime rates, strains the public health system, and leads to a large number of young people becoming hooked on narcotics. Addiction to drugs not only destroys family unity but also places a heavy financial strain on society. One of humanity's greatest challenges is the use, manufacture, and marketing of drugs, as well as the rise of a class of drug users. In the end, it results in a sick society, a rise in overall crime, unemployment, and a lack of human resources and intelligence. The goal of this study is to investigate the causes and effects of drug addiction as well as to explain the suggestions to treat Drugs Addiction. Issue are that affects people

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on a physical, psychological, social, and economic level. It also illustrates some potential actions that society, friends, family, and the community could do to solve this issue.

Keywords

Drug Abuse, Illegal Production, Human Resources, Family Harmony, Drug Consumer.

Introduction

In India, drug addiction is a serious issue that has an impact on every sphere of life. Due to the growing severity of the issue and shifting patterns in drug use, especially among young people, it has drawn more attention recently. It has, of course, been in human society since the beginning of time. But now, it's a serious issue on a global scale. The majority of the younger generation is susceptible to various narcotics and stimulants. Drug addicts utilize different kinds of drugs in different ways, which leads to drug dependence. Individuals of various ages abuse a wide range of drugs.

Abuse of these medications has been divided into many groups. Narcotics, depressants, stimulants, hallucinogens, and cannabis are among the substances. Other substances include cocaine, meth, crack, heroin, opium, morphine, bhang, hashish, LSD, mescaline, khat, codeine, tobacco, gutkha, and liquor.

All of them are accessible everywhere in the world. Among these substances, heroin, LSD, morphine, cocaine, and others are extremely expensive and out of reach for the average person. Certain substances, such as alcohol, tobacco, hashish, and bhang, are relatively less expensive and are used by those in lower socioeconomic groups. All of these substances are equally detrimental to the human body and risky for young people's futures. Our bodies stop operating normally once we grow reliant on them, which results in a decline in our health.

For instance, a blood alcohol overdose causes loss of taste, smell, hearing, vision, and muscle coordination. Heroin is arguably one of the most harmful substances that can alter how our hearts and brain's function, ultimately destroying our lives. Nowadays, drug

addiction and trafficking are a global problem that affects every region of the planet. Addiction to drugs is not limited to a certain individual or area. Its prevalence may vary by age, gender, ethnicity, social class, and religion. Indeed, the effects of drug addiction have become widespread, affecting every nation on the planet.

The study's goals:

The current study has been conducted with the following goals:

1. To explore the Causes of Drugs Addiction,
2. To examine the effects of Drug Addiction,
3. To explain the suggestions to treat Drugs Addiction.

Methods of Research

Secondary data served as the study's foundation. Numerous information sources, including books, reports, websites, and research papers, are used to obtain pertinent data.

The Idea of Drug Use and Abuse

Like all chemicals, drugs have unique physical or psychological effects that change a person's mood, consciousness, or regular biological functioning. The word "drug" refers to both medication and lethal drugs with a variety of specifics that have detrimental effects on an addict's body, mind, and heart. Drugs are initially used deliberately, but over time, the addict develops such a strong habit and dependence on the drug that he finds it impossible to picture his life without it. It also results in a propensity to consume more and more drugs and physical and psychological drug dependence. People begin using drugs as a way to escape reality or to cover up their suffering. But when they continue using drugs on a regular basis, the amount grows and they feel the need for ever-higher dosages; they require drugs simply to maintain their normalcy. The World Health Organisation defines drug abuse as a condition of recurrent, chronic intoxication brought on by frequent use of either natural or synthetic substances, which is harmful to both the individual and society. According to the Oxford Advanced Learner's Dictionary, a "drug addict" is "someone who cannot stop taking harmful drugs."

Drug addiction is one of the several issues that contemporary society is now dealing with. Drug-induced intoxication can cause people to lose their morals, social skills, and sense of purpose in life. Drug overdose results in both psychological and physical suffering. 'Drug addiction' is the term used to describe the frequent use of drugs such as cocaine, heroin, hashish, cannabis, steroids, ecstasy, etc. Various drug types include stimulants, depressants, opium-related medicines, hallucinogens, alcohol, sedatives, opioids, nicotine, and more. A drug addict's life becomes extremely difficult after using drugs, and they are unable to function without them.

Drug usage is on the rise in India. In India, drug use is very widespread. The majority of young girls, boys, elderly men, and women are addicted to various drugs. In India, the situation is getting worse due to the growing drug dependency. There is a pressing need to think about it, experience social awareness, and instil moral and ethical principles. It becomes the duty of those who live far away from this terrible drug habit to view addicts as needy and assist them in comprehending the precise nature of the problem and its resolution. The first step should be to convince the government of the importance of halting drug production. The primary cause of the rise in addiction is drug production. Although addicts may not try, those who are not addicted must make a concerted effort to move in this manner.

When someone is addicted, they are unable to regulate their drug use; instead, their drug- using behaviour takes control of them. This is known as drug misuse or addiction. Stated differently, an individual is considered addicted when they are unable to make a logical decision regarding their usage of drugs or alcohol. An overwhelming need to seek out and consume drugs or alcohol, despite the detrimental effects on one's body and mind, is a symptom of drug addiction. When the frequency or content of drug use is abruptly reduced or discontinued, the individual experiences withdrawal symptoms. Usually, drug misuse is accompanied by physical and psychological reliance on the drug (Narconon 2016).

The use of medications to treat specific illnesses is the main focus of drug use. The medicine may be injected, breathed, swallowed,

or otherwise administered. Drug abuse, on the other hand, might be defined as utilising drugs for purposes other than those for which they were prescribed, resulting in adverse effects. It has long been known that drug misuse can be lethal and poses a major risk to the abuser's health. Meanwhile, the effects have an effect on the community or society as well as the family members (Sussman and Ames 2001).

Review Of Literature

The causes of substance misuse, such as drug abuse and other deviant behaviours, are being explained by several pieces of research that are developing in contemporary literature.

However, one study's validity does not necessarily mean that another is inaccurate. Every study addresses a different aspect of a broad composite phenomenon. It is impossible for a single piece of research to provide all the information one might possibly need to understand the phenomenon. Drug abuse has been the subject of numerous studies for a very long time.

In order to prepare more pertinent studies and plans, a review of the existing research will determine the causative aspects and assess them. This article has looked at the prevalence, trends, and patterns of substance abuse among India's youth. According to Werner (1991), teenagers' increased rates of alcohol and drug usage represent a serious risk to young people's wellbeing. There seem to be several reasons why teenagers use drugs. Adolescents may take a variety of routes to substance abuse in addition to the numerous etiologic and risk variables that are present. In India, the epidemic incidence of drug misuse among youngsters has reached alarming levels. Drug abuse is exacerbated by cultural changes, mounting economic strain, poverty, ignorance, displacement, and the promotion of slavery (child labour) (Qadri, Goel, Singh, Ahluwalia, Pathak, & Bashir 2013). Data on drug use and international trafficking paint a dismal picture. With an estimated \$500 billion in revenue, it is the third- largest corporation in the world, after the trafficking in weapons and fuel. Approximately 190 million people worldwide use one or more medications (Asha, 2003). The World Medicine Survey estimates that 322 billion USD represents

the magnitude of drug trafficking and trade. Afghan opium has a \$61 billion yearly market value. The global demand for cocaine is approximately 85 million dollars in Western Africa. In order to preserve global stability, UN Secretary-General Ban Ki-moon declared war on the illegal drug trade during the 2011 World Summit. It has emphasised raising people's understanding of the deadly substance that destroys society (Ramesh, 2017). The physical side effects of opioid addiction in young people include bodily stresses and anxieties, shivering, feeling uneasy and drowsy, a decrease in breathing rate, and an increase in heart rate. Absenteeism, dropping out of school, poor grades, aggressive conduct, bullying, fighting, repressed anger, disapproval, exclusion, alienation, cheating, stealing, deceit, truancy, low self-esteem, depression, shame, helplessness, abandonment fears, and chronic depression are among the defensive behaviours that these children typically exhibit at home and at school (Millar & Stermac, 2000). The 2017 report "Drug Abuse and Addiction" covered how the home environment and family, particularly throughout childhood, had a significant impact. Children who witness their parents or other family members abusing drugs or engaging in unlawful behaviour are more likely to experience a worsening of their substance misuse problem. Similar results showing that parental substance usage has serious effects for offspring of substance abusers were published by Millar & Stermac (2000). It has been revealed that 26% of children from abusive households have undergone frequent sexual abuse, and an astounding 66% of children raised by abusive parents have been physically harmed or subjected to family violence. It has been reported that one-third of drunken households experience physical or sexual violence on a daily basis. The drug-addicted parents' offspring suffer negative outcomes that start in the womb of the mother. According to Heffner and Heffner (2017), pregnant women who have consumed alcohol during their pregnancy may give birth to infants who have Foetal Alcohol Syndrome (FAS). According to research by the National Council on Alcoholism and Drug Dependence, 35,000 babies are born each year with lesser forms of foetal alcohol syndrome, and approximately 5000 newborns are born with severe harm from foetal alcohol syndrome (Heffner & Heffner, 2017). Cocaine causes issues

with the brain, genes, and inheritance. According to Winslow A. Wood (1959), morphine operates on two distinct receptor locations within a neural circuit. According to Collier H. (1966), there are various theories regarding how tolerance and physical dependency develop.

According to Chopra I (1971), it is more challenging to accurately evaluate the psychoactive negative effects of long-term drug usage. According to a study by Thacore et al. (1971), a variety of people utilise methaqualone. According to research by Rao and Vasudevan (1980), the majority of drug users start using drugs before the age of thirty. Males make up the majority of drug abusers, according to Margoob & Dutta (1993), and they primarily use cannabis, followed by heroin. According to Fonseca (1996), drug abuse is caused by a variety of interrelated factors, including psychological, social, economic, and other elements that users share. According to Sotto (1997), the drugs' source may be found with the assistance of friends, pushers, pharmacies, private homes, and medical facilities. According to Siegel (1999), discrimination, self-identity, low self-esteem, and a low social and economic standing are all contributing factors to drug abuse among young people. According to Tremble (2002), sociocultural variables are the cause of drug usage and addiction. He discovered that most young addicts were involved in drug culture. According to Drugs et al. (2002), religion has a significant impact on how people perceive themselves. In many cultures, rituals involving the use of alcohol, cannabis, nicotine, opium, and mushrooms have been practised. Opium addiction has declined in popular use, according to Chuah et al. (2003), while opioid misuse, including heroin, cannabis, marijuana, amphetamines, and ecstasy, has significantly grown.

According to Vinluan (2005), substance abuse and drug usage are not new issues in any community. The actual causes of the epidemic's drug experimentation and involvement are extremely hard to explain. Teenagers and young people living with their parents face a number of pressures from peers, curiosity, and the irresistible availability of drugs. According to Agcaoli (2005), peer pressure has a significant impact on young people and is not underappreciated as a contributing factor to drug misuse. According to a 2007 study by

Sudan, young people are frequently in the centre of violent confrontations and fight without choice. Iruloh, B. N. (2008) investigated drug abuse, prevention, and therapy from a psychological standpoint. According to Nadeem et al. (2009), a decline in supporting relationships and a rise in economists due to shifting societal ideals are causing substance abuse. Hallev and Handley (2010) conducted research on substance use problems among teenagers. According to Harakeh & Vollebergh (2011), young adults are influenced by their peer group to start smoking. It claimed that young adults' smoking had a greater impact on passive peer groups than active peer groups. Kushabik (2012) investigated the protective and risk factors for substance usage. Anand V. (2012) conducted research on drug abuse. reasons and solutions. Bhat A study on drug addiction awareness was conducted by Bilal A. et al. (2016). (2016) Onukwufur et al. An investigation on the connection between teenage addiction, peer pressure, and parental drug use.

Causes Of Drugs Addiction

According to specialists who research addiction and its effects, a person may become prone to a number of conditions that lead to drug addiction. Some of the factors that contribute to an individual becoming addicted include the following:

1. **Family History:** Siblings of drug-addicted parents are more likely to develop a drug addiction themselves. Children who are exposed to drugs at a young age are drawn to them and are greatly influenced to become drug addicts.

Their young brain is unable to consider the detrimental impacts of drugs on their character and future. They are drawn to the medication as their parents use it, and they begin taking it gradually at first in very little doses. However, they are now fully dependent on the medication and have fallen into its deadly trap by the time they realise its negative effects on them.

2. **Peer Group:** Peer groups are also very important in the development of drug addiction, particularly in adolescence. One of the main causes of beginning and experimental drug misuse has been identified as peer pressure. Young children begin to view it as a fashion

statement, a way to express their curiosity, a way to be adventurous, and a way to stand out from the crowd. Teenagers use drugs to satisfy their fleeting desires and for pleasure-seeking. Addiction is also significantly influenced by environmental factors. Drug usage was also brought on by early sexual abuse, acquaintances, neighbours, and socioeconomic factors, as well as by a lack of positive parental guidance. A person who lacks confidence in themselves is more likely to be addicted to drugs. For instance, in the film Sanju, Sanju is encouraged to use drugs by a buddy. Due to his lack of confidence, he succumbs to the temptation and begins using drugs and alcohol.

3. **Family Issues:** Children who experience family issues like arguments, early parent separation, sad family events, or poor relationships with their parents may also develop a drug addiction. Teenagers that have a broken home structure are frequently frustrated, which leads them to use drugs in different ways. They have a sense of immobility and turn to narcotics as a means of escaping the stressful situations.

4. **Health-Related Issues:** Drug addiction is more likely to occur in those with ongoing medical issues. In particular, people with mental health disorders are forced to use medications and alcohol in order to cope with dangerous pains.

5. **Frustration:** People become upset and turn to drugs for solace when they discover that their skills and abilities are not adequately compensated or rewarded. Among the factors contributing to drug addiction are unemployment, migration, poverty, and societal inequality between those who have and those who do not. Drug addiction is a result of dissatisfaction brought on by broken relationships, especially when love fails. A person may get addicted to drugs for a variety of other reasons. These include early drug usage, frequent companionship of an addict, neglect by friends and family, debt, tension, etc.

The Effects of Drug Addiction

Since drug addiction is a disease, it can have a number of detrimental effects on a person's physical and mental health as well as their family life. Drug effects can be erratic, even the opposite of

what is anticipated, and each type of addiction carries a unique set of risks. These are the primary areas where drugs have an impact on a person's life:

1. Physical Effects: Drug addiction alters how the body experiences pleasure and how the brain works. These side effects of addiction result from the drug's constant infusion of dopamine and serotonin into the brain, which affects the user's entire body. Drug usage can have physiological effects such as erratic breathing, elevated blood pressure and heart rate, heart disease, lung illness, and arthritis. He has a higher chance of getting hurt physically or getting into an accident. A person may occasionally also kill themselves or commit murder.

The following are other physical effects of drug addiction: abnormal heart rate, a heart attack, or heart failure Breathing issues, emphysema, and lung cancer are examples of respiratory disorders. Liver and kidney damage Alterations in sleeping habits, appetite, and temperature Experiencing nausea and abdominal pain, a compromised immune system, and an elevated risk of infection.

2. Psychological Effects: A drug's psychological effects can change a person's mood. Users may experience stress or mental disease as a result. Drugs can also lead to a variety of behavioural issues, including mood swings, anxiety, aggression, poor judgement, and even memory loss. Additionally, it increases the risk of violent behaviour. Long-term drug use can significantly alter how the brain functions and raise stress and anxiety levels simultaneously. Additionally, drug use can make a person feel down and depressed. Chronic drug use over an extended period of time can lead to mental health issues, including schizophrenia, among others.

3. Economic Effects: The nation's health suffers as a result of drug addiction, impacting families, communities, and individuals of all ages. In addition to the addict, friends, family, and society at large may also be impacted by the costs of addiction. The potential loss of productivity experienced by drug users when under the influence of drugs is an additional expense associated with drug addiction. During treatment or incarceration, drug addicts might not be allowed to engage

in employment that results in financial loss.

4. Social Effects: Drug usage has a wide range of social effects marriage, family life, work, education, personality, and so forth. Family members may feel abandoned, restless, afraid, resentful, anxious, humiliated, or guilty while they are addicted. Family members frequently ignore or have a negative relationship with substance abusers. Addicts can exhibit a variety of extreme behaviours, including mood swings, violent outbursts, secrecy, and other extreme behaviours. This makes it harder for one partner to handle, and it gets worse if kids are involved. Seeing a parent display symptom of their addiction is upsetting and perplexing for kids.

5. Educational Effects: Individuals who take drugs exhibit irregular attendance at school, college, and university. Students become less able to focus and learn. Drug use impairs their ability to perform on tests. Most people agree that raising awareness and educating people about drug usage is a crucial intervention strategy. Preventative education ought to be offered at all educational levels in order to lessen the detrimental effects of drug abuse.

6. Implications for Public Safety: Substance misuse directly affects public health and safety.

As previously said, drug misuse contributes to criminal activity, which has a detrimental impact on societal safety.

Addiction even jeopardises traffic safety. The majority of traffic accidents are caused by drug and alcohol use. Drug users who drive pose a risk to public safety.

Drug users on foot are also at risk for accidents. Drug addiction causes mishaps and other regrettable events in workplaces, such as factories, offices, and hospitals. An inebriated individual may start a fire and cause accidents even in their own home. Each of these has significant costs for the state, society, families, and individuals.

Suggestions To Treat Drugs Addiction

Human conduct is the root cause of drug addiction as well as the solution. If someone becomes addicted for any cause, they can escape the trap and get well. Naturally, the addict's willingness is

required to eradicate this terrible evil. The government has enacted numerous regulations prohibiting drug use and trafficking. To assist addicts in leading regular lives, we must, however, alter their attitude. By making some efforts to raise them in a healthy environment, we can also keep them from developing an addiction. The following are some ideas that offer practical solutions to drug addiction:

1. Strong Family Foundations and Effective Socialisation: A lot of what kids learn and absorb happens at home. Children should be looked after by their parents. To prevent them from using drugs and other harmful substances, they must lead by example. Parents can educate their children about the negative effects of drugs at home so that they won't be coerced into using them. Children should have appropriate socialisation. A stable and nurturing home environment prepares children for good health. For the family to be founded on devoted and faithful connections, the parents must be morally strong.

2. Ideals-Based Moral Education: In terms of moral ideals, the Indian educational system is regarded as the most comprehensive in the world. These beliefs have no place in our curriculum today, notwithstanding the pretence of professionalism. It is necessary to once again introduce value-based moral education to our school curriculum in order to instil moral principles in young children and prevent them from developing such harmful addictions.

3. Acquiring the Ability to Handle Stress: In the fast-paced world of today, every individual is tense. To relieve the burden, everyone is looking for some practical solutions. Many of us make blunders when we use medicines to ease our strain. In fact, there are a few healthy methods of relieving stress that we can use. Reading good novels, watching TV comedies, or engaging in healthy hobbies like yoga, painting, singing, or playing music are all options.

4. Therapy Through Addiction Treatment Facilities: In India, drug addiction has become a chronic problem. De-addiction cells play a crucial role in combating this threat. The Ministry of Social Justice and Employment in India has been putting programmes in place to stop substance misuse and alcoholism. Through the initiative, voluntary organisations can execute community-based programmes

on awareness-raising, prevention education, counselling, detoxification, and rehabilitation by receiving grants-in-aid. According to 18 www.njesr.com, it is also true that a large number of de-addiction centres have opened up in India. To address this issue, however, some measures are still needed, such as making medications available and hiring doctors and counsellors.

5. Awareness Campaigns: Raising public awareness of drug addiction can help prevent it in society. NGOs, the media, self-help groups, and government organisations can all be very helpful in helping addicts change their perspective. Numerous rehabilitation facilities are available to assist individuals in overcoming their drug addiction. In order to help addicts return to their regular lives, individual counselling can also be quite beneficial.

Conclusion

It is disconcerting to learn that drug misuse, especially among young people, has increased to an alarming level in recent years. Drug misuse is on the rise, and some of the causes include curiosity and a natural propensity to experiment with drugs, a disrupted family environment, a lack of communication between parents and children, ignorance of the harmful effects of drugs, early exposure, and a lack of education. Other significant factors that may be involved are escape phenomena from stress and annoyances, such as peer pressure, delinquency, the influence of “disco culture”, electronic media, unemployment, exam failure, and so on. In addition to depleting the nation’s human resources, this problem will spread like an epidemic if it is not promptly tackled, bringing with it serious socioeconomic and family effects. Recall that drug addiction is not characterised by any particular set of requirements, and anyone can develop a drug addiction at any point in their life. Therefore, in order to maintain the health of our society, the proverb “prevention is better than cure” must be adhered to. By learning to avoid temptations, we can prevent drugs from entering our lives.

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