

# PREVALENCE AND FACTORS OF DRUG ABUSE

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## 1.0 DRUG-MENACE

In recent years, the society has been flooded by a variety of legal as well as illegal drugs and its usage is not only a matter of concern to the doctors, psychologists, sociologists and psychiatrists but also to the every concerned citizen. No part of the globe and India has remained unaffected by its effects and every sort of people are involved in this menace.

Banerjee (1963) studied drug abuse among 1132 Calcutta University students. He found that 37.4% of students were involved with some kind of drugs – 20% for opium, 11.4% for amphetamines, and rest for other drugs.

Blum (1967) reported the use of drugs by 69% in a private California University in 1967 in comparison to only 21% prevalence for marijuana in the preceding year, showing thereby a quantum jump of 48% in the use of drugs within a year.

Kaplan (1970) in a survey of high school students in San Matio County, California, found prevalence rate of 68% among its students. 50% of the male seniors and 38% of the females senior reported to have used marijuana at least once in preceding year.

Reddy and Chandershekhar (1998) it was found that the prevalence rate of alcohol/drug use was 6.9 per 1000 Indian population.

## 2.0 PREVALENCE IN PUNJAB

The Government of Punjab in 2009 stated that 7 out of 10 college students were hooked on drugs of some kind, every third male and every tenth female student has taken drugs on some pretext, and 66% of the school going students were consuming tobacco and gutka.

According to a 2011 report on drug abuse and alcoholism in Punjab by the Ministry of Youth Affairs and Sports, “40% of Punjabi youth in the age group of 15 to 25 years have fallen prey to drugs,”

So, it can be observed that drug abuse prevalence rate has been fast rising up in the society and it never came down from the previous years.

Department 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.

### Drug Commonly Used

Regarding the various drugs, which are commonly used by different section of society, King (1970) believed that marijuana has apparently been used at one time or another by a fairly sizeable proportion of the American population.

Shafter et al.(1973) have also proved the link of one drug to other. They found that the heavy use of any drug reportedly increases the likelihood of use any other drug– legal or illegal.

Thackore (1972) in a study at Lucknow found 57 medical students using amphetamines, alcohol and cannabis as drugs.

Krishnamurthy and Kapoor (1981) in a study of Bangalore reported that 66% of the 978 respondents abused bhang, ganja or charas.

Adityanjee et. al.(1984) also reported that 50% of the addicts were addicted to cannabis.

Sundaram K.R. et. al. (1986) found in Punjab that both men and women reported the use of traditional drugs i.e. alcohol, tobacco, opium, cannabis. In males, the most common drug used was alcohol 58.3%, followed by

tobacco 19.3%, opium 6.3% and cannabis 1.2%.

Ray et. al. (2001) studied that 2.85% cannabis was used and followed by 1.52% affim (opium) and.95% psychotropic drugs.

### **3.0 Drugs Used in Punjab:**

The most popular drugs used commonly among degree college students are:

- Bhuki is similar to a type of wild grass that can be found throughout Punjab. It is possible to get a mild intoxicating effect from Bhuki, and it is considered a gateway drug because it encourages young people to begin experimenting.
- Heroin addiction is getting the most attention in the media. It is believed that this narcotic is flooding in from Afghanistan via Pakistan.
- Opium and Morphine are other types of opiate that are commonly abused in Punjab.
- Tobacco is abused most commonly through smoking 69.99% and through eating 53.90%.
- Alcohol is used occasionally in marriages and parties etc., but some people use it daily to get intoxicating effects.

So, it can be concluded from a brief review of the common prevalent drugs that cannabis is the most commonly used drug. Cannabis drugs include Bhang (dried leaves of the plant cannabis indica); Ganja (its buds or flowers) and Charas (resin of the plant).

Factors

It is to be noted that drug abuse is not due to free availability of the drugs only but it also due to combination of various factors such as influence of peers, family stress and strain, family high or low socio set up; demographic factors, self esteem or self concept, neurotic tendencies and above all the personality of the individual.

### **4.0 Age and Drug Abuse**

As we grow older, our bodies undergo several chemical and physical changes that alter the way we react to the world. When it comes to alcohol and drug abuse, this means we can expect certain behavioural aspects to change and the trends to vary when looking at people in different age groups. Numerous studies have been done on the way that age affects drug and alcohol use and vice versa, and results show that there are definite correlations between substance abuse and the age of the addict.

Ball and Chambers (1970) found that the mean age of addicts admitted Lexington and Fortworth Public Health Service Hospital in 1963 was 32.9 years for males and 33.5 years for females. The largest proportion of the females (25.6%) were in the category of 25-29 years while (23.7%) males fell into this age category. The admission statistics of the hospital indicated that only 20% of admissions were of 40 years of age or older.

Mohan et al. (1977) found that age period for the introduction to the drug appear to be between 16 to 19 years among the students of Delhi University. The percentage of drug users went on increasing significantly with every academic year of the university.

A study by NIDA (National Institute on Drug abuse (2013).

Illicit drug use has been rising steadily among college aged young adults, mostly driven by increases in Marijuana use. In addition, the non-medical use of stimulus, including Adderall and Ritalin, has more than doubled in the past few years.

Monitoring the Future 2013 Survey Results; College and Adults.

Young adults (age 18 to 25) are the biggest abuses of prescription (Rx) Opioid pain relievers aDHD stimulants and anti anxiety drugs. They do it for all kinds of reasons.

In 2010, almost, 3000 young adults died from over dose of opioid more than died from overdoses of any drugs, including heroin and cocaine complained and many more needed emergency treatment.

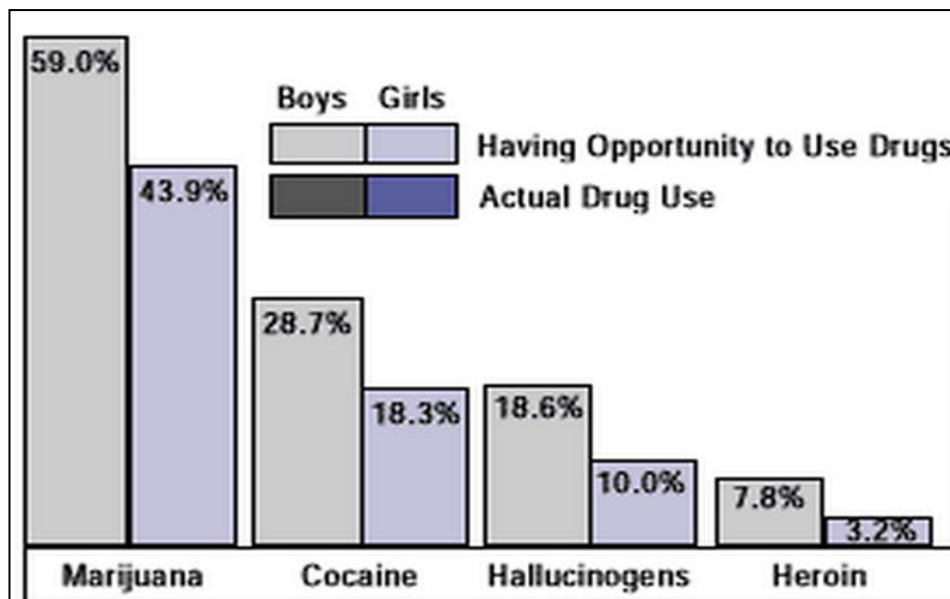
**5.0 GENDER AND DRUG ABUSE**

Singh and Singh (1980) found that the males used more drugs than females who most commonly abused sedatives and tranquilizers. The males used hard drugs more. Singh and Preet (1981) in a similar study found females using more sedatives and tranquilizers than their counterparts but males exceeded in ratio to females in drug abuse.

Khan (1985) found that 42% males and 15% females abused multiple drugs in a study of Bombay University.

Patrick Zickler (1999-2000) According to National Household Survey on Drug Abuse (NHSDA) found that 8.1% of males and 4.5% of females older than age 12 had used illicit drugs, and this ratio has remained constant through out the 29 years history of the survey.

Dr. Anthony and his colleagues analyzed (NHSDA) data for 1993 to that Males are more likely than females to have females to have an opportunity to use drugs.



According to the 1993 National Household Survey on Drug Abuse

The proportion of opportunities to use marijuana was 59% of males compared with 43.9% of females; to use cotain, 28.7% males and 18.3% of female; to use hollucinogens, 18.6% of males and 10% of females, and to use heroin, 7.8% of males and 3.2% of females.

**6.0 Locality and Drug Abuse**

The sex wise break up; of drug abuses also depends upon the area in which one resides.

Wiles (1967) found in his study that before World War II, narcotic addiction was distributed throughout America at a low level. After the war, it tended to concentrate in the slum areas of large metropolitan cities, particularly New York city. Economic.

Sawan Singh (2012) told that in Punjab alcohol is so common that many Punjabies cannot take food without taking alcohol. There are many authorized liquor stores in a city. Every village has its own. In some villages there is no dispensary but many drug stores which sell pills and synthetic drug to addicts who cannot afford opium and heroin. These stores are also opened on bus stops, on the roads. There are 8000 liquor stores in Punjab. According to official figures, the Punjab state realized about Rs. 2374 crore as excise duty in 2010-11 and consumption of liquor was about 11 liters per months per person.

Many degree college students have fallen pray to alcohol and drugs. Even girls students are suffering from this menace. 70% of the youth of Punjab take drugs.

Record shows that consumption of liquor in Punjab has increased by 59% during the years 2005 to 2010.

### **7.0 Conclusion**

From the above review, it can be concluded that the rate of prevalence is quite common among the students of age groups of 18 to 25 years. The juniors also go for the drugs but their number is quite less. The females also use the drugs but in less number in comparison to males. The drug abuse is quite prevented in the urban areas. But in Punjab it is prevalent in the rural areas. From the studies, it has also come to the notice that most of the drug users start as experimenters but later on graduate to become addicts. Some applies in the case with drug taking habit. They start with canarabis and move to the hard drugs. Not only this, the studies revealed that most of them are polydruggst i.e. they use more than one drug to induce its effect.

### **8.0 Refrences :**

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