



A Thorough Examination of the Influence of Drug Addiction on Youth and the Efficacy of Legal Measures in its Prevention

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ABSTRACT:

Drug addiction is essentially a condition or disorder characterized by the impact of substances on an individual's brain, resulting in a diminished ability to control drug or medication usage. Whether legal or illegal, excessive reliance on any substance is detrimental. Presently, a concerning trend is the increasing susceptibility of young individuals to drug addiction. Various factors contribute to this phenomenon, including easy access to drugs, depression, peer pressure, lack of family involvement, and low self-esteem. The study aims to explore the heightened vulnerability of youth to drug addiction, identify the reasons behind their susceptibility, investigate the influence of adults on youth drug consumption, analyze the role of peer pressure in drug addiction rates, and discuss strategies for overcoming drug addiction.

The empirical research methodology employed in this study reveals that drugs are readily available in society, making it easier for youngsters to access them. However, the findings emphasize that individuals hold the key to preventing drug addiction by altering their mindset. Recommendations include seeking diversions such as engaging in physical activities like going to the gym or playing sports, practicing mindfulness through activities like meditation, seeking professional assistance, maintaining a well-balanced lifestyle, listening to music, and surrounding oneself with positive influences. Ultimately, the study underscores the importance of individual initiative in breaking the cycle of drug addiction.

Keywords: Drug, Addiction, Meditation, Pressure, Youth.

INTRODUCTION:

Drug addiction is a disorder and disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Nowadays it has become a worldwide problem, especially in youth. Many young people become dependent on different types of substances and stimulating medicines that come hand-in-hand with narcotic effects. Drug use is a widespread epidemic around the world. It is one of the following leading causes of death and it can begin as early as six years old. Children should be taught prevention skills such as avoiding peer pressure and making wise choices to avoid drug use. They should also know what causes drug abuse, so they don't ever try drugs in the first place. At first, the consumption of drugs was very less, as there was a less chance of availability of drugs, and the cost was so high and hence it was not affordable. Then gradually, the drugs entered the society and became affordable, but still the cost was high and still the rate of consumption was less. Somehow the adults tried to afford the drugs, bought it and started consuming it. Then, it became common among the adults and then by seeing them, the youth wanted to try it. The curiosity among the youth to consume drugs made them afford it and try and that's how drug consumption became common among the youth. Once it is consumed, then it is very difficult to quit them. So the drug addiction among youth had started. Though there are no strict regulations by the government to control the distribution of drugs in cities, many de-addiction centers are built up in cities and in other rural areas to recover people from drug addiction, especially the youth. The sad thing is that, even some children below the age of 17 are getting addicted to drugs nowadays and they're getting treatment in these de-addiction centers. According to the action plan for 2020-2021, the de-addiction centers would be set up in 272 districts, which are identified by the Narcotics Control Bureau as the most affected areas. This gives emphasis on reaching the youth and high risk population. Availability of access to drugs, lack of self confidence, peer pressure, adult influence, lack of family involvement and others are the main reasons behind the drug addiction. Many college and school students are consuming drugs without any restrictions or limits and nothing could stop them, instead they're being helped by people, starting from those who get them drugs, to those who encourage them and provide money, rarely. Other countries are dealing with this problem in similar ways, like establishing de-addiction centers and special psychological treatments in hospitals. The **aim** of the research is to study the impact of drug addiction among youth.

OBJECTIVES:

1. To study the impact of drug addiction among youth.
2. To find out whether the adults are influencing youth to consume drugs
3. To analyze drug addiction is caused due to peer pressure
4. To discuss the ways to get rid of drug addiction

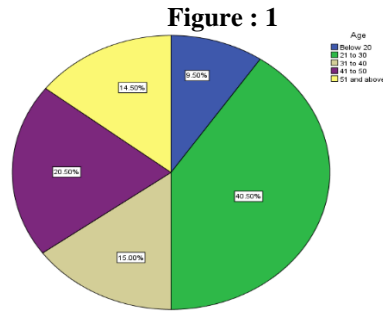
REVIEW OF LITERATURE:

(Rippere, 1978)The author, through his research, tells us about the society, where drugs among the youth are getting normalized. They think that smoking, drinking are a part of maturity and there is nothing wrong with this habit. There is no realization among the youth. **(Adlaf et al., 1996)**These researchers have given detailed information and a clarity on how the youth generation is getting spoiled, while trying to get out of the addiction. It takes some time to come to a normal stage. Until then, they have to suffer a lot. That's a very crucial period. If they're able to control themselves, then they'll be able to get rid of the drug addiction. **(Ahad et al., n.d.)**This research paper explains about the drawbacks of consumption of drugs in real life. Yes, drugs affect humans in day-to-day life. It makes them more isolated; they get angry easily, it brings out the worst of human behavior. **(Kenkel et al., 2001)**This research paper gives a clear explanation on how psychiatrists are trying hard to reform the people, especially those who are addicted to drugs badly. They try to create a friendly relationship with the patients, then get to know about their problems, then they make them realize that consuming drugs is definitely not a way to get out of depression, and change their habits. **(“Alcohol and Drug Use among African-American Youth,” 2002)**This research tells us about the alcohol and drug use among African-American youth. It is nothing new and well, it is so common there, and there is nothing to get shocked about. Even children are consuming drugs regularly, and nothing could stop them. **(Roy et al., 2002)**The author tries to justify why limited usage of drugs does not affect the youth. It is associated with the mindset of the youth. If they are determined about consuming drugs within a limit, then definitely it'll not affect them, if everyone follows this, it helps in maintaining a healthy and a happy society. **(Brownsberger & Heymann, 2009)**The authors try to explain about youth trying to stop consuming drugs and get rid of addiction. But due to bad guidance and lack of family involvement, they are not able to come out of the addiction and hence continue to consume drugs through various forms or mediums. **(Obembe, 2012)**The author, through his research paper, explains to us about the behavior of human beings, and the activity of the human brain, after the consumption of the drugs. They are uncontrollable, intolerable and invincible. **(Maggs et al., 2013)**The authors have discussed the usage of drugs in positive manners. These drugs are used in medicines, as well as it is used as medicine. Like how overdosage of medicines is not good for the health, likewise, overdosage of any drug is never ever good for health. **(Koob et al., 2014)**This research paper talks about the ways to stop consuming drugs and come out of addiction. It suggests isolation from those who misguide them and it also suggests diversion, that is, to divert our mind and do something useful and helpful, and also interesting. **(Nolan et al., 2014)**The author explains to us about the psychology of the youth. He talks about the youth's urge to try smoking, drinking alcohol, or other drugs like ganja, cocaine, etc. The thing is, though they won't have interest, there is something called curiosity, which makes them think like that. **(Preedy, 2016)**This research paper gives a clear idea on how children are getting exposed to drugs by the youth generation, that is, people between the age of 20 to 30. There is an indirect contact between these two generations and children learn things from their seniors. **(Imkome, 2018)**The author explains to us the main reasons behind how people are getting addicted to drugs. It was found that it is because of an urge to try, which leads to the regular consumption of the drugs. **(Zhao & Li, 2018)**The authors have discussed the politics hidden behind the distribution of the drugs in the society and the mafia, performing the activity. The dark side of the society that emerged will never get exposed, until it exists, nothing can stop the distribution of the drugs in the society. **(Карнич, 2020)**The author, through his research, gave a clarity on how the youth generation is consuming drugs, in spite of the warning messages and signs. He talks about selective perception, which is explained in psychology. Basically, we as humans look for what we want and ignore the rest. **(Moustafa, 2020)**This research paper explains about the youth society consuming drugs, without the realization that it affects them as well as the others, the surroundings. They don't understand that they are influencing the younger generation to consume drugs indirectly, which is not good for society. **(Maisto et al., 2021)**The authors have explained the ways by which the youth are getting drugs. People find someone with whom they can relate and slowly they start discussing drugs and at one point, they find drugs by helping each other in search and at last consume drugs together. **(He et al., 2022)**The author tries to tell us about how drugs are distributed into society and how it is getting easily accessible to the people, especially the youth. Here, he gives a clarity about the availability of access to drugs, one of the main reasons for youth getting addicted to drugs. **(Mazurenko et al., 2022)**The authors have tried to show us that even limited usage of drugs or rare consumption will affect the health of the youth. Once a drug is consumed, it'll always have an effect on the human body. **(Estévez-Danta et al., 2022)**This research paper discusses the reaction happening in the human body after the consumption of drugs. The person gets high and remains in that state for half a second. Then to experience the same again, he repeats and then gets addicted.

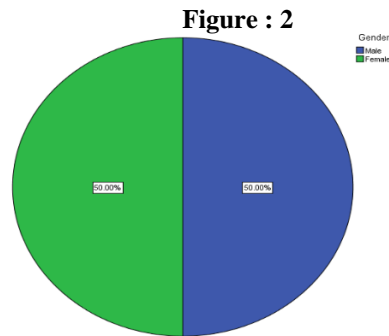
METHODOLOGY:

The research method followed here is empirical research. A total of 200 samples here have been taken out of which is taken through convenient sampling. The sampling frame taken by the researcher is the public areas. The independent variable taken here is name, age, gender, education, occupation and income. The dependent variable taken here is that youth are more prone to drug addiction, adults influencing youth to consume drugs, reasons for youth getting addicted to drugs, drug addiction is caused due to pressure and ways to get rid of drug addiction. The statistical tool used here is Graphical representation, pie chart, chi square test and percentage.

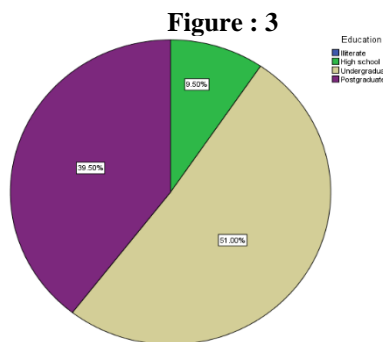
DATA ANALYSIS:



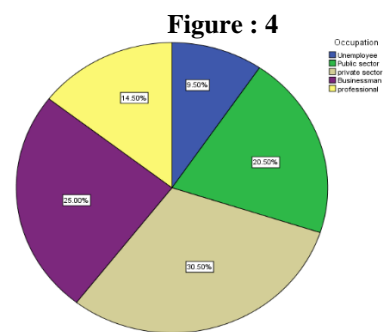
Legend : Figure 1 shows the age distribution of the respondents.



Legend : Figure 2 shows the gender distribution of the respondents.

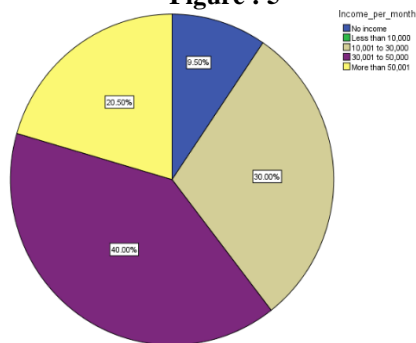


Legend : Figure 3 shows the education distribution of the respondents.



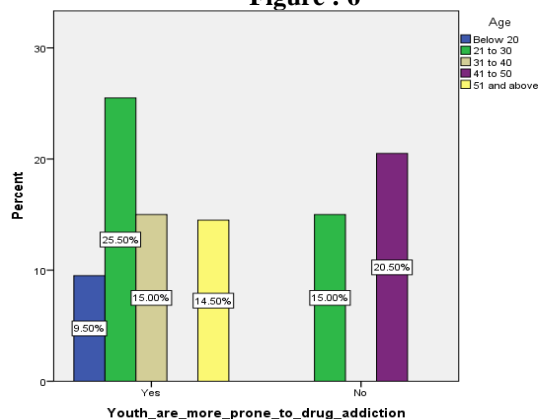
Legend : Figure 4 shows the occupational distribution of the respondents.

Figure : 5



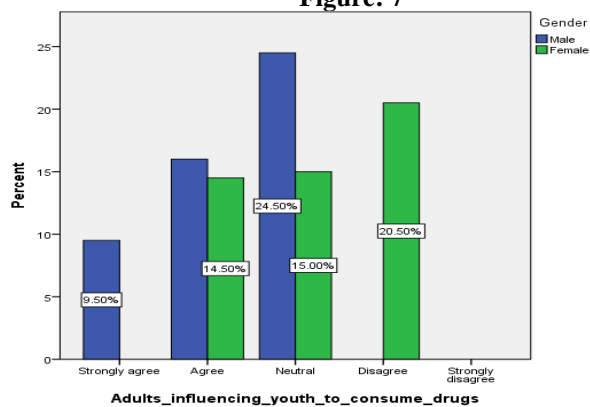
Legend : Figure 5 shows the income distribution of the respondents.

Figure : 6

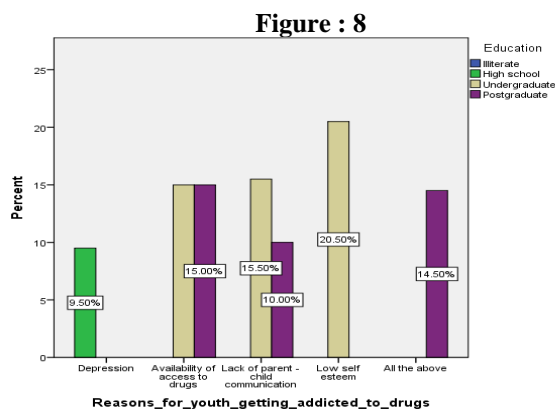


Legend : Figure 6 Graph represents the age of the respondents and percentage and their opinion towards the youth are more prone to drug addiction.

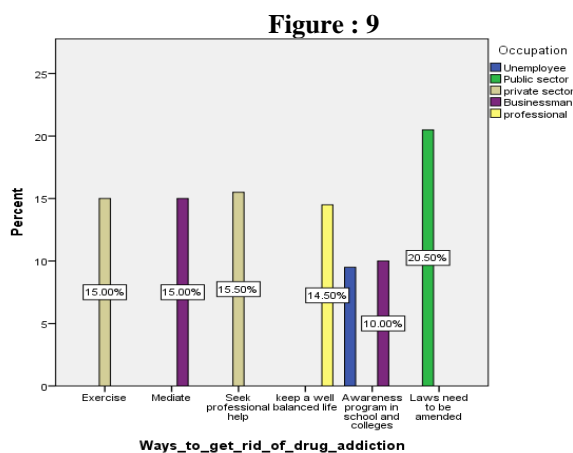
Figure: 7



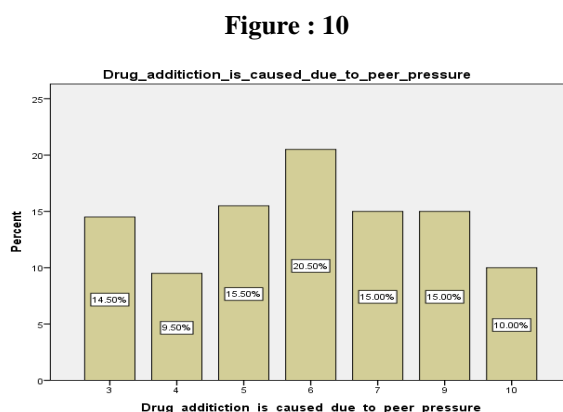
Legend : Figure 7 Graph represents the gender of the respondents and percentage and their opinion towards adults influencing youth to consume drugs.



Legend : Figure 8 Graph represents the education qualification of the respondents and percentage and their opinion towards reasons for youth getting addicted to drugs.



Legend : Figure 9 Graph represents the occupation of the respondents and percentage and their opinion towards ways to get rid of drug addiction.



Legend : Figure 10 Graph represents the opinion towards drug addiction being caused due to peer pressure on the scale of 1 to 10.

TABLE 1
Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Gender* Adults_influencing_youth _to_consume_drugs	200	100.0%	0	0.0%	200	100.0%

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	64.717 ^a	3	.000
Likelihood Ratio	87.940	3	.000
N of Valid Cases	200		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 9.50.

Symmetric Measures

		Value	Approximate Significance
Nominal by Nominal	Phi	.569	.000
	Cramer's V	.569	.000
N of Valid Cases		200	

Legend: Shows the chi square analysis for the variable gender and adults are influencing youth to consume drugs.

RESULTS:

It is found that 9.50% of the respondents are below the age of 20. 40.50% of the respondents are between the ages of 21 to 30. 15% of the respondents are between the ages of 31 to 40. 20.50% of the respondents are between the ages of 41 to 50. 14.50% of the respondents between the age of 51 and above. **(Fig-1)** It is found that the majority is both female and male of 50% of respondents population. **(Fig-2)** It is found that 9.50% of the respondents are under the high school category, undergraduate students are 51% and 39.50% of the respondents are postgraduates. **(Fig-3)** It is found that 9.50% are unemployed and 25% of the respondents do business. Private sector employees are 30.50% and the public sector are 20.50%. 14.50% of the respondents do professional work. **(Fig-4)** It found that 9.50% of the respondents have no income. 30% of the respondents have 10,001 to 30,000 income per month. 40% of the respondents have 30,001 to 50,000 income per month. 20.50% of the respondents have more than 50,000 income per month. **(Fig-5)** It is found that youth are more prone to drug addiction, so the Age group below 20, 9.50% said yes. Age group of 21 to 30, 25.50% said yes and 15% said no. Age group of 31 to 40, 15% said yes. Age group of 41 to 50, 20.50% said no and age group of 51 and above, 14.50% said yes youth are more prone to drug addiction. **(Fig-6)** It is found that adults are influencing youth to consume drugs, 17% of male respondents have agreed, 9.50% have said strongly agree, 24.50% have said neutral. 14.50% of female respondents have said they agree, 15% have said neutral and 20.50% have said they disagree. **(Fig-7)** There are reasons for youth getting addicted to drugs, so 9.50% of high schools said depression. 15% of undergraduates and postgraduates said by availability of access to drugs. 15.50% of undergraduate and 10% of postgraduate said by lack of parent - child communication. 20.50% of undergraduates said by low self esteem and 14.50% of postgraduate said by all the above. **(Fig-8)** It is found that there are ways to get rid of drug addiction, so 9.50% of unemployment is said by awareness programs in school and colleges. 20.50% of public sector said by laws need to be amended. 15% of private sector said by exercise and 15.50% said by seek professional help. 15% of businessman said by mediate and 10% said by awareness program in school and colleges. 14.50% of professional said by keep a well balanced life. **(Fig-9)** It is found the majority of the respondents that is 20.50% of them have rated 6, for agreeing to that drug addiction is caused due to peer pressure. The least percent being 9.50% have rated 1 for agreeing to that drug addiction is caused due to peer pressure. The 1 being strong disagreement and 10 being strong agreement with the concept. **(Fig-10)** Table 1 shows the chi-square test of the variables, 'gender' and 'adults influence youths to consume drugs'. There is a significant relation. **(Table-1)**

DISCUSSION:

A survey was conducted across age lines and the Majority of respondents were people in the age group of 21 to 30 whereas people in the age group of below 20 were the least respondents **(Fig- 1)** The survey based on Gender showed that Male and female were neutral. **(Fig-2)** While taking the Educational qualification as criteria, Undergraduates were the most respondents while high school people were the least respondents. **(Fig-3)** When the survey was done based on occupation, people working in the private sectors were the major respondents whereas unemployed were the least respondents. **(Fig-4)** A survey was done across people of various income groups and people in the income group of more than Rs30K to Rs50K were the most respondents whereas unemployed people were the least respondents. **(Fig-5)** When the survey was conducted based on the topic youth are more prone to drug addiction majority of the respondents in the age group of 21 to 30 have said yes whereas people in the age group of 21 to 30 have said no. **(Fig-6)** The survey to check if adults influencing youth to consume drugs so most of females respondents mostly agreed to it and as expected, majority of the Male

respondents mostly neutral to it. (Fig-7) While surveying the educated people based on the reasons for youth getting addicted to drugs, Majority of the Undergraduates opined that because of low self esteem whereas the least high school students opined that because of depression. (Fig-8) When the topic was based on the ways to get rid of drug addiction, was surveyed among people of various occupation, People working in the public sector said that laws need to be amended whereas people who are unemployed said that awareness programs in school and college. (Fig-9) The majority agree that drug addiction is caused due to peer pressure and least of them disagree that not only due to peer pressure other ways like depression, lack of parent child communication and availability of access to drugs are also the causes for drug addiction among youth. (Fig-10) At a significance level of less than 0.05, it can be discussed that the association between the variables is statistically significant. A relationship exists between the categorical variables. P-value < α ; (Table-1)

LIMITATIONS:

One of the major limitations of the study in the sample frame. There is a major constraint in the convenient sampling method, the survey was conducted through questionnaires by google forms to collect responses from the people. Due to the lack of time, study was restricted within a limited sample frame. A large area was unable to be studied.

SUGGESTIONS:

A strong mindset can definitely stop them from getting addicted to drugs. They should change their mindset, search for diversion from getting addicted to drugs, like going to gym, playing sports, exercise, mediate, seek professional help, keep a well balanced life, listening to songs, hangout with good friends, etc.

CONCLUSION:

Drug addiction is nothing but a disease or a disorder, where a person's brain is affected, which may lead to an inability to have control over the usage of drugs or medication. Drug addiction has the power to control the human's activity. Once a drug is consumed, it definitely affects the human body and obviously mind. Somehow the youth are getting influenced by drugs and getting addicted. Mainly due to depression, bad guidance, exposure, etc. The objective is to find out that youth are more prone to drug addiction, to find out the reasons for youth getting addicted to drugs, to find out whether adults are influencing the youth to consume drugs, to analyze the rate of drug addiction is caused due to peer pressure and to discuss about the ways to get rid of drug addiction. The findings was that it is due to the exposure and the availability of access to drugs, which is a root cause, followed by an urge to try consuming the drug. Then if the person tries to stop it, there comes the bad guidance, it can be friends, relatives or any other people who misguide them. All they need to quit is diversion. Going to the gym and maintaining health is the best way and other than that, hanging out with good friends, meditation, counseling and doing something helps them to avoid such addiction. Over dosage of drugs makes a human being behave like a monkey, within a few minutes. It took millions and millions of years for a monkey to become a human. It doesn't know who is mother, father, brother, sister, child, adult, etc. It brings out the worst behavior out of a human being. There is a big politics behind the distribution of drugs among the society which cannot be known. It is the dark side of society. In simple terms, it is hell. A strong mindset can definitely stop them from getting addicted to drugs. Anything within a limit is absolutely fine. A drug-free society will be the best and the happiest society.

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