



Awareness of Drug Abuse among Teenagers

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ABSTRACT

Introduction: Drug abuse has been defined as an extreme desire to obtain and use increasing amounts of one or more substances. The risk factors for developing drug abuse problems include poor relationships with parents, inadequate supervision over adolescent activities, poor achievement in schools and so on. **Materials and methods:** An online survey comprising 17 questions was administered to the participants of the age group of 14-19. Then, the results were statistically analysed. **Results and discussion:** From the survey conducted, it was found that 67% of the adolescents have attended many drug awareness programmes, and 45% of them said that alcoholism and drug addiction are genetically inherited. **Conclusion:** All around the world, considerable amount of morbidity and mortality among adolescents has been caused by the abuse of alcohol and drugs. School-based health centers should be able to give consultations to students who need treatment plans, and connect students to available community resources.

Key Words: Drug Abuse, Poor Relationship, Marijuana.

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INTRODUCTION

Adolescence is a critical stage in the life-course and can be considered the most transformative period in the individual's life. Adolescents are particularly vulnerable to being misled if they are not properly informed about wide range of life problems [1]. Adolescents are at a greater risk of emotional problems which in turn affect quality of life, proper glucose metabolism and hormonal balance inside the body [2]. Opium addiction causes many social damages [3] and its abuse by adolescents is a public health concern which has been examined widely all over the world. Substance Abuse and Mental Health Services Administration from the US for 2012 reported that nearly 173,654 individuals aged above 12 years used tobacco products, 111,239 used marijuana and hashish and 78,034 used illicit drugs other than marijuana and hashish in their lifetime. Studies from other countries showed that teenagers start substance using at early age, when they are between 11 and 14 years old. Many factors which increase the risk for substance use have been found by several investigations that included experimental curiosity, peer and family influence, lack of parental supervision and personality problems. Moreover, studies identified factors which prevented substance abuse

including functional family communication, effective family socialisation and the ability to notice the destructive effects of substance use at early age. Another important protective factor against using drugs which was found by many researchers was religiosity, that prevents people from using drugs even if they are exposed to drugs in the environment. There is also a correlation between drug abuse and alcohol with aggression and violence [4]. Drug abuse is regarded as a brain disease since drugs change the brain [5]. They change its structure and how it works. These brain changes can be long – lasting and lead to the harmful behaviours seen in people who abuse drugs. In all countries, illegal drug economy plays a prominent role in national decisions [6]. Various countries have taken measures at society level to change knowledge and attitude of the society toward illegal drugs [7].

Knowledge and attitude toward this problem, easy access to such drugs, and the nature of the abused drugs are among other effective factors [8]. Drug abuse as a psychological, social, and biological issue in adolescents is one of the most critical issues for countries, nowadays [9]. This problem involves new chemical drugs besides traditional ones [10].

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The most common age range of drug abusers in the world is 18 to 25 [11]. Drug abuse has been proven to increase among a lot of students are at these ages [12]. Considering all of the illicit abused drugs, marijuana was found to be the most common in the world with consumption of 3.8% [13]. Generally, the most prevalent reasons for drug abuse include race, gender, social class, religion, government rules, availability, friends' persuasion or peer pressure, education, job stress, and curiosity [14].

In order to prevent substance' abuse among adolescents, the properties and targeting risk factors that put youth at risk should be identified. Several investigations have aimed to distinguish risk factors associated with adolescent drug and alcohol usage.

MATERIALS AND METHODS:

A cross sectional survey was created. Totally 100 participants took part in the survey. A questionnaire comprising 17 questions was administered to the participants through survey planet link. Most of the questions were mostly knowledge and awareness based. The responses were collected and the results were statistically analysed.

RESULTS AND DISCUSSION:

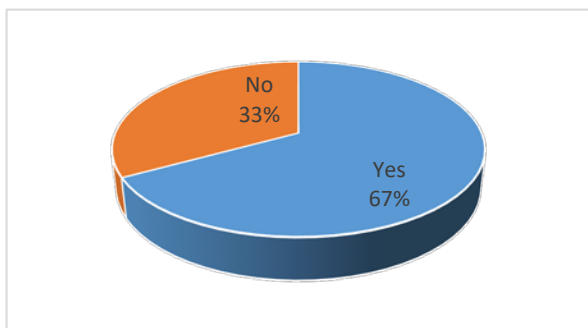


Fig. 1. Having attended many drug awareness programs

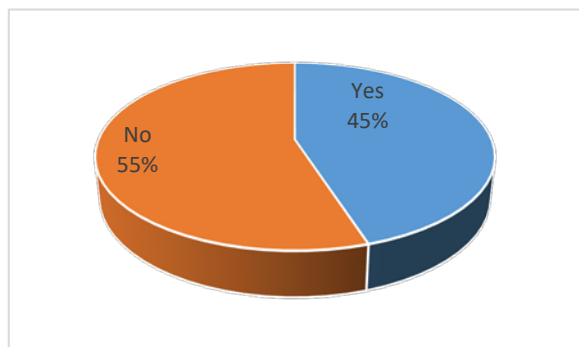


Fig. 2. Alcoholism and drug addiction are genetically inherited

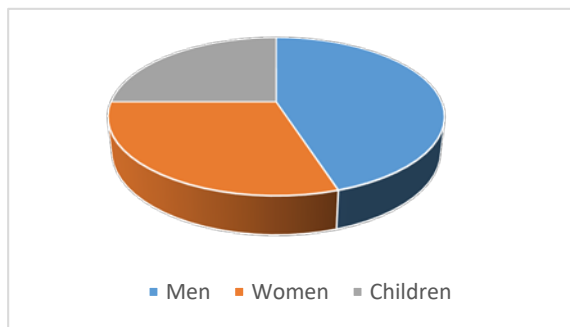


Fig. 3. Major inhalant users of drugs

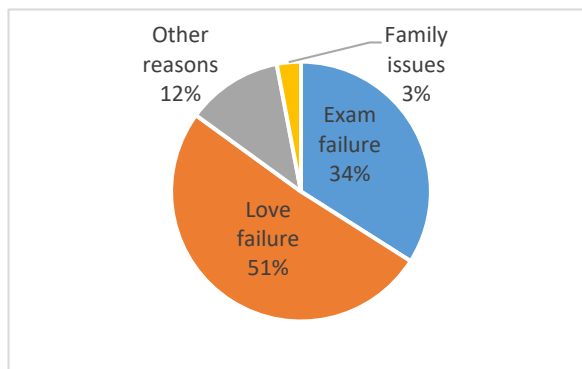


Fig. 4. common reasons for drug addiction

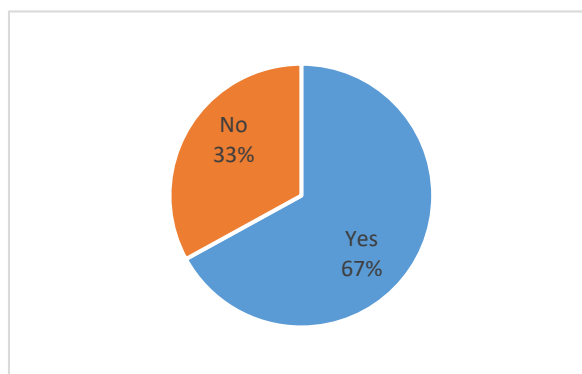


Fig. 5. More teenage males are addicted to drugs than females

From the survey conducted, it was found that 67% of the adolescents have attended many drug awareness programmes. 45% of them said that alcoholism and drug addiction were genetically inherited. Most of them declared that men were the most inhalant users of drugs. 67% of the participants said that more teenage males are addicted to drugs comparing to females. 51% of the participants stated that love failure is the common cause for drug addiction. 34% of them mentioned that exam failure is the common cause for drug abuse. Today, the abuse of alcohol and illicit and prescription drugs is regarded as a main health problem all over the world. In the world we live, addiction is considered both as a trend and simultaneously a disease. As statistics have demonstrated that mortality caused by overdose has been constantly growing since the early 2000's. By raising

people's awareness on drug abuse, providing irrefutable facts, and performing prevention programs for vulnerable kids and teens, this statistic can be decreased. It is not even too late for those who are presently involved in a substance abuse problem. There is also hope for individuals who have already consumed drugs by the cycle of addiction. School-based health centers should give consultations to students who need such treatment plans, and connect students to available community resources. Schools are appropriate settings for drug prevention programs for 3 reasons: (1) children should be prevented from drug abuse before their beliefs and expectations about substance abuse are established; (2) young people are the most systematically available for schools; and (3) schools can improve drug-related educational policies. Resources for the preparation of teachers, counsellors, and other school personnel may be a valuable adjunct. It is a challenge for educators to make children and adolescents understand the facts about drug abuse without tempting them to try drugs. Several curricula that were proven to be influential, have been designed for school use and delivered to students in interesting, interactive, and developmentally appropriate ways. Although many program approaches are available, there are some effective programs focusing on enhancing students' problem-solving skills or aiding them to evaluate the influence of the media. Other effective programs help improve students' self-esteem, reduce stress and anxiety, or increase their activities. These skills are taught by using a combination of methods including demonstration, practice, feedback, and praise.

CONCLUSION:

The findings of the present study would suggest that multifactorial prevention programmes that include social norms, gender role and image, and incorporate drug policy, religion, family and school would be more influential and would lead to better protective results. The alcohol and drugs abuse has caused considerable morbidity and mortality among adolescents globally. Many of these youth will lose their lives to drugs and alcohol, and a significant number of them are likely to grow up to become problem drug users. Although, the substance abuse problem is complex and large in magnitude, there is a substantial amount of evidence-based research available to physicians' community leaders and schools to implement interventions that can decrease adolescents' substance abuse rates. Because this issue is not peculiar to any community or culture, it was recognized that individual interventions may not be universally effective.

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