

## **A Study on Students Dope heading and muddles in Home and Educational Institution**

**S. Surendran,**

Associate Professor and Head, Department of Sociology, S.T. Hindu College, Nagercoil - 629002 Affiliated to Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India – 627012

---

### **Introduction**

The health effects of tobacco smoking, which claim more than 6 million lives annually worldwide, are among the most publicly debated public health issues in the world. Compared to tuberculosis, tobacco use has a higher death rate, coupled HIV/AIDS and malaria. Cancers in particular are a nightmare for people who use tobacco, among the top ten male malignancies in India, recently and are still at the top of the list.

Up to the age of 25, the human brain is still developing. The development of the brain will be hampered by anything that impedes this process, including drugs. Any kind of injury to the brain during its formative years, as well as modifications to its wiring, may have an impact on how the brain functions. One method for tampering with the wiring is drug use. In accordance with search results from the National Institute on Drug Abuse (NIDA), the brain uses substances called neurotransmitters to carry messages from one section of the brain to another.

Similar to how a key fits into a lock, each neurotransmitter binds to a specific type of receptor. This enables information to pass through the brain on the intended path. The neurotransmitters' regular transportation patterns are disrupted when you consume medications. Drugs' chemical composition has the ability to mimic and trick receptors, latch onto them, and change the way that nerve cells function. This "alteration" may cause messages to be sent in the wrong direction and may cause your brain to act or respond differently. In the end, this has an impact on how your brain absorbs information, how well you recall it, and how you think, learn, and concentrate.

According to research, there is a direct connection between young substance misuse and school dropout. Teenagers who take drugs perform worse academically, miss school and extracurricular activities more frequently, and are more likely to leave school altogether. Despite the fact that we have all heard or read about people who use drugs and still maintain excellent grades, this is unusual. Those who take drugs frequently typically don't perform well in school.

Marijuana, for instance, has been shown in studies to impair memory, learning, and attention. Days or weeks after the medicine wears off, its effects may still be felt. As a result, those who often smoke marijuana are not operating at their optimum. Marijuana users typically have lower GPAs and higher rates of high school dropout. According to a new study, people whose IQ has been reduced by up to 8 points as a result of heavy

marijuana usage as teenagers and adults. The usage of drugs has increased the number of high school dropouts.

According to a study, adolescents in the 12th grade (16 to 18 years old) who left school before graduating were more likely than their peers to use marijuana, alcohol, cigarettes, and other illicit drugs. Higher rates of illicit drug use were seen among dropouts than among students. Teenagers who use marijuana, alcohol, tobacco, or other drugs are less likely to graduate from high school, go to college, or earn a college degree than non-users. They are also more likely to drop out of school than non-users. In one survey, it was discovered that about one-third of school dropouts claimed that using alcohol or other drugs played a significant role in their choice to stop attending.

### **India's predominance of drug abuse**

Drug misuse affects people everywhere, even schoolchildren. According to a recent WHO estimate, 185 million people use drugs, 1.3 billion people smoke, and 2 billion people use alcohol worldwide. Despite being recognized to have negative effects, students frequently abuse substances like tobacco, alcohol, cannabis, and numerous allopathic medicines. Research from several fields, including the medical field, has been undertaken all over the world, including India. These estimates place the prevalence of substance misuse among students at 30 –50%, but they only look at tobacco or alcohol use, and many of them are prejudiced against women.

Drugs used for recreation might be either legal or criminal when taken unsupervised by a doctor. Analgesics, depressants, stimulants, and hallucinogens are the four kinds of recreational drugs. A growing and unsettling global trend is the growing use of recreational drugs by pupils. There have been reports of medical and nursing students using marijuana and other sedative medications. In the health field, recreational drug use among students can range anywhere from 5% to 72% of the population. Pleasure and relaxation, peer pressure, cigarette smoking, and binge drinking are some of the factors that lead students to use recreational substances.

Students studying medicine and nursing have been found to have significant rates of mental health conditions such as depression, stress, anxiety, and burnout. According to several studies, stressed-out and depressed students use alcohol and other recreational substances more frequently as a coping mechanism.

According to the researchers studies 42.3% of people abuse drugs that aren't alcohol or tobacco. Alcohol was the most commonly abused substance (54.3%), followed by cigarettes (25.9%), in the study group, where the prevalence of substance abuse was 57.8 %. In Kerala ,individuals consume these beverages at religious and social gatherings, sometimes even in front of their parents and other senior citizens. Youth may be more susceptible to these behaviors because of easy access to illicit substances in industrial cities and a lack of societal constraints for drinking home-brewed alcohol.

Children picked up habits from their parents' drinking and/or smoking habits. The habit of consuming CAD by male kids was discovered to be related to the father's habit. Approximately 16% of the students also used alcohol and one or more other drugs. Males

are more likely than females to utilise alcoholic beverages among adolescents in the Assam industrial town. Early on, they are exposed to alcoholic beverages. It was discovered that parental indulgence in using tobacco, alcohol, or both led to higher intake by their children. A cross-sectional study was conducted at the high schools in the Chenkara, which is the urban health training centre connected to the Government Medical College in Thiruvananthapuram, Kerala, India.

In high school, drinking was commonplace (26%) and regular drinking was practised by 3% of pupils. 32.6 percent of drinkers who were under the age of 10 at the time of their consumption. 67% of drinkers who started off doing so chose beer as their drink of choice. 3% of students are habitual drinkers, and 24% of students had consumed alcohol, according to this study. Tobacco use is more closely linked to mortality than HIV/AIDS, malaria, and tuberculosis all together.

### **Causes of drug abuse in college students**

In India, the prevalence of substance misuse among young people and students has alarmingly grown. Substance use is being initiated as a result of shifting cultural attitudes, escalating economic stress, and deteriorating supporting relationships. The most often misused drugs in India are cannabis, heroin, and pharmaceuticals made in India. The type of substance used, how it is used, or how it is abused, as well as the person abusing it and their personality, are the main causes of drug use, misuse, or abuse. An individual is now more susceptible to the pressures and strains of modern life due to the processes of industrialization, urbanization, and migration that have resulted in a loosening of the traditional mechanisms of social control.

### **Educational challenges brought on by student substance abuse**

A huge percentage of teenagers drop out of high school each year, which is regrettable because for many Americans, graduating from high school is a critical step on the path to success. In the US, four years is the typical length of time for students to finish high school. Almost 78% of students who enrol in public high schools as freshmen do so (calculated from the average freshman graduation rate and the adjusted cohort graduation rate). This demonstrates that roughly 1 in 5 pupils did not graduate from a traditional high school within four years of their first entry into the ninth grade.

The Current Population Survey (CPS) from 2009 found that about 478,000 teenagers between the ages of 16 and 18 were “status dropouts,” which means they weren’t enrolled in high school and didn’t have a diploma or other credential equivalent to a high school diploma. Younger juveniles had a higher likelihood of being enrolled in school than older youths did.

Failure to graduate has a number of detrimental effects, such as greater unemployment rates, lower wages while working, a higher likelihood of requiring public assistance, a higher likelihood of experiencing bad health, and a higher likelihood of engaging in criminal activity and being imprisoned. Additionally, not finishing high school has an impact on socioeconomic success across generations since children whose parents did not finish high school are more likely to struggle in class and finally drop out.

### **Prevention of drug usage among students by proactive management**

The recurrence of drinking issues among college students highlights the critical need for prevention and counseling strategies that have been proven effective in research to lessen the harms associated with alcohol among college students. Colleges have improved the availability and accessibility of information about school alcohol policies online for students as well as for other interested parties, such parents. This would indicate that colleges and universities are becoming more concerned about drinking in general on campus.

The Quick Response to College Drinking Issues initiative was developed by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) to provide students and senior college officials with access to experienced alcohol researchers and NIAAA employees in the event of an alcohol-related crisis.

### **Conclusion**

The nation's future is in its students. Failure in life affects the future of the country as a whole. The primary reason why students don't succeed in school is substance misuse. In order to prevent drug usage among children, instructors, and parents, it is essential to provide good education. Students adopt this practice despite knowing the negative consequences of substance use. To address this, extensive prevention and control programs that are directed at teenagers, students, their parents, and other family members must be implemented in schools and the community. The development of a positive attitude towards self-confidence and sufficiency in schoolchildren is necessary, as is the prevention of risky behavior among kids. In the initial years of life, it is important to mould pupils' attitudes and promote a healthy lifestyle that includes constructive behavior. The only remedy is education. As part of their education, we must educate children about alcohol and its harmful effects on the body. Kids must be informed of the negative consequences of underage drinking. In addition, parents should promote a conversation about it rather than chastise their kids when they are detected. Some of the difficulties relating to drug misuse among students include school dropout, antisocial behavior, and robbery. The necessity of preventing drug usage among students has been outlined by numerous researchers. They provided advice on avoiding, preventing, and enhancing students' lives. They are trustworthy sources of knowledge. They will support us in delivering effective counseling to the students in order to wean them off of drug misuse.

### **References**

Adolescent Substance Abuse: America's #1 Health Problem. The National Center on Addiction and Substance Abuse at Columbia University. 2011 June.

DuPont. America's Dropout Crisis: The Unrecognized Connection to Adolescent Substance Abuse. Institute for Behavior and Health. 2013 March.

Chen CY, K-M L. Health consequences of illegal drug use. *Curr Opin Psychiatry*. 2009; 22(1): 287-92.

Substance Use Among 12th Grade Aged Youths by Dropout Status. The NSDUH Report, Substance Abuse and Mental Health Administration; 2013.

WHO. Report on the Global Tobacco Epidemic. Geneva: World Health Organization; 2008.

Nadeem A, Rubeena B, Agarwal VK, Piyush K. Substance abuse in India. Pravara Medical Review. 2009 December; 1(4).