

Drug Abuse: An Obstacle in “Fit India Movement”

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Abstract

In India drug abuse is big problem it creates branches of problems like poverty, unemployment, irresponsibility towards family. If we are trying to discuss about any problem, we are getting two things in our mind usually those are causes and its solution. This study is a study on drug abuse in Indian perspective so this study is an attempt to discuss the causes and solution of the problem of drug abuse. Causes of drug abuse can be categorized in three ways social, economic and mental causes. At present we have various laws to prevent drug abuse but there is lack of implementation and lacunae in it. Social responsibility is also important to curb the problem of drug abuse, this study is an attempt to suggest social as well as legal responsibilities to curb it. This paper is focusing on the problem of drug abuse and analyses the existing law related to curb the problem of drug abuse in India. It is an evaluation on policies of government relating to supply of drugs and its proper inspection.

Introduction

Drug abuse is the non-permissive consumption of certain substance that may lead to physical and psychological dependence. Popularized in the 1960s by music and mass media, they invade all aspects of society. This refers to the use of certain chemicals for the purpose of creating pleasurable effects on the brain. There are over 190 million drug users around the world and the problem has been increasing at alarming rates, especially among young adults under the age of 30. Apart from the long term damage to the body drug abuse causes, drug addicts who use needles are also at risk of contracting HIV and hepatitis B and C infections.

5 C's of Addiction

- ✓ Chronic
- ✓ Loss of control
- ✓ Compulsion
- ✓ Use despite negative consequences
- ✓ Cravings

Signs that someone has a drug problem include

- Changing friends a lot
- Spending a lot of time alone
- Losing interest in favorite things
- Not taking care of themselves - for example, not taking showers, changing clothes, or brushing their teeth
- Being really tired and sad
- Eating more or eating less than usual
- Being very energetic, talking fast, or saying things that don't make sense

- Being in a bad mood
- Quickly changing between feeling bad and feeling good
- Sleeping at strange hours
- Missing important appointments
- Having problems at work or at school
- Having problems in personal or family relationships

Certain factors can affect the likelihood and speed of developing an addiction:

- Family history of addiction. Drug addiction is more common in some families and likely involves genetic predisposition
- Mental health disorder
- Peer pressure
- Lack of family involvement
- Early use
- Taking a highly addictive drug

Causes of Drug Abuse in India

There are various causes of drug abuse in India, it can be categorized as social, economic and mental causes. These causes are mentioned as below:

Social Causes:In social causes we can discuss about all those social problems which are the basic causes of drug abuse. A poor relationship with parents is responsible for drug abuse among children, in most of the families we can see a huge lack of communication between child and parents and these things leads the child towards drug abuse.²⁰ Sometimes we can see it become trend among friends to take drugs by influence of those friends who are usually taking drugs. Drug users are taking drugs because it is easily available, we can see in border area the people are taking drugs in a large scale because it is easily available in those areas.²¹ Few of drug users are taking drugs because of their atmosphere, usually we can see it in those people who are growing up in a home where alcohol and drug abuse is considered as a normal behavior. Nowadays people are engaged in love affairs, the loss of a loved one and depression attracts a man more and more to the misuse of a substance. Unusual life style is also responsible for drug abuse, usually it is found in sex workers, transportation workers and street children.

Economic CauseIn India poverty is a curse because it creates various problems one of them is drug abuse, financial worries leads people towards drug abuse because of mental pressure.²³ People are producing narcotic drugs to increase income, so production of narcotic drugs is responsible for misuse of drugs.

Mental Causes There are mental causes which leads a person towards drug abuse situation of sadness, depression and stress are common causes for drug abuse. Sometimes users are misusing drugs.

Problems of Drug Abuse for Fit India Movement

It Hurtssomeone Physically: First and foremost, drug abuse is very literally harmful to your body. Depending on the drug of choice, abuse can lead to lung and cardiovascular disease, stroke, various kinds of cancer, HIV/AIDS, and Hepatitis B and C, to name a

few. Unfortunately, these aren't only consequences that come from long-term use. For example, using just once can result in a fatal overdose, brain damage, and/or infect someone with diseases that will stay with them for the rest of their life.

It Hurtssomeone Job: No matter the type of drug you take, abusing that drug can have serious consequences when it comes to landing and maintaining a job. In the short term, impaired judgment and lack of sleep from drug use can make you perform poorly the duties you'd otherwise excel at. In the long run, desperation from addiction can lead to stealing, lying, excessive absences, and other undependable behaviors that an employer will find unacceptable.

It Hurts Someone Mental Health: In addition to impacting your physical health, drug abuse can also take a serious toll on your mental health. Depression, anxiety, paranoia, hallucinations, delusions, and insomnia can all stem from drug abuse; or, if the person already had mental health problems before using the drug, those problems are often exacerbated by its use. In some cases, these issues can't be reversed once a person discontinues use of the drug.

It Hurtssomeone Finances: Simply put, drugs cost money. The more you abuse a drug, the more of it you need to get the same effect, and therefore, the more money you need to spend to support the habit. Combined with the aforementioned detriment drug abuse can have when it comes to maintaining a job, persisting with this habit can have serious negative impacts on your financial future.

It Hurts Someone Freedom: Difficulty with finances, keeping a job, and mental health problems are all issues that can ultimately land a person in jail. Whether it's by pursuing unlawful means of financial gain, committing crimes due to paranoid delusions, stealing from others to support a habit, or any other of the myriad ways drug abuse can contribute to criminal activity, each of those paths leads to the same place—jail.

It Hurts Someone Friendships: In addition to the deceit that commonly accompanies drug abuse, detrimental personality changes can arise, too. Having a short temper, lack of patience, decreased interest in others, and self-serving habits are all prevalent behaviors stemming from drug abuse that can negatively impact your friendships.

It Hurts Someone Family Relationships: Generally, the more someone abuses drugs, the more their priorities shift toward their drug of choice. For instance, an important family event, such as a wedding or baby shower, will often take a backseat to a person's drug use. Prioritizing a drug over loved ones can very quickly lead to self-alienation and tarnished or broken family relationships

It Hurts People Someone You Don't Know: Even people with no relationship to the person abusing drugs can be severely impacted by that person's use. Car accidents as a result of driving under the influence, burglary, assault, and other harmful behaviors are

much more common among those abusing drugs, and, as such, put innocent bystanders at a much greater risk of being harmed.

It Hurts Someone Community: Communities rife with drug use and abuse tend to reflect the problem in negative ways. There are more drug dealers, break-ins, instances of prostitution, and other criminal behaviors that threaten the safety and security of a community.

Treatment For Drug Abuse

- **Principles of Effective Treatment :** Addiction is a complex but treatable disease that affects brain function and behavior. Drugs of abuse alter the brain's structure and function, resulting in changes that persist long after drug use has ceased. This may explain why drug abusers are at risk for relapse even after long periods of abstinence and despite the potentially devastating consequences.
- **No single treatment is appropriate for everyone:** Treatment varies depending on the type of drug and the characteristics of the patients. Matching treatment settings, interventions, and services to an individual's particular problems and needs is critical to his or her ultimate success in returning to productive functioning in the family, workplace, and society.
- **Treatment needs to be readily available:** Because drug-addicted individuals may be uncertain about entering treatment, taking advantage of available services the moment people are ready for treatment is critical. Potential patients can be lost if treatment is not immediately available or readily accessible. As with other chronic diseases, the earlier treatment is offered in the disease process, the greater the likelihood of positive outcomes.
- **Effective treatment attends to multiple needs of the individual, not just his or her drug abuse:** To be effective, treatment must address the individual's drug abuse and any associated medical, psychological, social, vocational, and legal problems. It is also important that treatment be appropriate to the individual's age, gender, ethnicity, and culture.
- **Remaining in treatment for an adequate period of time is critical.:**The appropriate duration for an individual depends on the type and degree of the patient's problems and needs. Research indicates that most addicted individuals need at least 3 months in and that the best outcomes occur with longer durations of treatment. Recovery from drug addiction is a long term process and frequently requires multiple episodes of treatment. As with other chronic illnesses, relapses to drug abuse can occur and should signal a need for treatment to be reinstated or adjusted. Because individuals often leave treatment prematurely, programs should include strategies to engage and keep patients in treatment.

- **Behavioral Therapies:** Including individual, family, or group counseling— are the most commonly used forms of drug abuse treatment. Behavioral therapies vary in their focus and may involve addressing a patient’s motivation to change, providing incentives for abstinence, building skills to resist drug use, replacing drug-using activities with constructive and rewarding activities, improving problem-solving skills, and facilitating better interpersonal relationships. Also, participation in group therapy and other peer support programs during and following treatment can help maintain abstinence.
- **Medications are an important element of treatment for many patients,** especially when combined with counseling and other behavioral therapies. For example, methadone, buprenorphine, and naltrexone (including a new long-acting formulation) are effective in helping individuals addicted to heroin or other opioids stabilize their lives and reduce their illicit drug use. Acamprosate for treating alcohol dependence. For persons addicted to nicotine, a nicotine replacement product (available as patches, gum, lozenges, or nasal spray) or an oral medication can be an effective component of treatment when part of a comprehensive behavioral treatment program.
- **Treatment does not need to be voluntary to be effective.** Sanctions or enticements from family, employment settings, and entry, retention rates, and the ultimate success of drug treatment interventions.
- **Drug use during treatment must be monitored continuously,** as lapses during treatment do occur: Knowing their drug use is being monitored can be a powerful incentive for patients and can help them withstand urges to use drugs. Monitoring also provides an early indication of a return to drug use, signaling a possible need to adjust an individual’s treatment plan to better meet his or her needs.
- **An individual’s treatment and services plan must be assessed continually and modified as necessary to ensure that it meets his or her changing needs:** A patient may require varying combinations of services and treatment components during the course of treatment and recovery. In addition to counseling or psychotherapy, a patient may require medication, medical services, family therapy, parenting instruction, vocational rehabilitation, and/or social and legal services. For many patients, a continuing care approach provides the best results, with the treatment intensity varying according to a person’s changing needs.

Conclusion

Drug use and addiction are preventable. Prevention programs involving families, schools, communities, and the media may prevent or reduce drug use and addiction. These programs include education and outreach to help people understand the risks of drug use. Because drug abuse and addiction have so many dimensions and disrupt so many aspects of an individual’s life, treatment is not simple. Effective treatment programs typically incorporate many components, each directed to a particular aspect of the illness and its consequences. Addiction treatment must help the individual stop using

drugs, maintain a drug-free lifestyle, and achieve productive functioning in the family, at work, and in society.

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