



CAUSES OF INCREASING DRUG ADDICTION PRACTICES AMONG TEENAGERS IN KANPUR CITY

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Abtsract

Drug addiction is a problem that has been increasing immensely among our society today. Drug addiction can only hinder or restrain us from accomplishing our goals or dreams in life. People sometimes feel they are too bright, too powerful, too much in control to become addictive. Addiction can trap anyone. It can lead to harming one's body, causing problems in family structure, and contribute to the delinquency in society. The sooner people seek help for drug addiction problems, the more chances they have of gaining control of their life once again. However, abstinence is the safest way to live a longer and healthier life.

Key words: Causes, Drug, Addiction

Introduction

Drug addiction refers to the compulsive and repeated use of increasing amounts of drugs with the appearance of withdrawal symptoms when drug use ceases. While the specific causes of drug addiction are not known, genetic, psychological and environmental factors are thought to play a significant role. Rather than a single cause of drug addiction, it is likely that multiple factors lead to drug addiction in any given person. Some drug addicts also identify drug use and ignorance as a cause of drug addiction. Often, if a person is dealing with pain management issues, the drug they receive, like oxycodone,

can be very addictive. The ignorance of the drug's addiction potential, along with the physical pain of the condition, becomes a cause of drug addiction.

Objectives

1. To study the socio-demographic profile of teenagers.
2. To examine the causes and factors responsible for increasing drug addiction practices and consequences.

Methodology

The study was carried out in the Kanpur district of Uttar Pradesh. Ten schools (5 Hindi Medium and 5 English Medium) were randomly selected out of all the school in the district. Out of the total list prepared of teenagers of each school, 20 teenagers were randomly selected from each school. Thus a total sample 200 teenagers was selected for the present study. The important variables examined were socio-economic features which included comparison of respondents in terms of independent variables such as age, caste, education, religion, income, occupation, family type etc. and dependent variables such as addiction, drug addiction, causes, symptoms, society, consequences, prevention, strategy were also observed. The statistical techniques applied for analyzing the data were percentage, weighted mean, rank and correlation coefficient.

Results

Table 1: Distribution of teenagers according to age group

N=200

<i>Age group (years)</i>	<i>Males</i>	<i>Females</i>	<i>Total</i>
13 – 15	69 (34.5)	41 (20.5)	110 (55.0)
15 – 17	50 (25.0)	10 (5.0)	60 (30.0)
17 – 19	21 (10.5)	9 (4.5)	30 (15.0)
Total	140 (70.0)	60 (30.0)	200 (100.0)

(Figures in parentheses indicate the percentage of respective value)

Age plays a very important role in developing different habits in the life of an individual at different stages of his or her maturity (Table 1). The use of drugs in teenagers is highly influenced by his or her age. At the age of 12–14 years children start maturing and enter their puberty age. At this time various hormonal changes take place and both boys and girls become more and more curious about knowing and

experimenting new things in life. Punjab state is a victim of drug abuse where teenagers are using drugs at a high rate and thus, it is high time that parents and teachers should pay more attention on their growing teenagers and interact more often with them. If necessary teenagers should be given counseling if they have become an addict.

Table 2: Distribution of teenagers according to the drugs taken for addiction

Sl.No.	Drugs	Yes	No	Mean score	Rank
1.	Sleeping pills	80 (40.0)	120 (60.0)	1.40	III
2.	Antibiotic pills	30 (15.0)	170 (85.0)	1.15	V
3.	Morphine	4 (2.0)	196 (98.0)	1.02	VI
4.	Heroin	-	-	-	-
5.	Cocaine	-	-	-	-
6.	Opiate	-	-	-	-
7.	Psychological medication	128 (64.0)	72 (36.0)	1.64	I
8.	Ganja	50 (25.0)	150 (75.0)	1.25	IV
9.	Tobacco	120 (60.0)	80 (40.0)	1.60	II
10.	Hashish	4 (2.0)	196 (98.0)	1.02	VI
11.	Ketamine	4 (2.0)	196 (98.0)	1.02	VI

(Figures in parenthesis indicate the percentage of respective value)

Heroin is one of the most addictive drugs that can be abused and the effects of heroin abuse are incredibly destructive. Many teenagers who are addicted to heroin may not be aware of the damage that heroin is doing to their life.

Addictions like drug addiction are fundamentally a behavior. Psychology is a science that studies human behaviour. Most human behavior is a learned behavior. This is true of addictive behavior as well. Psychological cause of addiction is people's thoughts and beliefs. This is because much of our behavior originates from our thoughts and beliefs. This includes addictive behaviors. For instance, if someone believes that recovery is not possible, it is highly unlikely they will put forth any effort to quit. Psychologists have developed techniques to help people change their thoughts and beliefs.

Conclusion

The impact of western culture is increasing day by day on our teenagers. Teenage is very delicate age for growing children as it is the age of puberty and many developmental changes that take place during this

Table 3: Distribution of teenagers according to the causes responsible for increasing drug addiction practices

<i>Sl.No.</i>	<i>Causes</i>	<i>Yes</i>	<i>No</i>	<i>Mean score</i>	<i>Rank</i>
1.	Psychological causes				
	Sexual or physical abuse	57 (28.5)	143 (71.5)	1.29	X
	Neglect	167 (83.5)	33 (16.5)	1.84	II
	Mental illness	152 (76.0)	48 (24.0)	1.76	V
	(d) Inability to connect with others, lack of friends	128 (64.0)	72 (36.0)	1.64	VII
	(e) Poor performance at work or school	87 (43.5)	113 (56.5)	1.44	IX
	(f) Poor stress coping skills	154 (77.0)	46 (23.0)	1.77	IV
2.	Environmental causes				
	People of lower socio-economic status	180 (90.0)	20 (10.0)	1.90	I
	(b) Peer group that uses or promotes drug use	138 (69.0)	62 (31.0)	1.69	VI
	(c) Gender and ethnicity	159 (79.5)	41 (20.5)	1.80	III
3.	Genetic causes	93 (46.5)	107 (53.5)	1.47	VIII

(Figures in parenthesis indicate the percentage of respective value)

age. The effect of westernized culture how bought with it may harmful drugs like beer, wine, hookah, cigarettes etc. which are widely used by our teenagers in bars and smoking corners. These drugs are making our teenagers unsocial and hampering our family and cultural values. Initially teenagers try these drugs to show that they are modern and for peer group acceptability.

Recommendations

1. Strengthen social bonding. Strengthen social bonding and caring relationships with people holding strong standards against substance abuse in families, schools, peer groups, mentoring programs, religious and spiritual contexts, and structured recreational activities.
2. Warn your children about peer pressure and the negative consequences it can bring. Teach them to identify peer pressure situations and how to respond to these influences. It may not be the coolest thing to do, but it can save them a lifetime of struggles.

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