

# **A Study On The Factors Influencing Youths Towards Drug Abuse And Its Effects On Them With Special Reference To Kamrup Metro District Of Assam**

**Ayesha Siddika<sup>1</sup>, Dr. Juri Mahanta<sup>2</sup>**

<sup>1</sup>Research Scholar, Education Department, Cotton University.

<sup>2</sup>Associate Professor, Department of Education, Cotton University.

---

## **ABSTRACT**

The drugs used in the beginning as a mental palliative and tranquilizer are sure to enslave the users soon. Once the habit is formed the drug-addict will go to any extent to get the drug. It may start from petty thefts at home and could end up in big crimes. Drug abuse, also known as substance abuse is a patterned use of a drug in which the user consumes the substance in amounts or with methods which are harmful to themselves or others, and is a form of substance related disorder. In some cases criminal or antisocial behaviour occurs when the person is under the influence of a drug, and long term personality changes in individuals may occur as well. Through this paper an attempt has been made to study the factors influencing youths towards drug and its social as well as physical effects on them.

**Keywords-** Factors, effects of drugs, physical, social.

## **INTRODUCTION**

Drug abuse and drug addiction, also called substance use or chemical use disorder, is an illness that is characterized by a destructive pattern of using a substance that leads to significant problems or distress, including tolerance to or withdrawal from the substance, as well as other problems that use of the substance can cause for the sufferer, either socially or in terms of their work or school performance. The effects of drug use disorders on society are substantial.

Drug addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the drug addict and those around them. Drug addiction is a brain disease because the abuse of drugs leads to changes in the structure and function of the brain. Although it is true that for most people the initial decision to take drugs is voluntary, over time the changes in the brain caused by repeated drug abuse can impair a person's self-control and ability to make sound decisions, and at the same time create an intense impulse to take drugs.

It is because of these changes in the brain that it is so challenging for a person to stop abusing drugs. Fortunately, there are treatments that help people to counteract addiction's powerful disruptive effects and regain control of their lives. Research shows that combining addiction treatment medication, when appropriate, with behavioral therapy is the best way to ensure success for most patients. Treatment approaches that are tailored to each patient's drug abuse patterns and any concurrent medical, psychiatric, and social problems can help achieve sustained recovery and a life without drugs.

As with other chronic diseases, such as diabetes, asthma, or heart disease, drug addiction can be managed effectively. Yet, it is not uncommon for a person to relapse and begin abusing drugs again. Relapse does not signal failure; rather, it indicates that treatment should be reinstated or adjusted, or that alternate treatment is needed to help the person regain control and recover.

### **NEED OF THE STUDY**

Youth who abuse substances repeatedly frequently struggle in a variety of ways, including in school, with their physical and mental health, with their peer connections, and with involvement in the the juvenile justice system system. Depending on the substance, the conditions, and the frequency of usage, the acute and long-term effects range from negligible to moderate to life-threatening. Teenagers are at a heightened risk of serious injury from even occasional usage, including overdose, car accidents, and violent behaviour. So in order to make the youth aware about the ill effect of drug abuse and to identify the factors which leads the youth towards drug addiction research is needed.

### **AREA OF THE STUDY**

Kamrup district is an administrative district in the state of Assam of India. It occupies an area of 4,345 sq.km. Boundaries shared by kamrup district are-Baksha and Nalbari on North, Kamrup (M) on the east, Meghalaya on the south and Goalpara on the east.

### **DELIMITATION OF THE STUDY**

Delimitation is the definition that is set as the boundaries of the enquiry. Following are the delimitation of the project.

1. The study was conducted at the area of Guwahati.
2. 30 samples were selected for the study from the NGO named global organization for life development. It is a registered society under society's registration Act 1860 with its head quarter which is located at Pub-Sarania, Guwahati-3.

## **TITLE OF THE STUDY**

The title of the present study is “A STUDY ON THE FACTORS INFLUENCING YOUTHS TOWARDS DRUG ABUSE AND ITS EFFECTS ON THEM WITH SPECIAL REFERENCE TO KAMRUP METRO DISTRICT OF ASSAM.”

## **OBJECTIVES OF THE STUDY**

1. To study the factors which influence the youths towards drugs.
2. To study the social as well as physical effects of drug abuse on the youths.

## **METHODOLOGY**

In the present study descriptive survey method is followed. Descriptive research studies are designed to obtain pertinent and precise information concerning the current status of phenomena and whenever possible, to draw valid general conclusions from the facts discovered.

## **SAMPLE**

For the present study 30 samples were selected from the NGO named Global Organization For Life Development.

## **TOOLS**

The tools are the weapons for gathering data. In the present study the investigator had selected the following tools.

- 1. Questionnaire-** A questionnaire is a device consisting of a series of questions dealing with some psychological, social, educational etc. topics sent or given to an individual or a group of individuals with the object of obtaining data with regards to some problems under investigation.
- 2. Interview-** Interview is the verbal conversation between two people with the objective of collecting relevant information for the purpose of research.

## **ANALYSIS AND INTERPRETATION OF DATA**

After the collection of research data, analysis of the data and interpretation of result are necessary. Data analysis and interpretation is the process of assigning meaning to the collected information and determining the conclusions, significance and implication of the findings.

## **TABLE-1**

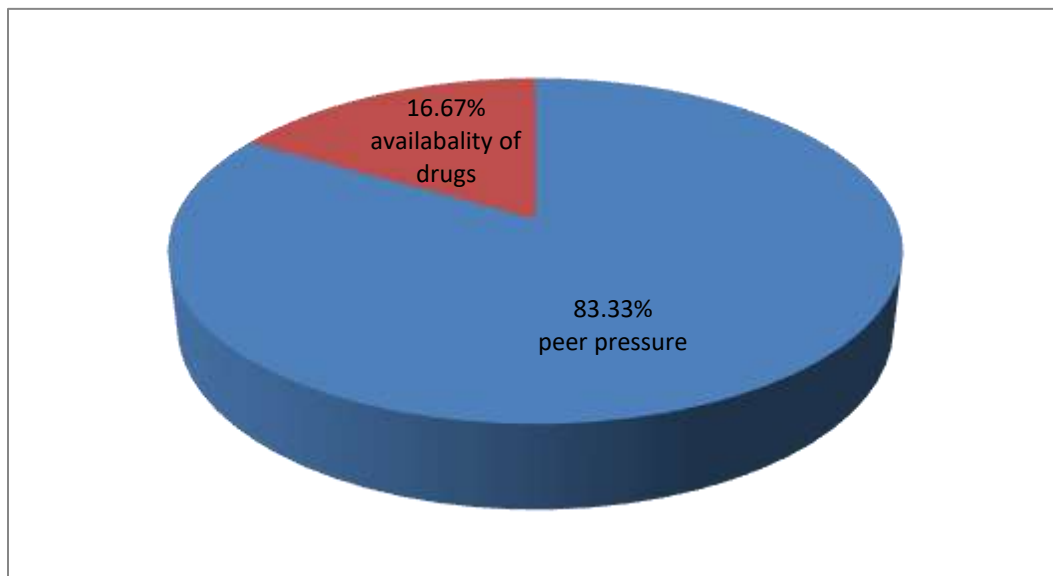
Factors influencing youths towards drug

SL.No.	Views	No. of respondent	In%
1	Peer pressure	25	83.33
2	Availability of drug	5	16.67

**Table No-1** shows the views of drug addicted persons regarding the factors which influence them towards drugs.

Out of 30 respondents, 83.33% drug addicted persons mentioned that they are influenced by the peer pressure and 16.67% are said that they are influenced by the availability of drug.

**Fig-1. Graphical representation of table No- 1**



**TABLE-2**

Social effects of drugs abuse on the youths.

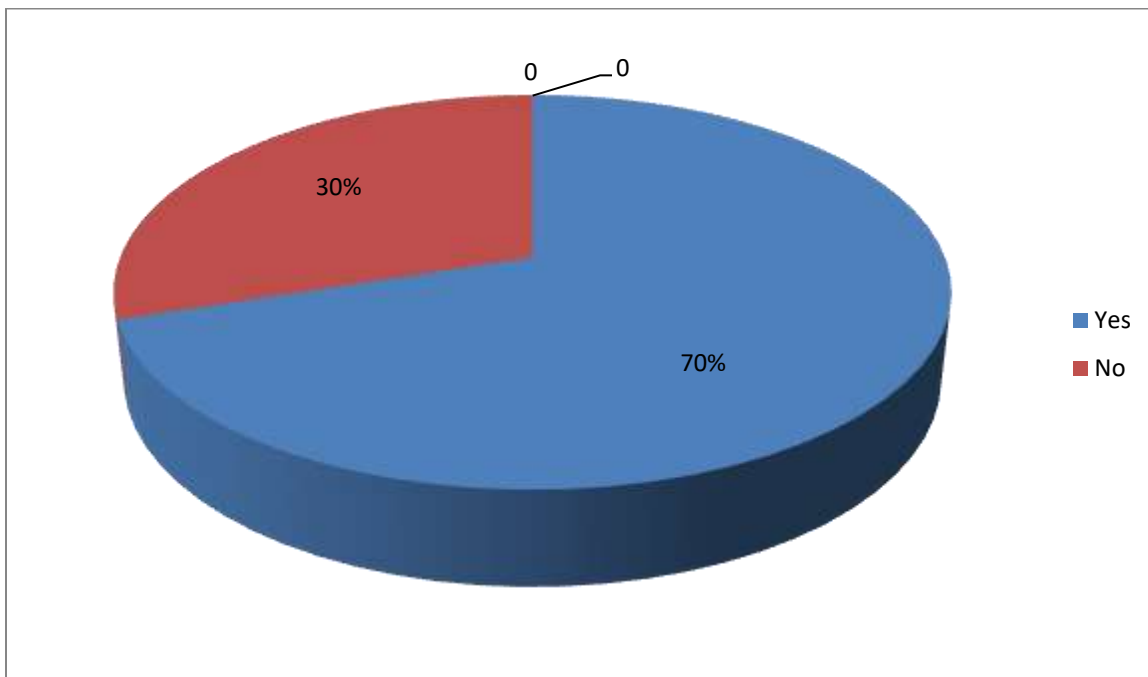
SL.No.	Views[Social problems]	No. of respondent	In%
1	Yes	21	70%

2	No	9	30%
---	----	---	-----

**Table No-2** represents the views of the drug addicted persons about the social effects of drugs on them.

Out of 30 respondents 70% respondents have mentioned that they faced some social problems due to drug use and 30% respondents did not face such problems.

**Fig-2. Graphical representation of table no-2**



**TABLE-3**

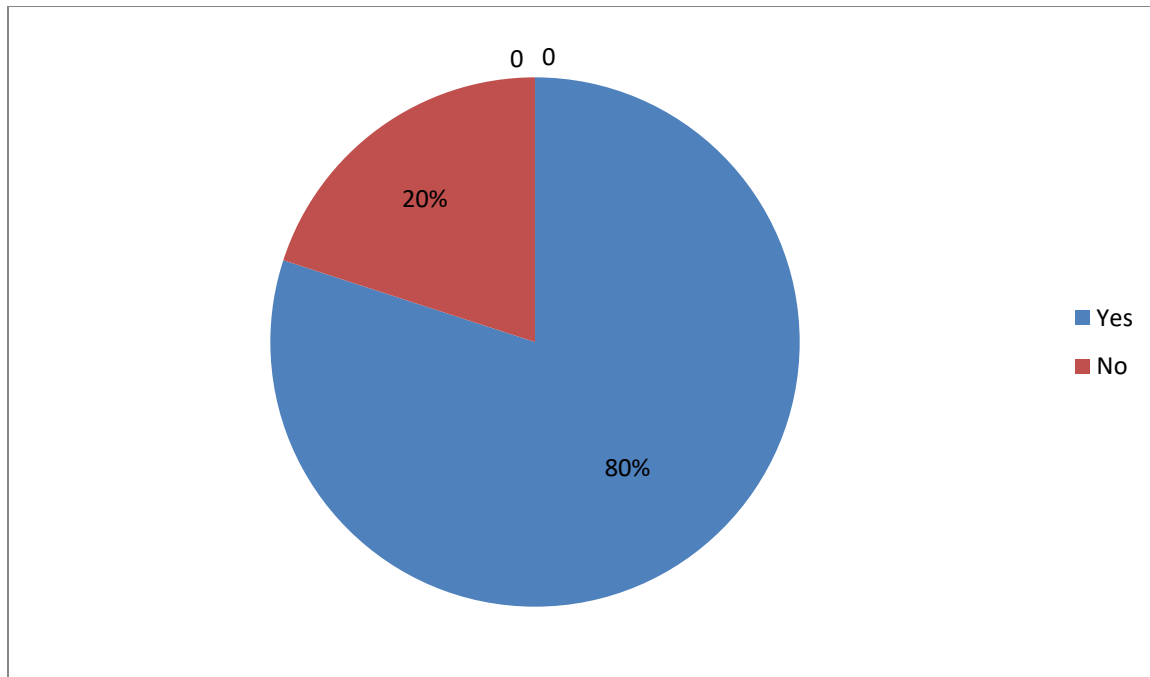
Physical effects of drug abuse on youths.

SL.No.	Views[Physical problems]	No. of respondent	In%
1	Yes	24	80%
2	No	6	20%

**Table No-3** represents the views of the drug addicted persons about the physical effects of drugs on them.

Out of 30 respondents 80% respondents have mentioned that they had faced physical problems due to drug use and 20% respondents did not face any physical problems.

**Fig-2. Graphical representation of table no-3**



### **FINDINGS OF THE STUDY**

The investigator has collected the data and information needed for the project work. After analyzing the data the investigator is able to find out the result of the study.

Following are the findings of the study-

1. It has been found that mostly adolescents are addicted towards drug use.
2. It is anticipated from the study that 83.33% youths are influenced towards drug by the factor of peer pressure and 16.76% are influenced by availability of drugs.
3. 70% youths had faced social problems due to drug use and 30% youths did not face any social problems.
4. From the study it is found that 80% youths had faced health problems due to substance use and 20% did not face.

### **SUGGESTIONS**

1. Effects of drug and substance should be a part of the syllabus from primary schools.
2. Media must be used to inform the youths about the ill effects of substance abuse on their lives as well as on their society.
3. The Government must create employment for the youth and train youth on time management and entrepreneurship.
4. Parents or family members should play good role to overcome the problem of substance use.
5. Drug abuse prevention programs conducted in educational institutions can produce meaningful and durable reductions in drug use

## **CONCLUSION**

From the study it has been found that mostly adolescents are addicted towards drug use and mainly peer pressure and availability of drugs are the prominent factors which influenced the youths towards drugs. From the present study it is found that cent percent youths had faced social as well as health problems due to drug use.

## **REFERENCES**

- Kothari C.R. (2004). Research Methodology, Method and Techniques, second revised edition, New Age International Publishers.
- Peel, S. (1966). Truth about Addiction and Recovery, Eurasia publishing House.
- Wilson, R. Drug abuse and Prevention, The Macmillan company, New York.
- Peto R, Lopez AD (2001). Future worldwide health effects of current smoking patterns. In: Koop CE, Pearsno CE, Schwarz MR eds. Critical Issues in Global Health. San Francisco, Calif: Jossey-Bass.
- Sacker-Walker RH, Worden JK, Holland BR et al (1997). A mass media program to prevent smoking among adolescents: costs and cost-effectiveness. Tobacco Control, 6, 207-12.
- Sudarshan R, Mishra N (1999). Gender and tobacco consumption in India. Asian Journal of Women Studies, 5, 83-114.
- Sharma DC (2001). Indian court orders total ban on smoking in public places. Lancet, 358, 1620.
- Vaidya SG, Naik UD, Vaidya JS (1996). Effect of sports sponsorship by tobacco companies on children's experimentation with tobacco. BMJ, 313, 400.
- Wakefield AM, Chaloupka FJ, Kaufman NJ, et al (2000). Effect of restrictions on smoking at home, at school and in public places on teenage smoking: cross sectional study. BMJ, 321, 333-7.