



Fighting a fatal danger – rising trends of drug abuse among students- challenges & considerations

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Abstract: The young citizens of this nation constitute the most vital human resource. Indian youth has made a mark in all the walks of life education, sports, literature, software, Internet technology, social causes etc. The young mind is fresh and energetic and hence, can contribute towards the growth of a nation in the most effective manner. This energy can be channelized for building the nation and for sustaining her growth. However, drugs and alcohol have taken the toll of our youth in an adverse manner. Young boys and girls take smack, brown sugar, heroin and other contraband drugs, which are spoiling their lives.

Key words: Youth, impact of drug abuse, need for policy intervention, self-awareness, responsibility towards nation

Introduction- Drugs generally affect the minds permanently. A person, who takes drugs even once, cannot escape from them for life. Further, some young boys and girls take medicines that contain drugs or alcohol. Their parents and teachers are unaware that their children or wards have committed themselves to complete annihilation under the disguise of medical treatment. Some popular dings consumed by the students as drugs are Luminal, Mandrax, Cannabis, E, Heroin and other alcohol-based medicines which are popular among the students both urban & rural.

Drugs impact on behavioral changes - Drugs affect both mind and body equally. There are several problems of behavioral change among drug users.

✓ Drugs influence student's both physically & psychologically. The young mind stops to think in positive ways. He / she become very negative in approach, thinking, and living.

- ✓ His / her body becomes lethargic and he/ she try to remain under the effect of the drug throughout day and night.
- ✓ His / her behavior becomes abnormal and his / her psyche becomes sick.
- ✓ He / she resort to fighting, stealing and his / her behavior becomes highly volatile.
- ✓ He / she becomes a living carcass as the withdrawal symptoms, after the consumption of the drug, are even more dangerous and lead to irritating behavior among the youth.
- ✓ He / she becomes academically very poor, education, productivity and social interaction are also deeply affected. He / she become academically very poor & lose interest in studies.
- ✓ There are economic fallouts as well. Some boys are the only wage earners for their families and they too, fall into the drug net become an irresponsible individual without any family responsibilities.



✓ Some girls, who get caught in this web, lose their academic abilities and even chastity. They are caught in the dangerous web of ill friendship & some of them become destitute.

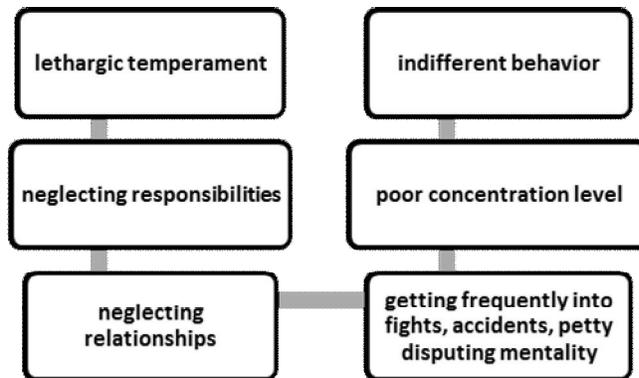
the clutches at an initial stage. Although there are different types of drugs, but the effects and the symptoms are more or less the same, irrespective of the kind of drug consumed. There are some of the common signs which indicate that an individual is engaged with the process of drug abuse. This table shows the behavioral impact of drugs.

Some of the common symptoms -Drug abuse Common symptoms that parents/family members should look out for can help the individual to come out of

psychological symptoms	lethargic temperament
	neglecting responsibilities
	neglecting relationships
	getting frequently into fights, accidents, petty disputing mentality
	poor concentration level
physical symptoms	indifferent behavior
	loss of memory
	weight loss
	loss of appetite

Psychological-Psychological symptoms are of varied nature. This impact is explained through a chart:
 Lethargic temperament
 Neglecting responsibilities

Neglecting relationships
 Getting frequently into fights, accidents, petty disputing mentality
 Poor concentration level
 Indifferent behavior



Neglecting responsibilities - Drug abuse results in neglecting responsibilities at workplace, school, and college or at home are most evident. Younger students

would like to skipping their tuition classes, skip their home work , skip their sport hours , they account for loss of memory , poor concentration levels , low



academic performances & they would like to spend time alone or love solitude. On the whole their psychology loses balance.

Neglecting relationships- Drug abuse results in indifferences in relationships of an individual such as fights with your family members or your partner, losing a good old friend etc. Drug abuse results in change in behavioral attitude such as not being the same person when being with friends or family or partner.

Disputing mentality -Drug abuse results in losing temper easily and getting into nasty things for petty issues. Drug abuse results in frequently getting into fights, accidents and illegal activities.

Change in behavior- Drug abuse results in lack of motivation, feeling lethargic, anxiety and Irritation.

Loss of appetite -Drug abuse results in sudden Loss of appetite , loss of

weight, change in sleep patterns ,change in body language , losing eye contact, stealthy looks , etc

Statistics-A study, conducted by doctors of the Postgraduate Institute of Medical Education and Research (PGIMER), has claimed that drug abuse has increased among youngsters in the 16-25 age groups. Data gathered by researchers over a period of three decades, from 1978 to 2008, shows that while 22 per cent of the patients in the first decade (1978-88) belonged to the 16-25 years age group, the percentage went up to 31.5 per cent in the third decade (1999-2008). The study showed that there has been an increase dependence cases over the decades increasing from 36.8 per cent in the first decade to 53.2 per cent of the total cases, in the last decade. Table- 1 shows a rise in drug addicted patients.

Table 1: Drug abuse related patients' percentage

1978-1998	1999-2008	2009-2014
22%	31.5%	36%

Source: Postgraduate Institute of Medical Education and Research (2014)

The drug abuse among students is on the rise due to factor which can be classified as environmental, technological, social & behavioral.

Impact of evil friendship - Indian youth both urban & rural are becoming desperate in taking drugs. Most of the student who hails from rich background, good family background, good educational background etc is often become prey to drug related practices due to evil friendship.

Impact of expansion of social media- The expansion of social media & internet connectivity is also influencing the youth

to reach out to drug practices easily. Rural youth become prey to drug practices because they lack proper knowledge about the evil effects of drugs.

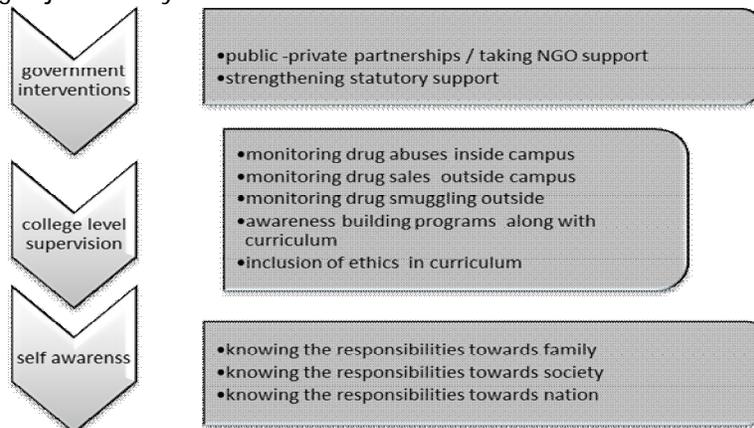
Impact of failing family relationships - Sometimes their family atmosphere is so weak that they become easy prey to evil friendship & become addicts. **Impact of Urbanization:** Migrant labor / migrant youth / migrant families often find unhealthy habits easy to imbibe & they become addicted easily in urban slums/ locals.

Recommendations- There are several recommendations which can be



incorporated to prevent drug abuse among students. As shown the chart below a multi-dimensional approach towards containing drug abuse can be supportive to student community-(Chart -1) College level monitoring, Policy interventions through legislations and self-awareness

1. **Need for government interventions** -Central & state governments have taken stringent measures to control drug mafia from. A great drive towards preventing drug supplies is the key fact in controlling the spread of drug menace. Drug mafia has to be managed judiciously.



2. **Need for involving NGO support** -Governments with the support of the NGOs should strive towards creating a awareness among youth to keep away from drug practices

3. **Need for Private public partnerships** - Private public partnerships can make a better partners in combating drug related practices widening their sphere of activity.

4. **Need for college supervision** -if the college managements should take up the issue seriously then drug supply around college campus can be controlled.

5. **Need for Individual awareness-**there is a **strong** need for Individual awareness. Each youth is an asset of the nation, he should inculcate good healthy habits he should understand & identify his key role in the nation's progress. He should become aware of the rich legacy of the country & should add to the great values for which his country is representing. His role in creating a role model for future generations always will be remembered. Hence self-awareness is very imperative & this emanates from the ethical background & his moral

values. Hence each youth should imbibe the best ethical values & stimulate other to join hands in supporting the country with good healthy youth brigade.

6. **Need for ethical awareness-**Colleges & schools should always support ethical support to students. These days education has become commercialized & hence each course / each degree / each diploma is saleable though the marks sheet scoring instead of the ethical values represented by the student.



7. **Need for social media involvement** -Advertisement against consumption of drugs should be taken up on a war footing through bill boards near campus areas, public places, educational institutions, hoardings should be put up in all public places against drug practices, short films & documentaries against drug abuse should be telecast mandatorily, Students of all ages should be provide with help line support system for easy access to drugs. A great drive towards preventing drug supplies is the key fact in controlling the spread of drug menace. Drug mafia has to be managed judiciously

8. **Need for micro level supervision-** micro supervision process against drug dealing near school / college areas is very important. Lethargic & inactive measures cost dearly & hence all levels of policy interventions are needed to stop drug abuse among youth. Even though Indian government has Narcotic Drugs & Psychotropic Substances Act was passed in 1985. This act penalizes production & manufacturing of possessing purchasing transporting storing & consuming of narcotic drug. Prevention of Illicit Trafficking in Narcotic Drugs and Psychotropic Substances Act was established to enable the full implementation and enforcement of the Narcotic Drugs and Psychotropic Substances Act of 1985.

9. **Need for legal social media:** Youth are addicted to social media & internet connectivity; hence social media can be effectively used to create awareness about drug addiction. Films

with huge youth fan following can address the issue more critically. Film stars can create an aura of healthy habits among youth through their portrayal of character on celluloid. Advertising agencies can use huge potential of youth to features in advertisement against drug seduction.

10. **Need for value based education-** Educating the youth through small skits, dramas, stage shows, one act plays, mono dramas, etc can create a positive impact. Students can be taken to case study method approach towards combating the evils of drug addiction. A visit to hospitals, de-addiction centers, narcotic treatment cells, where the extreme examples of drug addiction are kept. These visits as a part of the practical learning can support students to learn societal values. This can prevent them from evil friendship, evil abuses & evil practices.

11. **Need for parental supervision -** Parents role in supervising their grown up children is crucial. The important issues relating to drug needs policy intervention because the government should check the confiscation mode infiltration of drugs near school / college areas. Parents these days are running after earning money & they neglect the home affairs. Most of the parents leave their children in boarding schools & far off residential schools in the name of seeking quality education. But this attitude of the parents instead of supporting the child helps him to live fearlessly. He learns to freak out, spends time leisurely, fall in bad friendship, and gradually becomes addicted. Parents should take the responsibility of the child in the truest manner because each parent dreams big about their children.



The greatest of the aspirations of the parents should not go wasted hence each parents should monitor the developmental phases of their child this parental control is deemed as a great binding on the children to horizon into a good citizen..

Conclusion- Hence the young citizens of this nation constitute the most vital human resource & their potentialities can be diverted towards education, sports, literature, software, Internet technology, social causes etc. The young mind is fresh and energetic and hence, can contribute towards the growth of a nation in a effective manner. This energy can be channelized for building the nation and for sustaining her

growth. However, drugs and alcohol is taking the toll of youth in an adverse manner which be combated with an integrated approach. Besides, self awareness , self prevention , self control , self realization acts as a great medicine which can prevent any fatal magnetism only a reflection.

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