

Substance Abuse Among Youth

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ABSTRACT

Substance abuse among the youth has become a significant public health concern worldwide. It is associated with several negative consequences such as impaired cognitive and social development, school dropout, and increased risk of mental and physical health problems. This paper aims to review the causes, effects, and interventions of substance abuse among the youth. It is based on a comprehensive literature review of research studies published in peer-reviewed journals and reports by government agencies and international organizations. The paper highlights the role of genetic, environmental, and psychosocial factors in the initiation and maintenance of substance abuse among the youth. It also discusses the short-term and long-term effects of substance abuse on the physical, psychological, and social well-being of young individuals. Finally, the paper presents evidence-based interventions such as prevention programs, treatment approaches, and policy initiatives that can effectively address substance abuse among the youth.

I. INTRODUCTION

Substance abuse among the youth has become a significant public health concern worldwide. It refers to the use of psychoactive substances such as alcohol, tobacco, cannabis, and illicit drugs in a manner that is harmful to the health and well-being of young individuals. Substance abuse among the youth is associated with several negative consequences such as impaired cognitive and social development, school dropout, and increased risk of mental and physical health problems. In this paper, we aim to review the causes, effects, and interventions of substance abuse among the youth.

CAUSES OF SUBSTANCE ABUSE AMONG THE YOUTH

The causes of substance abuse among the youth are complex and multifaceted. They include genetic, environmental, and psychosocial factors. Genetic factors such as family history of substance abuse, genetic predisposition, and differences in brain chemistry can increase the risk of substance

abuse among young individual. Environmental factors such as peer pressure, availability and accessibility of substances,socioeconomic status, and cultural norms can also play a significant role in the initiation and maintenance of substance abuse among the youth. Psychosocial factors such as stress, trauma, mental health problems, and lack of parental supervision can further increase the risk of substance abuse among young individuals.

COMMONLY USE DRUGS AMONG YOUTH

There are all types of legal and illegal substances which get your body into a state “high” this ease your stress and also people tend to say that it helps in solving your life problems.

ALCOHOL

Alcohol is a depressant drug that can affect the central nervous system. It is legal for adults over the age of 21 in most countries, but underage drinking can have serious consequences. Alcohol consumption can impair judgment, coordination, and reflexes, leading to accidents, injuries, and risky behavior. Long-term heavy drinking can lead to liver damage, high blood pressure, and other health problems.

CIGARETTES AND OTHER TABACCO PRODUCTS

Tobacco products contain nicotine, a highly addictive stimulant drug that can cause physical and psychological dependence. Smoking tobacco can lead to lung cancer, heart disease, stroke, and other health problems. Smokeless tobacco can cause oral cancer and other health issues.

MARIJUANA

Marijuana is a psychoactive drug that can produce feelings of relaxation, euphoria, and altered perceptions. It is illegal in many countries but is becoming increasingly legalized for medicinal or recreational use in some areas. Short-term effects of marijuana use can include impaired memory, coordination, and judgment. Long-term use can lead to respiratory problems, impaired cognitive function, and mental health issues.

SYNTHETIC DRUGS

Synthetic drugs are man-made substances that can mimic the effects of other drugs, such as marijuana or cocaine. These drugs can have unpredictable and dangerous effects on the user, including hallucinations, seizures, and even death.

ADDICTION (HOW PEOPLE GET INTO THESE ACTIVITIES)

During this research we came across to various reasons why people are addicted to substances. There is a slight difference between substance abuse and addiction. Substance abuse refers to consuming legal or illegal drugs in a wrong way where as addiction starts with an abuse or use of substance like marijuana or cocaine. The risk factors that contributes are among include parents, age, family, poverty, gender, peer pressure, community, bad influence.

PARENTS

According substances. The bond between a parent and a child should be good otherwise there are high risk of children consuming these stuff. to the studies that children who have single parent have high risk of getting influenced and start consuming these chemical

AGE

People get influenced easily in their adolescence age. This age is very sensitive age where children are going under emotional and physical changes and there is no one to guide them as they are very hesitant in taking advice from their parents. It is also seen that in this age people want to make a cool impact in their group and society and hence they consume such kind of stuff.

POVERTY

It is another main reason seen among the children to start the consumption. people who are under poverty have many problems such as unemployment, inadequate living standard, social indifference and because of these issues their mind are always in stress, to cure this stress they use these ways. According to studies children and young adults living on the street are drug addicts.

Availability and accessibility of substances

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AVAILABILITY AND ACCESSIBILITIES

This is another factor, in the Asian countries are availability of alcohol and tobacco is higher. It is easily available on the stores. Alcohol is easily available at home the many parents have this habit too. Many studies have concluded that children at age of 11 or younger have access to these substances in their neighborhood.

PEER PRESSURE

According to the studies this is one of the most popular reason why children consume drugs. Children want to look cool among their social groups and they feel after showing of their habits people will get influence by them and they will have a higher social stratification. In some cases friends make fun of the people who do not drink or smoke or take some other kind of drugs and hence to be in the group they have to start consuming all these stuff.

MEDIA INFLUENCE

These days children get too much influence by media. Children form their role models, they think the movies and songs and other media stuff are cool and they want to be like their role models and the characters that are in the movies consume drugs and influence the kids.

INFLUENCE OF THESE DRUGS

According to the research many factors can influence like upbringing, environment, medical history and age all play vital role because many people influence by their parents or friends. They think if others do these things so why they can. At this point of age it's all cool and they get influence and get addicted of these stuff. Individuals who start consuming drugs and alcohol as teenagers are far more likely to develop an addiction than those who initiate the consumption as an adult.

EFFECTS OF DRUGS (MIND AND BODY)

It has an increasingly effect on the body and mind, morality and also increasing crime rates. According to the studies in 2011, 7.2 million people have diagnosed with Hepatitis C (it is a very common in people who inject drugs). 1.2 million people had Hepatitis B virus and 1.6 million with HIV who injected drugs.

This not only effect on the body and health but also has a heavy cost on communities. Drugs are really expensive drugs and also can lead to multiple hospital admissions, disease, death, disabilities and accidents.

According to the Tajikistan's school based health survey states that 7% of the students faced physical and mental health, 12% attempted suicide, 21% involved in physical fights and also harmed themselves unintentionally and there were some students who went for their first sexual intercourse before the age of 13 (before they hit puberty).

Another survey was conducted by Salt Lake Country Division of Substance Abuse in the United States, due to consumption of drugs 45% of rapes, 70% of teens committed suicide, 51% of assaults were conducted, 52% of murders and 80% of child abuse was there.

WITHDRAWAL FROM THESE SUBSTANCES

Not everyone goes too far and harm their body totally, there are some people who realise and start thinking about withdrawal.

It is a combination of mental and physical effect which a person experience after they reduce or stop consuming drugs. Although it is a very time taking and very tough. In some cases it is a very potentially dangerous in some cases, the scholars have recommended this process should be under the guidance of some medical expert. This process vary from person to person or depending on the types of drugs people are consuming.

Symptoms of withdrawal

There are various reasons, as following-

- Fatigue
- Changes in mood
- Muscle pain
- Sleeping disorder
- Vomiting

There are some more serious symptoms such as hallucinations, delirium may also occur in some conditions. This all depends on the amount of time, the dosage, types.

Treatment of withdrawal

It is an extremely dangerous and time taking process and the person who is suffering needs a lot of attention, care and support from his/her loved ones.

Many studies have shown the best way to cope up with the withdrawal is stress management activities such as yoga and meditation.

Coping with withdrawal

There are some other ways beside medication, which can help the person to cope up with the withdrawal:-

- Eating nutritious food is really important. It is very important to avoid fatty, fried and sugary food as it will make the process worse.
- Exercising should be done daily, it will boost your mood.
- Drinking water is important to be hydrated if you feel flu-like symptoms (vomiting and nausea).
- Withdrawal can sometimes lead to sleeping disorder, individuals should get adequate amount of sleep.

II. CONCLUSION

In conclusion, substance abuse is a significant public health concern that affects individuals of all ages, but particularly the youth. The causes of substance abuse are complex and multifaceted, and include genetic, environmental, and psychosocial factors. Substance abuse can have both short-term and long-term effects on the physical, psychological, and social well-being of individuals, and can lead to addiction, mental health problems, and chronic physical health problems. Effective interventions for substance abuse include prevention programs, treatment approaches, and policy initiatives. A comprehensive and multidisciplinary approach is necessary to address the problem of substance abuse among the youth and promote their health and well-being. With continued research and

Investment in evidence-based interventions, it is possible to prevent and treat substance abuse and reduce its negative impact on individuals and society as a whole.

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