

“Reason For current Increase in DRUG ABUSE among teenagers”

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ABSTRACT

The current situation of drug abuse and dependence in the Adolescent age group is becoming a global hazard and also in India. This hazardous situation affects future of the Teenagers. This study reveals the reasons behind the drug abuse among adolescents that may help to find out solutions such as how to spread awareness about drug abuse. Which factors lead most to drug abuse among teenagers & how to prevent the drug abuse among adolescents. In summarized form the study was done to resolving the problems of drug abuse among adolescents and it's can leads to a positive step towards the teenagers regarding their education and future.

I. CHAPTER : 01 INTRODUCTION

1.1 Overview

The current situation of drug abuse and dependence in adolescent age group is becoming a global hazard and is Also reaching at an alarming position in India. This increase is partially attributed to the aging baby boomer population who has had more exposure to drugs, alcohol and tobacco from a younger age, which is reported to be a risk facTtor for use and abuse of these substances in later years.[2,3] Many researchers in other countries have tried exhaustive research regarding this problem.

Recently, such researches have also been initiated in our developing country, but very few researchers in India have addressed this health hazard. Substance abuse needs to be addressed instantly because of shifting trends in the prevalence of substance use and the rising magnitude of the problem. Recently India has seen a drastic rise in adolescents who abuse drugs who are future of this country. Many studies have revealed various risk factors which are usually responsible responsible for drug abuse in children of substance abusers, peer pressure, adolescents who are victims of physical, sexual, or

psychological abuse, adolescents with mental health problems, especially depressed and suicidal teens and sometimes peer pressure. Hence in this study, we tried to estimate the extent, pattern, and trends of drug abuse among adolescents at a tertiary health care in India.

1.2 Aim & Objectives

Aim : To estimate the extent, pattern and trends of drug abuse in among adolescents at a tertiary health care in India , to abolish drug abuse among teenagers.

Objectives :

- The objective of the study is to secure the teenagers life from drug abuse.
- This study will help a lot in health problems suicidal cases of teenagers.
- This study is based to abolish the drug abuse among the teenagers.
- This study will provide a better future for teenagers and provide a good and secure future.

II. CHAPTER : 02 LITERATURE REVIEW

Nehra KD (2012) et al.-Substance abuse as identified is a process of misuse of the Various substances and drugs in various ways. Currently, The substance abusers are using a substance that is easily Available such as pain killer ointments, thinners, cough Syrups, and glue. Consumption of diverse substances Has been in existence in India for many centuries since antiquity. Indian religious text (Vedas), mention Somras and considered Cannabis as sacred plants and referred to it As “sources of happiness,”“joy giver” and “liberator.”[1]

Gfroerer J (2003) ,et al.-The current situation of drug abuse and dependence in

IV. CHAPTER : 04 : PLAN OF WORK

Project to find out reasons for drug abuse among teenagers was planned under the supervision of our guide K.D. Khalode Sir . The project duration was 3 month . Three month project, we planned and it was done on the basis of the survey.

The surveys was taken are classified in three types are as follows –

- Personalized survey
- Community survey
- Clinical and PHC survey

This survey taken 3 month of time period to analyze the reason behind the drug abuse among teenagers.

V. CHAPTER : 05 OBSERVATION AND RESULTS

5.1 Observations and Results

In our study out of 50 cases, 47 (94%) individuals were Male. Education clearly seems to play a very important role In modeling our lives as our study found out that 39 (78%) Individuals were uneducated. Our studies also depicted the Fact very well. According to our study, the most common Abused substance by adolescents was Tobacco (36%) followed by Cannabis-derived substances such as Charas, Ganja (22%). Alcohol as substance abuse was found in 12% of individuals(Table 1).

Table 1: Distribution of subjects according to substance abuse

List of drugs	No. patients using this drug (n=50)	Percentage
Tobacco	18	36%
Cannabis Derived Substances	11	22%
Alcohol	06	12%
Smack (Heroin)	05	10%
Cocaine	02	04%
Opioids and its derivatives	01	02%
Volatile substances	04	08%
Vicks/Cough Syrup	03	06%
Total	50	100%

The aim of the study was to identify the cause behind the high incidence of drug abuse among teenagers. Males(96%) were observed to be the significant part of the study group. We observed two major factors played a key role in it Peer pressure (36%) and Study problems (28%) [Figure 1].86% of individuals were from nuclear families.

Our studies prominently depicted the fact that females were less involved in drug abuse as compared to men (96%). Education also clearly

was an important role in modeling of our lives. Our studies also depicted the same fact very well as we clearly observe that educated teenagers were only 22% and remaining 78% were uneducated. Our studies also indicated that the individuals from higher-income group were majority (64%).

In our study, the most common age group for substance abuse was 16–18 years(40%) followed by the age group 13–15 years (32%). Themost abused substance in the age group 16–18 years wasTobacco (20%). Ten out of 11 individuals

with cannabis as substance abuse were below 18 years of age. Alcohol as a substance of abuse was seen exclusively above 16 years of age with the

majority of cases above 18 years (4 out of 6 individuals).

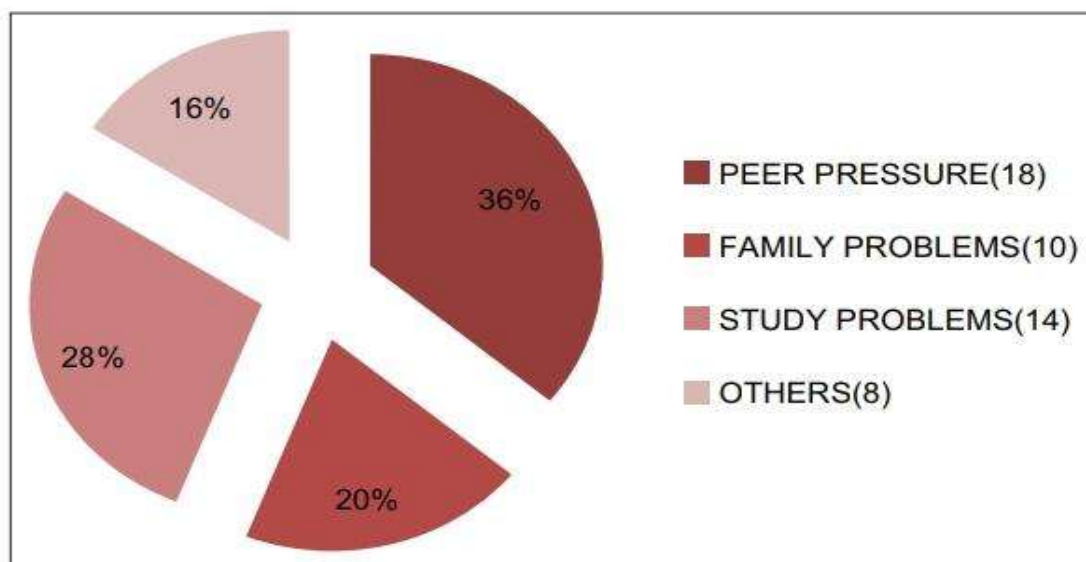


Figure 1: Reasons for starting using drugs

5.2 Discussion

The latest trends and various studies show that in recent Years abuse of substances have increased many folds in Teenagers and young adults. Many studies have been aimed Towards young adults and college students but very scarce Studies have been done for teenagers only. In this study, We tried to analyze various spectrum of drugs used and Its relation with the various socio-demographic factors.

VI. CHAPTER : 06 CONCLUSION

6.1 Conclusions

Substance abuse in young age has come to notice in recent Times and is of a major concern Teenage phase of life is a very important period as it lays the road map for the rest of the life which might be blemished by substance abuse. Hence to solve this problem one needs to acknowledge the problem and prepare a proper policy for its eradication Drug addiction, however, can be treated with treatment medications and psychological treatment, prevention is a major goal in adolescents with programs such as providing normative education and capability enhancement.[15] It is the duty of every common

citizen and not only the duty of the state government to take a step forward. The authors suggest that the availability of such substances should be totally prohibited by stringent laws. Furthermore, counseling centers and call centers for teenagers who wish to confess and give up such substance abuse. If such steps are taken then the future of India will be in safe and secure hands.

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