

The root cause of drug abuse and its prevention

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Introduction

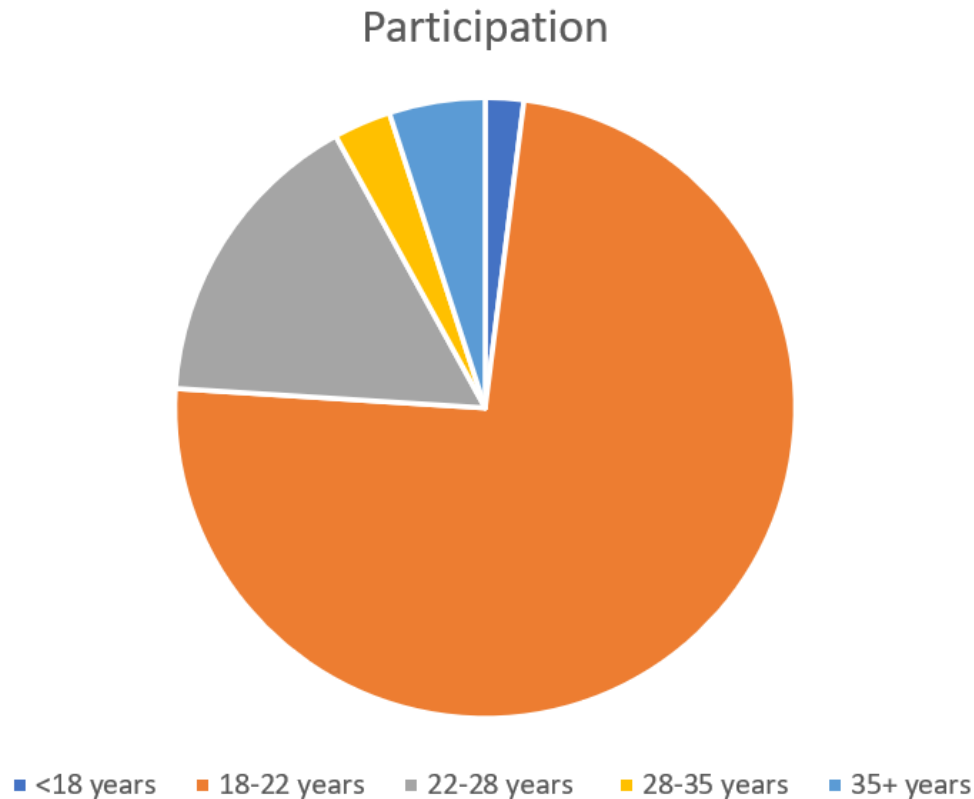
Substance use patterns are cryptic for their inconsistency with respect to time. Any kind of substance can cause serious health problems, proof of which is now available throughout the nation. National level prevalence has been calculated for many substances of abuse, but regional variations are quite evident. Which makes the study of substance use on ground level even more significant

The reason that substances are what they are and regarded in the way that they are perceived is due to their drastic negative effects when consumed. Drugs can easily damage human body systems.

In this research paper I would like to examine surveys in participation of non-consumers and their concern towards the ones who consume such substances. Substance use includes the use of licit substances such as alcohol, tobacco, diversion of prescription drugs, as well as illicit substances.

Survey outcomes:

A survey was conducted in online mode among the peer population with several age groups ranging from <18 years, 18-22 years, 22-28 years, 28- 35 years, 35+ years.



The participation was seen as 74% from the age group of 18-22 years, 16% from 22-28 years, 3% from 28-35%, whereas only 5% from the age group of 35+ years.

Questions were asked in the survey that collected their contact information, their age and their city of residence followed by their occupation. The survey began with the question if they have ever been insist by someone for any kind of substance abuse and what would be their reaction if there was someone stranger smoking near them. Furthermore, on a scale of 1-10, how likely are they to force someone to quit substance abuse.

Among the total participation observed, 74% of people were students. As a matter of surprise, 44% of people insisted at least once in their life. As for the situation provided for which they had to submit their reaction where a stranger was smoking near them, majorly people opted to either walk away or make some distance with the person. However few people responded to force him to avoid public places for smoking.

In the next section of the survey, on a scale of 1-10 for forcing someone to quit smoking, where 10 being most forceful, the survey ended up being an average score of 6.357.

The next question was what would be your first reaction if a friend of yours is found consuming drugs?

A sense of ignorance was seen among the participants, where people were found to make a distance with that friend by labeling him as the “Bad element” whereas an light influence of responsibility was seen in many people where they said to take considerable steps and make him\ her aware about the consequences if she\ he continues with such practices.

Moving to the next part of the survey, where people were asked to share their life experiences regarding substance abuse, a lot of people came ahead to share various experiences. On concluding the experiences, it was observed that most of the cases included domestic violence and irrational behavior towards the opposite gender. Whereas in some cases, people even tended to perform immature things that they might not do in their conscience.

Conclusion

To conclude the survey, the number of people who are conscious about the negative impacts of substances is high but the number of people who wish to render a hand of help towards the ones consuming them is very minimal. This root cause however can be considered as a major footstep to elucidate the spread of substance and drug abuse in india. Therefore to contradict these negative numbers and raise more helping hands towards the needy, it really becomes important to make people aware about how to be a good companion towards the indigent individuals.

This further can be achieved solely through the propagation of campaigns and awareness movements towards the population that find themselves around or in the radius of the addicts. Moreover, the right points and impactful benefits of quitting any particular addiction should be spread on a wide note.

The in-depth scholarism for the population through various methods such as social media posters, banners at public places, short video clips, etc. can be proved as the most efficient method for the same.