

Youth and substance abuse: A study

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ABSTRACT

This study surveyed the influence of peer group on academic performance of undergraduate students in selected departments of Shri Guru Teg Bahadur Inter College Bara Pura, Pilibhit, Uttar Pradesh. Peer group plays a large role in the social, emotional and academic development of students; therefore, understanding the prospects and challenges of peer group is crucial for the productivity of educational processes and the organizational design of school systems in order to improve student's academic performance.

Keywords: Peer group, academic performance, undergraduate students.

INTRODUCTION

Drug abuse is a process which rips the individual's souls and puts the individual on the path of darkness. There are many different reasons for the use of drug abuse. This paper will reflect over the effects of drug abuse through media stories, individual stories and through review of case study. It will focus on why this concern of drug abuse is an important issue to discuss about. Lastly it will reflect over a couple rudimentary critically thinking questions to help demonstrate how drug abuse affects people.

OBJECTIVE

The Objective of research is enumerated below:

1. Know your teen's activities. Pay attention to your teen's whereabouts
2. Establish rules and consequences.
3. Know your teen's friends.
4. Keep track of prescription drugs.
5. Provide support.
6. Set a good example.

PROBLEM STATEMENT

Drug and alcohol abuse are important problems that affect school-age youth at earlier ages now than in the past. Young people frequently begin to experiment with alcohol, tobacco, and other drugs during the middle school years, with a smaller number starting during elementary school. By the time students are in high school, rates of substance use are remarkably high.

Research Questions:

1. Overdosing is the main sign of drug abuse.
2. The rules for taking drugs legally due to health conditions and individual needs.
3. Drug addiction as a way to overcome difficult life situations.
4. The problem of drug abuse in the College Youths in 2021.
5. How does taking drugs affect personal and professional relationships?
6. Substance abuse is the number one problem among the young generation today.
7. How to work on escaping from drugs: methods and results.
8. Mental and physical treatments of drug abusers.
9. Differentiating drug groups and their impact on mental health and overall well-being.
10. Legal cases of drug use.
11. The symptoms of overdose and emergency first aid.

METHODOLOGY

Substance use leads to its abuse and addiction it causes mental and physical impairment to the user. When a person using substance for first time it makes a huge change in the internal systems of human body, body reacts to the substance by showing some physical signs. So, the study is only focusing on the college going students because youth experiencing plenty of internal battles to maintaining the peer relations as good. They are struggling to fitting and finding friends. So, the peer influencing resulting in their bodily changes, questions regarding sexuality, puberty etc. So, these influences later take a root to the impressive ways for the students such as use of drugs, substances, alcohol etc.

Reasons for Increased Cases of Drug Abuse

Drug abuse is a practice that has persisted since the beginning of time. As our society progress and our technology advances, the pitfalls of these advantages come into play more. There has always been a high advocacy to help and bring an end to drug abuse. Sadly, the evil toxins that drugs can give individuals manage to outweigh at the end of the day. When people become addicted to drugs, they become dependent on the drugs. The more addicted they are, the more they are willing to do illegal acts and immoral acts to get their drugs.

Socio-economic problems are what causes majority of the people to turn to drugs. Problems can be soldiers returning home from war. Others can be people losing their jobs, wives, husbands, a loved one or a child. Problems can vary from countless reasons on why people choose drugs. The main reason chosen for this research is escape.

The escape is not to deal with life. Even with those individuals that only use drugs during a high school party as peer pressure. Evenly in majority of those cases, those individuals being pressured to do drugs feel happy to be accepted by the so call cool kids of schools? There is also the fact that secrets play a role in the matter as well.

Secrets in the form of how a person is truly feeling. Secrets to what a person how life situation is. Not everyone feels like talking nor do they want to admit their problems. There are some people and some cultures that feel admit defeated is a sign of weakness. In our society, since the beginning of time, there has always been the stigma that men need to be strong and not show any sign of weakness. For a lot of men, this can be a lot of pressure and stress. People start feeling stress, anger, sad, hurt, or even happy; they can turn to the dark path of pain.

Pain can be harder for some individuals to cope. Sometime people start using drugs to the point, where they are in denial. They are in denial they are addicted. They are in denial that their addiction is affecting their family ones. These people are lost. Their ability for the judgment of right and wrong is gone. They need help to get back on the path of right, to be able see and understand the errors in their judgments. This is not an easy task. Especially for those individuals that lack the support system of having family or friends to be there as they are to get rid of this demon. Sadly, for those without the support system or the lack of support system, are more likely to suffer tragedies after misfortunes with drug abuse. Those people who have family that are pushing them and the family is not realizing the weight of that pushing, can lead a person to this path. This is not saying that all people take this path. This is saying this is a signification problem that needs to be properly addressed. Sometimes to better understand the importance of effects of drug abuse, is to hear the stories of people who live been through this.

Effects of Drug Abuse

A young man with two boys who is in late twenties, that has always been a mother boy. His mother has always push very hard for him to be the best and only the best. That is good for parents to expect that of their children and to have goals. It is also important for parents to realize the warning signs when the pushing is starting to affect their child. This young man was so tired of being pressured and being felt that everything he did could have been better, he started smoking weed. The weed gave him a wonderful feeling of temporary relief from the burdens of family life. When the pressures started to increase for him, he decided to start trying other drugs. Drugs that was more powerful. Drugs that eventually led him to crack.

Sadly, his addiction has become so strong, he has chosen drugs over his children. He has missed the early wonderful years of both of son's lives. He was there but he was in and out. When he was there, half the time he was high from the drugs. So, his oldest son who is now seven picked up his dad's behavior with having a temper. The oldest son does not understand what his father is addicted to. He just understands that his daddy can be sick at time. Sadly, there are times when he blames himself. Regardless of the unhappiness he caused his children, the power of the drugs keep him from everything else. There dad has been a drug addicted now for over ten years. Sadly, the path this young man is taking, is taking a path of further destruction or possible death. Even sadder, it will be his children that will have to suffer due to his decisions. He is aware of his decisions. He has manipulated the court in order to get out of jail sooner. He knows what he is doing. He chooses to do drugs and drink rather than be a father. That is again is the power of the drugs. That is how drugs takes roots on individuals and consumes their souls. This young man's case is just one of the many cases of adverse effects of drug abuse.

McIntosh, McDonald, and Mckeganey (150) carried out a qualitative study aimed at finding out why people got involved in drugs despite the awareness on the risks posed by the drugs. In order to do this, they sampled teens in US and carried out a cross-sectional survey. Their findings have it that peer pressure was among the factors. However, the main factors that led to drug use are curiosity and personal choice. This turn of events makes the situation worse. If the teenagers make choices to take drugs, there is a possibility that they are not aware that the habit predisposes them to a lot of risks. It is, therefore, important to know the risks and effects that accompany drug abuse.

SOLUTION

1. There are so many issues related to the substance use among youth, most of the youngsters gets addicted to these kinds of substances during their college days, peers are the one of the major factor that encourages youngsters into substance use. So, the intervention plans should start from the school level.
2. It is mandatory to assign counselor for each educational institution to deal with students issues. So, they can ventilate more with the person, so students can share their experience of substance use, how they started? Why they started? And why cannot they stop by themselves.
3. Peer counseling is the best another way, so student can ventilate and share more to their peer counselor rather than to a professional. Specific training is needed for the peer counseling.
4. Role of teachers are very important thing to prevent substance use among youth. Good monitoring and mentoring will help the students to go in the correct way. Teachers can help the student to get in more extracurricular or productive activities to divert them from deviant behaviors.
5. Counseling for parents is very much needed so in the case it says that positive punishment which is given to the children really helps to bring in change. So positive punishment helps in substance use cases.
6. Conducting awareness program me for the children such as campaigns, orientation programs etc.
7. Strictly prohibition of substance from the college and selling shops near to the college

CONCLUSION

Substance use is the one of the most leading problem of our current society. The noticeable fact is that, youngsters are more prevalent in substance use. They are starting substance use from their school/ college ages, so this going to be a major issue among our society. The early use of substance leads to the use of multi substances and it finally comes to an end of the life. So, this research study found out the influence of peers on the use of substances among college going youth, what are the core causes behind the falling of youngsters into the peer pressure, what all are the consequences of using substances and the suggestion part explaining the possible way to deal with the issue and how can we prevent this situation.

Various strategies can be put in place to control drug use. According to Park My Research, counseling is one of the most effective ways of solving the problem. My Research indicate that the main factors leading to drug use are curiosity and choice. This implies that the people are ready to experiment even with things that can harm them. In order to curb this, there is need to take victims through counseling and training sessions with regard to drugs. They should be aware of the social, mental, and health risks posed by drugs. Incorporating such messages in their classes can be a good way of preventing the problem from arising.

Parents and guardians also need to be vigilant in preventing their children from engaging in such acts. Since, the law of the land does not allow sale of drugs to minors, it goes without saying that there is a loophole somewhere which allows the people to access the drugs. It is, therefore a responsibility of the entire society in taking the necessary measures to curb the menace.