

SUBSTANCE ABUSE AMONG ADOLESCENTS

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ABSTRACT

Substance abuse among adolescents is a serious issue, and education is key to preventing it. At the age of adolescent, the stage when they move towards from elementary level to middle level they face many environmental, academic or social problems. Stopping substance abuse requires a multi-faceted approach, including education, support, and treatment. Adolescents who have experienced trauma, have mental health conditions, or have a family history of substance abuse may be more prone to substance abuse. Global trade and liberalisation of socio-cultural interaction of society has made easy access to use and spread of narcotic substances. Some ways to stop substance abuse include avoiding peer pressure, seeking help from a trusted adult, and finding healthy ways to cope with stress. It's important to remember that substance abuse is a complex issue, and there is no one-size-fits-all solution. Some healthy ways to cope with stress include exercise, meditation, deep breathing, spending time with loved ones, and engaging in hobbies or activities that bring joy. By providing adolescents with the knowledge and skills they need to avoid substance abuse, we can help them lead healthy and productive lives. Also counselling and education can play a crucial role in stopping substance abuse.

Key Words: Substance abuse, adolescent, education.

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INTRODUCTION

Drug addiction is a universal phenomenon with its roots in history and tradition. Drug abuse problem has become a global challenge. From a transit country India is fast becoming a major consumer of different kinds of drugs. It has become a worldwide phenomenon among students.

Substances frequently abused by adolescents include, but are not limited to, the following:

- Alcohol
- Marijuana
- Tobacco
- Prescription drugs
- Hallucinogens
- Cocaine
- Amphetamines
- Opiates
- Anabolic steroids
- Inhalants
- Methamphetamine

During the time of transition, the risk for substance abuse greatly increase. Moving to the new area or changing schools are considered risky times for teenagers. Substance abuse among adolescents is a serious issue, and education is key to preventing it. Adolescents who have experienced trauma, have mental health conditions, or have a family history of substance abuse may be more prone to substance abuse. Global trade and liberalisation of socio-cultural interaction of society has made easy access to use and spread of narcotic substances.

At the age of adolescent, the stage when they move towards from elementary level to middle level they face many environmental, academic or social problems. The children are exposed for the first time to substance abuse such as cigarette and alcohol during this period. As they took admission at high schools the teens are prone to easily take drugs because of the easy availability which used by older teens and many others social activities where drug are used (National Institute on Drug Abuse, 2014).

In addition to providing education, it's important to provide support for adolescents who may be struggling with substance abuse. This might include counselling services, peer support groups, or referrals to treatment programs. Stopping substance abuse requires a multi-faceted approach, including education, support, and treatment. Some ways to stop substance abuse include avoiding peer pressure, seeking help from a trusted adult, and finding healthy ways to cope with stress. It's important to remember that substance abuse is a complex issue, and there is no one-size-fits-all solution. Adolescence is recognized as the period for onset of behaviors and conditions that not only affect health limited to that time but also lead to adulthood disorders. Unhealthy behaviors such as smoking, drinking, and illicit drug use often begin during adolescence; they are closely related to increased morbidity and mortality and represent major public health challenges. Unemployment, poor health, accidents, suicide, mental illness, and decreased life expectancy all have drug misuse as a major common contributing factor. (Henkel D 2011)

A structured teaching program can be an effective way to provide adolescents with the knowledge and skills they need to avoid substance abuse. The first step in developing a structured teaching program is to identify the key topics that need to be covered. These might include the risks and consequences of substance abuse, the signs of addiction, and strategies for resisting peer pressure. Once the topics have been identified, the program can be developed using a variety of teaching methods, including lectures, group discussions, and interactive activities. It's important to make sure that the program is age-appropriate and culturally sensitive. Adolescents have different needs and learning styles than adults, and the program should be tailored to meet those needs. It's also important to consider the cultural background of the adolescents being taught and to ensure that the program is inclusive and respectful of all cultures. The program should also provide information on how to access these resources.

Also, it's important to evaluate the effectiveness of the program. This might include gathering feedback from participants, tracking changes in knowledge and behaviour, and assessing the long-term impact of the program. This information can be used to make improvements to the program and to ensure that it continues to meet the needs of adolescents.

Adolescents give many reasons for using drugs: to experiment, to get high, to have fun, to understand more about life. Adolescents may also use drugs to cope with feelings of worthlessness or loneliness, or to avoid uncomfortable feelings. In India, the last two decades have been a period of rapid increase in the percentage of drug and alcohol abusers. Alcohol is getting a social sensation over a wider stratum of society. There has been a marked increase in the use of heroin (popularly known as smack and brown sugar) in our country in the last few

years. The affected group has also changed. Earlier, it was usually seen among the elites, upper-middle-class, and student communities. But today, the class, age, and education are no bar for drug and alcohol abuse. A new risk group has emerged: youth educated and illiterate, employed and unemployed, rural and urban industrial workers, labor class and people on tour. (Sinha D.N et al 2006) Substance abuse is a social problem, not only in India, but the entire world which varies from country to country. Global trade and liberalization of sociocultural interaction of the society has made easy access to use and spread of narcotic substances. Substance abuse is a universal phenomenon with its roots in history and tradition (WHO 2002)

Counselling and education can play a crucial role in stopping substance abuse. Counselling can help individuals identify the root causes of their substance abuse and develop strategies to overcome it. Education can provide individuals with the knowledge and skills they need to make informed decisions about substance use. Counselling can take many forms, including individual, group, and family therapy. Individual therapy can help individuals explore their thoughts and feelings about substance use, identify triggers, and develop coping strategies. Group therapy can provide individuals with a supportive environment where they can share their experiences and learn from others. Family therapy can help families work together to overcome substance abuse and improve communication and relationships.

Education can take many forms as well, including school-based prevention programs, community-based education programs, and online resources. School-based prevention programs can provide students with the knowledge and skills they need to make informed decisions about substance use. Community-based education programs can provide individuals and families with information about substance abuse and treatment options. Online resources can provide individuals with access to information and support when they need it. Both counselling and education can be effective in stopping substance abuse, but they are most effective when used together. Counselling can help individuals identify the root causes of their substance abuse and develop strategies to overcome it, while education can provide individuals with the knowledge and skills they need to make informed decisions about substance use.

Some healthy ways to cope with stress include exercise, meditation, deep breathing, spending time with loved ones, and engaging in hobbies or activities that bring joy. Here are some more ways to cope with stress: practicing yoga, getting enough sleep, eating a healthy diet, limiting caffeine and alcohol, taking breaks during the day, and seeking support from a mental health professional. It's important to find what works best for you and make self-care a priority.

CONCLUSION

In conclusion, structured teaching program can be an effective way to prevent substance abuse among adolescents. The program should be tailored to meet the needs of adolescents, be culturally sensitive, and provide education, support, and evaluation. By providing adolescents with the knowledge and skills they need to avoid substance abuse, we can help them lead healthy and productive lives. Also counselling and education can play a crucial role in stopping substance abuse. Counselling can help individuals identify the root causes of their substance abuse and develop strategies to overcome it, while education can provide individuals with the knowledge and skills they need to make informed decisions about substance use. However, by working together and using a multi-faceted approach that includes counselling and education, we can make progress in stopping substance abuse.

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