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Drug Abuse: An Open Sky or Deep Well

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ABSTRACT

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear”.

“Nelson Mandela”

Every generation comes with new hopes, energy, ideas, perceptions and awareness in to the world. At present around the world there is a new awareness among youngsters or students whether it's about student activism, stand against violence, demand for rich economy or fair education system etc.

At present the world is facing the epidemic of drug abuse intensively. Where on one side medicine cure to almost every disease but other hand by overdose of such prescribed drugs leads to high death rate. Out of five, three persons die because of overdose of prescribed drugs.

According to WHO “3.3 million deaths take place because the use of drugs and around 11 million population injecting the drugs. Some 31 million people have drug use disorders”. Drug abuse push the youngsters towards crime in high ratio just because lack of factual knowledge about drug abuse. The need of luxurious life and every desire which convert into need in college campuses is one of the biggest reasons behind drug abuse. In this article author focused on the myth that youngsters have regarding drugs and highlighted the education system for the prevention of drug abuse.

Keywords: *Drug abuse, Prescribed drugs, Preventive education.*

I. INTRODUCTION

“...The young drug user forfeits his opportunities to learn to cope with problems and his ability to develop capacities needed for advancement toward a greater maturity”

"The world today pauses in its rush, consoles its despair, summons up its energy by using drugs in a hundred forms".² By this statement anyone can understand the major problem of the present society in the form of several drugs. A mass of people is reaching out for drugs whether by injecting, by inhaling or consuming with some kind of substance. The problem of drug is rooted

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² "Nedd Willard, "As Old as Man," World Health (July 1967), p.7"

in socio-economic fabric of the society. One of the major reasons that youngsters get affected to drugs is their daily routine life in which they face depression and anxiety so they isolate themselves. Such isolation condition wants to escape and that leads toward drugs. In present society people do not have enough space and time to share their lives with each other and that is somewhere the main reason behind isolation and drugs. In the last two decades the drug industry increased alarmingly all over the world. Drug abuse is not related to any particular age, religion, and race or economic-social status. All age group of people suffer from drug abuse but the ratio of youngsters is very high. The use of abusing drugs makes them feel free of tensions, problems and anxieties of their lives.

The new trend in drug industry is unfortunately from last 4 to 5 years getting involved to proxyvon, which medically use as the pain-killer

II. MEDICINE AS LEGALLY ILLEGAL

According to W.H.O. (1981), "A drug is any substance that when taken into the living organism may modify one or more of its functions".

Me Connel (1977), explained that "A drug is any chemical which, when taken in relatively small amounts, significantly increases or decreases cellular activities somewhere in the body".

There are various types of drugs available in international market whether it's "**Sedatives**" which include "**pentobarbital, secobarbital, barbital, selobarbital and anobarbital**". It helps to reduce the anxiety and attentiveness, or

"**Stimulants**" as "**benzedrine, dexedrine, methedrine, cocaine (cocoa), methaqualone, pep pills**" etc. are included here. Students who cram for examination tend to abuse these drugs. Such drug make mentally and physically more active, or

"**Narcotics**" which includes "**opium, morphine, cocaine, heroin, methadone and pethedine**" the plant which is "Opiates" used as pain killer throughout the centuries. Heroin always be available through illegal ways or channels. There are several other drugs which used in various forms. But the relationship of medicine and drugs is very interesting.

"**PRESCRIPTION DRUGS**" which include "**mandrax, proxyvon, phensedyl corex, coscopin**" etc, are such kind of drugs used for mild depression, cough or cold. The interesting part is that these drugs use by youngsters not because they are very high in nature but they are very cheap and available easily in markets. Mandrax has been banned because of its extensive use by youngsters. The drug abusers have been invented many ways to consume it but only problem is its access. And the drug contained in medicines is very accessible in open markets

to everyone out there. This is called the illegal use of legal drug.

According to experts more than 18 million youngsters of age 12 and older use prescribed medicines for non medical purposes. Initially such drugs do not affect in bad manner but with the course of time the abusing starts. That leads to very critical situation whether emotionally, physically or economically.

III. DRUG ABUSE AMONG YOUNGSTERS

"Drug abuse has a large and ever increasing proportion of victims among young people - and the age of the abuser decreases every year"

World's most burning problem is the huge involvement of youngsters in drug industry at present. It is highly notable issue that the drug abuse victims are increasing in numbers while on the other hand the age of victims is getting lower. Whether it's UK, USA, or INDIA, every country has its own number of drug abusers in colleges, universities, parties or in some other private places. The network of drug suppliers is very vague and strong. On one hand legally their access is very difficult and on other hand illegally they are on next door. Drug addiction if we see described by WHO (1950) is "a stage of periodic and chronic intoxication detrimental to the individual and to society, produced by the repeated consumption of a drug (natural or synthetic)". In drug addiction one wants to increase the drug dose to overwhelm oneself or feel to take drug continuously. On the other hand drug dependence is something where addictive person wants to stop the addiction, but that becomes very difficult physically and psychologically for him to do so.

"Marijuana, one of the most abused drugs by youth, is classified as a narcotic by the Federal Government and as a hallucinogen by the psycho pharmacologists. Regardless of its classification, the question of its effects on the individual have become the debate of the century"³. It makes the abuser feel free from all anxiety and tension like- HIGH. The source of marijuana is from an Indian plant, which is easily accessible. . The main problem of drug abuse is rooted in home and society and secondly education system played very crucial role in drug abuse mostly in teens. The first concern should be of parents that they must provide such an environment at home that children do not even think about drug abusing. Also as being parents each member of society must understand their duty towards the other members out there. When society would help themselves only than their children especially teen gonna move away from drug abuse.

³ JEAN JACOBSON, DRUG ABUSE AND LEARNING EFFECTS Published by: Phi Delta Kappa International available at www.jstor.org

IV. DRUG AVOIDANCE EDUCATION

Drug epidemic has become reality right now. One of the loopholes of society and education system is that youngsters do not have sufficient ways to engage themselves in some productivity or to enjoy or proud experiencing in need of society. The education system around the world has neglected to tell the impact of using the combination of drugs or the chemical effect on their bodies. One of the main issues in drug abuse increase when one person got himself surrounded by multiple of problems or complexities. According to the mental health specialist, educators, health specialists the best way to prevent the drug epidemic is to spread the education programme, which must be prevention of drug abuse. And that preventive programme should be apply with full honesty, integrity and support by the society, schools and acquaintances. Such educational programmes need not to be held every day or every weekend with fixed one or two hours speech talking with bundles of facts and reports. It should be something which need more time to understand the inner problems of drug victims or to make them understand the development and growth which they have lacked during the drug abusive years as compare to non addictives. Nothing gonna happen to held number of therapy series over and over repeating the same principles. The main focus should be to encourage the drug victims, to make them realise that they have ability to cope in difficult circumstances, to motivate them in future planning. Also to tell victims the worst results of drug abuse.

"Educators have a responsibility to be aware not only of the reasons for drug abuse but also the effects of drugs".

Youngsters need to know the chemical effect of drugs and the educators especially have that responsibility. There must be small group discussions to be held regularly. Yes sometimes it became difficult for them to adjust in constant changing life around. Teens most of times fail to understand that they get influenced by another easily and that is the thing to understand that self awareness is most important thing should be in one's life. Self aware person would not get drug abused easily. It needs more confidence and family support throughout the early age. The education system should base on growth of children rather than gaining the marks.

V. CONCLUSION

First and foremost thing in drug abuse cases is to make realise and educate about the capacity inherited within youngsters. The inner strength with the help of community can achieve the breakup from drug abuse smoothly. In crucial times with lots of complexities youngsters search the ways to escape, and somehow they find that escape in drugs. Drug abuse in youngsters does not take the entire family but also the country towards the devastation. Education system with

the help of society and family should aware the drug abuse victims to cope with world and to think, plan, work on their future commitments. Hopefully they will try to add more bright days in life and go with pink clouds shadowed on them with full of happiness.

Drug addictives involve in criminality so easily and they do not even have a clue that they are going in a deep well instead of high and open sky.

“Sometimes we motivate ourselves by thinking of what we want to become. Sometimes we motivate ourselves by thinking about who we do not ever want to be again”.
