

Behaviour Abberation In Potential Young Drug Addicts In India

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Abstract

Our country's youth have fallen prey to a serious and disastrous problem: drug addiction. According to recent surveys, a disproportionate number of 17- to 20-year-olds—including many high school and college students—are currently struggling with substance abuse. Drug misuse and addiction has been reported even among economically disadvantaged youth. This is a serious problem for the Indian government since young people are the country's future power, and if their lives are ruined by addictions like these now, India's future would be bleak. Indeed, this is a severe issue for Indian society as well, and it requires the efforts of the whole population. This chapter so emphasises the need of preventing drug abuse and addiction among India's young.

Keywords : Drug abuse, substance abuse, teenagers.

Introduction

The annual World Day for Drug Misuse its Illicit Trafficking is held on June 26 with the goal of bringing attention to the problem of drug addiction and abuse, as well as its root causes and repercussions. To strengthen worldwide action and collaboration towards the aim of a free of drugs global society, people and communities and innumerable organisations throughout the globe are coming together for this one day.

Drug abuse among young people in India is increasing. Over 90% of drug and psychotropic substance usage in the nation is attributable to young people (defined as those aged 11 and above). Teens who are abusing drugs or alcohol are more prone to commit crimes, particularly violent ones. When someone takes these substances, their anger levels might rise to the point in which they conduct horrendous acts of violence.

The analysis submitted to the departments of health and social justice found that the more intoxicants a person consumed, the more severe their criminal behaviour became. There has been an uptick in the frequency of rape, murder, attempted murder, and burglary offences committed by youngsters, according to medical professionals.

An individual's social circle is the single most influential factor in determining whether or not they would experiment with or become dependent on alcohol or other drugs. The high cost of the drugs themselves and the subsequent medical treatment needed to recuperate from the consequences of intoxication makes intoxicant usage a costly habit. After using these substances, one loses touch with reality, and committing atrocities that may spark an endless war is far worse. Seventy-five percent of rural males in Punjab are addicted to drugs at very high levels. Cities like Bombay & Hyderabad are attracting more people because of their notoriety for having high drug misuse rates. Substance misuse threatens the very foundation of our civilization.

Young people in India are becoming more susceptible to the disease of addiction to tobacco, alcohol, and other drugs. The demand for rehabilitation centres or rehabilitation centres has been growing steadily over the last several years, despite the fact that discussions regarding such facilities were taboo at least two decades ago. There are over 500 centres in the United States that work together to help addicts recover and lead sober, productive lives.

Substance Abuse: Meaning and Content

When someone uses drugs to an unhealthy degree, it's called substance abuse. Both physiological and psychological reliance are included in this description. When someone has developed a physical reliance on a substance due to chronic usage, their body has undergone a series of physiological changes that result in withdrawal symptoms upon abrupt cessation of use. In the absence of physical dependency, psychological dependence describes an overwhelming desire to maintain drug use.

Alcohol, according to these criteria, is a drug since it may lead to physical and psychological dependency. Alcohol is included with other substances of abuse in this section. However, it is important to keep in mind that alcohol is generally seen as a different category from other substances of addiction since the scale of alcohol-related issues in the United States is so vast.

When many individuals hear the words "substance abuse," their minds immediately go to illegal narcotics. The potential for addiction or severe negative health effects is what first prompted the banning of these medicines. Others, who know the hazards associated with drug use, see it as harmful and abusive. The worrisome increase in the frequency of drug addiction among teenagers in India may be attributed to a number of factors, including shifting cultural norms, cutthroat rivalry in the employment and education areas, rising economic burdens on families, and a decrease in supporting relationships for youngsters in this transitional period. The result is that young people are more likely to try drugs for the first time, particularly those that are readily accessible like cigarettes, alcohol, and cannabis. The most vulnerable teenagers are those who live on the streets, work as child labourers, or come from families with a history of substance addiction or other problematic parenting styles.

Alcohol, tobacco and other common form of habitants : The National Commission for the Protection of Child Rights found that cigarette and alcohol misuse are the most prevalent forms of drug abuse among teenagers, followed by inhalants and cannabis. Smoking may begin as early as 12 years old, according to one research, and over half of teenage slum dwellers report initiating use of smokeless tobacco, cigarettes, alcoholic beverages, and/or cannabis before the age of 13 (1). Studies in Delhi's slums have showed that the initiation age is as young as six years old (2) due to the prevalence of smokeless tobacco.

Adolescent males (15–19 years old) are disproportionately affected by drug misuse, according to data obtained via project UDAYA, an effort headed by the Population Council, the Bill & Melinda Gates Foundation, and the Packard Foundation. Twenty percent of teenage males in Bihar and twenty-two percent of adolescent boys in Uttar Pradesh (UP) ingested tobacco and tobacco products, according to the UDAYA survey,

which also found that four to five percent of younger boys (ages 10 to 14) ever used tobacco products. In Bihar, 21% more rural boys than urban boys consume, while in Uttar Pradesh, 23% more rural boys than urban boys do. Brown sugar (a heroin derivative), cocaine, ganja, charas, and bhaang were all reported by 1% of older males (15-19) in Bihar and UP.

For older males, the rates of alcohol intake were 8% in Bihar and 5% in UP, whereas just 2% of younger boys in Bihar were reported to do so. Married women aged 15-19 were found to have a greater prevalence of tobacco use than either younger girls aged 10-14 (1% in Bihar and 2% in Uttar Pradesh) or single women aged 15-19 (2% in both states). No married older (15-19 year old) or younger (10-14 year old) girls or boys ever reported ever taking any drug. The percentage of drug usage among single women was 0.1%. The current social climate is vastly different from that of the past; for example, in cities, more and more families are becoming nuclear, with both parents working long hours and having little time to devote to their children. At the same time, families are placing less value on moral principles, and children and the elderly are suffering as a result.

Since the modern educational system places a great deal of stress on students, families are becoming increasingly isolated and dysfunctional. In low-income households, both parents and children must work to make ends meet, leaving little time or resources for their children to pursue higher education. When young people experience such severe social isolation, they often seek solace in alcohol and other drugs as a means of coping with the accompanying feelings of anxiety, stress, and melancholy. They prefer to feel better in the numbness induced by the drugs rather than suffering any strain due to their practical life, and they think that drugs help them forget all their tensions and anxieties and make them feel free and devoid of any turbulence.

Factors impacting upon Drug Abuse: It's important for parents, guardians, and friends to keep an eye out for these warning signs in any young person they know, because by the time someone realises they have a drug addiction, it's often too late to do anything about it.

- i. Neglectful behaviour, disinterest in school or job, isolation from friends and family, and a lack of motivation to engage in sports or other physical activities at home or in the office are all symptoms of a lack of care.
- ii. Exhausted, irritated, and often engaged in conflict.
- iii. Feels like you're transforming into someone new, although a gloomy one.
- iv. Get in on some shady business, like stealing money or getting into mishaps.
- v. Weight loss, lack of appetite, and loss of interest in life may all happen suddenly.
- vi. Persistent perspiration and longer nap times.

However, when substances become a habit for a person, it can be extremely difficult to get rid of it but not unattainable, especially with the constant help, motivation, and direction of parents, family, friends, counselors/Rehabilitators/Doctors and with the personal will of the addicted person. The house is the primary environment in which a person's character is formed, and the family is the finest source of support and guidance for a young child, so it's important to keep an eye out for warning signs and take steps to make sure kids don't start using drugs. There is less likelihood of distraction and unethical participation among young children if their parents work to foster an open and

harmonious connection with them. When a kid has already started down a bad road, however, the burden on the family and the parents is much greater. Young addicts might progressively recover with the support of implementable solutions.

- i. No one can assist a drug addict kick the habit unless the addict wants to break free on his or her own will and recognises that he or she has made a mistake and has to correct course.
- ii. Members of the addicted person's family and friends should be understanding and helpful during the individual's recovery process. The family's love, care, and determination might help the addicted child overcome his or her dependency on drugs or alcohol. The person's parents and close friends should listen to them with compassion and provide loving support.
- iii. The addict has to seek professional treatment, such as from physicians, counsellors, or rehab facilities, so that they may get the deepest level of support possible. Confidence in discussing the issue to the physician or counsellor is warranted.

Psychological Impact of Drugs on the Addict.

Addiction to drugs is a terrible disease that may ruin anyone's life. Because of their naiveté, children and teenagers have an urgent need for positive adult role models, sound moral instruction, and a safe and nurturing environment in which to learn and grow. All kids really need is a good listener & a guide who can hold their hands yet show them the proper road, therefore it's important for parents, teachers, and other adults to be approachable and open with the young people in their lives. It is impossible for young people's thoughts and lives to be influenced in the wrong direction if they feel safe and know they have reliable adults with whom they can talk about anything.

Adolescents are particularly vulnerable to the negative effects of substance abuse on their mental health because of the increased risk of developing a substance use disorder, which in turn can cause significant behavioural changes such as the emergence of mood disorders, anxiety, depressive disorders, thought disorders like schizophrenia, and personality disorders such as antisocial personality traits. Tobacco (nicotine) use throughout adolescence and early adulthood has a heightened risk of irreversible damage to the growing brain, specifically affecting the regions responsible for attention and learning. Adolescent brains, still in the process of developing until roughly age 25, are especially vulnerable to tobacco's negative consequences.

Arguing with loved ones, getting into accidents, developing significant health problems, and even losing one's job or dropping out of school may all be traced back to drug addiction. Three percent of drug-using teenagers were engaged in criminal behaviour, including shoplifting, burglary, and damage of public and private property, according to one research (4). Substance misuse intervention strategies should have a two-pronged approach, focusing on both prevention and rehabilitation.

Programmes aimed at preventing substance abuse should prioritise preventing drug use from beginning. The target population for these initiatives must be much younger than is typically the case for such measures. Adolescent access to substances may be effectively reduced by the execution of anti-substance misuse regulations such as the Tobacco Control Act. The parents of at-risk children and teenagers should be among the most active participants in such preventative activities. Because of the potential benefits to a

person's development in many areas, it is more important for these treatments to emphasise psychosocial development than only preventing target drug usage. Substance misuse may be prevented by regular parental monitoring and supervision as well as improved parent-child communication. Effective parent training that includes skill development and family counselling may reduce the likelihood of their child using drugs.

Reasons for getting Addiction: Student dissatisfaction with parental figures, peer pressure, the desire to appear cool in front of friends and cousins, abuse, and other factors may all play a role in a young person's decision to experiment with intoxicants. When someone first joins this world, they often think they may leave anytime they choose, but the drugs soon take over their body and mind, making it almost impossible to escape. An individual's risk for drug use increases by 40–60% through generations.

To begin with, curiosity and the hope of elevating one's mood are common drivers of experimentation with drugs at all ages. Constant contact with these medications leads to tolerance and an increased desire to experiment with them. Anxiety, depression, and bipolar disorder are among conditions for which some adults may seek out medication relief.

The following are some causes of drug abuse:

- a. Family history of addiction
- b. Stress about money
- c. Loss of a spouse or close relative
- d. Long-term tobacco usage
- e. There was an absence of parental connection throughout childhood because of the tight home environment.
- f. Discordant relationships

Not only are these not the only causes of drug abuse, but other individuals may go through the same struggles without resorting to substance usage even if they provide the same temporary relief.

Crimes and Penalties Incurred under the Influence of Substance Abuse : The amount of crimes perpetrated by intoxicated people has been rising steadily. Several acts or penalties have been passed. Despite several pieces of anti-drug legislation having been passed over the years, drug abuse continues to spiral out of control.

India is party to the three United Nations drug conventions: To control the spread of narcotics like cocaine and cannabis, Congress passed the Dangerous Act in 1930. The transportation and sale of narcotics including opium and cannabis were regulated under the narcotics and Cosmetics Act, which was enacted in 1940. Article 47 of the nation's 1950 Constitution, read in its modern context, makes it clear that government agencies should not permit drug usage unless in cases of medical necessity.

NDPS Amendment 2014: In early 2014, new clauses were submitted as part of the NDPS Act's third revision, which went into effect on May 1, 2014.

Some of the amendments' observations include:

- a) Narcotic prescription throughout the country were reclassified so that the US government could regulate and standardise them.
- b) The goal of the law has shifted from merely preventing the illegal use of narcotics to also promoting its therapeutic or scientific application, in accordance with the

"balance" among control and accessibility of narcotics envisioned by worldwide drug control agreements.

- c) Drug addiction treatment" and "the treatment centre certification" are included because medical therapies may be based on research and legally mandated treatment standards can be developed.
- d) For subsequent drug crimes involving a certain amount of substances, the death penalty is rendered discretionary under Section 31A. A maximum sentence of 30 years in prison may be imposed by the court under Section 31.
- e) The mandatory minimum punishment for first-time, nonviolent offenders has increased from a year to one year in prison.
- f) Allow the private sector to take over the manufacture of opium from concentrated poppy straw.
- g) The seizure of drug lords' assets should be targeted more narrowly.

Death sentences given by the Indian Judiciary in Narcotics

Case - I : After a vehicle carrying 142 kilogrammes of hashish was discovered in March of 2004, 55 kilogrammes of which was destined for Malik in Mumbai, he was sentenced to 10 years in jail by a Gujarat court. In December 2007, the Mumbai NDPS court convicted Malik guilty of trying to smuggle hashish and keeping it in his godown. If convicted for a second time, the accused should be executed under Section 31A of the Act.

Case- II: An Ahmedabad sessions court handed down a death sentence to Omkarnath Kak in October 2003 after he was caught with 28 kilogrammes of charas. In 1988, Kak was arrested for having 40 kilogrammes of charas on his person.

Case-III: A resident of Amritsar was condemned to death in January 2012 for a second drug trafficking violation by a special court established by the Narcotics Control Bureau (NCB). Paramjeet was subsequently convicted under the NDPS Act, and the NCB special court justified its decision to sentence him to death by stating that the legislature had left it with no choice but to impose the death penalty.

Relationship between Substance Abuse and Crimes Committed: Drug abuse and criminal activity go hand in hand. Addicts perpetrate crimes to fund their drug use, which has negative consequences for everyone involved. Addiction to drugs is a major problem, and the global spread of illegal drugs has led to violence and crime. Addiction to drugs is a multifaceted problem that affects many different aspects of society and culture as well as the environment, economy, and history.

The effects of drug abuse on culture are detrimental. Because of this, criminal activity has increased. Addicts often engage in criminal behaviour to support their habit. Since drug usage lowers inhibitions and affects judgement, it fosters criminal behaviour. Bullying, group conflict, physical assaults, and even homicides committed for no apparent reason have all been connected to drug use. Addiction endangers domestic tranquility by triggering fights and terrible experiences for all family members. Drug abusers have historically been demonstrated to commit a disproportionately high rate of crime. The quantity of crime is also much lower during non-addiction times compared to active addiction periods. Not all addicts are the same, and neither are the amounts or types of crime they commit.

There is a murky connection between drug use and criminal behaviour. It is against the law to acquire, use, possess, produce, or distribute controlled drugs. Abuse of legal drugs is associated with lawbreaking. Drug theft, counterfeiting of prescriptions, and even operating an internet pharmacy illegally have all been related to the misuse of prescription drugs. Because of their influence on user behaviour and the correlation between drug production, distribution, acquisition, and use and violence and other illicit actions, drugs indirectly affect crime rates.

Case -IV : Regarding the 2010 case Chandrasekaran v. State, Both the criminal and the victim had histories of drug abuse. The suspect injected the dead with an illegal substance. The appeal court upheld the trial court's conviction of both defendants for criminal conspiracy to kill the victim in violation of Sections 302 and 120B of the IPC.

The issue of drug addiction with criminal behaviour may be effectively addressed by emphasising the use of many methods for treating addiction. The combination of court-mandated rehabilitation with drug testing and careful professional supervision has demonstrated promising results. Drug users who are the most dangerous, involved, and criminally active should be treated first. From a social welfare perspective, however, catching the tatter, who are sadly often highly skilled at avoiding discovery, may be the top priority.

Legal authorities must pay special attention to the disposition and follow-up of individuals in any of these groups. While they are receiving treatment, they should continue to be under legal scrutiny and have their drug usage and antisocial conduct closely monitored and, if necessary, limited. It's obvious that there's a wide variety of addictions and routes towards crime. Effective solutions to the drug and crime issue may require acknowledging this variation and adapting judicial and therapeutic approaches to individual requirements.

Significance of Treating Substance Abuse : At least one parent, and often the father, is a drug user in about 75% of Indian homes. Children as young as 13 and 14 often try out intoxicants, according to experts. The question that has to be posed, rather than "why are our young becoming addicts?" is "how can we put a stop to them?" Such inquiries need a two-pronged response:

- i. Combating substance misuse requires concerted action. Adults who are on the verge of starting drug usage may be helped by talking to those who have never started. The only way to stop these grownups is to get the word out. Here are a few potential preventative measures:
 - a. spreading healthy messages.
 - b. Focusing on people and encouraging communication and collaboration.
 - c. Youth engagement and cultural preservation at the community level.
 - d. It's important to promote constructive alternatives.
- ii. Indian de-addiction clinics should target young people. Addiction treatment facilities, sometimes called rehabilitation centres, provide patients with a variety of therapeutic approaches and medical services. Substance abuse may be helped with several different treatment options. Treatment is usually helpful, even if the condition is

severe. In most cases, you'll get treatment from more than one of the following categories:

- iii. To detox, just stop taking drugs and give your body time to rid itself of them. Detoxing safely may need medical monitoring.
- iv. Medications used to treat withdrawal symptoms and curb cravings are called "medication-assisted therapy."
- v. Addiction's root causes may be treated using talk therapy (a sort of behavioural treatment) like cognitive behavioural therapy. Building confidence and learning healthy coping mechanisms are two additional benefits of therapy.

Dedication Therapy

Addiction treatment is aimed at assisting patients in breaking their cycle of obsessive drug seeking and use. The context, method, and duration of treatment are all up to interpretation. One-time, short-term treatment is seldom enough for drug addiction since it is typically a chronic disorder marked by relapses. Many patients need a combination of medications over time, as well as close monitoring.

Finally, drug abusers often have additional health (such as depression or HIV), professional, legal, personal, or social difficulties that need to be dealt with simultaneously. The most effective programmes tailor care to each patient by combining several types of care. Antidepressants, anti-anxiety drugs, and mood stabilisers are all examples of psychoactive medications. Antipsychotics plus antidepressants may be crucial for treatment efficacy when patients have co-occurring mental diseases such as anxiety and depression (including post-traumatic stress syndrome), bipolar disorder, or schizophrenia.

Conclusion

Substance misuse is a multifaceted problem with far-reaching consequences for individuals who engage in it. Overcoming addiction requires radical adjustments to every facet of the addict's life. Given the present condition of Indian circumstances, the only way to end drug misuse is for our government to adopt a policy that prioritises public health and safety above criminal prosecution. Drug addiction, regardless of the substance used, is strongly correlated with criminal behaviour.

The severity of delinquency grew along with its incidence and intensity as the crime rate rose. Addicts will do whatever, even breaking the law, to support their habit. Drug abusers are not hired. This prevents them from meeting even their most basic requirements. They engage in narcotics trafficking, prostitution, petty thievery, and other illegal enterprises. This means that the cycle of poverty, drug addiction, and crime just keeps going and going. The importance of safety measures cannot be overstated at this time.

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