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DRUG ABUSE AND YOUTHS IN INDIA: A SOCIO-LEGAL STUDY

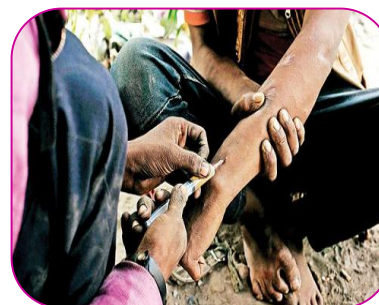
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ABSTRACT :

Use of drugs dates back to human existence. Drugs as medicine are used for sick people, but in drug abuse, people use drugs to alter their brain function in harmful and dangerous ways. Drug abuse is now become an emerging health hazard for the common man for especially for adolescents who are due to low socio-economic status of family, family bonding, family relationship and parental guidance and care and more reasons are attracted towards drugs or alcohol uses. India has a long dated history of cultivation, production and use of drugs, particularly traditional and age old use of locally produced plant based natural drugs like tobacco, opium and cannabis. This paper concludes with preventive strategies in case of drug abuse and trafficking along with proper treatment of addicts as well as de-addiction and rehabilitative strategies or means that are required to be planned and suggested for drug addicts. More studies on drug abuse are required to be done as well as proper centres and more funds are necessary to be rendered to the drug de-addiction and rehabilitation centres established under NDPS Act1985 in India.



KEYWORDS : *Drug abuse, Addiction of youths, Treatment of addicts, Preventive strategies, Substance Trafficking, Rehabilitation.*

INTRODUCTION

Drug use and its abuse dates back to an existence of human being. Drugs have been used for many reasons in diverse culture and Society; for religious purposes, for entertaining purposes, for changing the states of consciousness, as a matter of proud and for obtaining relief from pain, as sedatives and stimulants. Drugs as medicine are meant to help sick people, but in drug abuse, people use drugs to alter their brain function in harmful and dangerous ways. in India, drug use, , illicit drug trafficking, and associated problems are of major interest and concern as they are increasing day by day, but the research and genuine data on the awareness, interest and concern with respect to drug use has received less attention. Drug abuse is now become and emerging health hazard for the common man who is living in the country with population blast. Nowadays in developing countries like India, drug abuse and illicit drug trafficking are real threats to Indian society.

The younger generation is being targeted by advertisements of different harmful drugs and products which portrays the usage of drugs as gorgeous and funny. The World Health Organization study report on

youth and drugs stated that, young people who first try drugs on an experimental basis or just for a taste often get motivated largely by curiosity and peer pressure which ends up in its abuse. Young people, children and adults have been involved in drugs use and trafficking. This research article is conceptual in nature and made conclusion based on secondary data and information on the subject.



(Marijuana weed)

Bhang, Ganja, Charas, Pot, cannabis, Weed, Stash etc. are the other names of Marijuana in India.

What is Drug Abuse

As per International Convention of 1961 for Narcotic Drugs, and International Convention of 1971 for Psychotropic Substances, drugs are defined as all substances, and chemicals that should not be used for any purpose other than for medical and scientific research. If used for purposes otherwise, they are called illicit drugs.

Drug abuse is defined as mal- adaptive pattern of substance use leading to clinically measured, impairment or suffering as manifested by one or more of the following occurring within 12 months of period, frequent substance use resulting in the failure full feel major roles like obligations at work, School or in home; recurrent substance used in situation in which it is physically dangerous; for example driving vehicle under the influence of substance use; moral and interpersonal problems. Hence, drug dependencies bases on three or more of the following criteria; a) strong craving or compulsion take drug, b) subjective consciousness impairment in one's capacity to manage the use of the drugs and substance use c) how to reduce withdrawal symptoms, withdrawal state, evidence of tolerance of the personal range of pattern of drug use and progressive neglect of different ways of happiness and persistence with drug use. Drug abuse means any use of drugs that causes physical, psychological, legal or social harm to the user or to others who are affected by the drug users behaviour. People have experienced the positive consequences as well as negative consequences of drug abuse, which the definition of drug abuse has captured.

HISTORICAL ASPECTS

India has long and prosperous history of cultivation, production and use of drugs particularly traditional and age old use of locally produced plant based natural drugs like opium and cannabis. Opium cultivation use in India appears to have been linked with the coming of Arabs and Persians to India long time before. The earliest mention of opium cultivation in India was found in the year 1516, in a letter to king manual of Portugal by a Portuguese historian named Pyres. However, opium cultivation had thrived during the British Colonial rule before independence of India. Opium was used not only as a pleasurable substance but also as very important self administered household remedy for range of illnesses i.e. Diarrhea, Dysentery, Chills, Malaria Asthma, chronic coughs and Rheumatic pains etc. It was also administered to the infants in wrong belief that it will keep them quiet, calm and healthy. As per Mahabharata, Lord Krishna was tried to be poisoned by evil 'Putna - the demon' applying opium on her nipple. In the year 1813, the first Indian regulation on opium consumption was introduced and later in 1878, All India Opium Act permitted only licensed vendors to cultivate and sell opium to registered users.

RISK FACTORS OF DRUG ABUSE

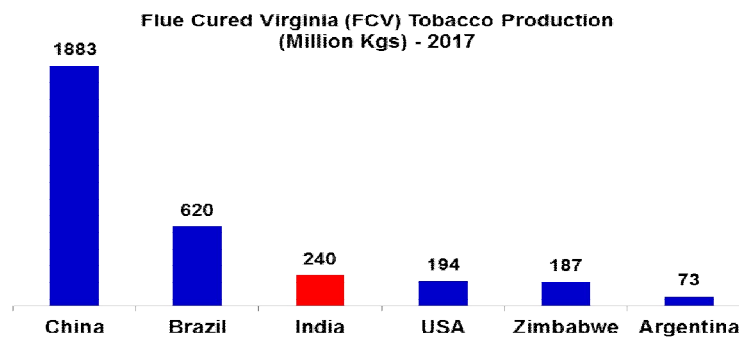


Ganja on the Ganges is most popular and culturally viable activity. Consumption of bhang (marijuana mixed with milk, sugar, poppy seeds, dried fruits and nuts) is ceremonial in the holy town of Varanasi. You will see people smoking up or drinking liquid marijuana quite liberally, for religious reasons of course.

Every life has an end on one day by natural or unnatural means. Death due to drug abuse or its illicit use leaves a bad taste in the society. Drug abuse is a complex phenomenon which has various social, moral, cultural, biological, geographical, historical and economic aspects. The breakdown of the old combined family system, the lack of parental care in current families where both the parents are working and the demerit of old religious and ethical values neglect of child. Elites in society have led to increase in the number of drug addicts who have people do drugs run away the hard realities of life. This has also led to boost in the crime rate. The drug addicts go for crime to pay for their drugs and achieve pleasure of life which in turn is progress towards end up life. The early beginning of substance abuse, you use usually associated with a poor prognosis and Lifetime pattern of this honesty, crime and reckless behavior reap most of the drug users being in the productive age group off 18 to 35 years, the loss in terms of human potential is immeasurable.

Adolescents Drug abuse is one of the major concerns in young peoples' behavior trend. Increase in the incident list of HIV, hepatitis B and C and tuberculosis due to drug addiction by sharing needed contaminated needles adds to the reservoir of infection in the community, burdening the health system in major way. The consequences of drug abuse include domestic violence and financial burden at family level, drug abuse is intrinsically linked with racketeering, crime, conspiracy, corruption, illegal money transfers, terrorism and violence, threatening the very stability of the government. Drug abuse has emerged as public hazard and dangerous threat to human life. Prevention of substance abuse among adolescents requires awareness of characteristics that place youth at risk and targeting risk factors that are modifiable and preventable. Many studies have attempted to identify risk factors associated with adolescents' drug and alcohol usage which can be helpful to cope up with the situation. In its 2010 Report titled 'Preventing drug use among children and Adolescents', NIDA (USA) listed several factors that can enhance or mitigate adolescents risk for initiating or continuing to abuse of drugs. These factors include exposure to drugs, socio economics status and quality of parenting peer group in influence, easy availability, the wrong message by television, and media and biological or I inherent pre disposition towards Drug addiction. Among societal risk factors, the following were identified as law and norms favorable two word behaviour and availability. Interestingly socio economic status did not seem to correlate with increased risk of drugs abuse among adolescents; it was only in cases of yeah extreme poverty in conjunction with childhood behavioural problems where increased risk was observed. The personal characteristics that positively correlated with drug and alcohol abuse are numerous and include low harm avoidance, poor impulse control parents with history of alcoholism and drug abuse, high levels of family conflict, lack of inconsistent parental discipline, history of academic or love failure and history of anti-social and aggressive behaviour. Being aware of these risk factors, one can assist families, health professionals, schools and other community workers with identifying at risk children and youth and help in reducing or eliminating risk factors through prevention and treatment programs.

Drug Abuse and Adolescents



Drug related behaviour are usually associated with peer culture, as children learn from and imitate the friends and akin to them. Wanting to be striking to others becomes very important in adolescence and this factor is significant in the development video of drinking disorders, alcohol consumption and drug use, non practicing safe sex and vulnerability to injury among other behaviour. These adolescents who get occupied in such hazardous actions often have high levels of argument with their parents and meager self control, telling that they employ in search behaviour to handle a stress full life. Adolescence who abused substances typically perform four weakly in school and family trouble, deviance and little self respect appeared to make clear this relationship parents and peers persuade adolescents not drinking by influencing approach about alcohol by acting as roll model on the other hand, parental deficiency due to deaths, divorce, separation or dispute has also been powerfully associated with drug abuse.

Some people are mainly susceptible to substance abuse. They comprise the abused or neglected, the homeless, the physically or mentally handicapped, School dropouts, children of substance abuse farmers treat children and the economically disadvantaged. But generally, adolescents or faultily misinformed about smoking. Study of adolescents assessed the beliefs about smoking and found that most were poorly informed about the prevalence and risks of this practice. Perhaps most significantly, these misperceptions were most common amongst adolescents who had already begun to smoke and who had friend of such habits.

DRUG ABUSE AND CURRENT TRENDS

Between the ages of 12 to 18 years all ready smoked cigarette regularly and considers them themselves as smokers. It had been found about that 95% of regular smokers start to smoke during adolescence and the question arise whether these young people have correct information before taking the judgment to begin this trend is very dangerous for future of mankind. In a survey which was conducted by the associated chambers of Commerce and industry of India revealed that majority of the pub customer were in the age group of 20to of45 years and that they spent an average of 500 to 1000 Rs. Per person. 73.5 percent of the total youth of Punjab alone is addicted to drugs. About details really deserve prompt action for the same to control. Alcohol, tobacco and other drugs which include club drugs, marijuana, cocaine and heroin are the most commonly abused drugs. Throughout the year 2000 is and 2010, the popularity of a group of substances which were collectively referred to as 'club drugs' has been steadily growing. This term describes the drugs which are used by young adults at all night dance parties search as Rave parties and Trances and at Dance clubs and Dance bars. These drugs can cause serious health problems and in some cases, even sexual offences and death.

United Nations office on drugs and crime reported that approximately 5% of the world's population used an illicit drug in 2010 and 27 million people, or 0.6 percent of the worlds adult population, can be classified as problem drug users. It is estimated that alcohol abuse results in 2.5 million deaths per year and

that heroin, cocaine and other drugs are responsible for 0.1 to 0.2 million deaths per year. In addition to causing death, substance abuse is also responsible for significant morbidity and the treatment of addiction creates a tremendous burden upon society upon society capital u n o d c estimates that worldwide costs related to treating drug abuse total Dollar 200 to Dollar 250 billion, or 0.3 to 0.4 % of global GDP, additional it is estimated that only 20% of drug users received treatment their dependence in the year 2010.

Some studies have found higher correlation between adolescent abuse and becoming a problem drug user in adulthood; therefore, can be inferred that many problem drug users start abusing drugs at an early age. Additionally, accidental and intentional fatalities that are associated with drug and alcohol use represent one of the leading preventable causes of death for the 15 to 24 years old population.

ILLICIT DRUG TRAFFICKING AND CURRENT INDIAN SCENARIO

Different social economical factors like poverty, joblessness, Family disputes and socio- political disturbances fever spread of drug use. India is one of the poorest countries with population explosion in the world. Use of needy women and children in drug trafficking from the border to city areas has been reported. Most of the slum dwellers are chronically under employed. Many of these slums are also being used by the drug traffickers as the major drug storage and selling points across the country. Drug traffickers recruit youths, including women and street children from this economically disadvantaged group as drug peddlers.

The vulnerability of India to drug trafficking and use is further enhanced by its geographical location and porous border with Bangladesh, Nepal, Myanmar and Pakistan. Moreover due to its position among golden Crescent in the west, golden triangle in the east and golden wedge in the north India is being used as a transit point for trafficking heroin. Report of wide spread corruption at the various levels of different organizations and in coordination among agencies from the centre to peripheral levels made India an attractive transit point for narcotics. Moreover all the counter narcotic agencies in India are severely under resourced and lack of adequate trained man power.

Tobacco use is universal amongst the users. Many recent surveys indicated that heroin is the most commonly cited main drug of abuse. However heroin users and intravenous drug users IDUs across the country have also revealed that lifetime experience of using multiple drugs like, cannabis, (90 -95%) and alcohol (70-84%) codeine , which is the most visible of illicit drugs also consumed by(50 -60%). The current heroin smokers and IDU's at least once in their lifetime. Multiple drugs are usually used along with the main rug of abuse. Use of sedative tablets is also common among the users before switching to injectable drugs. The unavailability of heroin and low cost of injectable drugs are mentioned by many users as main reasons for switching to injecting drugs. However several other factors were also reported that motivate the users to switch and continue injecting. Moreover many current heroin smokers also inject depending on the fluctuations of heroin availability.

PROGRAMMES TO PREVENT DRUG ABUSE

Drug abuse prevention should be made a high priority and the efforts on drug abuse prevention must be an important component of any comprehensive approach which has been undertaken to treat substance abuse. Adolescents and young adults are the more visible groups who are at risk for substance abuse. Efforts should be made to improve their knowledge about drugs by providing adequate education to them. Shaping the attitude of the youth and the promotion of a healthy lifestyle is essential. Thus the primary prevention of drug abuse has a key role, which pertains to the avoidance of substance abuse before it has chance to occur.

The International day against Drug abuse and Illicit Trafficking is celebrated on June 26th of every year. It is an exercise which has been undertaken by the world community to sensitize and aware the people at large and the youth in particular, to the menace of drugs. Today there is no part of the world that is free from curse of drugs abuse and its trafficking.. India too has been caught in this vicious labyrinth of drugs abuse and the numbers of drug addicts are increasing day by day.

CONSTITUTION OF INDIA

Article 41 says that,

The state shall within the limits of its economic capacity and development, make effective provisions for securing the right to work, right to education and right to public assistance in cases of unemployment, old age, sickness, disablement, and in other cases of undeserved wants.

Article 47 says that,

'The State shall regard the raising of the level of nutrition and the living of its people and the improvement of public health as among its primary duties and in particular, the State shall endeavour to bring about prohibition, except for medical purposes, of the intoxicating drinks and drugs which are injurious to health'.

Narcotic Drugs and Psychotropic substances Act 1985

NDPS Act was passed in 1985 and it was amended in 1989. In 1999 – 2000, the Ministry of Social Justice and Empowerment, along with the United Nations office on Drugs and Crime (UNODC) undertook for the first time, a major national study on the extent, patterns and the trends of substance abuse in the country, a major component of which was a national household survey. Also research presented by National Institute of Drug Abuse (NIDA) USA emphasizes the strategy of targeting modifiable risk factors and enhancing factors through family, school and community prevention programme which can be helpful in effective way and manner to deal with current problem of drug abuse.

Section 7-A: National fund for control of drug abuse

(1) The Central Government may, by notification in the Official Gazette, constitute a Fund to be called the National Fund for Control of Drug Abuse and there shall be credited thereto, -

(a) An amount which the Central Government may, after due appropriation made by Parliament by law in this behalf, provide;

(b) The sale proceeds of any property forfeited under Chapter V-A;

(c) Any grants that may be made by any person or institution;

(d) Any income from investment of the amounts credited to the Fund Under the aforesaid provisions.

(2) The Fund shall be applied by the Central Government to meet the expenditure incurred in connection with the measures taken for-

(a) Combating illicit traffic in narcotic drugs, psychotropic substances or controlled substances;

(b) Controlling the abuse of narcotic drugs and psychotropic substances;

(c) Identifying, treating, rehabilitating addicts;

(d) Preventing drug abuse;

(e) Educating public against drug abuse; and

(f) Supplying drugs to addicts where such supply is a medical necessity

(3) The Central Government may constitute a Governing Body as it thinks fit to advise that Government and to sanction money out of the said Fund subject to the limit notified by the Central Government in the Official Gazette.

Section 71- 1: Power of the Government to establish centres for identification, treatment, etc. of addicts and for supply of narcotics drugs and psychotropic substances.

Prevention of Illicit Trafficking in Drugs and Psychotropic Substances Act 1989

(1) Power to make orders detaining certain persons

The Central Government or a State Government, or any officer of the Central Government, not below the rank of a Joint Secretary to that Government, specially empowered for the purposes of this section by that Government, or any officer of a State Government, not below the rank of a Secretary to that

Government, specially empowered for the purposes of this section by that Government, may, if satisfied, with respect to any person (including a foreigner) that, with a view to preventing him from engaging in illicit traffic in narcotic drugs and psychotropic substances, it is necessary so to do, make an order directing that such person be detained.

(2) When any order of detention is made by a State Government or by an officer empowered by a State Government, the State Government shall, within ten days, forward to the Central Government a report in respect of the order.

Legal Bodies of Government that enforces Drugs regulations:

Drug abuse is getting momentum nowadays and also the youth is dropping this addiction, thinking this as trend is their biggest mistake because it is not affecting them rather staking the lives of their dependents and family. The Government of India is taking very active decisions regarding the restraining of Drugs trafficking and also to improve the physical and mental strength, so that it will return in the good contribution for the development of the Indian Society. Following are the legal bodies governing the drug abuse in the society:

Central Bureau of Narcotics (CBN)
The Narcotic Control Bureau (NCB)

Other Agencies- Directorate of Revenue Intelligence, Central Bureau of Investigation, Customs Commission, Border Security Force.

Narcotics Control Division for each State

FAMILY PREVENTION PROGRAMMES

In 2010, NIDA's (USA) Report emphasized that the both role of the family and community is essential in preventing and deterring child and adolescents substance abuse. Their findings are summarized below:-

NIDA Report says that emphasis on strengthening protective factors through the family, including increasing family bonding and using appropriate discipline are necessary. The following family aspects such as parent with a history of drug abuse and alcohol use, high level of family conflicts, lack of parental discipline etc can place children and adolescents at a higher risk for substance abuse.

Multi Dimensional Family Therapy or Family based partial Hospitalization (MDFT)

This is comprehensive programme for substance abusing adolescents and those at higher risk for continued substance abuse and other problem behaviours. MDFT focuses on helping youth develop more effective coping up with and problem solving skills for better decision making and helps the family to improve interpersonal functioning as a protective factor against substance abuse and related other problems.

School Prevention Programmes

One of the many instances of school preventions cited in the NIDA Report is reconnecting Youth (RY) a school based prevention programme for high school students with poor school achievements and a potential for not completing their education. Participants may also show signs of multiple problem behaviours, such as substance abuse, depression aggression or suicidal behaviours. Students are screened for eligibility and then invited to participate in the programme. The programme goals are to increase school performance, reduce drug use and learn skills to manage mood and emotions.

CONCLUSION

There is a staunch need to increase in practicable substance abuse preventive programmes and a wide ranging of data base on drug abuse amongst youths. Programmes must be established to initiate the subject of substance abuse into the school and college syllabus and also the formation of youth's social clubs to fight against substance abuse. The drug abuse and illicit trafficking of alcohol other drugs has resulted in note worthy morbidity and mortality amongst adolescents worldwide. Many of these youths lose their lives to drugs and alcohol and also significant number are likely growing. Although, the substance abuse is a problem which is complex and large in proportion, there is a substantial amount of evidence based research available to physicians, community leaders and schools to implement interventions that can decrease adolescents' substance abuse rate. Because this issue is not peculiar to any one a community or culture, it is effective universally.

In India widespread misuse of alcohol and drug was found. There were millions of opiates, cannabis users and up to 164000 drug injectors. To curb this menace of drug abuse amongst youths and bring them into the main stream of society by letting them to live as a common man's life, let them to make sustainable development and find re-integration into the family as well as into the society, The Government of India has come up with an Act, 'Narcotic Drugs and Psychotropic Substances Act (NDPS) 1985, as per the provisions of international convention on Narcotics , which mentions complete treatment, rehabilitation and social reintegration of substance addicts twice in the sections 7- A (2) and 71 (1).

The importance of this research is that it will help in the improvement of public knowledge, awareness and understanding especially of youths regarding ill effects of the substance abuse and also broad ranging educational activities within the government, non government and private sectors, with a key focus on drug addicts treatment facilities, rehabilitation and social reintegration, drug trafficking, educational programmes for generating livelihood skills and opportunities amongst drug users, ex drug users and youths vulnerable to drug use in the society.

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