

DRUG ADDICTION AMONG STUDENTS IN JAMMU UNIVERSITY

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ABSTRACT

Drug addiction may be perceived as aberrant behaviour and as a social problem. In several Western countries, drug addiction was regarded as an important social problem since long but in India, it is only since last one and a half decade that it has come to be considered a crucial social problem. One of the most disturbing trends in India is the high frequency of taking drugs and drinking among the College and University students. To solve this major social problem, we need prevention and social rehabilitation programmes for drug addicted persons, especially for the youth and the students. Education institutions play a central role in prevention programmes.

The present article aims to study on social rehabilitation of the Drug addicted University students in Jammu. For this study, 100 students were selected in and around Jammu. Data were collected through interview schedules and questionnaires. Data was analyzed qualitatively and quantitatively. Some important findings indicate that –

- (i) Hallucinogens were most popular drugs among the University Students
- (ii) Among the hallucinogens type drugs marijuana attracted young adults more than others.
- (iii) Maximum University students commenced to consume drugs for their high ambition. (iv) Many students became addicted for their alcoholic parents. (v) Maximum female students became addicted for early sexual harassment. (vi) No University had residential treatment facility.

Keywords: *Drug Addiction, Social Rehabilitation.*

I INTRODUCTION

Drug addiction denotes habitual and frequent use of drug when people consume consciously - altering drugs on a regular basis, they often develop dependence – they come to need the drug and cannot function without it. Two types of dependence exist.

1. PHYSIOLOGICAL DEPENDENCE
2. PSYCHOLOGICAL DEPENDENCE.

Frequent use of drug is extremely dangerous, sometimes even immoral and anti social. The use of illicit drugs today is not confined to the street urchins and lower classes; more and more middle and upper class youth are succumbing to drugs. The prevalence of drug abuse, drug addiction and drug dependence are increasing day by day in our society.

The rate of drug addiction especially alcoholism started to augment rapidly in India also. Secret meetings at friend's house to get drunk, bunking school, college, university to look up in an alley to snort coke students in India are going down the dark alley in even larger numbers. It is a shocking trend in 'Conservative' India – but one that neither the schools, colleges, universities nor parents can deny.

People take drugs for many reasons, ranging from the perceived pleasure of the experience itself, to escape from daily pressure of life or to attempt to achieve a religious or spiritual state etc. Generally, no single factor or pattern fits all addictions to drugs. Drugs are classified into several groups; Stimulants, Depressants, Narcotics and Hallucinogens. Some popular names of drugs are Tranquilizers, Barbiturates, Cocaine, Marijuana, Nicotine, Heroin, Alcohol, LSD etc. which are extremely popular especially among the young generation.

So the present study was designed to investigate to know what types of drugs generally addicted University students used to take and causes of addiction and in the Universities of Jammu.

OBJECTIVES OF THE STUDY

1. To know the nature of drugs, students generally take.
2. To study the causes of drug addiction among the students.
3. To know the facilities available for social rehabilitation of such addicted persons.

METHODOLOGY

SAMPLING

Totally 100 subjects (University students) were investigated.

TOOLS:

The tools used structured Interview Schedules and Questionnaires

SOME MAJOR FINDINGS OF THE STUDY

OBJECTIVE – 1

36 students were Hallucinogens addicts out of 100 drug addicted students. The study highlighted that Hallucinogens type drugs were most popular because these were less expensive but gave more pleasure (36 out of 100 students).

- Among the Hallucinogens type drugs Marijuana (Ganja) attracted young adults more than Others (26 out of 36).
- Besides Hallucinogens, Depressants addiction was also high among the University students (30 out of 100).
- Among Depressants type drugs Alcohol was most popular (22 out of 30). Alcohol addiction was more because it was easy available and socially accepted.
- Only 8 Students were stimulants consumers and 16 were Narcotic drugs users among students

- Among 100 students only 10 were multiple drugs users.

OBJECTIVE – 2

- Regarding individual causes of drug addiction among the University students 40% became addicted for getting high (It means to develop their stamina). According to them, they could study more after using drugs.
- 20% students started to consume drugs for pleasure
- 13% began to use drugs for curiosity. They started because their family members were addicts, substances were available in the family.
- Regarding familial causes 27% students became addicted for their Alcoholic parents and family members. They wanted to forget their problems of families they started to take stress relieving drugs.
- 28% of 27 became addicted to fulfil the demand of their family. Their family expectations were so high especially for good results. They started to take energy creating drugs.
- Students started to take drugs for multiple reasons like, life crisis, physical illness, hostel life, peer pressure, broken family, loneliness, strained relationships and addicted parents etc.

OBJECTIVE – 3

- No University at Jammu had residential rehabilitation centre which is very essential for the students.

DISCUSSION AND CONCLUSION

The obtained results of the present study have clearly indicated that Hallucinogens types drugs especially Marijuana (Ganja) were most popular among the University students. Alcohol addiction was also very high among the students.

As regards of causes of drug addiction maximum students started to take drugs for getting high, pleasure, curiosity, peer pressure, hostel life, broken family, strained relationships and Alcoholic parents etc.

To decrease the rate of addiction we need to arrange various kinds of awareness programmes especially in schools, colleges and universities. Not only for addicted students but for all which will help them to learn effecting coping responses in situations where drugs are served. More rehabilitation programmes and centres should be established for the students to diminish the relapse rate. Prevention treatment and rehabilitation all require a positive and life affirming campaign and help should come from all levels of the society. The call for legalization

or decriminalization of the possession of drugs is very important and misuse of prescription drugs or sale of less powerful non-prescription drugs should be stopped immediately. Generally, addicted persons are always neglected everywhere, in his family, institution and society. But for social rehabilitation and social integration positive attitude of the people is very essential. Enlightened attitude means scientific and complete integration. So India need to make a shift from the medical model of intervention to community based rehabilitation of the drug addicted persons.

SOME IMPORTANT SUGGESTIONS:

- Every University should have a counselling centre with total rehabilitation facilities (identification, detoxification, rehabilitation and after care).
- Every University should have residential counselling centre which should not be expensive.
- Students should be involved in community service. Especially for drug addicted students, University should try to engage them in different community work, where they can enjoy and can spend their time in a right way.
 - University counselling centre should have arrangement for stress tolerance therapy and confrontation.
- Family counselling should be there.
- All University counselling centre should have Relapse Prevention Program.
- Government should arrange Alcohol and Drug prevention program in work place, in educational institutions to prevent stress, tobacco, alcohol, and psychological violence.
 - Government should provide Financial assistance to build the after care centre and to run it.
 - Government should take initiative to close bar, wine shops which are situated adjacent to the educational institutions.
- Parents should have awareness of drug addiction and Alcoholism.
- Parents should not take drinks and drugs in front of their children.
- Parents should not give extra pocket money to their children.
- Parents should be friendly with their children and they should not give more pressure for better result to their children.
 - Value education classes should be included in the University.
 - Senior students, University teachers should take responsibilities to control and maintain good and healthy environment in and around the University campus.

- University counselling centre and local counselling centre should be linked together and work together.

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