Suitable Measures and Preventive Strategies to Eradicate Drugs from the Society

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ABSTRACT

The study was carried out in the Kanpur district of Uttar Pradesh. Ten schools (5 Hindi Medium and 5 English Medium) were randomly selected out of all the school in the district. Thus a total sample 200 teenagers (20 from each school) was selected for the present study .The important variables examined were socio- economic features which included comparison of respondents in terms of independent variables such as age, caste, education, religion, income, occupation, family type etc. and dependent variables such as addiction, drug addiction, causes, symptoms, society, consequences, prevention, strategy were also observed. The teenagers were interviewed personally with the help of structured interview schedule for obtaining necessary information. The secondary data wherever needed, was obtained from the record of schools. Data collection took about 1 year time i.e. from the month of January 2017 till the end of December 2017.The statistical techniques applied for analyzing the data were percentage, weighted mean, rank , correlation coefficient. Overall 55.0 per cent of the teenagers belonged to 13–15 years of age group where as 30.0 per cent of the total teenagers belonged to 15–17 years of age group and 15.0 per cent of the teenagers were belonged to 17–19 years of age group in the study area. 70.0 per cent of the teenagers were males and 30.0 per cent were females in the study area. 100 per cent of the teenagers opined that increasing the availability, affordability and access to drug treatment programme, educate doctors , patients and families about good addiction treatment include, rehabilitate drug addicts, invest much in anti drug education, reducing the availability of excess prescription medications and seeking help for mental illness can serve as a good preventive strategy for eradicating drugs with mean score 2.00 and rank I. 70.5 per cent of the teenagers said that the increasing taxes on tobacco and alcohol can reduce the use of drugs and help to eradicate drug addiction from the society with mean score 1.41 and rank VII.

Key words*: Measures; Preventive strategy; Drug; Society;*

Adolescent drug abuse remains a big challenge in the world today. It is associated with high morbidity and mortality amongst young people. Also, drug abuse is costly to society. It is crucial to note that the factors behind adolescent alcohol and drug abuse are preventable. They also refer to recent studies that have utilized different models for reducing the prevalence of drug abuse among adolescents. Through their review, these authors hold an opinion that effective mitigation of alcohol and drug abuse among adolescents should involve all the stakeholders in the community *(Chakravarthy, Shah & Lotfipour, 2013).*

Adolescence is a unique period in neurodevelopment. Alcohol and marijuana use are common. Recent research has indicated that adolescent substance users show abnormalities on measures of brain functioning, which is linked to changes in neurocognition over time *(Squeglia et al. 2009).*

Adolescents who use drugs seek out peers who also use and, in turn, are influenced by those peers. A person might also try drugs just to fit in a social group, even if the person had no intentions of using drugs. Adolescents can try out different roles and observe the reactions of their friends to their behavior and their

appearance . One might do it just to be considered "cool" by the group. The influence of drug use on sexual practices among adolescents in Minas Gerais, Brazil. boys engaged in stable relationships who did not report illicit drug use, consistent condom use was less frequent among those that used alcohol/cigarettes, compared to those who did not drink or smoke (60.7 vs. 71.1%) *(Bertoni et al. 2009).* despite clear evidence of the major contribution alcohol makes to the global burden of disease and to substantial economic costs, focus on alcohol control is inadequate internationally and in most countries. Expansion of industrial production and marketing of alcohol is driving alcohol use to raise, both in emerging markets and in young people in mature alcohol markets. Cost-effective and affordable interventions to restrict harm exist, and are in urgent need of scaling up*(Casswell and Thamarangsi ,2009).* The categories of popular alcoholic drinkers and thereafter created awareness among rural men regarding ill effects of excessive alcohol consumption on health in Agra district. A self-prepared schedule was used for collecting the base line and post intervention data to assess the awareness of men on the area of intervention. There is need to conduct research along with educating the people so that suitable preventive measures and life style changes can be adopted *(Gautam, 2020).* Education is one of the most important ways to empower the women. So, present study has been undertaken to know the current status of empowerment level like pertaining to their decision making, power in home, political and legal awareness and other such related variables of adolescent girls studying in class 11th living in Agra district of Uttar Pradesh. The study was conducted on 120 adolescents' girls *(Gautam, 2019).*

METHODOLOGY

The study was carried out in the Kanpur district of Uttar Pradesh. It was selected purposively. Ten schools 5 Hindi Medium and 5 English Medium were randomly selected out of all the school in the district. Hindi Medium School: Shatrughan Singh Inter College Kalyanpur, Kanpur,Ramlala Intermediate College Kanpur , Jwala Devi Vidya Mandir Inter College Gandhi Nagar, Kanpur, Pandit Prithi Nath College (PPN College), BNSD Inter College Chunniganj, Kanpur. English medium school : Pt Deen Dayal Upadhyaya Sanatan Dharma Vidyalaya, B.S.S. Inter College, Kakadeo, Kanpur, Maharana Pratap

Education Centre ,Sharda Nagar, Kanpur, St. Marry's Convent High School, Swaraj India Public School.

The selected respondents were of class High School to Graduation. Total 200 (20 from each school) students were selected from all the schools for the study purpose. The list consists of students ranging between the age group of 13 to 19 years. The teenagers were interviewed personally with the help of structured interview schedule for obtaining necessary information. The secondary data wherever needed, was obtained from the record of schools. Data collection took about 1 year time i.e. from the month of January 2017 till the end of December 2017.The statistical techniques applied for analyzing the data were percentage, weighted mean, rank. *Hypotheses* : Hypothesis is a specific statement of prediction. It describes in concrete (rather than theoretical) terms what one expects will happen in the study. The hypotheses for this study are –

Ho: There is no relationship between causes of increasing drug addiction and independent variables of teenagers.

Ho: There is no relationship between prevalent of drug addiction practices and independent variables of the teenagers.

Statistical analysis: Statistical analyses are procedures used in finding out the numerical value of the whole study. The statistical techniques for data analysis used in the study are percentage, weighted mean, Rank **a**nd Correlation coefficient (r) etc.

RESULTS AND DISCUSSION

Table 1. Distribution of teenagers according to age group (N=200)

Age group (years)	Males	Females	Total
13 – 15	69 (34.5)	41 (20.5)	110 (55.0)
15 – 17	50 (25.0)	10 (5.0)	60 (30.0)
17 – 19	21 (10.5)	9 (4.5)	30 (15.0)
Total	140 (70.0)	60 (30.0)	200 (100.0)

Table 1 reveals the distribution of teenagers according to their age group. 34.5 per cent males, 20.5 per cent females and overall 55.0 per cent of the teenagers belonged to 13–15 years of age group whereas, 25.0 per cent males, 5.0 per cent females and 30.0 per cent of the total teenagers belonged to 15–17 years of age group. 10.5 per cent males, 4.5 per cent females and overall 15.0 per cent of the teenagers were

belonged to 17–19 years of age group in the study area.

Table2. Distribution of teenagers according to sex (N=200)

Sex	No.	%
Males	140	70.0
Females	60	30.0
Total	200	100.0

Table 2 shows the distribution of teenagers according to their sex. 70.0 per cent of the teenagers were males and 30.0 per cent were females in the study area.

Table 3. Distribution of teenagers according to their educational level (N=200)

Education	Males	Females	Total
High School	67 (33.5)	27 (13.5)	94 (47.0)
Intermediate	73 (36.5)	33 (16.5)	106 (53.0)
Graduation	-	-	-
Total	140 (70.0)	60 (30.0)	200 (100.0)

Table 3 reveals the distribution of teenagers according to their education. 33.5 per cent males, 13.5 per cent females and 47.0 per cent of the overall teenagers were educated up to high school, followed by 36.5 per cent males, 16.5 per cent females and overall 53.0 per cent of the teenagers were educated up to intermediate level in the study area.

The perusal of Table 4 reveals the distribution of teenagers according to the suitable measures and preventive strategies that should be adopted to eradicate

drugs from the society. 100 per cent of the teenagers opined that increasing the availability, affordability and access to drug treatment programme, educate doctors , patients and families about good addiction treatment include, rehabilitate drug addicts, invest much in anti drug education, reducing the availability of excess prescription medications and seeking help for mental illness can serve as a good preventive strategy for eradicating drugs with mean score 2.00 and rank I, respectively in the study area, 98.0 per cent of them wanted school and community based addiction prevention programme as a preventive strategies with mean score 1.96 and rank II followed by 90.0 per cent of the teenagers suggested that to eradicate drug addition by restricting advertising of addictive substances particularly to young people with mean score 1.80 and rank III, while 89.0 per cent of them wanted balance in their life, exercising and yoga with mean score 1.78 and rank IV. 76.0 per cent of the teenagers wanted to know how to deal with pressure as a preventive strategies to eradicate drug addiction with mean score 1.52 and rank V, followed by 74.5 per cent of who wanted to a drug addiction score their family history for drug addiction with mean score 1.49 and rank VI. 70.5 per cent of the teenagers said that the increasing taxes on tobacco and alcohol can reduce the use of drugs and help to eradicate drug addiction from the society with mean score 1.41 and rank VII.

Table 4. Distribution of teenagers according to suitable measures and preventive strategies that should be adopted to eradicate drug from the society

Preventive Strategy	Yes	No	MS	Rank
Increase the availability, affordability and access to drug treatment programmes	200 (100.0)	–	2.00	I
Educate doctors, patients and families about what good addiction treatment must include.	200 (100.0)	–	2.00	I
Rehabilitate drug addicts	200 (100.0)	–	2.00	I
Invest in anti-drug education	200 (100.0)	–	2.00	I
Restricting advertising of addictive substances particularly to young people	180 (90.0)	20 (10.0)	1.80	III
Increasing taxes on tobacco and alcohol products to reduce use, particularly among teenagers	141 (70.5)	59 (29.5)	1.41	VII
Reducing the availability of excess prescription medications	200 (100.0)	–	2.00	I
School and community based addiction prevention programmes	196 (98.0)	4 (2.0)	1.96	II
Score the family history	149 (74.5)	51 (25.5)	1.49	VI
Deal with pressure	152 (76.0)	48 (24.0)	1.52	V
Balance your life	178 (89.0)	22 (11.0)	1.78	IV
Seek help for mental illness	200 (100.0)	–	2.00	I
Exercising and Yoga	178 (89.0)	22 (11.0)	1.78	IV

Table 5. Correlation coefficient between causes for increasing drug addiction practices and independent variables of teenagers

Variables	(r)
Age	0.2206*
Caste	0.2081*
Family type	0.3118*
Fathers' education	-0.2772
Mother's education	-0.1019
Monthly income	0.2413*
Fathers' occupation	0.3351*

Table 5 reveals the correlation coefficient between causes of increasing drug addiction practices and independent variables of teenagers' age, caste, family type, monthly income and fathers' occupation which were found to be positive and significantly correlated with causes of increasing drug addiction at 5.0 per cent level of significance. Fathers' education and mothers' education were negatively correlated with the causes of increasing drug addiction at 5.0 per cent level of significance. Teenagers got many of their values from parents.

CONCLUSION

Though the present study, it was found that the impact of western culture is increasing day by day on our teenagers. Teenage is very delicate age for growing children as it is the age of puberty and many developmental changes that take place during this age. During this time teenagers enjoy flaunting among friends and showing off their status and modernity among their peer groups. Thus, it is the need of the hour to adopt preventive measures and eradicate the use and selling of drugs in our society if we want our youth to be protected from the dangerous effect of drug addiction. Our teenagers should be made aware of this spreading epidemic as they are the citizens who will form India into a developed nation for tomorrow.

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