

## A SOCIAL PERSPECTIVE ON SUBSTANCE ABUSE

Mr. Ramkumar M. Pradhan,

Assistant Professor,

SNDT College of Art's and

SCB College of Commerce & Science for Women,

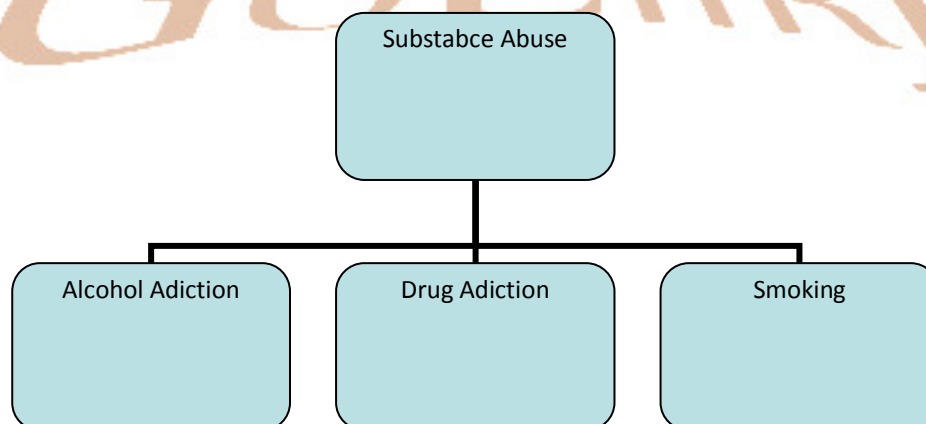
Mumbai - 20.

### Introduction :

Since ancient times, people have used drugs to relax, to sleep or to alter their state of consciousness. People used alcohol, opium, heroin and marijuana for this purpose. However their use was limited to small groups of people and most societies condemned it.

After Second world war western world started using more of these drugs under the influence of 'Hippie' culture. Since 1960, we have moved slowly from a relatively drug-free society to a drug abused society.

Social Problems are growing in India as a result of changes in the structures and functioning of Society. The process of technological change, globalisation, telecommunication revolution, growing influence of mass media etc. has been responsible for sweeping changes in Ideas, values, beliefs, lifestyle etc. Substance abuse is most important current social problems found in Indian society.



### Alcohol Adiction:

Due to the influence of western countries, alcohol has become very popular in India. Alcohol is a Central nervous systems depressant and is produced with the combination of yeast,

sugar and water and through the process of fermentation. Its initial effect is that it stimulates many of us. In our society it has become a prestige symbol in higher social groups. In Indian cities as well as in towns people are consuming beer, whisky, wine or liquor commonly. Even poor and rural people consume home made or country made liquor which is sometimes fatal.

#### **Causes of Alcoholism:**

Most people start drinking because they feel miserable, they could not find joy in life. Due to occupational exhaustion particularly the of the workers due to extreme heat of blast furnace or the stench of the stockyards. High or low society, it is a fashion to drink alongwith others in order to establish a rapport with one's fellow or just because every one else does it. Some people drink just for companionship for the sake of fun. These are some of the causes of alcoholism.

#### **Treatment of Alcoholism :**

Treating an alcoholic is a difficult procedure, since it is a complex disorder. Many alcoholics refuse for treatment. Some of the treatment programmes are (i) Biological approaches include a variety of treatment measures ranging from detoxification procedures to medication use. In acute intoxication, the initial focus is on detoxification. Medications are also used in the treatment of alcoholism. Maintenance drugs as mild tranquilisers are used at times for patients withdrawn from alcohol to reduce anxiety and help them sleep. (ii) Psychological therapy of treating alcoholics is through an organization as a forms of group therapy. Meetings are devoted partly to discuss the problems of alcoholics and partly for social activities. The member of the groups support each other to stay away from the drink. Beliefs in higher or religious powers are encouraged. As individuals in the group share and discuss their experiences, each one gets an insight into their own problem.

#### **Tobacco:**

In India tobacco is used by almost all the age groups in higher frequency as compared to other countries of the world. 250 million people in India- almost a one fourth of the country's population consume some form of tobacco. Tobacco is one of the social evils which is harmful both to the individual and to the family members. About 100 countries produce tobacco. The major producers are China, India, Brazil, Turkey, Zimbabwe and Malawi, which all together produce over 80 percent of the world's tobacco production.

In India tobacco is consumed in various ways. It can be Smoked and Smokeless. The main ingredient in smoking is tobacco. The cigarettes, beedis, chuttas, hooka etc. Release of carbon monoxide, tars and nicotine. carbon monoxide mixes with the blood, and impairs the oxygen

supply, resulting into shortness of breath. The other ingredient is nicotine, it is a stimulant. It increases the activity of central nervous system, which release hormone epinephrine into blood stream.

### **Causes of Tobacco:**

People are attracted towards tobacco for number of reasons. To seek relief from tension and pressures. For the sake of company, as a fashion, as a way of asserting maturity and individuality, once a person becomes addicted to tobacco, it is extremely difficult to get rid of the habit.

### **Treatment and Prevention of Tobacco:**

All most all smokers believe that they can give up smoking, whenever they want to but this is not true. Their health risk also declines considerably. Giving up smoking habit is a tough job and many smokers find it difficult to give up smoking. Smoking can be stopped by following steps (i) Quit smoking completely all at once rather than cutting down gradually (ii) Those who drink alcohol find it difficult to give up smoking (iii) Try variety of chewing gums to keep the mouth busy. (iv) Learn more harmful effect like cancer, heart attack etc. (v) Self modification and careful monitoring of smoking habits etc. Awareness programs are found to be very helpful in quitting smoking.

### **Drug:**

There are wide variety of drugs having different properties and effects. Some drugs have medical effects used in the proper quantity. Some Drugs including opium, cocaine, marijuana and derivatives have been used since thousands of years. The more drug use begins to affect and control a person's life. The more likely is that he or she has drug problem. Substance abusers are often the last ones to recognise their own symptoms of dependence and addiction. If you suspect that a friend or loved one is abusing drugs, it's important to remember that drug abusers often try to conceal their symptoms and downplay their problems.

The study of drugs is restricted to most common psychoactive drugs. These are Narcotics, Sedatives, Stimulants, Hallucinogens, Cannabis, Tranquillizers, Marijuana Heroin, Amphetamines etc. are common drugs.

### **Treatment of Drugs Addiction:**

A drug Addiction requires both physiological and psychological rehabilitation. Psychological rehabilitation requires hospitalization of the addicted. In hospital proper treatment is given under the doctors. The withdrawal symptoms for drug addicts are feeling of irritability, sleeplessness, vomiting, sweating muscle spasms, yawning, and craving for more drugs.

Psychological rehabilitation requires psychotherapy and counselling. Psychotherapy helps in self-awareness which is necessary for personal growth. An individual is helped both in group session and individual counselling, group therapy creates a meaningful positive experience for understanding this problem. Individual counseling helps the addict to accept the situation as it is, enabling him to understand the bad effects of drug addiction.

### Conclusion :

There are many forms of addiction prevalent in society that affects our youth. The greatest impact to individual comes from drugs, alcohol and smoking. These affects the human behaviour both physiological and psychologically. The effect of alcoholism is seen as suffering cause to both an addicted as well as his family. Smoking causes cancer and many health problems. The effect of drugs are harmful experiences for body and mind.

### References :

1. Kumar,V.(2010).Social Awareness and Personality Development.Mumbai: Himalaya Publishing House.
2. A.D. Mascarenhas,A.(1993).Social Awareness and Personality Development.Mumbai: Manan Prakashan,
3. Target,G.(1987). How to Stop Smoking.New Delhi:Sudha Publication PVT. LTD.
4. Alan,R.(1973) Drug Treatment of Epilepsy.Lodon: Henry Kimpton Publication,
4. Garodetzky,C.(1971) Drugs.New York: Harcourt Brace Jovanovich inc.
5. William L, Dunn, J (1972).Smoking Behaviour Motives and IncentivesNew York: Jon Wily & Sons, New York,1972
6. Dusek & Daniel.(1989). Drugs.New Delhi: Asian Books Pvt, Ltd.