

A Review on Current Increases of Drug Abuse among Teenagers

Bhavesh Pradip Machhi*¹, Jagruti Eknath Magar¹, Suyash Sanjay Mishra¹, Khan Azharuddin Salauddin¹, Khan Rehman Manawarali¹, Mr. Lokesh Kumar Vyas², Dr. Dileep Kumar Bharati³

¹Undergraduate Students, Ideal Institute of Pharmacy, Mumbai University, Wada, Palghar, (Maharashtra) India

²Associate Professor, Department of Pharmacy, Ideal Institute of Pharmacy, Mumbai University, Wada, Palghar, (Maharashtra) India

³Professor and Principal, Department of Pharmacy, Ideal Institute of Pharmacy, Wada, Palghar, (Maharashtra) India

Corresponding Author: Bhavesh Pradip Machhi

Abstract

Drug misuse and addiction are serious social and public health issues that affect people all over the world. Drug misuse, often known as drug addiction, is a recurrent brain disorder characterized by obsessive drug seeking and usage, notwithstanding the negative effects. Tobacco, alcohol, marijuana, cocaine, and other narcotics are the most often used and abused substances. A drug, whether legal or illegal, can create major health problems in people. When a physiological active drugs intake into the body, it includes an intoxication effect. Some of the main causes of drug misuse include stress, worry, peer pressure, and poverty. The study looks at the reasons for drug addiction in children and adolescents, as well as the issues that young drug users encounter. Structured questionnaires were used to collect data. For appropriate management of the problems, the current study highlights the causes of drugs and covers the therapy and prevention of drug misuse and addiction.

Key Words: Drug addiction, disorder, prevention, symptoms, licit drugs, illicit drugs

Introduction

What is meant by drug –

Any substance, other than food, used in the prevention, diagnosis, all aviation, or treatment of disease is called a drug. A drug may also be defined as a chemical that, when taken in some way after a body function. The drug is also known as medicine. Generally, the term drug is applied to any stimulating or depressing substance that can be habituating or addictive[1].

What is meant by drug abuse –

Drug abuse also called substance abuse or chemical abuse is a recurrent use of illegal

substances or misuse of prescription or non-permissive consumption of certain substances. A drug that can give certain effects to an individual in which the chronic use of that substance may lead to physical and physiological dependence[2].

Ex. Abuse of drugs including tobacco, inhalant, alcohol, etc.

What is meant by drug addiction –

Addiction is the habitual, physiological and physiological dependence on a substance or practice, which is beyond voluntary control. A person who is habituated to a substance or a practice, especially a harmful one, is called an addict^[3].

Adolescence is a critical stage in the life-course and can be considered the most transformative period in the individual's life. Adolescents are particularly vulnerable to being misled if they are not properly informed about wide range of life problems^[4]. Adolescence is a period of experimentation, exploration, identity formation, risk-taking, and assertion for independence in every person's life. The young people are already exposed to various stresses such as competition in the fields of education and employment likewise, alongside changing roles in the family and society, new-found responsibilities, and changing identity, physically, mentally, and emotionally. Many factors which increase the risk for substance use have been found by several investigations that included experimental curiosity, peer and family influence, lack of parental supervision and personality problem. Moreover, studies identified factors which prevented substance abuse including functional family communication, effective family socialization and the ability to notice the destructive effects of substance use as early age. Another important protective factor against using drugs which was found by many researchers was religiosity that prevents people from using drugs even if they are exposed to drugs in the environment. There is also a correlation between drug abuse and alcohol with aggression and violence^[5]. Various countries have taken measures at society level to change knowledge and attitude of the society toward illegal drugs. Various countries have taken measures at society level to change knowledge and attitude of the society toward illegal drugs.

Drug abuse as a psychological, social, and biological issue in adolescents is one of the most critical issues for countries^[6]. The

most common age range of drug abusers in the world is 18 to 25. Drug abuse has been proven to increase among a lot of students are at these ages. Generally, the most prevalent reasons for drug abuse include race, gender, social class, religion, government rules, availability, friends' persuasion or peer pressure, education, job stress, and curiosity^[7]. In order to prevent substance' abuse among adolescents, the properties and targeting risk factors that put youth at risk should be identified. Several investigations have aimed to distinguish risk factors associated with adolescent drug and alcohol usage^[8].

The pattern of substance use and substance use related syndrome can be described as following^[3]

Substance intoxication is a reversible, substance-specific syndrome due to the recent ingestion of a substance of abuse. Signs of intoxication often include confusion, impaired judgment, inattention, and impaired motor and spatial skills.

Tolerance is a state of physical habituation to a drug, resulting from frequent use, such that higher doses are needed to achieve the same effect. The person can increase the amount of drug use to the point that can be lethal for non-drug users.

Dependence is a set of physiological, behavioral, and cognitive symptoms. For an individual when drug use takes much priority over other behaviors that previously had greater value, the person can be called dependent on the drug. Dependence syndrome is characterized by a strong desire or sense of compulsion to take drug, difficulty in controlling drug use behavior, withdrawal, tolerance, neglect of alternative pleasures and persistent use of drug despite clear evidence of harmful consequences of drug

Withdrawal syndrome (also called an abstinence syndrome) is a cluster of symptoms that occur when a dependent person abruptly stops using a particular substance following heavy, prolonged use. Some common withdrawal symptoms include anxiety, restlessness and body aches while some withdrawal symptoms are drug specific. Thus, withdrawal symptom varies from one drug to another.

Types of drug –

Legal substance- legal substance approved by law for sale over the counter or by doctor's prescription, include caffeine, alcoholic beverages, nicotine, and inhalants (nail polish, glue, inhaler, gasoline).

Thus, these are: divided into 3 categories^[9]

Non-prescription drugs - aspirin cough syrups, laxatives, antacids, vitamins and certain contraceptives

Prescription drugs - tranquilizers, amphetamine, benzodiazepine, barbiturates, steroids, and analgesics

Social drugs – nicotine, caffeine and alcohol

Illegal drugs – Illegal drug substances that are against the law for people any age to manufacture, possess, buy or sell.

Example- Other illegal substances include cocaine and crack, marijuana and hashish, heroin, hallucinogenic drugs such as lysergic acid diethylamide, phencycline or “angel dust”, “designer drugs” such as MDMA (ecstasy), and “party drugs” such as GHB (gamma hydroxy butyrate).

Classification of drugs -

There are large number of drugs on which people become dependent. These are classified into four major groups: sedatives and tranquilizers, opiate narcotics,

stimulant and hallucinogens. All these types of drugs are addictive, induce dependence and have different effects on the human brain and body^[10].

Stimulant -

Stimulant acts on central nervous system and are associated with feelings of extreme wellbeing increased mental and motor activity. Chemicals and drugs, which temporarily stimulate mind and body and excite or speed up the central nervous system, are called stimulants. Make a person more wakeful, alert and active cause of excitement.

Examples - cocaine, crack cocaine, nicotine, caffeine, amphetamines (speed) and ecstasy (which is also hallucinogens).

Depressants -

Depressants are chemicals that slow down the central nervous system and suppress brain activity causing relief from anxiety. Depress CNS activity give feeling of calmness, relaxation, drowsiness.

Examples - alcohol, cannabis, barbiturates, benzodiazepines, tranquilizers

Narcotic analgesic /Opiate and opioids -

Opiate and opioid drugs provide pain relief, euphoria, and sedation and in increasing doses include coma. In Greek, the prefix ‘narco’ means to deaden or to be numb. Analgesic means 'pain killing' or 'pain relieving'. Suppress brain activity and relaxed pain

Examples - heroin, morphine, opium, methadone, dipipanone and pethidine

Hallucinogens –

Hallucinogens cause changes in a person's perception of reality. They are the substances that alter sensory processing in the brain, causing perceptual disturbances, changes in thought processing, and

depersonalization. Make a person more wakeful, perception.

Examples - cannabis, chares, ganja, hashish, LSD, mescaline, ecstasy and psilocybin (magic mushroom).

Drugs and health

1]Tobacco–

Tobacco use is a global epidemic among young people. As with adults, it poses a serious health threat to youth and young adults implications for this nation's public and economic health in the future impact of cigarette smoking and other tobacco use on chronic disease, Tobacco contains nicotine, an alkaloid that is addictive and can have both stimulating and tranquilizing psychoactive effects^[11].

Source- Tobacco is the common name of several plants in the genus *Nicotiana* of the family *Solanaceae*, and the general term for any product prepared from the cured leaves of these plants. More than 70 species of tobacco are known, but the chief commercial crop is *N. tabacum*^[12]

Why tobacco is an addictive in nature-

Nicotine is a highly addictive chemical compound present in a tobacco plant. This is because nicotine can change the way the brain works, causing cravings for more of it. Some tobacco products, like cigarettes, are designed to deliver nicotine to the brain within seconds,1 making it easier to become dependent on nicotine and more difficult to quit. Tobacco products make it easier for your body to absorb more nicotine^[13]

Modes of Use:Tobacco is used for smoking. Chewing and snuffing. Inhaling tobacco smoke from cigars, cigarettes, biddies, Pipes and hubble-bubble is called smoking^[14]

Harmful Components of Tobacco

Smoke –Besides the poisonous nicotine, the tobacco smoke Contains carbon-monoxide, polycyclic aromatic Hydrocarbons and tar.

Common Signs of Addiction ^[14] - [1] Requiring more tobacco to feel satisfaction. [2] Experiencing withdrawal symptoms, such as irritability. [3] Using tobacco in larger amounts than intended.

Physical Symptoms -

Nicotine withdrawal symptoms include:

[1] Trouble concentrating [2] Anxiety and panic attack [3] Depression [4] Trouble sleeping

Psychological Symptoms- Once a person's brain is rewired for addiction to tobacco, scenarios that are associated with tobacco use (psychological triggers) can cause cravings for tobacco.

Effect of nicotine^[14] - [1] Stimulates conduction of nerve impulses. [2] Relaxes the muscles. [3] Releases adrenaline, increasing heart beat rate and pressure.[4] Increased blood pressure due to smoking Chances the risk of heart diseases.

2]Alcohol–

Alcohol is both a beverage providing some sustenance and a drug. Alcohol is a psychoactive drug. A psychoactive drug is any substance that crosses the blood-brain barrier primarily affecting the functioning of the brain, be it altering mood, thinking, memory, motor control, or behavior^[15].

Sources -Ethyl alcohol, or ethanol, flammable, colored liquid having a penetrating odour and burning taste. It is one of the products of the distillation of fermented grains, fruit juices and starches with the help of yeast enzymes. It is the principal constituent and the in toxic ting principle of wines.

What Happens when Alcohol is consumed^[14]: Alcohol is quickly absorbed in the stomach and upper part of small intestine and reaches all the tissues in minutes. Its oxidation starts at once and a large amount of heat is produced. It is taken up by the blood and carried to the skin for dissipation. The blood supply of internal organs is greatly reduced resulting in fall of temperature in them. Energy released by alcohol is not used in any life process. Rather the energy derived from food is used up in ridding the body of excess heat.

Modes of Use: Alcohol is taken in low concentration, as the beer, toddy and wine and in relatively high concentration as arrack, brandy, whisky, rum, gin, vodka etc.

Common signs of drug addiction include: 1) Loss of control on oneself 2) Continued problems despite negative consequences 3) Spending less time with family and friends, exercising, at work 4) Drop in attendance and performance at workplace and etc.,

Short term effects - [1] feelings of relaxation or drowsiness[2] a sense of euphoria or giddiness[3] changes in mood changes in hearing, vision, and perception[4] loss of coordination.

Long-term effects - [1] persistent changes in mood, including anxiety and irritability[2] insomnia and other sleep concerns[3] a weakened immune system, meaning you might get sick more often[4] changes in libido and sexual function

Adverse effects of drug addiction^[14]: 1) Cardiovascular disease 2) Contraction of HIV, hepatitis and other illnesses 3) Heart rate irregularities, heart attack 4) Respiratory problems such as lung cancer,

emphysema, and breathing problems. 5) seizures, stroke, brain damage

3]Marijuana–

Marijuana is (psychoactive) mind changing drug. The most intoxicating effects that delta-9-tetrahydrocannabinol (THC). THC causes brain cells to release the feel-good chemical dopamine. Extended, heavy use can be addictive or cause dependence^[16].

Forms of Cannabis^[17] – 1] Marijuana prepared from dried flowering tops and leave of plants. THC concentration about 0.5-5%. 2] Hash or charas - consists of dried cannabis resin. It is light brown to almost black color. The THC concentration 5-8%. 3] Ganja: buds and flowering top of female plant. 4] Bhang: cut and dried large leaves and stem of plants.

Source^[18]: the cannabis plant has many species but the three main species are 1) C sativa 2) C Indica 3) C ruderalis. Cannabis based product come from the dry flower, tops leaves, stems and seeds of the cannabis sativa (hemp) plant.

Is Marijuana addictive^[19] -

Marijuana is addictive substance individuals who are addicted to cannabis may experience symptoms of withdrawal when attempting to stop using the drug. long-term users who try to quit report withdrawal symptoms such as irritability, sleeplessness, decreased appetite and anxiety.

Mode of use - Cannabis is typically smoked as marijuana in a hand-rolled cigarette or joint which may include tobacco to assist burning. Can be smoker typically inhale deeply and hold their breath to ensure maximum absorption of THC by the lungs.

Sign of marijuana abuse – 1] Red blurry, bloodshot eyes. 2]Rapid heartbeat Poor memory. 3]Sleep difficulty. 4]Depressed mood

Effect of Cannabis^[20] -1] Their effects include a feeling of relaxation, faster heart rate -the sensation that time is passing more slowly and greater sense of hearing, taste touch and smell.2] If they take cannabis, this may make the adolescent brain more prone to damage by substance abuse as compared to the adult brain and may lead to different impairment.3]Some users report drowsiness, dry mouth, thirst fluctuations in respiration and body temperature, hunger or the munchies, nausea and headache or dizziness. 4] Marijuana cigarettes contain more tar than tobacco cigarettes and Cannabis tar content greater amount of cancerous agent. Marijuana smokers may also be at greater risk because they inhale deeply and hold the smoke in their lungs longer

How to drug addiction begin^[21]

- **Curiosity:** Frequent references to drugs by public media create curiosity for having a personal experience of the drugs.
- **Friend's pressure:** Frequent appreciation of drug experience by friends' allures others to start the use of drugs.
- **Frustration and Depression:** Some people start taking drugs to get relief from frustration and depression.
- **Desire for More Work:** Students sometimes take drugs to keep awake the whole night to prepare for examination. It is not desirable as it may cause mental breakdown.
- **Looking for a Different World:** A wrong notion that the drugs open up a new world tempts some young pupils to start taking-drugs.

- **Relief from Pain:** A prolonged use of pain-relieving drugs with physician's advice at times leads to addiction.
- **Family History:** Children may take to drugs by seeing their elders in the family.
- **Excitement and Adventure:** The young take to drugs to satisfy their instinct for excitement and adventure.

Stages of drug addiction^[22]

An addiction is a long process of repeated substance abuse that gradually changes how an individual sees a drug and how their body reacts to it. This process is linear and has the same progression for every person, although the duration of each step in that progression can differ greatly depending on the individual, dosage and type of drug being abused.

These seven stages are:

- A. **Initiation-** The first stage of addiction is called initiation, during which time the individual tries a substance for the first time. This can happen at almost any time in a person's life.
- B. **Experimentation_-** The drug is connected to social actions, such as experiencing pleasure or relaxing after a long day. Adults mainly enter experimentation either for pleasure or to combat stress.
- C. **Regular Usage -** As a person continues to experiment with a substance, its use becomes normalized and grows from periodic to regular use
- D. **Risky Usage -** The individual's regular use has continued to grow and is now frequently having a negative impact on their life.
- E. **Dependence -** a person's drug use is no longer recreational or medical, but rather is due to becoming reliant on the substance of choice dependence, which

can be physical, psychological, or both.

F. **Addiction** - Individuals at this stage feel as though they can no longer deal with life without access to their chosen drug, and as a result, lose complete control of their choices and actions

G. **Crisis/Treatment** - The final stage of addiction is the breaking point in a person's life. Once here, the individual's addiction has grown far out of their control and now presents a serious danger to their well-being.

Effects of drug addiction^{[23][24]}

Psychological effect of drug addiction -

The psychological effects of drug addiction come from the reason the user is addicted to drugs, as well as the changes that take place in the brain once a person becomes a drug addict. This is one of the psychological effects of drug addiction involved in "craving" of the drug. Craving is an effect of drug addiction whereby the addict is obsessed with obtaining and using the drug. This effect includes: Wild mood swings, depression, anxiety, paranoia, violence, Decrease in pleasure in everyday life.

Physical effects of drug addiction -

Physical effects of drug addiction vary by drug but are typically seen in all systems of the body. Some of the primary physical effects of drug addiction take place in the brain. One effect of drug addiction is: children born to drug using mothers can be cognitively affected throughout life. Other physical effects of drug addiction include: Contraction of HIV, hepatitis and other illnesses, Heart rate irregularities, heart attack, Respiratory problems such as lung cancer, emphysema and breathing problems, Abdominal pain, vomiting, constipation, diarrhea, Kidney and liver damage, Seizures, stroke, brain damage,

Changes in appetite, body temperature and sleeping patterns.

Warning Signs a Teenager has Problem of Drug Abuse^[25]

- **Physical Signs:** Fatigue, repeated health complaints, red and glazed eyes, lasting cough.
- **Emotional Signs:** Personality change, sudden mood changes, irritability, irresponsible behavior, poor judgment, general lack of interest.
- **Family Dynamics:** Starting arguments, negative attitude, breaking rules, withdrawing from family, secretiveness.
- **School Behaviors:** Decreased interest, negative attitude, drop in grades, many absences, truancy, and discipline problems.
- **Social Problems:** New friends, problems with the law, changes to less conventional styles in dress and music, sudden disregard in physical appearance and requests for money that are out of the ordinary.

Steps to solve Drug Problem

1. Identify the problem in your home, if not sure consult trusted professional.
2. Talk to the user about your concern.
3. Listen to them.
4. Try to solve their problems or take them to trusted professional.
5. Put them in firm rules which must be set.
6. You cannot stop but help them to control.
7. If necessary, sent them drugs rehabilitation center where they will be under observation.
8. Inculcate strong value system in them,

9. Give them the strength, love, affection, support which they need.

Various preventive measures for drug abuse are as follows:

- Teaching and awareness programs
- Resist peer pressure
- Manage stress and anxiety
- Increase taxes on addictive materials like cigarettes
- Campaigns to appeal youth against it
- Control on OTC medication
- Role of parents is imperative

Various ways to help drug addicts would include following:

- Easy and affordable access to Rehabilitation centers.
- Employment opportunities
- Widespread education
- Entertainment avenues
- Mandatory physical fitness classes in the schools and colleges
- Individual contribution in the society to spread awareness about drug-abuse

Remedies on Drug Addiction^[26]: - The causes of drug addiction are in human behavior, so are its remedies. If a person gets addicted due to any reason, the trap can be broken and he can be recovered from it. Of course, the willingness of the addicted person is necessary to get rid of this disastrous evil. The government has set many laws against taking drugs and drug trafficking. However, we need to change the mentality of addicts to help them live their normal life. We can also prevent or wards from getting addicted by taking some steps towards their healthy upbringing. Here are some of the points suggesting effective remedies against drug addiction-

- **Strong Family roots-** Children learn and adopt many things at home. Parents should take care of their wards. They need to set ideal examples to

keep them away from drugs and other such evil things. Parents can make them aware of the bad effects of drugs at home itself so that they would not be forced by any factor to take drugs. A Strong and supportive environment at home prepares healthy children. For this the parents need to be morally strong and the family should be based on loyal and faithful relationships.

- **Moral Values-** Indian education system is supposed to be the richest education system in the world in respect of moral values. Under the sugar-coat of professionalism, today we have no place for these values in our curriculum. The need is to once more enrich our school curriculum with value-based moral education so that moral values will be inculcated among young children to keep them away from such destructive addictions
- **Learning to Deal with Pressure-** Everyone is full of tension in today's hectic world. All are in search of some effective solutions to release the pressure. Many of us make mistakes by taking help of drugs to relieve the tension. Actually, there are some healthy pressure-releasing ways we can apply to handle stress. One can read good books, watch comedy serials on TV, or can have good habits such as painting, singing or playing or listening music.
- **Healthy Diet-** Eating with family at home is the greatest pleasure in the world. Healthy and well-balanced diet, regular exercise, practicing yoga and pranayama keep our body healthy and prevent us from drug addiction. Such a healthy person can handle any pressure effectively without being tempted by drugs.
- Awareness Campaigns- Awareness campaigns can serve the

cause of preventing drug addiction in society. The NGOs, Media, Self-help Groups and some governmental agencies can play crucial role in changing mindset of the addicted people. There are many rehabilitation centers that can help the addicts combat drug addiction. Individual counselling can also be really effective to bring the addicts back to their normal life.

MATERIALS AND METHODS:

Study design

A cross sectional survey was created. Totally 319 participants took part in the survey. A questionnaire comprising 11 questions was administered to the participants through survey planet link. Data were collected for the period online between the 5th of March and the 15th of 2021. All questions were translated in Marathi while asking the participants for their easy understanding.

Statistical analysis

The responses were collected and the results were statistically analyzed. Most of the questions were mostly knowledge and awareness based. This segregation was done for each parameter i.e., Age, sex, Name, and the questionnaire was formed to create awareness and which drugs are mostly known to people are obtained in this survey and arranged into a tabular format. Percentage was calculated for each one of them.

Result

From the survey conducted, it was found that 319 participants have attended many drug awareness programs. 65.2% were from male and 34.8% female participants. 65.2% of the participants said that more teenage males are addicted to drugs comparing to females. Among the total participants, 66.8% belongs to age range 18-25 years; while 31.7% below 18 years age respectively.

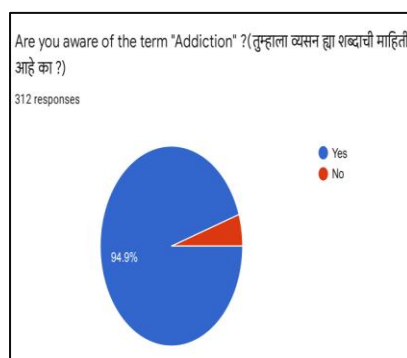


Fig.1

As per observation, 95.9% participants are aware about the term addiction; while only 5% participants are unaware the term addiction (fig.1)

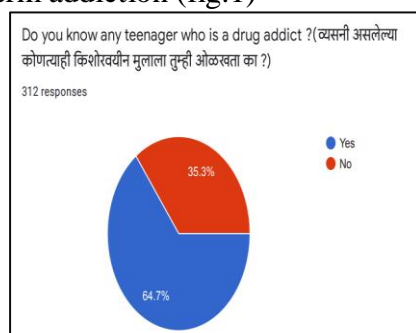


Fig.2

As per data 64.7% participants are known about the teenagers are drug addicted; while 35.7% participants are don't know to teenagers are addicted to drug (legal and illegal drugs like marijuana, cocaine, heroin, tobacco, alcohol etc.) from fig.2

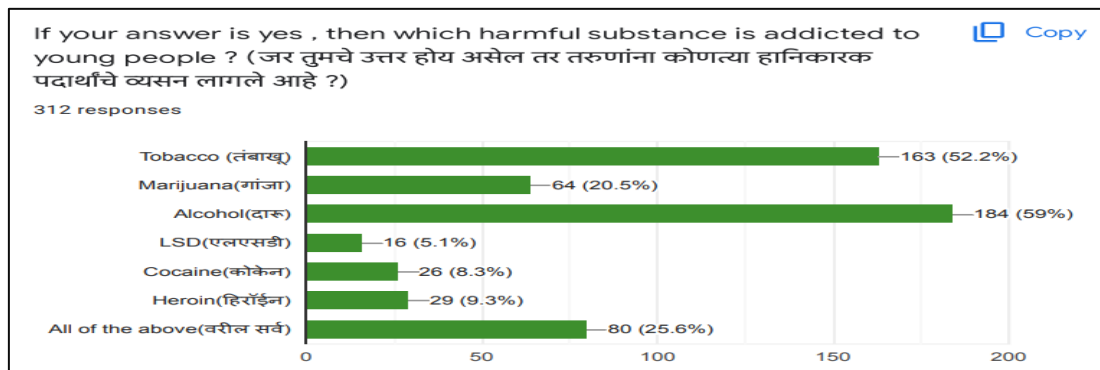


Fig.3

In given data from (fig.3) the 184(59%) and 163(52.2%) participants mentioned that the most commonly teenagers are addicted to alcohol and tobacco. 80(25.6%) of participants state that above all of this drug substances are addicted to teenagers.

few numbers of participants 16 (5.1%) are said that LSD are abused among teenagers.

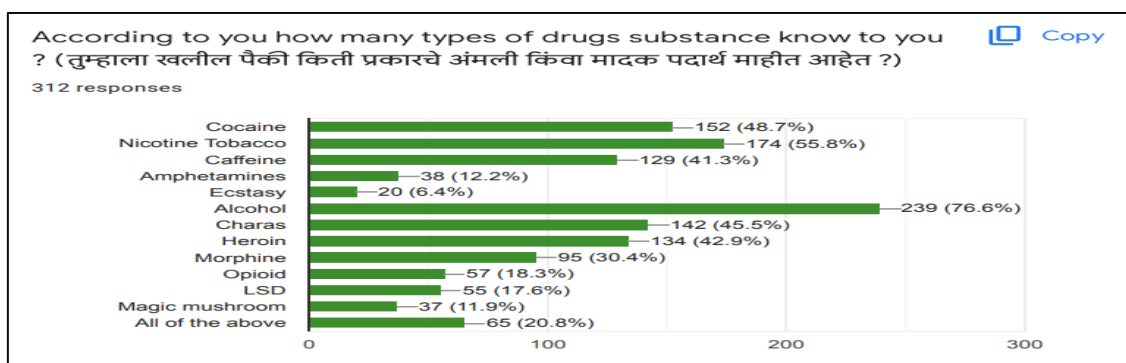


Fig.4

In above observation, we are found that many kinds of drug substances are known to participants. The alcohol 239(76.6%), nicotine 174(55.8%), cocaine 152(48.7%), charas 142(45.5%) they are most commonly drug substance or harmful substance known to participants. less number of participants said that only 20(6.4%) ecstasy, 37(11.9%) magic mushroom, 38(12.2%) amphetamines, are known about harmful drugs. 65(20.8%) participants are all of the drugs are observed or known from (fig.4)

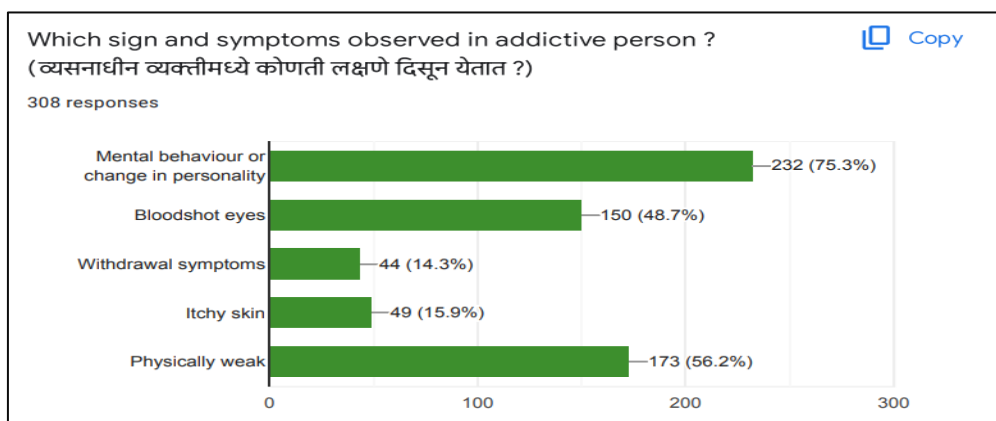


Fig.5

As per data, the most commonly 232(75.3%) participants are stated that mental behavior or change in personality is common sign and symptoms observed in addictive person. 173(56.25%) and 150(48.7%) of them mentioned that physically weak and bloodshot eyes is a common sign and symptoms of drug addiction. Few numbers of participants such as 44(14.3%) and 49(15.9%) are observed in withdrawal symptoms and itchy skin. (fig.5)

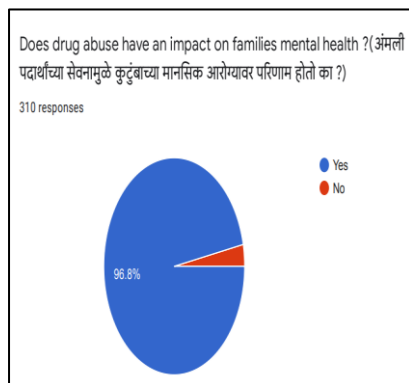


Fig.6

In (fig.6) we are analyzed that major amount of 96.8% participants are truly said that drug abuse has an impact on family's mental health.

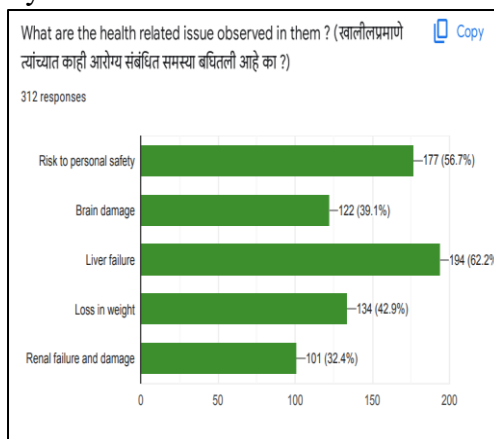


Fig.7

In (fig.7) we are observed that 194(62.2%) participants are mentioned about liver failure are most commonly health related issue observed in them. 177(56.75) participants are stated that risk to personal safety are health related issues observed in teenagers. The 134(42.9%), 122(39.1%) and 101(32.4%) participants are observed in loss in weight, brain damage, renal failure and damage are commonly health related issues observed in young people.

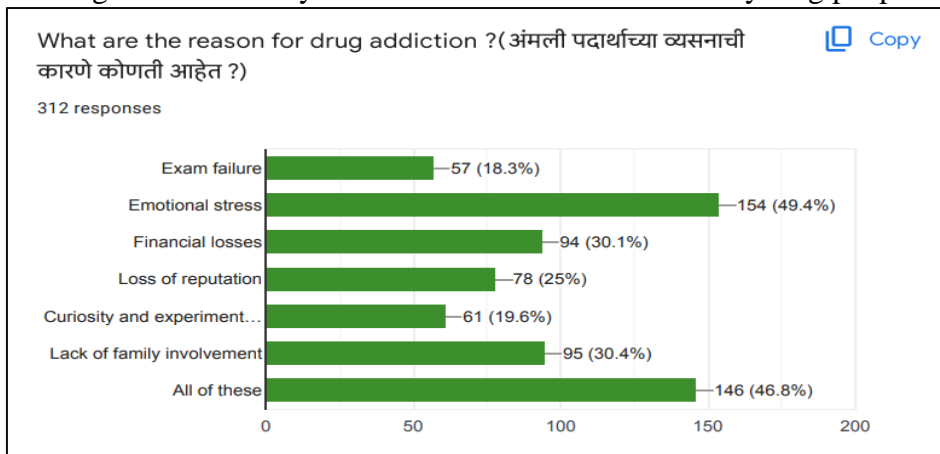


Fig.8

In above data form (fig.8), the most commonly 154(49.4%) participants are observed in them emotional stress is a common reason for drug addiction. 146(46.8%) participants mentioned that all like exam failure, financial loses, loss of reputation, curiosity and experiment, lack of family involvement are common reasons of drug addiction. But 95(30.4%), 94(30.1%), and 78(25%) participants observed that lack of family involvement, financial losses, loss of reputation are the main common reason of drug addiction. 57(18.3%) and 61(19.6%) participants are mention that exam failure and curiosity and experiment are most common reason of drug addiction.

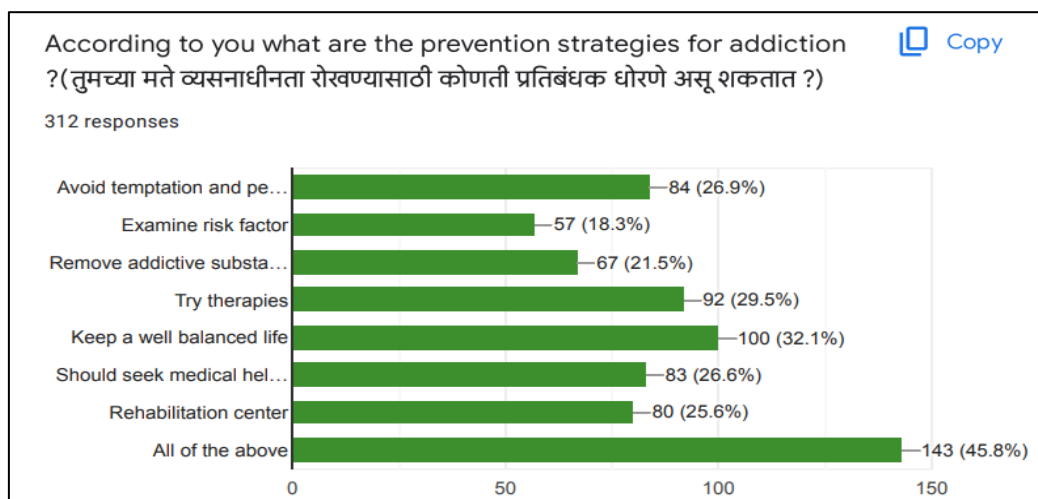


Fig.9

As per given analysis 143(45.8%) participants state that above all of these strategies to prevent to drug addiction among teenagers. The 100(32.1%) and 92(29.5%) participants said that keep well balanced life and try therapies to addicted person they are main prevention strategies for addicted person. In above observation Many people said that prevention strategies against drug addiction are avoid temptation and peer pressure, should seek medical help, rehabilitation center, remove addictive substances from your home, examine risk factor in addictive person. (Fig.9)

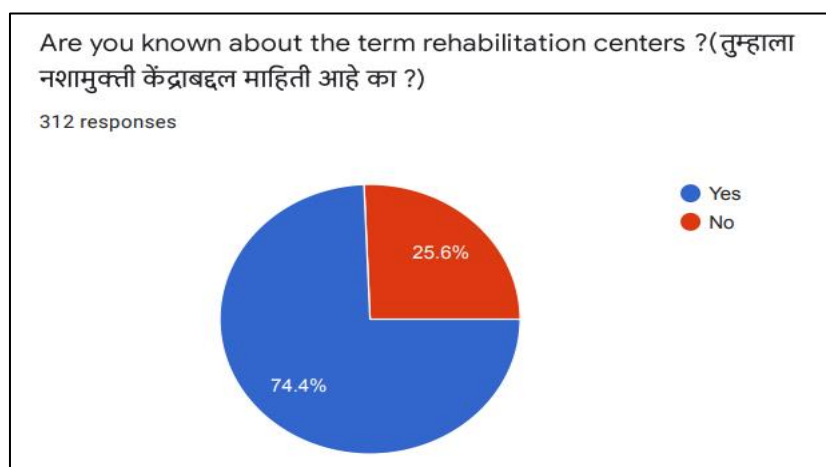


Fig.10

As per data (fig.10) we are analyzed that 74.4% are known about rehabilitation center; while only 25.6% participants are not known about rehabilitation center.

What recommendation / advice can be purposed to improve the level of awareness ? (अंमली पदार्थाचा दुरुपयोग रोखण्याकरिता किंवा थांबविण्यासाठी तुम्ही कोणता सल्ला देऊ शकता ?)

192 responses

Fig.11

From (fig.11) 192 participants to analyze the collection of data using a software. They are various recommendation or advice can be purposed to improve the level of awareness the percipients are various comment are given below-

1. I think awareness can make a big impact on humans' life. And addiction has become a vital problem in our world everyone should give their initiative to improve it.
2. Advice any person you know is addicted to join rehab center. Tell them the harmful effects. If they are mentally unwell, support them emotionally or else advice them to consult a therapist.
3. Talk personally to the addicted person . Summaries the reasons that why he/she is taking the drugs and then give him/her knowledge about the causes (personal , social) occurring due to his/her addiction.
4. In any situation don't take tension and don't intakes harmful drug... Avoid it and in everyone life problems are arise , so overcoming difficult situation then you gate success that particular problem... And always keep smile 😊
5. Health education regarding drug abuse which includes identifying of risk factors, management of symptoms, and

prevention of complications. To prevent from drug abuse identifying the risk factors as early as possible and early diagnosis and treatment.

6. Parental monitoring and supervision are critical for drug abuse prevention. These skills can be enhanced with training on rule-setting; techniques for monitoring activities; praise for appropriate behavior; and moderate, consistent discipline that enforces defined family rules
7. The Main Level of awareness that should be thought of to give awareness to parents about Their child Physical and Mental Health, Also Parents should be made aware of Drugs and their Effects So that from a very young level, A children should be known with the terms their Effects and The Punishment.
8. First of all, all these things should be completely banned and that ban should be strictly followed by government entity also. Many come under the drug using circumstances due to people they have around which are already addicted. So, these people should be avoided by families to have around or should be strictly warned. Responsible family members [elders] should try to talk things about to addict ones and resolve

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