

LECTURE - 12

SENSITIZATION AGAINST DRUG ABUSE AND OTHER SOCIAL EVILS

DRUG ABUSE

What Is Drug Addiction?

Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences. The initial decision to take drugs is voluntary for most people, but repeated drug use can lead to brain changes that challenge an addicted person's self-control and interfere with their ability to resist intense urges to take drugs

Drug abuse is a serious public health problem that affects almost every community and family in some way. Each year drug abuse causes millions of serious illnesses or injuries. Drug abuse also plays a role in many major social problems, such as drugged driving, violence, stress, and child abuse. Drug abuse can lead to homelessness, crime, and missed work or problems with keeping a job. It harms unborn babies and destroys families.

June 26 is celebrated as International Day against Drug Abuse and Illicit Trafficking every year.. With a turnover of around \$500 billions, it is the third largest business in the world, next to petroleum and arms trade. About 190 million people all over the world consume one drug or the other. Today, there is no part of the world that is free from the curse of drug trafficking and drug addiction. Millions of drug addicts, all over the world, are leading miserable lives, between life and death.

India too is caught in this vicious circle of drug abuse, and the numbers of drug addicts are increasing day by day. According to a UN report, One million heroin addicts are registered in India, and unofficially there are as many as five million.

In India an NGO survey revealed that 63.6 % of patients coming in for treatment were introduced to drugs at a young age below 15 years.

According to another report 13.1% of the people involved in drug and substance abuse in India, are below 20 years. Heroin, Opium, Alcohol, Cannabis and Propoxyphene are the five most common drugs being abused by children in India.

Why do some people become addicted while others do not?

No single factor can predict whether or not a person will become addicted to drugs. Risk for addiction is influenced by a person's biology, social environment, and age or stage of

development. The more risk factors an individual has, the greater the chance that taking drugs can lead to addiction. For example:

- **Biology.** The genes that people are born with -- in combination with environmental influences -- account for about half of their addiction vulnerability. Additionally, gender, ethnicity, and the presence of other mental disorders may influence risk for drug abuse and addiction.
- **Environment.** A person's environment includes many different influences -- from family and friends to socioeconomic status and quality of life, in general. Factors such as peer pressure, physical and sexual abuse, stress, and parental involvement can greatly influence the course of drug abuse and addiction in a person's life.
- **Development.** Although taking drugs at any age can lead to addiction, the earlier that drug use begins, the more likely it is to progress to more serious abuse. And because adolescents' brains are still developing in the areas that govern decision making, judgment, and self-control, they are especially prone to risk-taking behaviors, including trying drugs of abuse.

How Substance Abuse Starts

For many people, risky behaviors that lead to drug abuse addiction start during early adolescence. Most of these children do not progress in their drug use, but the ones who do are often associated with one or more risk factors for drug abuse, including:

- Aggressive behavior.
- Inadequate parental supervision.
- Easy access to drugs.
- Living at or below the poverty level.

If a child is exposed to several of these risk factors, there is a greater likelihood that he will abuse drugs later in life.

Signs and Symptoms of Drug Abuse

When someone is abusing drugs, there are often telltale signs and symptoms that are both physical and behavioral, including:

- Sudden mood swings.
- Changes in normal behavior.
- Lack of hygiene and grooming.

- Withdrawal from friends and family.
- Loss of interest in normal social activities and hobbies.
- Changes in sleeping patterns.
- Bloodshot or glassy eyes.
- Constant sniffles or runny nose.

Each drug will have its own set of specific symptoms, but these are usually found in most drug abusers.

Fixing the youth drug problem

Nearly 75% of Indian homes house at least one drug user usually a parent, and often the father. Experts tell us that children as young as 13 and 14 regularly experiment with intoxicants. Instead of wondering why our youth are becoming addicts, we should start asking better questions. How do we stop them? How do we keep the stuff out of their little hands and away from their innocent minds?

The answer to these questions are two sided:

1. There needs to be an effort to prevent drug and alcohol addiction.
2. De-Addiction Centre's need to focus in on the youth of India.

Preventing Addiction

"Preventing addiction is more effective than curing it, Creating healthy and attractive alternatives to drug abuse can curb the number of first time users. Some basic prevention ideas include:

1. **Promotion of Health:** The community needs to promote healthy lifestyles through personal and cultural practices. By setting an example of health you will discourage damaging and dangerous lifestyles.
2. **Focus on people and encouragement of social interaction:** Promoting social interaction between old and young can only be done in a social environment. Create this environment through organized activities that all ages can partake in.
3. **Local involvement of young people and respect for cultural values:** The activities you chose should focus on young people. Be sure to respect cultural traditions of the community.
4. **Encouragement of positive alternatives:** Develop these alternatives with cultural values in mind, and understanding what appeals to the younger generation.
5. **Long-term perspective:** Don't be discouraged if results aren't immediate. Preventing drug use takes time keeping a long-term perspective is important.

6. **Community development:** Focus on developing the fundamentals of your community. Education, health and social services, housing, sanitation, and income-generating activities are important ideas to focus in on.

Helping our youth come clean

The second side to India's addiction problem comes in the form of our present addicts. And unfortunately, addiction currently plagues millions of Indians both young and old.

Solving this problem won't be easy either, but the solution will come in the form of better youth de-addiction centers. Currently, only 33% of the 580 centers in India offer youth de-addiction. This statistic must change if India hopes to save its youth.

Conclusion: The radio, television and newspapers must come in with vigorous campaigns against drug abuse and addiction. Legislation alone cannot put an end to the evil practice.

An increased social awareness is the key to the solution of this problem. People are to realize that drugs are killers and rare to be killed. They must learn to say 'No' to drugs and save their families from ruin. Persuasion, and not compulsion, can bring good results.

SOCIAL ISSUES IN INDIA

Social issues are also known as social problems, social evils and social conflicts. It means any undesirable condition that is opposed either by the whole society or by a section of the society. It is an unwanted social condition, often objectionable, the continuance of which is harmful for the society.

Major Social Issues:

1. Caste system
2. Poverty
3. Child labour
4. Child marriage
5. Illiteracy
6. Gender inequality at work
7. Dowry system
8. Alcoholism
9. Superstition
10. Sanitation and cleanliness

11. Religious conflicts
12. Beggary
13. Juvenile delinquency

1. Caste system: Caste system is a system of defining class or assigning status to individuals from the time of birth. In India, the caste system is mainly profession based. India has been a victim of caste system since ages.

The causes, effects and solutions of Caste system in India are discussed below:

Causes: The main reason behind the growth of Caste system in India is the assignment of caste based on job specialization. There were different types of jobs in the society which were done by the people based on their capability. This division of job based on specialization resulted into caste system.

Negative effects of Caste system:

- Encourages untouchability
- Promotes inequality,
- Fake differentiation in superiority and inferiority.
- Increases gap between upper and lower caste people.

Solution:

- Education will help the people to become aware of the disadvantages of Caste system.
- There should be special classes at schools that imparts value and moral education to the children.
- With better education and economic progress, people belonging to diverse caste get opportunity to mix and work together. Many of them become friends while working together on a project.

2. Poverty : Poverty refers to a situation when people's basic needs are not fulfilled. When people doesn't have the necessary food to eat or clothes to wear or shelter to stay then its called poverty.

Causes:

- People don't get proper education which leads to poverty. People are poor because they are illiterate, and they are illiterate because they cannot afford education. Illiteracy and poverty stays side-by-side. They both are the cause and effect of each other.

- Some natural and environmental problems such as lack of rainfall, drought, etc. often lead to poverty. There are many other reasons also like caste system, unemployment, etc.

Effects:

- Poor people will always have to depend on others to survive.
- Low quality foods may lead to bad nutrition.
- Poor people have less liberty for the choice of profession.
- Poverty may affect the moral and self-esteem of people living in extreme hardship.
- Poverty also results in building stress which ultimately affects the relationship of people.
- The low standard of living prevails among poor people.

Solutions:

- Poverty can be checked by increasing job opportunities. It will decrease the rate of unemployment which ultimately results in decrease of poverty in economy.
- Government should take more steps towards charity, trusts and have some transparency while spending money in those social institutions.
- The education system should be reformed and initiatives should be taken to bring more children to schools.

3. Child labour : Child labour is a system of involving children in any economic activity.

Children at the age of playing engage themselves into economic activity for their family. Child labour can be seen throughout the country in a wide way.

Causes:

- Unemployment,
- Poverty,
- Illiteracy, and
- Low standard of living.

Due to unemployment of the parents, children do not get proper education and are forced to get involved in child labour. Educated people are less likely to engage their child as child labours. In general, educated people want to keep up a certain level of standard and live a respectable life.

On the contrary, poor and illiterate people are not even aware of the evil effects of child labour.

Effects: The negative effects or major disadvantages of child labour include:

- Child labour is an inhuman practice. The mental growth of the children engaged in child labour is checked.
- Children get less time and opportunity to go to school. They are deprived from education which makes them illiterate.
- Child labour obstructs personal growth. The standard of living of people remains low.
- Child labour destroys their childhood.
- Children are the future pillars of the economy and involving them into child labour will only make those pillars weak.

Solution:

- Imparting education and knowledge to children.
- If incomes of the parents can be increased then it is possible for the children's to get education.
- Government will have to take more steps towards proper enforcement of labour laws.
- People who are employed and are above the poverty line should take steps towards replacing child workers with adult workers. It will benefit not only the society, but the country at large.

4. Child marriage : Child marriage refers to the marriage of individuals below the prescribed limit of age. Marriage is to be considered legal as per the Indian Law, when the groom's age is 21 and above and bride's age is 18 and above.

Though, child marriage has caused problems to both and boys and girls, the most severe victims of the evil practice are the girls.

Causes: The causes or the main reason behind the child marriage is the poor economic condition of the family of the marriage parties.

Negative effects of child marriage:

- Due to child marriage, the girls become pregnant at an early age. Since their bodies are not properly developed to have kids, it may lead to early maternal death. In many of the cases, the infant baby's health doesn't seem good.
- Child marriage also leads to illiteracy and poverty. A girl who is married at an early age is deprived of opportunities for education and personal growth.
- Due to less compatibility and understanding, relationship between the couples hampers.

Solution: Education is the only and the best way to stop child marriage. Educated people from society should raise voice against child marriage.

Government should take steps to enforce the laws on child marriage. The problem of child marriage can be solved by raising awareness about the disadvantages of child marriage.

5. Illiteracy

Introduction: Illiteracy refers to the inability to read and/or write. The problem of illiteracy is a major social issue in India. The problem has spread through-out the country in a wide way. It is one of the most dangerous obstacles in the economy's growth.

Reason:

- Since many adults in India are illiterate, they don't understand the importance of getting education for their children.
- Due to the problem of unemployment and poverty, children get little opportunity for proper education.
- Many people stay illiterate due to some physical or mental disabilities.
- Other social evils like caste system, gender inequality also cause illiteracy.

Disadvantages:

- One of the major cause for crimes is illiteracy. Due to illiteracy issue, rates of crime are gradually increasing and health, productivity and growth of the country is gradually decreasing.

Solution: The only and the best way to eradicate illiteracy from the society are by education.

- The scheme for mid-day meals at schools is a welcome step.
- Government should take steps to promote free education for the backward class of the society in government schools.
- Government also look at the matter that people get fair payment for their work.

6. Gender inequality at work:

Introduction: Inequality at work refers to any type of discrimination in working environment based on caste, gender, race, color, etc. But gender inequality at work means discrimination or unequal treatment between male and female workers.

Causes: The main reason behind the issue of gender inequality at work is the mindset and culture.

The ego of male members prevents the female members to enjoy equal position at work places. People also do this because of un-awareness.

Impact and effects: The main impact of gender inequality at work is that society gets shrink and deprived of the minds of the female worker. It also gives rise to low status of women issue in the society.

Solution: The solution for social issue of gender inequality at work is in the hands of people themselves. People should start training and impart proper education for gender equality. People should also change their perception that women will get less salary in comparison to men. For that, people should introduce successful business women as the role model at their workplaces.

7. Dowry system

Introduction: Dowry is one of the most evil practices that are prevalent in the Indian society. Dowry system is actually the transfer of money, property and other valuable assets of bride's family to the groom's family on the eve of marriage.

Reason:

- Tradition of asking for dowry at the time of marriage.
- The greed among the family of groom for quick and easy money.
- People also ask for dowry for maintaining status.

Disadvantages:

- Parents often take loan for their daughter's marriage.
- Sometimes, the mental torture due to dowry leads to suicidal tendencies.
- Many cases of dowry deaths have been seen in past years.
- Emotional torture and divorce are other evil effects of dowry system.

Solution:

- People should stop discrimination between a boy and a girl.
- Girls should also be allowed to have their education and proper knowledge.
- Awareness must be created and for these people with the help of media.
- Last, but not the least, parents should change the thoughts of dowry from their mind and children should stand against their family for doing this.

8. Alcoholism: Alcoholism is also known as Alcohol-use-disorder. It is a general term for the problems of uncontrollable consumption of alcohol. It deteriorates the health of the drinker and in medical term, it is considered a disease.

Causes:

- Childhood incident which affects badly (trauma),
- Peer pressure,
- Difficult upbringing and childhood,
- Easy availability of alcohol,
- Showing off in front of friends,
- Spending most of the times with different types of people who are already addicted to alcohol.

Disadvantages:

- Alcoholism can cause cancer in any parts of the body mainly in kidney, liver, and stomach etc.
- Alcoholism can also create depression and behavioral change. This can affect his personal life and his relationships with friends and families.

Solution:

- There are many institutions who are working behind the solving the problem of alcohol addiction and Government is also not far behind in this.
- Detoxification of the body,
- Establishment of rehabilitation and counselling centres for alcohol addicted patients,

It is very important that patient is willing to quit the habit of alcohol. Otherwise any detoxification or rehabilitation also will not able to solve the problem of alcohol addiction.

9. Superstitions: Superstition refers to the irrational beliefs of supernatural forces. Superstition is one of the major social issues affecting the entire country.

Reason:

- **Fear:** Fear is the main obstacles for everything. Superstition arises due to human fear.
- **Lack of Knowledge:** Basically superstition arises due to lack of knowledge.
- **Religion, tradition and social practices** are others causes of superstition.

Disadvantages:

- **Fear:** People start to think less broadly and always develop constant fear in mind. This fear affects not only the individual but also his family and society.
- **Waste time and energy:** People waste of much time and efforts.
- People stop for few seconds whenever they sneeze. All these arise due to human fear and imagination.

Solution: The main solution is to get knowledge and education because knowing nothing causes fear in mind which ultimately arise superstition.

Also by being always positive, one can get rid of those superstitions.

10. Sanitation and cleanliness

Introduction: Sanitation and cleanliness is a basic problem and one of the important social issues of our country. People should clean their areas and take care of personal hygiene to stay healthy and away from any diseases.

People should clean the areas of keeping food; clean their area of staying to promote cleanliness. People should maintain adequate sewage disposal system so that the public health is not put at risk.

Disadvantages:

- People suffer from various diseases such as diarrhea, malnutrition, dengue, malaria and many more.
- It also suffers children's development.

Reason: The major reason behind this is the carelessness and laziness of people themselves. The people themselves create the problem of dirt and unhealthy environment.

Solution:

- People have to start to make their area clean and stay healthy.
- People should make a proper area for sanitation so that public health will not suffer.
- Mass awareness programmes are already initiated by different institutions, organisations and government bodies to save human race.

11. Religious conflicts

Introduction: Religious conflicts are the most harmful social issues of today. Sometimes violence, war, conflict, etc. arises because of religious fanaticism.

Causes:

- **Difference in beliefs:** People belonging to different religions have difference in their beliefs. This difference often leads to conflict.
- **Poor upbringing:** The religious belief of a person has its root in his childhood. People learn what they see. If their ancestors were intolerant towards other religions, then they also do the same thing. Human beings themselves create religious violence.
- **Lack of education:** Illiterate people can be easily mis-guided by people who want to spread violence in the name of religion.
- The mindset of some people who think other religions as small often leads to communal conflict. These people try to dominate over people of other religion.

Negative effects: Sometimes conflicts between communities leads to violence and crimes.

People become fearful and it affects the overall progress of the country. The lack of communal harmony in society leads to disunity.

Solutions: The solution for religious violence is in the hands of the people only. People should gain proper knowledge and develop better understanding. By removing the thoughts of cruelty, one can correctly judge what's right or wrong. Awareness must be created and for this media will be very useful.

12. Beggary

Introduction: Beggary is another social problem in our country. People who are in extreme situation of need and poverty are called beggars. The state of being a beggar is called beggary.

Causes: There are many causes behind the beggary problem in India. Some of the reasons behind beggary are poverty, unemployment, illiteracy, social customs, physical disability, mental state, disease and many more.

Impacts and effects: The main disadvantages of beggary is that

- Beggars largely depend on what they get from the people and this is in fact a big problem because they start to depend totally on this and stop finding any other source of income.
- Now, they have become burden to the society and they in fact forcefully made their children to do the same.
- The cruelest part of beggary is that they sometimes allow doing anything to their own body for money. They are sometimes forced to cut their hands or legs.

Solution: Government has to take large initiatives to remove the problem of beggary from the society like providing job security, recruiting more employees in the Governmental sectors and

many more. Beggary problem can also be in control if the children who are begging can be put in the Govt. schools for education because education is the main key to eradicate any social problem.

13. Juvenile delinquency

Introduction: Juvenile delinquency is also termed as Teenage Crime. Basically, juvenile delinquency refers to the crimes committed by minors. The crimes by teenage boys or girls are generally done without having proper knowledge of it as they know very little about the world.

Negative effects: The crimes by minors affects not only the children but to the family and the society. Children's are the future generations of the country. Education of the children is hampered and the status and reputation of the family also goes down. People become less secured and there is always a sense of tension and distress.

Causes: There are numerous reasons behind Juvenile delinquency, such as:

- **Lack of knowledge:** They know very little about the outside world. They sometimes commit crime unknowingly.
- **Trauma:** Trauma of any childhood or teenage incident may have negative effect on mind.
- **Violent films and movies:** Watching any stuff like murder, violence, etc. may again negatively affect the mind of the teenager.
- **Family Disturbance** also cause for the crime.

Solutions: There are many organizations who deal with the problem of Juvenile delinquency. They are established to help those children who are involved in it. They increase their thinking ability and decision-making skills. They start to understand the meaning of Juvenile delinquency and the results of it. There are rehabilitation centers and consultancies also run by the government who treat those children and make them a good person.