

Drug Abuse in India and Its impact on Family Members

RuchaShinde

Asst.Prof.

TMV's LokmanyaTilak Law College Pune

Abstract

At different stages, India's family systems have undergone major transformations. The family system as a whole has broken down, which included multigenerational families, into nuclear, stepfamilies, foster families, and single parent families etc. has caused a slew of social issues, the most prominent of which is a rise in alcohol and drug or substance abuse. The impact on the family when a members of family consumes alcohol or any other substances varies depending on the family structure. Drug abuse is being introduced as a result of shifting societal norms, growing economic stress, and broken family supportive ties. India, too, is trapped in this vicious cycle of substance addiction, with a rising number of drug users. In India drugs like marijuana, heroin are commonly used. Drug addicts' psychological issues, such as family conflict, illegal conduct, are a result of their drug use with the widespread use of drugs in our culture, family bonds are eroding at an alarming rate. For society and scholars, it is a significant and disturbing matter of concern. The current study focuses on the effect of drugs on family members & the treatment of drug addicts and their rehabilitation.

Keywords: Addiction, Awareness, Drugs, Drug abuse, Family members.

Introduction

In India, the problem of drug abuse among the young has reached alarming proportions. Drug abuse is being introduced as a result of shifting societal norms, growing economic stress, and broken family supportive ties. India, too, is trapped in this vicious cycle of substance addiction, with the number of drug users steadily rising. A drug is any chemical substance which affects bodily function, consciousness, mood, which can be misused and which may be harmful to the individual or to the society. When people are habituated to drugs then the problem of drug dependence and drug abuse arises. The New Lexicon Webster's Dictionary, 1987, refers to 'drug' as (i) a substance used as or in medicine; (ii) a chemical substance used to alter the state of the body or mind; (iii) a narcotic substance,

Particularly one that causes addiction, like opium. When a substance is taken in such a quantity, strength, frequency for the purposes other than medical, it harms an individual's bodily or psychological functioning. This is referred to as "abuse." The term Drug Abuse is used widely by many psychologists and psychiatrists for 'Substance abuse' and 'drug dependence'.



Figure 1¹

Dependence is of two types:

Physiological dependence: Here the body of the person becomes hungry for the drug. Hence, the word 'Drug Addiction' is used to show physical inclination for drugs.

Psychological dependence: Here the person feels the psychological need to take drugs. As a result, the term "Drug Dependence" is used to describe a behavioural tendency for narcotics. Since ancient times, drugs like alcohol, marijuana (Ganja), opium (Afu), and cocaine (Charas or Hashish) have been used by a small group of people, and society has prohibited their use. Today, a large segment of

¹<https://cdn.cdnparenting.com/articles/2019/03/22163548/621316739-H.jpg>

society, particularly teenagers, is using and abusing drugs, which is affecting their personal and social development and has become a major social problem in many societies of the world.

Methodology The current research is descriptive in nature and is focused on secondary data.

Drug Abuse in India

In 2018, approximately 269 million people used drugs around the world, which is 30 per cent more than in 2009. According to the new 2020 World Drug Report, over 35 million people suffer from drug use disorders. Rising unemployment and reduced opportunities caused by the pandemic are also likely to disproportionately affect the poorest, increasing their susceptibility to substance usage. In 2018, cannabis was the most widely consumed drug in the world, with an estimated 192 million people using it. Opioids, on the other hand, are the most dangerous, with a 71 percent rise in deaths attributed to opioid use disorders in the last decade, with a 92 percent increase among women compared to 63 percent among men.

Between 2000 and 2018, drug use in developing countries grew at a much faster rate than in developed countries. Adolescents and young adults make up the majority of drug users, and since they use the most and their brains are still evolving, they are often the most prone to the effects of drugs. ([UNODC World Drug Report 2020](#))

Prescription drug abuse is on the rise in India, and it is a severe issue in South Asia. According to a UN survey, drugs are diverted from India's pharmacy industry and smuggled from Afghanistan into cross-border illegal markets through a variety of channels.

Family Members

People who use drugs do not see the damage caused to family member. In times of emotional or physical distress or crisis, the dependent user switches to or triggers his or her relatives.

Relationships suffer, finances are exhausted, and health care costs rise. There are more issues with work and more mental tension. Depression, tension, and anger are normal family reactions when a drug addict refuses to take responsibility because of his or her drug use. For families in precarious or impoverished situations, the effects of substance addiction are even more serious. Sexual relationships can suffer as a result. HIV and other blood-borne viruses can be transmitted to spouses of infected drug users, and sexually transmitted infections can be contracted. Drug use is mostly

associated with domestic violence, which in turn aggravates the emotional and physical distress of the family. Every member of the family is affected by drug addiction, with the near ones suffering the most.

Types of Drugs

Narcotics: This drug type produced from 'opium poppy seeds' and this group includes- opium, heroin, codeine, morphine, methadone, and meperidine. All these drugs act as depressants upon the central nervous system.

Heroin: A basic chemical method is used to create this type of drug from morphine. Horse, smack, piss, junk, or Mexican Mud are all other words used to describe this substance. It can be smoked, inhaled, or injected. The individual feels a sense of 'rush' or 'flash'.

Marijuana: It either smoke or swallowed. Other types of it are bhang, ganja, hashish, marijuana tobacco, and hashish oil. Locally known as grass, pot, weed, Acapulco gold, Mary Jones harsh, and harsh oil.

Cocaine: This substance is also known as coke, snow, flake.

Brown Sugar: It is an impure form of Heroin which is popularly known as 'Gard'.

Cause of Drug Addiction

Depression, Fatigue, Repeated health complaint, Sudden mood changes, Extreme hyperactivity, Secretive or suspicious behaviour, Increase in demand for money, Withdrawal from family, Acute pain in the abdomen. etc. are the signs & symptoms of drug addiction.

Since many drug addicts are young, they are unable to deal with issues, anxieties, and grievances in a mature and reasonable manner. For them, drugs offer a fleeting sense of adequacy and the ability to cope with life's stresses. To put it another way, drugs are used as a form of escapism from life. When drugs are readily available, people are more likely to use them, and those who have already done so will do so on a regular basis. Potential abusers are willing to go to any length to procure the

medications, even though they are not readily available. As a result, drugs are frequently smuggled into the country. Many people are attracted to drugs. They experiment with a drug for the sake of curiosity, and this later evolves into addiction. Teenagers, in general, fall into this group. People want a family, peer group, a community and a country. There are many people who feel isolated in the rush of people and those who aren't able to sustain themselves in the competitive world do feel the pressure. They become alienated from the society and if they find drugs, they get addicted to it.

Drug addiction and Its Effects

Drug abusers develop the physical signs and symptoms mentioned below, which can be life-threatening. Brain cell damage, Cardiovascular issue, Coma and Death, Weight loss, Loss of muscle control etc. The drug addicts suffer from the mental disturbances like Frustration, Anxiety, Aggressive behavior etc. Drug abusers cause damage to society in a variety of ways. The following are a few of them:

Immoral decisions, Reduced sociability, Suicide, Disruption to family and culture, Increased abuse, and increasing criminalization of society in the case of gambling, rape, molestation, murders, kidnapping are some types of crime and Addicts are responsible for a variety of offences.

Problems are faced by the family members due to drug abuse

Substance abuse or Drug abuse not only hurts the abuser, but it also ruins families and causes emotional distress for family members who witness a drug use in a loved one.

- **Family Conflict:** Drug addicts are the most common cause of family conflict. When an individual returns home after abusing drugs, he or she will undoubtedly cause family conflict. This type of behaviour causes the whole family to fall apart. All starts blaming each other for the current situation. No one wants to deal with a drug addict because they don't understand what he or she wants.
- **Fight with Husband or Wife:** A drug addict's relationship with his or her partner may be strained as a result of alcohol abuse or drug addiction. Drug addicts are not in a position to consider what their partner needs. This gap leads to a conflict between the abuser and the partner.
- **Social Isolation of family members:** When a person indulges in drugs he or she becomes isolated from society. By the time and due to drugs his or her family also affects and feels

shame to face society. Sometimes it happens that the neighbours start ignoring and pointing out the drug abusers family. It leads to shame and guilt feelings for family.

- **Occupational issue:** If an individual is working anywhere, no employer wants a drug addict as an employee. Addiction develops when a person uses drugs to keep his mind intact or for pleasure. For a period of time, the abuser's job productivity would weaken, and he would be unable to focus on either official work or tasks.

Anti Drug Action Plan for 2020-21

On the occasion of International Day Against Drug Abuse and Illicit Trafficking, an annual Anti-Drug Action Plan for 2020-21 for 272 districts of India was launched by the Ministry of Social Justice and Empowerment. The plan requires programmes to raise awareness, as well as the recognition of drug-addicted people, focus on treatment facilities and capacity-building for service-providers to curb drug abuse and alcoholism.²

The ministry also announced the launch of the 'NashaMukt Bharat', or Drug-Free India Campaign which focuses on community outreach programmes. The campaign will focus not only on institutional funding but also on community outreach programmes in the districts listed in collaboration to help combat the severe challenge faced by drug use or substance use and alcoholism.

Primary objective of the Action Plan for 2020-21:

The action plan aims to make India addiction-free by combating the growing problem, especially in colleges and universities. However, a more targeted campaign against drugs and substance abuse is needed. Addiction should not be seen as a character defect, but rather as a disease that can affect everyone. So, the stigma associated with drug taking needs to be reduced through social awareness and voluntary processes like medical help by psychologists, as well as strong support from family.³

The legislation that governs the Drug Abuse in India

²<https://currentaffairs-hindi.com/anti-drug-action-plan-for-2020-21/>

³<https://currentaffairs-hindi.com/anti-drug-action-plan-for-2020-21/>

Since drug abuse in India was not adequately controlled, the legislature passed the Narcotic Drugs and Psychotropic Substances Act (NDPS Act) in 1985. The Act was enacted to win the battle against the Drug trafficking, for this Act criminalized the cultivation, trade, import, export and any kind of local consumption of narcotic drugs and psychotropic substances.

Conclusion

India is currently dealing with so many health issues, both mental and physical, as a result of the youth's addiction to drugs. The government and active citizens of the country have taken several measures to encourage and positively aid the impacts of substance addiction, such as making a short social video in movie theatres prior to the start of the film, as well as on YouTube.

And there are some curative treatments available for drug addicts which is helpful for their life. '*Hospitalization*' is one of them. Drug users must be hospitalised and undergo medical examinations in order to determine which drug addicts are receiving appropriate medical care for withdrawal symptoms at the primary stage.

Behavioural Therapies like Psychotherapy, support group, family therapy, counselling etc, this kind of therapies help addict to come out from addiction.

Occupational Therapy required for the addict when he is undergoing through medication and psychotherapy because of it he or she will not getting isolation, loneliness and boredom like feelings and keep him or her away from drugs.

A study was conducted by PGIMER researchers on 6,398 households and they interviewed 13,295 respondents across 22 districts of Punjab and concluded that estimated populations of 1.7 lakh were currently addicted to opioids (The Indian Express, 2017). In the Haryana state, 3,520 cases were registered by the police from January 1, 2016, till July 31, 2017, in which 4,660 people were arrested, this been reported according to the official data on Narcotic Drugs and Psychotropic Substances (NDPS) Act. The problem of drug addiction has psychiatric, socioeconomic, educational, and criminological dimensions. It not only hurts the victims' physical and mental health, but it also creates disruption in their homes and households, posing a threat to family happiness. Wives and children are the worst victims of this problem. The best way to resolve this problem is proper social awareness. People must recognise that drugs are dangerous and that they are incredibly rare to be killed by. They must learn to say "No" to drugs in order to protect their families from damages.

References

<https://www.unodc.org/unodc/press/releases/2020/June/media-advisory---global-launch-of-the-2020-world-drug-report.html>

<https://currentaffairs-hindi.com/anti-drug-action-plan-for-2020-21/>

Bagchi, D. (2005). Narcotic Drugs and Substance Abuse (Vol. 1). New Delhi: Gyan Publishing House.

Kaur, K. (2017). Drug Abuse! Problem is intense in Punjab, India. Human Biology Review , 6 (1), 20-29.

Tracy, N. (2016). What is Drug Abuse? Drug Abuse Information - Drug Addiction - Addictions. Retrieved from <https://www.healthypace.com/addictions/drug-addiction/what-is-drugabuse-drug-abuse-information/>