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### **Analysis of the Psychological and Social Impact of Narcotic Drugs and Psychotropic Substances Used Amongst Teenagers in India**

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#### **Abstract**

Substance misuse among India's youth has reached frightening proportions. Addiction to drugs and alcohol is on the rise due to changing cultural attitudes as well as increased economic pressures. Most often used drugs in India include cannabis, heroin, and Indian-made pharmaceuticals. As with any behavior, drug use, misuse, and abuse are influenced by a person's unique personality, upbringing, and surroundings. Substance misuse is posing a rising hazard to young people, who are more at risk of succumbing to its allure. Based on a secondary data assessment, this study will examine the causes and effects of drug addiction among young people in India.

#### **Keywords**

Substance abuse, youths, addiction, drug abuse

#### **1. Introduction**

For the last several decades, the use of psychoactive drugs has been seen as a serious problem that causes a large amount of disease and death. Any substance that has the potential to influence a person's thoughts, feelings, or actions is considered to be a psychotropic medication. Many different kinds of psychoactive chemicals and substances are utilized all over the world. Benzodiazepines, stimulants, and opiates are some of the examples of the classes of psychoactive drugs that are discussed in this article. Other examples include

other prevalent psychoactive compounds. Cannabis and cocaine make up the second class, while alcohol, tobacco, and kola nuts make up the third class, correspondingly.

## **2. Objectives**

The main aim of the study is an analysis of the psychological and social impact of narcotic drugs and psychotropic substances used amongst teenagers in India. The study also focuses on:

- To examine Substance Abuse in India.
- To explore Substance Abuse Causes and Consequences.
- To examine family factors and psychoactive Substance Use among Adolescents.
- To Prevention, early intervention, and harm reduction of substance use in adolescents.

## **3. Literature Review**

### **3.1 Substance Abuse in India**

According to Sharma, (2017) the pandemic of drug misuse among the young generation has taken worrisome proportions in India. Changing cultural attitudes, growing economic hardship, and declining supporting ties are contributing to the introduction of drug use. According to the World Health Organization (WHO), substance abuse is chronic or sporadic drug use inconsistent with or unrelated to appropriate medical practice. The situation is dismal if the global data on the drug issue is taken into consideration. It is the third-largest corporation in the world, after only the oil and arms industries. About 190 million people throughout the world use some kind of narcotic at some point in their lives (Lal, 2015). The clandestine production and selling of drugs have resulted in violence and carnage across the globe because of drug addiction. Every year, the 26th of June is designated as International Drug Abuse and Illicit Trafficking Day.

Bala, (2015) stated that It is an activity conducted by the international community to alert the population in general and the young in particular, to the scourge of drugs. No part of the world is exempt from the scourge of drug abuse and trafficking. Millions of drug users throughout the world are living miserable, life-or-death situations. Drug abuse is on the rise in India as well, with an ever-increasing population of drug addicts. A UN report estimates that there are one million officially registered heroin users in India, with an unofficial estimate of five million. What began as a casual trend among a select number of city-dwelling youth from the city's higher socioeconomic strata has now permeated the whole population. Intravenous drug use has overtaken the inhalation of heroin as the primary method of taking the substance. This has intensified the impact, accelerated the onset of addiction, and made recovery more difficult. An Indian-produced pharmaceutical medication is the most often misused substance in India.

Cannabis, also known as charas, bhang, or ganja, is widely misused throughout India due to the drug's religious significance. It has been linked to Hindu deities like Vishnu and Shiva. In a 2002 study issued in Vienna, the International Narcotics Control Board noted that people addicted to opiates in India are transferring their drug of choice from opium to heroin (Khatib, 2018).

Arora, (2018) stated that narcotic drug-containing pharmaceuticals are likewise being widely misused in the United States. Many states have also reported intravenous injections of analgesics such as dextropropoxyphene, which is accessible at a fraction of the cost of heroin. Cough syrups laced with codeine are still being smuggled into the country and sold to those who would use them for illegal purposes. A wide range of variables contributes to drug abuse, including social, cultural, biological, geographic, historical, and economic ones. Since the breakup of the nuclear family, the loss of parental love and care in modern households where both parents work, and the deterioration of traditional religious and moral values, the number of persons addicted to drugs has increased. (Jiloha, 2017). The kind of substance abuse, the person abusing it, and the environment in which the addict lives all have a role in the extent to which someone may use misuse, or abuse drugs. There have been several changes in society as a result of industrialization, urbanization, and migration that have resulted in a decrease in social control. It has become more difficult to deal with the HIV/AIDS epidemic because of the arrival of synthetic medications and intravenous drug use, particularly in the Northeastern United States. Using drugs has hurt society. As a result, crime has risen. Drug addicts turn to crime to pay for their habit (Srivastava, 2015).

Sarkar, (2019) analyzed a person's inhibitions are removed and his or her judgment is impaired by the use of drugs, which encourages him or her to commit crimes. Addiction raises the risk of bullying, fights between groups, assault, and homicides committed under the influence of rage. Every member of the family suffers emotionally and financially as a result of the addiction, which has a ripple effect across the whole family and community. In terms of human potential, the impact of drug abuse on the 18-35-year-old age range is immeasurable. Young people's health and development are severely harmed as a result of this. Adolescent drug misuse is a key cause for worry when it comes to the conduct of adolescents and young adults. About half of Indian males have tried at least one drug of abuse by the time they reach the ninth grade, according to current estimates. Many epidemiological studies have been conducted in India over the last three decades to determine the incidence of drug usage. The core from Lucknow claimed an alcohol and drug dependency rate of 18.55 percent, whereas Dube and Handa recorded a value of 22.8% in Uttar Pradesh (Jarali, 2016).

### **3.2 Substance Abuse Causes and Consequences**

According to Taquette, (2019) the rise in drug abuse-related issues in India is a consequence of the rise in the manufacture, distribution, promotion, and easy

access of substances, as well as the changing values of society. Psychiatrists, social workers, educators, and legislators are increasingly recognizing drug misuse as a serious public health issue. A rising number of adults, teenagers, and even some younger people are using psychoactive drugs, despite efforts to prevent their availability to minors. There are an estimated 62.5 million alcoholics, 8.7 million cannabis users, and 2 million opioid users in the United States, according to estimates. Tobacco consumption among people ages 10 and older is estimated to be at least 250 million people. About 0.3 percent of India's population is considered to be a victim of various types of drug abuse. Consumption of alcohol and other drugs hurts public health. Addiction to drugs and its effects on women is growing increasingly prevalent in India. Smoking and drinking are common, but the usage of illegal drugs like heroin and opioids like opium and propoxyphene has been documented throughout the nation. More and more people are aware of the dangers of abusing psychoactive drugs and solvents (Rhemtulla, 2016).

Polcin, (2016) stated that there has been no systematic study done in India to properly demonstrate the combined social, economic, health, and psychological consequences of drug misuse. Even with the minimal evidence that is currently available, it is clear that drug addiction disorders are linked to a wide range of issues in people's lives. An estimated 2.5 million people die each year as a direct consequence of alcohol abuse throughout the world. 9 percent of all fatalities in the 15-to-to-29 age bracket are caused by alcohol-related causes, which account for 320,000 young individuals. There are around 15.3 million people in the United States who suffer from drug addiction. A total of 148 nations report injecting drug use; 120 of these countries report HIV infection in this group. People who drink or use drugs (such as alcohol or cigarettes) face a wide variety of health concerns. It's a multifaceted issue that affects people from all walks of life, not just the wealthy. It has an impact on everyone in society, not just the person who is using it and their immediate family (Raitasalo, 2015).

Weil, (2016) analyzed that as a result of their drug usage, young people are more likely to have scholastic challenges, health problems (such as mental health issues), bad peer connections, and participation in the juvenile criminal system. While researching drug misuse among kids, it was shown that grades decline, absences from school and other activities rise, and the likelihood of dropping out increases when a person is using substances. Alcohol and drug abusers' cognitive and behavioral issues may interfere with their academic performance, as well as their peers' ability to learn.

### **3.3 Family Factors and Psychoactive Substance Use among Adolescents**

According to Shek, (2020) adolescent behavioral behavior and health difficulties are exacerbated by the use of substances including cigarettes, alcohol, and illegal drugs. According to ecological models, there is a close connection between parental control and the use of drugs and alcohol by adolescents.

"Behavioral control" and "psychological control" are the two main types of parental control. To put it simply, behavioral control is the collection of rules and restrictions that parents put in place to regulate their children's conduct. Adolescents' healthy growth and issue avoidance are aided by parental behavioral control, which teaches behavioral standards to them. Adolescent drug use may be prevented by limiting the exposure to high-risk circumstances and "curbing" their impulsive behavior. Anecdotal evidence suggests that teenagers whose parents used good behavioral control were less likely to engage in illegal drug use.

Akanni, (2015) analyzed that guilt induction, love withdrawal, shame, emotional manipulation, and/or ignoring children's viewpoints are all examples of parental psychological control. Adolescents' ideas, emotions, feelings, and/or even the adolescent themselves are "communicated that the adolescent is undesirable" via psychological control. An excessive amount of parental psychological control weakens the effectiveness and autonomous attempts of teenagers, leading to poor self-concept and adjustment, making adolescents prone to the development of risk behaviors, such as cigarette and alcohol use.

Johnson, (2017) examined that adolescent drug use is influenced by the quality of parental-adolescent interactions. When parents and children have a healthy connection, teenage problem behaviors such as drug abuse may be avoided because of tight links and open communication. Conversely, teenagers may regard their parents as "insensitive, inattentive, aggressive, rejecting, unaffectionate, or unsupportive" in households with bad parent-child connections. When teenagers have an unpleasant experience, it may lead to feelings of depression or even the usage of drugs as a means of coping.

El Kazdouh, (2018) pointed out that there has been little research examining the differing effects of parental and maternal influences on teenage drug use, and those studies have produced mixed results. One theory is that moms have a greater influence on children's adjustment since they are more active in parenting than dads. For example, early adolescent drug use was enhanced by my mother but not by my father's psychological control. The function of dads in socializing adolescents and deterring teenage drug abuse has been argued by certain experts (Zarrouq, 2015). Moreover, some research has shown that various parenting practices may have varied effects on maternal and paternal outcomes. Adolescents in certain grades were protected against drug use by parental knowledge (a component of paternal behavioral control), but mother psychological control was a risk factor for substance use development. More study is required to compare the effects of maternal and paternal factors, given the unclear picture.

According to Adger, (2021) the absence of longitudinal study on this topic is the second research gap. Adolescent drug use patterns may be better predicted by longitudinal studies than by one-off cross-sections, thanks to their ability to track changes over time. The lack of long-term research in this field is unfortunate. Adolescents' use of drugs and alcohol grows at a rapid pace, but only a few research have looked at the rate of change over time. They did not explore the impact of

parental variables on the pace of changes in teenage drug use on the following level of later adolescent substance use, for example, parental factors (such as harsh parenting and parent-child communication).

### **3.4 Prevention, early intervention, and harm reduction of substance use in adolescents**

According to Stockings, (2016) adolescents and children are more likely to misuse drugs than the overall population. Drug usage among young people in the Western world is often linked to certain youth subcultures and lifestyles. As a result, individuals of these subcultures are more likely to engage in drug usage. By the time they reach adolescence, young people in developing nations like India are already experiencing a wide range of challenges, including competition in the domains of school and work, as well as a shift in their roles in the family and community. Adolescents reach important developmental milestones, such as moving from dependency to independence and developing new kinds of close connections, during this time of transition. There is a rapid increase throughout puberty that might alter cognitive thinking, emotional management, and risk-taking behavior. Due to the high level of emotional intensity and the significance of maintaining close friendships, adolescents are at high risk for drug use and exposure to the dangers of substance abuse during this period. A wide range of medicines, particularly those that are conveniently accessible, are readily available to them. Teenagers are particularly vulnerable to drug users because of the intense peer and societal pressures they face (Jordan, 2017).

Das, (2017) stated that Substance misuse and addiction affect a large portion of the population in India. In metropolitan regions, children and adolescents are more likely to experiment with drugs for pleasure and enjoyment with their peers. Prevalence research found that 13.1% of those abusing drugs or alcohol in India are under the age of 20. According to a clinic-based study, 63.6 percent of substance abusers in need of treatment were first exposed to drugs while they were under the age of 15 (McGorry, 2018). There is a steady drop in the number of people beginning drug abuse as they become older. The average age at which people begin using drugs has been steadily decreasing throughout the nation in recent years, with the majority of new users beginning in preadolescence and childhood. Early use of drugs is often related to a bad prognosis and a lifetime pattern of disordered conduct. There are long-term impacts on the brain and relationships with family and peers and school achievement that may be disrupted by the use of drugs.

Dodge, (2019) analyzed that Among Indian children and teenagers, tobacco and alcohol are the most often used drugs, which is a huge drug hazard. Both are gateway chemicals and are among the first drugs used by children and teens. Tobacco or alcohol usage among preadolescents and adolescents increases their likelihood of using marijuana by 65 times compared to those who do not engage in such behaviors. The danger of major health consequences increases exponentially with the age of experimentation. About half of all ninth-graders have used at least

one gateway drug, according to current estimates. Teens are more likely to use gateway drugs in West Bengal and Andhra Pradesh (60 percent in each state) than in Uttar Pradesh or Haryana (less than 10 percent) (around 35 percent each) (Carney, 2016). Gutkha, a kind of smokeless tobacco, is popular among children and teenagers in several areas. Every day, 55,000 youngsters in the United States start using tobacco products. Most of these kids come from low-income families with little in the way of social assistance, and many of their homes are in disarray. Deprivation and prejudice are commonplace for them. Tobacco and other substance use is often linked to other mental health issues. There is a link between criminal conduct and substance abuse. Violence and crime tend to be more serious when people are more heavily involved in drug misuse. Juvenile rape, murder/attempt to kill, and burglary are on the rise in the United States. The intake of narcotics including cannabis, inhalants, and opiates has been linked to murder, rape, and snatching-related crimes (Kuntsche, 2016).

#### **4. Findings and Discussions**

Adolescent males used substances at a somewhat greater rate than did teenage females in the present research. This confirms the earlier observation that males are more likely to engage in drug abuse. Teenagers' early drug use was predicted negatively by both parental behavioral control and their connections with other adolescents. Parents' ability to exert behavioral control over their children and the quality of their connections with them is critical in helping to avoid and curtail problematic behaviors in adolescents, such as drug abuse. For one, these techniques may safeguard teenagers from being exposed to deviant peers, which is an important environment for the development of drug use disorders.

#### **5. Conclusion and Recommendations**

In the last three decades, there has been a significant rise in both the availability of illegal substances and the number of people who misuse them. Reports from both official and unofficial sources indicate that there has been a rise in the usage of important dependency-generating medications, even though there are large information gaps. Studies of crime, education, labor, and health, as well as the views of experts, all point to major difficulties in emerging and industrialized nations. Even though there is no accessible method for systematically quantifying the difficulties, there is widespread consensus that the groups that are at the biggest danger are those in the age range that is most required for productive labor. However, there are other demographics of individuals who are engaged in drug addiction, including youngsters living on the streets in underdeveloped nations and young people in other parts of the world who misuse volatile solvents, thinners, and marijuana.

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