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## Factors responsible for increasing drug addiction practices and consequences for teenagers

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### Abstract

Drug combinations are also increasing among teenagers these days. A particularly dangerous and common practice is the combining of two or more drugs. The practice ranges from the co-administration of legal drugs, like alcohol and nicotine, to the dangerous mixing of prescription drugs, to the deadly combination of heroin or cocaine with fentanyl. Whatever the context, it is critical to realize that because of drug-drug interactions, such practices often pose significantly higher risks than the already harmful individual drugs.

**Keywords:** Factors, drug, addiction, consequences

### Introduction

Personal and family problems also lead to drug abuse among teenagers who fail to cope up with the ever growing family and personal problems. Workplace pressure and issues with the colleagues results in workplace deviance which later results in detrimental effects on the individual. The adolescence situation is often the cause of such unproductive activities. The friend's circle in which a young individual stays also influences her activities. A boy or girl who has a company of friends who are into drugs and alcohol tends to repeat the same. They make an attempt to be an active member of the peer group which often results in addiction of the same leading to many unproductive activities in future of the youngsters. These are some of the most common and serious risk factors which have resulted in the increase of drug abuse among teenagers immensely.

### Objectives

1. To identify the prevalent drug addiction practices in selected teenagers.
2. To examine the causes and factors responsible for increasing drug addiction practices and consequences.

### Methodology

The study was carried out in the Kanpur district of Uttar Pradesh. Ten schools (5 Hindi Medium and 5 English Medium) were randomly selected out of all the school in the district. Out of the total list prepared of teenagers of each school, 20 teenagers were randomly selected from each school. Thus a total sample 200 teenagers was selected for the present study. The important variables examined were socio- economic features which included comparison of respondents in terms of independent variables such as age, caste, education, religion, income, occupation, family type etc. and dependent variables such as addiction, drug addiction, causes, symptoms, society, consequences, prevention, strategy were also observed. The statistical techniques applied for analyzing the data were percentage, weighted mean, rank and correlation coefficient.

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## Results

**Table 1:** Distribution of teenagers according to their father's occupation

N=200

Father's occupation	Males	Females	Total
Government service	17 (8.5)	7 (3.5)	24 (12.0)
Private service	48 (24.0)	25 (11.5)	71 (35.5)
Agriculture	37 (18.5)	15 (7.5)	52 (26.0)
Business	34 (17.0)	11 (5.5)	45 (22.5)
Doctor	4 (2.0)	4 (2.0)	8 (4.0)
Administrator	-	-	-
Leader	-	-	-
Total	140 (70.0)	60 (30.0)	200 (100.0)

(Figures in parentheses indicate the percentage of respective value)

Fathers belonging to high society do not pay much attention to their children and the children are left in the hands of maids and servants from a very small age. Sometimes the servants

are responsible for providing drugs to these teenagers in greed of money.

**Table 2:** Distribution of teenagers according to the drugs causes that addiction

Sl. No.	Drugs	Yes	No	Mean score	Rank
1.	Sleeping pills	80 (40.0)	120 (60.0)	1.40	III
2.	Antibiotic pills	30 (15.0)	170 (85.0)	1.15	V
3.	Morphine	4 (2.0)	196 (98.0)	1.02	VI
4.	Heroin	-	-	-	-
5.	Cocaine	-	-	-	-
6.	Opiate	-	-	-	-
7.	Psychological medication	128 (64.0)	72 (36.0)	1.64	I
8.	Ganja	50 (25.0)	150 (75.0)	1.25	IV
9.	Tobacco	120 (60.0)	80 (40.0)	1.60	II
10.	Hashish	4 (2.0)	196 (98.0)	1.02	VI
11.	Ketamine	4 (2.0)	196 (98.0)	1.02	VI

(Figures in parenthesis indicate the percentage of respective value)

Heroin is one of the most addictive drugs that can be abused and the effects of heroin abuse are incredibly destructive.

Many teenagers who are addicted to heroin may not be aware of the damage that heroin is doing to their life.

**Table 3:** Distribution of teenagers according to the factors responsible for drug addiction

Sl. No.	Factors	Yes	No	Mean score	Rank
<b>1.</b>	<b>Influential Risk factors</b>				
	(a) Peer pressure	138 (69.0)	62 (31.0)	1.69	I
	(b) Genetics	101 (50.5)	99 (49.5)	1.51	VI
	(c) Family	113 (56.5)	87 (43.5)	1.57	IV
	(d) Thrill seeking tendencies	106 (53.0)	94 (47.0)	1.53	V
	(e) Stress	128 (64.0)	72 (36.0)	1.64	II
	(f) Low self-worth	123 (61.5)	77 (38.5)	1.62	III
	(g) Desire for performance enhancement	138 (69.0)	62 (31.0)	1.69	I
<b>2.</b>	<b>Risk factors for adolescent</b>				
	(a) Familial risk factors	130 (65.0)	70 (35.0)	1.65	II
	(b) Physical and sexual abuse	78 (39.0)	122 (61.0)	1.39	IV
	(c) Emotional abuse	110 (55.0)	90 (45.0)	1.55	III
	(d) Neglect	134 (67.0)	66 (33.0)	1.67	I
<b>3.</b>	<b>Social risk factors</b>				
	a) Deviant peer relationships	90 (45.0)	110 (55.0)	1.45	II
	b) Peer pressure and popularity	99 (49.5)	101 (50.5)	1.50	I
	c) Bullying	78 (39.0)	122 (61.0)	1.39	III
	d) Gang affiliation	78 (39.0)	122 (61.0)	1.39	III
<b>4.</b>	<b>Individual risk factors</b>				
	(a) Attention deficit hyper activity disorder	132 (66.0)	68 (34.0)	1.66	II
	(b) Depression	120 (60.0)	80 (40.0)	1.60	IV
	(c) Somatic disorder	122 (61.0)	78 (39.0)	1.61	III
	(d) Psychiatric disorder	138 (69.0)	62 (31.0)	1.69	I

(Figures in parenthesis indicate the percentage of respective value)

There are an extensive number of risk factors that may contribute to the onset of substance use among adolescents. Herein, selected risk factors for adolescent substance use are divided into three primary categories such as familial, social

and individual. Many teenagers get high from abusing substances which range from diverted prescription drugs to street drugs to inhalants to alcohol. Some of these teens will go on to a life of addiction, abusing increasingly dangerous

substances. Some teens will have more short-lived experience, as abusing a drug or other substance even one time can be fatal. Parents and interested adults should

examine the factors that lead teenagers to abuse substances in an effort to prevent this risky behaviour.

**Table 4:** Distribution of teenagers according to the consequences of drug addiction

Sl. No.	Consequences	Yes	No	Mean score	Rank
<b>1.</b>	<b>Legal consequences</b>				
	(a) Criminal record	140 (70.0)	60 (30.0)	1.40	VII
	(b) Career and employment	160 (80.0)	40 (20.0)	1.60	IV
	(c) Licenses	100 (50.0)	100 (50.0)	1.00	X
	(d) Travel	130 (65.0)	70 (35.0)	1.30	VIII
	(e) Social status	180 (90.0)	20 (10.0)	1.80	II
<b>2.</b>	<b>Health consequences</b>				
	(a) Physical health	145 (72.5)	55 (27.5)	1.45	VI
	(b) Mental health	160 (80.0)	40 (20.0)	1.60	IV
	(c) Addiction	180 (90.0)	20 (10.0)	1.80	II
<b>3.</b>	<b>Social consequences</b>				
	(a) Relationship	120 (60.0)	80 (40.0)	1.20	IX
	(b) Families	161 (80.5)	39 (19.5)	1.61	III
	(c) Peers	155 (77.5)	45 (22.5)	1.55	V
	(d) School	160 (80.0)	40 (20.0)	1.60	IV
<b>4.</b>	<b>Financial consequences</b>	200 (100)	-	2.00	I

(Figures in parenthesis indicate the percentage of respective value)

There are many serious consequences associated with drug addiction like financial consequences, health and social consequences and above legal consequences. These consequences have a direct effect on the teenagers who consumed drugs and impose indirect consequences on parents, family and friends.

### Conclusion

The impact of western culture is increasing day by day on our teenagers. Teenage is very delicate age for growing children as it is the age of puberty and many developmental changes that take place during this age. The effect of westernized culture how bought with it may harmful drugs like beer, wine, hookah, cigarettes etc. which are widely used by our teenagers in bars and smoking corners. These drugs are making our teenagers unsocial and hampering our family and cultural values. Initially teenagers try these drugs to show that they are modern and for peer group acceptability.

### Recommendations

1. Offer workshops or seminars for parents, teachers, and peers. Cover topics dealing with youth, drug use, pressures, refusal skills, etc.
2. Encourage treatment centers, schools, and community-based youth organizations to conduct support groups for children of parents who are addicted to alcohol and drugs. National Toll Free Drug de-addiction helpline Number 1800-11-0031.

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