



A PSYCHOLOGICAL STUDY OF DETERMINANTS AND EFFECTS OF SMOKING AND OTHER DRUG ABUSE: A CASE STUDY OF BARAMULLA DISTRICT

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Abstract:

Youth represent nation's future. The progress of a country lies on the shoulders of the youth. Negative variation in their behavior can impact upon the nation. Right now, all around the world youth are victims of many harms ranging from social to personal. The increasing drug abuse among the youth that has brought most of them to the point of destruction is discernable and that has harmful impact on the structure of the society and the whole nation. Drug abuse is a grave problem that the world faces today and many serious considerations and steps have been taken over the years to overcome this menace. Various national and worldwide organizations struggle and strive for the betterment and upliftment of the victims, and for achieving the desirable outcomes many rehabilitation centers, counseling and consultation programmes have been setup. Keeping the gravity of the situation into consideration an attempt has been made to know the impact of drug misuse among the college students in district Baramulla, Jammu and Kashmir. In this study primary data was collected through a questionnaire.

Keywords: Drug Abuse; Drug Addiction; College Students.

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1.1: INTRODUCTION:

Drug abuse has been the subject matter of several scholarly considerations in the past many years. Jointly international and regional institutions as well as national ones have come up been to control drug abuse. The United Nations Office of Drug Control (UNODC) is an important body in this regard. In India the ministry of social justice and empowerment (MOSJE), with a view to discourage and prevent cultivation, processing, manufacturing, selling and trafficking of drugs has designed several plans and programmes; these include institutional mechanism to ensure corrective measures apart from prevention of drugs. In spite of these, there are rising numbers of youths (including children) who are caught in the web of drugs. The number of such victims seem to be rising by the day.

A UN survey of 1990 reported that drug abuse and trafficking had lessened in some developed countries but grew disturbingly in many other parts of world. The third world nations, as the study noted, was where the menace has increased in a big way. Incidence of drug abuse increased in the South Asian countries including India, Bangladesh, Nepal, Sri Lanka and Pakistan. India's major cities presented growing trends in drug abuse. According to the survey, Nepal remained a main producer of Cannabis and cannabis resin, much of which ended up in India. Similarly, Sri Lanka remained a drive country for heroin from India to West.

In the seventies it was officially reported that drug abuse in India was limited except smoking and tobacco. However, some disturbing signs were noted which indicated a problem in the anvil. While a significant amount of efforts are being made during various interventions for various objective groups, there is a pressing need for human resource development and specialized training for efficient service rescue in the changing scenario of substance abuse. Thus, substance abuse avoidance is one of the fundamental concerns of the organization. In view of the rising threat of substance abuse and its consequence on the nation, it was absolute to give the then Bureau of Substance Abuse Prevention in the Institute a broader role by setting up a National Centre for Substance Abuse prevention (NC-DAP) in September, 1998. The command of the division is to provide practical support to the Government on policy concerning to substance abuse obstacle and make possible a wider and amended treatment of services all over the country for substance demand drop. Through NC-



DAP, the NISD has been capable to develop its activities and has work out strategy for tackle the issue of substance abuse and carry about qualitative improvement in examine transport. It has evolved a policy for the facility structure of the overhaul provider through a chain of training and direction courses. To express effective intervention modules and programmes, impetus has been provided to research and documentation activities to develop deeper approaching into the problem and gathering of information on extent, trends and patterns of substance abuse through feedback from the field.

1.2: DRUG ABUSE: AN OLD SOCIAL PHENOMENON

Since times immemorial, drugs had been employed for treatment of patients and for ritualistic ceremonies. The Greek writer Homer had written about opium in his great epic *The Illiad*. In 8th century B.C. Hippocrates spoke about the medicinal values of opium “opion” more than twenty five centuries ago. In India, psychotropic drugs “Soma Rasa” and “Sura” - two compelling liquors are accredited to "Sagar Manthan" (Churning of ocean) and have been used while long in Rig-Vedic religious ceremony. Likewise, the use of cannabis sativa, the “Indian hemp”, is given in Atharva Veda and its derivatives-Bhang, Ganja and Charas are customarily used by some supporters of Lord Shiva and have become a element of Indian tradition and culture. The use of drugs of one kind or the other is not a new social and cultural phenomenon in this country. The use of old-style psychotropic substances such as cannabis and opium among various castes, tribes and communities of great Indian culture has been very common since ancient times. Indians have had the knowledge and acceptance of hallucinogenic substance in socio-religious.

The dilemma of drug addiction has intensified in the recent past because of complication caused by a number of factors. Earlier the utilization of a drug in a detailed community was determined by the availability of the drug in that area and its culture. Now there is change in trends of drug abuse. Natural drugs such as cannabis, cocaine, khat and opium are now no more restrained only to specific geographical areas but are being exposed in other regions also. Similarly, easy availability of manufactured drugs such as amphetamines, barbiturates, sedatives and tranquilizers has further convoluted the problem of the drug abuse. The use of „illicit drugs“ such as heroine and smoking and instantaneous use of more than one drug (multiple drug use) has created serious problems in developing countries like India.



World Health Organization has adopted the following definitions for usage and for the dependence producing drugs.

Any substance, that when in use into the living being may adjust more than one its functions, would be called a drug. Drug dependence is a state of episodic or unrelieved intoxication harmful to the individual and to the society created by the repetitive utilization of a substance (natural and synthetic), its characteristics include

(a) An overwhelming craving or need to continue intriguing the substance in order to know-how its psychic possessions and sometimes to stay away from the worry of its nonappearance.

(b) A inclination to raise the dose and

(c) a psychic and sometimes a physical dependence on the effects of substance. Addictive behaviour's founded on the pathological requirement for a substance may involve abuse of substance. The abuse of drugs may take the form of dependence or abuse. The drug abuse is used to point out the too much consumption of a drug, apart from of whether an individual is truly needy on it or not. Drug abuse is demarcated as captivating a drug for reasons other than medical, in an total, strength, regularity or behavior that damage the physical or mental performance.

1.3: DRUG:

“Drug” is a chemical substance related with distinct physical and/or psychological effects. Form a pharmacological or legal view point, a drug is some substance which chemically alter the composition or functions of a living organism. A drug is any substance (other than food that provides dietary hold up) that, when inhale, injecte, smoked, consumed, captivated via a area in the skin, or dissolve under the tongue causes a physiological (often psychological) change in the body.



1.4: DRUG ADDICTION IN KASHMIR:

Kashmir has been throughout the two decades of disorder that resulted in an enhance of psychiatric illness and psychosocial disorder. A number of psychiatric troubles have increased like Depression, OCD, PTSD, Drug Addiction, etc. As extended as the crisis of drug addiction in Kashmir is alarmed it has detected that this clash ridden area has an incredible rise in substance abusers over the past decade. According to United Nations Drug Control Programme (UNDCP) about 70,000 people are drug dependents in the Kashmir valley alone among which 4000 are females. Several reports in the valley exposed that youth mainly between the age group of 17-30 drawn in in this threat of drug addiction. Government Psychiatric Hospital in the valley stated that most numbers of drug addiction cases belong to a very young generation. The director of Drug De-addiction Centre Srinagar Dr. Khan (2) stated that “the drift of drug misuse is on the rise among school children as we have recorded many such cases, where students of Class IX to XII are involved with drugs”. A growing psychiatrist in Kashmir Dr. Maqgoob and Dutta (3) presented that around 2.11 lakh drug abusers are in Kashmir. The dreadful rate of this menace in Kashmir leads the academicians and experts to inspection that “We have lost one generation to bullets and we may lose another generation to drugs”. The most common Substance drug used by Drug Addicts in Kashmir are Cannabis, Brown Sugar, Heroin, SP tablets, Anxit, Alprax, Inhalants like Fevicol, SR solution, Thinner, Shoe Polish, Paint varnish and dirty socks are used as substances. Maqgoob and Dutta (3) Most drug addicts were males and mainly their substance of addiction is Cannabis, ststed in the year 1993 in one of their study. Naqshbandi (4) reported 270 young Kashmiri people between the age group of 16-30 in different districts of Kashmir in his paper “drug addiction and youth of Kashmir”. His result shown that clash and unemployment were the main reasons of drug addiction among the youth. Numerous reports had shown that 80% of drug addicts get this addiction before the age of 30 years. A further study conducted with connected to alertness of drug addiction among college students in Kashmir valley shows that greater part of students believe that people started to take drugs in the age group of 20-30 (5). The study additional exposed that smoking frequently acts as a gate way to drugs or at slightest a initial point. This study conducted by Bhat et al. (6) Additional showing that above 90% don't have any alertness concerning the drug De addiction process and only 8% know about the drug de addiction centre in Srinagar, Kashmir. In another significant study conducted by Mushtaq et al. (7). The J&K Police have taken an proposal by conducted awareness programs in three



districts of Kashmir Srinagar, Baramulla and Anantnag. These alertness programs lead the J&K Police to set up drug de addiction centre at Police Control Room Srinagar. The daily schedule at the centre for patients includes group sessions on weekends, morning sessions, recreational activities like singing, dancing, etc., evening sessions and comprehensive evaluation of medical, psychological and social interventions, medication and medical round are conducted and the day ends with dinner. Baramulla and Anantnag Drug De-addiction and rehabilitation centre also works under the supervision of police.

In addition to this J&K Police has also made efforts to stop the trafficking of drugs within the valley. With regarding this J&K Police has seized 2574 kg of Cannabis and its derivatives 11, 000 bottles and 17,000 tablets of psychotropic prescription drugs were seized in 2013 and in 2014, a total of 282 persons were arrested by J & K police under Narcotic.

1.5: METHODOLOGY:

It is obvious from the introduction and review of literature that the usage of drugs are becoming common in youth or college students. Our students are embracing western patterns of living style and confronting many stresses and anxieties of life both at home and outside, and therefore drug addictive behavior in student population of our country is not rare now. Role of personality, family environment, worry, anxiety and depression are fully demonstrated in the development of such behavior. Furthermore, self-efficacy of students is considerably lower down following drug addictive behavior. Therefore, the present investigator examined the extent of drug use in college students as well as predictors of such behavior in terms of these measures (viz., locus of control, worry, anxiety, depression, family environment and life events). Effects of drug addictive behavior in self efficacy also were examined. More specifically following are the aims and objective of this research study:

1.6: AIMS OF THE PRESENT STUDY:

1. To determine the prevalence and pattern of smoking and drug abuse in college students in Baramulla during one academic session.
2. To study the role of personality, worry, anxiety and depression in students who abuse drugs.



3. To examine the importance of family environment and life events in this group of students.
4. To explore the effect of drug addictive behavior in self-efficacy of students.

1.7: HYPOTHESES:

To fulfil the above aims and keeping the above theoretical background following hypotheses were formulated.

1. Smoking and tobacco may be the common drug of abuse among the current drug users as compared to other use of drugs.
2. The drug users will be significantly high in outer locus of control than non drug-users.
3. The drug users will be significantly high in worry than non drug-users.
4. The drug users will be significantly high in anxiety than non drug-users.
5. The drug users will be significantly high in depression than non drug-users.
6. The drug users will have significantly poor home environment than their non- drug user counterpart.

1.8: RESEARCH DESIGN:

The major part of this study is based on survey methodology. The remaining part of this chapter gives details about the selection of the samples, tools used for the data collection, procedure undertaken and statistical techniques used. It is important to stress that the empirical verification of the proposed hypotheses, however contingent on the reliable measurements of variables of relevance to the study as well as on the methods and procedures utilized for deriving conclusions. This needs (a) selection of suitable sample (b) selection of appropriate tools that could be profitably used for reliable measures (c) administration and scoring of tests, and (d) selection of suitable statistical techniques for analyzing the data.

Thus, it seems appropriate to label the sample, the tools used and the method and procedure employed in finishing the research being reported. Now we will cover the description of the sample used for collecting reliable measures pertaining to the aims and objectives of the study, information regarding different tests, description of the procedure followed for the organization and scoring of different tests. Finally the procedure followed for analysis of data will have been described.



1.8.1 SAMPLING DESIGN:

S.N.	Name of colleges	Faculty of courses	No. of students selected
1	Govt Boys degree college Baramulla	<i>1st yr. 2nd yr. & 3rd yr, Commerce faculty science faculty, arts faculty, commerce faculty.</i>	10 10 10
2	Govt Degree college, Uri Baramulla	<i>1st yr. 2nd yr. & 3rd yr, Commerce faculty science faculty, arts faculty, commerce faculty.</i>	10 10 10
3	Govt Boys Degree College Sopore	<i>1st yr. 2nd yr. & 3rd yr, science faculty, arts faculty, commerce faculty.</i>	10 10 10
	Total students		90

Table 1.1 *equal numbers of subjects (10) were selected from each year.

The survey was lead in two stages. In the first stage, 90 students were studied through the self-managed questionnaire method to assess the nature and extent to the prevalence of smoking and other drug use among the respondents of three colleges designated above. The second stage survey (intensive sample) was in depth study of 25 smoking and drug abuse students and 10 non-user students, through interview method as well as on the basis of psychological tests. The categories' of non-users, smoking-users and other-drug-users were based on the following criterion of occurrence of smoking and other drug use:

(1) The students who have never experimented or used them once in a month or infrequently have been categorized as “non-users”.

(2) Those who used them “with a frequency of at slightest formerly a month without medical prescription” were considered as “current users” (Sethi & Manchanda, 1972).

(3) Those who followed the same criteria as in No.2 in the past but now discontinued were considered as “Past-Users” (tried earlier but discontinued during the time of survey).

(4) Those who used them several times in a week and in a month or used them daily on a regular basis and indicated that they cannot do without a substance (habitual user) were considered as smokers or drug dependent or drug addict.

For the purpose of analysis, non-users involved those who have never experimented or used them rarely. “Past-Users” were also put together in this category but 100 students as



“non-users” were aimlessly selected from rarely. For “Smoking-users” (Current users) the same criteria as given in No.2 was followed. Other Drug-users (current users) were also classified in accordance with criteria No.2 provided they don't fall in the category of “smoking-users”. However students who were smoking or drug reliant or addicted as per criteria No. 4 were also included in the categories of either “Smoking users” or “Other- Drug-Users”. By and large, the study followed to the criteria as working by the survey study approved out by other investigators in past such as Sethi and Manchanda (1972) and Ram Ahuja (1982).

1.9: ANALYSIS OF RESULTS:

As described in the preceding chapter, the present research study was conceded out of survey the prevalence, determinants and effects of smoking and other drug use in male college students. The data were composed from a sample of 90 male college students randomly drawn from three colleges located in Baramulla.

Based on questionnaire and interview methods, these college students were evaluated for their extent of smoking and other drug use as well as pattern of their drug abuse behavior. Final sample chosen for the study included 10 non- users (randomly selected from a group of 55 non-users), 18 smoking-users and 9 other drug-users. All the students in these three groups were administered by psychological tests

Prevalence Rate of smoking and Other Drug Use in College Students: To begin with, an attempt was made to investigate the extent of smoking and Other Drug use in college students along with pattern of drug abuse. This was prepared with the help of questionnaire and interview method and data so obtained are presented in Table 1.2 and 1.3.

TABLE 1.2: Prevalence Rates of smoking and Other Drug use in College Students (N=20)

Drug usage	No. of Students	Percentage
Non-users	55	61.11
Past Drug-users (Tried earlier but discontinued)	11	12.22



Current Drug-users	28	
Smoking-users	140	31.11
Other Drug-users		17.28
Total current Drug-users	220	27.16
Current Drug-users and Past drug users	35	38.88

Table 1.2 shows that as many as one quarter (26.64%) of college students is suspected to fall in the category of current smoking and other drug-users. If past users and users are taken together, this figure of prevalence rose to 38.88 per cent. In other words every third student has had experience with drugs (including smoking and other drugs).

TABLE 1.3: Drug wise Percentage and Prevalence Rate of Current Drug-use by Substance

Substance Used	No. of Students	Percentage based on drug-abused sample (N=25)	Substance prevalence (percentage) based on surveyed sample (N=450)
Smoking	9	36	10
Tobacco	6	24	6.66
Pain Killers	4	16	4.44
Tranquilizers	3	12	3.33
Cannabis	1	4	1.11
Other Drugs	2	8	2.22
Total	25	100.0	27.76

Table 1.3 shows that, out of the 25 current Drug users, 24 per cent, used tobacco and 36 percent used Smoking. Thus majority of them 15 (70%) used tobacco or other smoking items .Thus the commonest abused drug is tobacco (prevalence rate 6.66 per cent for the entire surveyed sample) and next ranks the smoking (10 per cent prevalence rate). The prevalence-rate for other drug such as pain killers, tranquilizers, cannabis etc. in the entire survey sample of students ranged between 1.00 to 2.25 per cent. The overall prevalence rate of smoking and other current drug-users amounts to 27.76 percent. In other words, one quarter of the male college students have been using one drug or the other and their number enlarged to 38.76 per



cent. If we include 11.60 per cent past drug users who tried earlier but discontinued during the survey of research.

1.10: DISCUSSION:

The overall idea of the present study was to examine the prevalence, determinants and effect of smoking and other drug use in male college students of the Baramulla. The sample of male college students was selected with the assumption that this group is more vulnerable to drug abuse. This research inquiry deals with some major issues which include nature and extent of drug use, role of personality (in terms of locus of control) and negative emotions (i.e. worry, anxiety and depression); influence of family environment and life events and effect of drug abuse on self-efficacy.

1.11: CONCLUSION:

To sum up, it can be concluded that problem of smoking and other drug abuse in college students is becoming serious day by day. At least, one fourth of college students are found to have experienced smoking and other drug use. The commonest abused drug found to be tobacco and smoking.

By and large, Smoking and Other-Drug abusers tended to have outer locus of control as against to Non-users who tilted towards internal locus of control. Most of the Smoking and other drug abusers appeared to be significantly high on worry, anxiety and depression than non-users. Furthermore, these abusers were characterized with low cohesion, independence, achievement orientation, moral religious emphasis, control and high on conflict in comparison to Non- users. Finally, Smoking and Other Drug-abusers significantly perceived their self-efficacy poorer than the Non-users. Thus drug abusers are characterized with several negative attributes.



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