



# Drug Addiction: An Uncontrolled Epidemic in India; Contributing Factors and the Responsibility of Society

**Dr. NAVNEET SAINI**

Associate Professor Sociology  
Guru Nanak College, Muksar,  
Sahib, Punjab  
Email: [navneetk016@gmail.com](mailto:navneetk016@gmail.com)

## Abstract

For a very long time, people have been using the substance for a wide variety of reasons, including recreation, relaxation, sleep, excitement, and many more. At first, individuals experiment with drugs like alcohol, cigarettes, cannabis, ecstasy, cocaine, methamphetamine, heroin, amphetamines, or illicit narcotics for their psychoactive effects. However, with time, they develop a habitual and dependent relationship with these substances. According to my internal logic and external observations, if you question a drug user, "how do you become a drug addict?" The vast majority of those who use drugs say they first tried them among friends or family members or in a committed relationship. They try it the first time out of curiosity or because someone makes them, but eventually they start to rely on it. The pressure of others might bring you down in this dark world. Addiction runs in families, so someone who has a history of it in their own blood may be more susceptible to catching the bug and spreading it to others. A solid social support system is crucial. Causes of drug abuse and dependence, and society's responsibility to combat this problem. Drugs like heroin and marijuana have structural similarities with neurotransmitters. The human brain produces these neurotransmitters spontaneously. This commonality allows the medications to trick human brain receptors and stimulate nerve cells in ways that cause them to transmit erroneous information. Methamphetamine and cocaine, in particular, stimulate nerve cells, causing them to secrete vast quantities of neurotransmitters. Additionally, they may inhibit the regular recycling of these substances in the brain. The signal between neurons must be cut off at a normal level of production. In this study, we look at the causes of drug abuse and the role that society plays in this problem.

4190

**Key Terms:** Drugs, Society, India, Addiction

**DOI Number:** 10.48047/nq.2022.20.22.NQ10419

**NeuroQuantology 2022;20(22):4190-4202**

## Introduction

Drug addiction, also known as substance use disorder, is a complex and multifaceted condition that affects millions of individuals worldwide. It is characterized by the compulsive and uncontrollable use of substances despite their negative consequences on physical, mental, and social well-being. While the substances involved can vary widely, ranging from legal prescription medications to illegal street drugs, the

underlying mechanisms and impact on individuals' lives remain consistent.

Drug addiction is a pressing and multifaceted issue that has been significantly impacting societies worldwide, including India. With its rich cultural diversity and growing economic prominence, India faces unique challenges in dealing with the complex problem of drug addiction. The country's rapid urbanization, globalization, and exposure to diverse



lifestyles have contributed to the proliferation of substance abuse, affecting individuals across age groups, genders, and socio-economic backgrounds.

In India, drug addiction encompasses a range of substances, including both illicit drugs and prescription medications. The issue extends beyond physical health concerns, encompassing social, psychological, and economic ramifications for individuals, families, and communities. Understanding the factors that drive drug addiction, the prevalent substances of abuse, and the socio-cultural context is crucial for developing effective prevention, intervention, and treatment strategies.

### Objectives of the study

1. To identify the main causes of drug addiction in India
2. To analyze the role of society to prevent or control the drug addiction

### Methodology

The research methodology involves a mix of qualitative and quantitative research methods. The qualitative methods could include a review of existing literature on the topic, including academic papers, government reports, and policy documents. This review could help identify key factors responsible for drug addiction in India. This study relies solely on secondary information sources that have been gathered from academic publications, newspapers, magazines, government websites, news stories, and relevant studies.

### Drug Addiction Defined

Addiction is a disease that affects your brain and behavior. When you're addicted to drugs, you can't resist the urge to use them, no matter how much harm the drugs may cause. The earlier you get treatment for drug addiction (also called substance use disorder) the more likely you are to avoid some of the more dire consequences of the disease.

Drug addiction isn't about just heroin, cocaine, or other illegal drugs. You can get addicted to alcohol, nicotine, sleep and anti-anxiety medications, and other legal substances.

You can also get addicted to prescription or illegally obtained narcotic pain medications, or opioids. This problem is at epidemic levels in the United States. In 2018, opioids played a role in two-thirds of all [drug overdose](#) deaths.

At first, you may choose to take a drug because you like the way it makes you feel. You may think you can control how much and how often you use it. But over time, drugs change how your brain works. These physical changes can last a long time. They make you lose control and can lead to damaging behaviors.

### ADDICTION VS MISUSE

Drug addiction and drug misuse are different. Misuse Trusted Source refers to the misuse of a substance at high doses or in inappropriate situations that could lead to health and social problems. However, not everybody whomisuses a substance has addiction.

AddictionTrusted Source is "fact or condition of beingaddicted toa particular substance, thing, oractivity. "For example, a person who drinksalcohol heavily on a night out may experienceboth the euphoric and harmful effects of the substance. However, this does not qualify asaddictionuntil

the person experiences "chronic, relapsing disorder characterized by compulsive

drug seeking, continued use despite harmful consequence, and long-lasting changes in the brain. "There is substance addiction and non-substance addiction. Some examples of non-substance addiction include People have been taking the drug in various forms for many years for enjoyment, relaxation, sleeping, stimulation, or

another reason. In the starting, people take the drug for taste and alter the consciousness, behavior, mood, and thoughts but he/she becomes habitual and dependent on any substance use disorder such as alcohol, tobacco, cannabis, ecstasy, cocaine, methamphetamine, and heroin, amphetamines, or illegal drugs. The excessive use of psychoactive drugs can harmful to physical and mental health. Even drug abuse and addiction become the cause of death.

There are several reasons why drug usage soon gets changed to drug abuse. At a very

basic level this happens because the person concerned feels a desperate need to deal with stress, to get a momentary high or to just 'fit in' with his or her peers, as happens in the case of youngsters. It soon reaches a stage where this need becomes much more than other needs in life and the person begins to believe their survival depends on those drugs. One of the major reasons for drug abuse and this is especially applicable for youngsters' doing drugs is its presence, and at times glorification, in popular media such as television series and films. Quite often it so happens that doing drugs is romanticized and some fictional positive aspects of the same are shown. Thus, it becomes a thrilling and seductive affair for youngsters who can be misguided easily because of their relative lack of experience in life. At times, the knowledge of risk factors related to drug abuse can also lure people into using these harmful substances. In certain instances, people gain this knowledge from their own families or immediate surroundings and are obviously driven – due to some reason or the other – to give it a try and before they know it, it becomes an addiction.

### **Historical Context**

The use of psychoactive substances has a longstanding history in India, deeply intertwined with cultural and religious practices. Substances such as cannabis and opium have been used for centuries in rituals and traditional medicine. However, over time, the dynamics surrounding drug consumption have shifted. Modernization, urbanization, and globalization have led to increased exposure to a wide range of drugs, both legal and illicit. This changing landscape has brought with it the challenges of addiction, substance abuse disorders, and related health and societal consequences.

The history of drug addiction in India is a complex and multifaceted story that spans centuries. The use of various substances for medicinal, spiritual, and recreational purposes has deep cultural roots in India. Here's an

overview of the history of drug addiction in India:

**Ancient Times:** India has a long history of using substances like cannabis, opium, and other herbs for various purposes, including medicinal and religious rituals. These substances were often consumed in controlled contexts and had cultural significance.

**Colonial Period:** During the colonial era, India came under the influence of British rule. The British encouraged the cultivation of opium for export to China and other countries. This led to increased opium production and use, both for trade and recreational purposes. The opium trade had detrimental effects on Indian society, leading to addiction-related issues.

4192

**Post-Independence Period:** After gaining independence in 1947, India faced challenges related to drug abuse and addiction. In response, the government enacted the Narcotic Drugs and Psychotropic Substances Act in 1985 to regulate and control the production, possession, and distribution of narcotics and psychotropic substances.

In recent decades, India has faced increasing issues related to drug addiction. Factors contributing to this include urbanization, globalization, changing social norms, economic disparities, and the influence of popular culture. The rise of synthetic drugs and the illicit drug trade has further complicated the situation.

India serves as a transit route and a destination for the illicit drug trade due to its geographical location. Drugs like heroin, cocaine, and synthetic drugs are smuggled into and through India, contributing to addiction-related problems.

### **Drug addiction and the main causes responsible**

#### **Lack of Education and Awareness: A Significant Cause of Drug Addiction in India**

Drug addiction remains a pressing concern in India, with its multifaceted causes requiring comprehensive understanding and targeted solutions. One of the key contributors to this

pervasive issue is the lack of education and awareness about the risks and consequences of drug abuse. The absence of accurate information and the failure to address this issue at an early stage significantly contribute to the growing rates of addiction in the country.

#### *Limited Understanding of Risks*

A lack of education and awareness about the dangers of drug abuse can lead individuals to underestimate the risks involved. Many people, particularly young individuals, may have misconceptions about the short-term and long-term effects of drugs on physical and mental health. Without proper knowledge, they might experiment with substances, believing that the potential harm is minimal. This ignorance often paves the way for habitual drug use and addiction.

#### *Early Initiation and Peer Pressure*

A dearth of information regarding the consequences of drug abuse can contribute to early initiation into substance use. The lack of awareness prevents individuals from recognizing the signs of peer pressure and manipulation. Young people might feel compelled to experiment with drugs due to social pressure or the desire to fit in. Education that highlights effective ways to resist peer pressure and make informed decisions can be a crucial deterrent.

#### *Uninformed Choices*

Without proper education, individuals may make uninformed choices regarding the substances they use. They might not understand the differences between various drugs, their potential for addiction, and the varying impacts they can have on physical and mental health. Inaccurate information might lead them to use drugs that are more potent or addictive than they initially believed, resulting in quicker and more severe addiction.

#### *Lack of Knowledge about Resources*

A lack of awareness extends to the availability of resources for addiction prevention and treatment. Many individuals may not be

aware of rehabilitation centers, helplines, support groups, or counselling services that can aid in recovery. Without proper knowledge, those struggling with addiction might not seek help until the problem has escalated, making recovery more challenging.

#### *Stigma Surrounding Addiction*

The absence of education about addiction can contribute to the stigma associated with it. Misunderstandings about the nature of addiction, often rooted in stereotypes and misconceptions, prevent individuals from seeking help due to fear of judgment and social isolation. Proper education can not only dispel these misconceptions but also promote empathy and understanding, encouraging those in need to seek assistance without fear.

The lack of education and awareness about the risks and consequences of drug addiction in India significantly contributes to its prevalence. Addressing this issue requires a multipronged approach involving schools, families, communities, and media outlets. By providing accurate information, fostering understanding, and promoting open conversations, India can empower individuals to make informed decisions, resist peer pressure, and seek help when needed. Ultimately, a well-informed population is better equipped to combat the menace of drug addiction and pave the way for a healthier and more resilient society.

4193

#### **Psychological Factors: Catalysts for Drug Addiction**

Drug addiction is a complex and multifaceted issue that arises from a combination of various factors, including biological, environmental, and psychological influences. Among these, psychological factors play a pivotal role in initiating and perpetuating drug addiction. These internal dynamics encompass emotional distress, mental health disorders, and underlying psychological vulnerabilities that make individuals susceptible to substance abuse. Understanding these psychological factors is crucial for developing effective prevention and treatment strategies.

### *Mental Health Disorders*

Individuals grappling with mental health disorders such as depression, anxiety, bipolar disorder, and trauma are at a heightened risk of drug addiction. Many turn to substances as a way to self-medicate, temporarily alleviating their distressing symptoms. Drugs can provide a fleeting escape from the overwhelming emotions that accompany mental health issues. However, this self-medication often leads to a dangerous cycle of dependence and addiction.

### *Self-Esteem and Self-Worth*

Low self-esteem and feelings of inadequacy can drive individuals towards drug use. Substance abuse may offer a temporary boost in self-confidence or provide a sense of belonging, especially in social settings. Drugs can create an illusion of improved self-worth, making individuals reliant on substances to feel valued or accepted.

### *Coping Mechanisms*

Drug addiction can also stem from maladaptive coping mechanisms. When faced with life's challenges, individuals may lack healthy strategies to manage stress, pain, and emotional turmoil. Drugs provide an escape from reality, offering a temporary reprieve from the difficulties of life. The reliance on substances to cope with stressors gradually morphs into addiction as the need for relief intensifies.

### *Impulse Control and Reward Centre*

The brain's reward center plays a crucial role in addiction. Some individuals have difficulty regulating their impulses and seeking out immediate gratification, which can make them more susceptible to substance abuse. Drugs hijack the brain's reward system, flooding it with dopamine, the "feel-good" neurotransmitter. This creates a cycle where individuals chase the euphoric sensations induced by substances, leading to addiction.

### *Sensation Seeking*

Certain individuals have a higher propensity for sensation seeking and novelty-seeking

behaviors. They are drawn to new and exciting experiences, including experimenting with drugs. The intense highs offered by substances can be particularly appealing to those seeking novel experiences, potentially leading to repeated drug use and addiction.

### *Childhood Trauma*

Past experiences of physical, emotional, or sexual abuse, as well as neglect during childhood, can profoundly impact an individual's psychological well-being. These traumatic experiences can lead to emotional scars that drive individuals to seek relief through drugs. Substance abuse becomes a way to escape painful memories or numb overwhelming emotions.

### *Genetic Predisposition*

Genetics also play a role in psychological factors related to drug addiction. Some individuals may inherit a genetic predisposition to addiction due to variations in their brain chemistry or how their bodies process substances. This genetic vulnerability can interact with environmental factors, increasing the risk of addiction.

Psychological factors are intrinsic to the development and progression of drug addiction. They underscore the need for a holistic approach to prevention and treatment that addresses underlying emotional distress, mental health disorders, and coping mechanisms. Recognizing the psychological factors driving addiction enables healthcare professionals, families, and communities to provide timely intervention, support, and effective treatment options. By addressing these psychological vulnerabilities, individuals struggling with addiction can find a path to recovery and regain control over their lives.

### **Economic Disparities: A Catalyst for Drug Addiction**

Drug addiction is a multifaceted issue influenced by a range of factors, including societal, psychological, and economic elements. Economic disparities, marked by inequalities in income, education, and access to resources, significantly contribute to the prevalence of drug addiction. In a society



where financial gaps are pronounced, vulnerable populations are disproportionately affected, leading to a cycle of substance abuse that is difficult to break. Understanding the role of economic disparities in drug addiction is crucial for designing effective interventions and policies.

#### *Limited Access to Education*

Economic disparities often result in unequal access to quality education. Individuals from low-income backgrounds may have fewer opportunities to gain knowledge, life skills, and information about the dangers of drug abuse. The lack of education and awareness can make them more susceptible to experimentation with drugs, as they might not fully understand the risks involved.

#### *Lack of Employment Opportunities*

Communities with economic disparities frequently face higher rates of unemployment or underemployment. A lack of stable and fulfilling job opportunities can lead to feelings of hopelessness and frustration. To cope with these feelings, individuals might turn to drugs as a means of escape or as a way to alleviate their sense of despair.

#### *Poverty and Stress*

Living in poverty is associated with chronic stress due to constant financial instability and uncertainty. This stress can take a toll on mental health, and individuals may turn to drugs as a way to temporarily alleviate their anxiety and distress. The easy availability of drugs might offer an accessible solution for dealing with the overwhelming pressures of poverty.

#### *Escapism and Pleasure-Seeking*

For those living in economically disadvantaged conditions, life can be filled with hardships and limitations. Drug addiction might become an attractive option for escaping the harsh realities they face daily. Additionally, the euphoria induced by drugs provides a temporary escape from the challenges of their circumstances, making substances a way to seek pleasure and relief.

#### *Lack of Resources for Treatment*

Economic disparities can hinder individuals' access to healthcare services, including addiction treatment. Quality rehabilitation programs and therapy options might be financially out of reach for those with limited means. This lack of resources can perpetuate the cycle of addiction, as individuals are unable to access the support they need to recover.

#### *Peer Influence and Neighborhood Factors*

Economically disadvantaged neighborhoods often lack resources and opportunities for positive engagement. In such environments, individuals might be more exposed to peers who are involved in substance abuse. The absence of constructive activities and the prevalence of drug use in the community can normalize substance abuse, leading to higher rates of addiction.

4195

#### *Easy Availability of Drugs*

Economic disparities can lead to communities with limited law enforcement resources and weak regulatory measures. This can result in easier availability of drugs, as well as a lack of effective drug prevention and control measures. The availability of drugs in such environments increases the likelihood of experimentation and addiction.

#### *Cycle of Generational Poverty*

Families caught in the cycle of generational poverty often face numerous challenges, including lack of access to quality education, healthcare, and stable housing. Children growing up in such environments are at an increased risk of exposure to drug abuse due to the lack of positive role models and resources. As a result, the cycle of addiction and poverty can continue from one generation to the next.

Economic disparities create an environment where individuals from disadvantaged backgrounds are more vulnerable to drug addiction. The lack of educational opportunities, limited access to healthcare, financial stress, and the normalization of drug use within communities all contribute to higher rates of substance abuse. Addressing

the economic root causes of addiction involve not only improving access to education, employment, and healthcare but also implementing comprehensive prevention and treatment programs that consider the unique challenges faced by individuals in economically marginalized communities.

### **Social Factors: Catalysts for Drug Addiction**

Drug addiction is a complex phenomenon influenced by a variety of factors, including biological, psychological, and social elements. Social factors, in particular, play a significant role in initiating and perpetuating drug addiction. These factors encompass the impact of peer pressure, family dynamics, societal norms, and the influence of media. Understanding how social factors contribute to drug addiction is essential for developing effective prevention and intervention strategies.

#### *Peer Pressure*

Peer pressure is a potent social factor that can influence individuals, especially during adolescence and young adulthood. The desire to fit in and gain acceptance within peer groups can lead individuals to engage in risky behaviors, including drug use. When surrounded by friends who experiment with drugs, individuals might feel compelled to join in to maintain social connections.

#### *Family Dynamics*

Family plays a critical role in an individual's upbringing and socialization. Dysfunctional families, lack of emotional support, and communication breakdowns can lead to feelings of isolation and low self-esteem. Individuals from such backgrounds may turn to drugs as a means of coping with the challenges they face at home. Moreover, growing up in a household where drug abuse is prevalent can normalize substance use and increase the likelihood of addiction.

#### *Societal Norms and Acceptance*

Societal norms and cultural attitudes towards drug use can significantly impact an individual's susceptibility to addiction. In some communities, drug use might be

normalized, glamorized, or even considered a rite of passage. The perception that using drugs is socially acceptable can lower inhibitions and encourage experimentation. Social factors are integral to the development and progression of drug addiction. Peer pressure, family dynamics, societal norms, media influence, and the availability of drugs all contribute to an individual's susceptibility to substance abuse. Recognizing the role of these social factors in addiction can guide the development of targeted prevention strategies, educational initiatives, and support systems. By addressing these social influences, society can create an environment that fosters healthier choices, reduces the stigma around addiction, and empowers individuals to resist the pull of substance abuse.

### **Government Policies and Enforcement: Impact on Drug Addiction**

The issue of drug addiction is shaped not only by individual choices and societal dynamics but also by government policies and enforcement efforts. Government plays a significant role in regulating drug availability, education, prevention, and treatment. However, the effectiveness of these policies can vary widely and sometimes inadvertently contribute to the prevalence of drug addiction. Understanding the impact of government policies and enforcement on drug addiction is crucial for creating comprehensive strategies to address this complex issue.

#### *Drug Legalization and Decriminalization*

Government decisions regarding the legalization or decriminalization of certain drugs can significantly influence addiction rates. While some argue that legalization can reduce the black market and associated criminal activities, it can also lead to increased availability and accessibility. Decriminalization might reduce the legal consequences for possession, but it could inadvertently send a message that drug use is less harmful, potentially encouraging experimentation.

#### *Regulation and Control*

Government policies regarding the regulation and control of pharmaceutical drugs play a role in addiction as well. Loose regulations on prescription medications can lead to overprescribing and misuse, contributing to the opioid crisis, for instance. Stricter oversight on prescription practices is essential to prevent the unintentional creation of addicted individuals.

#### *Accessibility and Availability*

Government policies that impact the accessibility and availability of drugs can influence addiction rates. Inadequate controls on the production, distribution, and sale of alcohol and tobacco can lead to widespread use and abuse. Similarly, lax enforcement of laws against illegal drug trafficking can result in a constant supply of illicit substances.

#### *Prevention and Education Efforts*

Government initiatives in drug prevention and education play a crucial role in shaping public attitudes and behaviors. Effective campaigns can raise awareness about the dangers of drug abuse and encourage healthier choices. However, ineffective or poorly targeted education campaigns can fail to provide accurate information and may even lead to misinformation.

#### *Treatment and Rehabilitation Support*

Government funding and support for addiction treatment and rehabilitation facilities are essential in addressing the issue of drug addiction. Insufficient resources allocated to treatment programs can lead to long waiting lists, inadequate support, and limited access to quality care. This can hinder individuals from seeking help and sustaining their recovery efforts.

#### *Stigma and Criminalization*

Policies that criminalize drug use can perpetuate stigma and discourage individuals from seeking help. Fear of legal consequences might prevent those struggling with addiction from reaching out for treatment. Shifting from punitive approaches to a more health-centered approach can reduce stigma and

encourage individuals to seek the support they need.

#### *International Cooperation and Trafficking*

Governments' cooperation in international efforts to combat drug trafficking and trade is crucial. Countries with lax enforcement can inadvertently contribute to the movement of drugs across borders, affecting addiction rates globally. International cooperation in combating the supply chain can help reduce the availability of drugs.

Government policies and enforcement efforts can have a significant impact on the prevalence of drug addiction. From drug legalization and regulation to prevention and treatment support, these policies shape the landscape in which addiction develops. Recognizing the role of government in addressing addiction is crucial for designing comprehensive strategies that prioritize public health, education, prevention, and treatment. Collaborative efforts between government agencies, healthcare professionals, advocacy groups, and communities are essential for tackling the multifaceted issue of drug addiction effectively.

#### **The role of society in preventing drug abuse**

The problem drug and substance are increasing at a very high pace in the current times. The addiction amongst youngsters is alarming and is a growing global concern. The overdose and addiction of drugs take a toll not only on their physical and mental health but also affects their family. It is also a cause of increasing crime as the drug addicts' resort to any measures to consume drugs. There are many laws against the consumption of drugs but still, the addiction amongst people continues to remain high.

We often see the drug addiction that does not affect us or that does not exist in our community. This blinds the society in recognizing and acknowledging the addiction problems in the community. We form the community and the community is formed by us. And in the times of need, the community can provide the drug addicts with the lifeline and support they need. The support and encouragement by the community can help



the addicts in overcoming their habit. The community programs play an important role in making people of the community aware of the issue of drug addiction and training them to overcome the same.

The community one lives in shapes the lives of the individuals to a great extent. And on many occasions, the society as a whole comes together to resolve issues that impact society as a whole. The addiction to drugs especially amongst young people does not only affect them but also their families and others in society. The community can thus play an important role in combatting drug addiction. The community, NGOs and the other social agencies, therefore, come together to help the substance addict to overcome the addiction and to achieve abstinence. There are many government rehabilitation centers and programs which are designed to combat addiction but the community programmes have been one of the most effective measures to fight drug addiction.

The drug addicts need the support of the community as they cannot rely on their own willpower. It is often found that the intervention by communities and families at the early stage can help in mitigating the addiction. There are various drug de-addiction programs that are held by communities to fight the addiction. These often involve raising awareness amongst the people and creating effective rehabilitation programs that are accessible to people. These community-based programs help the person to restore their mental, physical and psychological health, gain equal opportunities after the program and overcome social discrimination. The localization of the action at the community level makes it more effective for implementation and also becomes accessible to the people. By talking to people who have been in their shoes and the counsellors often prevents the substance abusers from going into depression or taking drugs again.

#### **Measures that can be implemented**

- **Community mobilization:** The mobilization of the community is the first step that can be taken to combat addiction. Conducting regular awareness programs at community centers,

organizing safe prescription disposal events, rehabilitation programs can be done. This helps in spreading awareness about the drug problems prevailing in the community and the risks associated with them. Also, awareness must be spread amongst the kids and youngsters who might be most affected by them.

- Identification of the drugs that people are most addicted to every community has a different drug which the people are addicted to. Assessing and identifies the drugs abused the most in the community can help them in developing programs specifically designed to overcome their addiction. It will thus help in the effectiveness of the programs. The personalization of the programs on the basis of gender, age, culture can also help in its effectiveness.
- Increasing accessibility to addiction treatments: most drug addicts do not have access to the quality rehabilitation centers that can assure them full abstinence. The community-based rehabilitation programs need not only be accessible to people but should provide them with a quality treatment that can help them overcome their addiction.
- Seeking feedback: in order to ensure the success of the community-based programs to combat addiction, regular feedback must be taken. This will ensure that steps are taken in the right direction and identify if there are any areas to improve in.
- Enhance Skills on Recognizing and Reducing Incidents of Drug Use: Most of the time the families are unaware of the signs of drug abuse and therefore ignore them. The people need to be educated to identify these signs so that the people can be prevented from becoming addicts. Communities need to “skill-up” and not be so ignorant about drug use occurring before their very eyes.

Government regulations and prevention programs do not tackle the problem of addiction at the ground level. Action is required at the local level to help the affected people. Although there are many government

agencies and rehabilitation centers, the community should realize the impact they can have in helping the people in overcoming their addiction. Many communities often remain in denial or do not pay attention to these programs as they believe they do not affect them. Active measures need to be made to combat drug addiction by the community to ensure it does not reach a level where it is more difficult to control. The awareness programs at various community centers such as a church, community centers and municipal centers help in raising awareness among people about the addiction problems in the society.

The various programs also help people to access the treatment easily. Often the drug addicts face certain issues which lead them to resort to drugs. Therefore, in this light community programs should not only resolve drug addiction but also resolve such problems in the society. It is often seen that the communal reinforcement helps the drug addicts to a great extent by providing them with the support and will power, which they need the most.

Government regulations and prevention programs do not tackle the problem of addiction at the ground level. Action is required at the local level to help the affected people. Although there are many government agencies and rehabilitation centers, the community should realize the impact they can have in helping the people in overcoming their addiction. Many communities often remain in denial or do not pay attention to these programs as they believe they do not affect them. Active measures need to be made to combat drug addiction by the community to ensure it does not reach a level where it is more difficult to control. The awareness programs at various community centers such as a church, community centers and municipal centers help in raising awareness among people about the addiction problems in the society.

The various programs also help people to access the treatment easily. Often the drug addicts face certain issues which lead them to resort to drugs. Therefore, in this light community programs should not only resolve

drug addiction but also resolve such problems in the society. It is often seen that the communal reinforcement helps the drug addicts to a great extent by providing them with the support and will power, which they need the most.

#### **Future suggestions and Conclusion**

Preventing drug addiction in India requires a multi-pronged approach involving government initiatives, community involvement, education, awareness campaigns, and supportive policies. Here are some suggestions for preventing drug addiction:

#### *Education and Awareness*

Implement comprehensive drug education programs in schools and colleges to educate students about the risks and consequences of drug abuse.

#### *Accessible Treatment Services*

Increase the availability of affordable and accessible addiction treatment centers and rehabilitation facilities. Promote a range of treatment options, including medical, psychological, and social interventions, tailored to individual needs.

#### *Mental Health Support*

Strengthen mental health services to address underlying psychological issues that may contribute to substance abuse. Integrate mental health education and support within schools and workplaces.

#### *Strict Regulation and Law Enforcement*

Enforce stricter regulations on the sale of over-the-counter medications and prescription drugs that can be abused. Strengthen law enforcement efforts to combat drug trafficking and illegal drug markets.

#### *Promote Positive Activities*

Encourage the development of hobbies, sports, and creative outlets to engage individuals in fulfilling and healthy activities. Provide opportunities for skill development and vocational training to empower

individuals and reduce vulnerability to drug abuse.

#### *Peer Support Programs*

Develop peer-led support groups and mentoring programs where individuals in recovery can connect with and support each other.

Promote awareness campaigns through media, social media, and community events to educate the public about the dangers of drug addiction and the available resources for help.

#### *Family and Community Support*

Strengthen family bonds and communication to provide a supportive environment for individuals, particularly adolescents.

Encourage community organizations, religious groups, and NGOs to organize activities that promote healthy lifestyle choices and provide a sense of belonging.

#### *Early Intervention*

Train teachers, parents, and healthcare professionals to recognize early signs of substance abuse and provide appropriate interventions.

Establish helplines and counselling services to provide immediate support to individuals and families in need.

#### *Employment Opportunities*

Enhance job training and placement programs to provide stable employment opportunities, particularly for vulnerable populations.

#### *Promote Responsible Media Representation*

Encourage media outlets to portray substance abuse and its consequences accurately and responsibly to deter glamorization.

#### *Collaboration and Partnerships*

Foster collaboration between government agencies, NGOs, healthcare providers, educational institutions, and the private sector to pool resources and expertise.

Remember that preventing drug addiction requires a sustained effort and a long-term commitment from all levels of society. By combining education, support, policy changes, and community involvement, it is possible to

create an environment that discourages drug abuse and promotes healthier choices.

#### **Conclusion**

In conclusion, drug addiction in India is a multifaceted issue that poses significant challenges to the health, social fabric, and economic development of the country. The rampant spread of drug abuse, including both illicit substances and prescription medications, has led to devastating consequences for individuals, families, and communities. The situation is exacerbated by various factors such as poverty, lack of education, unemployment, and limited access to healthcare. Efforts to prevent and address drug addiction in India require a comprehensive and multi-pronged approach. Education and awareness campaigns should be prioritized to inform people about the dangers of drug abuse, its impact on physical and mental health, and its potential to ruin lives. School curricula should incorporate substance abuse prevention programs to educate the younger generation about making informed and healthy choices.

Equally important is the need to strengthen law enforcement to curb the availability of illicit drugs and crack down on drug trafficking networks. Simultaneously, improving access to addiction treatment and rehabilitation services is essential. This involves expanding the availability of treatment centers, counselling services, and support groups to assist individuals in their journey towards recovery. Furthermore, addressing the socioeconomic factors that contribute to drug addiction is crucial. Government initiatives should focus on creating employment opportunities, reducing poverty, and enhancing access to quality education. By addressing these underlying issues, the root causes of drug abuse can be mitigated, making it less appealing to vulnerable populations. Collaboration between government agencies, non-governmental organizations, healthcare professionals, educational institutions. preventing drug addiction in India requires a holistic approach that encompasses education, enforcement, treatment, and socioeconomic development.

4200

By working together to raise awareness, provide support, and address underlying issues, it is possible to alleviate the burden of drug addiction and create a healthier and more prosperous society for all.

## References

- Chopra, R. N. (1935). Drug Addiction in India and its treatment. *The Indian Medical Gazette*, 70(3), 121.
- Chopra, R. N., & Chopra, G. S. (1939). The Present Position of Hemp-Drug Addiction in India. *The Present Position of Hemp-Drug Addiction in India*.
- Singh, J., & Gupta, P. K. (2017). Drug addiction: current trends and management. *Int J Indian Psychol*, 5(1), 2348-5396.
- Mattoo, S. K., Singh, S. M., & Sarkar, S. (2015). De-addiction services in India. *Developments in Psychiatry in India: Clinical, Research and Policy Perspectives*, 405-416.
- Singha, R., & Kanna S, Y. (2022). Women's empowerment, mindfulness, and role of women in eradicating alcohol and drug addiction from Indian society. *Journal of International Women's Studies*, 24(7), 7.
- Gijwani, D., Singh, S., Mathur, A., Aggarwal, V. P., Sharma, A., Goyal, N., & Setia, S. (2018). Effect of Opioids on Oral Health Status among Institutionalised Drug Addicts in a District of Rajasthan, India. *Journal of Clinical & Diagnostic Research*, 12(4).
- Kumar, D., Chakraborty, J., & Das, S. (2012). Epistatic effects between variants of kappa-opioid receptor gene and A118G of mu-opioid receptor gene increase susceptibility to addiction in Indian population. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 36(2), 225-230.
- Bisht, A., & Godiyal, S. (2016). Study addiction among higher secondary girls students. *International Journal of Advanced Multidisciplinary Research*, 3, 1-5.
- Dua, J. (2022). The Problem of Drug addiction in India: Its Consequences and Effective measures. *Journal of Drug Delivery and Therapeutics*, 12(1-5), 159-163.
- Carey, K. B., Carey, M. P., & Chandra, P. S. (2003). Psychometric evaluation of the alcohol use disorders identification test and short drug abuse screening test with psychiatric patients in India. *Journal of Clinical Psychiatry*, 64(7), 767-774.
- Ghuman, R. S., Singh, J., & Kaur, G. (2023). *Dynamics of Drug Addiction and Abuse in India*. Taylor & Francis.
- Nayak, J. K. (2018). Relationship among smartphone usage, addiction, academic performance and the moderating role of gender: A study of higher education students in India. *Computers & Education*, 123, 164-173.
- Preeti, S., & Raut, D. K. (2012). Prevalence and pattern of tobacco consumption in India. *Int Res J Soc Sci*, 1(4), 36-43.
- Porte, S. M., & Malviya, A. (1970). Drug Addiction and Its Ayurvedic Method of De-Addiction. *Journal of Research and Education in Indian Medicine*.
- Dhillon, A., Singh, A., Vohra, H., Ellis, C., Varghese, B., & Gill, S. S. (2022). IoT-Pulse: machine learning-based enterprise health information system to predict alcohol addiction in Punjab (India) using IoT and fog computing. *Enterprise Information Systems*, 16(7), 1820583.
- Sharma, R., Martins, N., Tripathi, A., Caponnetto, P., Garg, N., Nepovimova, E., ... & Prajapati, P. K. (2020). Influence of family environment and tobacco addiction: A short report from a Post-Graduate Teaching Hospital, India. *International journal of environmental research and public health*, 17(8), 2868.
- Tripathi, R., Singh, S., & Bhad, R. (2020). The need, scope, challenges, and potential solutions for enhancing addiction psychiatry training in India. *Indian journal of psychiatry*, 62(6), 728.
- Prajapati, B. B., Dedun, M. R., Jalfava, H. S., & Shukla, A. A. (2019). A study of socio-demographic profile and pattern of drug use among substance abusers attending mind care de-addiction center in Ahmedabad. *Int J Community Med Public Health*, 6(1), 286-89.
- Bhat, B. A., Dar, S. A., & Hussain, A. (2019). Sociodemographic profile, pattern of opioid use, and clinical profile in patients with opioid use disorders attending the de-addiction center of a tertiary care hospital in North India. *Indian Journal of Social Psychiatry*, 35(3), 173-178.

- Arora, P. C., Ragi, K. G. S., Arora, A., & Gupta, A. (2019). Oral health behavior and treatment needs among drug addicts and controls in Amritsar district: A case-controlled study. *Journal of neurosciences in rural practice, 10*(02), 201-206.
- Dogra, S. K., & Bagga, R. (2019). Drug Addiction vis-a-vis Defense of Insanity in India: A Comparative Study. *Research Journal of Humanities and Social Sciences, 10*(2), 559-567.
- Bhad, R., Gupta, R., & Balhara, Y. P. S. (2020). A study of pathways to care among opioid dependent individuals seeking treatment at a community de-addiction clinic in India. *Journal of Ethnicity in Substance Abuse, 19*(3), 490-502.
- Dube, N., Ramya, A., & Nanduri, V. S. (2022). Successful application of Yoga Prana Vidya therapy and energy healing techniques in de-addiction: An analysis of case series. *Int J Intg Med Sci, 9*(2), 1016-22.
- Dubey, M. J., Ghosh, R., Chatterjee, S., Biswas, P., Chatterjee, S., & Dubey, S. (2020). COVID-19 and addiction. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews, 14*(5), 817-823.
- Sharma, B., Kumar, P., & Sharma, P. (2021). Smartphone is it "behaviour addiction or substance abuse disorder": a review to find chemistry behind. *International Journal of Pharmaceutical Sciences and Research, 12*(1), 1000-1008.
- Walia, A. (2020). Drug addiction: An alarming situation in Punjab. *IAHRW International Journal of Social Sciences Review, 8*(7-9), 343-344.
- Patel, R. (2021). Drug Addiction and Its Impact on Indian Society and the Laws Related to Drug Usage. *Issue 4 Int'l JL Mgmt. & Human., 4*, 950.
- Navarro, P. A., Paranhos, T., Lovo, E., De Oliveira-Souza, R., Gorgulho, A. A., De Salles, A., & López, W. O. C. (2022). Safety and feasibility of nucleus accumbens surgery for drug addiction: a systematic review. *Neuromodulation: Technology at the Neural Interface, 25*(2), 171-184.
- Srivastava, M., Mehndi, A., & Patel, A. (2015). Factors related to female substance abuse: A hospital-based study from a tertiary care de-addiction center in India. *Telangana Journal of Psychiatry, 40*, 96-4.
- Sushil, K. (2023). The Epidemic of Drug Addiction in Punjab (India): The Narratives of Mortal Pleasure in Punjabi Literature. *Journal of Drugs Addiction & Therapeutics. SRC/JDAT-122. DOI: doi. org/10.47363/JDAT/2023 (4), 127, 2-4.*
- Sarkar, S., Addagadda, S. S., Bhatia, G., & Chadda, R. K. (2021). Adverse drug reactions with naltrexone: Experience from an addiction treatment center. *Indian Journal of Psychiatry, 63*(2), 206-207.
- Monisha, P., Sweatha, S., & Devi, S. S. (2022, May). Fuzzy drug addiction and abuse growth model. In *AIP Conference Proceedings* (Vol. 2463, No. 1). AIP Publishing.
- Ganesh, A., Sahu, P., Nair, S., & Chand, P. (2020). A smartphone based e-Consult in addiction medicine: An initiative in COVID lockdown. *Asian journal of psychiatry, 51*, 102120.
- Ghosh, S., Misra, J., Ghosh, S., & Podder, S. (2020, December). Utilizing social media for identifying drug addiction and recovery intervention. In *2020 IEEE International Conference on Big Data (Big Data)* (pp. 3413-3422). IEEE.
- Soto, C., West, A. E., Ramos, G. G., & Unger, J. B. (2022). Substance and behavioral addictions among American Indian and Alaska native populations. *International Journal of Environmental Research and Public Health, 19*(5), 2974.
- Mohan, A., & Ambekar, A. (2020). Telepsychiatry and addiction treatment. *Indian Journal of Psychological Medicine, 42*(5\_suppl), 52S-56S.
- Ranjan, M., Ranjan, N., Deogaonkar, M., & Rezai, A. (2020). Deep brain stimulation for refractory depression, obsessive-compulsive disorder and addiction. *Neurology India, 68*(8), 282.