

Substance abuse among youth: Unraveling the threads, fostering resilience

Fidelis Uwumiro*

Department of Psychology, Hung Kuang University, Taiwan

ABSTRACT:

Substance abuse among youth is a pervasive and complex public health issue that demands comprehensive understanding and effective intervention strategies. This abstract provides a succinct overview of the prevalence, risk factors, and consequences associated with substance abuse among young individuals. It also highlights the importance of a multidimensional approach involving education, prevention, and support systems to address this growing concern. By examining the multifaceted nature of substance abuse in youth, this abstract aims to contribute to the ongoing dialogue surrounding effective prevention and intervention programs to mitigate the adverse effects on the well-being of the younger generation.

KEYWORDS: Substance use disorder, Rehabilitation, Psychological factors.

INTRODUCTION

The issue of substance abuse among youth has emerged as a critical challenge in contemporary society, transcending geographical and cultural boundaries. The vulnerability of adolescents to experimentation with various substances poses a serious threat to their physical, mental, and social development (Boles SM, 2003). This introduction provides an insight into the complex interplay of factors contributing to the initiation and perpetuation of substance abuse among young individuals (Gorsuch RL, 1995).

By delving into the socio-economic, environmental, and psychological determinants, we aim to establish a foundation for understanding the intricate dynamics that drive youth towards substance use (Greenfield SF, 2010). Furthermore, this introduction underscores the urgency of adopting a holistic approach that encompasses prevention, education, and support systems to address the root causes and consequences of substance abuse in the formative years of life (Hawkins JD, 1995). As we navigate this terrain, it becomes evident that a nuanced understanding of the issue is essential for formulating effective strategies aimed at safeguarding the well-being of our youth and fostering a healthier future (Lowinson JH, 2005).

Epidemiological data demonstrates a concerning rise in the prevalence of substance abuse among youth globally

(McLellan AT, 1982). Experimentation with substances such as alcohol, tobacco, marijuana, and illicit drugs often begins during adolescence, with potential long-term consequences (Pentz MA, 1983). The emergence of new psychoactive substances and the evolving landscape of substance availability further complicate the efforts to curb this escalating public health issue. Understanding the current trends in substance abuse is crucial for developing targeted interventions that resonate with the experiences of today's youth (Rowe CL, 2003).

The repercussions of substance abuse among youth extend beyond individual health, permeating into social, academic, and familial domains. Educational attainment, mental health outcomes, and overall well-being are jeopardized, creating a ripple effect that reverberates through communities (Stein MD, 1999). Examining the multifaceted impacts of substance abuse provides insight into the urgency of implementing preventive measures and support systems to mitigate the long-term consequences faced by individuals and society at large (Walters ST, 2011).

CONCLUSION

Substance abuse among youth is a complex and evolving challenge that requires concerted efforts from various sectors. Recognizing the intricate interplay of factors contributing to this issue is fundamental for the development of effective preventive and intervention strategies. By fostering a comprehensive understanding of the prevalence, trends, consequences, and potential interventions, stakeholders can work collaboratively to create a supportive environment that empowers youth to navigate the challenges of adolescence without resorting to substance abuse. The implications of addressing this issue extend far beyond individual well-

Received: 24-Oct-2023, Manuscript No: ijemhhr-23-122324;

Editor assigned: 28-Oct-2023, Pre QC No. ijemhhr-23-122324 (PQ);

Reviewed: 10-Nov-2023, QC No. ijemhhr-23-122324;

Revised: 15-Nov-2023, Manuscript No. ijemhhr-23-122324 (R);

Published: 22-Nov-2023, DOI: 10.4172/1522-4821.1000608

*Correspondence regarding this article should be directed to: frankdumel@gmail.com

being, influencing the trajectory of societies and shaping the future of public health.

REFERENCES

- Boles, SM., Miotto, K (2003). Substance abuse and violence: A review of the literature. *Aggress Violent Behav.* 1;8(2):155-74.
- Gorsuch, RL (1995). Religious aspects of substance abuse and recovery. *J Soc Issues.* 51(2):65-83.
- Greenfield, SF., Back, SE., Lawson, K., Brady, KT (2010). Substance abuse in women. *Psych Clin.* 1;33(2):339-55.
- Hawkins, JD., Arthur, MW., Catalano, RF (1995). Preventing substance abuse. *Crim & Just.*1;19:343-427.
- Lowinson, JH (2005). Substance abuse: A comprehensive textbook.
- McLellan, AT., Luborsky, L., O'Brien, CP (1982). Is treatment for substance abuse effective. *12;247(10):1423-8.*
- Pentz, MA (1983). Substance Abuse Through Social. *Prev Adoles Drug Abuse: Interv Strat.* 47:195.
- Rowe, CL., Liddle, HA (2003). Substance abuse. *J Marit & Fam Ther.* 29(1):97-120.
- Stein, MD (1999). Medical consequences of substance abuse. *Psychiat Clin North Am.* 1;22(2):351-70.
- Walters, ST., Rotgers, F (2011). Treating substance abuse: Theory and technique. *1;3(3):10.*