

Drug Addiction and Adolescents

Bushra Mushtaq*

SKIMS Nursing College, Srinagar, India

*Corresponding author: Bushra Mushtaq, SKIMS Nursing College, Srinagar, India, Tel: 7006908561; E-mail: bushra.mushtaq77@gmail.com

Received date: May 26, 2017; Accepted date: July 27, 2017; Published date: August 4, 2017

Copyright: © 2017 Mushtaq B. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited

Introduction

Drug is a substance which when taken affects the functioning of the body, it can be either natural or synthetic.

Drug Addiction is the continuous or repeated use of drug which makes a person physiologically and psychologically dependent on the drug.

Firstly a person uses a drug incidentally or accidentally, i.e., taking of substance un-intentionally, this is called as Use. Once a person increases the frequency of using drug and their by producing certain negative consequences in a person this is called Misuse. When there is further increase in the frequency of a drug and which results in the deteriorating health conditions (Vomiting, body upset, Fatigue), a person takes a drug illegally and not permitted to take it we call it as Abuse. And when physiological function of body and psychological wellbeing are affected it is called as Dependence. And a person becomes completely under the control of the drug which he then cannot stay away from taking the drug then a person is said to become a Drug Addict [1].

Drug Addiction in Adolescents

Adolescent age group can be divided into early adolescence and late adolescence, which is a period in life cycle where the person is at risk for developing negative attitudes that in turn can affect the life in the long run. This period is vulnerable because of exposure to a wide range of risk factors which can be the precipitating factors in the development of negative habits or attitudes in life [2].

In this period a person wants to explore his life ,try new and different things by which either consciously or un-consciously gets indulged in the negative things like drug addiction .Adolescent age itself being risky ,there are several other factors responsible for the drug addiction and these factors are directly or in-directly linked to adolescent period.

- Peer Pressure is one of the important factors responsible for drug addiction. Adolescent age is where a person spends most of the time with friends when outside home or inside home through social networking. Adolescents give a special position to friends in their life and perceive them as a part of family and life. Many of times they have an influential role by passing a person's family members (parents, siblings, relatives). Having any breach in the peer side (drug addiction in friend circle or a friend tells person to try drugs) can make a person drug addict. A person thinks that his friend can never think wrong of him or a person wants to be equal to his friend or to make his friend happy.
- Internet being the major and easy source of information nowadays and adolescents has any easy access to internet makes a person to search on any drug and get information either positive or negative. Adolescent nature being impulsive mark the positive benefits as

beneficial although negative impact being drastic, a person for getting positive benefits gets involved in drug addiction.

- Mass Media (televisions, newspapers, magazines, radios): Adolescents are more exposed to mass media, this media can have a positive and negative impact on one's life, giving the helpful and positive messages of abstinence from drug, a person may take the message wrongly and gets involved in drug addiction.
- Curiosity: Seeing different people indulging towards addiction of drugs and drastic outcomes of it makes adolescents to think whether they will get affect in the same manner ,having over confidence on themselves and predicting that they won't get affected makes them to use the drug and in long run they become addicted to that drug.
- Parental negligence: Parent role is the important aspect when it comes to adolescent period. The critical role of the parents and their approach towards their children can have an impact on a person's life. Giving privacy more than requirement, giving excessive decision taking freedom, less interaction with children, meeting each and every need of him which sometimes is not necessary are some of the factors which can make the adolescent to indulge in drug addiction.
- Adolescents have the nature to make an ideal personality in life and performing the same activities which they perform let taking drugs (which can be either real or fiction) so that they can be look alike to their ideal person. Therefore choosing this ideal person is a challenge, this ideal person can be a superstar, musician, rapper, etc. and they can have negative impact in their life which results in drug addiction.
- Baseless justification made by adolescents: is like to make fake justification about any aspect in life which in reality may not act a reason for addiction but a person gives a reasons for justifying that point, those reasons which he makes may become basis for drug addiction. These may be learned by others like:
 - Attention gaining
 - Becoming ideal for other another person
 - Being different from others
 - Increasing self-esteem
- Other factors These may be the factors responsible for drug addiction in some adolescents due to lack of judgment and a person can make these as responsible for drug addiction they include:
 - Death of parent (single or both), death of friend or relative
 - Failure in exams
 - Love breakups
 - Disturbed family relations
 - Marriage issues

Conclusion

Adolescent themselves and associated factors in life can become the cause of the drug addiction among them .All the factors if made the point of focus and worked on can reduce the chances of drug addiction among the adolescents. Coming to Health Care System aspect, particularly Mental Health personnel, it is the responsibility of entire Mental health care team to work in collaboration be that a Psychiatric nurses, Psychiatrists, Clinical psychologists, Counselors or any general medical PR actioners can help to cut the roots of drug addiction [3].

References

1. Mary C (2014) Townsend psychiatric mental health nursing. Concepts of Care in Evidence Based Practice, 8th edition.
2. Ahuja N. A short text book of psychiatry, 7th edition.
3. Sreevani R. A guide to Mental health and psychiatry nursing. 3rd edition.