

## Effect of Drugs in Students of Pakistan

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### Abstract

The article provides the abuses of drugs and the issue of spreading drugs. The research took about six months to complete, the collection of data was held from March 2019 till August 2021. The study provides the spreading issue of drugs, reasons of spreading drugs, and which age factor include with different health factors. This survey gives and mention the ratio of drug addicted public in different region of Pakistan. Students belong to different family background, having different personal problems which cause them to become drug addicted are described in this article. In this article, there is a discussion of soft and hard drugs, their availability, harmfulness and causes.

**Key Words:** Drug, spread, family, reason, abuse, students

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Date of Submission: 08-05-2022

Date of Acceptance: 23-05-2022

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### I. Introduction

Drugs are those materials which create harmful effects on the body of a person. Nowadays, adults are involved in drug addition specially, drug usage is become common in secondary school students. There are many reasons which increase drug usage in students, one of them is easy availability of drug and other is drug can available on low prices. The large production of drugs are also a reason to damage adult's health. Drugs can cause high level of harmful effect and if it is not treat properly then it can cause death because it woks like a slow poison in the body of human beings. Drug is not only a problem of Pakistan, it is a global issue which destroy humans' health badly.

Trigger addition of drugs can become the habit of adults for a lifetime, and it can create effects on their behavior too. If a person starts smoking on daily basis, it become addicted of that drug and nicotine shows its adverse effects in a week or in few days of usage. Young age smoking associates the smoking to a higher level and addicted person becomes dependent on this habit, it may lead high chances of mortality while there is a low chance to quit this habit.

A person goes from soft to hard drugs when feels low satisfaction in soft drugs. Or we can say that if a person faces hardships, problems, difficulties or tensions in a greater amount then it leads him to take hard drugs like alcohol. Alcoholism is the worst for body metabolism, alcoholic persons organs become damage when it is addicted by the person on daily basis. Consumption of alcohol reported about 60 to 70% among adult of united states of America during the year 2016 and 2017. A survey showed that approximately 2 billion youngsters involved in usage of alcohol. It has been reported that about 8 billions person died from cardiovascular diseases.

### Knowledge Gap:

There are many studies in which adverse effects of drugs are mentioned but in this study, we are going to present harmful effects along with proper reasons to go towards the drugs. Timely care, attention and treatment are also the part of this study which is not available in many article.

**Research Objectives:**

- Main purpose of this study is to explain the characteristic which are the reason of addiction in students related to demography
- This article is use to discuss the percentage of soft drugs and hard drugs in the people belongs to different age and level of education
- This article plays a vital role in the identification of drugs though different resources
- This article explore the problems of person's psychology which move them towards drug addiction
- The aim of this article is to explain the drugs abuse tendency in the term of socioeconomic way
- This article aim to give the adverse effects of drugs on students education

**II. Literature Review**

Drug adversity is the main problem and global problem. Substance of drugs like nicotine, alcohol, cocaine, caffeine etc. can cause different problems. In our society poverty, unemployment, violations and crimes are the reasons of using drugs because many persons face these problems. New generation is also involving in drug usage badly. Low patience, consciousness, losing temperament, bad behavior, aggression, anger etc. ratios become increase day by day in people specially in young generation. Young generation has dreams to get moon on hand. This generation also want to get fame, and become rich in a short time. In case of any mishandling or strictness with these types of children, drugs become the after effects.

People think that drugs are the best friend in case of any problem and by using drugs a person can shuffle the hurdles, difficulties, hardness and mishaps of life. It is a totally wrong concept because drugs are the reason to destroy health, wealth even a complete human very badly. Drugs are not friends of anyone, although drugs can go ahead a person for a time but it does not mean that it is a solution of problems. Drugs are of many types. Some people take soft drugs while some take hard drugs. The amount of drugs also show variations that some can only take drugs for fun on the hand, many people take drugs to remove tensions. Whatever the reason behind using drugs, but it acts as a poison for all.

Some common soft drugs are paan, chhaaliya, coffee, gutka, and cigarette on Pakistan. Paan contains tobacco ingredients which is harmful for human body. Paan and gutka both spread widely throughout the different countries of world. Young and adults use these drugs very frequently because they did not aware from the disadvantages of their ingredients. Paan and gutka are carcinogenic products and acts as a slow poison for human body.

One of the most common drug is cigarette which has a lot of adverse effects. Cigarette has two types, one is conventional cigarette and the other is electronic cigarette. People think that in order to avoid the habit of conventional cigarette, it is better to use electronic cigarette. But this concept is totally wrong as electronic cigarettes are more hazardous than conventional cigarettes and the concept of using electronic cigarettes for quitting purpose of conventional cigarettes is just because of marketing of ECs. Electronic cigarette delivers nicotine and develops chronic condition because it is the source of e-liquid and aerosol. Electronic cigarette does not contain only nicotine as a harmful substance but it has traces of different carcinogenic metals like nickel, cadmium, lead, aluminum, chromium and tin. Cigarette causes throat infections, mouth problems, neurological disorders and also creates bad impact on respiratory system.

Nuswar is the common in different countries but mostly it is famous in Pakistan. It is called smokeless tobacco (SLT) and causes oral cancer. Nuswar has cheap price than other drugs even it can be purchase on lower than the rate of cigarette. Nuswar is highly carcinogenic due to its unhealthy components. It can be available easily in Pakistan and Afghanistan. It is cancer causing and very common in adults and young generation.

In the list of hard drugs, alcohol, hashish, cocaine, heroin, medicine, crystal, and injection are included. Alcohol damages lungs and responsible for cardiovascular diseases. In pandemic, many people are suffering from different problems as a result use of drugs become high. Chronic alcohol use results in neuroadaptations in stress and reward pathways, which lead to dysfunctional hypothalamic pituitary adrenocortical and sympathetic adrenomedullary axes, characterized by dysregulation of the cortisol response and deficits in emotional regulation.

Many studies highlight the demographic factors and their association in drugs abuse which are also the part of discussion in this article. The ingredients of drugs create high level damage and sometimes it cause death. Cocaine, nicotine, heroine, barbiturates and amphetamines are highly frequent while benzodiazepines, hallucinogens, cannabis and other substances are having lower frequency. Alcohol and drug combination were noted in high frequency. Overdose or mishandling can cause hypersensitivity. Hypersensitivity is the reaction which occur due to taking high dose of drugs. Hypersensitivity may be the real mechanism of death in some cases rather than an acute intoxication effect due to excessive amounts of the drugs. Availability, cost, chemical contents of the drugs (e.g. adulterants), preexisting and

**Hypothesis**

**Hypothesis 1: Drugs are responsible for bad health**

**Hypothesis 2: Drugs creates harmful effects on education**

**Hypothesis 3: Drugs belongs to soft category effects slowly and becomes highly adverse after the passage of time**

**Hypothesis 4: Drugs related to hard category creates high adversity**

**Hypothesis 5: Social issue are the reason of drug addiction**

**Hypothesis 6: Personal problems are the reason of drug usage**

**Hypothesis 7: Proper attention, parental care and timely treatment can help in get rid of drugs**

**Table-1**

Descriptive Statistics (%) of age, education, gender, family structure & marital status of the entire sample

Demographic Variable	Categories	Frequencies <sup>2</sup>	P- (%)	Cumulative Percent
Age	11-19	774	21.8	21.8
	20-26	1174	34.3	55.3
	27-35	824	23.4	78.6
	36-41	387	10.2	89.5
	41>	374	10.2	100.2
	11-56	3533	99.9	100.0
Education	Uneducated	519	14.8	14.8
	Primary	714	20.3	34.8
	Middle	705	20.1	54.7
	Matric	953	27.1	81.9
	Intermediate	423	12.2	93.9
	Graduate	163	4.7	98.5
	Master's	58	1.8	100.0
Gender	0-16	3535	101.0	100.1
	Male	2438	69.2	69.2
	Female	1090	30.8	100.1
Family Structure	Total	3528	100	
	Joint	1889	53.4	53.4
	Nuclear	833	23.7	77.2
	Portion's	810	22.8	100.1
Marital Status	Total	3532	99.9	
	Single	1811	51.4	51.4
	Married	1516	42.8	94.3
	Divorce	58	1.8	95.9
	Separation	56	1.7	97.4
	Widow	97	2.8	100.1
Total	3538	100.5		

**Table 2**

Descriptive Statistics (%) of soft drugs in the entire sample

Soft Drugs	N	Total %
Charse	1223	34.7
Herion	1169	33.2
Afeune	962	27.3
Alcohol	1594	45.3
Cristal	1228	34.9
Cocaine	844	23.8
Injection	316	8.8
Medicines	165	4.7

**Table 3**  
Descriptive Statistics (%) of hard drugs in the entire sample

Cigarette	2896	82.2
Paan	2768	78.6
Guttka	2761	78.2
Chhalia	2509	71.2
Shesha	2073	58.8
Coffee/Nuswar	938	26.7

**Table 4**  
Descriptive Statistics (%) of sources of purchasing drugs in the entire sample

Source of Purchase drugs	Total	
	N	%
With friend	1395	39.8
By Shops	1818	51.9
Self-approaches	1745	49.6
Snatching	848	24.6
Stealing	1106	31.3
By conflicts	7.6	19.8
Others	165	4.8

**Table 5**  
Descriptive Statistics (%) of participants' source of the time spending & relationship between with the drugs of the entire

Times spending	P (%)	Cumulative Percent's
At the home/friend zone	72.9	72.9
Play activities	3.1	75.8
Jobs	14.8	89.8
Businesses/Shops	10.5	100.5
<b>Total</b>	101.3	

**Table 6**  
Descriptive Statistics (%) of reasons to start the drugs in the entire sampling

Reasons to the start drugs	P (%)	Cumulative Percent's
Not mentioned & never used the drugs	49.4	49.4
Due to the sadness	.4	49.6
Bad environments at home	2.8	52.5
With the companies of friends	18.7	70.8
As a fun	18.9	89.8
In the gathering	2.5	91.8
Relaxation of the mind	1.6	93.3
Own wish	2.4	95.6
Peer of pressure	.8	96.4
Satisfactions	.9	97.1
For taste	.8	97.9
In the mood of tension	2.4	100.8
<b>Total</b>	100.8	

### III. Methodology

#### Data Collection and Sampling

The samples for this article was collected by the help of different schools data and their students profiles. The samples also collected from different age group, having different marital status, belonged to different genders and having different kind of educational level. We also collected data of usage soft and hard drugs. In collection of sample, the age of people starts from 11 years and ends up to 56 years. In case of level of education, listed people started from uneducated to maters level. Male and females genders, joint family persons, people live in separate portion, single persons, married ones, divorced, widows and separated ones were included with their frequency and percentage in demographic chart. In case of soft drugs, pan, chaliya, nuswar, sheesha and gutka were listed with the usage number and percentage. Hard drugs were charse, afune, medicines, heroin, alcohol, injection, cocaine, and Cristal.

### IV. Data Analysis

Children ranged age group 11 till 19 had 774 frequency a d 21.8%. From twenty to twenty six percentage got high 34.3%. Persons in the range of 27 to 35 years, had 824 numbers and 23.4 percentage. Adults who belonged to age 36 to 41 had 387 frequency and 10.2 percentage. The lowest number in all age group who addicted to drugs was 374, while percentage was 10.2 of people aged above 41. Overall, frequencies from 11 to 56 were 3533 and percentages were 99.9 in all. According to educational level, uneducated persons had 519 member while 14.8%. Primary pass had 714 frequency and 20.3 percentage. Middle passed had 705 frequency and 20.1%. Matriculated students had the highest percentage of and frequency in all level of education. They were 953 in number while had 27.1 %. Students had passed intermediate level of education had 423 frequency and 12.2%. Graduated persons had 163 number and 4.7 percentage. Highly qualified persons proved their qualification in the basis if lowest number of drugh addiction as compare to all level of education. Maters level persons 58 number and had only 1.8 percentage. Overall percentages of all level of education were 101% while they were 3535 in numbers.

Table 1, data of gender showed that male had almost 70% additions while female had 30.8%. Male had 2438 in frequency chart and female had 1090 number. Total number of both genders showed 100% and they were 3528 in number. On the basis of family structure, the persons lived in joint family system were highly drug addicted and had 53.4% while they were 1889 in numbers. Neutral or those couples who lived separated form their families had 833 frequency and 23.7%. Portion living persons had 810 number and percentage was 22.8%. Overall percentages were 99.9%/and number were 3532. In order to collect the data from married persons, number were 1516 and percentage was 42/8%. Single persons had 1811 number and 51.4%. Divorced had 58 in number and 1.8 %. Separated persons had 56 number and 1.7 %. Widows were at 97 in frequency and 2/8 in percentage. Overall data of marital status showed 100.5% and 3538 frequency.

Age group having age limit 11 to 56 started from 21% and went to almost 100% addiction. While uneducated persons had 14.8 percent and educated had cumulative percentage till 100%.in gender there is a

great frequency of drug usage in female as compare with male. According to the marital status widows were more addicted and single persons had 51.4 cumulative percentage. Table 2 shows that paan ,gutka, chalia, sheesha and coffee are the main drugs and chaaliya used frequently. Drug adicted persons spent most of the time with friends and is about 73%. Table 6 shows that many persons use drugs due to sadness, personal problems, peer pressure, satisfaction and for changing the mood. Some people use drugs for the taste and highest range of people did not have any particular reason to use drugs.

### V. Conclusion :

The above study reveals that use of drugs spread widely all over the world. Students are the main users of drugs, especially male students. Boys have different type of gatherings like friends sitting, extra curricular activities, jobs and others, that's why there is a great chance of adoptions bad habits from surroundings. On the other hand, male persons take lots of stress due to their higher responsibilities than females. Usually, male did not share their views, tensions, aggression, angriness, sadness, disappointment to others. That's the reason to indulge in drug addictions to released their worries in smoke. Proper awareness of harmful effects of drugs can lead to get rid of this habit. Teachers and family members should give attentions, care, love and try to make friendly atmosphere to evaluate the problems of children. It is necessary to provide knowledge through religious evidences, side effects of drugs and counselling which can be useful and create positive impact than other ways to reduce drug addictions.

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