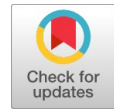


Drug Abuse Among Youth: Profile of Substance Abusers From Lifeline Rehab Drug Deaddiction Centre Kathua District, Jammu



S. Esther

Abstract: The union territory of Jammu and Kashmir, problem relating to heroin addiction among young generation is increasing day by day. Drug trafficking and illicit cultivation of opium within the union territory are affecting youth. The geographical location of Jammu and Kashmir (UT) is highly vulnerable as illegal routing drugs (heroin) from Pakistan to Jammu and Kashmir. **Methods:** This study examined socio-demographic profile of substance abusers (85 patients registered during Jan2019 to September 2020) who attended treatment at Lifeline Rehab drug de-addiction centre Kathua district, Jammu. **Objective:** 1. To studies the socio demographic profile variables of the substances abusers 2. To identify the most commonly consumed substances among youth. **Results:** The results indicate that majority of patients were ages group between 25-30 years (40.4%) and between 17-24 years (30.5%). Most of the patient's qualifications were higher secondary (44.3%) and matriculation (22.3%). A very high number of patients first use of substances at the ages of 16-20 years (56.4%) and ages between 12-15 years (22.3%). Heroin is the most common substance abuse by Kathua youth (63.5%). After heroin alcohol is the next commonly abuse substance (22.3%).

Key words: Youth, Drug Abuse, De-Addiction, Kathua

I. INTRODUCTION

Psychoactive substance such as cannabis, opium, tobacco and alcohol has been used for centuries in India. Psychoactive substance can cause addiction when taken repeatedly. Cannabis drugs are made from the Indian hemp plant. It is used in connection with religious and social customs, the use of bhang in religious festivals such as Trinath Puja, Shivaratri and in Puri (Orissa) bhang is used by the worshippers of Jagannath (R.N Chopra et.al 1940)¹ [1]. Opium belongs to the narcotic analgesics of non-synthetic narcotic drugs. Opium was used primarily for medical purpose then later on it was wide spread to use as recreational during the Mughal period (Emperor Akbar).

During the Mughal period, the Emperor occasionally indulged opium, it was stated that the Rajputs used opium in social functions such as marriage, business deals, and during critical situation such as battles and wrestling (Dr. KK Ganguly 1980)² [2]. Heroin belongs to the category of narcotic analgesics and is a semi-synthetic derivation of the drug morphine. Morphine is extracted from opium and also brown sugar is an adulterated form of the drug heroin. Alcohol and tobacco are commonly consumed intoxicating psychoactive substance in our society. Legal aspects of alcohol and tobacco involve widespread among all sections in the society. Nowadays, varieties of drugs are available in our society.

The young generation starts experimenting psychoactive substance voluntarily in order to get pleasure or young people may do drugs because they want to be accepted by peers who are doing drugs. Study on Tobacco Control in India by the Ministry of Health and Family Welfare; report shows that 4 million people under the age of 15 years started to use tobacco regularly (MHFW 2004)³ [3]. Tobacco is often the first drugs used by youth. According to population council and UNICEF survey in 2013 indicates that 250 million tobacco users at the aged of 10 years and above in India (Population council, UNICEF 2013)⁴ [4]. The youth in different social roles, communities or culture define drug abuse differently; tobacco and alcohol, non-prescription medicines as well as opiates, cannabis, hallucinogens and inhalants were used and abused by many younger generations in India.

The researcher observed the situation of drugs use especially heroin addiction among youth in Kathua district is increasing. There has been an increase number of case related to drug addiction in Kathua District. Interaction with the drug abusers from drug de-addiction centre, younger generation is becoming victim of drug addiction due to easy availability of drugs in the neighboring state like Himachal Pradesh and Punjab. Drugs use among youth is a growing concern in Kathua District. Youth use of heroin street name chetta is common for young people in Kathua district. Youths of Kathua district show signs of progressing to drug abuse and

Manuscript received on 17 September 2022 | Revised Manuscript received on 08 October 2022 | Manuscript Accepted on 15 December 2022 | Manuscript published on 30 December 2022.

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¹ R.N Chopra, Bravet Colonel and G.S Chopra "The Present Position of Hemp-Drug addiction in India", the Britist Journal of Inebriety, 1940, Vol-38 (2) 71-74, DoI-10 IIII/j, 1360-0443.1940.tb05405

² Dr. KK Ganguly "Pattern and Process of Drug and Alcohol Use in India" ICMR bullentine; vol-38, No:1-3, Jan-March 2008

³ Ministry of health and Family welfare 2004 "Report on Tobacco Control in India" New Delhi

⁴ Population Council, UNICEF (November 2013). Adolescents in India: A desk review of existing evidence and behaviors, *Programmes and policies*, New Delhi.

Drug Abuse Among Youth: Profile of Substance Abusers From Lifeline Rehab Drug Deaddiction Centre Kathua District, Jammu

dependence. The actual status of drug abusers youths in Kathua district is not clear, as there is no comprehensive survey has been carried out. The researcher got information from the youth drug abusers in Lifeline Rehab drug de-addiction center located at district Kathua. Drug peddlers are usually addicts they target their friends for trying out for drugs, later on they become addicted to drug (heroin). Heroin addicts when they don't have money to purchase drugs to calm down their craving for drug. They searched for pharmaceutical drugs (Prescription drugs) due to shortage of money to buy heroin. Living close of the Punjab state the drug peddler move easily in the neighboring states and get drugs from the drug peddler. The prescription drugs and psychotropic drugs are brought from the neighboring states like Punjab and Himachal Pradesh and then sold in black markets in the town. Drugs often make addicts its slave by trapping the upcoming generation especially teenagers.

II. MATERIALS AND METHODS

The study was carried out in a Lifeline Rehab drug de-addiction centre Kathua, Jammu. Lifeline Rehab is a residential multidisciplinary conducted by a professional team of counselors, support staffs, doctors, psychologists, social workers and nurses. The duration of the treatment program is three months. Treatment is provided in the form of medications, psychotherapy, counseling, Yoga and other

interventions or other services. This study examined socio-demographic profile of substance abusers attending treatment in Lifeline Rehab from January 2019 to September 2020, their detailed information regarding demographic characteristic (age, education, age of first use substance, type of substance) included in the study.

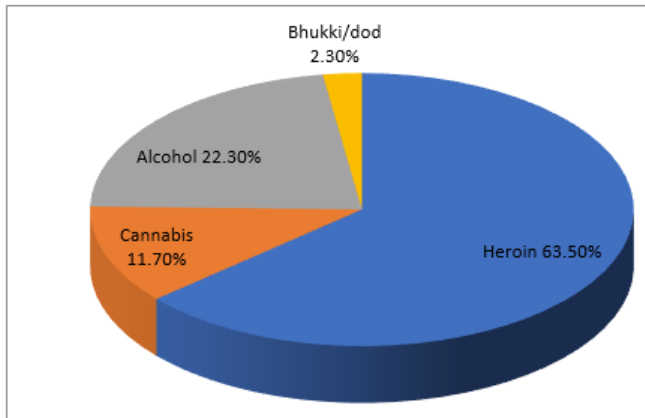
III. RESULTS

A total of 85 substance abusers were registered at Lifeline Rehab drug de-addiction centre from January 2019 to September 2020. Table 1 presents the profile of patients – Age group, Education and age of first use substances. Majority of substance abusers ages group : 40.4% were between the ages group 25-30, 30.5% were between the ages group of 17-24, 12.9% were between the ages group of 31-35, 16.4% were between the ages group of 36 -40. Majority of substance abusers qualification: 42.3% were Higher secondary, 22.3% were Matriculation, 15.2 % were graduates, 9.4 % were under Matriculation, and 0.11 % were drop out graduation, 0.11 % was post graduate. Majority of substances abusers Age of first use substances: 56.4% were first use of substances at the age of 16 – 20, 22.3% were between the ages of 12-15, 15.2% were between the ages of 21-25, 0.35% were between 26-30, 0.23% were between 31-40.

Variables		Frequency (n=85)	%
Age Group	17- 24	26	30.5
	25- 30	34	40.4
	31-35	11	12.9
	36-40	14	16.4
	Total	85	100
Qualification	Under Matric	8	9.4
	Matriculation (Tenth grade)	19	22.3
	Higher secondary	36	42.3
	Drop out graduation	8	9.4
	Graduate	13	15.2
	Post graduate	1	0.11
	Total	85	100
Age of first use substances	Dec-15	19	22.3
	16-20	48	56.4
	21- 25	13	15.2
	26-30	3	0.35
	31-40	2	0.23
	Total	85	100

Name of Drugs	No of Patients	Percentage%
Heroin/ Chetta	54	63.5
Cannabis (Bh)	10	11.7
Alcohol	19	22.3
Bhukki /doda (local opium)	2	2.3
Total – Patients	85	100





The researcher tries to understand which substances were most frequently use or addicted by Kathua youths.

Table 2 presents the most commonly consumed by Kathua youth. Majority of substance abuse among the youth were Heroin/chetta 63.5%. Heroin addicts when they don't have money to purchase drugs to calm down their craving for drug. They searched for pharmaceutical drugs (Prescription drugs) or some patients initially starts with smoke, alcohol then go on to bhang (cannabis), heroin. Most of the heroin addicts were multiple users of substances. 22.3% were users of alcohol, the cannabis users were 11.7%, and Bhukki/Doda users were 2.3%.

IV. DISCUSSION

There are important reasons for focusing on Kathua youth into drugs abuser. First, the Indo-Pakistan border has been considered the main source of heroin in India. Major trafficking of heroin in the country takes place through Indo-Pakistan border mainly in the states of Punjab and Jammu and Kashmir (UNODC-2005)⁵ [5]. The network of border region an easy route the peddlers to push their drugs into Jammu. Every day there are reports in the Daily Excelsior newspaper how the drugs traffickers/peddlers are caught in Jammu. As per the data, the copy available with EXCELSIOR, a total of 4,198 persons were arrested in four years (from 2015-2018) from different part of Jammu and Kashmir for their involvement in the drug trafficking. During these four years over 400 quintals of narcotics and over 7.25 lakh intoxicant tablets/capsules were recovered from the arrested drug peddlers. The seized drugs include cocaine, Ganja, heroin, Ketamine, morphine, opium, poppy husk and poppy straw etc (Mohinder Verma, Daily Excelsior – Jammu, December 13, 2019)⁶ [6]. Seizures of such a huge quantity of drugs from the traffickers are going to supply the drug addicts particularly the youths in Jammu and Kashmir. Youths are easily fall into such drug menaces. Jammu is a gateway to drugs as illegal drugs are coming from the Line of Control (LOC) border areas. As the location of Jammu is where drugs are easily possible. Inspector General of Police (IGP) S.D Singh Jamwal said, over 450 people have been arrested for drug trafficking in Jammu province in 2017 and 379 case were registered under the Narcotic Drugs and Psychotropic Substances (NDPS) Act. The number of cases registered in 2016 was 377 and in 2015 were 275 (The Indian express 10 October 2017)⁷ [7]. The national highways Delhi to Srinagar

(Kashmir) road run through the Kathua district. The continuous rise of drug trafficking from the border region has put Kathua youth become vulnerable to drugs used. Thus, Kathua district being situated at interstate of end and start point of Jammu and Kashmir is vulnerable to steady drugs supply. There is a growing concern of illegal cultivation of opium poppy in the Union Territory of Jammu and Kashmir. The cultivation of opium poppy is prohibited under section 8 of the Narcotic Drugs and Psychotropic Substance Act, 1985 (NDPS), except with a license issued by the central Bureau of Narcotics (GOI) for medical or scientific purposes. Illicit opium cultivation takes place in India- primarily in Himachal Pradesh, Kashmir, Uttaranchal and Arunachal Pradesh. It is extremely difficult to estimate the extent of illicit cultivation in our country. There are new areas of illicit poppy cultivation discovered by the Indian authorities (UNODC-2005)⁸ [8]. Every year in the month of April Jammu and Kashmir excise department carries out the poppy-destruction drive in Kashmir to curb the growing illegal poppy cultivated in the Kashmir valley. According to excise department in Srinagar 2733 Kanals of opium poppy cultivation were destroyed in Kashmir valley in the year 2016 (Caravan Magazine 12 February 2017)⁹ [9]. In 2019 Jammu and Kashmir excise department destroyed 500 acres (202 hectares) of poppy fields, 233 acres in southern Kashmir alone and district Pulwama in the topped list where officials destroyed 122 acres of poppy fields (Aljazeera 18 July 2019)¹⁰ [10]. The annual report of the Narcotics Control Bureau recently revealed that 358 acres of land in Jammu and Kashmir cultivated poppy crop had been destroyed by the excise department. This is the fifth highest area wise poppy crop destruction among the states in the country. According to the excise department official cultivation of the poppy crop is most prevalent in the Pulwama, Anantnag, Bulgam and Kupwara district in Kashmir (Greater Kashmir 27 June 2019)¹¹ [11]. The farmers grow it as a source of income in these districts. They sell poppy crop to the middlemen and the poppy crop were make powdery drug by the middlemen locally known as bhukki and doda post. Most of the powdery drug is smuggled to Punjab and Rajasthan as it is highly demand in these states reports from Excise department official (Caravan Magazine 12 Feb 2017).

Margoob M.A., Dutta K.S 1993)¹² [12] has mentioned reasons responsible for the increased drug abuse in J&K. The foremost reason manifested in the socio-psychological aspects of youth. Due to the ongoing turbulent situation in the Union Territory, the youth are facing enormous problems of this nature due to the political instability and unemployment scenario. Drug abuse is not only a problem arising out of availability of drugs but it has a great deal to do with the social condition which create the demand for or the need for the consumption of such substances. Tahira Sidiq, Bilal Ahmad Bhat, Nusrat, Feroz Ahmad Wani carried out a survey

⁸United Nation Office of Drug and Crime: South Asia Regional Profile, Country analysis: drugs, Crime, terrorism; India, September 2005

⁹ Caravan Magazine 12 February 2017.

¹⁰ Aljazeera 18 July 2019

¹¹ Greater Kashmir 27 July 2019

¹² Maqgoob MA, Dutta K (1993) Drug abuse in Kashmir - experience from a psychiatric diseases hospital. Indian J Psychiatry 35: 163.

⁵ United Nation Office of Drug and Crime: South Asia Regional Profile, Country analysis: drugs, Crime, terrorism; India, September 2005. Pp 27

⁶ Mohinder Verma, Daily Excelsior – Jammu, December 13, 2019

⁷ The Indian Express (Oct 10- 2017) 453 arrested for Drug Trafficking in Jammu This Years: IGP

Drug Abuse Among Youth: Profile of Substance Abusers From Lifeline Rehab Drug Deaddiction Centre Kathua District, Jammu

of 400 people (200 Male and 200 Female) from district Pulwama, Kashmir valley on the Topic: Drug Addict Causes and Awareness among people of Pulwama District of Jammu and Kashmir in 2016. The data revealed that majority 50.5 % agree cause of drug addiction is bad company, 22% chance use, 14% think due to unemployment, 9% think frustration and 4.5 % think people take drug for fun (Tahira Sidiq 2016)¹³[13]. The researcher had a group discussion with the drugs addicts from Drug De- Addiction Centers in Kathua district they shared their extensive experimentation of drugs use. Some patients shared when friends circle are gathering they feel pressured to use drugs or alcohol because they believe it's the cool thing to do. Some said relationship problems- one addict said, he was feeling of shyness or low self-esteem then drug peddler asked him to try heroin saying that he will get confident and brilliant. The addicts said that they could easily obtain heroin/ chetta here in Kathua. They articulate many reasons why they do it, but associated with their action have to be observe. In this study, the most commonly consumed drugs among kathua youth were heroin/chetta 63.5%, majority of substance abusers age of first use substance between the ages 16-20, majority of substance abusers ages group 25-30. Similarly, study conducted from Jammu by Dr. Abhishek Chowhan and Dr. Arti Sakral ¹⁴ [14] revealed that majority of patients visiting an outpatient's psychiatric clinic for heroin detoxification age group of 18-30 years.

V. CONCLUSION

The result of this study indicates that there are a significant number of heroin abusers in Kathua district among the youth. Vulnerable to heroin used in Jammu and Kashmir is being trafficking from neighboring countries like Pakistan and Afghanistan. Here, the most commonly consumed drugs among Kathua youth were heroin (street name chetta) 63.5%. Most of the heroin abusers were multiple drugs users especially when heroin addicts don't have money to purchase drugs to calm down their craving for drugs they searched for pharmaceutical drugs or other drugs. The profile of substance abusers from Lifeline Rehab Drug De-addiction treatment service provide clearly the alarming heroin addiction in Kathua district, immediate awareness program needs to be taken more aggressively to the community.

RECOMMENDATION

- Prevention program for immediate awareness to the communities about harmful usage of substance use is important.
- It is important to let youth made feel that drug usage itself is harmful in every conceivable way then only they will stop using substance use.
- An increased social awareness is the key to the solution of this problem.

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