

## Incidence of Drug Abuse amongst University Students

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### ABSTRACT

Drugs are harmful chemicals that affects and individuals learning ability, make them addicted to specific substance. Drug addicted is really a threat for a family or for whole society. Measure the relationship between parent's education and use of drugs of children. Their addiction will lead to them to different criminal activities. Quantitative study is done among the students of Punjab University. Total sample of 100 respondents was selected for this study. Purposive sampling is used to collect data, data is entered SPSS through numeric coding and then linear regression test is applied to know the relationship between dependent and independent variables. Studies revealed that most of respondents try drugs for joy and due to peer pressure. There is significant relationship between use of drugs and physical changes. Parent's education has also strong relationship with an individual's habit of drug use. Government should have made some policies to make provision of such chemicals difficult.

**Keywords:** Drug addiction, parents education, students of Punjab University, Peer pressure, physical and psychological changes

### INTRODUCTION

Drug abuse is the use of any chemical substance, legal or illegal, resulting to an individual's physical, mental or social damage (Blackmore, et al 2007). Characteristic, over the roof, and self-harming utilization of susceptibility framing medicines or ingredients, encouragement force or reliance, genuine physiological damage, (for example, damage to kidneys, liver, heart) as good as mental hurt, (for example, useless conduct designs, mind flits, memory misfortune), or death is also called drug abuse (Charles, 2002).

The adults are using illegal drugs that were estimated 25% at least once time in their lives. The usage of illegal drugs country to country and also the usage are based on country Andersson, Moller &Galea). It is estimated that the one third of the population use drug in their lives Denmark, France and UK (EMCDDA, 2014).In Islamic countries the usage of alcohol and drug are sharply increase day by day. Drug abuse in Iran is an important problem in recent years. According to the national authorities, Iran is among the countries with the highest prevalence of the usage of illegal drugs. (UNODC, 2014).Pakistan is the 6th most crowded nation on the planet with around 180

million people, (Ksir, Ray, Charles & 2002). Pakistan keeps on flourishing as a key on-screen role, politically and money-wise, in the south and south west Asian region, regardless of facing a great group of local social, financial, and political issues, in charge of upsetting its proceeded with improvement.

The nation is positioned 146 out of 186 nations by the 2013 United Nations Human Development Index, with an about portion of the populace living below the deprivation levels and it results addiction occurs when a artificial reliance to a medication is consolidated with a mind-boggling desire to utilize the substance(Browne, 2014). An intelligent student could not do well due to these drugs affects. Provision of these drugs is very easy in Pakistan now a daytime.

This will increase the opportunities of pupils to lose their interest in studies and as youth and scholars are important pillars of the future of this nation (Gray, 2007). Thus, the Government should have established such policies to make scholars aware of such varieties of things that use them and make them addicted to such variety of medications that harm them and as well as the whole state(Aarnoudse, Dieleman, &Stricker, 2007).

### RESEARCH OBJECTIVES

- To assess the relationship between use of drugs and education of parents.
- To analyze the physical and psychological changes in behavior and attitudes of students for using illicit drugs.

### RESEARCH QUESTION

- What are the causes that lead students' interests to use of drugs?
- What are the psychological changes viewed due to the role of drugs?

### Significance of Study

Medication and liquor misuse among college understudies is a remarkable reason for worry. Use of illegal substances might be linked to a fall down in individual and social spirit, particularly because addictive medications, for instance, heroin when clients regularly wind up noticeably included in unlawful exercises to obtain immediate payment to purchase the medicine. Medication and liquor utilize additionally disturbs different understudies who are not themselves clients.

Drug related issues are a significant danger to the security and social prosperity. The enhancement in the rates of substance use among young individuals has been set out to be regarded as one of the exceptional social events. Therefore, inquiries about on this issue have been induced to come to understand the high proportion of substance use. It ought to be observed that in various investigations generality rates of different legal or illegal substances were taken.

The process drug abuse has turned out to be critical in late decades because of its sprinkle, social and wellbeing results. This reality is proved by its advancement in a few societies, with the expanding improvement of a mechanical and utilization society, which benefits the utilization of these substances to support socialization and prosperity (Henriksson & Leifman, 2012). Medication utilize supposes a progression of physical, mental and social issues, notwithstanding the spending of open assets because of related details, particularly in adolescents, notwithstanding when its utilization is test or leisure. Drug addiction leads to alterations in the construction of the mind as well as the physical structure of students. Students and youth are the future for this country. It is really an important task to make

students aware that how such kind of activities could harm their career. This kind of research could play a role in making aware of many people about such kind of acts, and to control provision of such harmful things in university area.

### Literature Review

Review of literature is an important step in the process of research. No scientific research can start abruptly. All scientific study stems out because of the consolidation of a host of knowledge already gathered by various pioneers in the field. Literature review is termed as an evaluative study about the existing readings on our selected topic (McNeely & Barber). This chapter reviews the previous literature regarding usage of drugs and its effects on students' skills and future. Our goal is to review the variety of domains where these kinds of illicit drugs harm students and usage of such kind of drugs mentally disturbs them. We all know that how such kind of medicines damage mental abilities of students and in this way, they could not perform well in their studies (Kerr, Stattin & Burk, 2010).

### Drug in Pakistan

Pakistan's geographic area beside Afghanistan, the world's biggest maker of unlawful opium, puts the nation in a helpless position as far as medication trafficking and additionally tranquilize manhandle. Examples of unlawful medication creation, dispersion and mishandle change because of social, monetary and political advancements. Opiates have turned into a numerous test to law authorization specialists. In the late 1980s, Pakistan and Afghanistan sent out about a large portion of the world's heroin. Pakistan, particularly goading endeavored decrease development heroin, yet the administration's broadened viably territories. Also, different political and monetary strengths conveyed to stand opiates perseveringly. Association should binds sofilled defilement new chief need flame larger part. Huge benefits created opiates business just ruined requirement experts, supposed, had subsidized numerous related violations. Development generally amid to close dedication to wiping out development, elective improvement ventures supported by the worldwide group, prompted a lessening development roughly to about 2001. In any case, development, most likely because of costs restriction development. Development accounted for surprisingly development in aggregate region developed declined because

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purposeful annihilation endeavors (Nestler, 2012). If we closely examine the above details, we can say that these kinds of illicit drugs could harm live of children and individuals. It does not only play with their own health and future but also they are closely affecting other persons related to them and who are closely related with them like their siblings and parents. It is also because that provision of such kind of drugs and medicines in Pakistan is very important due to the sharing boundary with Afghanistan and no proper laws were made or implemented to stop availability of such kind of medicines. The ball is in the court of Government, it is their duty to keep proper check and balance to the provision of such kinds of medicines as they are not only damaging individuals but also whole society.

### Methodology

#### Research Design

Research design is an important procedure to complete a research. If a right design is not chosen then expected result achievement is problematic. The research design of current study is survey quantitative research design. Among the different methods of data collection for research purposes, questionnaire survey method is preferred by many researchers due to its various advantages, powers and benefits. Positivists believe that quantitative data can be used to create new theories and or to test existing hypotheses.

#### Target population

Target population of current study is students from hostels of Punjab University which use drugs and live in hostels.

#### Sample size and Sampling Technique

#### Factors for Use of Drugs

Variables	Frequency		Percentage	
	Yes	No	Yes	No
Use drugs for joy seeking	72	28	72%	28%
Use drugs due to lack of knowledge about complication of drugs.	33.5	66.5	33.5%	66.5%
Use drugs for body disease	39.5	60.5	39.5%	60.5%
Use drug for teenager curiosity	51.5	48.5	51.5%	48.5%
Use drug for low self-confidence	48.5	51.5	48.5%	51.5%
Use drugs due to family disputes	43.5	56.5	43.5%	56.5%
Use low cost drugs	48	52	48%	52%
Use drugs due to free time	61.5	38.5	61.5%	38.5%
Use drugs for friends offer	54.5	45.5	54.5%	45.5%
Use drugs due to parents 'divorce	38	62	38%	62%

### DATA PROCESSING TECHNIQUE

The data gathered was entered in SPSS through numeric coding and after that statistical test of

Total sample of 100 respondents was selected for this study. For this research, purposive sampling is used to draw the sample size under the courtesy of snow ball sampling technique.

#### Tool of Data Collection

Questionnaire was used for data collection. The constructed questionnaire consists three sections and has a total of 24 questions. The first section was used to collect demographic data of respondents which included age, family size, father's occupation, Mother and father's educational level. The other two sections consisted close-ended questions with two response categories.

#### Ethical Consideration

##### Informed Consent

The respondents had proper referencing were format. Informed about aims and objectives of the study.

##### Confidentiality

The surveys straightforwardly revealed individual participating research

##### Anonymity

Anonymity of individuals participating in the research was ensured.

### DATA ANALYSIS

After the collection of data, the next step is data processing. The process of data involves different ways to code data for SPSS (Statistical Package for Social Sciences), next step is to enter the data through numeric coding into SPSS field.

linear regression is applied. The linear regression test is used to describe the relationship between dependent and independent variable. Different questions were computed to

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make one variable and then linear regression test is applied.

The above table reveals the reasons of respondent's due to which they use drugs. A significant number of respondents 'said that they use drugs for joy seeking. Majority of respondents were aware of harmful effects of drugs but still they use drugs. This is also because those drugs have such kinds of chemicals which make people used to it. When they don't use feeling of anxiety make them restless.

More than 50 percent of respondents use drugs due to teenager curiosity. Teen age is the most difficult time for every individual, because in this stage people search for more answers to

Coefficients <sup>a</sup>						
Model					t	Sig.
1		11.239	.358		31.400	.000
	How often do you use drugs?	-.071	.110	-.046	-.648	.518

a. Dependent Variable: physic changes

Level of significance: 0.05 Significance value or P-Value: .000

The above table strengthens our alternative hypothesis and reject null hypothesis. This shows that there is a relationship between physical changes and use of drugs. Use of drugs makes a person addicted to it and when they will not be able to get it Drugs can have a more drawn out enduring effect on psychological well-being as well, and must contemplate own qualities and vulnerabilities. Consider whether you use drugs to make terrible feelings go away. Even on the off chance that

their questions. It is the time of curiosity for every individual. Curiosity is actually a phenomenon to discover for more. Another factor that largely affects use of drugs is the company we had. There is a quote a man is known by his company. Here is the point where that factor applies because approximately 55 percent of drugs users use drugs due to friends offer or their company.

### Hypothesis 1

H0: There is no relationship between physical changes and use of drugs

H1: There is a relationship between physical changes and use of drugs

Coefficients <sup>a</sup>						
Model					t	Sig.
		B				
1		9.714	.599		16.227	.000
	parents education	.074	.081	.065	.918	.360

a. Dependent Variable: use drugs

Level of significance: 0.05

Significance value or P-Value: .000

The above results indicate that parents 'education and use of drugs of children has a significant relationship. Parents will do anything to keep their children safe, but communicating with youth becomes more challenging as they get older. That's why parents should talk to children about alcohol and other drugs early. It's a conversation that parents need to have because drugs can ruin your child's life.

### SUMMARY OF DATA ANALYSIS:

With the above results, it can be summarizing that drug addiction is a harmful activity that will

begins utilizing drugs with an unmistakable personality they may at present influence emotional well-being. Medications can basically uncover awful emotions never knew you had.

### Hypothesis 2

H0: There is no relationship between use of drugs and parents 'education

H1: There is a relationship between use of drugs and parents 'education

lead a lot of damage not only for an individual but for the whole society. Drug use not only harm us emotionally but it also has long and very severe effects on an individual's health. Parents can control this activity of children from the very start or at any stage but before getting very severe. When an individual gets addicted to it, it will very hard to make them better or at that stage continuous prohibiting could lead to severe problems...Taylor (2003) in literature shows that parents play an essential role and as well as their peers influence adolescent towards usage of drugs by influencing attitude about

alcohol and by acting as role models, this point is strengthening by results of our research as it shows a significant relationship between use of drugs and parents' involvement. Parents should play their role to keep an eye on the company of their children as well as they should fill the communication gap between them and their children as it is a biggest reason that lead many children towards the use of drugs like heroin and opium etc.

Research also shows significant relationship between two variables of drug abuse and physical changes which strengthen the research of smith ET. al (2001) which shows that due to drugs young adults faces a lot of health problems which also lead to death and also drugs shows many physical changes like sudden mood swings, sudden change in sleeping patterns, random decrease in academic grades and the most important one company of individuals which constantly use such kind of harmful substances,

### CONCLUSION

The meaning of drugs enslavement alludes to the over the top and rehashed utilization of perilous measures of medications and the presence of withdrawal side effects when not utilizing drugs. The impacts of medication dependence seen, because of this impulse, are boundless and significant. Impacts of medication enslavement are felt by the someone who is addicted both physically and mentally. The impacts are additionally found in those around the someone who is addicted, like relatives. The impacts of medication compulsion likewise incorporate the cost to the equity and medicinal services frameworks. Brutal conduct is most firmly attached to liquor utilize and liquor mishandle oversees the handicap of 58.3 million individuals around the world. Enslavement differ tranquilize are normally habit happen. Medication fixation compulsion because sedate cerebrum adjusts and relies initiates highs.

There are many reasons of drug abuse social factors are an important point due to which

individuals attract towards drugs. Results from 50 respondents reveals that they use drugs for joy seeking and to get relief from any kind of tension for some time. More than 80 per cent of respondents use drugs due to their friends and to get better acceptability among their friends.

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