

## Drug Abuse as a Contemporary Social Problem

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### ABSTRACT

**Objective:** Drug abuse and its repercussions are of the most serious problems in society nowadays. This is because of their enormous influence on the individual, the family, and its social effects like crime, social marginalization, and death from overdose or suicide, as well as on the economy.

The latest reports that are used gave a genuine assessment of the societal problem of drug abuse, and the results of these reports have also been evaluated to see if there are any negative consequences for drug abuse on families and individual and the methods that used to remedy these problems.

Drug abuse has been shown in several studies and publications to have detrimental implications for families and individual members, particularly children. These problems clearly affect a huge number of people, not just the person with the condition; they typically put a strain on the family and its members.

**Conclusion:** Drug abuse is a big social problem. In most climes, drug abusers will go to any way for getting the drug or substance. The social implications are a clear indication of how drug abuse can be a social problem.

**Keywords:** Drug abuse, Family's Impact, Social Problem, Remedies.

### الخلاصة

الهدف: تعاطي المخدرات وتداعياتها من أخطر المشاكل في المجتمع في الوقت الحاضر. هذا بسبب تأثيرها الهائل على الفرد والأسرة وآثارها الاجتماعية مثل الجريمة والتهميش الاجتماعي والموت من جرعات زائدة أو الانتحار، وكذلك على الاقتصاد.

الأساليب: أحدث التقارير التي تم استخدامها أعطت تقييماً حقيقياً للمشكلة المجتمعية لتعاطي المخدرات، كما تم تقييم نتائج هذه التقارير لمعرفة ما إذا كانت هناك أي عواقب سلبية لتعاطي المخدرات على الأسر والأفراد والطرق المستخدمة. لعلاج هذه المشاكل.

النتائج: أظهرت العديد من الدراسات والمنشورات أن تعاطي المخدرات له آثار ضارة على العائلات والأفراد، وخاصة الأطفال. من الواضح أن هذه المشكلات تؤثر على عدد كبير من الأشخاص، وليس فقط الشخص المصاب بهذه الحالة؛ عادة ما يشكلون ضغطاً على الأسرة وأفرادها.

الخلاصة: تعاطي المخدرات مشكلة اجتماعية كبيرة. في معظم الأجواء، سيذهب متعاطو المخدرات بأي طريقة للحصول على العقار أو المادة. الآثار الاجتماعية هي مؤشر واضح على كيف يمكن أن يكون تعاطي المخدرات مشكلة اجتماعية. الكلمات المفتاحية: تعاطي المخدرات، وتأثير الأسرة، والمشكلة الاجتماعية، والعلاجات.

### INTRODUCTION

Substance abuse is a common phenomenon in the world and the most significant social damage that has been reached by human society<sup>1,2</sup>. It is a non-adaptive substance use paradigm that leads to adverse problems and

effects, including a collection of cognitive, behavioral, and psychological symptoms<sup>1</sup>. The initiation for the utilization of medications is frequently adolescent-centered, and according to studies, cigarette and alcohol use in adolescence is often correlated with substance abuse<sup>3</sup>. Studies have shown

that age, maleness, and the presence of a smoker in one's family or circle of friends, a history of substance abuse, a desire to smoke, and favorable attitudes about smoking are linked to teenage tobacco use <sup>4</sup>.

Abusing medications is a disease of the modern world, regardless of whether we are thinking about high-risk medicines or the use of other regulated medical products off label. It is a big, multifactorial, diverse phenomenon that affects all ages <sup>5,6</sup>. The 2005 study of the World Health Organization indicated that there were around 200 million opiate users in the world and the most frequent in the (25-35)-year-old group <sup>7</sup>. Abuse is not limited to psychoactive or mood-altering medications. Action is also known to be substance abuse when used improperly (as in steroids to improve performance in sports). Some of the most widely used medicines such as amphetamine, barbiturates, benzodiazepines, cocaine, and opioids, along with the potential for psychological, physical, and financial trauma, the use of these medicines could result in criminal charges <sup>8</sup>.

Abuse, as well as its consequences, is one of the major issues in today's society. This is due to their significant impact on the individual, the family and the social levels as: (crimes, social marginalization, and death due to overdose or suicide) as well as on the level of the economy <sup>9,10</sup>.

A realistic discussion of the societal problem of drug abuse necessitates precise definitions of the terminology whose meanings all are too often assumed, terms like: (drug, use and abuse). The term "drug", is regularly used by the politicians, media ,and police to refer to narcotics, Lysergic Acid Diethylamide (LSD) and marihuana, actually refers to a wide range of mind-

altering substances including barbiturates, nicotine, alcohol, aspirin, antibiotics, and antihistamines are among the largest pharmacological families. Any compound that has biological activity that affects the brain or other body organs or tissues is referred to as a drug in medicine. Barbiturates, nicotine, alcohol, caffeine and other amphetamines, sedatives and other stimulants, tranquilizers, opioids, LSD-type drugs, and marihuana are examples of psychotropic or mind-altering medications that primarily affect the conscience or mind <sup>11</sup>.

Those who misuse drug definitions intentionally give the public and legislators false perceptions. When it comes to the use of medicines that are socially inappropriate or prohibited, common slang frequently communicates the sense that all forms of use are harmful and lead to addiction. Drugs that are publicly acceptable are mentioned like nicotine and alcohol, on the other hand, frequently indicate that nearly every use is normal, including abusive and addictive use. <sup>12</sup>.

### **Kinds and Forms of Substances and Drugs Abuse**

There are two types of substances that are mishandled or abused. They encompass a wide range of illegal and legally permitted substances. Cocaine, methamphetamines, ketamine, amphetamines, cannabis, ecstasy, and heroin are the most commonly used illegal narcotics, all of which are illegal in most countries <sup>13</sup>. On the other hand, marihuana substances have been authorized lately. Marketed in various western states and northern American and areas under the guise of "regulation of reasonable use", casting doubt on the initial goal of lowering cannabis-related

criminality and public health issues; thus, additional research is required to be done on this topic<sup>14,15,16</sup>. Alcohol and tobacco are the two legal substances that have long been popular among many social groupings in various societies and cultures<sup>17</sup>.

Medications that are legally administered, such as cough medicines and the antibiotics described earlier, can be easily mishandled and abused, and they also, deserve more research<sup>18</sup>.

Lo et al.(2019) This study looked into how peer influence, school attachment, and substance abuse are related to sexual behavior, with a focus on the relationship between substance abuse and sexual misconduct. Their findings confirmed that reducing the rate of substance abuse is a good way to reduce sexual misconduct in adolescents.<sup>19</sup>

Assari et al.(2019) controlled the effects of relevant covariates such as socioeconomic characteristics (genus and age), marital status and sort of family, health care insurance status, chronic health problems, body health, chronic pain, depression, and sickness days. Thus many types of research have been conducted to determine the impact of these qualitative and quantitative socioeconomic backgrounds on tobacco and alcohol users.<sup>20</sup>

Muller et al.(2018) investigated that prisons are places where marginalized people with significant problems live, and they should be viewed as opportunities. Their findings confirm prisons' ability to promote health and necessity: convicts entered with high rates of bad health behaviors, and substance-abusing offenders were particularly burdened. Behavioral change was widespread during incarceration, particularly the adoption of exercise among convicts with problematic

substance use, which could be linked to substance deprivation. Therefore Future studies should look at the meaning of exercise for inmates and whether it may be used as a solution for substance abuse while in jail.<sup>21</sup>

In Chinese university students, the frequency of keeping antibiotics at home and self-medication with antibiotics (SMA) was found to be high. When sick and self-medicating with antibiotics for prophylaxis, keeping antibiotics at home is significantly linked to SMA. To eliminate the source of leftover antibiotics from over-the-counter sources, prescription-only rules should be tightly enforced. Antibiotics should be prescribed per course rather than by fixed pack in hospitals, to reduce the source of prior over-prescription. It's also important to focus on providing personalized health information to certain communities in order to discourage people from storing antibiotics at home<sup>22</sup>. In the United States, chronic school absenteeism is common among high school pupils. Its effects on academic achievement and health are concerning. One area of worry is the link between it and youth substance abuse, such as the use of alcohol, marijuana, cigarettes, and other narcotics. Therefore, more research was needed to gain a better understanding of the association between chronic school absence and the usage of these substances in the United States<sup>23</sup>.

### **Different Society Categories of Substances and Drug Abusers**

Researchers primarily center on particular social classes with a greater inclination toward substances abuse, such as teenagers and adult men, when examining substances and drugs abuse and their detrimental impacts<sup>24,25,26</sup>. This is true because they may face a range of hard social and personal life obstacles,

aspirations, separation from others, and biological drives, all of which can lead to drug abuse as a kind of personality therapy. Materials and drugs can sometimes serve as a comfortable "soul partner" to help users escape difficult situations<sup>27,28</sup>.

Zubak et al.(2018) investigated the impact of academic factors on illegal drug abuse and its beginning among teenagers in Bosnia and Herzegovina, such as school and other higher absenteeism, and inappropriate behavior<sup>29</sup>. Jee et al. (2019) looked into the smoking habits of diverse lots of teenagers and adult males from South Korea and the role of the behavior in the development of atherosclerosis in mid-life. Substance abusers can be found in communities of professions, social skills, seniors, and undergrads; therefore, they are not limited to any particular social category<sup>30</sup>. In terms of abusing performance-enhancing substances, Devic et al.(2018) looked at the utilization of dietary supplements, socio-demographics, athletics aspects, doping-related factors, factors of fear of consequences, doping awareness, and signs of doping actions among intense competition Slovenian swimmers<sup>31</sup>.

Walter et al.(2018) reported how employment injuries and musculoskeletal disorders (MSDs) in US fisheries laborers, exposing to an elevated risk of developing drug abnormalities, due to the use of opioid drugs to manage their pain<sup>32</sup>. Nonetheless, our present understanding of the effects of the topic of substances and drugs abuse is insufficient, and more merge studies are required.

### **The Family's Impact from Drugs Abuse:**

Many researches and reports show that drug usage has negative consequences for

families and individual members, especially children. In addition to the person with the condition, these disorders plainly affect large number of individuals; they frequently place a strain on the family and its members<sup>33</sup>. The following points are examples of the family effects:

- ❖ Emotional distress: fear, concern, despair, anger, frustration, anxiety, humiliation and guilt, or embarrassment may be experienced by members.
- ❖ A financial burden: this could be due to the spent money on drugs or money troubles related to job loss or reliance on governmental aid.
- ❖ Distress or unhappiness in a relationship: families may face significant levels of tension and conflict as a result of the Substance use disorder (SUD) and the issues it generates.
- ❖ Instability in the family: this can happen as a result of abuse or violence or as a result of divorce, segregation, or the deportation of kids from the home by Children and Youth Services, all can cause family disintegration.
- ❖ Influence on children and the embryo during development: alcohol consumption throughout the development of the embryo can damage them, resulting in anomalies in labor and developmental issues in children. Infants delivered to moms who are addicted to opioids are more likely to suffer from neonatal abstinence syndrome, which can result in behavioral and educational problems. Physical challenges, attention deficits or reactive command, low emotional control, performance or antagonistic disturbances, failing grades, psychological issues such as depression or anxiety, and substance abuse are all examples of abuse or neglect are all risks faced by children of parents with drug abuse.

- ❖ Parents' reactions: mothers who abuse drugs may be less sensitive and emotionally available to their children. Parents of a drug-abusing kid may feel guilty, powerless, irritated, furious, or depressed<sup>34</sup>.

### **Social Consequences of drugs abuse:**

The individuals' social functioning is impacted by drugs abuse, and society is burdened as well. These issues contribute to physical or psychological problems, disability, and mortality as a result of substance-related accidents or diseases, as well as higher percentages of self-murder- all of which have societal reference.

Other socioeconomic issues linked to drugs abuse include: HIV spread through intravenous injections or increased danger sexuality, unprotected home, homelessness, felonious activity (prey or offender), prison, unemployment, and welfare dependency. The expenses of these social problems are astounding, laying financial pressure on governments and taxpayers who spend huge amounts on addiction therapy, medical or psychiatric disorders, and other related issues like welfare dependency, unemployment, or involvement in the law enforcement or social service systems<sup>35</sup>.

### **Remedies for Problems in the Social or Family Sphere**

A span of specialized addiction treatment and concerning activities is a part of integral treatments for drugs abuse (evaluation, detoxification, reform, advising or management, continued attention, substance abuse screening, drugs, case management, and mutual assistance services are just a few of the services available.). Family, child care, vocational, mental health, medical,

educational, judicial, economic, residential, and transportation services can be used in addiction treatment centers or in the community to address social, family, and other issues<sup>36</sup>.

Many drugs abuse treatments, including individual and group, in recovery, focus on social repair issues, as they have an effect on recrudescence and standard of living. These treatments can discuss topics like how to stay away from or reduce interaction with persons who are at risk, situations, or incidents, how to reconcile the relationship issues, how to form new relationships; and so reference. Other issues must be followed like: building clean friendships and helpful person's plan of care, reducing societal norms to use substances, beneficiating communication or assurance skills, requesting help and support from others, participating in substance-free social activities, and engaging in support group reference.

Family's solutions can assist the family in persuading or pressuring the member with the drugs abuse to seek treatment and assistance, addressing the impact of the drugs abuse on the family unit and staff, assisting the family in supporting the member with the drugs abuse, and assisting the family in dealing with their own responses and troubles related to their loved one's drugs abuse and/or make indemnity to those who have suffered hurt by one's drugs abuse. Therapeutic involvement, assistance from family services, or both may be required<sup>37</sup>.

### **CONCLUSION**

It has become evident that no region of the globe is immune to the scourge of drug smuggling and addiction. Recently, drug abuse is considered as a severe problem that has touched large proportion of individuals, particularly teenagers who are considered to be the future

generation's character. Drug abuse has a number of difficulties, such as the truth that it causes a significant degree of human misery, as well as the reality that illegal narcotics production and distribution has escalated crime and vehemence all across the world.

The government has devised a systematic approach encompassing specialized programs in order to reduce generic drug usage. Steps such as offering education, counseling, and rehabilitation programs are being implemented to prevent drug abuse and smuggling. "It is never too late," as the saying goes. As a result, we all must concentrate solely on this critical issue right now.

The government should set goals to reduce drug abuse. It should secure effective preventative measures to be performed. We, as individuals, should do our best to help to eliminate this problem on a personal basis. Furthermore, it is a big obligation of parents to speak with

their children and constructively influence their thoughts. They should not put them under so much educational and behavioral pressure that they succumb to this danger. Limiting drug addiction requires parental supervision, as well as a good home environment. Parents, as the saviors, must instill understanding and carelessness in their children. Addiction of drugs is a condition that may be avoided. Prevention initiatives that engage the family, schools, communities and the media have been demonstrated to be helpful in lowering drug abuse. Drug usage trends are influenced by a variety of events and societal variables, but when youngsters view drug abuse to be dangerous, they minimize their drug use. As a result, it is critical to educate kids and the broader public about the dangers of drug abuse, as well as for educators, families, and health care providers to continue emphasizing that drug addiction may be avoided if a person never abuses drugs.

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