A STUDY ON ENVIRONMENTAL VARIABLES INFLUENCING DRUG ADDICTION

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Abstract– Drug addiction not only affects drug addicts but also affects families. The family members have to face many things like social pressure, mental stress and a huge financial burden. This affects the whole family and commonly members end up unassisted or depressed. In the present study we focused on the environmental variables influencing drug addiction. The paper is descriptive in nature and based on primary data gathered from various de-addiction centers and hospitals of Ajmer city. The study will be able to give glimpses of the various types of environmental variables so anyone can make a positive difference through individual or collective efforts and strengthen the fight against drug addiction.

INTRODUCTION

Drug abuse is widespread across India and in many states it runs deep. According to the "Drug abuse study 2015", it found that 230,000 people in the state were drug users. That translated to 836 drug users per 100,000 people in the Punjab state. The all India number is 250 per 100,000 (for 2012), according to the ministry of social justice and empowerment. Even the numbers of 250 drug abusers per 100,000 is very high when compared to other countries.

The national survey of 2019 also showed that about 2.8% of Indians aged 10-75 years (3.1 crore individuals) were using drugs like bhang, ganja and charas. But what is alarming is the number of suicides due to drug abuse and alcohol addiction has more than doubled in the last decade in India. In the year 2010, 3,343 cases of suicides were reported and the number increased to 7,860 suicides in 2019.

Contrary to general belief, addiction of any kind is not indulgence or bad habit. It is a medical disorder. Most people's view of addiction is hinged on the idea that addicts have a choice. In reality, it is a chronic disorders characterized by the by the compulsive need to use drugs despite harmful consequences. An addict is a patient whose life is going out of control and needs professional help to recover. When the addicts is the sole breadwinner in the family and the money for the household gets spent on drugs, the family members struggle to sustain themselves.

METHODOLOGY

This chapter focuses on various aspects of conducting the research scientifically. The steps adopted by the researcher, tools and techniques used, have been appropriately described along with the logic behind them.

The study was undertaken to identify the environmental variables of drug addicts.

Methodology followed to meet the objectives has been described in the chapter under following sections:

➢ Locale of the study
➢ Sample and it's selection
➢ Tools and their description
➢ Procedure of data collection
➢ Analysis of Data

Locale of the study: The present study was conducted in various type of de-addiction centers located within the municipal limits of Ajmer city.

Sample selection and size of the sample: The study was conducted on 100 male drug addicts within the

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age group of 19-55 years. The subjects were into Drug addicts who are availing the services in de-addiction centres since last 2 years.

Tool and their description

The Tool on Environmental Variables Influencing Drug Addiction was developed by the investigator to assess the environmental aspects. At first, the investigator referred through different literature sources such as books, Journals and Standardized Scales and decided upon the various aspects under which the social and emotional bonding of adults with their family, life partner, peers and friends can be assessed. Then, the final three major aspects (Family environment, Social networking and Mass media) were selected and the items related to these aspects were formulated through reference work. Through this, an exhaustive list of items was prepared out of which, final 55 statements were selected to find out the level of family environment, support, social media and mass media of drug addiction among the adults under three major categories i.e. Always, Sometimes and Never.

Procedure of Data Collection

After the selection of the appropriate sample of 100 respondents (from Ajmer City), developed tools will be administered to accomplish the objectives.

Analysis of Data

Data will be coded, tabulated and subjected to suitable statistical analysis as per the objectives of the study.

RESULTS AND DISCUSSION

The present study was conducted to assess the environmental variables influencing male drug addicts. This paper deals with the results of the study which emerged as a product of analysis and interpretation of data. In the present study, the environmental variables was assessed under four selected aspects, i.e. Marital Adjustment, Family Environment, Family Support (Availability of company "friend, fun\sickness/troubles/ advice"), Social Networking and Mass Media.

Chein (1964) reported that the addicts tended to come more often from families represented by emotional inquietude, distance and poor father relationship. Other characteristics include an overtly discordant relation between parents and families. The investigators further reported that mother figure was a more important parent in boys life during late childhood period.

A recent story titled, *''Students flying high on wave on new addictions"* in *The Times of India* (August 11, 2003), reported mode of drug use, names of drugs and their combinations etc which can be used otherwise also.

Sharma (2013) observed that most prevention messages contain a combination of positive value promotions with negative consequence warning. He also mentioned that there was a series (fiction) in the late seventies that incorporated popular misconceptions about drugs in a provocative manner, which may have glamorized drugs and drug taking.
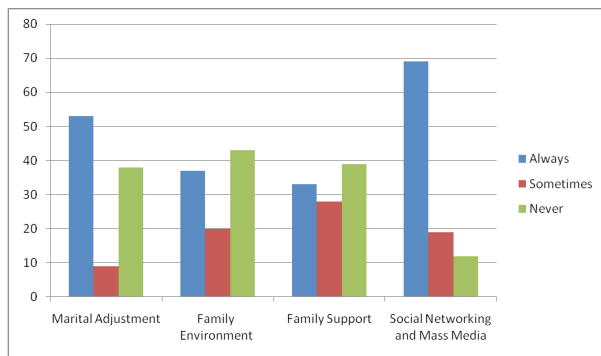
The findings of the study revealed that the marital adjustment in the respondents had been shown 53 percent means they engaged in outside interest together and they would like to go outside in leisure time. Only 38 percent data confirmed that disagreements arose and they never expected changes in behavior of life partner's. Remaining 9 percent respondents had average marital adjustment.

In the present study the interaction pattern of adults with their family members shown quietly average in 20 percent respondents. 37 percent respondents always spend most of the free time with their family members. According to the study majority (43 %) of the adults were never expressing their feelings with their family.

Snyder (2006) reported that a person who took resort to drugs was an immature, poorly adjusted person. He had few close relationships with other

Table 1. Provides the details regarding percentage distribution for the respondents on the basis of environmental variables influencing drug addiction.

S. No.	Selected Variables	Always	Sometimes	Never
1.	Marital Adjustment	53%	9	38
2.	Family Environment	37	20	43
3.	Family Support (Availability of company "friend, fun/	33	28	39
4.	Social Networking and Mass Media sickness/troubles/ advice")	69	19	12

families or friends; he distrusted authority and overcome with a sense of futility and failure. He generally did not identify himself with normal adult goals. He had low frustration tolerance, was unable to carry on in the face of difficulty or to accept responsibility.

According to the study 33 percent data revealed that they have always availability of company and 39 percent respondents face troubled to find out the friends for fun and advice.

69 percent respondents reported that social networking and mass media always influence drug addiction. As suggested in Table Only 12 percent data never think that mass media and social networking have a civic duty or prevention in the fight to defeat of drug addiction. Although 19 percent respondents reported that newspapers check for cultural and racial biases and sensitivity while publishing drug abuse related stories.

From the data it can be concluded that, drug addiction not only affect the addicts but also affects families. The family members have to face social consequences, mental stress and are put under a huge financial burden regarding the socio-emotional bonding with parents as well as siblings and life partner's.

CONCLUSION

On the basis of the major findings of the present study we conclude that, the environmental variables like family environment and family support influence averagely drug addiction, that shows the chances of developing a particular addiction is take place.

There are many different variables such as marital adjustment, availability of company, social networking and mass media. The present study aimed at addressing the variables that related to addictive personality. The results of the present study also indicated that considerable differences were observed in environmental variables and addiction. This is an alarming sign for the society and thus requires an immediate attention and involvement of the family, friends and some de-addiction centers towards this area. The present study has multiple implications in the field of psychology. The findings of this study can become a source of information and guidance to the family and centers to encourage adults in an effective manner and will help them to maintain a congenial environment at home and de-addiction centers.

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