



International Journal of Humanities & Social Science Studies (IJHSSS)

A Peer-Reviewed Bi-monthly Bi-lingual Research Journal

ISSN: 2349-6959 (Online), ISSN: 2349-6711 (Print)

ISJN: A4372-3142 (Online) ISJN: A4372-3143 (Print)

Volume-IX, Issue-V, September 2023, Page No.103-113

Published by Scholar Publications, Karimganj, Assam, India, 788711

Website: <http://www.ijhsss.com>

DOI: 10.29032/ijhsss.v9.i5.2023.103-113

Impact of Drugs on College Students and Measures to Combat the Menace in Telangana State

Vijaya Lakshmi Vanapalli

Principal, Govt. Degree College, Telangana, India

Srinivas Tirukovela

Assistant Professor, Department of Botany, Govt. Degree College, Telangana, India

Ugandhar Thirunahari

Asst. Professor, Dept. of Botany, Govt. Degree College, Mahabubabad, Telangana, India

Abstract:

Drug abuse among college students in Telangana, India, has become a growing concern with far-reaching consequences. This abstract presents a comprehensive analysis of the effects of drugs on college students in Telangana, exploring its impact on academic performance, mental health, social relationships, and overall well-being. Additionally, this abstract offers practical suggestions and strategies to help college students in Telangana stay away from drugs, emphasizing the importance of preventive measures, awareness campaigns, support systems, and community engagement. By adopting a multifaceted approach, Telangana can create a drug-free college environment, ensuring the holistic development and success of its students.

Keywords: Drugs, college students, Telangana, India, impact, consequences, academic performance, mental health, social relationships, well-being, prevention, awareness, support systems, community engagement.

Introduction: The introduction section provides an overview of the growing issue of drug abuse among college students in Telangana, India. It highlights the importance of understanding the effects of drugs on this vulnerable demographic and sets the stage for exploring preventive measures.

Prevalence of Drug Abuse among College Students in Telangana: This section delves into the prevalence of drug abuse among college students in Telangana, outlining the types of drugs commonly used and the underlying factors contributing to drug initiation in this population.

Objectives:

1. To investigate the prevalence of drug abuse among college students in Telangana, India, and identify the most used drugs and their patterns of consumption.
2. To assess the impact of drug abuse on the academic performance of college students in Telangana, including examining factors such as attendance, grades, and overall educational achievement.
3. To analyse the effects of drugs on the mental health and psychological well-being of college students in Telangana, focusing on the occurrence of anxiety, depression, and other mental health disorders.
4. To explore the social consequences of drug abuse among college students in Telangana, including its impact on personal relationships, social interactions, and community integration.
5. To investigate the physical health implications of drug abuse on college students in Telangana, identifying potential health risks and long-term consequences.
6. To review existing preventive measures, awareness campaigns, and support systems in place to address drug abuse among college students in Telangana.
7. To assess the effectiveness of current counselling services and intervention programs available to college students struggling with drug addiction in Telangana.
8. To explore the role of community engagement, peer support, and family involvement in promoting a drug-free college environment in Telangana.
9. To examine the implementation of drug-free policies and regulations in educational institutions and their impact on preventing drug abuse among college students in Telangana.
10. To propose strategies and recommendations for empowering college students in Telangana to make informed choices and resist peer pressure, encouraging them to stay away from drugs.

By achieving these objectives, the study aims to provide a comprehensive understanding of the effects of drugs on college students in Telangana and offer practical suggestions on ways to prevent drug abuse and foster a healthier and more successful college experience for the youth in the state.

The Causes behind the Worsening Drug Problem: When it comes to the distribution of cocaine, Hyderabad has developed into a regional center like that of its counterparts in the states of Tamil Nadu and Karnataka. "Youth in the cities of Telangana have grown economically independent as a direct result of the increase of the employment market as a direct result of the boom in the software industry as well as other routes. According to the sources, this is the primary cause for the recent spike in the usage of medications that may be taken discreetly. According to the police of Telangana, even though this tendency is also prevalent in other South Indian states, teenagers in Hyderabad are ahead of their counterparts in other South Indian cities. This is the case even if this phenomenon is visible in other South Indian states.

As a person approaches maturity, the adolescent years are frequently a time of self-discovery and exploration for the young person. In many cases, this requires them to experiment and see how far they can push their limits. It is natural for adolescents to feel the need to test their limits by engaging in activities that are novel or dangerous.

Sl. No	Year	Dry Ganja				Ganja plants				Alprazolam& Diazepam			
		Cases	Persons arrested	Quantity seized kgs	Vehicles seized	Cases	Persons arrested	No of plants	Vehicles seized	Cases	Persons arrested	Quantity seized kgs	Vehicles seized
1	2014	76	115	6216.38	11	48	24	860361	0	24	30	32.05	4
2	2015	92	120	2201.338	17	26	31	8362	0	35	53	50.45	9
3	2016	133	223	1304.762	40	24	25	117652	0	105	162	931.875	12
4	2017	291	515	2882.959	95	74	83	68006	0	41	81	999.004	12
5	2018	415	794	3737.541	192	38	43	15663	0	37	59	172.26	8
6	2019	395	721	4612.376	158	64	75	25088	1	7	9	22.27	5
7	2020	241	431	4098.497	96	24	25	3613	0	12	24	23.117	5
8	2021	227	422	2345.9858	92	45	46	14304	0	5	6	27	4
9	2022	619	1087	4551	281	36	36	1480	0	6	11	9	5
10	2023 Six Months	307	519	2157	130	2	2	2124	0	2	5	27.25	3
Total		2,796	4,947	34,108	1,112	381	390	62,272	1	274	440	2,294	67

According to the statistics obtained from the Prohibition and Excise Department of Telangana, the number of drug-related crimes has been rapidly rising in recent years. According to the statistics, most drug users are young people and students who are enrolled in colleges. To better understand the factors that lead to juvenile drug use, a survey was carried out. The survey was provided to fifty college students, with twenty-five of them coming from rural areas and the remaining 25 coming from metropolitan areas. The purpose of the survey was to learn the reasons why students are taking drugs as well as their degree of understanding regarding narcotic law.

1. What are the reasons for using drugs by college students?
2. Are you aware of the acts and penal laws for using Drugs?
3. Are drugs harmful?
4. Do you know about drug rehabilitation centers?
5. What are the common drugs of Telangana you know?

The findings were: Teens are using drugs as alcohol is costly to them and there are no drunk and drive cases if drugs are used instead of alcohol.

1. To Relieve themselves from boredom
2. To get a Feel-good feeling
3. • So that they may forget their problems and relax; • So that they can get their questions answered; • So that they can feel less discomfort;
4. To Achieve a sense of Maturity
5. In order to demonstrate their autonomy.
6. To demonstrate that they are a member of a certain group.
7. Failing marks or performance in academics

8. Someone who has been the target of bullying or cyberbullying
9. A lack of faith in oneself
10. A laissez-faire approach to parenting
11. Drug or alcohol abuse by a parent or an older sibling
12. Living in a community with a high tolerance for smoking, drinking, or drug use among youth
13. Attending a school without strict rules for tobacco, alcohol, or drugs and inconsistent
14. During Festivals like Holi and other gatherings.

These are the reasons given by students for questioning why drugs are used by students.

- a) Over 75 percent were not aware of severe punishments. There is not much awareness about punishments and narcotic Laws among rural students. 25 percent of students were aware of stringent punishments.
- b) 98 percent felt it was harmful. 2 percent replied they did not know that drugs were harmful.
- c) 82 percent did not know about rehabilitation centers. 18 percent knew about rehabilitation centers.
- d) Marijuana, LSD, Weed, cocaine, heroin and ecstasy are a few of the names of drugs they knew.

Impact of Drugs on Academic Performance: Drug abuse can have significant implications for academic performance among college students. Using drugs can lead to decreased focus, motivation, and cognitive abilities, ultimately affecting students' academic achievements.

Effects on Mental Health: Abuse of substances can have a negative impact on the mental health of students in higher education. The use of drugs can lead to anxiety, sadness, and other conditions that influence mental health. If early intervention and assistance are not provided, the mental state can become severely compromised. Schizophrenia, bipolar disorder, manic depression, attention deficit hyperactivity disorder (ADHD), generalised anxiety disorder, obsessive-compulsive disorder, post-traumatic stress disorder, panic disorder, and antisocial personality disorder are some common serious mental disorders associated with chronic drug abuse.

Social Consequences of Drug Use: The social aspect of college life can be profoundly affected by drug use. Drug abuse can lead to social isolation, strained relationships, and potential legal troubles, impacting the overall well-being of college students. There are many other adverse effects of drug abuse on families:

- 1) Family conflict that might include physical and/or mental abuse and neglect
- 2) Loss of employment opportunities in the future and colleges giving them transfers
- 3) Increased likelihood of emotional and mental disorders (like anxiety and depression) among family members
- 4) Removal of children from homes

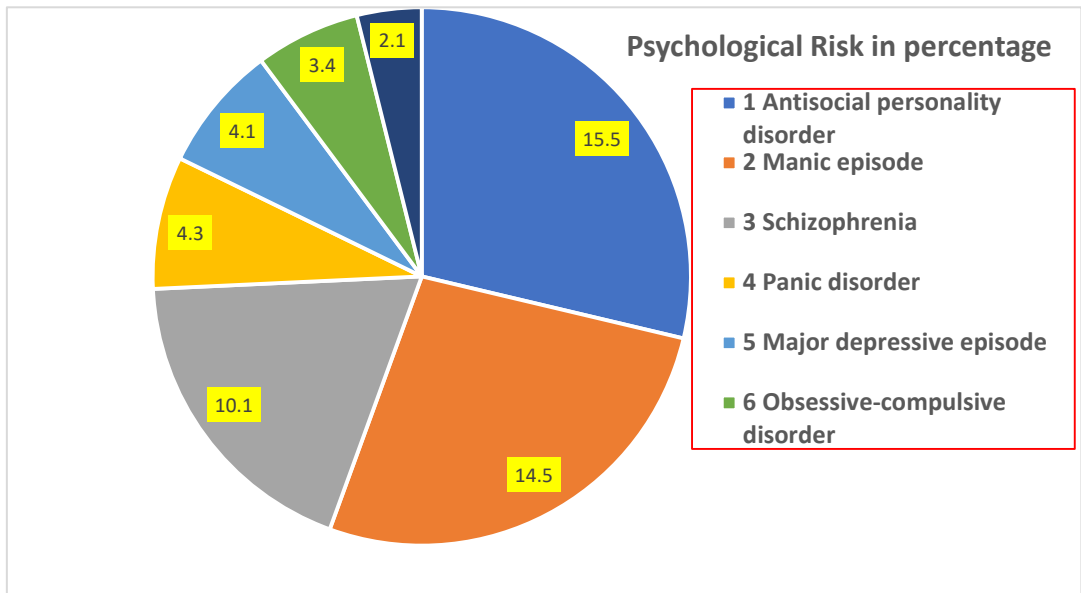
- 5) The student if caught while consuming will have to live a life as a criminal.
- 6) Drug abuses are linked to several social challenges, including, domestic violence, child abuse, crime, homelessness, aging, and mental health.
- 7) Drug abuse affects the industry, education, and training, and the family, as well as its contribution to violence, crime, financial problems, housing problems, and vagrancy.
 - a) Family members of addicts have a great deal of stress as a result of the addict's frequent aggressive behavior and the financial load that the addict brings into the home.
 - b) Drug addiction prevents an addict from receiving an education since it causes mental retardation. They become distracted from their studies and lose interest in what they are learning. They have memory problems, which contribute to their poor performance.
- 8) They begin acting erratically and making excuses that cannot be rationalized in order to avoid attending educational institutions. They also begin to disregard their looks and their personal cleanliness.
- 9) Their behavior shifts, which ultimately results in a decrease in production. They are unable to communicate, which causes them to lose confidence and perform poorly.
 - a) Not only does the individual who is addicted bear the expense of their addiction, but their entire family as well as their friends does as well. A person who is addicted to drugs may start off by taking money from friends and family, but they may progress to more serious offenses over time.

In order to satisfy their cravings for drugs, they could join organized criminal gangs and organizations. They frequently partake in drinking and contribute to issues of law and order that plague society. Activities such as prostitution, extortion, abduction, stealing vehicles, unlawful dealing, and smuggling, among other things,

Disorders with Increased Risk of Drug Abuse:

Sl.No	Disorder	Risk in percentage
1	Antisocial personality disorder	15.5
2	Manic episode	14.5
3	Schizophrenia	10.1
4	Panic disorder	04.3
5	Major depressive episode	04.1
6	Obsessive-compulsive disorder	03.4
7	Phobias	2.1

Source: National Institute of Mental Health



Well-being and Physical Health:

- 1) Drug abuse can also have adverse effects on the physical health and overall well-being of college students. The health risks associated with drug consumption and its potential long-term consequences will affect Physical health very badly.
- 2) In addition to the fatalities that can occur as a result of overdosing and driving under the influence of drugs or alcohol, those who are addicted to substances are at an increased risk of developing chronic health conditions such as chronic obstructive pulmonary disease (COPD), diabetes, cardiovascular disease, liver disease, and other conditions. These illnesses afflict persons at rates that are greater than the general population even after they have successfully recovered from their addiction.
- 3) It is a cause of cancer as well as other contagious illnesses. Addicts of various substances, such as heroin, cocaine, and amphetamines, display a variety of behaviors. An overdose of drugs can result in death, self-harm, or other adverse bodily effects.
- 4) Loss of appetite, decreased weight, and difficulty concentrating all have a negative impact on the brain, which can result in mental illnesses, impair psychomotor abilities, and induce hallucinations.

Preventive Measures and Awareness Campaigns: To curb drug abuse among college students, preventive measures and awareness campaigns play a vital role. This section discusses the significance of educational initiatives, counselling services, and campus-wide awareness campaigns to inform students about the dangers of drugs. Both Prohibition and Excise Department and Police Departments are creating awareness regarding the harmful effects of drugs in Telangana.

Support Systems and Counselling Services: Support systems and counselling services are crucial in assisting college students struggling with drug addiction. This section reviews existing support systems in Telangana's colleges and proposes the integration of robust counselling services to aid students in their journey toward recovery.

The Hyderabad Police Department has established anti-drug committees at 55 different colleges to assist in the fight against drug usage among young people. The Academic Development Cell (ADC) was founded by the Hyderabad City Police Department for use in the city's educational institutions. Every committee at a college must have a minimum of five members, and those members might be students, dormitory wardens, or faculty members. Anti-drug committees are now required to be established at every level of education. The coordination of the police force and educational institutions will be aided by these committees. These committees will act as mentors for college students, counsel them not to take drugs, organize events and workshops, and engage with the local police if it becomes necessary to do so. They also talk about getting back on their feet.

Role of Government and counselling centres:

The preventive and control measures which can be adopted for drug abuse are:

- 1) Avoid addiction to all these substances.
- 2) Create awareness about the side effects and the consequences of the addiction.
- 3) Treating the students who are already addicted.
- 4) Provide moral support and counselling.
- 5) Avoid any kind of temptations and peer pressure.
- 6) Telangana Government must address the drug problem through a balanced approach based on public health principles, scientific evidence, human rights, and gender consideration, supporting:
 - a. Monitoring pupils for any other potentially dangerous behaviour in addition to testing for drug usage. To provide treatment for those who are dependent on alcohol or other substances, the government of Telangana has declared that it would open at least one de-addiction centre in each of the state's 33 districts. Instances in which addicts are offered free treatment, yoga therapy, and counselling; nonetheless, the process is not yet finished, even though it should be finished as soon as possible. Now, we have six such medical facilities established for the purpose of deaddiction. These facilities are in the Osmania Medical College/Institute of Mental Health, Gandhi Medical College/Gandhi Hospital, Kakatiya Medical College/MGM Hospital, Government Medical College/GGH Nizamabad, Rajiv Gandhi Institute of Medical Sciences/Hospital, and Government Medical College/GGH Mahbubnagar.
 - b. The provision of free treatment, medical care, social protection, and rehabilitation services for persons who use drugs and those who have problems related to their use of drugs should be required of the government.

- c. Access to restricted medications for medical purposes, in particular for the management of pain, while also limiting their diversion and use for purposes other than medicinal.

Abuse of drugs can be prevented on three different fronts:

- a) Primary
- b) Secondary
- c) Tertiary.

Primary Prevention: Primary prevention aims at preventing the initiation of drug abuse . Primary prevention, by far, has been known to be the best strategy to control substance abuse and several countries across the globe have adopted different types of strategies for preventing drug use at the primary level. The chief goals of primary prevention are:

- a) Targeting young people before they start using or experimenting with substances.
- b) Discouraging or terminating drug use among those who have already experimented with or used substances.

Secondary Prevention: The secondary prevention programs target those individuals who have already started using substances. This program aims at controlling the degree of damage to the individual by preventing substance use from becoming a problem.

Tertiary Prevention: Tertiary prevention programs are sometimes referred to as rehabilitation and relapse prevention. This form of prevention program aims at making the individual drug free thereby minimizing the problems associated with its use. It strives to enable the individual to attain and maintain improved levels of functioning and health.

Role of Counseling centers at college Level

1. A committee must be constituted at college
 - a) This committee must discourage the students from using drugs for recreational purposes.
 - b) Abusing prescription medication unless it is certified by doctor.
2. **Avoid Temptation and Peer Pressure:** Teaching the students life skills to say No to Drugs.
3. **Seek help for mental illness:** Mental illness and substance abuse often go hand in hand. Students must be guided properly to treat mental illness such as anxiety, depression.
4. **Examine the risk factors:** Look at your family history of mental illness and addiction, several studies have shown that this disease tends to run in the family but can be prevented. The more you are aware of your biological, environmental, and physical risk factors the more likely you can help them to overcome them to use drugs.
5. **Keep a well-balanced life:** People often turn towards drug when life is missing or not working. Help such students to manage their stress which will help them overcome these life stressors and will help them to live a balanced and healthy life.

Advise them to develop goals and dreams for their future. Advise them that drugs will simply hinder them from achieving their goals.

Community Engagement and Peer Support: The involvement of the community and peer support is a vital component of drug prevention in Telangana. The colleges must engage students, their families, and local communities in promoting a drug-free college environment. Implementing Drug-Free Policies and Regulations. The formulation and implementation of drug-free policies and regulations are essential for creating a safe and supportive college environment. Each college must frame its own code of conduct to mentor the students. A survey says over 500 canters across the country collaborate to rehabilitate addicts and reintegrate them into healthy productive lifestyles.

Empowering Students to Make Informed Choices: Empowering college students to make informed choices is critical in keeping them away from drugs. The colleges must promote critical thinking and decision-making skills to resist peer pressure and avoid drug usage. Students must be given some knowledge of the strict laws fines and acts regarding drugs.

Conclusion: Substance abuse has far-reaching consequences across several dimensions of society, including cultural, biological, geographical, historical, and economic factors. Now more than ever, it's crucial that people learn about the hazards of drug use. The spread of drugs can be slowed by raising awareness about its dangers among the public, parents and family members, non-governmental organizations, municipal officials, women's groups, student groups, local traditional councils, and village panchayats.

Promotion of social interactions, teaching students' ethics, and adherence to cultural values are essential preventive measures, fostering awareness regarding detoxification, medication-assisted therapies, and behavioral therapies will help them with self-esteem development, providing support systems to teach appropriate coping skills, and engaging the student community with life skills must be taken up by all colleges. Then only Telangana Government can create an environment where college students can thrive academically, mentally, and socially, free from the clutches of drug abuse.

References:

- 1) Aarati M, Allahverdipour H, Moeini B, Farhadi Nasab A, Mahjub H, Jalilian F. Assertiveness skills training efficiency on college students' persuasive subjective norms against substance abuse. *J Hamadan Univ Med Sci.* 2011; 18:40–9. 21.
- 2) Aslinejhad MA, Alemi A, Tajaddodi M. 1st ed. Mashhad: Ney Negar Publication; 2008. *Life Skills*; pp. 18–27.
- 3) Babaieasl F. Study of knowledge of Kerman's high school for boys' students about the consequences of psychoactive substance abuse. *J Nurs Mid Facu of Hamadan Univ Med Sci.* 2008; 16:18–24.
- 4) Bagheri M, Bahrami Ehsan H. The role of life skills education and attitude toward drug use and self-esteem of students. *Res Addict.* 2003; 31:155.
- 5) Botvin GJ, Baker E, Dusenbury L, Tortu S, Botvin EM. Preventing adolescent drug abuse through a multimodal cognitive-behavioral approach: Results of a 3-year study. *J Consult Clin Psychol.* 1990; 58:437–46.

- 6) Botvin GJ, Griffin KW. Life skill training: Empirical finding and future direction. *J Prim Prev.* 2004; 25:211–8.
- 7) Buhler A. The role of life skills promotion in substance prevention: Mediation analysis Friedrich Schiller University. 2007. [Last accessed on 2012 Mar 02]. Available from: [http://www.file:///l/the role of life skillsPrevention.htm](http://www.file:///l/the%20role%20of%20life%20skills%20Prevention.htm).
- 8) Cord Nooghabi R, Pashshrifi H. Preparation and collection the life skills curriculum for middle school students. *EducInnov J.* 2005; 12:21–9.
- 9) Daemi HR, Sohrabi F, Moghimibarforoosh SF. Investigation of the effect of assertive skills training on attitude toward drug abuse in Tehran and Allame Tabatabaeeuniversity students. *Q J Drug Abuse.* 2009;9:67–96
- 10) Dehkordi SG. MA thesis. Islamic Azad University Khorasgan: IAU Publication; 2000. Effect of an educational project on drug abuse prevention attitudes and awareness of the students in Share Kord city.
- 11) Eisen M, Zellman GL, Massett HA, Murray DM. Evaluating the Lions-Quest “Skills for Adolescence” drug education program: First-year behavior outcomes. *Addict Behav.* 2002; 27:619–32.
- 12) Jahromi L, Mokri A, Ekhtyari H. Cardiovascular complications of opioid abuse. *J Addict.* 2009; 7:69–78.]
- 13) Marlatt GA, Parks GA, Witkiewitz K. Clinical guidelines for implementing relapse prevention therapy. *The BehavioralHealth Recovery Management Project.* 2002. [Last accessed on 2012 May 01]. p. 49. Free online.
- 14) Moradi M, Heydarinia AR, Babayi GR, Gehangiri M. Stage-based interventions for drug abuse prevention among petrochemical workers in Assaluyeh. *Med Sci J Islam Azad Univ Tehran Med Branch.* 2009; 19:246–55.
- 15) Naderi SH, Bynazadeh M, Safatian S, Peyvandi AA. Tehran: Center of Combing Substance Abuse; 2009. A comprehensive package of treatment of addiction; pp. 24–58.
- 16) Nazarpoor M, Pouzesh SD, Raoufi MB, Sadagat K, Nazari M, Amini A, et al. Effect of life skills workshops on changing the attitudes and awareness toward narcotic drugs abuse in students. *J Tabriz Univ Med Sci.* 2010; 31:83–6.
- 17) Purchenary M, Golzri M. Effective life skills education to change attitudes on male students in high schools Sirjanto drug abuse. *Res Addict.* 2009; 8:33.
- 18) Samari AA, Laalyphase A. Effectiveness of teaching life skills and social acceptance of family stress. *J Addict.* 2004; 52:47–55.
- 19) Savadkoohi AA, Arjmand Hesabi M, Ali Norouzi R. Acceptability of existing methods for the prevention of addiction and provide the desired pattern. *Rehabilitation.* 2006; 7:50–61.
- 20) Serajzade H, Feizi A. Drug and alcohol use among students in public universities in 2002-2003. *Journal Soc Welfare.* 2007;6:85–11
- 21) Smith TA, Genry LS, Ketring SA. Evaluating a youth leadership life skills development program. *J Alcohol Drug Educ.* 2005; 32:311–25.

- 22) Valyany M, Samuie R, Monsheie GH. The role of life skills education on the prevention of drug addiction. *J Nurs Res UnivIsfahan*. 2004; 25:12–9.
- 23) Younesi G, Mohamadi MR. Approach to disseminating information on drug use prevention programs among adolescents. *Danesh va Raftar*. 2006; 13:1–10.
- 24) Zollinger TW, Saywell RM, Jr, Muegge CM, Wooldridge JS, Cummings SF, Caine VA. Impact of the life skills training curriculum on middle school students' tobacco use in Marion County, Indiana, 1997-2000. *J Sch Health*. 2003; 73:338–46.