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Awareness and prevention of substance among adolescents

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Abstract

Background: Substance Abuse is one of the world's biggest health issues. Adolescents are particularly vulnerable. The purpose of this research is to compare the reasons for initiating, maintaining, and abstaining from hazardous drug use among adolescents and young adults.

Objectives: To investigate the prevalence and pattern of drug use among adolescents and young adults, as well as to raise awareness about and prevent substance usage.

Conclusion: The processes of industrialization, urbanization, and migration have resulted in the loosening of traditional social control methods, making an individual vulnerable to the stresses and strains of modern life, and factors related to a child's socialization outside the family may also increase the risk of the drug. However, the successful execution of drug prevention plans, as well as the participation of parents, teachers, society, the media, and nurses in raising awareness of the health and other risks of substance abuse among adolescents, aid in the prevention of substance addiction.

Keywords: Awareness, prevention, substance, adolescents

Introduction

Substance is defined as the use of any psychoactive substance or drug, including both licit and illegal drugs that is not medically prescribed. The use of psychoactive substances endangers the health and social and economic fabric of families, communities, and countries [1].

Adolescence is the time when a person's future begins to take form. Apart from fundamental education and moral science, we emphasise comprehending the environment and conveying knowledge of what is good or harmful for him or her in infancy. Apart from many physical and hormonal changes throughout the period, this is the time when one begins to recognize oneself or her recognize self-identity, considers one's role in family and society, and acts to build one's own identity. They are exposed to a great deal of mental stress and behavioural changes in abehavioralo overcome these maladjustments, and in the absence of competent direction and supervision, they develop harmful habits such as drug.

Substance Abuse among teenagers has become a worldwide dilemma as well as a major public health concern, and there has been a remarkable rise in the demand for treatments to address the problem during the last two decades. This need has resulted in the creation of several basic, intermediate, and tertiary drug addiction prevention programs. The World Health Organization designated June 26, 1992, as International Day against Drug and Illicit Trafficking. Furthermore, the years 1991-2000 were recognized as the UN Decade Against. [2].

People Abuse substances such as narcotics, alcohol, and cigarettes for a variety of complex reasons, but it is apparent that our society bears a substantial cost. The toll of this Abuse may be seen in our hospitals and emergency rooms as a result of direct health harm caused by drug addiction and its relationship to physical trauma. The close link between criminality and drug dependency and Abuse is documented every day in jails and prisons. Although the usage of certain drugs, such as cocaine, has decreased, the use of others, such as heroin and "club drugs," has grown [3].

- Alcohol Opioids

- Nicotine
- Cocaine
- Amphetamines and other sympathomimetics
- Hallucinogens, Ex: LSD, Phencyclidine
- Sedative and Hypnotics, Ex: Barbiturates Inhalant Ex: Volatile Solvents ^[4].

Substance causes and risk factors

Substance use and, such as smoking, drinking, and using illicit narcotics, may begin in childhood or adolescence. Certain risk factors may raise someone's proclivity to drugs. Family history variables that impact a child's early development, such as

- Chaotic home environment,
- Ineffective parenting,
- Lack of caring and parental bonding,

Parental drug use or addiction, has been linked to an increased likelihood of drug Abuse. Other risk factors for drug are connected to the substance r himself or herself, such as

- Male gender,
- Childhood attention deficit hyperactivity disorder (ADHD),
- History of anxiety or other mood disorders,
- Conduct disorder or antisocial personality disorder.
- Overly aggressive or shy conduct in the classroom,
- Poor social coping skills,
- Poor school achievement,
- Association with a deviant peer group or distancing oneself from peers entirely,
- Perception of acceptability of drug-use behavior ^[5].

The exact origin of drug Abuse is unknown, however, it is likely to entail genetic predisposition, co-occurring disorders, and environmental factors. Drug use and experimentation are prevalent among pre-teenagers and adolescents, although only a tiny minority of those users will go on to Abuse drugs.

1. **Genetics as a Cause of Drug Abuse:** While many individuals take drugs, only a tiny number addiction drugs; yet, it has been shown that drug commonly runs in families, implying that genetics is one of the reasons for drug. While having parents who take drugs puts a kid in danger, it is possible for the youngster to grow up without developing drug usage issues. It is also possible to Abuse drugs without having any other drug addicts in the family. It is apparent that genetics alone is not the cause of drug Abuse.
2. **Peer Pressure:** Peer pressure is a potent force at any age. It is particularly significant throughout the teenage era, which contributes to the onset of drug use.
3. **To Look And Feel Like a 'Grown-UP':** Adolescents often desire to be regarded as grownups. "I'm not a child anymore," they say often, so it's no wonder that they're attracted to things that make them feel like adults - older, more mature, and more intellectual. Drinking, smoking, and drug usage may all heighten that sense; of looking and feeling like a grown-up.
4. **Modeling Parent Behavior:** Teens who grow up with substance-abusing parents are more likely to emulate their parent's behavior.
5. **Curiosity:** The urge to try new things and explore the world would lead to drug usage.

6. **Boredom:** It has been stated that idle hands are the devil's weapon, and idle minds are the devil's playground. Boredom may rapidly lead to addiction.
7. **Urbanization:** Modernization has its own detrimental impact by creating situations that favor substance.
8. **Self-Medication:** Teens who are experiencing a lot of emotional anguish are more prone to drug Abuse. They utilize narcotics as self-medication, which leads to addiction.
9. **Rebellion:** Those who have nagging, overprotective, or authoritarian parents often lash out in a passive-aggressive way, rather than dealing with their parents about their irritation, harsh restrictions, religious hypocrisy, and so on.
10. **Ignorance:** Ignorance of Parents and Caretakers, as well as Faulty Attitude of Parents, will also contribute to teenage drug use.
11. **To Have Fun:** The new experience and fun is prevalent in teens, which leads to drug use in persons.
12. **They are addicted:** Often, the addicted people make the justification that they are hooked to substances that cause more deformities ^[6].

Effects and complications of substance

1. **Substance Harmful to the Brain:** Because the adolescent years are critical to adult cognitive function, it is critical to maintaining a tight level of healthy conduct throughout these years. Drug usage may have an immediate influence on the brain's capacity to function as well as inhibit appropriate growth and development later in life.
2. **Substance affects teen brain development:** interfering with neurotransmitters and damaging connections within the brain;
 - Reducing the ability to experience pleasure;
 - Causing memory problems;
 - Causing missed opportunities during a period of Heightened learning potential, and
 - Inhibiting the development of perceptual abilities.
3. **Physical dangers of adolescent substance:** Teens are more prone than adults to binge drink and use drugs (drinking enough or taking a large dose of drugs in a short amount of time to reach the legal blood alcohol and drugs content limit). According to research, the juvenile brain reacts differently to alcohol and drugs than the adult brain. People who start drinking and using illegal substances throughout adolescence, particularly those who drink and use drugs often, are more prone to acquire dependent syndrome than those who do not.
4. In addition to the dangers of addiction, alcohol, and illegal substances endanger the physical health and development of adolescents. Excessive drinking and illegal drug use in teenagers has been linked to
 - Delayed puberty and/or poor reproductive system consequences
 - Lower bone mineral density
 - Higher levels of liver enzymes that suggest liver damage
 - Shorter limbs and lower development potential
5. The Social and Professional Consequences of Teen Substance Aside from the physical hazards of juvenile drinking and drug use, there are several additional

effects that may follow youth into adulthood. Substance addiction has various adverse effects that go well beyond the medical and physiological components since it may cloud judgment and promote impulsive actions. Some examples are:

- Permanent criminal records
 - Car accidents
 - Assaults
 - Sexually transmitted illnesses
 - Unplanned pregnancies
 - Missed academic chances
6. Emotional effects of substance include:
- Depression
 - Anxiety
 - Memory loss
 - Aggression
 - Mood swings
 - Paranoia ^[7, 8, 9].

Prevalence of substance among adolescents

According to research done among 256 randomly chosen college-going male students in Chandigarh, India, with the general goal of examining drug usage patterns among them. The prevalence of drug usage was seen in 52.7% of students aged 19 to 21 years. Age was revealed to be a significant predictor of drug Abuse (p=0.01) ^[11].

Table 1: Substance Use by Age

Age in Years	Substance		Total	
	Yes	No	No.%	
16-18	03(20.0)	12 (80.0)	15 (5.9)	$\chi^2 = 9.1$ (p=0.0 1)
19-21	81 (60.0)	54 (40.0)	135 (52.7)	
22-25	63 (59.4)	43 (40.6)	106 (41.1)	
Total	147 (57.4)	109 (42.6)	256 (100.0)	

Plans on preventing substance

1. Family based prevention programs

Prevention programmes may boost protective factors in early children by teaching parents stronger family communication skills, suitable disciplinary methods, firm and consistent rule enforcement, and other family management techniques. Parents that provide regular rules and discipline, speak to their children about drugs, supervise their activities, get to know their friends, understand their issues and worries, and participate in their children's learning all gain from research. The parent-child bond is crucial throughout puberty and beyond. ^[10].

2. Role of Parent for Prevention of Substance

Establish and sustain effective communication with youngsters.

- Listen to youngsters or teenagers without passing judgement. Repeat them to ensure that you understand. Don't preach.
- Be prepared to speak to your children as early as fourth grade, when they may first experience peer pressure to try with alcohol, drugs, or cigarettes. □ Get active in your children's life.
- Encourage children's activities by attending special events such as recitals and games and complimenting them for their efforts.
- Assist children in problem-solving by asking what is wrong when they seem distressed and letting them know you are there to assist them. □ Be a positive role model.

- Show how to handle problems, have fun, and deal with stress without the use of alcohol or drugs.
- Cite instances of reckless conduct from movies or music.
- Keep in mind that you are the example. Avoid inconsistencies between your words and your deeds. Drink drink in moderation, don't smoke cigarettes, and never take narcotics. Talk to your children about drugs.
- A little talk may go a long way. Engage your youngsters in a dialogue. Inquire about what they know, how they feel, and what they believe about the topic.
- Before discussing alcohol, tobacco, and drug use with your children, educate yourself. You will lose credibility if your facts are incorrect ^[11].

3. Community-based preventative initiatives

- Prevention initiatives collaborate at the community level with civic, religious, law enforcement, and other government agencies to improve anti-drug norms and pro-social behaviours. Many initiatives assist with preventive efforts across contexts to help disseminate messages via school, work, religious organisations, and the media. According to research, initiatives that reach out to adolescents in a variety of contexts may have a significant impact on community norms. Community-based initiatives often incorporate policy formation or regulatory enforcement, mass media activities, and community-wide awareness campaigns.

4. School-based drug and alcohol prevention programmes

Take place during the school day or on school grounds. Because peer attitudes and perceived norms heavily impact drug and alcohol use, school-based initiatives that are available to all students in the school, in addition to measures that target drug-using youth, are required. School-based programmes may include school-day, extended-day, or afterschool activities, may be given by school employees or community-based facilitators, and may be mandated (such as a health education class) or optional (like an elective or a drop in afterschool program). • Effective methods to school-based drug and alcohol prevention include educating kids how to resist peer pressure, developing general life skills, including families, and creating opportunity for students to participate in good experiences with others in the school and community ^[11].

5. The Role of Teachers in Prevention

- Teachers may also assist to build and maintain the concept of school as a community. This gives pupils a feeling of belonging, connection, and protection, which helps to fight drug and other substance Abuse inclinations. Teachers may take the following steps to transform a school into a community: Establish clear classroom boundaries with explicit rules and punishments.
- Encourage students' efforts and accomplishments
- Acknowledge triumphs and talents
- Model a feeling of optimism and a positive attitude of learning
- Keep the lines of communication open
- Be a good listener
- Maintain an open mind
- Gather student feedback.
- Encourage engagement in extracurricular activities ^[13].

6. Role of Nursesinn Prevention

Nurses play a significant role in Screening, Brief Intervention, and Referral for Treatment (SBIRT) for alcohol use disorders and other drug abuse disorders ^[14].

- Encourage yoga, a healthy lifestyle, and personal hobbies while improving self-awareness. Assist teenagers in dealing with day-to-day stress.
- Educating teenagers on coping skills in order to develop the individual's personal and social abilities, hence increasing self esteem and resistance to peer pressure.
- Providing information about a drug de-addiction center
- Concerning substance-abusing clients and families to social services.

7. The Role of the Media

- Implementation of societal reforms to influence the drinking habits of the whole population. This is made feasible by Raising the price of substance goods;
- Controlling and abolishing the advertising of alcohol and other illegal substances; and
- Restricting and abolishing the marketing of substance products by actors in films and advertisements.

Conclusion

Adolescent drugs and substances are prevalent and cause significant problems in this population; therefore, targeted interventions are required to reduce this enormous burden. Despite being aware of the negative consequences of substance, adolescents continue to engage in this behavior. This necessitates community-wide prevention and control programs aimed at adolescents, their parents, and other family members. Adolescent attitudes must be shaped through effective measures.

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