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Substance Abuse among Youth and Community Role

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Introduction:

Drug abuse is staggeringly expanding, and one of the excessive socially and medically issue of the 21th century. This is the one of the greatest worldwide issue including in the Pakistan. A summary was concluded by the UNODC (2018) that approximately 275 million individuals used illegal drugs world wide in the 2016 (N. J. P. J. o. M. R. Aslam, 2019).

While around 29 million people suffer from substance use disorder, and need counseling, support programs, medical services and

rehabilitation therapy. Diagnostic and statistical manual (DSM-5) well-defined as Substance use disorders as a dysfunctional behavior pattern leading to clinically relevant deterioration in everyday life (N. J. J. o. A. Aslam & Dependence, 2015). Illegal Drugs have substantial consequences in terms of morbidity and mortality. People from 15 to 41 years of age are potentially prone to opioid addiction, and are spreading dramatically. People from 31 to 34 years of age are potentially prone to cannabis. Heroin has been exposed to about 35 to 40 years of age. Pakistan is involved in smuggling of

opium and drugs especially the exposure to methamphetamine hydrochloride (N. J. J. o. A. Aslam & Dependence, 2015).

Substance abuse has very negative effect on physical and psychological wellbeing and also on economic growth of a country. According to the report of United Nations Office on Drug and Crime (2013), that is mutually arranged with the Narcotics Control Division, Administration of Pakistan. There has been a critical augmentation in past-year in the use of both plant-based medications and clinical professionally prescribed medications, for example, cannabis, opiates, heroin, analgesics, opium and sedatives.

Factors increases risk of Substance Abuse

There are several causes that contribute to drug addiction. These include poverty, simple availability and accessibility of drug, structure of family, ethnicity, age, and peer influence. Better understanding of the factors can enable health care professionals, and the community level to notify and report the spread of substance addiction among young people (Sajjadi, Harouni, & Sani, 2015).

Poverty

Poverty is the major risk factor for young adults that contributes to substance misuse. The prevalence of substance dependency seems to be highest in the lower socio-economic areas, and the prevalence increases increasing in the poorest regions of the country(Latifah, Kristina,

& Suryawati, 2019). The key cause of drug abuse is insecurity, insufficient accommodation, lack of income, and social ignorance(Rudolph et al., 2019).Approximately, 25 % of Pakistan's population live in poverty, particularly rural communities. 75% of homeless children, and young adults are opioid addicts. People of poor socio-economic status used ganja, marijuana, heroin, heroin, and alcohol.

Easily Availability and Accessibility of Drugs

Another risk factor of substance abuse is easily availability and accessibility of drugs. Tobacco and alcohol are easily available in Central Asian Countries. Adolescent are use smoking and alcohol in initial stage then they leads to drug abuse. They have easily accessibility of drugs from the friends, shops, and street vendor(Rose, Peter, & Samwel, 2019).

Structure of Family

Another contributor factor is family structure that increase the risk of substance abuse.in a report of USA children that belongs to single parent are at greater risk for substance abuse as compared to dual parents. In another report, it is identified that single parent has financial problems as compared to dual parent. Therefore, they cannot focus on their children, and the adolescent could be on peer dependency for information related behavior. This led to substance abuse at high risk. A study was conducted in Pakistan, according to this relationship difficulties and bereavement in

families is a brisk factor that leads to adolescent to drug abuse(N. J. P. J. o. M. R. Aslam, 2019). Approximately, 36% of adolescent to substance abusers in Pakistan reported because their parents are also substance abusers.

Age and Gender

Substance abuse in young age effects the physical and mental growth of youth and it is prevalent Globally(Stoolmiller et al., 2012). In USA there is median age of drug abuse if 14 years. In a study approximately 42% of adolescent between the age of 13-14 in United States that used alcohol, and this ratio increased to 78% among seventeen to eighteen years old (Swendsen et al., 2012).

Substance abuse is more used by men as compared to women. A study was conducted in Kenya, approximately 43% male and 36% female adolescent used cigarete (Aliiaskarov, Bakiev, & policy, 2014). A study was conducted in United State reported that parents have more concentration on girls as compared to boys (Hemovich, Lac, Crano, & medicine, 2011) This may be a reason that females have less use of substance abuse due to supervision of parents.

Influence of Peers

Peer pressure in another risk factor that leads to adolescent to adopt the substance abuse.

approximately 76% of medical students risk of to adopt to drugs abuse because of peer dependency, easily availability, and lack of parent's supervision(Shafiq et al., 2006).

Initiative by Health Department:

Government needs to take steps on a serious note to help reduce drug use among the community level. Government can do to reduce drug use in the country and possibly eliminate it. The thing that can help the most is that they can invest in drug education. Since education has no borders, it should be taught frequently, Teachers, schools, street corners, hospitals, trains and buses should be taught to the rich and the poor, to the old and to the young.

The United Nations and Pakistani authorities have joined forces to reduce the health and social effects of drug dependence in Pakistan and ensure that drug users have access to adequate treatment and care(Mallhi et al., 2019).

Parents Family and community initiatives:

Family, parents and community contribution means different things to different people. The STAR project (Student, Taught, Awareness, and Resistance) a program based on community in the United States, planned to reduce the new cases of drug user, and decrease the incidence of drug usage in the communities (Somani & Meghani, 2016). This program offers a broad range of family and community activities that can engage the drug user and help

in prevention of drug abuse. Research and field work show that parents, families and community partnership reduce the use of drugs abuse in vulnerable areas, prevents their children and strengthen families(Somani & Meghani, 2016).

Model for Intervention

Project STAR, also known as the Midwestern Prevention Program, is a community-based, multi-component drug prevention initiative. The program's main focus is on alcohol, tobacco, and marijuana prevention, which are considered "gateway" substances i.e., experimentation with these drugs usually precedes the use of other illicit drugs(among Youth, 2016).Project STAR is a universal substance abuse prevention programme. Results shows that project STAR cost effective and reduced drug use(Hansen, Giles, & Fearnow-Kenney, 2000). Project STAR included interventions within the following areas at different times during the campaign: mass media, school curriculum, parents' participation, community organization and policy change. The Project intervention takes between three to five years.

Media

Media has great role in changing the society. Media needs to encompass from the early of the campaign to the ends. Media can collaborate with parents and community in reducing the drug abuse(among Youth, 2016). Media can focus on children education programme, talk

shows, newspaper, and banned to substance abuse among youth.

School Curriculum

This consist of 18 educational session that delivered over two years. Trough out this session, teachers must be trained. These sessions helpful in reduce in substance abuse. These sessions, peer leader need to training so they act as role model and demonstrate prevention skills to their level. This session seeks to develop awareness and comprehension of the consequences of drug abuse, and try to address their issues(among Youth, 2016). Students are mutually trained to strive with a family member to promote significant interaction among them Social bonding and commitment to others can reduce the use of drugs among young people. Youth should be an active member in the fight against it(Aliiaskarov et al., 2014).

Parents' Participation

Parents have also unique role within the 2nd year of program. Groups are designed, containing of students, teachers, and parents. Everyone ready for his or her role. They're actively concerned in coming up with, and sessions conduct on parenthood skills, and revising processing faculty rule concerning substance abuse. They conjointly observe faculty, home, and community surroundings to reduce drug use

Community Organization

Community has an active role in changing behavior of youth. They embrace representatives from different sectors, like, health, government, media and education who obtain coaching, and decide to be concerned for a minimum of 2 years. Their role is to spot community wants associated with abuse bar. Then they set up, collect resources, and apply interventions for program support(Whitaker, Murphy, Eckhardt, Hodges, & Cowart, 2013).

Change the Policy

Policy change may be crucial part of the program, and is enforced by committee of the community partnership. This group works on legislative reforms at education, city and nation level to minimize vulnerability to drug dependence and raise funding for the program. It develop the policy and rules related to prevention of substance abuse(Lapin & Pentz, 2000). It is the final steps of this program.

Conclusion

Substance abuse is a global public health challenge. A variety of risk factors associated with drug abuse include, persons, environmental, socio-economic exposures, family. Young people who use substance abuse have negative effects on health. Which increases morbidity rate. A different prevention program helps to reduce substance abuse.

Project STAR is an example of community-based prevention program. Which encourage the individuals, and communities to decline substance abuse in young people. This program is cost effective, and have a positive effect on health of the youth.

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