

INTELLECTUAL INCEPTION: A Multidisciplinary Research Journal of Bhojpur Campus

(Peer Reviewed)

ISSN: 2990-7934, Volume 1, Issue 1, July 2023, pp 1-10

Published by Research Management Cell (RMC), Bhojpur Multiple Campus, Bhojpur

E-mail: bhojpurcampusrmc77@gmail.com

Youth and Abuse of Substances

Chetan Khadka

Teaching Assistant

Psychology Department

Mahendra Morang Adarsha Multiple Campus, Biratnagar, Tribhuvan University, Nepal

E-mail: callmeck01@gmail.com

Abstract

The following comprehensive and thorough literature review focuses on Youth and Abuse of Substances. More specifically, this study describes in twenty first century youth are more into abuse of substances, the types of substances described in the currently available literature, the various existing prevention and treatment programs, factors which have been attributed to youth and abuse of substances, and focuses on areas in this field that need further research. More complaint of this study is to focuses on youth mental health and motivation towards abuse of substances. Secondary sources were utilized, providing a complete picture of the ever-growing challenge of youth and abuse of substances. This study shall then conclude with the author's personal integration of this information, and how this information can potentially benefit professionals working with peripheral population.

Keywords: Abuse, substances, youth

Introduction

Youth means the time between childhood and adulthood where individual is young and has the sense of maturity. Youth has the major role to develop the societal perspective of life where their enrolment has major impact on development of social wellbeing. Cultural norms and values have huge impact to shape the persons behavior and standards. Youth are also the reflection of social awareness in society. Youth is the time where the transition of dependent childhood to independent adulthood can be understood and can be observe their behavior for better understanding. Youth sense of knowledge ideas can have the positive aspect for changing the contemporary life by education, consistency in the given task and opportunities. Youth is the age when the individual is in the process of completing high school education and pursuing more new thoughts to fulfill their goals. According to Eric Erikson's Initial phages has the hard and confusing phage in

developmental stage. As we know young youth is the transitional period where individual has to suffer from multiple psychological perspectives and yet this can be easy due to easy social cooperation. Many youth suffer from identity and role confusion. And further lead towards Intimacy vs. Isolation. Youth who has proper development in school life and later joins good universities has positive impression which gives motivation to be better and creative in life. Same as the opposite of this behavior has negative consequence and lead them to role confusion. Youth are the transition age group where they get to know more about their responsibilities towards self's and social life. They are more responsible towards new things like; voting rights, couple/ relationships, graduations, vehicle licenses, jobs, separations from parents etc. One of the negative factors to decline public health is substance abuse and its being a problem globally. Substance abuse is one of the risk factor among youth. The problem harms every sectors of society at 1st self then family, community, society and so on (Somani & Meghani, 2016). The use of a drug in high dose or by methods which are harmful to the individual is known as drug abuse, substance abuse or abuse of substances. Individual who has long sufferance in addiction of substances is known as substance-related disorder. Research finding says that there are many cases of behavioral issues which are related to youth and there substance abuse; personality disorder, engaged in criminal activities, anti-social behavior (An Exploratory Study of Borderline and Narcissistic Personality Disorder among Alcohol Consumers by Chetan Khadka, n.d.). Substances are associated with many different varieties of drug they are; alcohol, cannabis, cocaine, hallucinogens, methaqualone, benzodiazepines, barbiturates and opioids. Abuse of substance can be related with different causes researcher has mentioned two theories: Genetic Predisposition or habit learns from interpersonal relationship. In 2010 World Drug Report estimated that 5% of people around world uses and illegal drugs among them 12% of people are in high risk and current addiction can harm their daily life (Of & Use, 2016). Most of them are facing psychological problem and social problems. In year 2015 307,400 deaths were the globally estimated death number due to substance use disorder.

Substance abuse is becoming very common social problem in society and youth becoming more fascinated to enroll in addiction due to the contemporary curiosities and abandon ship in drugs (Bonomo & Bowes, 2001). Substance abuse is often known as the abnormal behavior and the impact of it can create substance related disorder. Most often youth with abuse of substances have suffer from complex disease which has the huge negative result in individual behavior. In most cases individuals with substance addiction can lose their sense of control and shows compulsive craving, irrational behavior, uncontrollable behavior and these symptoms of behavior causes negative consequences in their life (National Institute on Drug Abuse for Teens, N.D.). So, Mental Health of youth is

important in life because they are in the middle of their life cycle; they are future care takers and responsible guardians.

Purpose of the Study

The purpose of this study is to review, summarize and critique the abundant available literature surrounding the use and abuse of substances by youth, the types of substance use by youth, and society's attitude toward substance addiction. Also these studies help us to know the use of substance has increasing negative impact on youth mental health and leading towards various Substance related disorders. This report shall include the methodology used to include or exclude articles, a number of the various causes of youth and abuse of substances. Article main motivation is to find the types of substances which are being used by youth.

Why is This Article Worthwhile?

Despite the fact that abuse of substances has been a part of our culture for century's effective prevention and treatment programs have been extremely challenging to create. Prevention and treatment programs are not a one size fits all strategy and need to be adapted and modified to face the new challenges facing society. Abuse of substance in youth is being challenging day by day in Nepal.

Personal Assumptions

The writer of this article has a personal interest in discovering the various types of substance used by the youth and there abusing factors. This personal interest develops due to contemporary challenges of youth and there heavy influence in substance use. Number of addiction cases of youth has been registered in drug rehabilitation center, Biratnagar with their dependence in illegal substances at an early age. Also, Youth in addiction has been in mainstream in news, due to their hazardous behavior like; gang fight, attempting suicide, smuggling, robbery etc. As a result of these experiences, the writer came to believe that there are numerous reasons as to why youth become involved with various substances, and as such, that prevention and treatment programs need to be adaptable to include these various reasons, while also focusing on the self-esteem, education, and self-efficacy of youth, if they are to be effective in abstaining from the practice of using substances. The writer also feels that much of the present literature is out of date, and needs to be updated to incorporate the new influences that youth face today, including the media, internet. It is the writer opinion that by completing this journal article, there will be a compilation of the currently available literature, which can assist future researchers and appropriate professionals in the creation and implementation of prevention and treatment programs.

Literature Review

While reviewing literature for this project, the writer learned that most of the available information was provided by secondary sources. After reading numerous articles, several themes emerged, narrowing the information into specific categories. Therefore, this project is a global literature review that is based largely on the categories created by the resources, rather than on individual articles. These categories include: The types of substances youth utilize, determinants of substance abuse and what causes youth to use and abuse substances. Substance abuse is the taking of substances or a deliberate use of substances for the purposes other than its intended purpose.

One research on substance abuse associated factors among university students and its data is estimated that 9% of the global population aged 12 or older is classified with dependence on psychoactive substance such as alcohol. Substance abuse among Ethiopia adolescents is considerably rising. Therefore this study aimed that to assess prevalence of substance abuse and associated factors among university students, Tigray, Ethiopia, 2016 (Haftay Gebremedhin, 2018). These categories also include the new and growing Rave culture, ethnic and multi cultural considerations, and harm reduction policies. Although the topic of youth and abuse of substances is a prevalent part of our society, it was extremely difficult to locate articles that included a youth perspective on this issue. The following chapter shall discuss these topics further. A recent Indian Council of Medical Research survey in 2017, with 1000 respondents revealed that while only 0.17% respondent's use opioids, all were dependent and half of them had used buprenorphine. Alcohol use was reported in 5.02%, tobacco in 3.21% and sedative- hypnotics in 0.04% respondents. The study also reveals increasing use of substances among females: substance abuse was found to be 1.01% to 0.72% of females were dependent on substances. However as per the Punjab Opioid Dependence Survey (PODS), opioid use is more common. PODS reported that about 15 in 100 could be opioid users and 4 in 100 are opioid dependent among 18-35 years old men in Punjab. Heroin or chitta appears to be the drug of choice (53%), followed by opium (33%) and pharmaceutical opioids (proxylon, codeine containing cough syrup) in 14. Roughly a third of the opioid users take drugs in form of injections and 90% of them inject heroin, attributing rapid high to same (Thakur et al., 2022).

Similarly, High-risk substance use is defined as any use by adolescents of select illicit drugs (i.e., cocaine, heroin, methamphetamines, inhalants, hallucinogens, or ecstasy), prescription opioid misuse, or recent prescription opioid misuse, as well as injection of illegal drugs. The four substance use variables included in this report are related to substantial risk for HIV and STDs. Injection drug use places adolescents at direct risk for HIV, while drug use, regardless of mode of administration, places adolescents at risk of overdose. Drug use is also associated with sexual risk behavior, experiencing violence, and

mental health and suicide risks(CDC, 2019). According to the Salt Lake County Division of Substance Abuse in the United States, alcohol and drugs are associated with 45% of rapes, 51% of assaults, 70% of teen suicides, 50% of traffic fatalities, 52% of murders, 51% of thefts and 80% of child abuse (Fiedeldej-Van Dijk et al., 2017).In Tajikistan's school based health survey indicated that students of grade 7-9 faced physical and mental problems due to drug use; 12% made a plan to attempt suicide, 21% were involved in fights in the past year, 25% physically harm themselves unintentionally and 0.3% had first sexual intercourse before the age of 13 years(Somani & Meghani, 2016).

Definition of Terms and Types of Substances

Although the term youth can refer to various ages, for the purposes of this project, the term youth shall refer to adolescents between the ages of 14 to 24 that are currently living within a Global society. These youth may be currently in school, college, working, and/or may come from varying cultural backgrounds. Also, although numerous terms can be utilized to describe the various substances utilized by adolescent youth, such as drugs, narcotics, and prescriptions, for the purposes of this paper, the term substances will be utilized exclusively. In addition, although the term substances can also refer to numerous items, for the purposes of this paper, this term shall refer to any item being utilized by an individual other than which it was prescribed for, and/or both legal and illegal substances, such as illicit drugs, hallucinogens, inhalants, or other mind-altering material utilized for uses other than their original intention. The following are commonly used substances used by today's youth:

1. Depressants
2. Stimulants
3. Hallucinogens

Depressants

A depressant (downer) is a drug that lowers neurotransmission levels, which is to depress or reduce arousal or stimulation in various areas of the brain.

Types of Depressants

Ethanol (Alcohol): Alcohol is a legal depressant for people over the age of 21. It suppresses the activity of the mind and body of those who consume it. For example: It removes inhibitions, disrupts regular sleep cycle, Lowers heart rate, reaction time & processing speed.

Barbiturates: Barbiturates are a prescribed medication for anxiety and insomnia. Some examples include Phenobarbital, Nembutal and Amytal. Clinically used to induce sleep or reduce anxiety by depressing the central nervous system activity. Some side effects are reduced memory, judgment and concentration.

Benzodiazepines: Benzodiazepines are a prescribed medication for anxiety and for their tranquilizing effect. Examples include Valium, Atavan and Xanax. It enhances the body's response to GABA and Often prescribed as sleep-aids or anti-anxiety medications.

Short-term effects of depressants are dilated pupils and slurred speech, relaxed muscles, Feelings of intoxication, Loss of motor coordination, Lowered blood pressure, Dizziness, Sedation, Drowsiness and Long-term effects of depressants are Poor concentration or feelings of confusion, impaired judgment, Lowered inhibitions, Depression, Fatigue, Confusion, and Irritability.

Stimulants

Stimulants (uppers) are widely used throughout the world either legally or illicitly as performance enhancing or recreational drugs. It increase mental & or physical function, hence the opposite drug class of depressants is stimulants, not antidepressants. Stimulants: Stimulants (also referred to as psycho stimulants) are psychoactive drugs which induce temporary improvements in either mental or physical functions or both. Examples of these kinds of effects may include enhanced alertness, wakefulness, and locomotion, among others. Due to their effects typically having an "up" quality to them, stimulants are also occasionally referred to as "uppers".

Types of Stimulants

Caffeine: This chemical is found in tea, coffee, and cocoa. Caffeine stimulates the body's central nervous system to make the muscles relax. The urine flow will increase too. It adds energy to the body, Disrupts sleep for several hours and it is physiologically addictive.

Nicotine: It is physiologically addictive and shows withdrawal symptoms like anxiety, insomnia, distractibility & irritability. It Increases heart rate and BP, Arouses the brain to a state of heightened alertness, Suppresses the appetite and Causes muscles to relax and reduce stress.

Cocaine: It is another powerful stimulant that is illegally manufactured. Some people snort this powder to get high, while some dissolve the powder in water before injecting it into the body.

Amphetamines & Methamphetamines (Meth): They are strong drug stimulants and are manufactured illegally. They occur as powders or crystals that are dissolved in alcohol or water before being injected. It Releases dopamine, Causes euphoria of up-to 8 hours, Intense irritability, insomnia, even seizures and depression, Insanely addictive and Long term addicts are unable to maintain normal level of dopamine.

Effects of stimulants produce a variety of different kinds of effects by enhancing the activity of the central and peripheral nervous systems. Common effects may include:

enhanced alertness awareness, wakefulness, stimulates sex drive, productivity, and motivation, increased arousal, heart rate, and blood pressure, and the perception of a diminished requirement for food and sleep.

Hallucinogens

Hallucinogen is psychoactive agents which can cause hallucinations, perceptual anomalies and other substantial subjective changes in thoughts, emotion, and consciousness. Hallucinogens are a general group of pharmacological agents that can cause subjective changes in perception, thought, emotion and consciousness.

Hallucinogens are categorized in two types animals/plants and laboratories. Animals/plants are known to be Psilocybin mushrooms; Mescaline, Bufotenine, Cannabis and its Physiological effect are dilated pupils, Increased Heart Rate, Increased Blood Pressure, Anxiety, Feeling of dying, Fear of not being able to return to normal consciousness, Lethal doses produce convulsions, breath-arrests and heart failures. Death is due to respiratory failure, Vomiting usually occurs after ingestion, a user then sees sensory images and flashes of color, followed by geometric patterns and sometimes images of people and animals Time and space perception are distorted, People get the feeling of being “outside” their bodies. Laboratories are the important category in hallucinogens which include LSD (Lysergic acid diethylamide), PCP (Phencyclidine), DMT (Dimethyltryptamine) etc. These drugs are synthetically produced. It is odorless, colorless, and has a slightly bitter taste. Usually it is taken orally. Although it can be placed on blotter paper, and then divided up for multiple uses. Less than .001 gram of LSD produces extreme hallucinations! LSD takes effect within 30 minutes, and it can last up to 12 hours. Unlike other psychoactive drugs, such as stimulants and depressants, these drugs do not merely amplify familiar states of mind, but rather induce experiences that are qualitatively different from those of ordinary consciousness. These experiences are often compared to non-ordinary forms of consciousness such as trance, meditation, dreams, or insanity.

What Causes Youth to Use Substances

Biopsychosocial causes are major because that are found in youth to get involved in use of substances. There are many external and internal causes that youth get involved with substances, and unfortunately, there are many instances in which the root of substance use goes much deeper than “experimentation.” Consider the following reasons that youth get involved with substances.

1. *In attempt to fit in*
2. *To feel good*
3. *To feel better*
4. *Experimentation*
5. *Competition*

6. *Attention*
7. *Lack of education*
8. *Addiction*

Effects and Determinants of Youth and Abuse of Substances

Risk factors that contribute to substance abuse among youth include age, gender, poverty, peer pressure and internet, family structure and relations, and the affordability and accessibility of drugs. Understanding the risk factors can help health professionals as well as the community at large, to address the increase demand of substance abuse among youth.

Limitation of Study

Study of 'Youth and Abuse of Substances' is very new in the Nepalese culture. Youth is the strength and the vital role model in the developmental projects of country. Youth are also known to be the helping hands for both children and elderly people. Youth is the age where sovereignty of self development is leading them to wards success. But in many contextual proportion the personal developmental growth of youth like; maturity, good health, personality, economy, relationship etc are been under developed and its leads them to be part of failure in family, society. To lead in these situation, abuse of substance has been the main factors which been affecting youth. Substance abuse and relation between youth is being the highlighted news in Nepal and leading them to enroll in criminal activities like; drug trafficking, violence, suicide, homicide etc. Methodology of study has been based on global article, literature and news. In Nepal lack of ground base research on youth and its relationship between abuses of substances has been baseless reliability and validity and its study is unmeasured. So due to lack of resources in the educational institution the some sources of literature were limited and a decade old. Budget and the available period of time was also not enough which can lead study limited and propulsive.

Further Research

The term youth and abuse of substance is very much familiar in the community level because many youth has been the part of misusing substances. And the causes of its uses can be found in diverse form like; peer pressure, breakups, authoritarian parents, divorced parents, Orphan children, others psychosocial factors etc. But In Nepal relation to youth and abuse of substance has not been research according to the major authentic Framework. There are many challenges to find out qualitative journal references due to lack of research in youths and their habits. The financial challenge is the main part to gain motivation towards research. Similarly government and donor agencies also have the important role to get better research. To understand the youth and their impact on social life can be more fascinating because we have understood that the youth are pillar of

societies and country. But, lack of interest of government and lower interest of research has also direct linked to the causes of under growing problem in youth skills and there proper empowerment. Further grounding research must be done for better understanding of youth and abuse of substances. Youth are more into abuse of substances, the types of substances described in the currently available literature, the various existing prevention and treatment programs, factors which have been attributed to youth and abuse of substances, and focuses on areas in this field that need further research.

Conclusion

We know that youth is the time of life when one is young. But in 21st centuries the increment of substance abuse is in its peak. Five in one people are suffering from psychological disorder each year. This study describes in Twenty first century youth are more into abuse of substances, the types of substances described in the currently available literature, the various existing prevention and treatment programs, factors which have been attributed to youth and abuse of substances, and focuses on areas in this field that need further research. More complaint of this study is to focuses on youth mental health and motivation towards abuse of substances. Primary and secondary sources were utilized, providing a complete picture of the ever-growing challenge of youth and abuse of substances. This study helps us to understand the factors of youth and their motivation towards substance abuse. Different types of substances are used by user and it has different impact on their attitudes. Risk factors that contribute to substance abuse among youth include age, gender, poverty, peer pressure and internet, family structure and relations, and the affordability and accessibility of drugs. These kinds of studies help us to know the use of substance has increasing negative impact on youth mental health and leading towards various Substance related disorders.

References

An Exploratory Study of Borderline and Narcissistic Personality Disorder among Alcohol Consumers by Chetan Khadka. (n.d.).

CDC. (2019). *Youth Risk Behavior Survey. Data summary & Trends Report 2009-2019*. 108. www.cdc.gov/healthyyouth

Fiedeldey-Van Dijk, C., Rowan, M., Dell, C., Mushquash, C., Hopkins, C., Fornssler, B., Hall, L., Mykota, D., Farag, M., & Shea, B. (2017). Honoring Indigenous culture-as-intervention: Development and validity of the Native Wellness Assessment™. *Journal of Ethnicity in Substance Abuse*, 16(2), 181–218. <https://doi.org/10.1080/15332640.2015.1119774>

Haftay Gebremedhin, G. G. and B. D. (2018). Prevalence of Substance Abuse and

-
- Associated Factors Among Prevalence of Substance Abuse and Associated Factors Among University. *International Journal of DEVELOPMENT RESEARCH*, 6(11), 1–7.
- Of, A. E., & Use, D. (2016). *Illicit drug markets: Situation and trends. November 2009*, 1–61. <https://doi.org/10.18356/6cb4114b-en>
- Somani, S., & Meghani, S. (2016). Substance Abuse among Youth: A Harsh Reality. *Emergency Medicine: Open Access*, 6(4). <https://doi.org/10.4172/2165-7548.1000330>
- Thakur, S., Anupama, K., Muthukumaran, T., & Singh, G. (2022). *SUBSTANCE ABUSE DISORDER : A CASE STUDY International Journal of Research Publication and Reviews SUBSTANCE ABUSE DISORDER : A CASE STUDY. May*. <https://doi.org/10.13140/RG.2.2.25577.16481>