

Study of Various Addiction amongst Women in India: Sociological Consequences and Prevention of Addiction

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ABSTRACT

The social consequences, disadvantage and sub-ordination of females on the one hand, and also the speedy socio-cultural and economic changes on the opposite have considerably altered ancient structures and establishments among society. Such changes are invariably related to social upheaval, and habit may be an identified outcome of such change. Clearly, drug abuse impacts women dually- male drug abuse creates monumental burden for the affected women, and drug wrongdoer has even hand tool issues for women. From another perspective, urban settings seem to be related to patterns of habit in females mirroring that of men, with in all probability higher risk behaviors associated with unsafe injecting and sexual practices that causes transmission of liver disease and HIV. Use of drugs causes domestic violence, which magnifies the physical and emotional distress of the family. Females who misuse of drugs usually reportable serious diseases like as ARI, gastrointestinal, reproductive organ liver issues and sexually transmitted infections. females conjointly suffered psychological problems enclosed insomnia, depression and anxiety and so on The Approaches of treatment and hindrance thus ought to contemplate the matter of drug abuse impact on women from of these angles, as well as from the context of empowerment, support and attention to the special needs of women.

1. Introduction

Drug Abuse and drug addiction have been considered a perennial problem in both developed and developing countries. According to the Webster's Dictionary, 'Drug' has a number of meanings. The two of them, however, appear to be contradictory to each other. One defines drug as 'any substance, other than food, intended for use on the diagnosis, cure, mitigation, treatment, or prevention of disease in man or other animals'. It also gives another meaning of Drug as "Any narcotic; also, any substance or agent exclusive of food, utilized for although medical reasons to get a given physiological impact or to satisfy a craving". Once drug is taken for treatment of illness, it cures, but when it's taken with none compelling reason, it causes a disease, popularly referred to as addiction. Addiction may be a disease and there are well outlined protocols of drug course to cure it and addiction is move a serious challenge for the nation. The social consequences embody ancient use of assorted forms of drugs by females don't seem to be unknown in many elements of India.

Cultural use of alcohol has been conjointly identified in some social group populations. abduction tobacco within the kind of a wad unbroken in the mouth remains common observe among several, together with women, particularly from the lower socio-economic strata. According to a survey undertaken in a year 2000-2001 to ascertain the extent, pattern and trend of drug and substance abuse, about 73.2 million people were reported to be alcohol and drug users.

The National Household Survey (NHS) also revealed that alcohol, cannabis and opiates were the most commonly used drugs. Data from the Drug Abuse Monitoring System (DAMS) administered by the National Institute of Social Defence based on 16,942 drug users from 209 treatment centres showed that most drug users seeking treatment were within the age group

21 to 40 years. A study on 'Women and drug abuse in India' found that female drug abusers were mostly in their 20s or 30s with around 6.2 per cent below 20 years of age. Majority of the women, 63.9 per cent, were married, more than half of them were married before 18 years of age, 16.5 per cent are single, and nearly one in three is illiterate. 91 percent of the women were using heroin or 'brown sugar', an impure form of heroin. Other common misused substances were propoxyphene (35 per cent of the women), alcohol (33 per cent), minor tranquilisers (23 per cent), cough syrups (15 per cent), and cannabis (11 per cent). Intravenous drug use was reported in 41 per cent of respondents. The study also revealed that women drug abusers have generally grown up in circumstances of poverty and almost a third of them make their living out of sex work or peddling. Also, 50 per cent of women living with a drug abuser partner are financially dependent. DAMS reported that mainly Indians are addicted by various primary drugs i.e. Alcohol (43.09%), Opiates (26.0 %), Cannabis (11.6%), Stimulants (1.8%), and others (16.7%). The DAMS component of the 'National Survey on Extent, Pattern and Trends of Drug Abuse in India' collected data in 2001 from treatment seekers in various treatment centers across India. The report of this study shows that among 16,942 new treatment seekers, about 3 percent were women.

2. Epidemiological Surveys in Late 20th Century in India

Epidemiological surveys have been unable to provide adequate insights into the pattern and relationships between drug use and psychosocial consequences for women in India. National multi-centred studies in the late 1970s, 1986 and 1989 reported negligible drug use rates among women. The 1981 study reported alcohol use in 3.2 percent and use of amphetamines in 0.1 percent of women in the sample. The authors observed that girls had moved from 'never use' status

to 'ever use', although the use of barbiturates, cannabis, heroin, pethidine and morphine was as low as 0.1 - 0.3 percent. In the 1986 study, the pick-up rates were similarly very low. However, among the small group of female drug users identified, the primary drug being misused was tranquilisers, followed by tobacco. A 1992 study commissioned by the Ministry of Welfare in thirty-three cities was unable to identify women users as the 'sex' variable had been omitted in the study questionnaire.

Four giant medical specialty studies were undertaken within the early 90s, covering North, West, South and Northeastern India, with sample sizes varied from 4,000 to 30,000. Findings indicated that habit was a preponderantly male phenomenon, which 92-94 % of females had never used drugs in their lifetime. The study administered in the Northeast (Imphal), however, known 19 women among one hundred thirty diacetylmorphine users. Information from treatment centers conjointly fails to supply adequate data on substance abuse among women. For instance, information from 194 counsel and de-addiction centres travel by NGOs and funded by the Ministry of Welfare covering 93,234 referrals between April 1993 and March 1994 does not provide separate information on women drug users. A project carried out in Delhi, Jodhpur and Lucknow between 1989 and 1991 provided information on 10,321 new subjects reporting for treatment at 33 different agencies – 24 governments and 9 NGO. One to three percent of treatment seekers in this group were female.

3. 21st Century: Beyond Numbers

New research techniques and a greater attention to gender issues have led to a reassessment of this 'traditional' statistical picture. Women become increasingly involved in all forms of drug-related problems and are thus likely to suffer far worse consequences than men. The new understanding in all probability reflects each a real increase similarly because the heightened awareness that improved analysis ways have brought. Gender based mostly Data: Use of Alcohol in line with NFHS –III, solely 2% of females drink alcohol.

Drinking is more common among women from regular Tribes (14%) than among women from the other caste or tribe. The % of women who drink alcohol is additionally somewhat above average among women within the lowest wealth quintile (6%) and girls with no education (4%). Among women who drink alcohol, fifteen percent drink alcohol nearly each day, 40 % drink alcohol regarding once every week and forty three percent drink alcohol below once a week. One-third of men drink alcohol, and as is true among women, men from regular tribes partake of alcohol in a very higher proportion than do men from different castes or tribes. Half of the men from scheduled tribes and forty two percent of men from scheduled castes consume alcohol. Urban and rural men are about equally probably to consume alcohol. Around 43% percent of men with no education consume alcohol, whereas solely one-quarter of men with the best levels of education do so.

Alcohol consumption shows the same association with the wealth index because it will with education, with decreasing proportions of men overwhelming alcohol with increasing wealth status. 27% of men within the highest wealth quintile drink alcohol, whereas 41% % of men with no education drink alcohol. By religion, the proportion of men who drink alcohol is highest among Christian males (46%). Alcohol use is a smaller

amount common, however still substantial, among Sikh males (42%), Buddhist or Neo-Buddhist males (38%) and Hindu males (34%) however its lowest among males followers of Islam (11%). A national survey found that the prevalence of current use of alcohol ranged from a low of 7 percent in Gujarat (Officially under prohibition) to a high of 75% in Arunachal Pradesh and that alcohol use among women exceeded 5% only in the northeastern States. A study on 'substance abuse among women' attempted to examine substance abuse patterns in women, special characteristics of women drug abusers and gender relevant issues in treatment. The study included 75 women drug abusers enrolled in a snowball sampling technique from Mumbai, Delhi and Aizawl. The Mumbai sample consisted of women drug users involved in sex work, Delhi sample comprised mostly working women and last was constituted by women drug abusers in treatment. It absolutely was found that half the respondents from Bombay and Old Delhi were illiterate. A large range of females were utilized 67%, with 45% concerned in business sex work and 15% involved merchandising activities across the sites. 35% of women across the sites were single (majority – Aizawl) and 32% were separated or divorced. Friends had introduced drugs ab initio to 48% of the respondents, wherever as 16%, introduction to drug use was by the husband or partner. With the married women from Delhi marital status conflict and abuse of prescribed drugs was a standard issue of drug abuse.

The females usually reported each physical (insomnia, discharge irregularities) and psychological issues (depression and anxiety regarding their current and future lives). Among the women with children, there was a way of guilt for neglecting the children. Whereas all the drug-abusing women from Bombay had been in reality with treatment services, a major range from Aizawl had not sought-after any treatment. Altogether three cities, specific problems that interfered with treatment enclosed considerations for kids unattended at home, worry of exploitation, fear of withdrawal and an absence of confirming systems. Associate degree another study was conducted by Ministry of Social Justice and Empowerment, Government of Asian nation on drug abusers across nine urban centres (Amritsar, Jamshedpur, Shillong, Dimapur, Hyderabad, Bangalore, Tiruvanthapuram, province and Ahmedabad) and 2831 drug users known for a close interview, 251(8.9%) were females. A stimulating finding was that a considerably larger range of feminine users than male users were single in Hyderabad (75%), Thiruvanthapuram (60%) and Goa (75%). The respondents from Goa were additional extremely educated (37% graduates). Drug use among friends of the respondents was fairly high (97% in Thiruvanthapuram, 51% in Goa). Among the blood vessel drugabusing women from Thiruvanthapuram, 100 percent had shared needles sometime. Rukmini S. Tandagni Mitra, N (1996) conducted a study of prevalence of drug use among the scholars of Old Delhi University.

4. Use of Drugs amongst Women and Their Problems

Drugs use is related to a good vary of major diseases, together with many varieties of considerations and heart and respiratory organ diseases. Studies have shown that additionally to sharing a similar health risks as men, women who use alcohol, heroin, cannabis and so on are moon-faced raised risk of infertility, physiological condition complications, premature births, low- birth weight babes, still births and infant

death. Drugs (including alcohol & tobacco) might cause issues relating to health (physical and mental), behavior, family, work, cash and also the law. Persons passionate about drugs fall sick additional oftentimes than others. Their nourishment is usually poor, so that they apt to contact numerous physical illnesses.

A standard drawback is infection of the skin, tract or metastasis system. Injection of drugs will injury the blood vessels inflicting widespread infection; drug activity can cause abdomen disorders, and so on habit terribly frequently causes emotional and psychological problems. Memory might become poor and the temperament may change. Depression or nervousness may occur at the side of irritability changeable moods and withdrawal from societal contact. The actual impact depends on the kind of drug. Narcotic –type drugs, if taken in an overdose, might cause cognitive state or perhaps death. Cramps, vomiting, diarrhea, sweating and temporary state are the withdrawal diseases related to this cluster of drugs. Similarly, sedatives and alcohol injury the liver and stomach, brain and nerves and thereby loss of memory; stimulant and psychotropic drugs manufacture mental state with suspicions, excessive fears and depression. Cannabis product conjointly result in mental illness or a general loss of interest among users. of these health and psychological issues not solely have an effect on the individual user, but conjointly the family associate degreed society at giant and each these establishments have an all vital role play in preventing this abuse.

5. Impact of Drug Abuse

Drug habit poses numerous forms of issues impacting not simply on the individual user, however also on the family and community. The adverse impact of drug use on families is tremendous. it's the family to that the dependent user turns to or activates either in emotional or physical distress or crises. Relationships suffer, monetary sources get depleted, health prices increase. There are bigger employment problems and raised emotional stress. once the drug user stops taking responsibilities on account of drug use, common family responses embody depression, stress and resentment. the implications of habit is usually additional wretched for families in precarious or poverty- stricken circumstances. Sexual relationships will become adversely affected. there's a heavy risk of transmission of HIV and different blood borne viruses to partners of infected drug users, and of acquiring sexually transmitted diseases. Drug use is often related to domestic violence that successively aggravates the physical and emotional distress of the family. Those abuse drugs have a bigger risk for health issues down the road, from neglecting their own health to risk of communicable disease like liver disease or HIV. Females who misuse drugs usually report respiratory, gastrointestinal, genitourinary, and liver issues and sexually transmitted infections. Their psychological problems enclosed insomnia, depression, and anxiety regarding their current and future lives. a minimum of four women reportable being HIV positive. Nearly 10% of the females had tried suicide at least once. Among the married women from Delhi, marital status conflict and misuse of prescribed drugs were common beginning points for illicit drug use.

6. Prevention of Drug Abuse

As per the National Survey on the extent, pattern and trends of drug abuse in Asian nation has regarding 73.2 million

population that uses alcohol and different substances together with the dependent users. This estimation has been the fundamental for numerous interventions for the addicts of various classes (of that 8.7 million are cannabis users, 2.0 million are narcotic and 62.5 million are alcohol users) the most strategy is to empower the society and also the community to manage the matter of habit. The approach is to acknowledge drug abuse as a psycho-socio-medical problem, which may be best handled through community interventions at three different levels. Primary hindrance keeping healthy by encouraging drug abstinence and alcohol moderation. Many patients are ambivalent about giving up alcohol, even though they recognize that dependence is straining their marriages life, family, society and jeopardizing their jobs.

The sad reality is that alcohol has become so integral to their existence that they can't imagine what life would be like without it. A patient who expresses a desire to start drinking in a more controlled way is indicating a desire to change behavior. Motivational interviewing can help patients progress toward change. With this technique, clients set the agenda, and the therapist acts as a partner in dialogue rather than an authority. Demanding abstinence may find yourself driving away a patient who is at the brink of handling addiction additional directly. Once a patient expresses a want to moderate drinking, it will alert the practical to a docile moment. Patients who attempt to limit drinking for a moment and notice they're unable to try and do so may then understand that they need already developed dependence. This might be enough to inspire them to undertake to abstain. Secondary hindrance facilitating the method of behavior modification of high risk people by themselves; early identification of troubled people; counsel and early assistance. Anyone who has treated addictions understands the challenges facing the inveterate individual and also the treatment provider, because of the sheer range of things moving why and the way people become addicted and manage recovery. Varied models of addiction are proposed, together with the additional integrative bio-psycho-social-spiritual model, whose prolonged name reflects the variability and scope of factors that clinicians should take into thought throughout treatment. Genetics, personality, family and social influences, and spirituality will all play a task within the method of recovery. However can clinicians place these influences into a perspective that permits understanding how individuals deal with and overcome addiction? The solution is to grasp higher however patients modification their addictive behavior. Tertiary hindrance Treatment, rehabilitation and reintegration of sick addicts into the mainstream.

7. Suggestions for Effective Change

Keeping the said approach in view, the Drug Demand Reduction ways are given below: pressing want is to get a stress on health education in programme at Secondary, senior Secondary and better education system. Produce awareness among adolescents and youth on strategies of prevention of drugs. Educate individuals regarding the ill-effects of alcoholism and abuse on the individual, the family, the geographic point and society at large. stress is given on coaching in native language compatible with socio-cultural environment of the place; State Resource & coaching Centers (SRTC) ought to come upon in each states and NGOs should get chance to figure as extended arms of NISD. Separate

modules should calculate for training in Basics of habit hindrance, counsel problems & Processes, Relapse Prevention, BCC, Prevention of HIV/AIDS among IDUs, etc give for the total vary of community based mostly services for the identification, motivation, counselling, de-addiction, once care and rehabilitation for Whole Person Recovery (WPR) of addicts; ought to capability building of service suppliers to strengthen their skills and techniques; there's need of transportation them into the thought by giving them education and rehabilitating them in productive ventures.

Accenting the necessity of collective action by the community to visualize habit by adopting multipronged confirming ways at totally different levels together with education, actual hindrance and also therapeutic treatment, training and the rehabilitation of drug addicts. Appropriate programmes should be adopted by synchronizing of these steps to urge meaningful; ought to emphasize on setting-up psycho-therapy centers, rehabilitation centers and counsel centres and so on at colleges, universities and hospitals. Handling the addicts involves a multi-faceted approach including programmes of psychological feature counselling, treatment, follow-up associate degreed social-reintegration of recovered addicts. Treatment of drug dependence involves a protracted and sophisticated method consisting of identification/ intervention, detoxification, rehabilitation, once care, service delivery mechanism and so on Government ought to organize qualitative analysis on impact assessment of socio-economic status, life satisfaction, impact of drug on kid and family etc;

Government should prepare effective mechanism for quality watching the programme for habit hindrance that is enforced through the community base organizations or NGOs or hospitals. Conclusion habituation has penetrated in most segments of the society to such an extent that it's feeding into the vital organ of the nation. Over regarding the last 3 decades, the employment of extralegal drugs has unfold at on unprecedented rate and reached each a part of the globe, making devastating issues in much most of the nations, arising out of habit. The planet community has over these years incontestable serious concern over the matter for the insidious long run impact of chronic drug use and its impact on the user, the family, the community and also the society.

All nations, together with Asian nation have viewed drug abuse as a threat to the survival of human beings. The advances created in science and technologies have resulted in a very disproportionate stress on the materialistic growth inflicting severe stress and strain to participants. Drug and abuse culture may be a significant issue feat a deadly disease type and proportion engulfing the younger generation everywhere the planet because of numerous psychological, social, cultural, economic and political factors. Habit isn't solely a national problem however it's transgressed the national boundaries and has become on international problem. The wide unfold abuse of drugs cause a threat to the total world. Unable to face up to the systematic constraints, the participants become liable to various suggests that of unnaturally relieving the pressure.

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