

## **Analyzing Socio-Economic Factors Causing Drug Addiction among Youth of Quetta Balochistan**

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**&**

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### **Abstract**

*Drug addiction is an alarming social problem all around the world. Drug addiction is a relapsing chronic psychological brain disease that is considered uncontrollable usage of drugs. The socioeconomic and psychological conditions of a person play a crucial role in the increasing and decreasing percentage of drug addicts in society. The main aim of this article is to analyze the socio-economic factors causing drug addiction among the youth of Balochistan. The study is quantitative by nature, while it has been conducted among young drug addicts who are under the treatment phase in four rehabilitation centers of Quetta city such as New Roshni, Insaniat Bachao Tanzeem, Millo Shaheed trust and Balochistan Institute of Behavioural and Psychological Sciences. Furthermore, the result of the study said that 95% of respondents accepted that the bad company of peers is responsible for their drug use. A large number of respondents (85%) said that illiteracy is the major cause behind their drug addiction. The article suggests to the policymakers that strict laws related to drug abuse and drug smuggling should be ensured on priority bases.*

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### **Introduction**

Drug addiction has become an omnipresent issue, primarily amongst the youthful generation.

Young people are hanging on diverse varieties of drugs that bring harmful effects on their lives. Addiction to drugs spoils all aspects of the life of young people. They lose connection with their relatives and live in a distinct globe. Young generation forks out plenty of money on using up drugs and then glances for paths to accumulate money illegally (**Sophia, 2020**). Drug addiction prevents the young generation from realizing their goal, full potential, and capabilities. In this situation, drug addiction becomes a barrier to social growth and social development among youth as well as societies. (**Shabbir, 2015**).

Addiction to substances or drugs is a relapsing chronic psychological brain disease that is considered uncontrollable substance or drug use and seeking. Addiction to drugs has destructive ramifications. Drug addiction is characterized by psychological and brain illness because addiction to such drugs changes the psychological ability and damages the ability of the brain to function normally. Drug addiction leads to harmful behaviors. Abnormal behaviors can be seen in drug addicts. Drug addiction disturbs the physical, social, economic, and psychological healthy functioning of the body and brain. (**National institute of drug abuse, 2007**).

The availability of drugs like cannabis or products made from cannabis like hashish, cocaine, marijuana, heroin, and cigarettes is determined culturally in Balochistan. (**Cheng & Zafar, 2005**). The province of Balochistan is badly affected by drugs that reach here from other provinces (**Hussain, 2012**). The prevalence of drug usage comes to be a more rudimentary crisis during the transitional stage from juvenility to adulthood (**Lawrence, 2009**). The immediate growth in drug abuse in Pakistan is causing intense sociable and health problems, exceptionally among adolescents (**Qasim, 2012**).

Although Pakistan has completed notable efforts to tackle the consumption of drug addiction among youth, the problem of drug addiction continuously arises in diverse ways and becomes a serious problem to the physical, social, psychological as well as economic development of the young generation.

Curse of drug consumption among the youth is dangerous for them socially, morally, psychologically, and physically.(The National Anti-Narcotics Policy,2019)

### **Literature Review**

#### **Concepts related to drug addiction**

##### **Drug Addiction**

Drug addiction is the constant use of drugs after is crucial to sustain normal physiological procedures and leaving drugs leads to physical and cognitive signs. **(Ausubel, 1958)**. Addiction to substances or drugs is a relapsing chronic psychological brain disease that is considered uncontrollable substance or drug use and seeking. Addiction to drugs has destructive penalties. Drug addiction is characterized by psychological and brain illness because addiction to such drugs changes the psychological ability and damages the ability of the normal functioning of brain. Drug addiction leads to harmful behavior. Abnormal behavior can be seen in drug addicts. Drug addiction disturbs the physical, social, economic, and psychological healthy functioning of the body and brain. **(National Institute of Drug Abuse, 2007)**.

##### **Drug addiction at the global level**

Globally, the US is one of the international locations this is substantially stricken by drugs and substance abuse. (Roy, 2015). Tough drugs like cocaine get into the United States from Mexico and Peru and later on spread without difficulty through a nicely-mounted network like the conversation media and contemporary protection trickery generation. The effects of those drugs range from sudden deaths, terminal illnesses like cancer, unstable sexual behaviors leading to teenage pregnancy, and school dropouts, a dependency that results in crimes like prostitution and theft among many others **(Roy, 2015)**.

In Asia, India, Maldives, Nepal, Bangladesh, and Thailand use a wide variety of drugs. while Afghanistan is one of the most important drug makers and providers in the globe. In Afghanistan as a result of civil war and uncertainty, drug trafficking has increased extensively. **(paper, 2020)** China is also tormented by drugs in its younger population. **(Rehab 2015)**. The report suggests that, amongst 10 youths aged between 14 and 30 years, 5 of them

abuse essential classes of drugs alcohol and cocaine. On this observation, the organization has given numerous outcomes related to the abuse of these drug by means of those bothered youths. Covered are the lengthy-time period consequences of alcohol consist of that including liver failure, brain harm, sexual dysfunction, fetal alcohol syndrome and other beginning defects in the course of pregnancy, belly ulcers, malnutrition, weight advantage, risk of cancer in the mouth and throat, high blood pressure, extended chance for stroke, heart-associated sicknesses, tolerance, bodily dependence and dependency. This costs the USA very tons, both economically and socially. On the other hand, lengthy-term outcomes of cocaine include permanent damage to blood vessels in the coronary heart and lungs, heart attacks due to high blood pressure and constricted arteries, liver damage, kidney harm, lung damage, belly ulcers, strokes from excessive blood pressure, destruction of nasal tissues (if cocaine is snorted), contamination (hepatitis, HIV) abscesses (if cocaine is injected), prostitution, faculty dropout, unproductivity at work and many more. **(Donna,2011)**

#### **Drug addiction in Pakistan**

In Pakistan, drug addiction has become the main problem which is damaging the progress of youth development and their future and diverting the goal of their life. **(Ali, Bushra & Aslam, 2009)**. The number of drug users increased in the last 2 decades. In 1980 in Pakistan there were 50000 drug users and most of the drug users were young people. In 1986 the number of drug users reached 1.7 million. In 2010-11 the number of drug users increased to 9.6 million and most of the drug users were young people. **(Qasim, 2012)**.

In Pakistan, around 6.7 million people are addicted to drugs. Out of 6.7 million, two million are young people using drugs. Each person approximately needs 150 rupees per day for consuming drugs. Due to this, approximately 11 billion worth of drugs are consumed per day in Pakistan. In Pakistan, the number of drug users is increasing by about 40 thousand in a year which needs to be addressed. Almost 8 lakh 60 thousand drug users use heroin regularly, whereas 3% of the population is addicted to marijuana. More than 4 lakh 30 thousand people use heroin regularly through an expired syringe. 25 thousand street children are addicted to the drug,

whereas 22% of women use drugs and 73% of them are males who uses drugs. (**Paper, 2020**)

### **Impact of drugs addiction in Pakistan:**

The impact of illicit drug use is widespread. It causes permanent physical and emotional damage to the user's family and peers. Drug negatively impacts the user's health and leads to disease. Many users die at a young age because of an overdose of the drug.

### **The following are the impacts of drug use.**

#### **Impact on family and community:**

The own family is often viewed as the fundamental source of strength, supplying nurturance and guidance for its individuals as well as ensuring stability and generational continuity for the network and tradition. The influence of peer businesses is stronger than that of dad and mom. Drug use by way of friends may also affect on greater than the mother and father. Dad and mom who are drug users have an impact on their youngsters. Girls who are not drug abusers can be tormented by problems associated with drug-abusing guys. The issues of male partners may additionally affect ladies in the shape of difficulties in interpersonal relationships, instability, violence, toddler abuse, monetary insecurity, deprivation of schooling, and the chance of sexually transmitted sicknesses, together with HIV contamination. The family turns hostile to drug abusers because he needs money and on occasion even steals cash and other household goods. A drug person usually has a terrible impact on their neighbor and peer group. Drug use cause fight in the own family.

#### **Effect on fitness**

Drug health problems disturb own family existence and efficient employment and it additionally affects first-rate lifestyles and might threaten survival. Deaths as a result of drug abuse are a primary supply of difficulty. Recent informal estimates are that perhaps 200,000 drugs injecting - associated deaths might also arise in an annum based totally on the estimated size of the cutting-edge global populace of injecting drug abusers of about 5.3 million. Substances generally associated with drug abuse-related deaths are cocaine, heroin, barbiturates, and amphetamines. One of the maximum saw

effects of dangerous drug use is visible in the outcomes of cocaine use on newborn infants. Professionals have located that cocaine used by pregnant women has a more chance of spontaneous abortion.

Drug use decreases resistance to sickness within the body. Drug use also damages brain cells. Heavy use of some drugs can damage the liver, lungs, throat, and stomach can be damaged by drug use too. Sharing needles for injecting drugs is a chief threat to getting illnesses like Hepatitis C or B or HIV, which might be spread through blood-to-blood transmission. (**Annual document Dost basis, 2005**).

### **Impact on crime**

Countries range within the manner they define crime. Crime and drugs may be associated in numerous methods, but none of them is simple. Illicit production, manufacture, distribution, or ownership of drugs might also represent against the law. Drugs can be used to make money and may be carefully linked to different essential problems, which include the illegal use of guns, diverse types of violence, and terrorism. Researchers have found a near connection between drug abuse, criminal behavior, and social attitudes. Heroin addicts are generally deeply concerned about crime. Many terrorists and prepared crook gangs are involved in the illicit drug alternative. The drug user offenses regulation for the need of money to guide continued use. The drug produces changes that boom aggressiveness. Alcohol is the handiest one whose intake has been shown to normally boom aggression.

### **Impact on the surroundings**

The environmental effect of illicit drugs is the result of outside hashish cultivation and methamphetamine production. Among the chemical compounds used to produce methamphetamine are flammable, and the mistaken garage, use, and disposal of such chemical compounds that are standard among methamphetamine producers frequently cause fires and explosions. Additionally, the technique used to provide methamphetamine consequences in toxic chemical substances-between five and 7 kilos of waste in keeping with pounds of methamphetamine is generally discarded improperly in fields, streams, forests, and sewer systems, inflicting vast environmental damage. Environmental harm outcomes from the way the crops are harvested.

### **Impact on education**

Teenagers who abuse drugs have declining grades, a better charge of absenteeism from faculty and different sports, as well as an accelerated ability for dropping out of faculty. Studies have proven that a low stage of commitment to training and better fees are found related to substance abuse among youngsters. Behavioral troubles may also intervene with the educational performance of kids who use alcohol and drugs

### **Objectives of the study**

To analyze the socio-economic causes of drug addiction among the youth of Quetta Balochistan

### **Methodology:**

This article is based on quantitative data, while conducting research on young drug addicts of Quetta city. The overall respondents of this study are those young male adults who are between the age of 16 to 29 under the treatment phase in four rehabilitation centers such as Insaniyat Bachao Tanzeem Quetta, Nai Roshni Center Quetta, Balochistan Institute of Psychiatry and Behavioral Sciences Quetta, and Milo Shaheed trust Quetta. The total number of respondents for this study are 100 young drug addicts. The respondents were interviewed through a structured interview schedule which was based on the objectives of the research. All the data used in this paper is based on socio-economic and psychological factors causing drug addiction among the youth of Quetta city. The data has been analyzed through a statistical package for social sciences (SPSS).

### **Outcomes and discussion Biodata of drug addicts**

In Balochistan, the majority of young adults are involved in different types of drug abuse. The majority of respondents are young. The percentage of age is, 20.8% of respondents between the ages of 15 to 19, 41.2% of respondents are between the ages of 20 to 24 and 37.% of respondents are between the ages of 25 to 29.

### Age of respondents

Age	of	Frequency	Percent	Valid	Cumulative
Valid 15-19		21	20.8	21.0	21.0
20-24		42	41.6	42.0	63.0
25-29		37	36.6	37.0	100.0
<b>Total</b>		<b>100</b>	<b>99.0</b>	<b>100.0</b>	

### Marital Status

In rehabilitation centers, all the drug addicts who were under the phase of treatment were male. Their age was between 16 to 29. The primary data showed that 51.5% of respondents are unmarried while 33.7% are married. 13.9% of respondents are separated and 1% of respondents are widower.

### Marital status of respondents

Marital Status	Frequency	Percent	Valid	Cumulative
Married	33	32.7	33.0	33.0
Unmarried	52	51.5	52.0	85.0
Separated	14	13.9	14.0	99.0
Widower	1	1.0	1.0	100.0
<b>Total</b>	<b>100</b>	<b>99.0</b>	<b>100.0</b>	

### Education.

Education plays an important role in developing a balanced personality of a person. According to primary data result, the majority of respondents 61.4% are illiterate while 26.7% respondents got only primary level education. 7.9% of respondents got middle level education and small proportion of respondents only 4% completed their matriculation.

### Education Level of Respondents

Education	Frequency	Percent	Valid	Cumulative
Illiterate	61	60.4	61.0	61.0
Primary	27	26.7	27.0	88.0



Middle	8	7.9	8.0	96.0
Matric	4	4.0	4.0	100.0
<b>Total</b>	<b>100</b>	<b>99.0</b>	<b>100.0</b>	

### **Ethnicity**

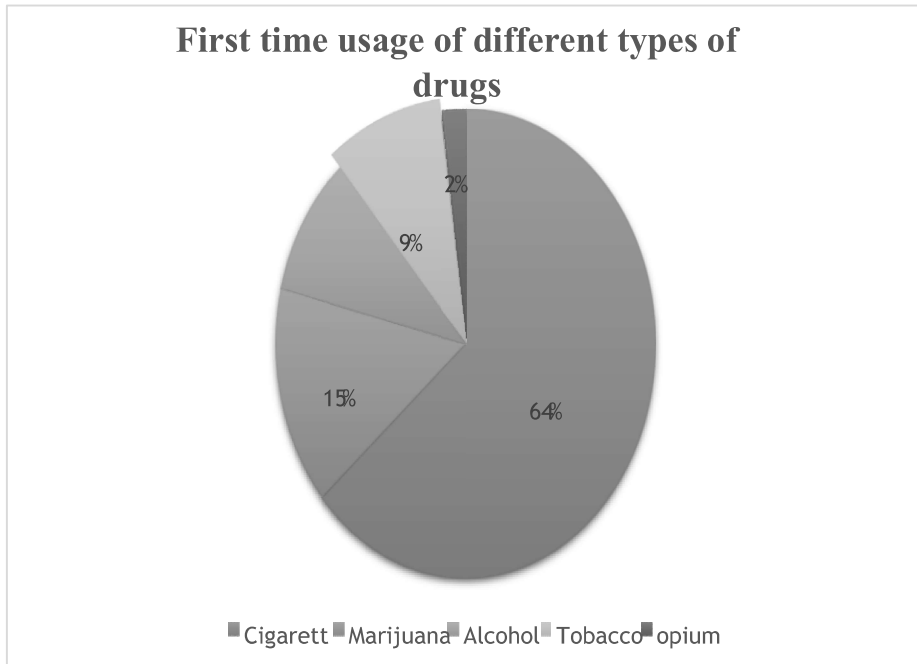
The research is conducted in Quetta city; however, Quetta city is the capital of Balochistan and a heterogeneous universe where different ethnic groups are living. According to the results, 37% of the respondents were Pashtun, 45% were Baloch, 6% were Hazara, 5% belonged to Urdu speaking and 7% of respondents were Sindhi speaking.

### **Ethnicity of respondents**

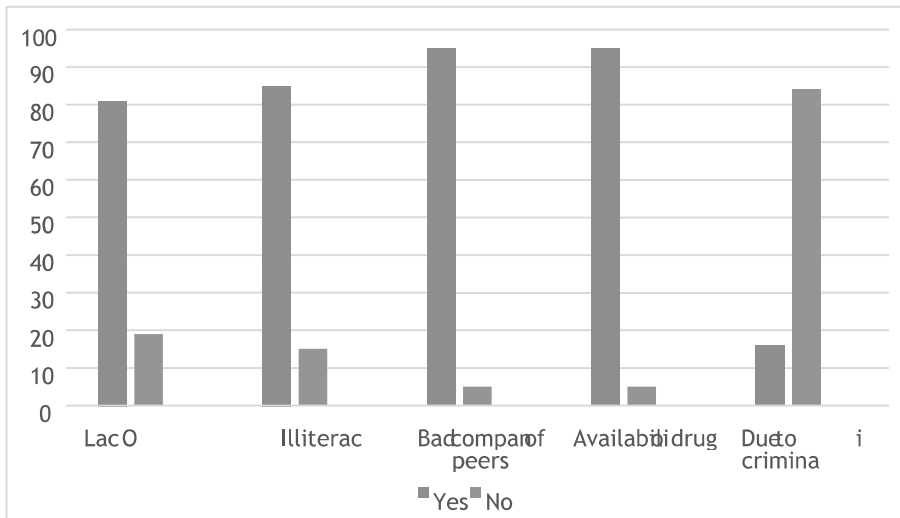
<b>Ethnicity</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid</b>	<b>Cumulative</b>
Pashtun	37	36.7	37.0	37.0
Baloch	45	44.7	45.0	82.0
Urdu	5	4.9	5.0	87.0
Hazara	6	5.8	6.0	93.0
Sindhi	7	6.9	7.0	100.0
<b>Total</b>	<b>100</b>	<b>99.0</b>	<b>100.0</b>	

### **First time usage of different types of drugs**

Addiction starts from a very early experience of the use of drugs. The majority of respondents 63% smoked cigarette for the first time. While 15% use Marijuana for the first time while 9% used alcohol and tobacco and a small number 2% used opium for the first time.



### Responses related to social causes resulting Drug addiction.

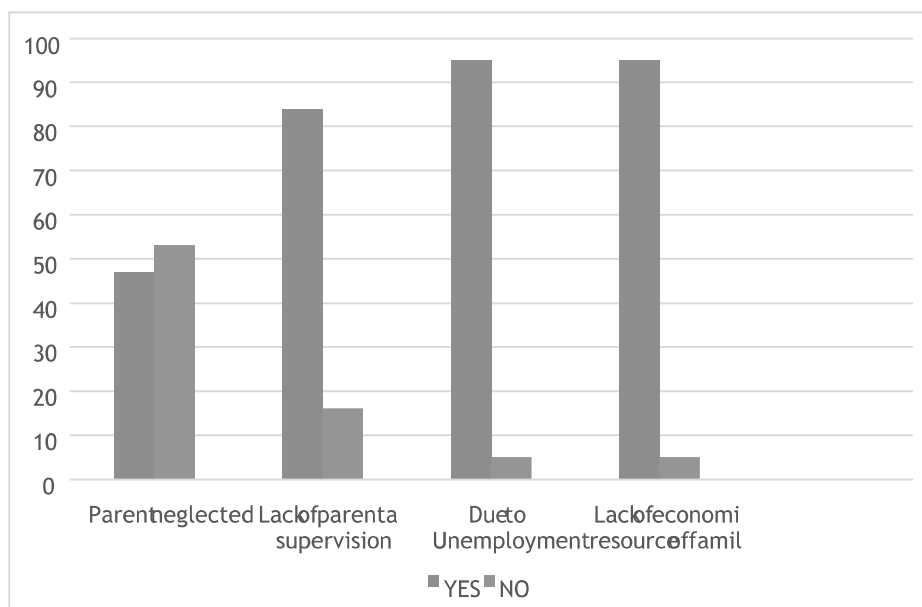


**(Field survey)**

The primary data and past research literature witnessed that social factors strongly caused drug addiction among the youth of Quetta city. In the survey, while collecting the primary data, respondents stated that lack of awareness related to drug addiction is a major cause of their drug addiction. The figures in the above chart showed that 81% of respondents' answers are positive while illiteracy also plays a vital role in increasing the ratio of drug addiction among youth. 85% of respondents agreed that the reason behind their addiction was illiteracy. The literacy rate of

Balochistan is approximately 39% which is very low compared to other provinces of Pakistan. Besides these social factors, company of friends and peers also have a major role in drug addiction. A high majority 95% of respondents admitted that the bad company of peers was the major reason behind their involvement in drug addiction. Drug addiction has no single cause, multiple social causes contribute their shares toward this social phenomenon, the availability of drugs in street or drug spots are major cause of drug addiction among the youth of Quetta city. 96% of respondents agreed that the easy availability of drugs is the major cause of their drug addiction. Although criminal attitude is found in the majority of drug addicts, majority 84% of respondents disagreed with the statement that their addiction to drugs is due to the involvement of criminal activities. Only 16% of respondents agreed with this statement that due to being involved in criminal activities they start using drugs.

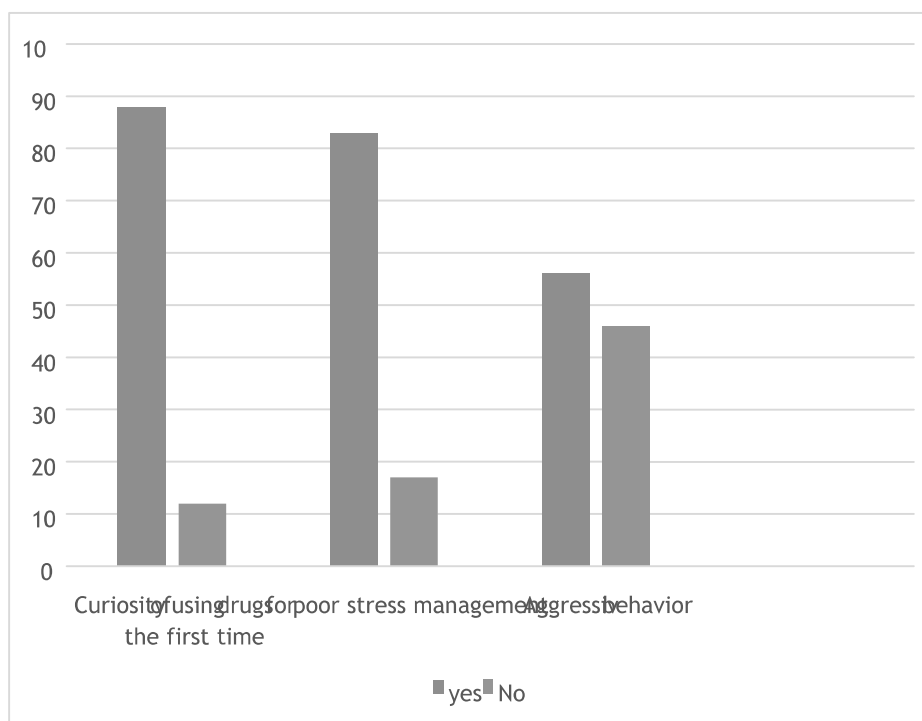
**Table No:2 . Responses related to family and economic issues resulting drug addiction**



#### Field survey

The above table indicates that the poor role of family and economic factors increase the ratio of drug addicts in society. Many studies stated that the role of the family especially parents is very crucial in a person's personality development. Although 55% disagreed that the parent's negligence is a cause of their drug addiction but they strongly agreed that the lack of parental supervision is the cause of their drug abuse. Apart from this, 95% of respondents admitted that unemployment and lack of economic resources of the family, both are a highly causative factors of their drug addiction.

**Table No:3 Responses related to personal and psychological issues resulting Drug addiction**



### **Field survey**

The above table shows the psychological causes of drug addiction. The majority 88% of respondents agreed that they start using drugs due to curiosity about using drugs for the first time and after time they increase the dose of drugs to seek the real pleasure of drugs and become dependent on drugs. Apart from this, poor self-control or poor stress management is also a causative factor of drug addiction. The majority 83% of respondents argued that they were dependent on drugs due to poor stress management and unable to control the stress in difficult situations. Previous studies proved that there is a strong relationship between aggressive behavior and drug addiction. According to primary data collected for this research, showed that 56% of respondents accepted that due to aggressive behavior they start using drugs and become dependent on drugs.

## **Conclusion**

Drug addiction is a relapsing chronic psychological brain disease that is considered uncontrollable usage of drugs. Drug addiction especially among the youth is an alarming issue among all the social problems because youth is considered the main pillar of development of any country of the world. Drug addiction prevents the young generation from realizing their goal, full potential, and capabilities. In this situation, drug addiction becomes a barrier to social growth and social development among youth as well as societies. Drug addiction could be more reported especially in developing countries and generally all around the world. Not a single factor causes drug addiction, but many social, economic family, personal and psychological factors that cause drug addiction among the youth. Social factors such as lack of awareness of the negative effects of drugs, illiteracy, the bad company of peers, separation of parents, easy availability and accessibility of drugs, parental harsh behavior, lack of parental supervision are also responsible. Some economic factors cause the drug addiction among youth like the lack of job opportunities, unemployment, lack of family's economic resources, and poverty. This problem also has some psychological aspects that cause drug addiction such as poor self-control, poor stress management, curiosity of using drugs for the first time, and aggressive behavior are also responsible for drug addiction. On the one hand, though there are rehabilitation centers in Quetta city that are working for detoxification, and rehabilitation of drug addicts, this is insufficient for the large population of Quetta city. On the other hand, Balochistan border with Afghanistan is also a fact as Afghanistan is the large producer of drugs in Asia. The easy availability of drugs increases the number of drug addicts in Quetta city. According to the result of this study, it is suggested that a campaign of awareness towards the negative effects of drugs should be started. Policymakers make strict laws related to drug abuse and drug smuggling could be ensured on priority bases.

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