

To Study the Effect of Drug Abuse on Drug Addicts in Quetta Valley

Social Sciences

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Abstract

The focus of this research is to study the effects of drug abuse on drug addicts; it includes physiological, psychological, economical and social effects. The drug addiction, despite of its hazardous effects and consequences, is increasing devastatingly. This study is an imperative because it not only focuses the effects of drug abuse but also investigates the main reasons of drug addiction. Additionally, this research also aims to explore the ways to control this menace. Moreover, this research study will be conducive and significant for the field of investigation about drug addiction; its related factors and probable solutions. The focus of this research was on those drug addicts who used opium, its derivatives and Cannabis. A research was conducted on the sample of 100 randomly selected respondents who were drug addicts and were admitted in the treatment and rehabilitative centers of drug addiction in Quetta city. As the people, who were victim of addiction and were getting treatment, could better evaluate various effects of addiction on themselves. The interview schedule was devised out to gather much focused data from the respondents. The responses were analyzed through tabulation and pie charts and calculated in percentage.

Keywords: Drug, drug abuse, Drug addict, effects, opium, Quetta

Introduction

Human society has always been under different threats due to various problems in different era. Some problems are solved with passage of time; but some problems remain permanent and become the alarming and burning issue of that era. Drug Abuse has also been one of those issues that could not be resolved since its inception.

According to Wikipedia, Drug broadly speaking, is any substance that, when absorbed into the body of a living organism alters normal bodily function.

Additionally, it is further explained that, “Drug is a substance which when swallowed, inhaled or human body induces drowsiness, sleep and insensibility according to its potency and amount taken. **(Bhutta: 2009)**

Drugs possess different properties and characteristics, therefore some drugs are being used for medicine purpose; some are for stimulating the nervous system and some are serving for both purposes.

Presently, the drug in use can be divided in to three broad categories:

1. Prescription drugs: These drugs are selected by a physician for an individual patient and obtainable only with prescription.

2. Self administered drugs: Includes a host of products sold across the counter in drug stores and in pharmacies. These drugs are being sold and purchased without any particular prescription, including tranquilizers, aspirin and vitamins.

3. Illegal drugs: These drugs can neither be legitimately prescribed by physician nor purchased for self administration. But to be taken with a purpose of having feeling of getting relaxed, change and feel different. **(Caplow: 1971)**

Drug abuse:

Drug abuse is drug taking behaviour in which a licit or illicit drug is used in such a way that produces some form of physical, mental and social impairment.”**(Levinthal: 1999)**

Therefore, the phenomenon of drug abuse is of two fold that it is applicable on the use of illegal drugs and on the bad or excessive use of any legal drugs. But at the same instance, it should be keep in mind that commonly, in our society the perception about drug abuse is related with the use of any illegal drugs.

Drug addiction:

Another concept which is related with the term drug is drug addiction; it means a person who is habitual, continuously using the drugs and becomes dependent on that drugs.

Drug addiction is further elaborated by the WHO Expert Committee in following words: “Drug addiction is a state of periodic or chronic intoxication detrimental to the individual and to society produced by repeated consumption of a drug, either natural or synthetic”. Its characteristics includes,

- a. An overpowering desire to continue taking the drugs and to obtain it by any means.
- b. a tendency to increase the dose.

c. a psychological and some times physical dependence on the effects of the drugs. **(Khalid: 2003)**

A psychologist Coleman defines it as, “The continual use of and dependence upon habit forming drugs without medical indication”. **(Coleman: 1965)**

Hence, addiction mean is to become so much dependent on some drugs that without taking that drugs person suffer badly. The person faces great trouble to get rid of that drug. But it is to be noticed over here that all drug abusers are not always drug addicts because drug abusers are the persons who may misuse the drugs off and on but not habitually which drug addicts do.

The history of drug abuse is very old and widely used drugs are opium, marijuana, heroine, alcohol, and tobacco. Opium is the dried juice of opium poppy. It contains two powerful alkaloids, morphine and codeine. Addiction to opiates can be established very quickly without the user’s intending to become addicted. Once established, opium addiction is difficult to break and after it is broken, it is easily reestablished. The relationship between opiate addiction and the use of other illegal drugs varies with time, place and circumstances. In areas where heroine addiction is common, the use of marijuana by adolescents often precedes and leads to heroine addiction. **(Caplow: 1971)**

Morphine is derived from opium and it is ten times stronger then legally used form of opium while heroine is a derivative of Morphine. Heroine is introduced by Heinrich Dreser in 1875. User starts to sniff it or snort it to build up tolerance for drug. Then it is injected in skin (skin popped) and then used directly in to vein (main lined).

Cannabis (Marijuana) also called “pof”, grass, ganga, dope, opium, bhang (liquid form of Marijuana), dhatoora, hashesh (resin of cannabis flowers), charas and variety of other names reflecting territory identity. Hashesh is concentrated form of cannabis. **(Aulakh & Khan: 2005)**

Situation of Drug addiction in Pakistan

The demand of drug is wide and extensive without the limitations of boundaries. Its demand varies from country to country. However, the demand of drug is relatively high in developed countries. Therefore, its illegal trade and trafficking is more profitable. More and more people are introduces to drugs where they cultivated and processed and along the route of illegal export because at these places it is easily available and cheap. **(Ahmed: 1975)**

Presently, there are more than 50 lack addicts in Pakistan. **(Jang, 29th June, 2010).**

According to I.L.O report the percentage of drug addicts in Pakistan is about 40 %, among which most of them belong to an age group of 15 to 20 years

old. **(Khalid: 2005)**. Some estimates put 3 million youngsters among addicts. **(Khalid: 2001)**.

In Pakistan during 2010_2011, the ratio of drug addiction has increased as more than 80 lakh people are severally using soft and hard drugs among them 50 to 60 lakhs age group is between 12 to 20 years. **(Jang, 19th June, 2011)**

According to Jang development reporting cell, there are more than 90 lakh addicts in Pakistan while every year it is increasing by 6 lakh addicts. Among them 60 % addicts are university students or educated people and 10% are females. **(Jang, 26th June, 2011)**

The habit of opium abuse pertained mostly to old aged people while heroine became popular among the young people of society. In the year 2000 the numbers of drug addicts are four million in Pakistan. **(Dawn, 27th June, 2000)**.

As heroine is the extensively used drug thus, most of the male heroin addicts are in the age group of 14-40 years, females addicts are in the 17-30 years of age group. According to roughly estimated ratio, there are about 150,000 female drug addicts in Pakistan. **(Khalid: 2003)**. The high percentage of addiction among the young aged people shows that they are easily get indulged in it due to tender age. But it does not mean that adults are not victim of this. Adult's percentage is also pretty high but less as compared to young ones, firstly because of their maturity level and secondly because if they get treatment of addiction their percentage of relapses is very less as compare to the high rate of relapse cases among the youth.

Situation of drug addiction in Balochistan

The situation of drug addiction is very abysmal in Balochistan. Before 1980's no one was even aware of word drug addiction but after Afghan war different types of drugs were not only smuggled but also brought by migrant to Balochistan (Pakistan).

In Balochistan main sanitation pipe lines; City Nala and Habib Nala known as the "heaven of addicts" because these are the main center of drug addicts. Thousands of addicts reside in that sanitation pipe lines and also come on daily basis to full fill their urge of drug. The age group of 10 to 25 years old street children and youngsters are the main abusers of drugs. This epidemic not only holds its grip on the males and boys but it also trapped a good number of females and young girls. The addicted females are beggars or some times belong from the affluent families.

During 2010 more then 30 Heroine addicts are expired. **(Jang, 28th October, 2010)**

In Balochistan according to a report, use of Charas and Heroine is overwhelmingly increasing; particularly suburban areas are more affected where every third person is addicted. (**Jang, 20th November, 2010**)

In Quetta during last five years more than 700 addicts lost their lives because of extreme cold, having high dose of drugs and also because of the pain of withdrawal. (**Mushrik, 20th October, 2010**).

At the moment mostly abusers are addicts of charas, heroine, crystal, sheesha and samad bond. Newly introduced method of drug addiction is “Water Pump” which is very popular among the young ones. In Water Pumps, charas, crystal, cocaine is using widely. Among these crystal demand is on its peak which is available in different flavour like, pine apple, strawberry, mango, apple etc. Behind using the names of different flavours cocaine, charas is being used in Water pumps. This new trend is available in Sheesha hotels and Snooker clubs. (**Jang, 24th October, 2010**). The culture of sheesha clubs is firstly introduced in Punjab, then in Sindh and now it is rapidly increasing in Balochistan particularly at Quetta.

Reasons of Drug Addiction:

Following reasons can be considered as important contributor in drug addiction. Being discussed briefly:

- 1- **Poverty:** Poverty is one of the most important reasons for drug addiction. In Pakistan among every fourth, one is living under poverty and 25% population is earning less than 100 Rs/- per day. Poor people have very less or no accesses to facilities of life which make them stressed and perturbed and to avoid these frustrations of life they get indulge in drug addiction.
- 2- **Illiteracy:** Because of low literacy rate and less awareness about harmful effects of drug, people are unable to realize the abysmal consequences of drugs. They started taking drugs with the perception that they can leave it any time but then they become addict of this which gradually grasp their lives shoddily.
- 3- **Unemployment/ Leisure time:** People are unemployed because of less job opportunities, unskilled labour, illiteracy, corruption and nepotism culture. This stimulates the people to take drugs and to remove their anxiety. On the other hand enough leisure time; like young graduates who have ample free time are more vulnerable to drug addiction. In the same way when a person is not having any financial or social responsibilities of family, can easily become prey of drugs.
- 4- **Curiosity:** Curiosity is one of the traits of human personality. Particularly children and young ones are very inquisitive about experimenting new things as compared to mature ones. Therefore, the

major number of drug addicts belongs to the age group of 10 to 25 years.

- 5- **Changing trends of Social life:** Human society has always been a subject of change. This change affects our social life. Now the concept of joint family system is taken over by the nuclear family system where parents are not more concerned about their children welfare as they used to be. On other hand people are becoming more materialistic and gradually depriving themselves from ethics, norms and values which used to be the principle of one's life. The concept of brother hood is vanishing. Relations are more need based and are sustaining on wealth, status and time. These all things escalating frustration, anxiety and inferiority feelings among the humans which lead to the drug addiction.
- 6- **Easy availability & increasing demand:** Harmful drugs are easily available. It is more accessible then having any food items or medicine. Once a person become addict of drugs his demand of having more become infinite until he is alive. Therefore, its increasing demand strengthening the suppliers of drugs thus it is easily available, sold and purchased. This makes vicious cycle of drug supply and demand incessant.
- 7- **Lack of rehabilitation centers and societal stigma:** A few centers for the treatment and rehabilitation are functional. If present then they are suffering from security issues, lack of funding resources and lack of space to keep more patients. On the other hand ratio of relapse is very high among the treated addicts because of the societal stigma.
- 8- **Group/ friends influence:** Every individual is the unit of a society and so can not live isolated. Therefore, he makes relations. If any single person among the friends and group is drug addicted the other members of group automatically become victim of this bad habit.
- 9- **Weak policies, laws and their implementations:** The law enforcement agencies openly taking bribery and let free the smugglers of drugs and drug addicts. At first criminals are not arrested and if arrested they get free on bail or remains under trial for long. Eventually this system supports the drug addiction.
- 10- **Mental stress, depression, escapism:** Furthermore mental stress, depression, escapism from the unwanted situation also becomes prime reason of drug addiction. In addition to this fun, comfort and pleasure seeking attitude is also the reason of drug addiction.

Thus, drug addiction is a major social problem that affects the society as a whole. Accidents, antisocial behaviour, broken relationship, family

instability, crime & violence, poverty, worker absenteeism and non productivity have drug related causes. **(Parrillo: 1998)**

Effects of Drugs:

The effects of drugs are assorted and various. It does not only affect the addicted individual but its effects are extended to whole family, relatives and then it resolutely grips the whole society. Drugs do not only physically impair the individual but it also severally and permanently impair him psychologically, economically and socially.

1- Physiological effects of Drugs:

It is commonly observed that the physiological effects of different drugs are generally same but with some specifications. Usually the drug addict's experiences flaw, exhaustion, lack of hunger, constant sleep, digestion problem, constant illness like cough, fast breathing and abnormal functioning of sensory organs.

At the same time some drugs have some specific effects like opiates (Heroin) which causes nausea and vomiting. A sudden release of histamine in the blood stream produces an often intense itching over body and reddening of eyes. Heroin also reduces the sensitivity of respiratory centers resulting in depression in breathing. It also depresses blood pressure. It slows down gastrointestinal tract, causing a laboured defecation and long term constipation. **(Levinthal: 1999)**. Some users report relaxation of tension and disappearance of pain.

Cocaine produces euphoria, laughter, restlessness and excitement. **(Aulakh & Khan: 2005)**. Cocaine increases the heart rate and respiration, appetite is diminished. In the same way high dose of marijuana can cause increase in heart beat. Blood pressure can be increased or decreased. Frequently there is drying of mouth and urge to drink. **(Levinthal: 1999)**

2- Psychological effects:

Drugs vitally affect the psychology of the addicts. Different drugs inflicted different effects on individual psychology but generally drugs have similar effects with minor differences. All sort of drugs produces lack of concentration, sitting reticently, memory loss (short term & long term), change in usual attitude, extreme anger or extreme calm, shouting and laughing without any solid reason, usually gathered by the abnormal and unsubstantiated ideas, continuously and aimless thinking which they can not elaborate purposefully. Their personality becomes tedious and impassive.

Usually, most of the drugs are anxiety reducing agents. Their sedative hypnotic action plays a vital role in relief symptoms of anxiety, suffering, restlessness and sleeplessness. The addiction might paralyse the power and

deprive a man from self confidence and total or partial distortion of functions of consciousness. **(Taga: 2005)**

Opium and its derivatives have a cluster of familiar effects. when an opium product is administered regularly many recipients develop progressive tolerance that is they require increasing doses to obtain a constant effect, strong craving for the drug develops and third psychological dependence which makes it impossible to discontinue the drug without undergoing the severe withdrawal symptoms. **(Caplow: 1971)**

Marijuana sharpened the sense of sound and sight. They feel that every thing is very funny and even the most common event or comment can set off uproarious laughter but with passage of time they feel drowsy, sleepy and dreamy. The major deficit is a decline in the ability to carry out tasks that involve attention and memory. Speech will be fragmented and disjointed; individuals will often forget what they or others have just said. It causes such a rush of distracting ideas to come to mind that it is difficult to concentrate on new information coming **(Levinthal: 1999)**

The personality of drug addicts becomes psychotic, neurotic, and psychopath. According to one study 35% drug addicts are psychopath, who possesses emotional, character and thinking disabilities. 54% addicts do not trust any one and depressed because of inferiority complex. **(Khalid: 2005)**

3- Economical effects of drug addiction:

The addiction adversely affects the economic status of the individual and his family. If he is unemployed, his chances of getting new job become very less or even if he may get job he can not stay on his job because he may not show diligent attitude towards his profession. A person cannot take any responsibility sensibly as he can not run his own business rather he may lose it. Thus he may not have good amount of money for his personal and household expenditures.

Furthermore, if he possess any job or have any business, he may avoid to spend money on his family needs because his urge of taking drug is higher than the needs of his family. Even the drug addict does not take care about his own personal basic needs but only drugs. On account of his addiction his family faces trouble in fulfilling their basic needs of life. The children of these families mostly come under clouds and become criminal.

4- Social effects of drug addiction

All the aspects of human life are closely interlinked with each other. It is a general phenomenon that when an individual is mentally disturbed his physical condition seems to be influenced by his mental disruption and it further influences on his social behaviour. In the same way a person who

becomes drug addicted not only his physiology and psychology get disturbed but certainly his social life also suffered.

International Encyclopaedia explains the drug effects in such a way that drug may impair the user's usefulness to the society in which he lives or may otherwise modify his behaviour in unacceptable ways. (**Encyclopaedia of Social Sciences: 1972**)

The social effects of drug addiction are tri-fold; one is on addict, second is on his family and third is on the society. Usually, the addict becomes senseless from his surroundings, he likes to be in the world of fantasy and his sole purpose is to feed himself enough amount of drug. He demonstrates irresponsible attitude towards his responsibilities. He becomes more aggressive and emotional. He tries to be isolated and quiet. He shows very less interest towards his family welfare and problems. On family level he becomes constant stigma for his family and eventually his family becomes socially isolated. His family faces enough trouble in forming new relationship and maintaining their existing relationship. On society level the increase in drug demand and supply amplifies the cases of drug addiction which further contributing in raising the ratio of crime, delinquency and ethical destruction.

Criminal Effects of Drug addiction

It is commonly noticed that the addicted person shows less respect towards the cultural values, norms, ethical and legal precincts. His moral and ethical condition becomes so much awful that leads him towards the crime and delinquency. Addicted persons can be easily stimulated and provoked to do any thing. Some time they themselves commit crime to fulfil their urge of having drugs and some time they become the agent of criminals who used them to fulfill their own evil purposes. Consequently, the person who is addicted his chances of getting involved in criminal activities are higher.

According to the report about drug addicts published in July 2003, around 3.5 million people in Pakistan are drug addicts and about 29,000 among 82,000 inmates in Pakistan's 89 prisons were drug addicts. (**Aulakh & Khan: 2005**). These facts are showing that drug addiction creates criminal tendency in addicts.

Objectives of the study:

1. To study the socio-economic conditions of addicts.
2. To study the reason of drug addiction.
3. To study the Physical, psychological and socio-economic effects of drug abuse on addicts.

Research Methodology:

Universe of study: The universe of this study is comprised of two drug addicts treatment centers:

1- Legend Society 2_ Milo Shaheed Trust

Sampling: Only those patients were interviewed who were under treatment in these centers. A simple random sampling technique was used. The list of admitted, under treatment patients has been taken and then respondents have been selected randomly. Total number of respondents for this study is 100. From each treatment centers 50, respondents have been interviewed.

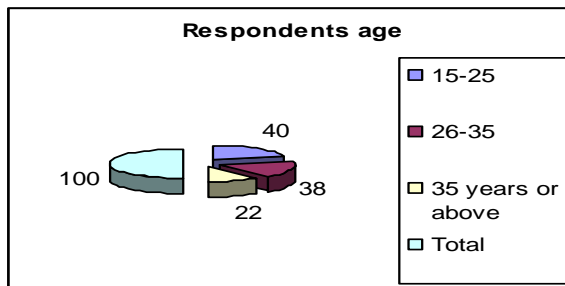
Tool for data collection: Structured Interview schedule has been used for data collection. Total 100 respondents were interviewed through Interview Schedule.

According to Good & Hatt, it is a set of questions which are asked and filled in by the investigator in a face to face situation with an other person. (Alam: 2002)

Tabulation & Pie Chart representation

Table 1

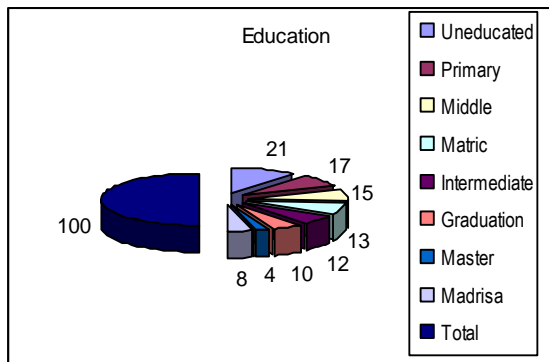
Distribution of respondents according to their age



The above table shows that 40% respondents age were between 15-25 years, 38 % age were between 26-35 years while 22% respondents age level were 35 years or above.

Table 2

Distribution of respondents according to their education

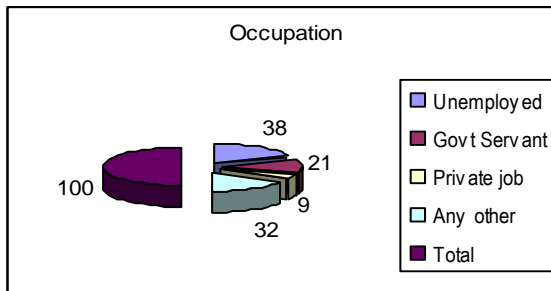


According to the above diagram 21% respondents were uneducated. 17% were primary passed, 15% respondents were middle while 13% respondents

education level was matric. 12% were intermediate, 10% was graduated whereas 8% respondents education level was up to masters. Only 4% respondents educated from Madrisa.

Table 3

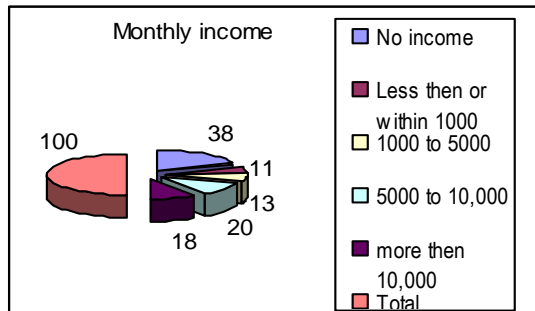
Distribution of Respondents according to their occupation



The above table shows that 38% respondents were unemployed, 32% were having different occupation while government servant were 21%. The rest 9% job was of private nature.

Table 4

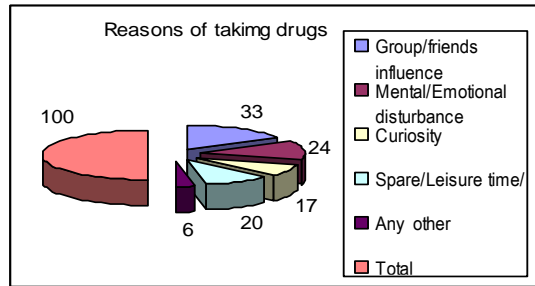
Distribution of Respondents according to their Monthly income



The above table shows that 38% respondents were unemployed, 20% respondents monthly income were between 5000-10,000, whereas 18% respondents earned more than 10,000 a month. Remaining 13% respondents monthly income were between 1000 to 5000 and only 11% respondents earn less than or within 1000 Rs per month.

Table 5

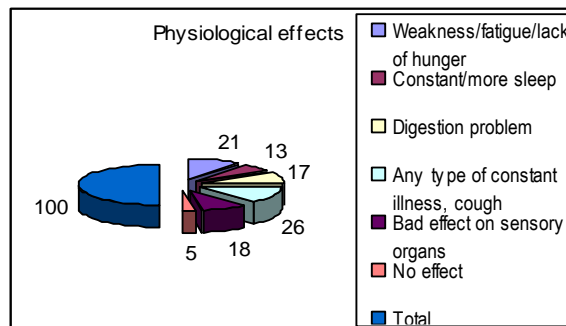
Distribution of respondents according to the reason of drug addiction



The above table explores that 33% respondents consider group/friends influence as their reason of taking drugs, 24% consider mental /emotional disturbance while 20% think that spare/leisure time is the main reason of taking drugs. The 17% respondents said that curiosity is the reason and only 6% consider any other things to be the reason of taking drugs.

Table 6

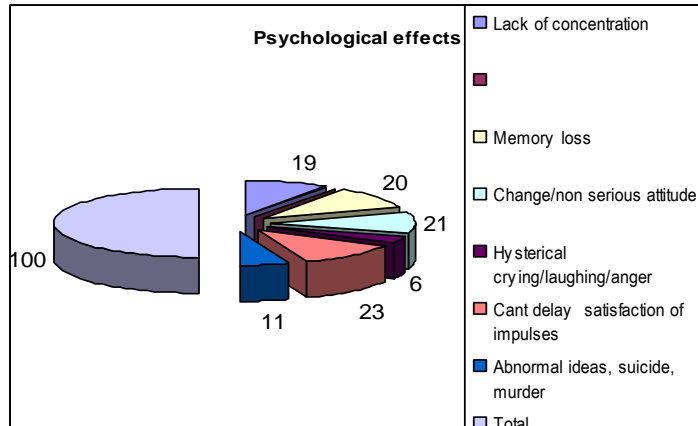
Distribution of respondents according to the physiological effect of drug addiction



According to above diagram 26% respondents said that because of drug addiction they were experiencing different type of constant illness/ cough, 21% respondents said that addiction caused weakness/fatigue/lack of hunger in them whereas drug addiction badly effecting 18% respondents sensory organs. The digestion problem because of addiction affected 17% respondents, in 13% respondents addiction causing constant/more sleep while only 5% said that addiction did not affect them physiologically.

Table 7

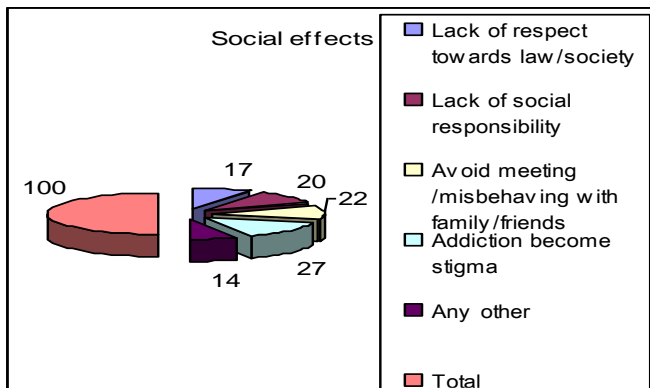
Distribution of respondents according to the psychological effect of drug addiction



The above table describes that drug addiction affecting their psychology; out of 100 respondents 23% said that they can not delay satisfaction of impulses, 21% said that their attitude changed or become non serious while 20% uttered that they were facing memory loss. The 19% addicts said that they lose concentration power, 11% told that they had abnormal ideas, suicide, murder and only 6% expressed that they have experienced the hysterical crying/laughing/anger under the influence of drug addiction.

Table 8

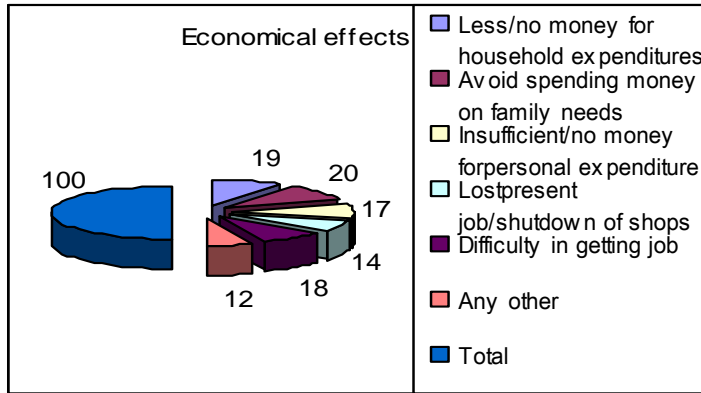
Distribution of respondents according to the social effect of drug addiction.



The above table explains the social effect of drug addiction. 27% respondents said that addiction become stigma for them, 22% respondents told that they started avoiding meeting people or misbehaving with them whereas 20% expressed that they felt lack of social responsibility. 17% respondents said that they showed less respect towards law/society and 14% respondents told some other social effects due to drug addiction.

Table 9

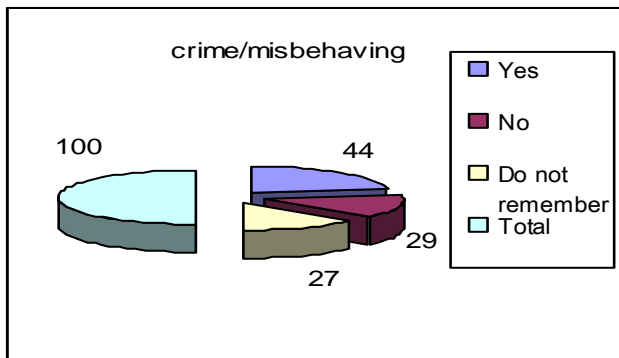
Distribution of respondents according to the economical effect of drug addiction



The diagram shows the economical effects of drug addiction. Among 100, 20% respondents said that they avoid spending money on family needs, 19% told that they have less or no money for household expenditures while 18% respondents expressed that they faced difficulty in getting job. 17% respondents told that they have not sufficient/no money for personal expenditures and rest 14% uttered that they have to leave their present job/shutdown their shops because of addiction.

Table 10

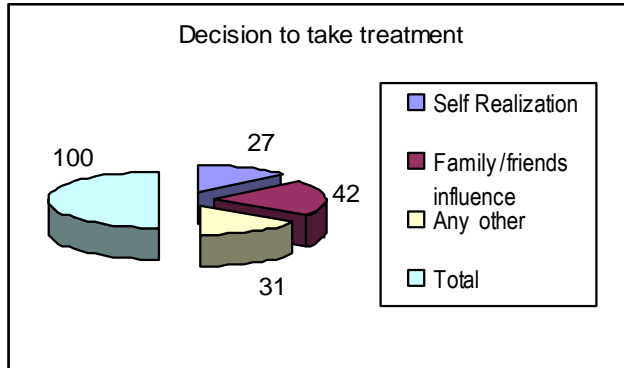
Distribution of respondents regarding crime/misbehaving under drug influence.



This depicts that out of 100 respondents 44% has committed any crime, 29 % refused and 27% said that they do not remember that whether they have committed crime or not under the influence of drugs.

Table 11

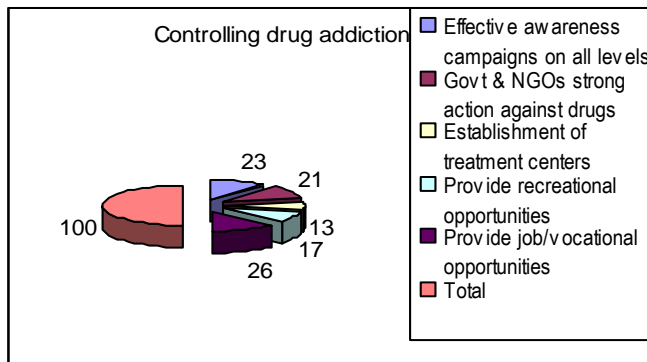
Distribution of respondents regarding decision to take treatment



The above diagram describes that 42% decided to take treatment because of family/friend influence, 31% expressed that there are some other reasons of taking decision and 27% said that they realized it by themselves and decided to take treatment of drug addiction.

Table 12

Distribution of respondents regarding their opinion about controlling drug addiction.



The above table explains that 26% respondents consider providing job/vocational opportunities as the way of controlling drug addiction, 23% think that Effective awareness campaigns on all levels can bring positive results while 21% said that Government & NGOs strong action against drugs can control addiction. 17% uttered that providing recreational facilities and 13% respondents suggested that establishment of treatment center can control addiction.

Main findings: Age of 40% respondents was between 15-25 years and 21% were uneducated. 38% respondents were unemployed while 33% respondents consider group/friends influence as major reason of taking drugs. 26% respondents said that as physiological effects of drugs they were experiencing different type of constant illness/ cough and 23% said that as psychological

effects of drugs they can not delay satisfaction of their impulses. 27% respondents said that as social effects of drug, the addiction become stigma for them while 20% respondents said that as economical effects of drug they avoid spending money on family needs. 44% has committed any crime or misbehaved under influence of drugs and 42% cases decided to take treatment of drug addiction because of family/friends influence. 26% respondents consider providing job/vocational opportunities as the way of controlling drug addiction,

Recommendations

- An awareness campaign having twofold purposes should be organized by all stake holders. One is to aware the general masses regarding harmful effects of drugs and other is to make the people understand to hate drugs not addicts.
- Government and Non Governmental organizations including (law enforcement agencies, funding organization) should join hands together to raise practical steps to control this menace from spreading. In this context all those organizations working on drug issues should share with each other their information, resources, activities and future plans regarding drug abuse on monthly basis.
- The cycle of drug demand & supply must be busted. First of all the people should be that much aware that they do not go towards drugs, this reduces demand which automatically decreases supply. This cycle can also be broken by arresting smugglers and dealers of drugs who are involved in purchasing, vending and smuggling of drugs. Government should strictly ban drug abuse and show Zero Tolerance against this evil. This makes supply decreases and eventually the people do not purchase it. Moreover, if the culprits are arrested and get severe punishment, it will become the source of deterrence to other people which compel them to leave this destructive trade.
- The treatment and rehabilitation centers should be equipped with all resources which are pivotal for the rehabilitation of addicts. These centers should be supported by the Government in terms of funding, space and security. Every center should have a team comprises of a doctor, psychiatric, counsellor and social worker. This team not only works with the addicts but also with his family.
- The high number of youngsters as drug addicts showing very deplorable picture of future. The Government and Non-Governmental organizations should resolve the problems of youth by establishing vocational training centers. This step on one side would

safe the youth from indulging themselves in redundant activities but also give skilled labour to nation.

- The family is the prime institution in ones life; it is responsible for every deed of its members. In past, parents used to have strong control over their children but now due to urbanization and rapid social change the family influence become weak and in the result children are free to move any where they want. Therefore, it is an urgent need to strengthen family ties. Parents must be well aware about their children's activities. Hence, if their children have involved in such habit they take sturdy step to treat them or if not then they must ensure that their children will remain save from them?
- The importance of recreational activity in ones life can not be denied. The younger ones should be involved in healthy activities like sports. It can be done by providing play grounds, sports clubs, fitness & gym centers where they can get easy and low cost membership. The sports have always been playing a vital role in physical and mental growth.
- Religion always influences the human life because it is holistic in nature. Islam has complete code of conduct and it is strictly prohibited all kinds and forms of drugs. It restricts its movement, selling, purchasing, saving and all form of its trade. The religious scholars should address the drug prohibition and their affects in their Friday sermon thus; people may get aware about it and try to follow the instructions of Islam in their daily life.

Beside these if we can eliminate all the inequalities from the society and every person get his right to live by having basic facilities of life we can not only control rather eliminate this evil from society but also all other evils which are rapidly cutting the roots of humanity.

Notes:

1. Daily Jang, 29th June, 2010.
2. Dawn, 27th June, 2000.
3. Mushrik, Midweek Magazine, 20th October, 2010.
4. Daily Jang, 28th October, 2010.
5. Daily Jang, 20th November, 2010.
6. Daily Jang, 24th October, 2010.
7. Jang, Sunday Magazine, 19th June, 2011.
8. Daily Jang, 26^h June, 2011.
9. <http://en.wikipedia.org/wiki/Drug>.

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