

IMPACT OF DRUG ADDICTION IN KASHMIR

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Abstract:

Kashmir is not the only place where drug addiction among youth exists, this social evil exists worldwide. This research paper attempts to figure out the problems that are facing by people who are engaged with drug addiction. A simple questionnaire was administered from 106 respondents both male and female. The study found that there are various causes of drug addiction in Kashmir like unemployment, lack of parental care, relationships etc. All these together affect the society and keep youth of Kashmir in danger. Research finds how many families suffer due to spread of drug addiction. There are some remedies also by which we can save youth of Kashmir from this poison.

Introduction

A Drug is a chemical substance produced in various places whose intake changes multiple body functions, including the physiology of a person; it affects CNS (central nervous system, Brain and spinal cord) and, in this manner, influence the discernment, thought, feeling, and behaviour of a person. Individuals utilize numerous psychoactive drugs for satisfactory therapeutic reasons; it is used on a daily basis, like caffeine, herbs or tobacco. When the need for intake of the drug is beyond human control, it becomes an addiction. If you take medicine to sleep, you will fall asleep no matter what, but it starts ruling you. Then it becomes a routine for your body, and if you do not take a pill, you will not fall asleep. As you do this exercise again, the dose of medicine increases automatically for your regular amount of sleep. Finally, you will end up in a place where you cannot sleep even after taking medicines. Also, now it's not you who is controlling your life, but the drugs. This is how habit becomes an addiction, and addiction becomes a disease. Drug addiction has become global concern leading to high deaths and a tremendous increase in diseases like HIV. In recent years India has also witnessed a rise in drug addiction cases. Both genders have been victims of drug addiction. The traditional thinking for drug addiction is that a person uses drugs because he is not surrounded by good people or family, a bad charactered person, a broken heart or a weak person. Although these can be the reasons in some instances but not always, addiction can never be considered as a choice but a disease. Drug addiction is not a personal issue but a legal and societal issue.

As other states of India, The UT of Jammu and Kashmir is also the victim of drug addiction. The youth is particularly involved in drug addiction. As reported by Government Psychiatric Hospital Srinagar, around 90% of drug abusers belong to the age group of 17-35 (Bhat and Imtiaz 2017). A parcel number of youth have turned to drugs who have specifically, or by implication, been influenced by the turmoil within the state, but this alone can not be considered as the reason for drug addiction. Various other reasons are contributing to drug addiction in Kashmir. Like unemployment, peer pressure, relationships, family disputes, death of loved ones, exam stress etc. Drug addiction is getting exceptionally common in Kashmir. It is a fast-emerging menace because of its easy accessibility within the markets. A few years ago, a report published by the United Nations Drug Control Program (UNDCP), had revealed that around 70,000 people, including 4000 women, in Kashmir were addicted to drugs. Experts say that the situation has aggravated even further since that report came to light. There are different types of drugs: Brown sugar, poppy, dope, liquor, cannabis, hash oil etc. Applicable, there are numerous Drug De-addiction centers set up over Kashmir, so many drug de-addiction centres are run by j&k police in district Srinagar of Kashmir. So many specialists and social workers have started to give their full time and support to the society in order to curb this drug addiction in Kashmir and try to make a difference in the life of drug

abusers in Kashmir. They also want them to get away very far from this drugs which has taken thousands of lives and try to give them a new life once more. There are some other Authorizations like Law which also plays an important role in curbing, controlling and taking various measures and steps towards this situation. Shockingly, every kind of attempts are lacking somewhere. We can see results aren't truly empowering, as drug addiction in Kashmir is spreading at very high speed instead of abating down. Every single person who is working for the Drug de-addiction process comes out with the result that this social evil cannot be controlled without knowing the fundamental reasons for it. They acknowledge that issues like unemployment, poverty, prevailing political instability, and other similar ones that eventually give rise to unhappiness, misery, and disappointments, form the foundation for the majority of drug addicts, and that without addressing these problems, one should not expect empowering outcomes.

"As per an NDTV report on November 28 2014. The persons who are in charge of the centre say that the problem is widespread because youth have money to spend, and drug peddlers run their businesses without any fear of the law. They (Drug addicts) shared the problems that they faced while they were using drugs and how they got into these drugs and who helped them throughout and how they thought about starting a new life again without drugs.

Objectives

1. To examine the nature and causes of drug addiction in the Kashmir division.
2. To evaluate the laws and policies related to controlling and preventing the spread of drug addiction in Kashmir.
3. To critically analyze the impact of drug addiction on the youth of the Kashmir division.

Research method

The paper comprises both primary and secondary data. For the collection of primary data, a questionnaire was formed and circulated among the people of Kashmir, Few victims of drug addiction were interviewed, and information was collected and analyzed, whereas, in secondary data, various journals, articles and blogs are reviewed and data is collected.

Literature review

A literature review helps us to get knowledge on the present situation in the research work.

Sajad Ahmad Bhat and Nasheed Imtiaz Review Article - (2017) Volume 3, Issue 3:This article has analyzed the various dimensions and various types of drug addiction. It has also highlighted the effects of drug addiction and how some psychiatrists are contributing to spreading awareness and eradicating this danger and problem in Kashmir.

M. Mudasir Naqshbandi's International NGO Journal Vol. 7(5), pp. 84-90, December 2012 Academic Journals:The study has presented the causes of drug addiction. In this paper, unemployment and conflict are also the reasons for drug addiction. So many interviews have been done in this study to get all the data regarding drug addiction in Kashmir in which, from a teenager to an old age person, people are taking drugs, including girls.

Azhar UD Din's (Kashmir reader)by guest June 12, 2020:This paper has examined how drugs become an addiction among individuals and become impossible for them to get rid of drugs. This paper also gives importance to the company that we should be with because, according to them, the group that you are with also matters. The study also indicates the beginning of drug addiction, which starts from smoking which

usually is considered a fashion among youth. Religious institutions, NGOs, Schools, Colleges, Government should also organize some awareness programmes regarding drug addiction in Kashmir.

Maaz Mohammad Mar 1,2022(India today):The study has highlighted some surveys regarding drug addiction in Kashmir, it also highlights the initiatives that are taken by J&K police like "WAPSI", and the police are playing a vital role in controlling youth from taking drugs; they have started a crackdown on drug peddlers. It also gives importance to rehabilitation centres.

Minhaj Masoodi & Zakia Qurashi(Article 14) August 11, 2022:has studied how much Kashmir is suffering from unemployment apart from other conflicts, and they also mentioned how drugs are easily available for youth in Kashmir, as it also gives information about how heroin came from Afghanistan via Pakistan. This article also mentioned that it is every person, whether rich or poor, employed or unemployed, is taking drugs. It also mentioned three Kashmiri drug adductors who said how drugs were easily available to them.

Emaad Makhdoom,(Quick Kashmir News)June 27 2022:This article is from Greater Kashmir, in which it is mentioned that drug addiction is increasing at a very rapid rate, mostly heroin abusers. Every single day, 10-15 drug users, mostly heroin users, are admitted to the hospital, but according to a report by the National Drug Dependence Treatment Center of AIIMS, J&K is the fifth most drug-hit state in India, with over 6 lakh people impacted.It also gives us information that girls are also indulging in this kind of activity. It also exposed how Pakistan is trying to do the same as they did with the Punjab model: 'First, give arms training and then drugs to youth.'

Wajahat Qazi (Kashmir observer)July 13, 2022:This article indicates how a family is the first one who can cure any problem of a person, how family strictness and extreme love can create a gap between a child who is going through different hormonal changes, that awkward feeling for changes in your physique also which in turn creates a gap between a child and a parent. It is also giving us a solution to this problem, like how to eradicate a gap between a child and a parent so that a child will feel very much comfortable sharing their problems with their parents.

M Ahmad(Kashmir reader) June 26, 2021:This study has proclaimed that June 26 is considered as the awareness day for drug abuse and Illegal trafficking is a serious problem for society. It also cited the research that the Srinagar-based Institute of Mental Health and Neuroscience (IMHANS) carried out at a Srinagar drug rehabilitation facility.where they got how many people are doing drugs and what kinds of drugs they are taking. Disputes, political turmoil, armed conflict, and militancy are also responsible for drug addiction in Kashmir.

Dr Rafi Ramzan Dar (Editorial page,Drug addiction dynamics in Kashmir) September 23, 2022: He critically examined that society should develop moral and ethical values in youth. It is also mentioned that drugs have been a part of human life since time immemorial. Civilizations that first made use of drugs were Ancient Greeks, Romans, Iranians, Chinese and Indians for their medical and health issues. It also helps us to understand how the supply of drugs is being supplied in our country through the process we call globalization. We also get aware of who is involved in this, how it's spreading day by day very rapidly, what are the effects and, what are the consequences and who is them, who is responsible for drug addiction in Kashmir and why and what we should do to finish this all.

Iqra Fatima 24 Mar. 2017: In this article, she has emphasized different causes of drug addiction, and she has described some causes like peer pressure and depression. It has also been described some effects of drug abuse, like the social aspect, financial effect, and health effects, with some remedies also.

G. Hassan Lone and Suhail Mircha April 4, 2013(vol.8(4),pp.80-85) International NGO

Journal: Have presented how big a concern this drug addiction is and how it makes hell for not only that person but the whole family. This drug addiction leads to domestic violence, financial crises, lack of jobs, and abusive behaviour. It is also examined that we can treat any disease by providing awareness among people, especially youth. It also mentioned how some organizations are working in the Valley of Kashmir for drug de-addiction.

Impact of Drug addiction:

The Economic impact of addiction

Drug addiction is a debilitating disorder that can ruin lives—not just the person with the addiction but also their family members, friends and coworkers. It has a profound impact on society as a whole. Substance abuse's impacts can lead to a deteriorating financial burden that gets worse over time and frequently sets off significant consequences. Drugs cost money. And addictions develops overtime so purchasing drugs is a major challenge, People typically don't prepare for these upcoming financial issues since they typically don't prepare for developing an addiction,thus, find themselves in a tight financial condition. The financial cost of addiction is staggering—especially when you consider all of the factors that go into treating an addict.

Addiction treatment programs can be expensive, and there is no guarantee they will work. They'll need continued support and counseling over time to stay sober and avoid relapse.

The physical impact of addiction:

The health of an individual is the primary goal of drug addiction. It can affect a person's body size, general health and strength. There are numerous problems or diseases that can happen by drug addiction and which have a direct impact on a person's physical health, like the Risk of high blood pressure all the time, Change in the body, Redness in the eyes, Unconsciousness, Anxiety, Change in heart rate, dryness of mouth, Excess sleep. These changes may occur in one's body, and then these problems become very chronic, even they may lead to death. It depends on how and how much drugs a person is taking.

Impact on children:

A child who has a drug addict parent will have a miserable life. He or she has a low social status, troubles in academics, and depression. A child will get very less parental care or sometimes zero care. They even have an abusive relationship with their parents. A child who is living with a drug addict parent can have behavioral disorders. Sometimes a child follows his parent's footsteps and also becomes a drug addict. A child can never remain in peace in this kind of situation. Domestic violence happens in these cases by which a child suffers the most. Good parental care and support are very important for the proper upbringing of children, but in the absence of parental care, the life of a child remains meaningless and can directly ruin the life of a child.

Impact on family:

If any person in a family is a drug addict, it impacts the whole family. It leads to the rapid division of families. Every day fights and quarrels take place in such families. It destroys peace and gives rise to

conflict. It can also lead to divorce; society will try to maintain distance from the families where such drug victim is present. In general, it will have an adverse effect on the family, such as Financial crises, Rude behavior with the members of the family, Irresponsibility, daily fights etc.

Changes in behavior

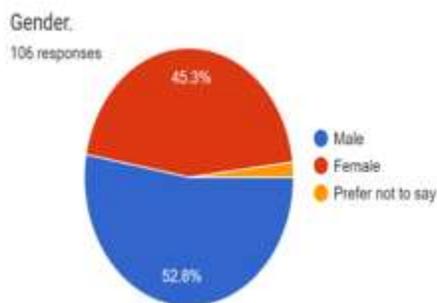
People's conduct changes noticeably when they become drug addicts. They cease caring for themselves and lose interest in their daily tasks. Their friends shift, and they begin to live alone (social disengagement). They start to have erratic eating and sleeping schedules. They exhibit annoyance, hostility, and lassitude. They eventually start to commit crimes.

Causes of drug addiction In Kashmir

The region is experiencing a rapid rise in drug addiction. The drugs used to treat drug addiction have altered over the past few years, and a lot more dangerous drugs are now being employed. After alcohol and cigarettes, the most widely used drugs are cannabis, heroin, opium, and hashish. Individuals start to use drugs due to numerous reasons. Some use drugs to get rid of depression, where some use drugs to break out from the pressure of life or to experience satisfaction or peace for time being and eventually get addicted to it. The two decades of instability in Kashmir have resulted in an increase in psychosocial disorders and psychiatric illnesses. Due to the long-running conflict, militancy, and socio-political unrest in Kashmir, a number of new issues have emerged, including joblessness, poverty, mismanagement, terrorism, violence, illiteracy, youth unrest, agitation, social disorganisation and moral decay, drug abuse, and trafficking in illegal substances. In the current context of Kashmiri society, the threat of drug usage, especially among adolescents, generates the most significant concern and international attention. Few common reasons which have been figured out in various studies for Substance abuse in Kashmir includes:

- Disturbances in society and politics
- Stress of developing, failing tests, and ending love relationships
- Lack of parental care and support
- unemployment
- To get away from the difficult truths of life
- Poor/bad company
- Peer influence
- Excessive availability of money by parents
- Belief on myths promoting joy and relief.

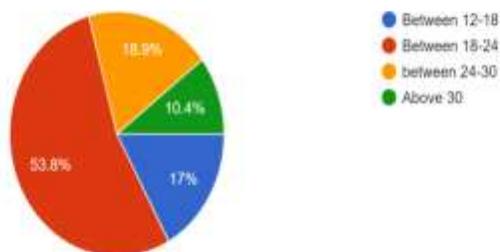
Data analysis:



The data is collected from 106 respondents among which 45.3% (48) are females, 52.8% (56) are males and 1.9% (2) did not preferred to say about their gender.

Age.

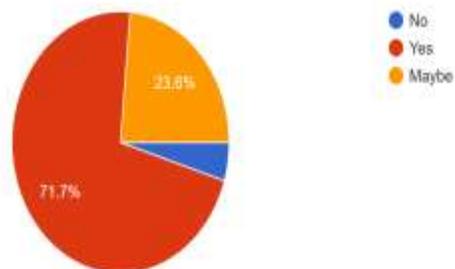
106 responses



The data received by the respondents show their age group as 18.9% (20) are between 24-30 years, 10.4% (11) are above 30 years, 17% (18) are between 12-18 years and 53.8% (57) are between 18-24 years of age.

Do You think Drug addiction/abuse is prevalent in kashmir?

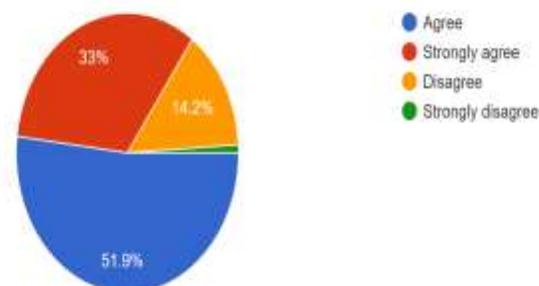
106 responses



As per the data 71.7% (76) say that yes drug addiction/abuse is prevalent in Kashmir, 23.6% (25) are not sure about the same whereas 4.7% (5) deny the fact and believe that it's not prevalent in Kashmir.

Do you think drugs are consumed other than medical use in kashmir ?

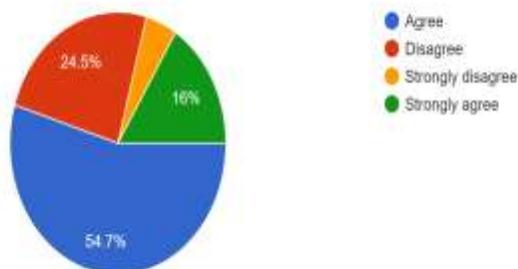
106 responses



The data shows that drugs are consumed other than use in Kashmir, As from 106 respondents, 33% (35) strongly agree on this, 51.9% (55) agree, 14.2% (15) disagree 0.9% (1) strongly disagree in Kashmir.

In kashmir women are also involved in drug addiction?

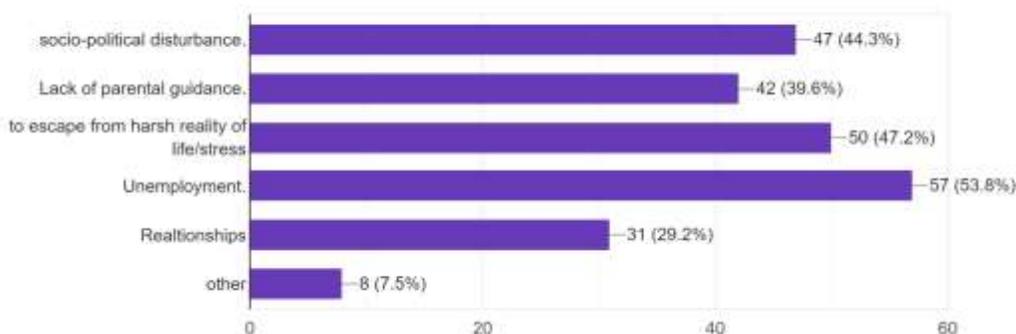
106 responses



Out of 106 respondents, 54.7%(58) agree that women are also involved in drug addiction in kashmir, 16%(17) strongly agree with it , whereas 24.5%(26) disagree and 4.7%(5) strongly disagree with it.

what do you think are the causes of drug addiction in kashmir?(select suitable options)

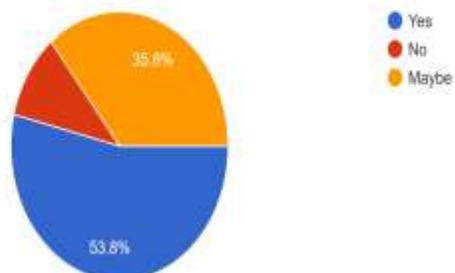
106 responses



106 respondents gave mix responses on causes of drug addiction in Kashmir and surprisingly maximum respondents considered unemployment the main reason behind drug addiction. People also believe that drug addiction releases the stress as it brings peace to their life. Socio-political disturbance, lack of parental guidance, relationships are also few causes of drug addiction in Kashmir.

Drugs are easily accessible in kashmir?

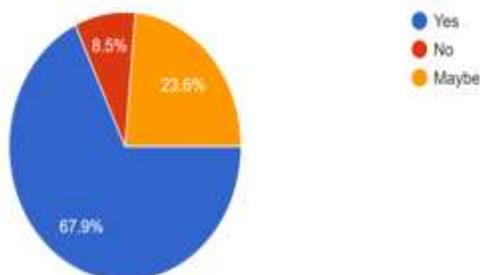
106 responses



From the data received for accessibility of drugs in Kashmir, 53.8% () believe that yes drug are easily accessible in Kashmir, 53.8% () are still not sure about the accessibility of drugs in Kashmir and 87727% () are against it and conclude that drugs are not easily accessible in Kashmir.

Substance addiction effects person on individual as well as societal level?

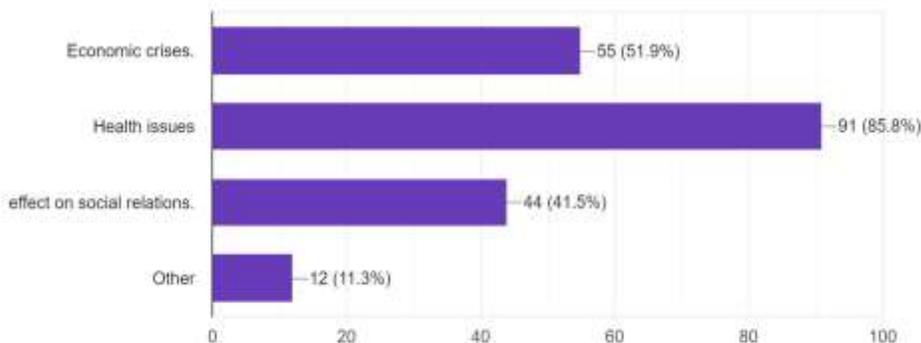
106 responses



When asked about the effects of substance use 67.9% () believe that drugs effect the person at individual level as well as societal level, 23.6% () are not sure about it ad surprisingly 8.5%() still deny that substance use does not effects the person neither at individual level nor at societal level.

Adverse effects of substance use are(select suitable options)?

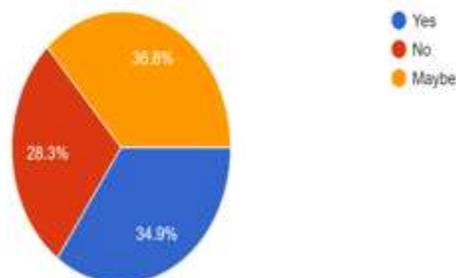
106 responses



From the above asked question of figure(2124.4) majority of respondents believe that the major effect of substance use is on persons health, although many support that it causes economic crises, effects social relation very few respondents have different viewpoint for the same.

Do you think Government in Kashmir is working to curb this social evil?

106 responses



When data was collected from the respondents about the efforts of the government through which they can curb this menace 34.9%() believe that government is working to curb this social issue, 36.8%() are

not sure about the same and 28.3%() denied to accept and believe that government is not working to curb this social evil.

Do you think Drug De-addiction centers are playing vital role in treatment / counselling of substance users?

106 responses

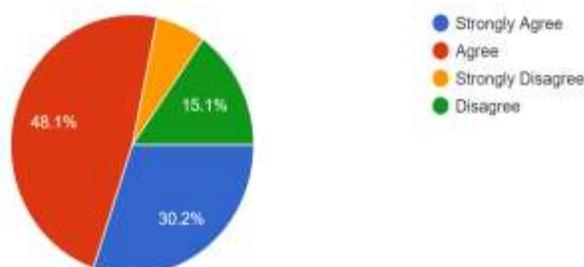


Figure (345.5) clearly shows the role of drug de-addiction centers in treatment/counseling of substance users as, 48.1%() believe that drug de-addiction centers play vital role in treatment/counseling of substance users, 30.2%() strongly believe it whereas 15.1%() disagree and 6.3% strongly disagree with the question.

Conclusion

By the above discussion and by going through various articles, journals, books, magazines, research papers, government records and other official statistic gives a brief clarification that drug addiction is increasing at a rapid race in Kashmir .It is not the outcome of the action of a single component, but rather the interaction of numerous factors.. It can be concluded that drug addiction is cases in Kashmir are rising at alarming rate and people are taking its impacts lightly. The study finds that there are numerous impacts of drug addiction. Drug addiction causes various diseases. Drug addiction issues have a significant negative impact on all societies in terms of losses, the spread of infectious diseases, family and social discord, criminality, and an excessive need on medical treatment. We must understand how to stop this evil in its tracks. We are all aware of how difficult it is to end drug addiction permanently. People need to accept drug addicts and assist them in escaping this perilous position rather than shunning them.

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