

The Sociological Analysis of Substance Abuse and its Socio-Psychological Impacts on Abusers

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Abstract

Substance abuse is a nuisance and among the major areas of concern throughout the world being one of the hazardous evils creating numerous personal, social as well as psychological problems that is persevering to vacate the roots of social development, integration, stability and personality development of the subject victims. This study is a sociological analysis of substance abuse and its socio-psychological impacts on abusers based on analyzing secondary information collected through applying library method and qualitative analysis. The study has been approached through a theoretical perspective focusing on theories of social process, social learning, and social control and labeling theories in criminology. The information concludes that substance abuse is a global matter of concern that has brought adverse consequences with its prevalence. Besides the universal impacts of such abuse, the matter is worse in third world countries depending on their socio-economic and geographic environment where it has adverse impacts in multidimensional sectors. The study provides a DFS (Drug Free Society) model, which recommends a three-dimensional policy including drug supply reduction through law enforcement, rehabilitation and reintegration of the victims through social support and external help, and drug demand reduction through campaigns, media, seminars and workshops etc.

Keywords:

Substance Abuse, Abusers, Impacts, Drug Supply Reduction

Background of the Study

Global increases in problems of illicit drugs both reflect and contribute to international tensions. The origins of some of these tensions are clear: rapid changes in political alignment, reduced family and community cohesiveness, increased unemployment and underemployment, economic and social marginalization and increased crime (UNDCP, 1995:3). At a time when dramatic improvements are taking place in some sectors, e.g. communications and technology, improvement of the quality of life for many people has fallen far short of the potential that exists and the rising expectation of people who know life can be better.

The global changes which have allowed people, goods and money to move from one country to others cheaply and easily have also had other consequences. They have made the differences and inequalities around the world more apparent

and more unacceptable. In many cases, the differences between rich and poor grow wider. Moreover, a number of developing countries, especially those in Africa and selected countries in Latin America and Asia, have largely missed out on the benefits of increases in world trade and investment and consequent economic growth. In some cases, this has been the result of political instability, ethnic conflict, natural disasters or mismanagement of the economy. Whatever the reason in a given country, the lack of economic progress has put such countries in a financial bind and frequently placed severe restrictions on government services available to the most vulnerable segments of the population. In this context, both the nation State and its individual citizens have become more vulnerable to the temptations of money from illicit drug production and trafficking and to the acceptance of illicit drug profits by financial institutions or as direct investment (UNDCP, 1995:5).

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Estimates of illicit drug production come from several sources. Systematic attempts to provide information about the amount of opiates or coca produced may employ high technology satellite mapping, ground surveys, agronomic characteristics or consumption figures. Political factors may also affect the process of preparing estimates. Experts have called the production estimate process one of making "best guesses" (Tullis, 1993:1).

How much opium-heroin and coca-cocaine are produced and where? Illicit production figures are not precise, but gross amounts produced in various countries have been estimated. Based on the integration of information from nine country

studies, an expert Tullis (1993:12) has noted that many variables detract from the precision of any attempt at assessment. Nevertheless, that study provides gross estimates of illicit drug production for coca, cocaine, opium, heroin and cannabis for major supplier countries. Adding the gross estimates for these nine countries results in estimated opium production of 3,045 tonnes. This is not considered an estimate of world production, for two reasons: (a) some countries have not been included in these estimates (Afghanistan, for example, had an estimated cultivation of 19,470 hectares in 1992 and produced 640 tonnes of opium that year according to the United States Department of State (INCS Report, 1994:2); and (b) many unexamined assumptions have been made in preparing these estimates. For heroin, the comparable gross estimate for the nine-country production is 246 tonnes.

In contrast to opium production, coca leaf and cocaine production take place in relatively few countries. The estimates made by the above-cited commentator are not highly divergent from those provided for coca and cocaine by the Department of State. The approximate total for the three producer countries (Peru, Bolivia and Colombia) are coca leaf, 330,000 tonnes, and cocaine, 322 tonnes. Several features of this picture are noteworthy: (a) the major production sources of drugs are quite varied, not limited to one or two producer countries or simply one region of the world; (b) according to 1992 GNP per capita data (World Bank Report, 1994:18), major production of opium and coca takes place in less developed countries, many of which have considerable economic, agricultural, political and social problems; and (c) according to all estimates, the total amount of production is extremely high. If alcohol and tobacco production amounts were added to those of opium, cocaine, cannabis and psychotropic drugs to form an aggregated estimate of addictive substances production, the picture that emerges is one of enormous supply of these substances. One commentator has described the illicit drug industry during the production phase, as "labor intensive, decentralized, growth-pole oriented, cottage-industry promoting, and foreign exchange earning - desirable features of rural development in economically stagnating areas" (Tullis, 1991: 57).

There were also major regional gaps in information in official reporting with respect to the nine-year period 1983-1991. The average percentages of countries actually reporting over this nine-year period were as follows: in Europe (74%), the Americas (51%), the near and Middle East (46%), Asia and the Pacific region (40%) and Africa (37%) (Report of the United Nations Secretariat, 1993:4). In Africa, the region of the world where the fewest countries report to the United Nations, only

about one-third of the countries have reported six or more times in the last nine years. The absence of systematic reporting for this region makes it even more vulnerable since trends that take place there may be un-assessed or difficult to identify until long after they have occurred.

The mentioned facts evidently express the whole world is exposed to the threats of substance abuse where the developing countries and particularly the third world is among the worst victims, including Pakistan. In this context, Pakistan's geographic location next to Afghanistan, the world's largest producer of illicit opium producer, places the country in a vulnerable position in terms of drug trafficking as well as drug abuse. Patterns of illicit drug production, distribution and abuse change as a result of social, economic and political developments. Such changes underscore the necessity of analysis and research on drug trends in the country and region as a crucial first step in terms of policy making and drug interdiction efforts. This report aims to enhance the understanding of drug trends in Pakistan in order to place it within the wider context of global drug developments (UNODC, 2008:6).

Statement and Objectives of the Study

This research study primarily focuses over the impacts of substance abuse throughout the globe in the light of analyzing secondary information. Studies reveal that substance abuse is a global matter of concern. This study predominantly attempts to analyze all available information for the purpose of producing recommendations and guidelines that tackle the problem. The specific objectives of the study are:

- To know about the social impacts of drugs on the social status of users in society
- To assess the impacts of drugs on the mental level of the addicts

Materials and Methods

This research activity focuses on substance abuse and its socio-psychological impacts on users in Pakistan. The study is based upon secondary information collected through library sources, internet, reports of organizations (UNODC, UNS, UNDCP, INCS) etc. The collected data has been framed qualitatively (that provides a method for examining social research data without converting them to a numerical format; Babbie 2004) in accordance to the various impacts observed from the secondary information through the mentioned sources. The study has been approached through a historical context showing the production of substance (illicit

drugs like opium and its derivatives) in global context and then the situation has been described in Pakistan. Linking the global market of the substance production, researchers have emphasized the local perspective of production in the context of Pakistan. Similarly, the secondary information collected from various sources about the social, psychological impacts in general context has also been linked to the regional context in Pakistan.

The study has been framed in theories of social process that are further divided into social learning theories, social control theory and social reaction theory. The social learning theorists believe that crime is a product of learning norms, values and behaviors associated with criminal activity (Seigal 2007). In addition, the “Differential Association Theory” by Edwin Sutherland (1939) posits that criminal behavior is learnt and is a by-product of interaction while it occurs within intimate groups through learning the techniques of crime that vary in frequency, duration, priority and intensity which is ultimately the expression of general needs and values. Further, under the umbrella of social learning, the “Differential Reinforcement Theory” by Ronald Akers and Robert Burgess expresses that deviant and conventional behavior is learnt where people learn to be neither “all deviant” nor “all conforming” but rather strike a balance between the two opposing poles of behavior while this balance is usually stable, but it can undergo revision over time (Akers 1977). On the other hand, social control theory believes that youth with poor self concepts are the ones most likely to engage in delinquent behavior, successful participation in criminality actually helps raise their self-esteem (Kaplan 1978; 1980). In such a run, social reaction theory is worth mentioning. It emphasizes labeling where the negative labels like trouble maker, mentally ill and stupid – help stigmatize the recipients of these labels and reduce their self-image while those who accept such labels are more prone to engage in delinquent behaviors than those whose self image has not been so tarnished (Adams et al. 2003). Such theories best exemplify the crux of this paper that the nuisance of substance abuse is a learnt behavior (Differential Association and Differential Reinforcement theory) while these miscreants are also labeled in the society, repeating their actions and becoming a threat for the society as a whole (Social Reaction or Labeling Theory).

The data sorted in the current paper is based on secondary data and empirical findings have been derived for the purpose to provide policy guide lines for policy makers and other organizations working in the field of substance abuse and related material to suggest measures for detoxification, rehabilitation and reintegration. In order to clarify and make the secondary information more understandable; the researchers have drawn-out the impacts that are more prominently evident. In this regard the coming passages comprise the impacts that are divided in various categories commencing from general to particular.

Impacts of Substance Abuse

General Impacts

The use of drugs has a long history which has numerous impacts over the users. With the passage of time drugs tended to change which altered the impacts as well. The famous physician Hippocrates (460-370 B.C.) recommended mandrake, taken with a little wine, to relieve depression and anxiety (Blum et al. 1969). Further, it has also been recommended by the Chinese emperor who is of the view that Marijuana is good for female weakness, gout, rheumatism, malaria, beri-beri, constipation and absent mindedness (Ray 1978: 392). In addition it has also been recommended by the Spanish on their arrival to South America. They found that the natives chewed coca leaves for the stimulating effects of cocaine. (DeRios and Smith 1977).

Drug addiction has become a social problem rather than a personal problem. It is obvious that drug use interferes with person's health or economic or social functioning, it becomes drug abuse and is personal but when large numbers of people become upset about such effects of drugs and want to see something done about the matter; drug addiction is then a social problem (Henslin 1996: 101).

In such context it is worth taking a look at addiction more closely. It is thought universally that heroin is a prime example of an addictive drug but on the other hand nicotine in cigarettes is also highly addictive as many smokers who have tried to quit will attest. After reviewing 2000 scientific articles, the Surgeon General of the United States concluded that nicotine is as addicting as heroin (Tolchin 1988). To justify such notion and draw the conclusion, Buerger's disease should be considered. According to Buerger's disease:

...the blood vessels become so constricted that circulation is impaired whenever nicotine enters the bloodstream. When gangrene sets in, at first a toe or two may have to be amputated at the ankle, then the leg at the knee, and ultimately at the hip. Somewhere along this gruesome progression gangrene may also attack the other leg. Patients are told that if they will stop smoking, this horrible march of gangrene up their legs will be curbed. Yet surgeons' report that some patients vigorously puff away in their hospital beds following even a second or third amputation (Brecher et al. 1972: 216).

In the light of sociological analysis drugs have a variety of aspects which make the society as well as the individual dysfunctional. In the perspective of functionalism, when drugs interfere with someone's physical or social functioning, they are dysfunctional for that individual. Addiction provides one of the most striking examples of the dysfunctions of drugs, as can be seen in the example cited earlier of cigarette smoking and Buerger's disease. Nicotine also causes dysfunctions when it leads to the destruction of the lungs and other vital body organs. Alcohol abuse leaves behind a trail of impaired health, poverty, broken homes, and smashed dreams. Similarly, heroin, the barbiturates, and other addictive drugs create severe problems for addicts and their families and friends (Henslin, 1996: 106).

Drug abuse has not only impacts over the individual but it may also be extended far beyond the individual. Although it is difficult to measure, drug abuse exacts large-scale costs from society. These dysfunctions involve drug-related crimes, such as burglaries and muggings to support addiction; increased welfare as the result of unemployment; extensive medical costs due to illness and disease; the spread of AIDS among addicts who share needles; the harm done to innocent victims of automobile accidents; and the loss to society of a vast reservoir of human potential as people retreat into drugs (Henslin, 1996: 106).

By continuing the sociological analysis of the problem, the conflict perspective is important to enlighten the issue. Heroin is a drug which can also be used to control what sometimes are called "the dangerous classes." People who flee from oppression into drugs both alienate themselves from others and spread a sense of defeat. As they passively expand their anger and revolutionary desires, drugs, not social change, become their passionate concern. In short, drugs can stabilize a society by redirecting the attention and diverting the energy of the exploited away from their exploitation. In light of this theoretical analysis, the sociologist Andrew Karmen has analyzed drugs as social pacifiers. Karmen (1980: 174) argues that heroin users become

...too passive when nodding and too self-absorbed when they aren't high to fight for community control over the schools, to organize tenants for a rent strike, or to march on City Hall to demand decent jobs for all who want to work. Since narcotics pacify those who suffer most from mental and physical degradation, it's likely that some state members of the ruling circles have decided its benefits out-weigh its costs.

Drugs have been defined as multidimensional and multifunctional phenomena which have numerous impacts. It is explicit that drugs do not have a precise and single effect on every individual. The effects vary from person to person and the drugs which they are using. It is also observed that the same person is affected in different modes in different times. According to (Ray 1978; and Zablocki et al. 1991: 65) there is no such thing as the drug experience. Drugs do not simply “excrete” experiences. Rather, what a person experiences from a drug depends on several factors.

Drugs and their addiction have caused impacts over the social setup and cultural values which also affect a person's experiences from a drug. According to Becker (1967: 163), a sociologist who studied LSD (lysergic acid diethylamide) use, expectations shape the content of hallucinatory drug experiences. He was of the view that when LSD first began to be used, new accounts frequently reported cases of psychotic reactions and suicide. Becker concluded that people who took LSD with the idea that it might create panic were likely to experience panic. With this the LSD using subculture developed, the expectations of LSD users changed and so did their experiences. It is elucidated that the social expectations and cues from the social setting influence people's experience with drugs. This is especially the case with drugs that people use to alter their perceptions, to change their mood, or to make them more sociable.

Continuing with the social effects of drugs on the individual it is also important to enumerate that drugs alter the mood of the individual which further affects them psychologically. Such psychological effects cause a variety of social monsters in the shape of social disturbances, social deviation, violation of cultural values and norms. It is noted earlier that alcohol-related motor vehicle accidents claim about 15000 lives every year. Most of these accidents are caused by young male drunk drivers. Why aren't these accidents ever distributed with young females, or with older Americans? The social psychologist Peele (1987: 210-218) points out that our male culture views alcohol consumption as macho: a symbol of male potency. In agreement to him the social geographer Ronald Snow and sociologist Orville Cunningham (1985) suggest that excessive drinking among young males is related to their developing sexuality. Still in the proving stage of their manhood, young males find drinking and driving an expression of bravado, a form of risk taking that validates their developing sense of male identity.

In the light of social perspectives and social impacts of drugs on individuals, it is argued that using alcoholic beverages has both positive and negative consequences on human health. According to Katzenstein (1994: 13) and Stipp (1994), light drinking of alcohol greatly reduces the likelihood of heart attacks and aids the recovery for those who have them. Alcohol apparently stimulates the production of good cholesterol and a substance that holds the body's blood clotting system in check until injury occurs. Such consequences show that one to two drinks a day is good for people's health. But on the contrary, heavy alcohol consumption increases a person's chance of a heart attack and of having problems with the endocrine, Metabolic, immune and reproductive systems. Heavy drinkers also run a higher risk of non-mouth, esophagus, larynx, stomach, liver, lung, colon and rectum disease. People who both smoke and drink multiply their risk of developing cancer (Seventh Special Report 1990).

Social Impacts

Impacts on Health

Social problems caused by the use of drugs within the larger setup are related to how drug abuse affects newborns. It is obvious that most drugs that are ingested by a pregnant woman reach her unborn child. Alcohol is just one of many such harmful substances. The human fetus is unable to metabolize alcohol, and a pregnant mother's drinking raises the fetus's blood alcohol level to about ten times her own. Approximately 1 in every 350 to 500 infants is born with some type of birth defect because the child's mother drank alcohol during pregnancy (Henslin, 1996: 116).

In the context of health, there are more observations which show how much drugs threaten the health of humans. It was observed by Henslin (1996) as stated above that the use of drugs affect the new-born and may cause various deficiencies during birth. Tobacco and alcohol consumption account for nearly 5 million deaths annually worldwide. As levels of GNP per capita rise, third world populations age, and noxious substances are more widely marketed and distributed in developing countries, the number of deaths can only be expected to increase. (James, 1994: 5)

Pertaining to the impacts of drugs on human health where it has obnoxious results, deaths as a result of drug abuse are a major concern of the day. Recent informal estimates are that perhaps 200,000 drug-injecting-related deaths may occur per annum based on the estimated size of the current world population of

injecting drug abusers of approximately 5.3 million (Frischer, 1994: 4). Furthermore, according to the World Health Organization (WHO 1993), "Existing data indicated a several-fold increase in drug-related deaths over the past decade."

Along-with alcohol, cocaine is also excessively used by the people throughout the world. Like alcohol, cocaine also has numerous adverse impacts over the individual which makes them inefficient and diminishes their competencies. Cocaine is a drug that gives a feeling of unusual well-being, optimism, confidence, competence and energy. Cocaine has developed a reputation as a spectacular aphrodisiac: it is believed to create sexual desire, to heighten it, to increase sexual endurance, and to cure frigidity and impotence (Inciardi 1986:78-79).

Augmentation in Crimes

Narcotics are used worldwide for a variety of purposes including pain killing and curing different diseases. However, the abuse of narcotics has altered the lives of individuals adversely. Use of such drugs paves the way to different social evils like crimes. It is a known fact that narcotics cause crime, prevent people from working and destroy health. Crack cocaine is a notorious example. Sociologists James Inciardi and Anne Pottieger (1994: 273-292) who studied Miami crack users found that the average crack user had committed 6000 crimes, just in the past three months. This astronomical number comes into somewhat better focus when we learn that 98 percent of these crimes were illegal drug sales.

Universally it is approved fact that many social evils are linked with the use of drugs. In this context it is crystal clear that heroin addicts rob, steal, burglarize, mug and prostitute themselves in order to support their drug habit. For satisfaction of their craving and fulfilling the drug desire, they do not eschew any kind of deviant act which further leads to severe crimes and makes them proclaimed offenders. Bruce Johnson, Kevin Anderson, and Eric Wish (1988) interviewed 105 drug addicts and found that during just the past 24 hours, such group had committed 46 robberies, 18 burglaries, and 41 thefts, earning for themselves 7771 dollars. Out of the earned money, 75 percent of the amount went for a variety of drugs, and 25 percent for other items such as food etc. The average street addicts conduct 150 non-drug crimes a year and inflict thousands of dollars of losses on victims (Johnson et al. 1985: 185).

By contrast, the notion of drug related crimes conducted by drug users has been rejected by some researchers who observe that drugs do not compel the individual to commit the felonies and indulge in crimes. According to Winick (1961: 174-186),

narcotics are not the cause of these crimes, do not make people unproductive citizens, or destroy their health, but rather, these three beliefs are myths and may not be considered as the facts. By justifying his argument he gives the example of physician narcotic addicts. He viewed that physicians who become addicted to narcotics do not mug, commit burglaries, or prostitute themselves. Further, neither do they stop working nor does their health deteriorate more than usual. In addition he argues that physician addicts are able to divert narcotics from legal sources to their own use. They do not have to scramble for money to purchase narcotics and they can continue to work at their medical practice and shoulder their other responsibilities. With pure drugs cheap and readily obtainable, there is no need to prey on others.

In agreement with Winick, a physician Jerome Jaffe (1965: 292) also argued that narcotics do not drive people to crimes, make people stop working or destroy health. Although these characteristics are common among street addicts, they are not the consequences of narcotics. Jaffe studied physician addicts and concluded that

The addict who is able to obtain an adequate supply of the drug through illegitimate channels and has adequate funds, usually dresses properly, maintains his nutrition, and is able to discharge his social and occupational obligations with reasonable efficiency. He usually remains in good health, suffers little inconvenience, and is in general, difficult to distinguish from other persons.

It is highlighted by United Nations Research Institute for Social Development (UNRISD 1994) that there is obviously a relationship between drug consumption and crime, although it is often not clear which is cause and which is effect. In principal consuming areas such as North America and Western Europe, psycho-pharmacological effects, economic-compulsive drives and systemic violence are considered the principal components of the drugs-crime link. It is further argued by the Institute that most harmful psycho-pharmacological effects of drug use, particularly those associated with crack cocaine, involve people becoming irrational, excited, agitated or impulsive. Users may become unable to control their anger and express it in the form of physical assault, including homicide. In one of the first studies clearly linking violent behavior and crack cocaine use, it was reported that nearly half the callers to a nationwide cocaine hotline in the United States said that they had committed violent crimes or aggressive acts (including child abuse, murder, robbery, rape and physical assault) while using crack (UNRISD 1994).

The economic-compulsive dimension of drug-related crime is associated with criminal acts to obtain funding for personal drug consumption (through burglaries,

for instance). The systemic dimension refers to the activities of drug syndicates, associations, gangs and smugglers involved in protecting their product from law enforcement officials or from each other by whatever means necessary. A fourth dimension could be added to this standard analysis, the corruption-criminality connection, which occurs when administrative and political personnel such as drug enforcement agents and border patrol officers themselves become allied with the drug trade (UNRISD 1994).

Drugs have the tendency to cause criminal behavior which is a worldwide accepted notion. Investigators and researchers have argued and presented their researches and ideas regarding the connections of drugs with crimes. Few of them have denied the idea regarding the interaction of drugs use and crime. In such context one aspect of this connection between drugs and crime is temporal causation: which is cause and which is effect? In the case of individual addicts, drug use may precede crime. After examination of the groups, researchers in the world have concluded that many variations exist but that some delinquency or crime often precedes addiction. They have found that involvement in property crime generally precedes the addiction career. After addiction occurs, property crime increases and narcotic use is further increased. Among the investigators, the value of treatment was highlighted by Douglas and Speckard (1988: 197):

...periods of curtailed narcotics use produced by treatment, property crime levels are significantly reduced and become extremely low after termination of the addiction career.

Impacts on Family and Familial Relations

In the context of social impacts of drugs on users and on crime, drugs prevalence and proliferation also has impacts over the community in general and family in particular. According to the study of UNDCP (United Nations Drug Control Program, 1995) fast-paced social, economic and technological changes present a challenge to the stability and influence of the family. The family is often viewed as the basic source of strength, providing nurturance and support for its individual members as well as ensuring stability and generational continuity for the community and culture.

It is further illustrated that family is a complex phenomenon and at least four conceptual views of the family have been identified: it protects and sustains both strong and weak members; secondly family is the source of releasing tension and problems; thirdly it may be viewed as a mechanism for family members to interact with broader social and community groups such as peer groups, school, work colleagues and supervisors; and fourthly, the family may be seen as an important

point of intervention and a natural organizational unit for transferring and building social and community values. It is explored that such functions and remunerations of the family and community are affected adversely by the use of drugs inside the family. (UNDCP, 1995)

Family is the most influential, ancient and powerful institution among the other institutions that tend to shape the attitudes, values and behavior of family members including children. But if such members are found guilty of drug use and associated with the company of peers having drug use, then how do they compare with peers in terms of influence on drug taking? The influence of peer groups, which is usually strong during the formative years of youth, may be stronger than that of parents in some cases. According to Denise Kandel (1973: 1067-1081), friends are more similar in their use of marijuana than the attitudes of parents. She observed that peer and parental influences are synergistic, with the highest rates of marijuana use being observed among adolescents whose parents and friends were drug users. It is further observed by other investigators that peers have a high degree of influence only when the parents have abdicated their traditional supervisory roles (Blum et al. 1972).

Impacts on Education and Schooling

As mentioned above, there are numerous social impacts of drugs on the users as well as the family and society. Among these impacts, one major area and aspect of social life of the individual that has severely been affected and obliterated by drugs is "Education". Education is also the principal means of preventing drug abuse. In addition to educational institutions, other settings are important for the contributions they make to learning and socialization. Home, workplace and religious institutions, to name three examples, are settings for the education of young and old alike. Most officials support the full integration of drug abuse education into mainstream institutions, whether public and private, religious or secular (UNDCP 1995: 21).

It is worth mention that cannabis is the most widely used illicit drug (Tullis, 1991: 191-201). Different studies have been launched on the consequences of drugs on educational status of the users which have summarized that chronic or acute use of cannabis may result in preoccupation with the immediate present, an impairment of short-term memory and other mental functions, and impaired tracking ability in sensory and perceptual functions. Adverse emotional and social development of children and adolescents and impaired classroom performance have also been observed (Thomas 2003: 1470). He concluded that "drugs can decrease cognitive operations, making it difficult for the youth to develop a functional set of values

and ideals.” He further mentions that reduced cognitive efficiency also leads to poor academic performance and a resulting decrease in self-esteem, contributing to instability of the individual's sense of identity. In short it may be related to the apathy of present days' youth and adults who take drugs to deal with problems which cannot be resolved by such substances.

Impacts on Employment and Economic Well-Being

Drugs have been proved to be the most obnoxious and devastating aspect of human life having not only negative consequences on the individuals who abuse drugs but also the families, friends, siblings, relatives (co-addicts), business, government resources. Although many of these effects cannot be quantified yet these may be observed around the vicinity and suburbs. UNDCP recently reported that in 2002, the economic cost of drug abuse to the United States was 180.9 billion dollars (National Drug Intelligence Center 2006).

Alcohol has been considered as the most expensive drug on the basis of its adverse and passive impacts over the individual and society. It is expensive in a sense that according to the Seventh Special Report (1990), alcohol abuse hands 16 billion dollars a year for medical expenses, which affects everyone, including abstainers. Other impacts of alcohol use, which cause economic problems including the loss of employment, reduced productivity and alcohol-related crime and social welfare, result in estimates of more than 100 billion dollars a year which makes alcohol the most expensive drug abuse problem. (Winslow 1995).

The most obvious effects of drug abuse which are manifested in the individuals who abuse drugs include ill health, sickness and ultimately death. Particularly devastating to an abuser's health is the contraction of needle borne illnesses including hepatitis and HIV/AIDS through injection drug use. It is identified that in 2004 over 3.5 million individuals aged 18 and older admitted to having injected an illicit drug during their lifetime. Of these individuals, 14 percent were under the age of 25 (National Drug Intelligence Center 2006).

It is of high importance that children of individuals who abuse drugs often are abused and neglected as a result of the individuals' preoccupation with drugs. National-level studies have shown that during 2002 and 2003, 4.3 percent of pregnant women aged 15-44 report having used illicit drugs in the past month and the same data showed that 8.5 percent of new mothers reported having illicit drugs used in past month. On the basis of these facts it was concluded that drugs used by the parents or other family members cause the abstinent members physical or emotional abuse and they often lack proper immunizations, medical care, dental care and necessities such as food, water, and shelter (National Drug Intelligence Center 2006).

In the context of economic impacts of drug abuse it is explicit that the adverse effects on the business and employment of the drug users is highly significant. Many of the drug users are unable to attain or hold full time employment and those who do work put others at risk, particularly those who are employed in positions where even a minor degree of impairment could be catastrophic like airline pilots, air traffic controllers, train operators and bus drivers. According to the diagnostics of one worldwide firm, 5.7 percent of the drug tests they conducted on individuals involved in an employment related accident in 2004 were positive (National Drug Intelligence Center 2006).

Economically, businesses often are affected because employees who abuse drugs sometimes steal cash or supplies, equipments, and products that can be sold to get money to buy drugs. Moreover, absenteeism, lost productivity and increased use of medical and insurance benefits by employees who abuse drugs affect business financially (National Drug Intelligence Center 2006).

Psychological Impacts

Notably, drugs have multidimensional impacts over the personal, familial as well as communal and societal well being of users. Besides social and economic impacts, drugs also have a strong relation of adverse impacts with human psychology. It is obvious that most human operations are conducted under psychology and obviously it is psychology that regulates, stabilizes and adjusts human in a society.

Humans persevere to keep themselves psychologically stable and mentally strong. The whole world is flooded with drugs that distort perception and change mood. Drugs that are taken by the individuals let them down and move them across the town. Some of these drugs are legal, others are illegal, some are used recreationally, others are medically, some are safe if used correctly and dangerous if they are not, some people use drugs because their friends do or because their parents tell them not to, likewise some are seeking pleasure; they are seeking inner truth or escape (Rathus 2008: 208).

Drug addiction or using chemical substances is not only the misery of developing or third world countries. The developed and highly advanced and civilized countries are also among the victims of such abuses which are affecting their function and smooth running. According to Wills et al. (2002), for better or worse, drugs are part of American life. Young people often become involved with drugs that impair their ability to learn at school and are connected with reckless behavior. Further it is indicated that alcohol is the most popular drug on high school and college campuses. In addition more than 40% of college students have tried marijuana, and 1 in 6 or 7 smokes it regularly (Johnston et al. 2003).

According to the American Psychiatric Association (2000), substance abuse is repeated use of a substance despite the fact that it is causing or compounding social, occupational, psychological or physical problems. Dependence is more severe than abuse, having both behavioral and biological aspects. Behaviorally, dependence is often characterized by loss of control over one's use of the substance. Dependent people may organize their lives around getting and using a substance, for example, biological or physiological dependence is typified by tolerance, withdrawal symptoms, or both. In addition to the psychological effects of opiates, it is denoted by the Association that tolerance is the body's habituation to a substance so that, with regular usage higher doses are required to achieve similar effects (Johnston et al. 2003).

The psychological analysis of drug dependence shows that drugs have been used for mental satisfaction and relaxation, but when continued, may affect the users adversely. Besides the social and economic consequences of drugs use, the psychological consequences also have been diagnosed. Substance abuse and dependence usually begin with experimental use in adolescence (Chassin et al. 2000: 223-231; Lewinsohn et al. 2000).

In the light of the above mentioned facts under the literature it has been proved that use of drugs brings catastrophe to the human's social, psychological, economic, physiological and spiritual well being. The impacts of drugs are so severe and so ferocious that they need in-depth and close attention. It is evident that if such propagation of drugs is not impeded, it will bring havoc to the social life of humans. It has been explicitly elucidated that drugs have adverse impacts whether in one form or the other, which vary from culture to culture and society to society as well as individual to individual but there is a commonality in the shape of its rehabilitation that is the common goal of every state and every individual because it needs immediate solution.

Conclusion

The nuisance of substance abuse, being a global matter of concern has multidimensional and obscurant impacts over the socio-economic, psychological as well as physiological well-being of users. This research study concludes that the use and abuse of addictive and toxic substances has numerous impacts over the users and abusers that are worth mentioning and analyzing. These include distortion of social status, havoc to psychology and feebleness to mental power and sometimes devastating effects on bodily functions. In addition, the whole research activity expounds that the prevalence of substance abuse is distressingly high throughout the globe while the list of its producers augment the finite ratio. Besides, the area under study is witnessing shadows of adversity in shape of extensive miseries in familial and social life.

The fact is evident that education and substance abuse are incompatible within a single body. The heavy prevalence of substance abuse has necessitated that abusers and addicts spend a miserable life with a filthy status and put others on threat as well. It has been drawn out during the research that the ratio of crimes is directly linked with substance abuse as reflected in anti-social activities like series of robberies, excess of burglaries, high rate of larceny, unlawful assault and battery while more prominently even first degree murders.

Health, one of the most precious properties of humans, has also been found at severe threat as the results of this study express factual information in order to pinpoint physiological disorders among the abusers. The most lethal threats to the world nowadays are diseases like HIV/AIDS, incurable to the present day, mostly caused by substance abuse through sharing of needles and keeping illicit sexual relations. In addition, HCV/HBS, skin problems, respiratory disorders, cardiac threats etc. are also among the adverse physiological impacts of such abuse.

The information further highlighted the intensity and severity of problems in the context of its consequences over psychology of the users and abusers. In this regard it was predominantly illuminated that substance abuse has brought and exceeded the depression among the abusers through creation of passive-aggression behavior. Besides, the problem of social isolation has also been worsened accompanied by loss of concentration and mental feebleness among the addicts. In the course of psychological consequences, the prevalence of anxiety and tension as well as hallucination is never far behind to shudder the addicts and society.

In short, the nuisance of substance abuse has hazardous consequences that are prevalent on the roots of social, economic and psychological development of the research area where the problem is worsening day by day. Further, the overall research findings come to a unanimous conclusion that substance abuse is a monster, which is hindering the overall smooth functioning of the subject person as well as the society with adverse effects on the future of the nation.

Recommended Measures and Policy -Guidelines

This study extends and suggests the following measures for policy makers that are based on the mentioned facts in the paper, which deems it necessary in respect to implementation, getting the desired goals and eliminating the curses of substance abuse:

The foremost step that will serve as a milestone while combating the nuisance of substance abuse is to strengthen the Drug Supply Reduction (DSR). Pakistan being an overtly exposed country to the menace of drugs needs the borders to be

sealed, the producers to be scrutinized and the sellers to be punished for making a lesson for others. The law enforcement has been observed at the weakest of levels that is unable to control the supply of illicit drugs. Although the constitutional law explicitly bans the use and trafficking of illicit drugs yet the law enforcers have failed to implement the defined law. In this context, the Anti-Narcotics Force and other concerned authorities should be strengthened and empowered with the detecting tools and honest personnel having empathy with the country that will ultimately lead to overcome the hazards of such abuses.

The adversity of substance abuse is deeply rooted in Pakistan, where millions of vulnerable masses who are subject to the issue need lucrative steps to evade the swamp of substance addiction. In this context the governmental and non-governmental organizations, which are persevering to combat such a menace should be wholeheartedly supported and assisted. Further, there should be proper check and balance over such organizations particularly the NGO's to assess their output and achievement, as most of them are established for personal financial benefits rather than serving the vulnerable humanity. The policy should internalize a team of experts for evaluation of these firms and foundations while a feedback should also be taken from the addicts about the services and usefulness of the projects launched for overcoming the threats of substance abuse.

Most of the Pakistani citizens are ignorant from the prevalent social evils such as substance abuse. In this regard, awareness regarding the issue plays a key role to prevent the masses from different threats, which could be easily brought through proper utilization of mass media, which is one of those influential forces that can access each and every corner of the society with less efforts and more elegance. In addition, the sources for awareness may not be limited to mass media; rather the conferences, workshops, seminars and researchers should be exalted and motivated. Moreover, the researchers should play their role in shape of observation, survey and other methods on the mentioned issue to highlight the shortcomings of concerned authorities as well as the common people.

Substance Abuse Reduction Model



Note: The above model known as DFS (Drug Free Society) model has been derived from secondary information cited in the text and focusing on the recommendation put forwarded for policy making.

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