

# Drug Abuse: A Great Threat to Pakistan's Young Generation

## Outline

### I. Introduction

1. Hook
2. General statement
3. Thesis : Drug abuse poses a grave threat to Pakistan's young generation, impacting psychological health, morality, productivity, education, economy, and ~~country's~~ country's future. It demands multi-faceted reforms in education, healthcare, law-enforcement, and public awareness.

### II. Understanding the term "drug abuse"

### III. Factors contributing to rising cases of drug abuse in Pakistan's young generation

1. cheap and easy availability of drugs
2. lack of psychological support in traditional families
3. weak law enforcement agencies
4. lack of public awareness
5. societal causes like peer pressure

### IV. How drug abuse is a great threat to Pakistan's young generation.

#### 1. It Disrupts physical and psychological health

- 1.1 Continuous Addiction
- 1.2 Psychological disorders
- 1.3 ~~Danger~~ Serious disease like STDs, (sexually Transmitted diseases), HIV and hepatitis

## 2. Erosion of social and cultural values

2.1 Reduces morality of the individual

2.2 Risky behaviour and violence

2.3 Increased ~~involvement~~ involvement in illicit activities like prostitution, gambling

2.4 Rise in crime rates

2.5 Social Alienation. in the end.

## 3. Youth's focus shifts from academic career to illegal activities due to addiction

3.1 Loss of skilled workforce

3.2 Human development reduces

3.3 Increased drug abuse cases in Pakistani universities

## 4. It impacts country's national development

4.1 Reduced workforce participation

4.2 loss of human capital

4.3 burden on health care system

4.4 Hindrance to <sup>the</sup> economic growth.

## IV. Way Forward

1. ~~Drug rehabilit~~

1. public awareness and psychological support

2. drug rehabilitation centers

3. strengthening law enforcement agencies and country's security.

## V. Conclusion

## The Essay

When a country's youth—the torchbearers of tomorrow—begin to fall prey to drugs, it is not just a health crisis; it is a national emergency in disguise. The youth are the architects of tomorrow that shape country's future through different professions, such as medicine, engineering, athletes, entrepreneurs, think tanks, journalists and members of other skilled workforces. However, if this vital part of population starts using drugs, it threatens not only their personal life but also country's economic progress and stability. Drug abuse is a rising issue across the world, especially Pakistan. It is becoming common in educational institutions including universities and hostels. Students living away from their homes involve in this menace often for entertainment purpose or under peer pressure. ~~but it has far-reaching~~ consequences. This might provide them temporary satisfaction or relief from their ongoing stress but it has far-reaching consequences for their personal life and collective well-being of society. Hence, drug abuse is a great threat to Pakistan's youth affecting psychological health, productivity, morality, country's future and economy. To control this rising trend, there should be stringent law enforcement, campus surveillance, public awareness campaigns, reforms in healthcare and education system, to safeguard youth and save country's future.

Drug abuse is the use of psychoactive substances like heroin, hashish, marijuana, cocaine, cannabis, crystal meth (ice), and prescription drugs, like sedatives and painkillers. These active substances affect brain and release happy hormones like dopamine, serotonin that provide heavenly feeling to the users. The individual slowly becomes addicted to them, and their withdrawal produces symptoms, such as hallucinations, schizophrenia, depression, anxiety, altered behaviour, and insomnia. The administration of drugs may be oral or intravenous route (I/V). The I/V drug users can fall prey to harmful diseases like hepatitis and HIV. In Pakistan, alarming stats are present. According to United Nations office on Drug and Crime, as of 2024, over 6.7 million Pakistanis are drug users with nearly 70% of them are below 35 years age.

Before focusing on how drug abuse poses threat to country's future, some factors contributing to <sup>the</sup> rising cases of drug abuse in Pakistan are discussed. There are numerous causes of rising trend of drug abuse in Pakistan. Foremost cause is cheap and easy availability of <sup>the</sup> psychoactive drugs. Most of the drug mafias are working extensively across metropolitan cities, targeting ~~of~~ the younger population to accomplish their vested gains. On the other hand, law enforcement agencies are still weak due to widespread corruption and rising culture of bribery. Alongside,

There is uncontrolled drug trafficking across Afghanistan-Balochistan border. This border is highly porous due to mountainous terrains and hard-to-cover area. Despite continuous military operations, this area is highly vulnerable to militancy, terrorism and drug trafficking. Additionally, pop culture and social media easily influence the younger generations. Hence, drug abuse is becoming common in educational institutions, universities and colleges. Most of the students ~~while~~ <sup>initially</sup> experimenting with these drugs for entertainment or under peer pressure use these drugs for fun. However, later on, they get addicted to these harmful substances to escape from academic pressure, unemployment or other daily life problems. Most of the traditional families lack awareness of <sup>significance of</sup> mental health or psychological trauma. Due to lack of emotional support, the youth of Pakistan get inclined towards these life-threatening drugs to get temporary relief. However, this inclination has far-reaching consequences on their individual lives as well as collective growth of the society.

The rising cases of drug abuse in Pakistan are a great concern because they ~~impact~~ heavily impact both psychological and physical health of the individual. The continuous use of narcotics produces symptoms ~~at~~ like hallucinations, insomnia, irritability, anxiety, depression, schizophrenia, and altered behaviour. These symptoms alienate the individual from society. Without proper treatment and

re, it is almost impossible to withdraw these drugs. It is because withdrawal symptoms are even more dangerous - in which person <sup>completely</sup> loses his control. In addition to this, narcotics impact functioning of other organs inside the body, such as liver, kidney, bladder, and gastro-intestinal tract (GIT) etc. The routes of administration of these drugs may be oral, intra-muscular or intra-venous. The use of injections poses another threat of infection of blood-borne diseases like hepatitis B, C ; HIV or even auto-immune human deficiency syndrome (AIDS). Hence, these diseases heavily impact physical health of the <sup>drug</sup> users. When the youth involve in this addictive cycle of drugs, they hamper the future growth of the country. According to a report published in Dawn (2020), some Islamabad universities reported that almost 25-30% of their students are involved in drug abuse. Hence, rising cases of drug abuse in the younger generation of Pakistan significantly undermines future growth of the country.

Additionally, drug abuse impacts overall morality of the individual and is responsible for his ultimate alienation in the society. Under the influence of psychological substances, the person loses self-control and sensibility of traditional values and culture. He might be involved in illicit activities <sup>like</sup> gambling, prostitution, and starts ignoring his own family, wife, children and even parents. The addiction leads him to in forces him

towards criminal activities, such as theft, robbery, pick-pocketing, ransom, kidnapping and even murders. His risky behaviour <sup>completely</sup> ~~isolate~~ isolates him from the society. The younger population of Pakistan is highly vulnerable because of the penetration of drug culture in <sup>most of the</sup> educational institutions, hostels, and colleges. As the youth of any nation shapes future of that society, and in Pakistan the major part of the population is younger with age less than 35 years. If this highly useful portion of the society involves in drug abuse, it heavily threatens the country's prosperity and future of the nation.

Likewise, drug abuse shifts the focus of youth from development of skills to illegal activities that poses harmful consequences for the society. Most of the drug abusers become addicts. According to United Nations office on Drugs and crime, From 6.7 million drug abusers, almost 2 million are drug addicts which is amongst the highest numbers globally. The rank of Pakistan in human development index report (168/196 countries) is already ~~too~~ concerning. Furthermore, rising trend of drug abuse in the youth of Pakistan will hamper its human development. Due to harmful psychological impacts, student are distracted from their assignments, research and development, skills development, practicals and extra-curricular activities. It influences overall output of the educational

Consequently, institutions. After graduation, this portion of young generation faces myriads of challenges, such as lack of skills, unemployment, social alienation, poverty, and societal rejection. Therefore, drug abuse is a great threat for Pakistan's younger generation because it results in unexpected consequences that disturbs <sup>overall</sup> economic growth of the society.

Lastly, drug abuse, especially in the younger generation, impacts national development of the state. The youth embroiled in the addiction of heroin, ice and narcotics forms unskilled workforce in the society. The country loses human capital. The younger generations that would have become doctors, engineers, high-techs, entrepreneurs, businessmen, researchers, scientists and politicians, end up being addicts in the society. Hence, drug abuse is like a life-threatening disease for future survival of any nation. Instead of future support, they become a burden on healthcare system of the country. The drug dependency ~~rugs~~ and addiction drags them to involve in criminal activities. Resultantly, it becomes a hindrance to the economic growth of the society. Hence, the rising trend of drug abuse in younger generation of Pakistan is a threat for Pakistan's progress ~~nation~~ and prosperity.

To control drug abuse in Pakistan, it requires multi-dimensional approach including reforms in national

security, law enforcement agencies & border security, educational institution, rehabilitation programs and public awareness. There should be strengthening of law enforcement agencies in Pakistan and strict accountability to reduce chances of corruption. Border security should be strengthened to control drug trafficking across Pakistan-Afghanistan border.

Additionally, educational institutions should increase on-campus oversight on the students. There should be public awareness campaign to counter this rising menace.

Likewise, drug rehabilitation centers should work diligently to cope up with this threat. In Pakistan, anti-Narcotic force is working. It should be empowered to control big mafias across the country. Furthermore, families should increase communication and emotional support to the youth to prevent their inclination towards drugs. These reforms will prove beneficial to control drug abuse in the younger generations of Pakistan.

To conclude, drug abuse is the use of psychoactive drugs like heroine, crystal-meth, marijuana, hashish etc that impacts the physical and psychological growth of the individual. It not only hampers well-being of an the person but also effects moral values and culture of the society. Their dangerous addiction ~~forces~~ forces the individual to involve in criminal activities. The rising

trend of drug abuse in Pakistan's younger generation is a concerning issue. It is penetrating in the educational institutions and universities. Hence, it will obstruct the economic growth of Pakistan and become a burden on healthcare system and already fragile economy of the country. Hence, this rising menace should be controlled through strengthening law enforcement agencies, <sup>and</sup> border security, raising public awareness, on-campus oversight on the students, and encouraging emotional support in traditional societies so that the youth is empowered that ensures prosperity of Pakistan in the near future.