

Tuesday  
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# ENGLISH ESSAY TEST - 2

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Q- Attempt anyone of the following essays. Make a comprehensive outline and write the thesis statement. Also, write an introductory paragraph and 3 body paragraphs.

## Topic : Drug Addiction among Youth. Causes and consequences.

**Brainstorm**

**Causes**

- i- Pleasure seeking tendencies
- ii- Escape from pain and emotional distress
- iii- Thrill seeking and Adventureism
- iv - Underlying Psychological disorders
- v - Neurochemical attraction; Dopamine rush
- vi - Stress Relief via Endorphins Activation
- vii - Media Influence
- viii- Perception of drugs as an instant Solution.

**Consequences**

- i- Impaired Frontal lobe development
- ii- Structural and Functional brain alterations
- iii- Perceptual changes
- iv- Personal development
- v- Family breakdown
- vi- Health deterioration
- vii- Moral and Ethical decline
- viii - Socio-economic issues in society.

## Outline

### 1. Introduction

1.1 - Attention Grabber

1.2 - General Statements

1.3 - Thesis Statement: Drug addiction among youth is a growing global concern driven by a complex interplay of many factors. Its consequences are affecting not only individuals but also families, communities and nations.

### 2. Main Body

#### A- Causes of Drug Addiction among Youth.

##### 2.1- Pleasure Seeking Tendencies

2.1.1 - Curiosity driven experimentation

2.1.2 - Desire for euphoria and high sensation

2.1.3 - Influence of party and night life culture.

##### 2.2 - Escape from Pain and Emotional Distress

2.2.1 - Coping with trauma, grief or abuse

2.2.2 - Suppression of negative emotions

2.2.3 - Lack of emotional support systems

##### 2.3 - Thrill Seeking and Adventurism

2.3.1 - Rebellion against authority

2.3.2 - Risk taking for self identity formation

2.3.3 - Peer admiration and group approval

##### 2.4 - Underlying Psychological Disorders

2.4.1 - Depression and anxiety as primary triggers

2.4.2 - Undiagnosed or Untreated mental health issues

2.4.3 - Lack of access and taboo attached to Psychological help.

## 2.5- Perception of Drugs as an instant solution

2.5.1- Impulsivity and avoidance of problem solving efforts

2.5.2- Belief in shortcuts to happiness and success

2.5.3- Influence of misguided societal norms and media role.

impacts of

## B- Consequences of Drug Addiction among youth

2.1- Impaired Frontal Lobe Development

2.1.1- Poor decision making skills

2.1.2- Impulse control issues

2.1.3- Underdeveloped critical thinking

2.2- Perceptual changes

2.2.1- Hallucinations and delusions

2.2.2- Loss of touch with reality

2.2.3- Impaired sensory processing

## 2.3- Personal Development Problems

2.3.1- Loss of ambition and motivation

2.3.2- Stunted emotional maturity

2.3.3- Poor interpersonal relationships.

## 2.4- Moral and Ethical Decline

2.4.1- Compromised values and principles

2.4.2- Engagement in criminal and immoral behaviors

2.4.3- Disregard for societal norms and laws.

## 2.5 - Socioeconomic Issues in Society

2.5.1 - Increased burden on health care systems

2.5.2 - Rise in unemployment and poverty

2.5.3 - Escalation in crime and social instability.

## 3 - Conclusion

3.1 - Thesis restated

3.2 - Concluding thoughts.

**"THE ESSAY"**

"The chains of habit are too weak to be felt until they are too strong to be broken," Samuel Johnson says. This profound reflection mirrors the silent onset of drug addiction among youth, which often begins as experimentation or emotional escape soon becomes a powerful grip that derails futures, health and potential. Imagine a 19-year-old with dreams of becoming a scientist, now lying unconscious in a rehabilitation center with a blurry future under the clouds of addiction. This is not merely a fiction but a reality of thousands of youth today. Addiction, an uncontrollable urge of doing the same behavior again and again without noticing its consequences is one of the most critical challenges faced by the world today. A large proportion of the individuals suffering from substance dependency worldwide, are sadly the youth, which is considered as the future of any nation. Pakistan is also

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facing an alarming situation in terms of drug addiction among youth, with cannabis being the most commonly used substance. Drug addiction among youth is a growing global concern driven by a complex interplay of psychological, social and neurological factors. The consequences are far-reaching, affecting not only individuals but also families, communities and national development. To understand the depth of this crisis, it is essential to examine the root causes of youth addiction and its devastating impacts.

One of the most common causes of drug addiction among youth is the pursuit of pleasure and excitement. Curiosity-driven experimentation often leads young individuals to try drugs "just once", unaware that this moment of exploration can become a gateway to addiction. Many are lured by the desire to experience euphoria or a temporary escape from the monotony of daily life. This search for a mental "high" becomes increasingly compelling in a social climate that glorifies sensation-seeking behaviors. The influence of party cultures, especially in urban centers and university environments, further promotes drug use as a symbol of modernity or social status. In Pakistan, this trend is evident among students in elite educational institutions where the use of substances like cannabis and prescription drugs is alarmingly

normalized during social gatherings. The lack of recreational alternatives and increasing exposure to ~~was~~ ~~permitted~~ entertainment have created a youth culture where indulgence is often mistaken for freedom. Without early intervention, this pursuit of pleasure quickly transforms into dependency.

For many young individuals, drug use begins as an escape mechanism for deep emotional and psychological pain. Youth facing trauma, grief or domestic abuse often turn towards the use of drugs as a means of dulling emotional distress. Suppressing negative emotions without proper support or coping strategies makes them vulnerable to seeking refuge in substances that give them temporary relief. Furthermore, lack of emotional support system from the family, neglect and communication gaps lead the youth towards feeling isolated and helpless. In Pakistan, rising rates of depression and anxiety among adolescents, highlight how emotional suffering can push youth towards addiction. With limited access to mental health care and societal stigma surrounding psychological issues, many Pakistani youth is left to self-medicate through drugs that are now easily accessible in Pakistan. The normalization of this behavior in peer groups further perpetuates the problem, turning the one time escape

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from life problems into a lifelong struggle with addiction.

Adolescence is naturally marked by a desire to seek adventure and independence, and this often manifests as thrill-seeking behaviors including the experimentation with drugs. Youth tend to rebel against authority and societal norms, as a result they see drug use as a sign of self identity. The risk-taking nature of young people provides an adrenaline rush that adds to the appeal. The appealing nature of these behaviors combined with the perception of being included, accepted and admired by the peer circle further elevates the situation. Such forms of adventurism can highly be seen in environments that lack structured activities and positive role models. In Pakistan, many young people report turning to drugs simply for the sake of trying something new. This is particularly concerning in cities like Karachi, Lahore and Islamabad where unregulated nightlife and insufficient supervision create fertile grounds for such experimentation. Additionally, limited recreational options and stagnant educational systems contribute to youth seeking excitement in drugs. What begins as a moment of adventure often devolves into a cycle of addiction with long term consequences.

u can write with more proper subjects and with more proper verbs please  
write short sentences please