

# DRUG ADDICTION AMONG YOUTH: CAUSES AND CONSEQUENCES.

## Introduction

### Thesis Statement:

Substance among youth is a growing global concern with serious consequences on health, education, society and economy. Adolescents are indulged in this evil due to psychological, environmental and social influences which result in experimentation with alcohol and drugs at early ages.

### Causes of Drug Addiction Among Youth

#### 1. Widespread Availability

a. Karachi and New York is the most drug trafficking cities in the world.

#### 2. Peer pressure and Social Influence

a. Gen 2 mindset of cool and mature pushes them to substance use.

b. 21 Percent of drug use because of peer pressure.

#### 3. Lack of parental supervision and Poor family Environment.

a. Research shows that children from affluent families are more prone to drug addiction.

Date: \_\_\_\_\_  
4. Mental health issues and Coping mechanism.

## Consequences of Drug Addiction Among Youth.

1. Impacts both Physical and mental health.

2. Poor performance in academics and jobs.

3. Relationship Issues

Sir, I have not written full essay so at this stage, can't write case studies or references. I will write after completing

4. Increase in Crime rate

essay. Thank you

## A way Forward for Eradicating Drug Addiction.

- a. Education and awareness programs.
- b. Strict Laws on illicit drugs sale and trafficking.
- c. Establish good rehabilitation centers for treatment.

## Conclusion

## ESSAY: DRUG ADDICTION AMONG Da YOUTH: CAUSES AND CONSEQUENCES.

"Imagine watching a loved one - once vibrant and full of dreams - slowly vanish behind a curtain of chemical dependency, their personality eroded by the insatiable need for the next high". This shows the picture of an adult, who has dreams to conquer suddenly get stuck by the chemical substance which does not only effect the adult but also the family around him.

Without knowing the repercussions, a young brain with the 8-15 age gets involved in illicit drugs.

Slowly with the passage of time, the hormonal balance in the brain starts to disturb which is infant in its early developmental stages. At this age, one should be careful with the intake.

However, with daily intake of drugs, the person's entire brain activity changes and causes several consequences. Thus, in our society, there are various causes of drug addiction such as social influence, widespread availability, poor family environments and mental issues. Also, health impacts, failure in academics, relationship issues, increase in crime are its several consequences.

To begin with, one of the main causes of drug addiction is the widespread availability of drugs and this has led to the spike in the number of addicts all over the world. Imagine a world where you can buy recreational drugs online and receive them in a same day. Well, this world already exists and not just one or two substances but hundreds. In this context, After New York, Karachi is one of the most consumption city in the world. Areas such as Rehri Goth, Sohrab Goth, Malir, and Nazimabad, procuring drugs are as easy as getting a bottle of water. The city has long served as a hub for drug trafficking owing to owing its proximity to Afghanistan, which is the world's leading producer of cocaine and opium. Similarly, in countries such as United States and Brazil, drug markets have penetrated schools, colleges and universities making its access easier for teenagers. The institutes which are for learning and growth are occupied by this evil and thus, one can say it is the major cause of drug addiction among our youth.

Apart from availability, drug addiction is common due to peer pressure and social influence. Teenagers often fear rejection. If a peer group uses drugs, a young person may feel pressured to join to "fit in". Nowadays, in Gen Z, the idea of cool and mature pushes them to experiments with substances even if they know risks. According to Social Learning theory by Albert Bandura, "individuals learn behaviours by observing others". When youth see friends, older students, and influencers using drugs without immediate visible consequences; they perceive its usage as normal or harmless. It is estimated that 21 percent of teens who used an illicit drug at least once did so because of peer pressure. A quote by motivational speaker, Jim John, "show me your friends and I'll show your future", suggests that mindset and behaviour are directly influenced by the friends or the circle, you sit with. Thus, it is rightly said that Peer pressure and the teenage years go hand in hand, and this became the other reason for drug addiction that is widely seen among adults.

Thirdly, poor family environment and lack of parental supervision during the child's early ages of growth is one of the leading cause of drug addiction among adults. Children who witness parents using drugs or alcohol are more likely to adopt similar behaviours. Moreover, growing up in a dysfunctional, high conflict home creates constant stress, which can lead to brain changes that makes an individual more susceptible to addiction. Children in these environments do not learn healthy, effective ways to manage stress. Thus, they experience substance use as the primary way to manage stress, trauma or frustration. In addition, lack of parental supervision also increases the risk of drug addiction. Excessive pocket money from parents also allow children to purchase drugs and alcohol. Research on college students suggests that high level of financial support from parents are associated with increased, rather than decreased levels of alcohol and substance use. Children from affluent families are more prone to developing addictions compare to their peers from low-socio-economic backgrounds.

Conclusively, family environment and parental supervision plays a major role in developing drug addiction; among adults.