

Day: TuesdayDate: 29-07-2025

PAPER : ENGLISH ESSAY

Topic : Drug Abuse : a growing threat to Pakistan's Young Generation

Outline :

1. Introduction

1.1 Definition of drug Abuse

1.2 Thesis Statement :

"Drug Abuse is a rising threat among Pakistan's young population which is affecting their health, education and future. In order to tackle this issue, we need to strong action from families, schools, government, and society as a whole."

2. Understanding Drug Abuse

2.1 Types of commonly used drugs in Pakistan.

3. Causes of Drug addiction

3.1 Psychological factor

3.2 Peer Pressure

3.3 Family dysfunction

3.4 Academic and societal stress

3.5 Easy availability of drugs and weak law enforcement

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4. Drug Abuse and Pakistani youth: A Grim Reality

- 4.1 Alarming statistics and rising trends
- 4.2 Universities and educational institutions as breeding grounds
- 4.3 Impact on academic performance and future prospect.
- 4.4 Urban versus Rural youth exposure

5. Socio-economic and Psychological Consequences

- 5.1 Mental health issues: depression, anxiety, psychosis
- 5.2 Increased Crime and violence
- 5.3 Family breakdown and loss of societal ties
- 5.4 Burden on healthcare and rehabilitation system
- 5.5 Unemployment and productivity loss

6. Role of Technology and Media

- 6.1 Glorification of drug culture on social media
- 6.2 Dark web and access to narcotics
- 6.3 Inadequate ~~are~~ public service messaging and awareness

7. Response of Governmental Institutions

- 7.1 existing anti-narcotic laws and their implementation
- 7.2 Government led rehabilitation and awareness campaign

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7.3 Educational institution policies

8. Role of society and community

8.1 Role of parents, teachers and religious institutions

8.2 Community based rehabilitation efforts

8.3 The need for youth engagement in constructive activities

9. The way forward

9.1 Strengthening drug control laws

9.2 Integrating drug education in curricula

9.3 Boosting mental health support system

9.4 Creating employment and recreational opportunities for youth

9.5 Media & responsibility and digital regulation

10. Conclusion

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ESSAY

The phenomenon of drug abuse is becoming a significant problem all over the world and Pakistan is no exception. Drug abuse can be defined as the habitual consumption of narcotics and psychoactive substance for non-medical reasons such as pleasure. Though, drug abuse is not good for anyone but it is more harmful for the young generation of any nation. Young generation is considered as an asset of a nation. If the young generation becomes indulge in such activities, then the future of the nation is not secure. In Pakistan, about 60 percent of the population is under the age of 30. The usage of drug among the young generation poses not only a health challenge but a threat to national development and stability. Drug abuse has now grown into a serious issue that is undermining families, disrupting education, fueling crime and endangering the fabric of morality in the society. Therefore, drug abuse which is a rising concern in Pakistan's young generation, should be tackled through safe measures by society, government and educational institutions. This problem needs to be tackled:

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Drug abuse involves the misuse of both legal and illegal substances to alter mood and behavior. In Pakistan, the most commonly used drugs include Charas, hashish, heroin, opium, cocaine, prescriptive medications (painkillers and sedatives), and inhalants like glue and gasoline. While some youth start with cigarette or Charas, but ultimately graduate to harder substances like heroin and ice.

There are several factors or causes that push young generation to drug abuse. Psychological issues such as depression, anxiety, and low self-esteem often push individuals towards drug consumption as a form of escapism. Peer pressure and desire to fit in with certain social circles also play a critical role. Additionally, broken families, domestic violence, and poor parental supervision create an emotional void that many seek to fill through drug abuse. Academic stress, unemployment, and lack of ambition also foster a fertile ground for addiction. Another yet important reason is easy availability of drugs to young generation, due to weak law enforcement and rise of such mafias, who are selling it with the help of corruption within the law enforcement agencies.

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In recent years, several studies and reports have painted a grim picture of drug addiction among the youth of Pakistan. According to United Nations Office on Drugs and Crime (UNODC) about 67 million people are drug users in Pakistan alone, and a significant portion of these are under 30 years old. Even more disturbing is the infiltration of drugs into educational institutions. Many students who join universities, fall into the trap of drugs, and a lot of students are using drugs in universities, and some students even consume drugs on daily basis. The damage inflicted by drug abuse is most visible in the academic decline and deteriorating ~~impact~~ mental health of affected students. Attendance drops, grades plummet, and once promising students are now in the depth of failure. Besides, urban areas, ~~that~~ institutions in rural areas are also affected. The infrastructure of education is already fragile; therefore, there is more chances of drug abuse in those areas.

The consequences of drug abuse are quite concerning. On individual level, drug addiction precipitates a host of psychological disorders including severe anxiety, depression, hallucinations and even suicidal

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tendencies. The consequences are not limited to individuals; it also greatly affects the society. Many young addicts resort to criminal behaviors such as stealing, drug peddling, and other violent acts where they harm innocent people due to the influence of drugs. This leads to their entanglement with the criminal justice system and exacerbates their social exclusion.

Families are the silent sufferers in this crisis. Relationships are strained, trust is eroded, and in certain cases, young addicts are disowned by their families. Moreover, the rising demand for rehabilitation centres and healthcare services imposes a financial burden on both families and the state. With many addicts dropping out of school and other educational institutions, and remaining unemployed, the country also suffers from a loss of potential human capital, one that could have contributed positively to the economy and society.

The advent of social media and digital communication has further complicated the issue. Platforms like Instagram, TikTok, and YouTube which are usually source of entertainment, at times, glamorize drug

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It Culture • Memes and viral videos often trivialize substance abuse, portraying it as fashionable and cool. Moreover, the dark web provides easy access to synthetic drugs and banned substances, particularly for tech-savvy youth in urban centres.

Media in Pakistan has largely failed to counter this narrative. Public service messages are quite an few, and other form of media like TV shows and films fail to produce any meaningful message, and even in some cases, TV shows and films even glamorize drug consumption, making it more masculine and cool.

The State's response to this escalating crisis is not quite effective. Though, Anti-Narcotics Force (ANF) has made significant success in cracking down on drug trafficking networks, its capacity remains limited. Pak-Afghan border, which is the biggest route for drug trafficking, is still not fully secure due to limited resources. Laws such as the Control of Narcotics Substances Act exist but are poorly implemented due to institutional corruption, weak prosecution and bureaucratic limtiness.

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Some provincial governments have launched awareness programs and established rehabilitation centres, but these initiatives are not quite effective and lack nationwide coordination. Educational institutions, which should serve as frontline defenders, often hesitate to acknowledge the presence of drug on-campus for fear of damaging their reputation.

The fight against drug abuse cannot be fought alone by state. Families, communities, and civil society must assume their responsibility. Parents must remain vigilant and remain involved in their child's life. Schools and colleges should not only implement strict anti-drug policies but also offer counseling services and life-skills training. Religious leaders and institutions, owing to their influence, can play a vital role in promoting drug-free lifestyles and offering moral support to recovering addicts.

Community-based rehabilitation programs are crucial, particularly in low-income and rural areas, where state-run facilities are absent. Local NGOs and youth clubs can offer safe spaces for recreation and mentorship, ~~help~~

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thereby, reducing idle time and negative influences.

To counter this threat effectively, Pakistan needs a multi-level and a sustained strategy. These strategies will help Pakistan in controlling this issue.

Drug laws must be updated and effectively enforced. Border control needs to be enhanced, and anti-narcotics forces must be equipped with modern surveillance and investigative tools.

Drug education should be integrated into school and university curricula. Awareness campaigns must be launched on the premises of institutions.

Strengthening mental health services is essential. Educational institutions should provide on-campus psychological support, and public hospitals must expand their mental health departments.

Creating job opportunities and vocational training for youth can help mitigate the frustration that often leads to drug use. Similarly, investment in sports, arts and technology hubs can

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channel youthful energy into constructive pursuits."

The media must act responsibly by avoiding the glamorization of drugs and airing informative content. Media houses should be regulated, so that drug abuse in young generation can be avoided.

The youth of Pakistan best represent its hope, vitality and future. Yet, this vital population is under threat from a growing epidemic that threatens to rob the nation of its potential. The fight against drug abuse is not merely a law enforcement issue; it is a moral, social and national imperative.

Only through collective action of government, institutions, families and individuals can turn this tide.

If we fail to act now, we risk losing not just individuals, but generations.

But with timely and sincere efforts, a drug-free, healthy, and productive youth population will not be an unattainable dream, instead, it will be a future within our grasp. The future of this country needs to be saved if we want to see this nation successful. Though, it does not seem

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like an easy task. It will take decades, or only if we successfully implement the necessary regulation. Pakistan was the achievement of leaders like Quaid-e-Azam and Allama Iqbal, and many other great leaders. We can not bail them; therefore, we should try to control this threat and make our youth generation healthy and productive.

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