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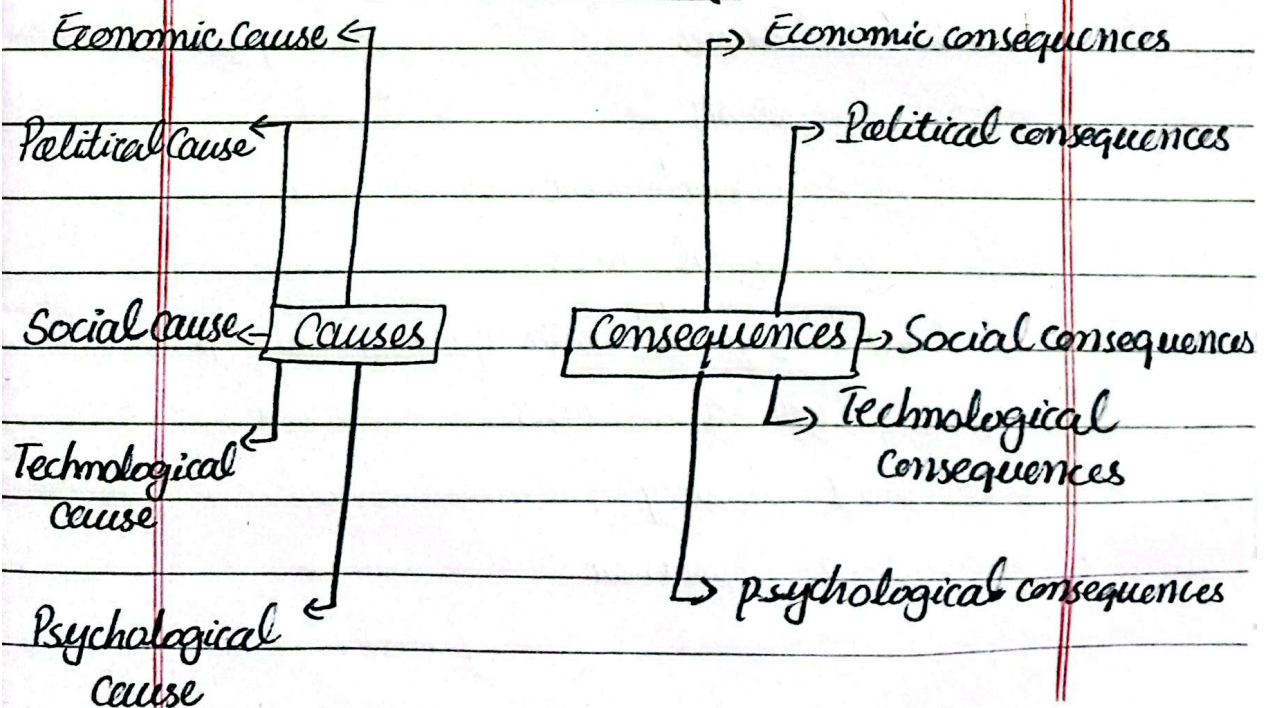
(July Mock 2025)

English Essay

(Q.1.)

→ Drug Abuse: A Growing Threat to Pakistan's Young Generation

→ Brainstorming



Outline

1. Introduction

1.1. Hook

1.2. General Statement

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2. Causes of Drug Addiction among Youth.

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2.4. Technological causes

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3.4. Technological consequences.

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4. Conclusion.



Like a Diamond in the Sky", book is written by Shazia Omar, in which she explores the harsh realities of drug abuse among the people of Dhaka, Bangladesh. This book shows the darker side of the life of city D, where individuals grapple with substance abuse and its consequences. Similarly, the book also highlighted the complexities of relationships of emotions. Moreover, drug addiction among youth are very common these days. This is because of the easy access of drugs in institutions as well as online access. Furthermore, multiple factors are responsible for drug addiction among youth, these are the financial stress, limited access to education, political instability, poverty, unemployment, digital media, Anxiety and depression. Similarly, these factors affect and reduces workforce productivity, burden on healthcare system, law enforcement burden, eroded public trust on government, family disruption,

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stigmatization, digital drug trafficking and multiple psychological issues.

To begin with the causes, first one is economic cause. One of the major ^{or} ~~dr~~ reason of drug addiction among youth is the financial stress. This is because of the limited financial resources, which lead to the feelings of hopelessness and anxiety. Such feelings navigate to suicidal attacks or drug addiction. For instance, a 2015 cross sectional study which is conducted in Islamabad to focus on street children aged 12-18 years. This research founded that 37% of the admitted to using narcotics. Moreover, those with monthly income exceeding Rs: 18,000 were 1.6 times more likely affected, because of financial stress. Hence, youth from lower socio-economic background having limited quality education. In such case, they are more prone to drugs due to lack of awareness. For instance, a study conducted on KPK

rural area of lower Dir. This study concluded that, those having limited quality education are affected by drug due to lack of awareness. Furthermore, not only economic cause but political causes are also the factor which is responsible.

Political factors are the leading cause of drug addiction among youth. Similarly, political instability is also the contributor to drug addiction among youth. Due to the fact that, political instability can lead to uncertainty in the financial market and making it challenging for businesses. Moreover, it also reduces investment, increases poverty, inequality and social unrest. In such a chaotic situation, youth uses substance to overcome their stress. For instance, in Jammu and Kashmir, due to prolonged political unrest and conflict substance use increased in youth. Moreover, ineffective policy imple-

entation are also the contributor of drug addiction. Due to the fact that, when policy are inadequately enforced, underfunded on the ground, then they fail to prevent substance use. For instance, despite the enactment of the control of Narcotics Substance Act (NSA) in Pakistan, which emphasizes the treatment and punishment for drug user, but its implementation have been largely ineffective. Furthermore, not only political cause is responsible for drug addiction, but social factor is also responsible.

Third cause of drug addiction among youth is the social cause. Similarly, poverty is responsible for this evil in the society. Due to the fact that, economic hardship often lead to stress which increases the vulnerability of substance used among youth. For instance, a study conducted by in Sweden that individual who experienced poverty during

childhood or adolescence had significantly higher risk of developing drug abuse among youth. Furthermore, unemployment are also responsible for drug addiction among youth. This is because, the absence of employment opportunities often lead to the feelings of hopelessness, social isolation and psychological distress. Such factor contribute to drug addiction among youth. Moreover, a study conducted in KPK district swabi, which revealed that 24.17% of respondent believed that unemployment is the leading cause of substance. Furthermore, both the social and technological cause can contribute to substance abuse.

Technological use are also prominent cause of drug addiction. One of the major cause of technological use is the online purchasing of drug addiction among youth. Currently, 99% of the students are

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using technologies for multiple purpose, but unfortunately sometimes they involve in online drug purchasing. For instance, in 2024 the university of Karachi in collaboration with the Ministry of Narcotics Control and Anti-Narcotics Force organized an awareness session on drug addiction at the university of Karachi. This session highlighted that most of the students are involve in online purchasing of drug. Moreover, the second cause of drug addiction among youth is the distributing of drugs via peer network or messaging. Due to the fact that, most of the drug sellers are using online resources where they made a network and do their job. Similarly most of their costumers are youngsters, because this source is easily accessible. Moreover, anxiety and depression are very common disease these day so much



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of the pain of the disease youngsters are using drug which is easily accessible.

For instance, a study conducted in Islamabad, Karachi, Lahore, and Peshawar founded that 36% of drugs are using on campuses and 37%

are using/selling via peer network and messaging apps. Therefore, more dependency are on technology these days are the leading cause of drug addiction among youth. Furthermore, both technology and psychological issues are also the contributor of drug addiction among youth.

Psychological issues are also the factor responsible for drug addiction among youth.

In psychological cause first one is anxiety. During anxiety, when everything is uncontrollable, so drugs is an easy option to gives quick relief from the pain, which is why youth prefer drugs. For instance, WHO



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2021 report stated that mental health conditions such as anxiety is a risk factor of drug addiction among youth. Secondly, depression is also the risk factor leading to substance use. Similarly, academic stress in these days ~~is~~ the contributor of depression which lead to drug addiction. Moreover around 80% of the youth are suffering from depression these days and everyone are in search of how to overcome the pain. If they could not find the right guidance and proper medicinal care, they choose drugs to relief from the disease. Hence, these cause having severe consequences that are economic consequences.

First one consequences is the economic consequences. Similarly, ~~this~~ it reduces workforce productivity, as young population are the backbone of the country's



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economy, because the more the youth the more the chances of innovations in the country. Such innovations can bring peace and prosperity in the country. For instance, if majority of the population are involve in drug addiction there are greater chances of efficiency of the economy. Secondly drug addiction among youth is also burden on healthcare system of the country. Similarly, as the government are running free rehabilitation centers for drug addicts, so if the number of patient increases more rehab center would be required. In such a scenario, government will give more focus on only rehab centers rather than other healthcare facilities, which will paralyzes the healthcare sector. In addition, Pakistan spend only 1.6% of the GDP on health which is also low and less than the WHO recommendations. In such case



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if government increase health and focus on rehab center it will not only destroyed other healthcare facilities but also affect the economy of the country. Furthermore, not only affect economy but also have great political consequences.

Drug addiction among youth affects the political structure of the country. Firstly, the ineffective policy is a major contributor to the rising rate of drug addiction among youth. This is because, when policies related to the substance use are inadequately enforced and underfunded it may increase the distribution of substance use. For instance, despite the enactment of the Control of Narcotics Substance Act (CNSA) in Pakistan, which emphasizes the treatment and punishment of drug users are not effectively implemented. Secondly, drug addiction among youth also erodes public trust on government institutions. This is because, those youth which are involve in drug related crimes often lose trust on political leaders ~~and institutions~~. ~~Recorded & checked~~

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and institutions. For instance, a study in Tlaxico found that youth exposed to drug related violence during childhood showed a 20% drop in political mistrust and civic engagement. It is concluded that, drug addiction among youth the political system of the country.

Drug addiction among youth also disrupt social system. First one is the family disruption. In family when a member addicted to drugs, often experiences emotional turmoil including anxiety and depression. Similarly, substance

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abuse can lead to significant financial strain due to job loss and treatment costs. For instance, a study from India reported that 95-100% of individuals with substance use, experienced moderate to severe financial crises and family disruptions. Moreover, families also face social stigma which can lead to social isolation. Such stigmatization also face by an affected individual. For instance, research from Mayo Hospital Lahore highlighted that 99-100% of patients faced difficulties in securing employment and maintaining relationship due to their addiction history. Consequently, drug addiction among youth also affects the social system.