A DESCRIPTIVE STUDY ON CONTRIBUTING FACTORS FOR DRUG DEPENDENCE

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ABSTRACT
The drug menace touches millions of lives in both developed and developing countries. It’s most negative impact is concentrated amongst the vulnerable and marginalized in societies. Globally, it is estimated that in 2012, some 243 million people (range: 162 million-324 million) corresponding to some 5.2 per cent (range: 3.5-7.0 per cent) of the world population aged 15-64 had used an illicit drug. Historically drugs have been created for the benefits of humans but unfortunately misused throughout its existence. In order to eliminate or at least to decrease its abuse, it is important to examine the contributory factors of drug abuse and the accessibility of drugs. In sum, this review attempts to discuss the contributory factors of drug abuse and how factors has impacted on substance use; specifically, the genetic influence on substance abuse. This would help the government and NGO to generate the effective precautions and interventions.

INTRODUCTION
Substance abuse is one of the major health challenges across the globe. Adolescents are among the most affected. The United Nations Office on Drugs and Crime (UNODC) reports that approximately 5 per cent of the world’s population used an illicit drug in 2010 and 27 million people, or 0.6 per cent of the world’s adult population, can be classified as problem drug users. It is estimated that alcohol abuse results in 2.5 million deaths per year and that heroin, cocaine and other drugs are responsible for 0.1 to 0.2 million deaths per year. In addition to causing death, substance abuse is also responsible for significant morbidity and the treatment of drug addiction creates a tremendous burden on society. UNODC estimates that worldwide costs related to treating drug abuse total $200-$250 billion, or 0.3-0.4 per cent of global GDP; additionally, it is estimated that only 20 per cent of drug users received treatment for their dependence in 2010 (UNODC).

Existing studies have found a high correlation between adolescent abuse and becoming a problem drug user in adulthood (Belcher HM, 1998). It can be inferred that many problem drug users start abusing drugs at an early age. Additionally, accidental and intentional fatalities that are associated with drug and alcohol use represent one of the leading preventable causes of death for the 15 to 24-year-old population. Alcohol and other drug use in the adolescent population carries a high risk for school underachievement, delinquency, teenage pregnancy, and depression (Hawkins J, Catalano R, 2007).

Preventative science postulates that negative health outcomes, including those resulting from substance abuse, can be prevented by reducing risk factors and enhancing protective factors. Therefore the present paper examine the various factors which are responsible for drug dependence.

Facts Related to Drug Abuse
These startling facts and statistics reveal just how out of control our nation’s drug abuse problem is and why prevention, education, awareness and treatment are vital.

- Over half of new illicit drug users begin their drug use with marijuana.
- Following alcohol, marijuana has the highest rate of dependence or abuse of all drugs.
- Non-medical use of prescription drugs and over-the-counter medication among teens rose to 14.8 percent of high school seniors according to a study in 2012.
- Binge drinking is more prevalent in men than women; about 30 percent of men drank heavily in 2011, as opposed to 13.9 percent of women.
- Drug use is highest among people in their late teens or 20s, though it is now increasing with people who are in their 50s.
- There has been a recent increase in marijuana use among teens as of 2012. There was an increase of about 6.5 percent of 8th graders, 17 percent of 10th graders, and 22.9 percent of 12th graders, representing increases from 2007 of 14.2 percent of 10th graders and 18.8 percent of 12 graders; also 6.5 percent of 12th graders reported using marijuana every day as compared to only 5.1 percent in 2007.
- Approximately 22.5 million Americans ages 12 and up reported illicit drug use in 2011 (8 percent of the
population), representing an increase of 8.3 percent from 2002.

- Use of marijuana in 2011 was 18.1 million users, a 5.5-percent increase from 14.4 million in 2007.
- About 21.6 million Americans (8.4 percent) required treatment for drug abuse in 2011, and only 2.3 million (less than 1 percent) received it from a specialty facility, illustrating a huge gap in the number of people who need help and those who actually seek it.
- There is over $60 billion per year in total costs of drug abuse in the US for health, productivity and numerous crime costs that include approximately $193 billion for illicit drugs, $235 billion for alcohol, and $193 billion for tobacco.
- A positive sign of improvement is that drunk driving has declined slightly by 3.1 percent as of 2011, and the numbers of teenagers who use alcohol, inhalants, cocaine, Ecstasy, and tobacco have all decreased over the past several years.

**Contributing Factors for Drug Dependence**

Everyone who takes drug not become addicted? It is a big question and everyone need to know it that what are the responsible factors which lead to addiction. Addiction can’t be passed through the air like other disease. In fact, there are several different components that all band together in a case of addiction, and all of the elements have an important role to play in the development of addiction. Present paper defined few factors which contribute to drug abuse/ addiction.

**Genetic**

Drug abuse is often attributed to a lack of willpower or self-control, meaning that people who have addictions make a conscious choices to engage in their destructive behavior, but experts know that some forms of addiction have their roots deep in the cells of people who use drugs. The American Psychological Association (2008), for example, states that about half of a person’s tendency toward drug addiction can be blamed on genetic factors.

The role of genes can be complex, and they can play out differently in different people, but genes have been linked to:

- An increased euphoric response to drugs
- A decreased ability to feel negative responses to drugs
- A quick reaction to drugs, when those drugs might cause slow reactions in others
- A quick leap to repetitive behaviors of all sorts, i.e., an “addictive personality”

Any of these genetic factors could make drugs a little more attractive, and these factors could also make an addiction slightly more difficult to overcome. For people who have these issues, drug use very well could be influenced by basic biology. The genes might not make the person experiment with drugs, but when the person does begin to dabble, the use could quickly spin out of control due to these underlying genetic factors. Between 40 and 60% of a person’s vulnerability to addiction is genetic. Most diseases, including addiction, are complicated. Addiction arises from complex interactions among multiple genes and from genetic interactions with environmental influences (Costello, 2002).

**Environment**

Environmental factors that influence development of addiction. These factors include conditions at home, at school, at work, or in the neighborhood. The home in which a person grows up could have a great deal of influence over drug use and abuse. A study in the Archives of General Psychiatry bears out this theory quite well, as researchers looked at drug and alcohol use in genetic twins who had been raised in different homes. Those who grew up in homes that were disrupted by divorce and mental illness, and those who grew up in homes where drugs and alcohol were at play, were more likely to become abusers when they grew up. It’s possible that living in homes like this causes such intense stress that using drugs seems like a reasonable solution, but it’s also possible that growing up in a home like this normalizes drug abuse. As the child grows and sees parents abusing substances, that child learns to also abuse substances (Gardner, 2002).

Similarly, living in an environment in which drug use is rampant may also contribute to addiction. People may see their neighbors buying drugs on the street, and they may walk by needles, vials and other drug paraphernalia on a regular basis. Calls from drug dealers might ring out through the night air, and the person might be approached by dealers on a regular basis. Once again, this behavior can normalize drug use and make the person feel as though abuse is both common and harmless. Additionally, living in a crime-laden neighborhood like this can be stressful, and some people may turn to drugs in order to soothe their fears and worries. Drugs seem like a way to fit in and get relief, and the allure can be hard to resist.

Friends and acquaintances have the greatest influence during adolescence, but they can influence use at any age. Lack of family or other social support, poor social skills and similar factors also increase a person’s risk of addiction.

Cultural factors play a role as well. If a particular culture strongly discourages use of substances, the rate of addiction may be lower. However, if substance use is an integral part of cultural celebrations, there may be few disincentives for a person to start and continue use.

**Trauma**

The world isn’t always a safe place in which to live, and from time to time, people are exposed to trauma, including:

- Physical altercations
- Sexual abuse
Verbal abuse
Neglect
Accidents
Natural disasters
Terrorism

These events can leave their mark on the mind, and in time, people who are exposed to issues like this might be tempted to soothe their distress by leaning on addictive drugs. The link between this kind of trauma during childhood and adult substance abuse is quite clear, and it’s alarming, as the National Child Traumatic Stress Network reports that one in four American children experience at least one event like this prior to age 16.

**Mental illness**
The relationship between mental illness and drug abuse is quite strong, with the National Alliance on Mental Illness Wills, Thomas Ashby; Cleary, Sean D., 1999 reporting that more than one-half of all drug abusers are also dealing with a mental illness issue. For some, the drug abuse comes as they attempt to deal with the distress and pain that a mental illness can cause. For others, the drug abuse triggers a series of chain reactions that can allow a mental illness to take root and grow.

There are others who have genetic propensities that might make them vulnerable to both addictions and mental illnesses, although experts’ caution that more studies should be done on this issue before a definitive line can be drawn. In any case, it’s clear that having a mental illness seems to go hand in hand with drug abuse, and once the connection has been forged, it can be difficult to break without help.

**Personality**
Sometimes, the way a person thinks and the way a person reacts in a given situation can lead to drug abuse. For example, some people are impulsive, and they’re given to simply acting on a stimulus instead of thinking through their options and making decisions based on future consequences and current benefits. Impulsivity like this could allow people to experiment with drugs, while people who are more cautious might never dare to do so. A study in the journal *Health Psychology* also found a link between drug use and personality factors such as poor self-control and a “difficult temperament.” People like this may have few friends and an inability connect with others, and drugs might seem like an ideal way to soothe their pain. It’s reasonable to say that personality traits like this could lead to drug abuse.

**CONCLUSION**
Research over the past two decades has tried to determine how drug abuse begins and how it progresses. Many factors can add to a person’s risk for drug abuse. Risk factors can increase a person’s chances for drug abuse, while protective factors can reduce the risk. However, that most individuals at risk for drug abuse do not start using drugs or become addicted. Also, a risk factor for one person may not be for another.

Risk and protective factors can affect children at different stages of their lives. At each stage, risks occur that can be changed through prevention intervention. Early childhood risks, such as aggressive behavior, can be changed or prevented with family, school, and community interventions that focus on helping children develop appropriate, positive behaviors. If not addressed, negative behaviors can lead to more risks, such as academic failure and social difficulties, which put children at further risk for later drug abuse. At last, we can conclude that youth who rapidly increase their substance abuse have high levels of risk factors with low levels of protective factors, Gender, race, and geographic location can also play a role in how and when children begin abusing drugs.

**REFERENCES**


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