

Factors Contributing to Drug Addiction among Youth of

Azad Kashmir

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Abstract-The present research investigates the relationship between drug addiction and six factors including peer pressure, media, family negligence, depression, curiosity, and physical addiction to drugs. A sample of 500 youth comprising (250) males from Rawalakot AJ&K and (250) males from Muzaffarabad AJ&K. The age range of sample was between 18-30 years. The scale of instrument to use in the present scientific research was originally developed by scientists consisted of 40 items based on six sub scales. The instrument scale employed to the five-point rating method. The reliable coefficient of Drug Addiction Scale was estimated to be (.94). The reliability of subscales for Drug Addiction ranged from (.56 to .97). Pearsonian correlation coefficient technique was applied to assess the level of significance of the best reliable results and statistical hypothesis. Inter Scale Pearson correlations were calculated to study the linear relationship between drug addiction and its main factors. Results revealed that drug addiction scale had positive relationship with peer pressure, media, family negligence, depression and dependency ($p < .01$).

Key words: drug addiction, peer pressure, media, family negligence, depression, curiosity, and physical dependence to drugs.

INTRODUCTION

Drugs can be characterized in medical terms as any substance that may adjust one or a greater amount of capacities of a living life form that can give short lived help from unfortunate side effects or enduringly supply the body with a fundamental substance which the body can no more make it. Nearly all drugs produce undesirable side effects. In large amounts, all drugs are fatal. Some drugs root an undesirable reliance that might be physiological and behavioral. One school of thought advances the infection idea, tolerating the viewpoint that drug dependence is an obtained ailment and that the individual is for untouched wiped out at an innate level, notwithstanding for those experiencing long extends of collectedness. The subject of whether habit is innate, behavioral or biochemical does not have altered answer. The exceptional norm for the condition regularly alluded to as habit is the limit of the drugs to facilitate the individual's behavior, aside from whether physical dependence is likewise created by the (Saeed, T.M., & Zafar R, I.M, 2003).

Drug Abuse has been a diligent issue in both developed and developing nations. Narcotics can be characterized as a general term for drugs which can't be legally obsessed, sold or transported except from medicinal uses for which a doctor recommendation is required. Addiction is not a control able desire and has severe impacts. An "addict" is a person who abuse drug. Addicted individual shows an outline of symptoms, like craving and extreme desire for more drugs. The drug clients feel delight or release from distress and become dependent on drugs (Hassan, M.S., Sheikh, A. Chaudhry, Q, A, 2014)

The addictive inheritance, like smoking and drinking has been widely studied in the case of drug abuse and alcoholism. Studies trying to apart inherited from social factors, especially those studies in which adopted children of drug abusers were compared to adopted children with non-abuser real parents, have stated a three to four times greater addiction rate for those whose real parents were addictive (Goodwin et al. 1973).

Substance misuse does not follow a pattern. There are no rules of substance abuse that determine whether or not someone will develop an addiction. World Health Organization (WHO) report, entitled "Neuroscience of Psychoactive Substance Use and Dependence", subtle elements numerous natural and individual, including hereditary qualities that add to Substance Abuse and Addiction. Hereditary qualities add to the likelihood that an individual will misuse drugs, and to what degree the substance misuse may go up. Environmental risk factors incorporate accessibility of drugs, poverty, social changes, peer impacts, work status, kind of occupation and social mentalities. Individual risk factors include: being a casualty of child

mistreat, personality disorders and compelling changes in family circumstance, inter family dependence issues, academic stretch, poor academic performance, social deficit, depression, and suicidal behavior. College students are especially affected by various distinctive components: including peer pressure, disconnection from family and companions, academic performance pressures, and biological mental pressure. All can be contributing components of substance misuse.

Alcohol addiction is also known as alcoholism, a spread disease that affects people of all ages. Although researchers have been trying since long to identify genetic, gender, racial or socioeconomic factors that may influence someone towards alcohol, it can be seen that it has no single cause and can trouble anyone.

Drug abuse is the problem which has been neglected in Pakistani society; the lack of attention by family and the society are the factors that may contribute to drug dependency. From the last few decades, the drastic developing change of people particularly youth for better life opportunities from one spot to others, occupied way of life, more noteworthy yearning for riches, collaboration with mobile phones innovation, appended with online networking like twitter, face book, western style training framework, individuals making tracks in an opposite direction from religious standards, family framework and relentless selection of western way of life by new era are a portion of the real reasons which has gotten changes our general public. This societal change is more obvious in major cities rather than in rural areas.

Objectives of the Study

The main objective of this study was to find out the relationship of drug addiction with peer pressure, media, family negligence, depression, curiosity, and physical dependence to drugs.

LITERATURE REVIEW

Drug addiction is a serious problem of present world these days. The addicts follow variety of unique ways for addiction e.g. smoking, body cuts, sniffing, drinking and injecting. Drug addiction is risky no doubt but taking drugs through injections is more dangerous because it can cause harmful life threatening diseases. Addicts unconsciously involve themselves in serious threat to their lives when they use needles for taking drugs. Their use of needles and syringes become the causes of germs and diseases e.g. Hepatitis and HIV/AIDS (Guilbert, Baudier & Gautier, 2000).

Drug addiction is a difficult issue which involves social, psychological and economic factors. The major factors for drug addiction may include accessibility of drugs, use of morphine or heroine as medicine during medical treatment. The etiological factors were thought to be neurological instability, physical distress, environment, insomnia, anxiety and over work (Beam, 1974).

A study reported that was carried out in Central Jail, Faisalabad to find out the basic causes and outcomes of drug dependency. For achieving these objectives, the prisoners who were caught up in drug addiction cases and imprisoned were interviewed. Descriptive method was used for data analysis. Many of the imprisoned addicted criminals were claimed to belong with the drug usage more than the 100g. Majority of them were the part of poor families, addicts of opium usage were being facilitate by their mothers inside the jail. The criminals who are belong to the age group of 20-30 years were more prone (55%) to drug (Saeed, T.M, & Zafar R, I.M, 2003).

Another study reported that family and family functioning have impact of strong drug abuse. It is sometimes perceived as a family problem by investigating its roots within the families and its influence on marital relationship, family violence, child abuse and negligence. In this study parents and sexual partners were studied (Gruber, K.J & Taylor M. F, 2006).

Drug addicts in India are growing gradually. India has a massive vulnerable youth with 40% individuals who are being under the age of 18 years. According to UN conference Reports on Narcotic Drugs and Psychotropic Substances in 1961, 1971 and 1988, it is reported that, in India 50% of boys who reach the ninth grade have used a minimum of one among of the drugs. A large amount of teenage individuals in West Bengal and Andhra Pradesh have been using drugs (about 60% in both the states) than Uttar Pradesh or Haryana around 35% (Jiloha, R.C, 2009).

METHODOLOGY

Thorough literature survey will be carried out regarding theoretical and applied aspects. Data will be collected in Azad Kashmir. Statistical techniques will be applied to estimate the results. These techniques include; descriptive statistics, regression and correlation structures. SPSS will be used for analysis of data.

Research Design

Quantitative research design with survey method was used in this study. Peer pressure, media, family negligence, depression, curiosity, and physical dependence to drugs are used as independent variables and drug addiction as dependent variable.

Problem Statement

To investigate the relationship of drug addiction with peer pressure, media, family negligence, depression, curiosity, and physical dependence to drugs.

Hypotheses

1. There is a positive correlation between drug addiction and peer pressure.
2. Drug addiction is positively correlated with media.
3. There is a significant relationship between drug addiction and family negligence.
4. There is a significant relationship between drug addiction and depression.
5. Drug addicts have more curiosity than non-addictive individuals.
6. Drug addicted individuals are more physically dependent on drugs.

Variables

1. **Independent variable:** Independent Variables in this research are peer pressure, media, family negligence, depression, curiosity, and physical dependence to drugs.
2. **Dependent variable:** Dependent Variable in this research is drug addiction.

Operational definition of variables

1. Peer pressure in this research is the scores obtained on Drug Addiction Scale.
2. Media in this research is the scores obtained on Drug Addiction Scale.
3. Family negligence in this research is the scores obtained on Drug Addiction Scale.
4. Depression in this research is the scores obtained on Drug Addiction Scale.
5. Curiosity in this research is the scores obtained on Drug Addiction Scale.
6. Physical dependence to drugs in this research is the scores obtained on Drug Addiction Scale.

Population

Population of the present study was the drug addicted male youth of Rawalakot AJ&K and Muzaffarabad AJ&K.

Sample

The sample of the present study is consisted of 500 drug addicted youth with the age range of 18-30. 250 participants are taken from Rawalakot AJ&K and 250 participants are taken from Muzaffarabad AJ&K. Convenient sampling strategy of non-probability sampling was used to collect the data. The researchers have collected the data personally by visiting different areas of Rawalakot AJ&K and Muzaffarabad AJ&K.

Instrument/ Tool for data collection

An original survey questionnaire is developed by the researchers according to the cultural values of AJ&K to collect data with additional six subscales. These are peer pressure, media, family negligence, depression, curiosity, and physical dependence. The instrument is consisted of 40 items. The first 7 questions are related to peer pressure, question no 8 to 14 are related to media, question no 19 to 22 are related to family negligence, question no 23 to 29 are related to depression, question no 30 to 35 are related to curiosity, and question no 36 to 40 are related to physical dependence.

Pilot Study

A pilot study was carried out on 200 participants to test the reliability of the newly developed questionnaire. For this purpose, 100 participants were taken from Rawalakot AJ&K and 100 from Muzaffarabad AJ&K. They were given proper instructions how to fill the questionnaire. They were asked that they can ask for help if they find any difficulty to understand items. No item or statement was found as confusing or unclear. That's why the same questionnaire was distributed to the sampled respondents.

Reliability of the Instrument

Data collected by pilot study was then arranged and for the purpose of checking the reliability of the instrument, it was installed in SPSS. Reliability of the instrument according to SPSS which indicated that instrument is highly reliable and so applicable to our sample.

Ethical Considerations

First of all, after introduction rapport was developed and personal communication was done with the participants to explain the purpose of the study and assure their best possible cooperation. The researchers emphasized that the study is voluntary and anonymous. Participants have full right to refuse to take part in the research or have the option to leave the study at any time without presenting any excuse. Moreover, the confidentiality was also assured to the participants.

Procedure

In this present study data collection was not an easy task. The respondents were approached and questionnaires were distributed in face to face fashion. All the respondents were requested to listen to the instruction and then write their responses on the questionnaires carefully. They were asked to read the items carefully and then mark in the relevant response category very honestly. It was requested to complete the questionnaires and then return it. It was make sure that their identity will not be revealed. They were also thanked for their amazing cooperation.

Analysis and interpretation of data

After the completion of data collecting process through questionnaires, the whole data was interpreted and analyzed in the light of objectives of the study. Five-point response categories were used for each item i.e. strongly agree = 1, agree = 2, undecided = 3, disagree = 4 and strongly disagree = 5. The responses of the participants were arranged and Pearson correlation was applied to assess the significance of the results and hypothesis. The data was presented in the form of tables.

ESTIMATIONS OF RESULTS

The aim of the research was to study the factors contributing towards drug addiction among youth. The impact of these factors was computed across different demographics. Appropriate statistical procedures were used to analyze the data.

Table 1: Alpha reliability coefficients of Drug Addiction Scale and its subscales (N = 500)

Scales	No of Items	α
Drug Addiction Scale	40	.75
Peer Pressure	8	.56
Media	7	.68
Family negligence	7	.76
Depression	9	.97
Curiosity	6	.58
Dependency	5	.96

Table 1 shows the reliability of Drug Addiction Scale and subscales. The reliability coefficient for Drug Addiction Scale was found to be .75. The reliability coefficients of subscales range from .56 to .97 which indicates that scale is reliable measure.

Table 2: Frequency and percentage along demographics (N = 500)

Demographics	f	%
Job status		
EMPLOYED	27	33.0
UNEMPLOYED	55	69.3
Residency		
RAWALAKOT AJ&K	45	59.4
MUZAFFARABAD AJ&K	38	48.9

Reliability and descriptive statistics of study variables

Alpha reliability coefficients and descriptive statistics of drug addiction scale and its subscales were computed. Descriptive statistics provide information about the distribution of data points in data set. It includes computation of Mean, Standard deviation, Range of the scores and skewness of the scores for the present sample.

Table 3: Psychometric properties of scales (N = 500)

Scales	No of items	M	SD	A	Ranges		skewness
					Potential	Actual	
Drug addiction	40	105.67	27.82	.94	40-200	111-200	1.12
Peer pressure	8	18.36	6.13	.84	7-35	22-35	.84
Media	7	19.38	4.69	.68	7-35	23-35	1.05
Family negligence	7	24.81	5.63	.73	8-40	25-40	.86
Depression	9	18.82	8.72	.95	7-35	28-35	1.05
Curiosity	6	19.61	3.60	.55	6-30	18-30	.08
Dependency	5	15.67	6.30	.94	5-25	20-25	1.09

Table 4 shows reliabilities of Drug Addiction and its subscale. The reliability coefficient for Drug Addiction Scale was found to be .94. The reliability of subscales for Drug Addiction ranged from .56 to .97.

The values indicated that all scales were reliable measures. As absolute values of skewness were not more than twice the standard error of skewness it was inferred that the data was normally distributed.

Inter Scale correlations among Drug Addiction

Inter Scale correlations were computed to study the relationship between drug addiction and its factors.

Table 4: Inter Scale correlations among Drug Addiction and factors (Peer pressure, Media, Family negligence, Depression, Curiosity and Dependency) (N = 500)

Scales	Drug addiction	Peer pressure	Media	Family negligence	depression	curiosity	Dependency
Drug Addiction	-	.89**	.81**	.88**	.97**	-.13	.93**
Peer pressure		-	.66**	.69**	.81**	-.13	.79**
Media			-	.68**	.73**	-.21	.65**
Family negligence				-	.83**	-.25*	.77**
Depression					-	-.27*	.92**
Curiosity						-	-.24*
Dependency							-

Note. **p < .01 *p < .05

The correlation displayed in Table 4 highlights the intensity and direction of the relationship between drug addiction scale and its subscales. It is obvious that drug addiction scale had positive relationship with peer pressure, media, family negligence, depression and dependency (p < .01) except curiosity.

The values indicated that all scales were reliable measures. As absolute values of skewness were not more than twice the standard error of skewness it was inferred that the data was normally distributed.

DISCUSSIONS

The primary motive behind conducting the present study was to investigate the relationship between drug addiction and peer pressure, media, family negligence, depression,

curiosity, and physical dependence among youth. The relationship among the subscales of drug addiction scale was contemplated keeping in mind the end goal to highlight which element is exceedingly adding to drug addiction.

The study was conducted in two phases. In phase I (instrumentation) the cultural appropriateness of Drug Addiction Scale (DAS) was established. It was found that the drug addiction scale was culturally appropriate and was easy to understand. The pilot study assessed the psychometric properties of the instrument and was carried out at relatively small sample. After the end of phase, I and phase, II (main study) was carried out. In the main study, reliability coefficient of Drug Addiction Scale (DAS) was computed. The study was carried out at relatively large sample. The objectives and hypotheses of the study were put to test by using adequate analysis in SPSS.

The internal consistency for all the subscales was determined by computing their alpha coefficient on the present sample. Alpha reliability was calculated for Drug Addiction Scale (DAS) and all its subscales (see Table 1). The reliability coefficient for Drug Addiction Scale was found to be .75. The reliability of subscales for Drug Addiction ranged from .56 to .97.

To meet the objectives of this study Drug Addiction Scale (DAS) developed by present researchers (2016), was employed to measure relationship between drug addiction and factors like peer pressure, media, family negligence, depression, curiosity, and physical dependence among youth. The impact of these factors was computed across different demographics. Frequency and percentage of all demographics were computed by applying appropriate statistical procedures (see Table 2). Descriptive statistics of drug addiction scale and its subscales was computed. Descriptive statistics provide information about the distribution of data points in data set.

The reliability coefficient for Drug Addiction Scale (see Table 3) was found to be .94. The reliability of subscales for Drug Addiction ranged from .56 to .97. The values indicated that all scales were reliable measures. As absolute values of skewness were not more than twice the standard error of skewness it was inferred that the data was normally distributed.

Inter Sale correlations were computed to study the relationship between drug addiction and its factors. The correlation (see Table 4) highlights the intensity and direction of the relationship between drug addiction scale and its subscales. It is obvious that drug addiction scale had positive relationship with peer pressure, media, family negligence, depression, and

physical dependency ($p < .01$). Curiosity is the only subscale which indicates negative correlation with drug addiction.

It was hypothesizing that there will be a positive correlation between drug addiction and peer pressure. The result of Pearson correlation confirmed the hypothesis (Table 4). A significant positive relationship was observed between peer pressure and drug addiction among youth. Various researchers have studied the impact of peer pressure on drug addiction. Youth are especially affected by peer pressure. The majority of the adolescent start drugs as fun and get bliss under senior's fellowship, since youth generally take after their partners.

The second hypothesis of the study was that drug addiction is positively correlated with media. The results (Table 4) confirmed the hypotheses. Researchers reported that the media has mind boggling impacts on our lives, which are frequently acknowledged without inquiry that might be identified with addiction late in future and we consider such practices and behaviors for purpose of fun.

It was hypothesizing that there is a significant relationship between drug addiction and family negligence. The results (Table 4) confirmed the hypothesis. The results of different studies revealed that family negligence and lack of attention by family are the factors that largely contribute to drug addiction among youth.

Keeping in mind the results of correlation analysis, it was hypothesizing that there is a significant relationship between drug addiction and depression. The results (Table 4) confirmed the hypothesis. Diverse studies demonstrate that depression is hard for the individual experiencing it, so they have contrasting option to go to the experts or relative for help and find drug use a prevalent response for disregard the issue all alone.

It was assumed that the drug addicts have more curiosity than non-addictive individuals. The result (Table 4) shows that our hypothesis is rejected and there is no significance relationship between curiosity and drug addiction among youth. There is no relevant literature available to highlight the role of curiosity in drug addiction. So on the bases of present results it is reported that curiosity has no major impact on addictive behavior among youth.

It was hypothesizing that drug addicted individuals are more physically dependent on drugs. The results (Table 4) confirmed the hypothesis. Researchers proposed that drug dependent individual depict a framework of conditions, for example, coveting for more drugs. The drug customers feel pleasure or discharge from trouble and get to be reliant on drugs.

CONCLUSION

It can be concluded that a positive relationship exists between drug addiction and peer pressure, media, family negligence, depression, and physical dependence among youth. A finding of our study shows that drug addiction rate is comparatively high among unemployed then in employed youth. All hypotheses related to these factors are significantly confirmed. Curiosity was found to be negatively correlated with drug addiction. It was the only factor which negatively correlated.

Implications of the Study

Carrying out such research is profoundly significant between youth which contain a moderately vast class of individuals in a general public and is a step toward recognizing the effective factors on the drug addiction and in removing addiction.

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