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Drug Abuse And Its Effect On Society Essay.

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**Introduction**

**Drug Abuse And Its Effect On Society Essay.**

Addiction is defined as a dangerous need to take substances that cause harm to the consumer. Addiction has an impact not only on a person's physical health but also on their mental health and emotional well-being. Addiction is one of the world's most serious health concerns, and it is classified as a chronic condition. Drug addiction is a chronic condition defined by compulsive or difficult-to-control drug seeking and use, despite adverse effects. The brain changes that occur over time as a result of drug usage test an addict's self-control and make it difficult for them to resist strong drug cravings**.**

The harmful and excessive intake of legal and illegal drugs is referred to as drug addiction, also known as substance–use disorder. This causes a wide range of behavioral changes in the individual, as well as affecting brain functions. Alcoholism, cocaine addiction, heroin addiction, opiate addiction, painkiller addiction, and nicotine addiction are all examples of drug addiction. These drugs make a person feel good about themselves by causing dopamine, or the happy hormone, to be released. The brain begins to raise dopamine levels as they continue to use the medication, and the person desires more.

Addiction to drugs has serious repercussions. Anxiety, paranoia, an elevated heart rate, and red eyes are some of the symptoms. They are inebriated and have trouble remembering things. They are unable to demonstrate adequate coordination and have problems remembering things. A person who is hooked to them can't stop using them and can't operate well without them. It harms their brain, as well as their personal and professional connections. Mental cognition is affected; they are unable to make appropriate decisions, remember information, and make incorrect judgments. They are more likely to participate in risky behaviors such as stealing or driving when inebriated. They also ensure that there is a consistent supply and are willing to pay a high price even if they cannot afford it, and they tend to have a lot of money. They also ensure that there is a steady supply and are willing to pay a high price even if they cannot afford it, and they have unpredictable sleeping patterns.

Drug addiction also makes a person feel alone and causes them to have high or no food desires. They quit caring about their personal hygiene. Addiction to drugs alters a person's speech and causes hallucinations. They are unable to converse and communicate well; they are hyperactive and speak quickly. Those who are addicted experience significant mood swings. They are highly secretive and can switch from being pleased to depressed in a matter of seconds. They start to lose interest in activities that they used to enjoy. Substance abusers experience withdrawal symptoms as well. The symptoms that occur when people stop taking the medicine are known as withdrawal symptoms.. Nausea, tiredness, and tremors are some of the withdrawal symptoms. They stop and start using again, in a never-ending cycle that might be fatal. If not addressed promptly, drug addiction can be lethal. It can result in brain damage and seizures, as well as overdose, heart disease, respiratory issues, liver and kidney damage, vomiting, lung illness, and other complications.

**Body**

**What creates drug addiction in the first place?** There is no single cause of drug addiction or reason for people to get addicted to drugs. Rather, a person's propensity of being addicted to drugs is determined by a combination of social, environmental, developmental, genetic, and psychological factors (referred to as "risk factors").

A drug is a chemical substance that is used to treat, diagnose, and prevent disease infections, or a substance that is used to improve a person's physical and mental state in the short term. Drugs are used for a variety of purposes, and their effects vary depending on the reason for their use. It has both beneficial and negative implications for the user, and it has long-term consequences for the entire society or community. Drug addiction is defined as the user's uncontrollable dependence on a substance, regardless of the harm caused by its use. It's a behavior that's been difficult to break for a long time, especially among teenagers. "We must understand that substance abuse and addiction is an illness, not a moral flaw or easily aborted self-indulgence," says the author (Califano, 2008). Drug usage has been more prevalent in recent years, resulting in criminal activity. The incidents have had a significant impact on society as a whole, as the once dependable and enthusiastic teenagers have turned to drug misuse. However, various steps have been taken to reduce, prevent, and treat drug addiction in society.

Therapies: These are programs that are aimed to provide patients with counseling as a result of their drug addiction in the community. "The majority of the programs involve one-on-one or group drug treatment, or both," says the author (Treatment Approaches For Drug Addiction ). The therapies have been quite beneficial because they provide a remedy.

Medications that are frequently abused include: Prescription and over-the-counter (OTC) medications like anxiety tablets, sleep aids, and pain relievers are among the most commonly misused or abused substances. Cocaine, hallucinogens, opioids or psychotropic injections, and marijuana are among the other substances.

Addiction is a disorder that develops when a person lacks the self-discipline necessary to control compulsive drug usage. Withdrawal, the physical discomfort that follows with the abrupt commencement of drug withdrawal, is one of the first signs of addiction.

When a drug user tries to stop taking drugs, withdrawal symptoms can be extremely tough to overcome. Dopamine and norepinephrine are produced in large quantities by drugs.

Dopamine is a neurotransmitter that is released in the brain when a person feels pleasure, such as after eating, sex, exercise, or watching a movie.

Dopamine levels diminish when someone becomes hooked to drugs. Depression, weariness, and low self-esteem can result as a result of this.

**Depression is an example of a mental illness**: People who are emotionally weak are more likely to be depressed as a result of events in the world. The availability of these medications, as well as Psychological Trauma, plays a critical part in the persistence of addictive behavior within families.

When a mental health issue is left ignored, the substance addiction problem tends to worsen. And, as a result of increased alcohol or drug usage, mental health issues tend to rise as well. Many people are unaware that co-occurring substance abuse and mental health difficulties are more common than they think.

**The majority of people utilize drugs to relieve stress**. Stress is the body's reaction to external events or changes, and it can be caused by a single event or a long-term problem. Starting a new school, getting married, having a kid, being sick, losing a loved one, moving, divorce, or being in an accident are examples of events or changes that might be positive or negative. According to the National Institute of Mental Health (NIMH), there are three forms of stress: ordinary stress caused by everyday events, stress caused by a sudden negative shift, and stress caused by a traumatic event.

.Changes in the mind and body occur when a person is stressed. When the brain engages its "fight-or-flight" response in times of extreme stress or when it considers itself to be in danger, these modifications can even save lives. The heart rate quickens, blood pressure rises, body temperature and respiration rates rise, focus, attention, and senses sharpen, and the desire to sleep and eat decreases. Stress can alter the brain in the same way that addictive drugs do. This shows that some persons who are stressed are more likely to develop a drug addiction or relapse. Stress is a well-known risk factor in the development of addiction as well as the likelihood of relapse.

Everyone copes with stress in different ways, and some people may resort to maladaptive stress management techniques, such as substance abuse. Stress can enhance a person's likelihood of using drugs; in fact, the National Institute on Drug Abuse (NIDA) warns that those who are stressed are more prone to use mind-altering substances.

**Peer Influence that is Negative:** Peer pressure from children's classmates can have a significant impact on their decisions. Your child's decisions are heavily influenced by his or her friends. When your child spends out with other kids who do particular activities, he or she is more likely to join in. In many circumstances, kids and teens are under a lot of pressure to fit in.. They will act and make judgments in accordance with what they believe their peers expect of them. If your child believes that using drugs or drinking alcohol will increase their classmates' regard for them, she or he is likely to do it at least once.

When it comes to drug use, peers can have a positive or negative impact on their pals. Social pressure can be used in a variety of situations to discourage people from using certain types of drugs, persuade them not to use any drugs at all, or encourage them to misuse all substances.

Peer pressure, whether real or imagined, has been proven to enhance participation in harmful drinking behaviors such as drinking games. They will act and make judgments in accordance with what they believe their peers expect of them. If your child believes that using drugs or drinking alcohol will increase their classmates' regard for them, she or he is likely to do it at least once.

Alcohol use is common in situations where social influence from others is possible, and it is ingrained in many social rituals.

Stress coping abilities are lacking. Individuals with high levels of stress, or chronic stress, may benefit from these medications to help manage their symptoms. Individuals who struggle with stress management, poor coping methods, or an inability to regulate impulses are more likely to use drugs as a result. While drunk, drugs can provide an escape from reality and help to relieve tension, albeit only temporarily.

**Addiction in the family**: Drug addiction is more common in some families, and it is most likely due to a hereditary predisposition.

Higher family income may be linked to substance use due to the increased opportunity to obtain or acquire substances, as well as the potential to form social bonds with those who have similar financial advantages.

**Poor work or school performance leads to low self-esteem,** which encourages people to separate themselves from others. As a result, dugs become his best buddy, and he becomes addicted to drugs.

**Inability to make friends or socialize:** they create a habit of living as a social outcast because they feel alienated and ostracized. They make it a habit to use drugs.

**Drug Use's Consequences**

Addiction to drugs is a complicated illness. Drugs alter a person's perspective of their identity, which might lead to problems later in life. Here are some of the most serious repercussions of drug addiction.

**Physical ramifications**

Drug addiction has physical repercussions such as memory issues, sleeplessness, and a loss of appetite. Excessive hostility, irritability, sleep problems, migraines, dizziness, diarrhea, vomiting, anxiety, and sweating are also signs of addiction.

Lethargy, anxiety, despair, fear, a sense of isolation, increased sensitivity to sunlight, altered bone structure, and hair growth are all symptoms of drug addiction.

Drugs can irritate different organs of the body, including the brain, throat, lungs, stomach, pancreas, liver, heart, and neurological system, causing them to become irritated.

It can result in illnesses, heart difficulties, liver damage, strokes, lung disease, weight loss, and even cancer.

Drug addicts are at a significant risk of developing AIDS because they commonly share needles to inject narcotics.

Driving while under the influence of drugs or walking down the street can be dangerous because an accident is more likely to occur.

Men are two times more likely than women to acquire a drug addiction. In addition, Asians and blacks are more likely than whites to acquire a drug addiction.

**Mental ramifications**

Drugs have a negative impact on the brain. Drugs slow decision-making and have an impact on a person's psychosocial abilities.

They can induce depression, Alzheimer's, sleeplessness, bipolar disorder, anxiety, conduct disorders, and psychosocial dysfunction, among other mental health issues.

Suicidal thoughts and attempts are common among drug users.

Drugs can lead to addiction. A person's body develops a tolerance to a drug when they are initially exposed to it.

The more they consume, the less they need to become high, implying that they will need to take more of it to achieve the same impact.

The requirement for the medicine decreases as their tolerance grows. This process eventually reverses, and the user begins to experience withdrawal symptoms when they are not using drugs.

**Personal ramifications**

When the person stops using, they will experience severe withdrawal symptoms. They will also notice a variety of physical changes in their bodies.

Cocaine users will suffer an erratic heartbeat and tremors, while heroin users will experience muscle weakness and weariness.

The heart is affected by the use of opiates, cocaine, and heroin. Constant drug use harms the brain, impairing cognitive functioning and causing the user to lose interest in regular activities.

The person's behavior may become increasingly problematic. They may be unable to care for themselves in some situations, necessitating hospitalization. A person who has lost their ability to reason may commit suicide in extreme instances.

**Consequences for unborn children**:

Addiction to drugs can put unborn children at risk. Alcoholism in pregnant mothers can harm the fetus.

Inherited impairments and aberrant mental and physical deformities are more common in unborn babies.

Premature birth can occur as a result of intoxication, and some children develop behavioural problems later in life.

Before having a child, it is highly recommended that you get rid of your drug addiction.

**Drugs' side effects**

Drug addiction has numerous detrimental repercussions on both physical and mental health. The medications have a wide range of side effects.

Emotional impacts (mood swings, sadness, anger, and disorientation) and physical effects (heart attack, weakened immune system, irregular heartbeat, respiratory issues, lung cancer, abdominal discomfort, brain damage, stroke, and kidney damage) are all significant.

Distinct medications have different effects on the body. These are some of the short-term side effects that can develop based on the amount of substance used**.**

Pharmaceuticals with the highest purity and potency have the biggest impact on a person's thinking, emotions, and perception. Because the short-term consequences of heroin addiction are not obvious at first, many people are unaware of the harm it causes.

The long-term effects of drug addiction can be disastrous to one's physical and mental health.

**Drug Abuse's Psychological Effects**

Drugs would disrupt the brain's natural perceptive capacity and functionality, resulting in a "pseudo" image and perception. It would produce an illusion and make you feel ecstatic, enthusiastic, or joyful artificially.

**Stress:** Drugs can make you feel as if they are assisting you in relaxing and forgetting about the problems that are causing you stress. In actuality, though, it is the polar opposite. Long-term drug use can alter the way your brain functions, resulting in increased anxiety and stress**.**

**Anxiety and depression are common side effects of alcohol usage**. Some medicines make you depressed, while others make you depressed and nervous as a result of an event that occurred while you were taking them. Drugs are frequently used as a means of overcoming depression, but in actuality, drug use can exacerbate depression.

**Mental disorders:** Although scientists have discovered a correlation between drug use and significant mental illnesses such as schizophrenia, it remains unclear whether substantial drug use causes mental illnesses. A person with a chronic psychiatric disease, on the other hand, has a higher risk of drug usage.

**Drug Abuse / Drug Addiction's Health and Sexual Consequences**

**Accidents and Injuries:** Drugs affect your view and ideas, causing you to engage in unjustified behavior that you would not ordinarily engage in. Drugs can raise your risks of being seriously injured or dying in falls and car accidents, and they can also put you in danger or endanger others around you.

**Internal Organ Damage:** The brain, liver, kidneys, heart, lungs, throat, and stomach can all be damaged by long-term use of certain addictive substances**.** Marijuana smoking, for example, is potentially 10 times more hazardous to the lungs than smoking cigarettes. When compared to 20-25 tobacco cigarettes, 2-3 marijuana cigarettes inflict more damage to the lungs and respiratory tract. Marijuana usage on a regular basis can harm your brain, wreaking havoc on your memory, learning ability, and comprehension.

Methamphetamine is a highly addictive drug that can harm your teeth and heart. The substance induces the neuro-receptors in a person's body to produce a large amount of dopamine, resulting in the normal pleasure. Extreme alertness, a long-lasting increase of energy, and a lack of appetite are some of the short-term consequences. High blood pressure, stroke, and significant cardiac problems are all long-term complications.

**Infectious Infections Risk:** Sharing needles for injecting drugs puts you at risk of contracting serious diseases such as HIV/AIDS, Hepatitis C, and Hepatitis B. Sharing pipes or cigars, on the other hand, exposes users to illnesses such as the common cold, flu, pneumonia, or tuberculosis.

**Sexual Effects:** Illegal substances are commonly mistaken for sexual stimulants and aphrodisiacs, although their effects are often the opposite of what is sought. Marijuana and other cannabis medications are considered aphrodisiacs, as they boost mood and sexual desire via stimulating sexual activity. Marijuana, on the other hand, distorts the sense of time, giving the user the appearance of prolonged stimulation and climax**.** Long-term cannabis users have reduced sperm counts and testosterone levels, and women may experience irregular ovulation.

MDMA and Ecstasy inhibit erections and orgasms in both men and women, and can induce erectile dysfunction in men. You will not remember to have safe sex while under the influence of this substance, and you will end up having unsafe unprotected sex with one or more sexual partners. It can result in an unintended pregnancy or the transmission of sexually transmitted diseases (STDs) such syphilis, gonorrhea, and HIV/AIDS

**Drug Abuse's Social Consequences**

**Drugs' Impact on Your Relationships and Your Future**

Drug addiction has an immediate effect on the body and mind, but it can also have a long-term influence on your life and relationships. Relationships suffer when drug use becomes a major part of one's life. You would act more brutally in order to gain access to money for your drug addiction. Conflict and communication failures would become the norm. Your capacity to concentrate and focus at work would be harmed by drugs. The effects of drugs, such as a hangover, can impair one's ability to concentrate. You may lose your job if you perform poorly at work.

**Safety:** Using illegal substances raises the likelihood of being in dangerous situations and jeopardizes one's own and others' safety. You drive erratically while under the influence of narcotics, endangering your own and other road users' safety. Overdosing is more likely in drug addicts**.**

**Financial strains and growing debts:** Drug addiction can cost a family a lot of money. In desperate situations, drug addicts often sell household items or engage in unlawful actions such as theft and robbery to get funds for their next dose. Drug abusers frequently engage in violent behavior with family members in order to obtain money, often leading to crimes such as murder.

**Drugs can make people more likely to engage in aggressive behavior.** Drug-induced aggression has the potential to cause considerable harm to both drug users and others. Under the influence of narcotics, serious crimes such as murder or rape may be committed unwittingly.

**Homelessness:** Spending the majority of your money on drugs will make you impoverished and leave you unable to pay your rent, food, or utility bills.

It is prohibited to buy, sell, possess, or manufacture illicit substances. It's also illegal to distribute prescription drugs to those who don't have a doctor's prescription, but many prescription pharmaceuticals are commonly abused. If a drug user is detected in possessionof illegal narcotics or committing violent crimes, he or she may be sentenced to prison or a mental rehabilitation facility**.**

**Corruption:** Drug lords and others involved in the drug trade bribe politicians and police officers with large sums of money in exchange for securing their trade. Traffickers use private armies to try to corrupt or coerce officials into removing roadblocks in the drug supply chain. Because of the unlawful drug trade, judges, public officials, and even police personnel are drawn into the corruption trap. Honest officials who launch daring anti-drug trafficking campaigns are frequently killed or kidnapped.

Drug addiction can be treated, even if it is persistent. Various treatments are used, including behavioral counseling, medicine to treat the addiction, and treatment for many conditions that accompany addiction, such as stress, worry, and depression. Many technologies have been invented to help people overcome their addictions. Rehabilitation centers are available to assist people. There are frequent follow-ups after therapy to ensure that the cycle does not recur. The most significant factor is having the support of family and friends. It will assist them in gaining confidence and overcoming their addiction.

**Conclusion**

Drug addiction has become a global issue, particularly among youth. Many young people become addicted to a variety of narcotics and stimulant treatments that have a narcotic impact.

Addicts' lives are ruined in every way because they lose contact with their families and live in a parallel universe. They spend a lot of money on drugs, then hunt for illicit ways to get money.

Unfortunately, our country has become known for the cultivation and illegal distribution of marijuana. Our neighboring countries, such as Uganda, are known for producing and illegally supplying marijuana to other countries via smugglers.

Bhang is imported into East Africa and other African countries in large quantities.

However, it is our sorrow that our country's youth, particularly those who are unemployed, are turning to bhang to relieve the irritation and mental tension that they are experiencing as a result of their unemployment and poverty.

The outcome may alter if the person uses drugs for a longer period of time; for example, early drug experimentation is motivated by curiosity.

However, as the frequency of the chemical increases, the body becomes to rely on it. Obsession with a particular substance and a loss of control over drug use are the most prevalent indications and symptoms of drug addiction.

It can have a long-term effect on one's life, causing exhaustion, shaking, sadness, anxiety, headaches, insomnia, chills and sweating, dilated pupils, impaired coordination, and nausea.

As previously stated, prevention is always preferable to cure. Deterring people from abusing drugs is always the greatest approach. The first is dealing with peer pressure and treating emotional disorders. People who have a poor emotional state are more likely to turn to drugs. Acquire the ability to deal with stress. Finding alternate ways to cope with stress is the greatest option. The general public is unaware of the dangers. They turn to drugs when something in their lives isn't going as planned and they are dissatisfied with their lives.

Another important step in avoiding drug use is to cultivate healthy behaviors. The greatest method to avoid drug addiction is to eat a well-balanced diet and exercise regularly.

Drug addiction, like other chronic conditions such as diabetes and heart disease, is easily treatable. Drug addiction treatment is getting more individualized. Drug addiction can be treated in a variety of ways. In order to treat drug misuse, many treatment approaches are used. One of the solutions that allows the addict to focus on his rehabilitation is drug abuse therapy.

The treatment plan will be tailored to the addict's specific needs. There is no single treatment that works for everyone, thus the treatment must be individualized to the individual.

Many people are perplexed as to why people become hooked to drugs and other substances. They incorrectly see drug usage as a social issue and the addict as a weak individual.

Understanding the core causes of drug addiction is one of the most effective methods to improve drug addiction treatment options and outcomes in the future.

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