



## A comparative study on drug abuse variations among adolescent boys and girls: A case study of Anantnag District of South Kashmir, India

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### Abstract

The present study reveals that the comparison of variations of drug addiction with respect to gender, age and family status groups among adolescent's boys and girls and the problems and reasons associated with drug abuse that why adolescents are vulnerable to drug addiction. The study investigated and made a comparison on the prevalence of drug abuse among adolescent boys and girls in Anantnag district of South Kashmir. Snowball Sampling Technique was used for the selection of respondents in the study area. With the help of personal interview and questionnaire technique, the required data was collected from the selected respondents. Collected data was coded and entered in SPSS program where it was analyzed with the help of statistical technique of t'test. The design used in this study was descriptive in nature and to make inferences and conclusions to the study findings. Drug abuse causes a lot of risks among the adolescents; it results to gang formation, armed robbery, mental illness and cultism. Studies revealed that most of the drug addicts started smoking from their young age. As they grow older they seek new thrills and gradually go into hard drugs.

**Keywords:** gender, age, family status, adolescents, drug abuse, health risks

### Introduction

Today's competitive social order, our young world go ahead in involving many risks including drug abuse, violence, illegal issues, harassment etc. Among such unhealthy practices, drug abuse is highly severe that can adversely affect successful future resulting in serious health consequences including addiction and even death. Abuse and addiction also can impact either in academic performance or in relationship with friends and family. The epidemic of substance abuse in adolescent's strata has considered alarming dimensions in India. Drastic shift in cultural values, enlarging financial stress and dwindling supportive bonds are resulting to cause for substance use. The processes of industrialization, urbanization and migration have led to loosening of the traditional methods of social control rendering an individual vulnerable to the stresses and strains of modern life (Aggarwal *et al.* 2009).

Use of tobacco, alcohol, heroin and other locally available drugs/substances is one of the crucial problems of Kashmir adolescents and adversely affects our young youth in their physical, mental and emotional strength and its stability. Preliminary initiation of drug use is always associated with a poor prognosis and that will certainly influence the lifelong pattern of the concerned person with inappropriate and irresponsible behaviour. Drug and alcohol abuse is becoming an area of concern as this is increasing while traditional moorings, social taboos, emphasis on self-restraint and pervasive control and discipline of the joint family and community are eroding, Shah Beena studied in 1991 <sup>[1]</sup>.

As per the National Survey on Extent, Pattern and Trends of Drug abuse in India conducted by the Centre in collaboration with United Nations Office on Drugs and Crime, the current prevalence rates within the age group of 12-18 years was

Alcohol (21.4%), Cannabis (3%), Opiates (0.7%) and any illicit drug (3.6%).The survey reported that students at the secondary/higher secondary level are vulnerable to slipping into drug abusing behaviours due to distress factors and peer influence. It was felt that educating the people on the ill effects of drug abuse through appropriate inputs in the school curricula can help reduce the element of risk by adding that efforts were on to changing the curricula accordingly.

June 26 is celebrated as International Day against Drug Abuse and illegitimate Trafficking every year. It is an exercise undertaken by the world community to sensitize the people in general and the youth in particular, to the troublemaker of drugs. The picture is severe if the world statistics on the drugs scenario is taken into account. With a turnover of around \$500 billion, it is the third largest business in the world, next to petroleum and arms trade. About 190 million people all over the world consume one drug or the other. Drug addiction causes immense human distress and the illegal production and distribution of drugs have spawned crime and violence worldwide. Today, there is no part of the world that is free from the curse of drug trafficking and drug addiction. Millions of drug addicts, all over the world, are leading miserable lives, between life and death.

### Review of Literature

1. Shah. Beena studied in 1991<sup>[1]</sup>, "Adolescents school adjustments: the effect of family climate". Descriptive survey method was followed with a random sample of 1000 adolescents of standard IX in the age range of 14 to 17. The tools used were 1. Family climate scale by MP, Vnayal and Beenashah, 2. Socio-Economic Status scale by Beenashah, 3. Ahujas Intelligence Test, and 4. Adjustment Inventory by Beenasha and Anshusharma.

- The major findings were: 1) Students from the unsatisfactory family climate showed better adjustment in schools than students from a satisfactory climate. 2) After controlling SES and intelligence, the relationship became positive in boys and negative in girls. Among the rural adolescents, a negative relationship was noted. 3) Among rural adolescents a negative and significant association between the variables was noted irrespective of SES and IQ.
- Priyanka and M. sarada Devi studied in 1994, "Gender differences in the parenting style perceptions and Identity styles of Adolescents". Descriptive survey method was followed with random sample of 300 adolescents between age group 16 to 22 from degree colleges. The tools used were the modified format Parenting Interactional Style questionnaire developed by Viveken Reddy (1996) Style Identity Inventory developed and standardized by White *et al.* (1948). It was used to study the identity style of adolescent. The major findings were: 1) Boys had more information identity style than girls. 2) Girls had more normative identity style than boys.

### Need and Significance of the Study

There is a need for the government enforcement agencies, the non- governmental philanthropic agencies, and others to collaborate and supplement each other's efforts for a solution to the problem of drug addiction through education and legal actions. At this juncture, teachers, teacher educators and educational institutions have a significant role to stand out an excellent platform to explore their commitment to the society by creating awareness and conscientizing the prevailing social evils which affects the whole humanity. This can be substantiated that the role of communication and extension activities help our coming generation to prepare and disseminate conscientization and education about drug abuse that act as an important tool for creating students who would believe strongly in prevention and preparedness. This can be supported by Government of Kerala to create proper awareness programme of various dimensions of drug addiction and its preventive practices. But we can think over the extent of the effectiveness of these awareness programmes. In this situation, the project assume significant, and the investigator make an attempt to develop certain strategies for conscientizing adolescents- high school and higher secondary students of Kashmir against drug addiction.

### Research Methodology

Methodology plays an important role in the research process. The researcher has examined the existing literature cautiously in the area of research and assessed the ground realities existing in the study area to develop a methodology, particularly sampling design for the present study. The study aims to examine the variations of drug abuse among adolescent boys and girls in Anantnag district of Jammu and Kashmir with respect to gender, age and family statuses. The study is predominantly based on primary data and secondary source of data also has been mobilized in respect of problem of the study.

### Objectives

The study has been carried out with the following objectives:

- To study the variation in drug addiction between different gender groups.
- To study the variation in drug addiction between different age groups.
- To study the variation in drug addiction between different family status groups.

### Hypothesis

In view of the objectives of the present study, the following hypotheses are framed:

- Drug addiction does not vary significantly between different gender groups.
- Drug addiction does not vary significantly between different age groups.
- Drug addiction does not vary significantly between different family status groups.

### Research Design

The study is a descriptive in nature and both qualitative and quantitative approaches were used in data collection. In general the methods and techniques of a particular study are determined by the nature of problem. Besides for an efficient and reliable research, various interviewing techniques are essential for having insight into the problem. As such the approach of the present study has been both empirical and theoretical in nature. Help was also taken both from the primary and secondary sources. District Anantnag of the Jammu and Kashmir state comprised the universe of the study where the field work was carried out. The Snowball Sampling Technique was employed in this study and respondents were categorised in terms of gender, age group and family status characteristics. The study followed comprehensive and rigorous interviews and interactions with sampled respondents. The observation and interview schedule technique of data collection were employed for the collection of data. Secondary source of information were also used to make the study more qualitative in nature and scope. The researchers design adopted for this research work was descriptive statistical analysis.

(a) **Sample:** The sample of the study comprised of adolescent Boys and Girls of the Anantnag district of Jammu and Kashmir. In this study stratified random sampling technique has been employed to select the samples. A sample of 110 students has been chosen for the research study. A group of 110 adolescent students comprise 70 boys and 40 girls.

(b) **Tool Used:** The tools which have been used for achieving the objectives of the research study were the questionnaire and interview method.

(c) **Data Analysis:** Analysis has been done for obtaining meaningful interpretation of results from raw data by using t test analysis for the present research study.

### Analysis and Interpretation

#### Significant variations on Drug addiction with Gender groups

The variations in the drug addiction between boys and girls respondents are defined in hypothesis-1 taken up and its results are shown in the table-1, as an outcome of Independent sample t test. From the results of this

Independent sample t test, it can be inferred that the t value of 3.024 corresponding to drug addiction is found to be

significant at 5 percent level. Hence, hypothesis-1 is rejected at 5 percent level of significance.

**Table 1:** Result of t test for hypothesis

variable	Gender	N	Mean	Std. Deviation	Std. Error Mean	t-value	Sig
Drug Addiction	Boys	70	31.42	1.313	0.077	3.024	0.03
	Girls	40	27.00	1.180	0.057		

**Variable:** Drug Addiction

**Source:** Computed from primary data

This result suggests that the drug addiction is varying significantly with gender groups considered as grouping variable. More specifically the mean value of 31.42 estimated for the gender group boys is significantly higher than the estimated mean value of 27.00 for the gender group girls. This result suggests that the drug addiction is significantly higher for the gender group boys than that of girls among the respondents.

**Significant variations on Drug addiction with Age groups**

The variations in the drug addiction between age group of below 16 years and age group of above 16 years respondents is defined in hypothesis-2 taken up and its results are shown in the table-2, as an outcome of Independent sample t test. From the results of this Independent sample t test, it can be inferred that the t value of 3.024 corresponding to drug addiction is found to be significant at 5 percent level. Hence, hypothesis-2 is rejected at 5 percent level of significance.

**Table 2:** Result of t test for hypothesis

variable	Age	N	Mean	Std. Deviation	Std. Error Mean	t-value	Sig
Drug Addiction	Above 16 years	75	30.33	0.861	0.050	2.785	0.001
	Below 16 years	35	26.43	1.080	0.053		

**Variable:** Drug Addiction

**Source:** Computed from primary data

This result suggests that the drug addiction is varying significantly with age considered as grouping variable. More specifically the mean value of 30.33 estimated for the age group above 16 years is significantly higher than the estimated mean value of 26.43 for the age group below 16 years. This result suggests that the drug addiction is significantly higher for the age group of above 16 years than that of below 16 years among the respondents.

**Significant variations on Drug addiction with family status**

The variations in the drug addiction between rich and poor family status of respondents is defined in hypothesis-3 taken up and its results are shown in the table-3, as an outcome of Independent sample t test. From the results of this Independent sample t test, it can be inferred that the t value of 3.762 corresponding to drug addiction is found to be significant at 5 percent level. Hence, hypothesis-3 is rejected at 5 percent level of significance.

**Table 3:** Result of t test for hypothesis

variable	Family status	N	Mean	Std. Deviation	Std. Error Mean	t-value	Sig
Drug Addiction	Rich	62	27.021	0.673	0.243	3.762	0.040
	Poor	48	25.023	2.063	0.048		

**Variable:** Drug Addiction

**Source:** Computed from primary data

This result suggests that the drug addiction is varying significantly with family status considered as grouping variable. More specifically the mean value of 27.021 estimated for rich family status is significantly higher than the estimated mean value of 25.023 for the poor family status. This result suggests that the drug addiction is significantly higher for the rich family status than that of poor among the respondents.

**Major Findings**

The previous chapter discusses the broad analysis of collected data, regarding the present study entitled as “Drug Addiction among Adolescent Boys and Girls: A Socio-psycho study of South Kashmir particularly to District Anantnag students”. This chapter presents the major findings and conclusion arrived from the analysis carried out in the

preceding chapter. The major findings of the study are summarized below:

**Gender group variations in Drug addiction**

The variations in the drug addiction between boys and girls respondents shown in the table-1, as an outcome of Independent sample t test. From the results of this Independent sample t test, it can be seen that the t value of 3.024 corresponding to drug addiction is found to be significant at 5 percent level.

This result suggests that the drug addiction is varying significantly with gender group considered as grouping variable. More specifically the mean value of 31.42 estimated for the gender group boys is significantly higher than the estimated mean value of 27.00 for the gender group girls. This result suggests that the drug addiction is significantly

higher for the gender group boys than that of girls among the respondents.

### **Age group variations in Drug addiction**

The variations in the drug addiction between age group of below 16 years and age group of above 16 years respondents shown in the table-2, as an outcome of Independent sample t test. From the results of this Independent sample t test, it can be seen that the t value of 3.024 corresponding to drug addiction is found to be significant at 5 percent level.

This result suggests that the drug addiction is varying significantly with age considered as grouping variable. More specifically the mean value of 30.33 estimated for the age group above 16 years is significantly higher than the estimated mean value of 26.43 for the age group below 16 years. This result suggests that the drug addiction is significantly higher for the age group of above 16 years than that of below 16 years among the respondents.

### **Family status variations in Drug addiction**

The variations in the drug addiction between rich and poor family status of respondents shown in the table-3, as an outcome of Independent sample t test. From the results of this Independent sample t test, it can be seen that the t value of 3.762 corresponding to drug addiction is found to be significant at 5 percent level.

This result suggests that the drug addiction is varying significantly with family status considered as grouping variable. More specifically the mean value of 27.021 estimated for rich family status is significantly higher than the estimated mean value of 25.023 for the poor family status. This result suggests that the drug addiction is significantly higher for the rich family status than that of poor among the respondents.

### **Conclusion**

The study concluded that adolescent boys and girls are vulnerable to slipping into drug abusing behaviours, this may be due to gender factors, age influence and family statuses. It has been found that there is variation of drug addiction with respect to gender, age and family statuses of the adolescent boys and girls. It was felt that educating the people on the ill effects of drug abuse through appropriate inputs in the school curricula can surely help them to prevent the adverse consequences of drug abuse. These practices will certainly conscientizing our young world with regard to varied dimensions (both theoretical and practical awareness) of drug addiction. Thus there is a need for changing the curricula and framing instructional approaches accordingly.

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