

Causes of Drug Abuse In Youth: Case of Mid-Western Region of Nepal

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ABSTRACT

Drug abuse is one of the serious social problems in Nepal and elsewhere for a long time. Drug abuse has several effects over the human life. Burgeoning unemployment, broken family, crime, depression, love failure, formation of peer group, mass media are major problems faced by the youth of the country. This paper explores the causes of drug abuse among youth in Mid-Western Region of Nepal. Quantitative research method was used to draw the data from 252 respondents. Simple random sampling technique was used to select the respondents of different rehabilitation center of Surkhet, Banke and Dang District. Data were analyzed by using chi-square statistical tools. Drug causes have covered the psychological, peer pressure, school/ college, socio cultural and mass media causes of drug abuse. Among them, majority respondent responded causes of drug abuse is bad relationship with family, to feel relax, failed in exam and films stars and idols which are shown on television.

KEYWORDS

Abuse, Cause, Drug, Mid-Western Region, Youth

INTRODUCTION

“Drug abuse” has been defined as any use of drugs for non-medical purposes almost always for altering consciousness. Drug abuse denotes substances that change the mental or physical state of a person and that may be used repeatedly for that effect leading to abnormality (Matowo, 2013, p. 1). Global increasing in problems of illicit drugs both reflect and contribute to international tensions. The origins of some of these tensions are clear: rapid changes in political alignment, reduced family and community cohesiveness, increased unemployment and underemployment, economic and social marginalization and increased crime (UNDCP, 1995, p. 3). Drug and substance abuse has continued to ruin youth and subsequently education despite various measures taken to stop it (Njeri & Ngesu, 2014, p. 1). As said by Grant (1990), causes of abusing drugs can be categorized into two parts i.e. internal and external causes. Under internal causes, it depends on

the nature of drug and the personality. The consequences of any form of drug taking involve an interrelationship between the individual and his or her personality which may increase or decrease the vulnerability to drug abuse, and the characteristics of the drug consumed (Matowo, 2013, p. 20).

METHODOLOGY

This study was conducted in the Mid-Western development region of Nepal in 2016. Research was based on the descriptive research design. The simple random sampling technique was used to select the respondents. Total 256 male respondents were selected from the different sampled rehabilitation center of Surkhet, Dang and Banke district of Mid-Western region of Nepal using the observation and questionnaire survey. The result was drawn from the primary data and critically discussed with the secondary data. Secondary data were collected from published book, bulletin of Rehabilitation Centre. Frequency table and chi square test were used to analyze the data by using the SPSS software.

RESULTS AND DISCUSSIONS

The data shows the different causes of drug abuse.

Causes of drug abuse

The prevalence of drugs in the community, pathological family background includes broken homes, illegitimate relationships, alcoholic parents or parent's involvement in antisocial and illegal activities, peer influence, imitation of film stars and teenage idols, media adverts like radio, TV, high ambition, urbanization and unemployment, ignorance of the dangers of illegal drug use and alienation that they feel isolated and want to belong (Abudu, 23rd - 25th July, 2008, pp. 5-6).

Table 1: Family causes of drug abuse

		District						Total		Pearson Chi-Square (P value)
		Surkhet		Banke		Dang		N	%	
		N	%	N	%	N	%			
Family cause of drug abuse	Death of Family member	9	3.7	13	5.3	3	1.2	25	10.2	.474
	Separation of Parents.	5	2.0	3	1.2	1	0.4	9	3.7	.683
	Father or mother did second marriage	4	1.6	4	1.6%	2	0.8	10	4.1	.973

Bad relationship with family	39	16.0	42	17.2	14	5.7	95	38.9	.668
Parents fails to fulfill needs	20	8.2	12	4.9	7	2.9	39	16.0	.335
Enough pocket money	23	9.4	31	12.7	18	7.4	72	29.5	.114
Parents also take drug	13	5.3	3	1.2	0	0.0	16	6.6	.003
Bad relation with spouse	4	1.6	5	2.0	0	0.0	9	3.7	.465
Total	103	42.2	99	40.6	42	17.2	244	100.0	

Sources: Field survey, 2016

Table 1 shows the results of family causes of drug abuse. 38.9% respondents said they started drug because of bad relationship with family, 29.5% said because they had enough pocket money, 16.0% said parents fail to fulfill needs, likewise 10.2% said family member died, 6.6% said parents also take drug, 4.1% said father or mother did second marriage, 3.7% said parents separated and the same percent said bad relation with spouse.

Out of 103 respondents from Surkhet district, 16.0% said bad relationship with family, 9.4% said they started using drug because they had enough pocket money, 8.2% said parents fail to fulfill their needs, likewise, 5.3% said parents also take drug, similarly, 3.7% said family member died, 2.0% said parents separated, 2% replied father or mother did second marriage, and the same percent said bad relation with spouse. Similarly, among 99 respondents from Banke district, 17.2% said bad relationship with family, 12.7% said they started using drug because they had enough pocket money, 5.3% said parents family member died., likewise 4.9% said parents fail to fulfill needs, 2.0% said bad relation with spouse., 1.6% said father or mother did second marriage, family member died and parents also take drug had equal responses, i.e. 1.2%., Likewise, from Dang district, out of 42 respondents, 7.4% said enough pocket money, 5.7% said bad relationship with family, 2.9% said parents fail to fulfill their needs, likewise 1.2% said family member died, 0.8% said father or mother did second marriage, 0.4% said parents separated, there were no responses for parents also take drug and bad relation.

Death of family member as family causes of drug abuse in three districts the statistical analysis of Pearson Chi-Square test found that there is no significant association because the $P = .474$ which is higher than .05 significant level. Separation of parents as family causes of drug abuse in three districts there is no significant association because the $P = .683$ which is bigger than .05 significant level. Regarding second marriage or parents as family causes of drug abuse in three districts, the statistical analysis of Pearson Chi-Square test found that there is no significant

association because the $P = .683$ which is bigger than .05 significant level. Bad relationship with family as family causes of drug abuse in three districts there is no significant association because the $P = .668$ which is bigger than .05 significant level. Parents fail to fulfil the need of respondents as family causes of drug abuse in three districts there is no significant association because the $P = .335$ which is bigger than .05 significant level. Enough pocket money as family causes of drug abuse in three districts there is no significant association because the $P = .114$ which is bigger than .05 significant level. Parents also take drug as a family causes of drug abuse in three districts the statistical analysis of Pearson Chi-Square test found that there is significant association because the $P = .003$ which is smaller than .05 significant level. Bad relationship with spouse as family causes of drug abuse in three districts there is no significant association because the $P = .465$ which is bigger than .05 significant level.

Table 2: Psychological cause of drug abuse

		District						Total		Pearson Chi-Square (P value)
		Surkhet		Banke		Dang				
		N	%	N	%	N	%	N	%	
Psychological cause of drug abuse	To feel intoxicated	29	11.6	20	8.0	8	3.2	57	22.7	.276
	To feel relax	66	26.3	72	28.7	34	13.5	172	68.5	.151
	To improve sleep	20	8.0	21	8.4	3	1.2	44	17.5	.135
	To decrease worrying about personal problems	29	11.6	29	11.6	20	8.0	78	31.1	.053
	To avoid loneliness	17	6.8	15	6.0	11	4.4	43	17.1	.250
Total		105	41.8	103	41.0	43	17.1	251	100.0	

Sources: Field survey, 2016

Table 2 shows responses for the psychological causes of drug abuse majority 68.5% said they used drug to feel relax, 31.1% said they started using drug to decrease worrying about personal problems, similarly 22.7 % said to feel intoxicated, 17.5% said to improve sleep, likewise 17.1% said to avoid loneliness. Drug gives temporal relaxation in the mind that is why majority respondents used drug to feel relax.

As a district wise distribution, out of 105 respondents from Surkhet district, 26.3% said to feel relax, to feel intoxicated, 11.6% said to decrease worrying about personal problems, similarly, 8.0% said to improve sleep, and 6.8% said to avoid loneliness. Similarly, from Banke district, out of 103 respondents, 28.7% said to feel relax as a psychological cause of drug abuse, 11.6% to decrease worrying about personal problems, likewise 8.4% said to improve sleep, 8.0% said to feel intoxicated, and 6.0% said to avoid loneliness. From Dang district out of 43 respondents, 13.5 % said to feel relax as a psychological cause of drug abuse, 8.0% said to decrease worrying about personal problems, similarly 4.4% said to avoid loneliness, 3.2% said to feel intoxicated and 1.2% said to improve sleep.

To feel intoxicated as a psychological cause of drug abuse in three districts the statistical analysis of Pearson Chi-Square test found that there is no significant association because the $P = .276$ which is bigger than .05 significant level. To feel relax as a psychological cause of drug abuse in three districts there is no significant association because the $P = .151$ which is bigger than .05 significant level. To improve sleep as a psychological cause of drug abuse in three districts there is no significant association because the $P = .135$ which is bigger than .05 significant level. To decrease worry as a psychological cause of drug abuse in three districts there is no significant association because the $P = .053$ which is bigger than .05 significant level. To avoid loneliness as a psychological cause of drug abuse in three districts there is no significant association because the $P = .250$ which is bigger than .05 significant level.

Table3: Peer pressure and influence cause of drug abuse

		District						Total		Pearson Chi-Square (P value)
		Surkhet		Banke		Dang				
		N	%	N	%	N	%	N	%	
Peer pressure cause of drug abuse	Did not want to stand out from the group	8	3.2	20	8.0	5	2.0	33	13.2	.024
	Couldn't deny peers	33	13.2	45	18.0	26	10.4	104	41.6	.003
	Peers forced	25	10.0	21	8.4	3	1.2	49	19.6	.069
	Give company	27	10.8	47	18.8	12	4.8	86	34.4	.026
	Have good time with friends	52	20.8	40	16.0	17	6.8	109	43.6	.254
Total		105	42.0	103	41.2	42	16.8	250	100.0	

Sources: Field survey, 2016

Table 3 shows that 43.6% responded used drug because they wanted to have good time with their friends, 41.6% replied they could not deny their peers, like wise 34.4% said they used drug to give company, 19.6% said that they used drug because peers forced them and 13.2% said they did not want to stand out from the group.

Out of 105 respondents from Surkhet district, 20.8% said to have good time, 13.2% replied they could not deny peers, similarly, 10.8% said to give company, 10.0% said peers forced and 3.2% replied did not want to stand out from the group. Similarly, out of 103 respondents from Bake district, 18.8% said to give company, 18.0% said couldn't deny their peers, followed by 16.0% said to have good time, 8.4% replied peers forced and 8.0% said did not want to stand out from the group. From Dang district, out of 42 respondents, 10.4% responded could not deny my peers, 6.8% responded to have good time, similarly 4.8% said give company, 2.0% said did not want to stand out from the group and 1.2% said peers forced to take drug.

Do not want to stand out from the group as a peer pressure cause of drug abuse in three

districts the statistical analysis of Pearson Chi-Square test found that there is significant association because the $P = .024$ which is less than .05 significant level. Cannot deny friends as a peer pressure cause of drug abuse in three districts there is significant association because the $P = .003$ which is smaller than .05 significant level. Peer force as a peer pressure cause of drug abuse in three districts there is no significant association because the $P = .069$ which is bigger than .05 significant level. Give company to friend as a peer pressure cause of drug abuse in three districts the statistical analysis of Pearson Chi-Square test found that there is significant association because the $P = .026$ which is smaller than .05 significant level. Have good time with friends as a peer pressure cause of drug abuse in three districts there is no significant association because the $P = .254$ which is bigger than .05 significant level.

People see family members, friends, role models or entertainers using drugs and rationalize that they can too. The Report of Central Bureau of Statistics reported that peer pressure is the major cause reported for drug intake (78.7%). Curiosity accounted to 58.5% and family problem 19.9%. (Government of Nepal Central Bureau of Statistics, 2014, p. 22).

Table 4: School/ college environment cause of drug abuse

		District						Total		Pearson Chi-Square (P value)
		Surkhet		Banke		Dang				
		N	%	N	%	N	%	N	%	
School/ college environment cause of drug	Difficult to adjust in school	15	6.1	12	4.9	9	3.6	36	14.6	.317
	Failed in the exam.	34	13.8	45	18.2	12	4.9	91	36.8	.138
	Teachers' discrimination	5	2.0	7	2.8	1	0.4	13	5.3	.542
	Teachers' punishment	10	4.0	14	5.7	2	0.8	26	10.5	.274
	Easy to get drug at school	43	17.4	43	17.4	23	9.3	109	44.1	.301
	Lack of extra activities in the school	8	3.2	14	5.7	5	2.0	27	10.9	.395
Total		103	41.7	103	41.7	41	16.6	247	100.0	

Sources: Field survey, 2016

Table 4 shows 44.1% responded easy to get drug at schools, 36.8% responded used drug because they failed in exam, like wise 14.6% said difficult to adjust in school, 10.9% said lack of extra activities in the school, and 10.5% said teachers' punishment and 5.3% said teachers'

discrimination.

Out of 103 respondents from Surkhet district, 17.4% responded easily to get drug at schools, 13.8% responded failed in the exam, 6.1% replied difficult to adjust in school, 4.0% said teachers' punishment, similarly 3.2% said lack of extra activities in the school and minority 2.0% said teachers' discrimination. Likewise, from Banke district, among 103 respondents, 18.2% responded failed in the exam, 17.4% responded easily to get drug at school, lack of extra activities in the school and teachers' punishment had equally 5.7%, similarly, 6.1% said difficult to adjust in school and 2.8% said teachers' discrimination. Similarly, out of 41 respondents from Dang district, 9.3% responded easy to get drug at schools, 4.9% responded failed in the exam, 3.6% replied difficult to adjust in school, 2.0% said lack of extra activities in the school, 0.8% said Teachers' punishment and minority 0.4% said teachers' discrimination.

Difficult to adjust in school as school/college cause of drug abuse in three districts the statistical analysis of Pearson Chi-Square test found that there is no significant association because the $P = .317$ which is bigger than .05 significant level. Fail in exam as school/college cause of drug abuse in three districts there is no significant association because the $P = .138$ which is bigger than .05 significant level. Teacher's discrimination as school/college cause of drug abuse in three districts the statistical analysis of Pearson Chi-Square test found that there is no significant association because the $P = .542$ which is bigger than .05 significant level. Punishment as school/college cause of drug abuse in three districts there is no significant association because the $P = .274$ which is bigger than .05 significant level. Easy to get drug at school/college as school/college cause of drug abuse in three districts there is no significant association because the $P = .301$ which is bigger than .05 significant level. Lack of extra activities as school/college cause of drug abuse in three districts the statistical analysis of Pearson Chi-Square test found that there is no significant association because the $P = .395$ which is bigger than .05 significant level.

Various previous literature has also shown the availability of drug within the premises of school; students use drug. In this connection, drug users were asked about their school environment which might cause their involvement in drug use. Schools also provide opportunities for young people to have contact with others who may have differing or similar expectations about substance use, as well as offer the potential for access to substances (Kirby, Sluijs, & Inchley, 2008, p. 42).

Table 5: Social and cultural cause of drug abuse

		District						Total		Pearson Chi-Square (P value)
		Surkhet		Banke		Dang				
		N	%	N	%	N	%	N	%	
Soci	Neighbours also take drug	18	7.2	38	15.3	8	3.2	64	25.7	.003

Drug is common in my culture	25	10.0	17	6.8	7	2.8	49	19.7	.471
Prevalence of drugs in the community	25	10.0	34	13.7	9	3.6	68	27.3	.357
Discrimination of caste or ethnicity	6	2.4	7	2.8	2	0.8	15	6.0	.881
Don't remember	37	14.9	26	10.4	19	7.6	82	32.9	.058
Total	104	41.8	102	41.0	43	17.3	249	100.0	

Sources: Field survey, 2016

Table 5 explores that 32.9% responded don't remember about the social and culture causes of drug abuse, 27.3% responded prevalence of drugs in the community; similarly, 25.7% said neighbors also take drug, 19.7% said drug is common in my culture and 6.0% said discrimination of caste or ethnicity in the society.

As district wise distribution of Social and Cultural Causes of Drug Abuse, from Surkhet district, out of 104 respondents, 14.9% responded do not remember about the social and culture causes of drug abuse, drug is common in my culture and prevalence of drugs in the community had equally second majority 10.0%, similarly 7.2% replied neighbours also take drug and 2.4% replied discrimination of caste or ethnicity in the society. Likewise, from Banke district, 15.3% responded neighbours also take drug as the social and culture causes of drug abuse, second majority 13.7% said prevalence of drugs in the community, followed by 10.4% don't remember, 6.8% said drug is common in their culture and 2.4% said discrimination of caste or ethnicity in the society. Similarly, from Dang district 7.6% responded don't remember about the social and culture causes of drug abuse, 3.6% responded prevalence of drugs in the community, followed by 3.2% neighbors also take drug, 2.8% said drug is common in their culture and 0.8% said discrimination of caste or ethnicity in the society.

Neighbors involvement as social and cultural causes of drug abuse in three districts the statistical analysis of Pearson Chi-Square test found that there is significant association because the $P = .003$ which is smaller than .05 significant level. Drug is common in their culture as social and cultural causes of drug abuse in three districts there is no significant association because the $P = .471$ which is bigger than .05 significant level. Prevalence of drug in community as Social and cultural causes of drug abuse in three districts there is no significant association because the $P = .357$ which is bigger than .05 significant level. Discrimination of caste or ethnicity in the society as social and cultural causes of drug abuse in three districts there is no significant association because the $P = .881$ which is bigger than .05 significant level. Do not remember as social and cultural causes of drug abuse in three districts there is no significant association because the $P = .058$ which is bigger than .05 significant levels.

Values may be influenced by multiple factors including social, religious, and personal views. Especially among contemporary youths, many individuals struggle to relate to peers. The stress of socializing can be a major reason why individuals turn to intoxicants as a means of curbing social anxiety. Another social factor that contributes to addiction is the tendency for drug and alcohol abuse to promote group solidarity and feelings of community and belonging (O'Leary, 2014).

Table 6: Mass media cause of drug abuse

		District						Total		Pearson Chi-Square (P value)
		Surkhet		Banke		Dang				
		N	%	N	%	N	%	N	%	
Mass media as a cause of drug abuse	Imitation of films stars and idol which shown on television	17	6.9	36	14.7	16	6.5	69	28.2	.002
	Media advertisements	15	6.1	16	6.5	2	0.8	33	13.5	.201
	Drug users life style shown on the television	23	9.4	30	12.2	12	4.9	65	26.5	.380
	Don't remember	55	22.4	31	12.7	16	6.5	102	41.6	.005
Total		105	42.9	100	40.8	40	16.3	245	100.0	

Sources: Fieldsurvey, 2016

Table 6 revealed that 41.6% respondents responded do not remember about mass media which causes drug abuse, 28.2% said imitation of films stars and idols which are shown on television, followed by 26.5% drug users were influenced by life styles shown on the television and 13.5% said media advertisements.

From Surkhet district, 22.4 % respondents showed their anonymity about mass media as the cause of drug abuse, followed by 9.4% said drug users' life style shown on the television, 6.9% said imitation of films stars and idols which are shown on television and 6.1% said media advertisements. Similarly, from Banke district, 14.7% respondents responded imitation of films stars and idols which are shown on television about mass media causes of drug abuse followed by 12.7% respondents showed anonymity, 12.2% said drug users' life style shown on the television and 6.5% said media advertisements as mass media causing to be drug abuser. From Dang district, 6.5 % responded equally imitation of films stars and idols which are shown on television and anonymity, followed by 4.9% said drug users' life style shown on the television and 0.8% responded media advertisements as mass media causes of drug abuse.

Imitation of films stars and idol which shown on television as a mass media causes of drug abuse in three districts the statistical analysis of Pearson Chi-Square test found that there is significant association because the $P = .002$ which is smaller than .05 significant levels. Media advertisement as a mass media causes of drug abuse in three districts there is no significant association because the $P = .201$ which is bigger than .05 significant level. Drug users life style shown on the television as a mass media causes of drug abuse in three districts there is no significant association because the $P = .380$ which is bigger than .05 significant levels. Don't remember as a mass media causes of drug abuse in three districts the statistical analysis of Pearson Chi-Square test found that there is significant association because the $P = .005$ which is smaller than .05 significant levels.

Digital media are increasingly being used to advertise drugs. While generations of old experienced the advent of television and the advent of the internet, technology's rapid evolution over the last several decades has profoundly affected the world we live in. Teens are using drugs as early as middle school, and technology is making this easier than ever. Recent studies show that 75% of teenagers seeing photos on social networks of other teens smoking weed or drinking encourages them to party in the same way (Teen Rehab Center, 2016).

CONCLUSIONS

Socio-economic background of the family, psychological, peer pressure, school/college, socio culture and mass media causes of drug abuse. The study found that bad relationship with family as a family cause of drug abuse, similarly youth use drug abuse to feel relax as a psychological cause of drug. Not only that study explored youth used drug to have good time with friends as peer pressure and influence cause. Majority respondent responded they start drug because they failed in exam as a school/ college environment of cause. As a mass media cause majority respondents said they start drug because films stars and idols which are shown on television.

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