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**Drug Addiction among youth in Budgam District of Kashmir: A  
Sociological Study**

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**ABSTRACT:**

The inclination of youth towards the drugs has obviously taken the dangerous shape. Menace of drug abuse among youth is frantically dangerous to their life, society as well as nation itself. Their escapism route from the emerging challenges of life has feasibly motivated them to this hazard which is one of the responsible factors for increased rate of crime in the district Budgam of J&K state. Besides penal and criminal laws, a value based guidance system is imperative to handle such situations. In this context proper religious education, meditation has to be given a chance. It is not only role of parents, teachers, social activists, but equally that of religious preachers which will provide a meaningful guidance and hope to such misguided human soul in solving the problem of drug abuse among youth which are future of the society. No civilized society or nation will allow them to go stray from the path of development. A peaceful soul is an essential source of human development and purpose of this paper is an attempt in this regard in finding a long lasting solution of this problem. Right philosophy, right knowledge and right conduct is the gateway and will act as a parameter of transition for the affected people.

**Keywords:** Drug abuse, Illiteracy, Lack of awareness, Dilemma, Parental care, Budgam district.

**Introduction:** Drug addiction among youth continues to be a major problem worldwide and India is no exception. Drug addiction is a relative term and the concept and meaning of which can be derived in the light of prevailing legal and moral values. It appears in different lights in different countries at different times. What some members of society may regard as abuse may well be regarded as

legitimate behavior by others of the same or different society and vice versa. The law for it is ever changing, adding new things (substances) to the catalogues and modifying, altering and repeating former ones. Anyone who consumes heroin, cocaine, lysergic acid, diethylamide (LSD) or marijuana (cannabis) even only once or more than once is legally defined as abuser of the substance. The official definition of drug abuse by American Medical Association is the use of a drug outside medical context. The problem of drug addiction has become a global concern and is fast attaining alarming proportions not only in developed countries but also in developing countries. It has received greater attention in recent times as increasing number of young people from different socio-economic strata are falling prey to it. The situation created by the drugs in the world is threatening into tear apart the very fabric of the society and dehumanize the people. This has got greater relevance in developing countries like India as it is already burdened with inadequate health care facilities consequent to overpopulation, unregulated fertility, poverty and illiteracy. India too is caught in this vicious circle of drug addiction, and the numbers of drug addicts are increasing day by day. According to UN report, one million heroin addicts are registered in India, and unofficially there are as many as five million. What started off as casual use among a minuscule population of high-income group youth in the metro has permeated to all sections of society? Inhalation of heroin alone or along with other sedatives and painkillers has given way to intravenous drug use. This has increased the intensity of the effect, hastened the process of addiction and complicated the process of recovery. Cannabis, heroin, and Indian-produced pharmaceutical drugs are the most frequently abused drugs in India. Cannabis products, often called charas , bhang, or ganja, are abused throughout the country. The International Narcotics Control Board in its 2002 report released in Vienna pointed out that in India persons

addicted to opiates are shifting their drug choice from opium to heroin. The pharmaceutical products containing narcotic drugs are also increasingly being abused. The intravenous injections of analgesics like dextropropoxyphene etc are also reported from many bureaus. International Bureau of Narcotics (I.B.N.) has reported that the narcotics trade in India is flourishing as it is easily available at 1/10th the cost of heroin. The codeine-based cough syrups continue to be diverted from the domestic market for abuse.

The scientists and sociologists have shown serious concern as far as the drug abuse and related issues are concerned and a number of research studies have been carried throughout the world to examine the problem related to the drug abuse. Clinard (1964) in his book "Sociology of Deviant Behavior" has developed a chapter on drug addiction in which he has highlighted in detail the extent of addiction, process addiction, effects of addiction, control of addiction and deviant behavior. Prashad (1985) in "Blue Print for the reorganization of neurotic wing of Central Bureau of Investigation" CBI Bulletin No.10, is of the opinion that smuggling of drugs has a bearing with economics of drugs. He pointed out that the number of drug addicts increases with the proportional increase in the demand of drugs. Mohan et al, (1985) in an epidemiological survey 'A study of drug abuse in rural areas of Punjab' conducted in 24 rural villages of four community development blocks in three districts of Punjab state bordering Pakistan covering, 1276 household found that both men and women are involved in the use of traditional drugs i.e. alcohol, tobacco, opium, and cannabis. In males the commonest and popular drug used was alcohol (58.3%), followed by tobacco (19.3%), opium (6.3%) and cannabis (1.2%). The majority of the female respondents were non-users, but a very small number reported use of tobacco,

alcohol and opium. The observations are compared with other studies and implications. Khan (1986) in an extensive study entitled “Drug use among the college youth” has found that males are greater users of drugs than females except in case of pain killers. Proportion of females in alcohol and bhang is significant. Jhonson et al. (2006) in their study “Marijuana – Argot as a subculture threads” showed that marijuana related argot provides socially constructed ways of talking, expressing, communicating and interacting among marijuana users and distributors. Solowing et al. (2008) in a study on ‘the chronic effects of cannabis on memory in Humans’ showed that memory problems are frequently associated with cannabis use and suggested impaired, encoding, storage, manipulation and retrieval mechanism ‘memory deficits’ in long term or heavily cannabis users. Juyal et al. (2007), in their study ‘socio-demographic characteristics of substance abusers among inter-college students in district of Utrakhand’ tried to find out association of socio-demographic factors with substance abuse among inter-college students.

Like in other parts of the Nation District Budgam of Jammu and Kashmir is one of the worst affected districts. This district is located in the northern part of India between 34<sup>o</sup>42 - 34<sup>o</sup>5 N and 72<sup>o</sup>24 – 74<sup>o</sup>54 E, covers an area of 1291 km<sup>2</sup>. About 6% of the state’s population resides in Budgam. According to the 2011 census Badgam district has a population of 735,753 with population density of 537 inhabitants per square kilometer. Its population growth rate over the decade 2001-2011 was 21.18%. Badgam has a sex ratio of 883 females for every 1000 males, and a literacy rate of 57.98%., an increase from 39.54% in 2001.

Drug addiction in Budgam has received scant attention. This affliction has taken root from more than two decades now. Drugs continue to ruin hundreds & thousands of youth in the district. Drug abuse in the district has led to detrimental

impact on the society. It has led to increase in crime rate and serious health problems like HIV/AIDS as drugs rob self-consciousness and impair judgment influencing one to commit offences like, eve teasing, group clashes, assault, domestic violence etc. The drug abuse is a complex phenomenon, which has various social, cultural, biological, geographical, historical and economic aspects. The disintegration of the old family system, absence of parental love in modern families where both parents are working, decline of religious and moral values lead to a rise in the number of drug addicts who take drugs to escape hard realities of life. Drug use, abuse, misuse is also primarily due to the nature of drugs abused. The personality of individual and the addict's immediate environment, the process 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. The fast changing social milieu, among other factors is mainly contributing to the proliferation of drug abuse, both of traditional and new psycho-active substances.

Times have changed. The world has entered a new age of drugs. In just the last few years, drug abuse has morphed into something never seen before. The days of the pot-smoking neighbor sitting calmly in his basement have been replaced by the dangerous psychotropic user. Stronger forms of cocaine, marijuana and heroin are being joined by other drugs such as methamphetamine, "bath salts," and krokodil. It is no more out of sight now, but it has exploded into the open streets, reaching nearly every corner of civilization. The once-silent killer is claiming more victims than ever before, and in horrific ways. Sadly, drug use continues to maintain a stranglehold on young people, stripping away their chance for stable, happy and productive lives. Scientific knowledge combined with escapism, experimentation and sheer boredom has resulted in mankind inventing many poisonous substances

and deadlier forms of drugs. These are then mixed to create even more lethal concoctions.

The common folk of society when made aware about issue, the society will automatically flourish in a nice way and the drug addiction rate will come down. There will be security for the society, and the younger generation will grow in a right direction. And the society will be a better place to live in only when everyone will be in a position to distinguish between right and wrong and our earnings should be legal one. Through these remedies we all can control the dreadful disease of drugs. Drugs not only destroy addicts but also breed extremism, homicide, international tension and diseases. Drug addiction is an anti-mankind activity which in fact is eating into very vitals of the society. There is a need to check the evils of drug abuse and fight it determination for its total elimination from the society. The people have to join hands to fight this evil. A strict supervision by the parents and guardians is needed to combat drug abuse. The authorities of educational institutions, where the inmates of hostels fall easy prey to such habits, have to be tough enough to fight this menace. The conventional educational system is to be revamped in order to bring all round development of an individual and emphasis on how to live with dignity, in harmony and according to circumstances. The sources of drugs should be eradicated and laws with strict implementation should be reinforced to fight this evil. Although anti narcotic squads and international drug enforcement agency have been very instrumental in combating drug abuse. Yet there is a need to have more such agencies with support and cooperation from general masses to eradicate this menace. Mass media can play a very dominating role in educating the people about the dangers of drugs. Social organization and counseling can be very useful to educate people against the dangers of this menace.

"Quranic verse"

"O, you who believe, eat the good things that we have provided to you and be grateful to Allah, if it is Him you worship". From the Quranic verse, it is clear that lawful (halal) food is necessary for maintaining sound health. Unlawful (haram) food is forbidden and is harmful to the health. To a greater extent there is something wrong in our day today earnings. Because the money earned through illegal ways will always lead society towards such problems. If we have to turn our society into beautiful garden then again we have to look on our earnings so to make our families and society free from illegalities. Because corruption has posed a great challenge to our society and its affects should be treated in time and steps should be taken to fight the menace of corruption. Otherwise corruption and drug addiction will remain a consistent threat to the society. Piety does not mean turn your face towards the east or the west, but truly pious is he who believes in God, the last day, angels, the holy books and the Prophets. The Kashmiris at present are living a disorderly life. Disorderliness is always problematic for the human society and will definitely guide the habitants toward the problems not recognized by any religion like the addiction of drugs. Disciplined life can help the people to remove the evil of addiction from society once for all the times. Discipline is the base of progress. Development in life is impossible without discipline. Family peace, national prosperity and change is possible only if we have discipline. Self-control is necessary for happy and healthy society. A disciplined society is the strongest, what makes a society great not gold and wealth; it is strong when its people are disciplined. Evil have crept in our society because we are lacking the positive way of discipline. If we have to make our society happy and prosperous discipline is the necessary requirement of development. We all have to follow the rules and

regulations of discipline from the gross root level, the only way to eradicate the man-made evil from our society.

Nothing is impossible for humans to control. God has bestowed upon them the reason and logic. But all have to devote their energy to uproot the evil practice from the Budgam district and also from other areas of valley. The liberation from such drugs is possible only when all will liberate themselves from the false value systems, ideologies of oppression to the extent where everyone can become equal irrespective of gender, and all use their potential and will work to build actual humane society for all free from the drugs. This can be achieved through different steps beginning with the welfare of drug addicts, parental care, and access to resources, awareness, and active participation in day today activities of life.

**Conclusion:** The addiction has really ruined the life of people to a greater extent. Same has given rise to number of problems. The basic reason for all these episodes is the deviation of people from religious teachings. We have preferred the temporary life only and ignored the real life, i.e. life hereafter.

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