

A Study on Impact of Substance Abuse Among Youth in Mangaluru City: Parents Perception

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Abstract- Youth play a great role in nation-building with the power to help a country develop and move towards progress. It also is responsible for bringing social reform within a country. The youth of a country determine the future of a nation. Majority of youth of current generation are the victims of substance abuse, which is rising due to changing values and economic challenges, leading to serious social and health issues. In this regard, preventive measures are essential to address this growing concern. Hence, the aim of the study is to understand parent's ideologies about childcare and to better the relationship between parents and their children, so as to combat the misuse and addiction to substance within the youth community. The objectives of the study are to identify the factors responsible for the substance abuse among youth residing in Mangaluru city, to examine its impact on youth, and to suggest preventive measures to control the issue. For the purpose, Mangaluru city of Karnataka State is selected as the universe and 100 parents residing in Mangaluru City were the respondents. The descriptive research design is adopted and the probability simple random sampling techniques is chosen for the study. The study reveals that majority of the youth becomes the victim of substance abuse due to peer pressure, societal norms, and economic factors which requires spread of awareness regarding the law, impact, preventive and rehabilitative measures. There is a need for the coordinated societal efforts for effective intervention and long-term recovery.

Key Words – Substance abuse, Youth, Parents, Mangaluru city

INTRODUCTION

The compulsive and uncontrollable use of substances or continuing with actions despite negative consequences are hallmarks of addiction, a chronic and complicated disorder. It includes behavioural and psychological elements in addition to physical dependence. Cravings and losing control over one's behaviour are common symptoms of

addiction. For prevention and treatment efforts to be effective, it is essential to comprehend the underlying variables, which include genetic predisposition and environmental impacts. The use of psychoactive substances, such as alcohol and illegal narcotics, in a detrimental or dangerous way is referred to as substance abuse. It entails the excessive and repetitive use of these drugs, which can have negative effects on one's physical and emotional well-being. Addiction to drugs or alcohol can have serious negative effects on people's lives, families, and communities on the social, legal, and economic fronts.

According to the survey done about 'magnitude of substance uses in Indian 2019' by National Drug Dependence Treatment Centre (NDDTC), AIIMS, New Delhi. Substance misuse has many different root causes, many of which are related. Substance misuse has many different causes, many of which combine biological, psychological, and environmental elements. Substance abuse can lead to long-term physical and mental health issues, including organ damage, cognitive impairment, and increased risk of mental disorders such as anxiety and depression.

According to Levine, M. D. (2002) Addiction to substances as a self-medication may be exacerbated by mental health conditions such as depression, anxiety, or trauma. Some people may be more susceptible to addictive behaviours due to neurological and biochemical imbalances in the brain. The possibility of substance abuse and misuse rises with easy availability to substances, whether they are legal or illicit. According to Johnston, L. D. et.al., (2012) youth involved in substance abuse often experience poor academic performance, increased school absenteeism, and higher dropout rates. People's perceptions and behaviours can be influenced by cultural norms, society attitudes, and media portrayals of substance use. Substance abuse

has widespread impacts on individuals, families, and communities. For individuals, it causes physical harm, mental health issues, cognitive decline, and addiction, leading to lost productivity and financial strain. Families face relationship problems, financial stress, and risks to children's welfare, compounded by the stigma of addiction. On a community level, substance abuse increases crime, strains healthcare systems, reduces workforce potential, and erodes social cohesion. The effects are far-reaching, highlighting the need for comprehensive prevention and treatment strategies.

Preventing substance abuse requires a multi-faceted approach, including education, peer support, and strong family involvement to create a supportive environment. Schools, communities, and workplaces should promote awareness, build coping skills, and offer early intervention for at-risk individuals. Access to mental health resources and restrictions on substance availability play a crucial role, while media literacy helps individuals resist harmful influences. Community-based programs and law enforcement collaboration further reinforce prevention efforts, ensuring individuals develop healthy decision-making skills and stress management techniques to avoid substance use.

A study conducted by *Ulfat Amin, Adil Mudasir Malla, et al (2023)* on the topic *Substance Abuse: A Public Health Concern*, Islamic University of Science and Technology, Awantipur with the objective Substance abuse among teenagers, Risk factors of substance abuse, the prevalence of drug misuse, treatment modalities of substance addiction. The article highlights the need for a comprehensive, cooperative approach involving government, private sectors, and NGOs to prevent and control drug abuse through legal enforcement, social support, research, and community-based strategies.

A study conducted by *Kazemi, Donna M. PhD, FIAAN; et al (2021)* on the topic *Systematic Review of smartphone apps as a mHealth Intervention to Address Substance Abuse in Adolescents and Adults*. The objective is to study the intervention of apps to address substance abuse in adolescents and adults and to find ways in which it can be improved and could work alongside with physical interventions.

Use of app-based intervention showed some evidence of effectiveness in reducing substance abuse in the adolescent adult population.

METHOD

The methodology of research outlines the systematic approach and procedures used to conduct a study. The present study is conducted with the following objectives:

- To identify the factors responsible for substance abuse among youth.
- To study the impact of substance abuse on youth in Mangaluru city.
- To suggest preventive measures to control substance abuse among youth in Mangaluru city.

The method used for the research is the quantitative approach of descriptive design using primary data collected from the universe of the study. Sampling size taken is from 100 individuals residing in Mangaluru city. The data was collected with a structured questionnaire. The sampling technique of the study is random sampling. The data was statistically analysed using Microsoft Excel and coded information was entered using SPSS software. After systematically coding the data tables were made for the interpretation.

DATA ANALYSIS

Teenage substance addiction is more common than one may think due to a combination of factors including easy availability to drugs and alcohol, family dysfunction, media representation, peer pressure, and mental health concerns. A lack of stability can be caused by family dynamics, neglect, abuse, and parental substance misuse. On comparing with the occupation and the factors responsible for the substance abuse among youth it will help to know the various causes that can be responsible for the substance abuse as the parents will be of different profession and that can be helpful to share from their own hand experiences and knowledges from different platforms.

Table: 01-Gender of the respondents and Opinion about prevalence of substance abuse in Mangaluru city

Gender of respondents * Opinion about prevalence of substance abuse in Mangaluru city						
		Opinion about prevalence of substance abuse in Mangaluru city			Total	
		.00	yes	no		
Gender	Male	Count	6	29	13	48
		% of Total	6.0%	29.0%	13.0%	
	Female	Count	5	28	19	52

		% of Total	5.0%	28.0%	19.0%	52.0%
Total		Count	11	57	32	100
		% of Total	11.0%	57.0%	32.0%	100.0%

The cross related data shown in the table pertaining to gender and opinion about prevalence of substance abuse in Mangaluru city reveals that among the 48% of the male respondents 29% of them stated that substance abuse is more in Mangaluru city whereas 13% of them says that substance abuse is less in Mangaluru city. Among the 52% of the female respondents 28% of them stated that substance abuse is more in Mangaluru city whereas 19% of the respondents stated that substance abuse is less in Mangaluru city. The present study reveals that irrespective of the gender 57% of the respondents agree that substance abuse is more in the Mangaluru city.

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Table: 02- Occupation of the respondents and factors responsible for substance abuse among youth.

			The factors for substance abuse among youth								Total	
			.00	peer pressure	family issue	stress	curiosity	availability	Peer pressure, family issue	Peer pressure, availability		Stress, curiosity
occupation	Business	% of Total	0.0%	5.0%	0.0%	0.0%	0.0%	1.0%	3.0%	3.0%	1.0%	13.0%
	Farmer	% of Total	0.0%	4.0%	1.0%	0.0%	0.0%	3.0%	1.0%	0.0%	2.0%	11.0%
	Govt job	% of Total	0.0%	0.0%	0.0%	0.0%	0.0%	1.0%	1.0%	1.0%	1.0%	4.0%
	Private job	% of Total	0.0%	4.0%	0.0%	3.0%	0.0%	0.0%	8.0%	9.0%	1.0%	25.0%
	Lecture	% of Total	0.0%	3.0%	0.0%	0.0%	1.0%	3.0%	1.0%	1.0%	3.0%	12.0%
	House wife	% of Total	0.0%	6.0%	4.0%	2.0%	1.0%	2.0%	5.0%	3.0%	4.0%	27.0%
	Medical job	% of Total	0.0%	4.0%	0.0%	0.0%	0.0%	0.0%	2.0%	1.0%	1.0%	8.0%
Total	% of Total	0.0%	26.0%	5.0%	5.0%	2.0%	10.0%	21.0%	18.0%	13.0%	100.0%	

The table shows the relationship between respondents' occupations and factors influencing youth substance abuse. Among business persons (13%), 5% cited peer pressure, 1% availability, 3% both peer pressure and family issues, 3% both peer pressure and availability, and 1% stress and curiosity. Among farmers (11%), 4% cited peer pressure, 1% family issues, 3% availability, 1% both peer pressure and family issues, and 2% stress and curiosity. Government officers (4%) cited availability (1%), peer pressure and family issues (1%), peer pressure and availability (1%), and stress and curiosity (1%). Private workers (25%) cited peer pressure (4%), stress (3%), peer pressure and family issues (8%), peer pressure and availability (9%), and stress and curiosity (1%). Another group of private workers (12%) cited peer pressure (3%), curiosity (1%), availability (3%), peer pressure and family issues (1%), peer pressure and availability (1%), and stress and curiosity (3%). Housewives (27%) cited peer pressure (6%), family issues (4%), stress (2%),

curiosity (1%), availability (2%), peer pressure and family issues (5%), peer pressure and availability (3%), and stress and curiosity (4%). The present study conveys that irrespective of the occupation of the respondents 26% of them opines with peer pressure is the factor for substance abuse among youth.

In research, gender and knowledge of drug usage laws and penalties are important factors. Gender roles and cultural expectations can have an impact on gender disparities in substance addiction patterns, reasons for use, and treatment-seeking behaviours. Behaviours and answers to study questions can also be influenced by knowledge of the laws and penalties. Strict sanctions, for example, can result in underreporting or biased responses, whereas supportive rules might promote candid disclosure and assistance requests. Consequently, when planning investigations, researchers need to take gender dynamics and legal knowledge into account.

Table: 03-Gender and the awareness of laws and punishments for substance abuse

			Awareness of laws and punishments for substance abuse			Total
			.00	yes	no	
Gender	Males	% of Total	3.0%	26.0%	19.0%	48.0%
	Females	% of Total	1.0%	29.0%	22.0%	52.0%
Total		% of Total	4.0%	55.0%	41.0%	100.0%

The cross related data related to the gender and awareness of laws and punishments related to the substance abuse stated that among the 48% of the respondents 26% of them stated that they are aware of the laws and punishments whereas 19% of them stated they are not aware of the laws and punishments for the substance abuse and 3% of them haven't responded to the question. Among the 52% of the female respondents 29% of them stated that they are aware of the substance abuse whereas 22% of them stated that they are not aware of the substance abuse among youth and 4% of them haven't responded. The present study reveals that irrespective of the gender 55% of them stated that they are aware of the laws and punishments related to substance abuse.

Understanding and combating youths drug abuse requires taking into account the age of the respondents. Age groups react differently to preventive efforts and vary in their vulnerability to substance use. The priorities of younger teenagers are frequently resilience, education, and good coping mechanisms. Early intervention programs give young people the tools they need to avoid substance abuse. Targeted therapies address risk factors like stress, mental health difficulties, and social impacts as people move into late adolescence and early adulthood. Preventive activities can be more effective when parents, educators, healthcare practitioners, and community stakeholders work together.

Table :04 Age of the respondents and the preventive measures

		can you suggest any preventive measures to control substance abuse among youth									Total
		.00	more activities	family communication	awareness	strict law enforcement	counselling	activity, family communication	Activity, awareness		
Age	31-35	% of Total	0.0%	0.0%	1.0%	8.0%	2.0%	0.0%	2.0%	0.0%	13.0%
	36-40	% of Total	1.0%	1.0%	0.0%	4.0%	4.0%	1.0%	7.0%	1.0%	19.0%
	41-45	% of Total	0.0%	0.0%	1.0%	7.0%	5.0%	4.0%	3.0%	3.0%	23.0%
	46-50	% of Total	0.0%	3.0%	2.0%	3.0%	2.0%	3.0%	6.0%	4.0%	23.0%
	51-55	% of Total	0.0%	1.0%	0.0%	8.0%	0.0%	1.0%	1.0%	5.0%	16.0%
	56-60	% of Total	0.0%	0.0%	2.0%	3.0%	1.0%	0.0%	0.0%	0.0%	6.0%
Total		% of Total	1.0%	5.0%	6.0%	33.0%	14.0%	9.0%	19.0%	13.0%	100.0%

The data highlights the link between age groups and preferred preventive measures for substance abuse. Among respondents aged 31-35 (13%), awareness (8%) was the most cited measure, followed by family communication (1%), strict law enforcement (2%), and both activities and family communication (2%). In the 36-40 age group (19%), awareness (4%), strict law enforcement (4%), and activities with family communication (7%) were key, while some also supported counselling (1%) and activities with awareness (1%), with 15 not responding. Among those 41-45 (23%), awareness (7%), counselling (4%), strict law enforcement (5%), and various combined measures (6%) were preferred. Respondents 46-50 (23%) prioritized activities (3%), awareness (3%), counselling (3%), law enforcement (2%), and family communication (6%). Those 51-55 (16%) favoured awareness (8%), with minor support for activities (1%) and counselling (1%), while respondents 56-60 (6%) leaned toward communication (2%), awareness (3%), and law enforcement (1%). Overall, awareness, family involvement, and stricter laws were the most common solutions across age groups. The present study reveals that irrespective of the age group of the respondents 33% of them stated that awareness can

help in reducing the substance abuse among the youth.

MAJOR FINDINGS

The outcomes of research are essential for knowledge development, decision-making, innovation, quality of life enhancement, policy formation, education assistance, and the advancement of human understanding. They stand as the foundation for societal advancement and development and are the product of intellectual investigation. The study was focused on the parent's perception on the substance abuse among the youth in Mangaluru city. The number of samples was 100 from the parents residing in the Mangaluru city. The following are the major findings of the study.

- 57% of the parents agree that the substance abuse is more in Mangaluru city. Factors such as availability, societal norms, and economic conditions can influence its prevalence.
- The peer pressure is the major reason for the substance abuse among youth(26%). Peer acceptance or the need to fit in may encourage individuals to take on activities they would not have otherwise considered.

- 55% of the parents are aware of the laws and punishments for the substance abuse. Parents and children may be prevented from consuming substances if they are conscious of the consequences under the law.
- Awareness can help as a preventive measure for reducing the substance abuse among the youth(33%). Through educating people, encouraging wise choices, and encouraging healthy habits, awareness plays a critical part in preventing substance abuse.

SUGGESTION

Regular awareness campaigns are essential for educating individuals and addressing substance abuse through education, support systems, and effective policies. Factors like availability, societal norms, and peer pressure contribute to its prevalence. Increasing awareness of counselling services, mental health hotlines, and rehabilitation facilities can aid recovery, while stricter laws and penalties can help prevent misuse. Parental awareness, open communication, and community support play a key role in prevention. Schools and colleges should implement awareness programs to empower individuals with knowledge, encourage informed decisions, and promote healthy behaviours. Comprehensive support, including counselling and financial aid, is crucial in breaking the cycle of addiction.

CONCLUSION

Addressing substance abuse requires public awareness of its consequences, stricter penalties, and accessible prevention measures. Governments and educational institutions should provide resources for education and counselling while incorporating discussions on laws like the NDPS Act in schools. Society must implement therapy, support groups, and rehabilitation programs to aid recovery. Substance misuse, especially among youth, has serious long-term effects on physical, mental, and social well-being. A coordinated effort across societal sectors, including early intervention and proper support, is crucial to minimizing harm and ensuring better futures for young individuals.

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