

Perception of Graduates about Drug Addiction in Azad Jammu and Kashmir

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Abstract

Objective

The main objective of this study is to access the awareness about drug addiction among graduate students to highlight its causes and sources. Also to identify the source this can play vital role to overcome drug addiction in Azad Kashmir.

Methods

The sample size of 250 graduate students was selected from the enrolled graduate students of the universities including University of Azad Jammu and Kashmir and Mohi-ud-din Islamic University. By using stratified sampling we took 25 students from each district of Azad Kashmir. Computer software SPSS was used for coding and analysis of data. The graphical methodology, Chi-square test of association and Mann-Whitney U test was applied for statistical analysis.

Results

The results shows that mostly people (67.6%) thought that smoking is a door to drug addiction. 39.6% respondents perceived that drivers are mostly addicted, while 22.4% believed that students and 12.4% believed that businessman are mostly drug addicted. People with age less than 20 years were found 33.2% addicted to drugs while age groups 20-30 and 30-40 were 37.6% and 19.2% addicted to drugs respectively. High class and low class possessed the trait of being drug addicts more as compare to middle class. Unemployment (14%), frustration (16.4%) and bad company (50%) are main causes of drug addiction while friends (38.8%), pharmacy (9.2%), market (15.2%) and Underground agents (30%) are common sources of drugs. The majority of respondents (47.6%) believed that family could help in matter to get rid of drug addiction while the other believed that community (20.8%), NGO's (19.2%), parents (7.2%) and Govt.(5.2%) can do so.

Conclusion

This research about Drug Addiction (which is a curse for society) concluded that graduates perceived that drivers and students are mostly found drug addicts and mostly drug addicts belong to age less than 30 years. The main reasons are bad company, frustration and unemployment while the main sources of this addiction were friends and underground agents. The rate of drug addicts can be decreased by involving the addicts in different games and social activities and Govt. should ban the cultivation of these drugs.

Keywords: Drug addiction, gender, association.

1. Introduction

Drug addiction has become a major social problem. In the developing countries drug addiction is increasing day by day. Azad Jammu and Kashmir, a state of Pakistan, with a population of 4.5 million among which 98% population is Muslim with highly conservative customs and traditions. This social evil has also been extended in Azad Jammu and Kashmir but unfortunately no research study related to this bad habit has been conducted in Azad Kashmir.

Altaf, A. et al.2007 told that drug addiction has been spreading in Pakistan at a fast rate. It has now become a serious social problem, which is probably going to stay. In Karachi, Pakistan, average age of initiation of drugs was 15.9 years. Number of drug injections per day was 2.3. Injecting of drugs in group sharing syringes was reported by (79.5%). Commercial selling of blood was reported by 28 %. Gearon et al. 2001 analyzed that Patients largely financed their drug habits with money given by immediate family members, and reported using drugs primarily for social reasons. While these patients are reported high levels of physical, sexual, and emotional abuse, a relationship between emotional abuse and substance use was observed only for people with schizophrenia.

Yamaguchi et al. 1997 indicated that marital selection effects predominate over causation effects and that divorce affects spouses' continued marijuana use. Implications of the findings for comprehending the continuance of drug use in adulthood, gender variances in the relationship of substance use with marriage and divorce, and the study of interpersonal influences were discussed.

A campaign, which was developed because of the need to promote public comprehension of the connection between child maltreatment and addictions, was based on collaboration among media and human services professionals and the application of principles from the theory of reasoned action. The results of a random household survey revealed that 61 percent of the general population had heard or seen the campaign slogan, that average monthly telephone calls to a child maltreatment information service regarding alcohol and other drug abuse tripled, and that requests regarding at-risk children almost doubled (Andrews et al. 1995). Sheridan Michael et al. 1995 gave finding revealed generally high percentages of parental substance abuse and abuse/neglect and relatively low levels of family competence. Significant direct and indirect relationships among parental substance abuse, family dynamics, and exposure to both child and adult maltreatment were found.

The present study reveals different clues as how the situation may be approached in finding possible solution to this grave problem. The main objective of the study is to know the view of youth about drug addiction and review of the related studies. Different statistical methods are used to analyze the effects of drug addiction and sources of rehabilitation of drug addicts.

2. Methodology

Sampling Design

This research employed a cross-sectional design. The sampling units were graduate students enrolled in the University of Azad Jammu and Kashmir and Mohiuddin Islamic University. A questionnaire was used to collect the information from the respondents and was developed according to tool used by Arshad Altaf (2007). The questionnaire was comprised of three sections. First section consisted of demographic attributes (place of birth, gender, education etc.). Second section comprised of questions related to smoking habit, age, occupation, sources and causes of drug addicts. A question as smoking is door to drug addiction measured on a 3-point scale by yes, no or don't know. Other questions in this section asked age group, occupation and social status of drug addicts. Also in this section there are questions related to the sources and main causes of drug addiction in Azad Kashmir and affects of drug on addicts and society. In the last section there are questions related to steps of removal of this social evil in our society and sources used to recover addicts to the normal and healthy life.

The questionnaire was conveniently distributed to 250 students of all 10 districts of Azad Kashmir. 25 students were selected from each district of Azad Kashmir. Proper instructions were given by surveyors to the respondents in order to fill the questionnaire properly.

3. Data analysis

Data were analyzed by using SPSS. Results were calculated and presented by using descriptive statistics, Graphical method, Chi square test and Maan whitney test is used.

4. Results

From the total respondents, 103(41.2%) from rural areas and 147(58.8%) from urban areas, 157(62.8%) were male and 93(36.2%) were female. According to the table-4, Maan Whitney U test=6954.00 with p-value=0.409 at 5% level of significance show that both gender have the same opinion that smoking is a door to drug addiction(According to Faqir Mohammad,2009).

From graph-1 it is very clear that drivers(39.6%),Students (22.4%) are mostly addicted to drugs as compared to the businessman(12.4%), sex workers (14.8%) and others (10.8%). Graph-2 shows that 70.8% drug addicted people belong to age group 30 or less. It means that young generation comes to the drug addiction in Azad Kashmir. In graph-8 we can see that mostly drug addicts belong to upper and lower class as compared to the middle class. The main causes of drug addiction are bad company(50%), frustration(16.4%) and unemployment(14%) (see graph-3).From graph-9, about 68.8% drugs come to the common person because of friends and underground agents. About 95.2% people think that a drug addict lose his health or lose his wealth or lose his social status or all of the above (see graph-4). From the table-1 it is clear that about (76%) of respondents agreed and strongly agreed that the GOVT. should ban the cultivation of drugs.

Mostly people (79.6%) agreed and strongly agreed that strict policies and laws should be made by Govt. for drug traders and sellers to reduce this bad habit (see table-1). It is clear from the table-1 that mostly people (78.8%) agreed and strongly agreed that by different games and hobbies we can overcome the effects of this bad habit. It is clear from graph-6 that majority of respondent (47.6%) believed that family could help in matter to get rid of drug addiction while the other believed that community (20.8%), NGO's(19.2%), parents(7.2%) and Govt.(5.2%) can do so.

To test the hypothesis considering table-2,it is concluded that there is association between gender and common sources of drugs with Chi-Square is 44.933 and its probability value is 0.00 with 4 degree of freedom which is less than level of significance that is 0.05(According to Faqir Mohammad,2009).

From table-3, it is clear that there is association between gender and the age at which people become more addicted to drugs with Chi-Square is 38.394 and its probability value is 0.00 with 3 degree of freedom at 5% level of significance(According to Faqir Mohammad,2009).

4.1 Discussions

Drug addiction is spreading in Azad Kashmir like other parts of Pakistan. In our study we observed that tobacco smoking is door to the use of other illegal drug. About 78.8% people come to the drug at the age under 30 years. Its mean that our youth in Azad Kashmir is more addicted to drugs. In Azad Kashmir drivers and students mostly use drugs and very interesting thing that people belong to financially upper class and low class is mostly addicted to drugs as compared to the middle class. The major cause of drug addiction is bad company (50%), frustration(16.4) and unemployment (14%). The main sources of drug addiction are friends and underground agents. All the respondents agreed that a drug addicted person lose his health, destroy his wealth and social status in the community. About 76% people respondents agreed that if Govt. ban the cultivation of drugs in the country than we can reduce the percentage of drug addicts significantly and 78.8% people give suggestion that we can overcome this bad habit by involving addicted person in healthy activities like games and others such activities. By the combined efforts of family and community an addicted person comes to the normal life. Also it was found that there is association between gender and age at which people become more addicted to drugs and also there is association between gender and common sources of drugs in Azad Kashmir.

4.2 Conclusion

From this study it was concluded that tobacco smoking is main source of illegal drugs. Mostly drug addicted people belong to the age less than 30 and from financially upper and low class. The main causes of drug addiction are bad company and unemployment and frustration. The main sources of this addiction were friends and underground agents. A drug addicted person lose his health, wealth and social status. By proper care of family and community and involving in games and other such healthy activities a regular drug addicted person have a good chance to come to the normal life. The govt. should ban the cultivation of different drugs in the county.

4.4 Suggestions

In view of the study finding following recommendation are made: Drug addiction, its bad effects & preventive measures should be included in school curriculum. Agencies concerned from dealing with drugs addicts should accelerate their campaign through mass media that is widespread publicity to develop a sense of awareness among people about the consequence of drugs through all mass media.

To give special attention to the high-risk group of drug addicts (age group). Law enforcing agencies should be strict in respective entry of all banned drug identification and stopping of underground market, drug traffickers should be seriously dealt with community participation should be ensured to find out the drug addicts for treatment and rehabilitation and in preventing the spread of drug addiction problems.

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Table-1 Public opinion about the reduction of drugs addiction

Asked Questions	Agree	Strongly Agree	Disagree	Strongly Disagree	Don't know
Govt. should ban the cultivation of drugs	87	103	26	15	19
Govt. should make strict policies and laws for drug sellers to decrease drug addicts	95	104	24	11	16
By involving drug addicts in games and hobbies we can overcome this bad habit	120	77	29	13	11

Table-2 Association between gender and sources of drugs

		What are the common sources of drugs?					Total	Chi Square	P-value
		Friends	Pharmacy	Hospital clinic	Market	Underground agents			
Gender	Male	78	17	14	22	25	156	44.933	0.00
	Female	19	6	3	16	50	94		
Total		97	23	17	38	75	250		

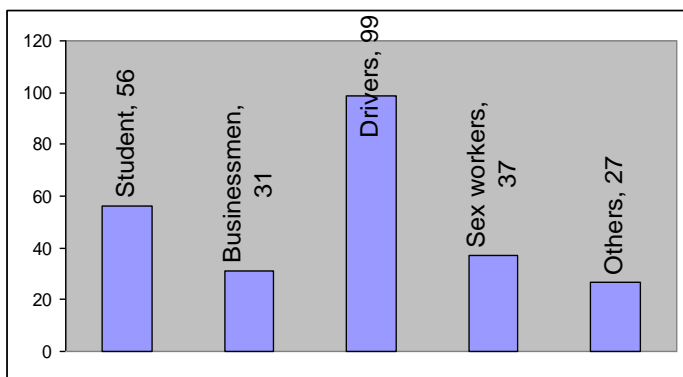
Table-3 Association between gender and age at which people become more addicted

		At what age people become more addicted?				Total	Chi Square	P-value
		Below 20	20-30	30-40	After 40			
Gender	Male	66	65	14	11	156	38.394	0.00
	Female	17	29	34	14	94		
Total		83	94	48	94	250		

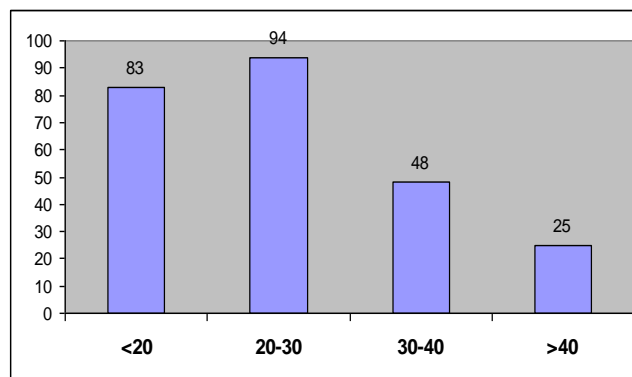
Table-4 Gender opinion about smoking is door to drug addiction

Do you think that smoking is a door to drug addiction?	Gender	N	Mean Rank	Sum of Ranks	Mann-Whitney U	P-value
	Male	156	127.92	19956.00	6954.00	0.409
	Female	94	121.48	11419.00		
	Total	250				

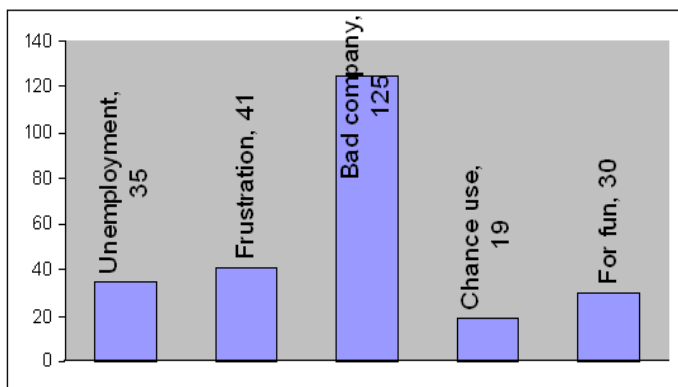
Graph-1 Mostly drugs addicted people



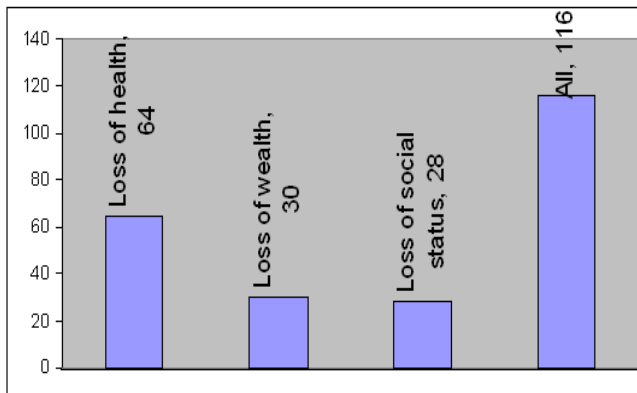
Graph-2 Age wise distribution of drugs addicts



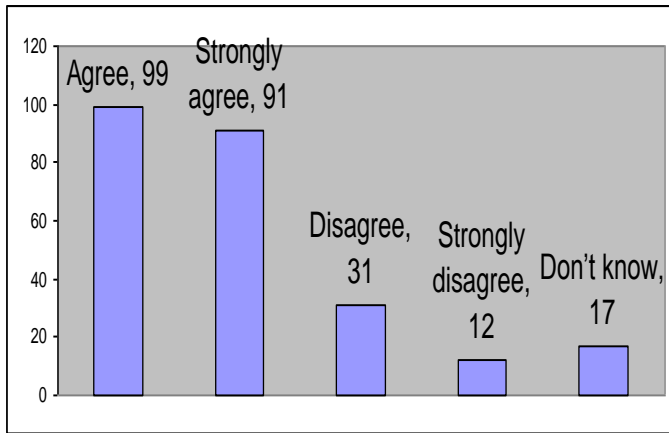
Graph-3 Cause of drug addiction



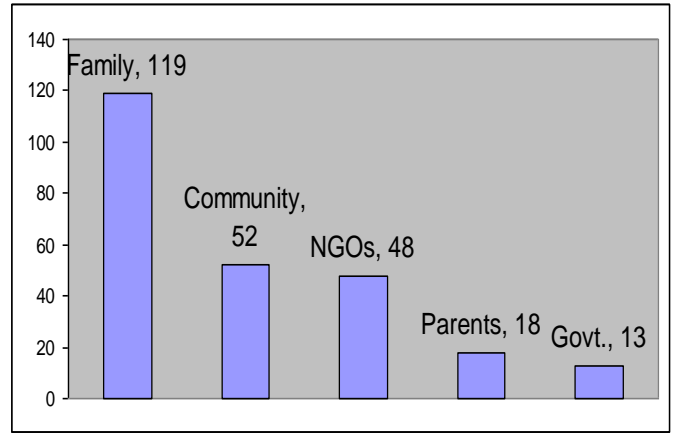
Graph-4 Effects of drug addiction



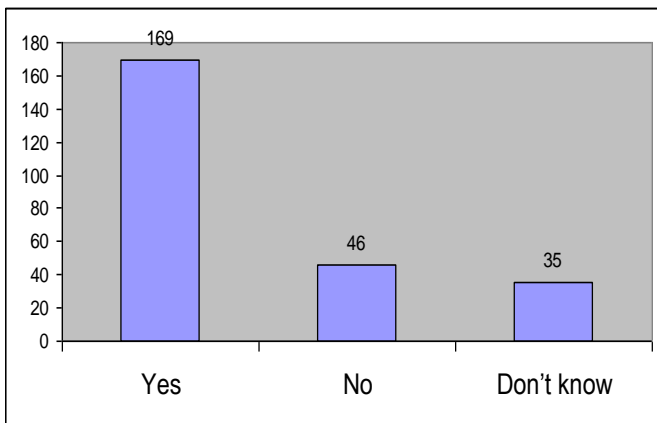
Graph-5 Addicted person go to death



Graph-6 Role in reduction of drug addiction



Graph-7 Is smoking is door to drug addiction?



Graph-8 Economic status of drug addicts



Graph-9 Common Sources of drugs

