



DOES PSYCHOLOGICAL CAUSES OF DRUG ADDICTION HAVE SIGNIFICANT ROLE IN ADOPTION OF CRIMINAL BEHAVIOR?

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Abstract

The chief objective of this research study was to find out major causes of drug addiction with special reference to adoption of criminal behavior in Peshawar city, Pakistan with main focus on drug addicts admitted in rehabilitation centers run by Dost Welfare Foundation as the universe. A total of 108 respondents were randomly selected from the universe. Psychological causes were tested using Chi square test to associate causes of drug addiction with adoption of criminal behavior. Chi square results reveal a highly significant ($P=0.020$) relationship between psychological cause feeling more self esteem using drug and criminal behavior was found. Moreover the relationship between cause using drugs to improve sexual potential and criminal behavior was found highly significant ($P=0.000$). Also a highly significant ($P=0.000$) relationship was established between addiction due to removing inferiority complex and criminal behavior. Similarly a highly significant ($P=0.007$) relationship was found between drug addiction cause failure in love and criminal behavior. Furthermore relationship between cause addiction due to loneliness and criminal behavior was found significant ($P=0.013$). The relationship between drug addiction cause curiosity and criminal behavior was also found highly significant ($P=0.001$). A range of guidelines on reducing causes of drug addiction at family and societal level by adopting socio-psychological and economic measures, besides strict law enforcement and awareness raising at all levels were the derived policy recommendation of the studies.

Key words: *Causes of drug addiction, Criminal Behavior.*

Introduction

Historical evidences reveal that the use of drugs by human is a very old phenomenon. Extracts of plants were used for relief of pain and worries. Although people were highly dependent on use of such drugs yet it was not considered as a social problem rather an individuals problem till recent times. During the era of industrialization and modernization the use of drugs increased dramatically affecting a large number of people, hence making it a serious social problem. Drugs are the substances other than food which are taken to change the way the body or mind function. Similarly, drug addiction is use of any substances to change physical and mental capabilities of normal human beings. Various drugs on the basis of their effects are categorized as Depressants, (Opium, Morphine, Codeine, Heroin, Methadone, and Other Narcotics) Stimulants, (Barbiturates, Benzodiazepines, and Methaqualone) Hallucinogens, (Cocaine, LSD, Mescaline and Peyote, other hallucinogens); Cannabis (Marijuana, Hashish, and Hashish Oil) and these are commonly used worldwide (Prashant, 1991). Drug addiction is the continued use of illegal drugs, which leads to dependence on the drug and the addict anticipates pains or discomfort if he/she withdraws from the use of the drug (ibid: 1991; Clinard and Meier 1995).

Various drug rehabilitators have divided the drug addiction process into four main stages. In experimentation stage the drug is used for fun or escape from problem, without experiencing any negative legal or social consequences. Regular use stage is characterized by use of drug without becoming dependent on it, at this stage complexity in behavior of individual starts to emerge. There is thin line between regular use and risky use/abuse, but generally it is a continued use of drugs of severe social and legal consequences. As a temporary form of escape it can lead to more serious problems. In addiction stage Physical dependence on a drug is often mixed. Drug addiction and dependence Characteristics include withdrawal symptoms and compulsive use of the drug despite severe negative consequences to his or her relationships, physical and mental health, personal finances, job security and criminal record(<http://www.casapalmera.com/articles/the-four-stages-of-drug-addiction/>) (Verified on June 10, 2011).

Based on its psychological or physical effects, drug addiction is divided into two main categories i.e. Psychological addiction and Physical addiction. Psychological drug addiction is one which is characterized by loss of control over behavior and the addict tends to focus on drugs. Around the drug addict's whole life revolves, obtaining the drug, using the drug, and when the next fix will be. Whereas, Physical drug addiction is a state of drug addiction in which the drug is used for a depressed mood or to cope with the difficulties of life, and continue to use drugs, because they cannot stop. <http://www.advancedpaintreatment.com/physical/http://advancepaintreatment.com/types.asp> (Verified on June 12, 2011).

Introduction of drugs in Pakistan have a socio-political history. In the past 35 years the Drug Abuse pattern has changed twice in Pakistan. In the low income segment of the society the use of Opium, bhang, Chars (hashish) and alcohol was high in 1960s. In 1983 there were only 5000 hard drug addicts. After 1987, second change in drug abuse pattern was observed and when Heroin was introduced during 1980s. Within a short period of five years, the number of drug addicts increased from 20,000, to 365,000 in 1985. There were more than 2 million heroin abusers in Pakistan. The figure rose

to 3.1 million addicts in 1993. According to 2002 survey Heroin was the popular drug used by 2.1 million people approximately. The figure of drug user rose to 4.1 million, which is (2.8%) of the total population, with an increase of one millions drug user in only 8 years. The number of drug addicts has risen to 8 millions now. (Quraishi, 2003).

In 1979 heroin was exported from Baluchistan, to Khyber Pakhtunkhwa for the first time. In 1980 the diffusion of drug started in the province when Afghan addicts migrated over here. Only two cases were reported in Peshawar in 1980, In 1981 the figures had risen to 250 cases in Khyber Pakhtunkhwa, all from Peshawar, while this figured raise to 2500 in Peshawar city alone and 5000 in Khyber Pakhtunkhwa in 1982. Number of regular abusers in 1983, went up to 50000 and in 1984, increase to 300000. ([Http://en.wikipedia.org/wiki/Peshawar](http://en.wikipedia.org/wiki/Peshawar) (Verified on July 05, 2011).

Shah (2002) categorized causes of drug addiction as diagnosis for biological and physical disorder in human body is treated traditionally through drugs. Miss diagnosis, over dosage or continuous usage of such medicines makes the patients' addict of it and he finds no way out except to continue use of drug. There are a wide range of sociological causes of drug addiction including easy availability, family conflicts, broken family, improper socialization, lack of proper care of children and dissatisfaction from social environment, excessive work load, lack of recreational facilities, drug culture, mass media presenting addict as heroes, Poverty, population growth, unemployment, peer group, weak social control, poor government policies and strong mafia etc.

Alam (2007) stated that founder of the famous methadone treatment are convinced that people have different "Neurological Susceptibilities" to opiates. An opiate used by susceptible individuals, develop quickly a "Drug Hunger" even they are no longer physically dependent that continuous. Because for psychological reason people become addicts, Vincent and Marie stated that until chemical cure is found methadone must give to addicts to keep their drug hunger under control. Cultural and personal relationship are also critical beside psychological for involvement in addiction. After discharge from hospital those patients who habituated to opiate in hospital and use drugs seldom continue. There have been many cases of individual on the other hand, they behaved like addicts who believing themselves to be addicted, even such low quality drugs they used that physical dependence could not have been produced. All drug addicts they don't thereby kick the addiction but the "kick the habit" from time to time. Even through they are no longer physically dependent they take the drug again. Also when they released and those who have been off drugs for years often start looking for a "fix" as soon as possible after released.

Alam (2007) says about theorist that Personality theory is that the personalities of these people are inadequate or immature. Narcissists Psychopaths, Sociopath, Dependent Personalities, Immature Schizophrenic, necrotic and character disordered have been classified as Drug addicts, to list only a five of the labels used. The description of the "inadequate personalities" given by David Ausubel, some years ago. He mentioned that in order to escape responsibilities thus likely to turn into drugs. This personality fails to show himself as an independent adult and fails to achieve such normal adult goals as financial independence, Stable employment and establishment of his own home and family. He is not active, not reliable and has no will to leave feeling of pleasurable impulses. In our cultural from interaction with other addiction is learned as most social psychologist stated that drug use merely as one more behavioral pattern. They give example that mostly people drink alcohol not because of defects in their personalities or some biological defects but because it is widely accepted cultural pattern. When adult drink alcohol most children see them, and they learn attitude, beliefs and definition that are favorable to using alcohol. When they reach adulthood use alcohol just as their parents did.

White *et al.* (2004) stated that through psychological death and rebirth recovery from drugs can take place. Within a body once occupied by another, generating a new person, transformational change (TC) stands as a life-defining experience demarcating before (old self) and after (new self). The TC experiences of 7 individuals (Handsome Lake, John Gough, Francis Murphy, Jerry Mc Auley, Bill Wilson, Marty Mann, and Malcolm X) are presented here. On a larger abstinence-based mutual aid, advocacy, or religious/cultural revitalization movements' recovery from drugs are catalyzed, to respect the healing power of the TC experiment, avoid aborting the TC experience via superficial amelioration of its more disquieting manifestations, interpret the TC experience in ways that solidify and sustain the change process, and help bridge the TC experience and the construction of a new identity and lifestyle psychotherapists are been encouraged.

Mubbashar, (1975) found that those people who belong to disorganized family and had poor relationship with their parents are mostly chars smoker. He also get results that release tension, seek affiliation and easy availability of drugs are the main reasons of drug abuse. Habib (1984) stated that rejection by the family, working colleagues and to overcome distress in life is mostly opium user. He further said that in the company of friends mostly heroin is taken.

Haider, (1975) stated that majority of the drug addicts belong to low social class (unskilled). Addicts belonging to higher social class are not admitted in government hospital. Unemployment and illiteracy were the main causes of drug addiction and majority of addicts were employed in odd profession like small trade and private drivers. Those patients were admitted for treatment when they become nuisance for society. Various reasons given by drug user for taking drugs such as sexual ceurosis, seeking pleasure, experimentation and escape from reality. The result obtained from data show that majority of respondents had sociopathic personalities. Friends and "Vend" system were the common source of drugs. In hospital drugs were available to some patients through their relatives who don't see their patient in terrible condition during withdrawal phase.

Johnsson *et al.* (1997) stated that after discharge of five years detoxification and short term-rehabilitation were followed in which 125 drug users were admitted. In a semi structured face-to-face addicts were asked about possible suicide attempts. In some point in their life 45 percent have attempted suicide. Loss of person whom they loved and feeling of loneliness were the most common reason given by them. Only three respondents reported using their drug of choice in the attempt(s). child psychiatric treatment were found in their suicide attempts, and those who have

experienced loss of significant childhood then those who attempt suicide did not report. The suicide attempter show at follow up that they face more depressed moods and more psychological disturbance then those who never made suicide attempts. The vital role in analyzing the risks of suicide attempts among addicts are to be able to take measure to stop suicidal behavior in the future which is emphasizes.

Across the political spectrum drug courts that require drug addicts to undergo intensive treatment rather than imprisoning them are winning plaudits. Special training and preside over teams receive by Judges that are made up of prosecutors and defense lawyers, police, treatment and job-training counselors, and caseworkers. The participants appear on a regular basis before a judge and are drug-tested frequently and, he sanctions or rewards their behavior. This methods is paternalistic used in drug courts, they have shown positive results. Moreover, they save money as well as helping the participant: in Georgia a drug-court sentence costs more than \$10,000 less than a prison sentence The Economist (2011). Zigon *et al.* (2010) stated that in a Russian Orthodox Church drug rehabilitation program in St. Petersburg, drug addiction was often defined as a frozen feelings disease. This recommends that rehabilitation is a process of thawing emotional worlds and, thus, allows the emotions to flow once again. In this article it is stated that “frozen feelings” is better understood as the unsocial emotional worlds many drug addicts experience, and that rehabilitation in this program particularly concentrate on the cultivation of an emotional world that supports sociality. This is done, by means of ethically training rehabilitants to know how to manage and control their emotional worlds, and in so doing, rehabilitants feel new moral persons better able to live in the social world.

Palmer *et al.* (1995) stated that the following factors were examined as possible influences on clients' attrition from inpatient and outpatient drug-rehabilitation programs: depression (Center of Epidemiological Studies–Depression family incidence of substance abuse, and history of childhood physical abuse. A step-wise regression analysis indicated that a history of childhood abuse was a statistically reliable predictor of program non completion for 92 substance abusers who entered a drug-rehabilitation program.

Materials and Methods

The study was carried out in drug treatment center Dost Welfare Foundation, Peshawar. Drawing on a method devised by Sekaran (2003) a sample size of 108 respondents was randomly drawn from the population and interviewed. Chi-square (χ^2) test was used to test the hypothetical association between various causes of drug addiction and criminal behavior. Following procedure was adopted to calculate chi-square as was outlined by Tai (1978: 353).

$$(\chi^2) = x^2 = \sum_{j=1}^j \sum_{i=1}^k \frac{(o_{ij} - e_{ij})^2}{e_{ij}}$$

Results and Discussion

Causes of drug addiction

Various causes of drug addiction are explained in table- 8. This table shows that under the influence of biological causes of drug addiction, 30.6 percent respondents starting using drugs to increase energy, 42.6 percent used to get relief from pain and only 2.8 percent got addicted to drugs as they were advised by the doctors. The results of familial causes of drug addiction were not much different as only 19.4 percent respondents got addicted due to family conflicts, 25.9 percent felt poor socialization in early age as its cause, 17.6 percent thought lack of love and affection from parents and siblings as its cause, 12.0 percent got addicted as they were either unsatisfied with their marital life or wanted an escape from their family life. Moreover the influence of friendship group is quite pronounced in causing drug addiction, as 25.0 percent respondents got addicted due to prevalence of drug culture in the family, a majority of 74.1 percent got addicted due to bad company, 38.9 percent started drug use due to peer pressure, where as a majority of 67.6 percent got addicted because of recreational activities with friends, 50.0 percent respondents were deceived by friends to use drugs. based on above results it is safe to conclude that peer group relationship is an important contributor in causing drug addiction, similar results were found by Mubashar (1975) and Massod (1979) who stated that disorganized family and bad company is the major cause of drug addiction.

The psychological factor were also found involved in causing drug addiction as 62.0 percent respondents got addicted as they wanted to relax from their tensions, 54.5 percent started using drug to escape from stresses, 43.5 percent got addicted in pursuit of enhanced self esteem, 25.0 percent started using it for enhancement of sexual potential, 25.9 percent started using as they wanted an escape from inferiority complex, 33.3 percent were addicted because of failure in love: Moreover 24.1 percent respondents started using drugs to show themselves as mature and independent, 35.2 percent were addicted to get refuge from loneliness, and 25.0 percent started in their natural instinct of curiosity. These results are in line with findings of Mubashar (1975) and Haider (1975) that attributed a significant role to psychological reasons to cause drug addiction. The economic causes of drug addiction are alike as 60.2 percent respondents are addicted due to easy and cheap availability of drugs, 22.2 percent were addicted due to unemployment, 8.3 percent addicted due to price hike and 17.6 percent due to low income. These results seconded the findings of Haider (1975) who found unemployment and poverty as a major cause drug addiction.

The political causes of drug addiction were found least effective of all causes as only 13.9 percent respondents felt role of unfair political system in making them addicts, 11.1 percent attributed unfair employment opportunities causing drug addiction. 15.7 percent respondents believe that an injustice social system made them start using drugs and 9.3 percent believed lawlessness in society is causing drug addiction.

From above findings it is safe to interpret that although their apparently are some major causes of drug addiction like bad company, peer influence, cheap availability, and deception by friends etc. but it is a combination of biological, sociological, psychological, economical and political factor that combines to create an environment conducive for spread of drug addiction.

Table 8. Frequencies and Percentage Distribution of Respondents According to Causes of Drug Addiction

Biological cause of drug addiction	Yes	No
To increase energy	33 (30.6)	75 (69.4)
To release pain	46 (42.6)	62 (57.4)
You were advised by doctors for its use	3 (2.8)	105 (97.2)
Social Causes of Drug Addiction		
Due to family conflict	21 (19.4)	87 (80.6)
Due to problem in early socialization	28 (25.9)	80 (74.1)
Due to lack of love and affection from parents and siblings	19 (17.6)	89 (82.4)
Due to unsatisfactory marital life	13 (12.0)	95 (88.0)
To escape the family problems	13 (12.0)	95 (88.0)
Due to cultural factor like existence and preferring drugs in your family	27 (25.0)	81 (75.0)
Due to bad company	80 (74.1)	28 (25.9)
Due to peer pressure	42 (38.9)	66 (61.1)
For recreation with friends	73 (67.6)	35 (32.4)
You were deceived by your friends	54 (50.0)	54 (50.0)
Psychological Causes of Drug Addiction		
To relax yourself	67 (62.0)	41 (38.0)
To release stress	59 (54.6)	49 (45.4)
To feel self-esteem	47 (43.5)	61 (56.5)
To improve sexual potential	27 (25.0)	81 (75.0)
To remove inferiority complex	28 (25.9)	80 (74.1)
Due to failure in love	36 (33.3)	72 (66.7)
You want to show yourself as mature and independent	26 (24.1)	82 (75.9)
Due to loneliness	38 (35.2)	70 (64.8)
Due to curiosity	27 (25.0)	81 (75.0)
Economical Causes of Drug Addiction		
Due to cheap availability of drug	65 (60.2)	43 (39.8)
Due to unemployment	24 (22.2)	84 (77.8)
Due to high price of food items	9 (8.3)	99 (91.7)
Due to your low monthly income then your monthly expenditure	19 (17.6)	89 (82.4)
Political Causes of Drug Addiction		
Due to unfair and corrupt political system	15 (13.9)	93 (86.1)
Due to favoritism in employment opportunity	12 (11.1)	96 (88.9)
Due to injustice in the society	17 (15.7)	91 (84.3)
Due to lawlessness in the society	10 (9.3)	98 (90.7)

* Number in table represent frequencies and number in parenthesis represent percentage proportion of respondents.

Association between Psychological Causes of Drug Addiction and Criminal Behavior

Physical and mental maturity plays a vital role in the development of strong personality of individuals. Mostly people get physical maturity in a short period of time but they get mental maturity after a long period of time. People learn through personal experience, use common sense or any other source to get satisfaction. Some people feel themselves incomplete or feel disturbed because of missing some one in life. To get satisfaction and replace the sorrow of someone whom they lose mostly people start using drugs. To evaluate the relationship between psychological causes of drug addiction and criminal behavior, variable were presented into few statements, as given in table- 22. Findings of the table are discussed below.

A highly significant ($P=0.000$) relationship was found between improvement of sexual potential as a cause of drug addiction and criminal behavior. The results suggest that drug addiction caused in pursuit to improve sexual potential leads addicts easily to adopt criminal behavior. Use of some drugs cause a disproportional increase in sexual potential which leads such addicts in commencement of such crimes like prostitution and rape. Similarly a highly significant ($P=0.000$) association was found between drug addiction caused due to inferiority complex and criminal behavior. The feeling of ones self inferior to the society creates a perception of unjust society, the victim feel him self incapable of coping situation except to retreat from society or become violent. Such addicts confirm their involvement in crimes and think crime as their right. The relationship between using drugs due to curiosity and criminal behavior was also found highly significant ($P=0.000$) which suggest high involvement of such drug addicts in criminal behavior. The instinct of curiosity in its extreme overpowers the normal behavior of individuals not only to involve in drug use but also to commit crimes. Moreover a significant (0.013) relationship was found between using drugs due to loneliness and criminal behavior, the result suggest a high probability of a person addicted to drugs due to loneliness in involvement of crimes. Addiction to drugs isolates individual from society and the addicts generally find no one around except addicts and criminal with no one to concede him. These feelings disturb addicts and majority of respondents are attracted towards

adoption of criminal behavior. When the relationship between failure in love causing drug addiction and criminal behavior was analyzed, a significant ($P=0.007$) association was established.

The results show that a person addicted to drug has a high probability of involvement in crimes. The sociological reason behind such significant association is that feeling of loss of lover creates a feeling of revenge from society through crimes. Similarly a significant ($P=0.020$) relationship between drug addiction to feel more self esteem and criminal behavior was found. A society or group in which use of drug is a symbol of prestige individuals are more commonly involved in crimes, hence a person addicted in search of such esteem is more probable to get involved in crimes. Moreover to keep his superiority and dominance, addicts commit crimes and show deviance in their behavior. Conversely a non significant ($P=0.178$) relationship was found between release stress as a cause of drug addiction and criminal behavior. It is understandable that addicts using drugs for removing tension or depression from their mind are not attracted towards criminal activities. Similarly a non significant ($P=0.262$) association was found between drug addiction caused due to relaxing and criminal behavior. It is logical that addicts using drugs for relaxation have almost least access towards adoption of criminal behavior and least involved in crimes. Also a non significant ($P=0.402$) relationship was found between showing maturity and independency as a cause of drug addiction and criminal behavior. The psychological causes of drug addiction prove more significant in motivating drug addicts towards crimes. The addicts, therefore, besides chemotherapy, need regular counseling sessions to remove the psychological urges for drug addiction and criminal behavior. Similar results were found by French et al (2000) who stated that mostly drug addicts who started drug use due to psychological reasons are involve in criminal activities and are arresting by police for crime and receiving punishment.

Table 22. Association between Psychological Causes of Drug Addiction and Criminal Behavior

Causes	Attitude	Criminal behavior			Total	Chi-square (P Value)
		Low crime	Moderate crime	High crime		
To relax yourself	No	30 (27.8)	11 (10.2)	0 (0.0)	41 (38.0)	$\chi^2=2.6$ (0.262)
	Yes	44 (40.7)	19 (17.6)	4 (3.7)	67 (62.0)	
To release stress	No	35 (32.4)	14 (13.0)	0 (0.0)	49 (45.4)	$\chi^2=3.4$ (0.178)
	Yes	39 (36.1)	16 (14.8)	4 (3.7)	59 (54.6)	
To feel more self esteem	No	47 (43.5)	14 (13.0)	0 (0.0)	61 (56.5)	$\chi^2=7.8$ (0.020)
	Yes	27 (25.0)	16 (14.8)	4 (3.7)	47 (43.5)	
To improve sexual potential	No	62 (57.4)	19 (17.6)	0 (0.0)	81 (75.0)	$\chi^2=17.2$ (.000)
	Yes	12 (11.1)	11 (10.2)	4 (3.7)	27 (25.0)	
To remove inferiority complex	No	63 (58.3)	17 (15.7)	0 (0.0)	80 (74.1)	$\chi^2=20.8$ (.000)
	Yes	11 (10.2)	13 (12.0)	4 (3.7)	28 (25.9)	
Due to failure in love	No	54 (50.0)	18 (16.7)	0 (0.0)	72 (66.7)	$\chi^2=9.9$ (0.007)
	Yes	20 (18.5)	12 (11.1)	4 (3.7)	36 (33.3)	
Showing as mature and independent	No	58 (53.7)	22 (20.4)	2 (1.9)	82 (75.9)	$\chi^2=1.8$ (0.402)
	Yes	16 (14.8)	8 (7.4)	2 (1.9)	26 (24.1)	
Due to loneliness	No	52 (48.1)	18 (16.7)	0 (0.0)	70 (64.8)	$\chi^2=8.6$ (0.013)
	Yes	22 (20.4)	12 (11.1)	4 (3.7)	38 (35.2)	
Due to curiosity	No	60 (55.5)	21 (19.4)	0 (0.0)	81 (75.0)	$\chi^2=13.8$ (0.001)
	Yes	14 (13.0)	9 (8.3)	4 (3.7)	27 (25.0)	

* Number in table represent frequencies and number in parenthesis represent percentage proportion of respondents and in the last columns number in the parenthesis represent p value.

Conclusion

The main objectives of the study were to investigate association between various causes of drug addiction with adoption of criminal behavior. Psychological causes were tested using Chai square test to associate causes of drug addiction with adoption of criminal behavior. Chai square results reveal a highly significant relationship between psychological cause feeling more self esteem using drug and criminal behavior was found. Moreover the relationship between cause using drugs to improve sexual potential and criminal behavior was found highly significant. Also a highly significant relationship was established between addiction due to removing inferiority complex and criminal behavior. Similarly a highly significant relationship was found between drug addiction cause failure in love and criminal behavior. Furthermore relationship between cause addiction due to loneliness and criminal behavior was found significant. The relationship between drug addiction cause curiosity and criminal behavior was also found highly significant. Revitalization of strong family system that provide socio-psychological strength to its members during their socialization, timely treatment, care and rehabilitation of addicts, strict law enforcement, rewarding the addicts after their successful recovery, awareness raising in masses about various causes and effects of drug addiction by involving political and religious leadership, and ensuring reduction in drug addiction threats through reduction in poverty were the major policy recommendations in the light of study.

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