

Impact of Drug Abuse among Adolescents

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DESCRIPTION

Drug abuse among adolescents has become a significant concern in modern society. Adolescence is a crucial stage of development, marked by various physical, emotional and social changes. Unfortunately, some adolescents succumb to the allure of drugs, exposing themselves to severe risks and potential harm. This article explores the causes and effects of drug abuse among adolescents.

Causes of drug abuse among adolescents

Peer pressure: One of the primary factors contributing to drug abuse among adolescents is peer pressure. Adolescents often seek acceptance and validation from their peers and in some instances [1], this pressure can lead them to experiment with drugs. The desire to fit in or be part of a particular group can override their judgment and push them towards substance abuse.

Curiosity and the need for experimentation: Adolescents naturally have a curious nature, seeking new experiences and sensations. The allure of drugs can be enticing to some, as they want to explore altered states of consciousness [2]. The desire for experimentation, coupled with a lack of awareness about the consequences, can drive adolescents to try drugs.

Family environment: The family environment plays a crucial role in adolescents susceptibility to drug abuse. Factors such as dysfunctional family dynamics, neglect, abuse, parental substance abuse, or inadequate supervision can contribute to adolescents inclination towards drugs [3]. Lack of parental guidance and positive role models can leave adolescents vulnerable to seeking solace in substance abuse.

Low self-esteem and emotional issues: Adolescents experiencing low self-esteem, feelings of worthlessness or intense emotional distress are more likely to turn to drugs as a coping mechanism. Drugs can provide temporary relief from emotional pain, leading to a cycle of dependence and addiction.

Media influence: The media, including movies, television shows,

music, and social media, often glorify drug use and promote a skewed perception of its effects. Adolescents who are exposed to such messages may develop a distorted view of drug abuse.

Effects of drug abuse among adolescents

Physical health problems: Drug abuse can have severe physical consequences on adolescents' health. Substance abuse can impair brain development, leading to cognitive deficits, memory problems, and reduced academic performance [4-6]. Additionally, drug abuse can cause cardiovascular issues, respiratory problems, liver damage, and an increased risk of infectious diseases.

Mental health issues: Adolescents who abuse drugs are more likely to develop mental health disorders such as anxiety, depression, and mood disorders. Substance abuse can exacerbate pre-existing mental health conditions or trigger the onset of new ones. This co-occurrence of substance abuse and mental health issues creates a complex and challenging situation for adolescents.

Academic decline: Drug abuse can have a detrimental impact on adolescents' academic performance. Substance abuse impairs cognitive function, memory, and concentration, leading to a decline in school performance [7-9]. Frequent absenteeism, decreased motivation, and an inability to meet academic responsibilities can further jeopardize their educational prospects.

Relationship and social problems: Adolescents who abuse drugs often experience strained relationships with family, friends, and other peers. Their drug use may lead to increased conflict, alienation, and isolation from their near ones. Social withdrawal, loss of interest in activities and a shift in peer groups can further contribute to a decline in social functioning [10].

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