

**SUBSTANCE ABUSE AMONG THE YOUTHS IN OUR
COMMUNITY: IMPLICATIONS AND SOLUTIONS**

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SUBSTANCE ABUSE IN OUR COMMUNITIES; IMPLICATION AND SOLUTIONS

Substance abuse otherwise known as drug abuse refers to the misuse or hazardous use of legal or illegal substances such as alcohol and illicit drugs, which when injected, inhaled, or swallowed in form of pills causes a change in the psychological and physiological state of the body. Common examples of these substances include drugs, alcohol, nicotine, cannabis, cocaine marijuana, tobacco to mention but a few. Since they are chemicals, they can easily be absorbed by the body and with time affects vital organs like brain, heart, kidney and the lungs. Their implications, which have to do with the resultant effects or consequences (physical, psychological as well as social effects) are enumerated below.

PHYSICAL EFFECTS

Drugs when taken can weaken the immune system, giving chance for infections which cause cardiovascular conditions ranging from abnormal heart beats rate to heart attacks. Drugs when injected can also lead to collapsed veins and infections of the blood vessels and heart valves which could be very dangerous to human health. Sometimes vomiting and abdominal pain becomes the order of the day and if care is not taken, could result to liver failure. Those involved in this act may even end up with high blood pressure and this can also lead to the immediate death of the victim, as such decreasing the population in our community. In most cases, the treatment of such diseases require a lot of money which the victim may not even have and this act pose a serious burden on other family members.

PSYCHOLOGICAL EFFECT

This is connected with a person's mind and the way it works. Drug abuse causes brain damage that can impact all aspects of daily life by causing problems with memory, attention and decision making including sustained mental confusion and permanent brain damage. Those involved in this act have become totally insane, they are seriously mentally ill and unable to live in a normal society .Some are in the psychiatric hospitals where they are being taken care of, while some who have become totally insane are running mad on the streets, sleeping in garage and parks and taking risk that are personally dangerous. Such people exhibit the habit of hallucinations that is something you see, feel or hear that is not really there, impulsiveness that is doing things without thinking about them carefully, loss of self-control, paranoid and aggressive.

SOCIAL EFFECTS

This has to do with the society. A drug addict has nothing to do to contribute to the development of the society. They are not socialize, they do not have time to spend with other people in a friendly way because they are aggressive. No one will like to live with an angry man and later get hurt. A drug addict neglects obligation at home, family and the society at large. They engage in intra and interpersonal problems with self and with peers. It therefore becomes impossible for them to interact and share ideas with other fellows in the society. This is one of the implication of drug abuse.

SOLUTIONS

Solution is finding a way of dealing with a problem or difficult situation. Some of the solutions to drug abuse are;

First and foremost, one solution to drug abuse I believe is legal sanction. This has to do with punishing of illegal drug users by the law of the land. Government should impose a law on the drug abuse. When this is carried out, it will lessen the rate of drug abuse. Everyone will be aware and conscious as far as it is written in the law of the land.

Secondly, Drug and drug abuse should be part of school curriculum. It should be made as a subject in schools so that students who are experiencing of tender age will not fall into the misuse of substance. It has come to a notice that illiteracy is a key factor that can contribute to drug abuse, so when people are educated this will help in low rate of drug abuse.

Thirdly, the community, churches and mosques should also be involved. The harmful effect of drug should be made known in various places of worship. This will also help in solving the problem. Counseling that is giving advice about a problem. In this case, the drug addict should be called to attention and be counseled on the misuse of substance and its consequences. Counseling can lower the rate of substance abuse for instance, nobody wants to die a premature death, so when one is counseled on the consequences of drug abuse such as liver, heart problems which can cause premature death, he/she will be full of fear and eventually put an end to the act.

Fourthly, Government can play an important role in bringing solutions to drug abuse. Although the National Drugs Law Enforcement Agencies that was established in 1990 and they eliminate the growing, processing, manufacturing, and selling of hard drugs. Likewise the NAFDAC who are responsible for the control of quality standards for food, drugs and medical services etc. There should also be cooperation with state

security service, police, immigration custom to lack out importation and exportation of hard drugs.

Moreover, employment opportunities should be made available to citizens. It is said that an idle mind is the devil's workshop. When one has nothing doing, he becomes idle and that is when he begins to think of worldly things and end up taking harmful drugs. Creating job opportunities can go a long way in solving drug abuse.

Lastly, education should be free for all Nigerians so as to wipe out illiteracy. Schools should be built by Government so that children of low class can obtain education and be educated. Also when the society is educated on the use of illegal drugs whether it be liquid or hard, it will surely be free and descent

In conclusion, drug abuse is a serious factor that needs to be tackled. The above solutions when taken can promote a good, healthy and quality society with people that develop the society who can stand up one day for the benefit of the people. I hope to be a counsellor in the future so that through me, all drug addict will become responsible citizens.

References

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