

## Frequency of Drug Abuse among Children and Young Adults

Shahameen Aqeel<sup>1</sup>, Sundus Khan<sup>2</sup>

Madam, through your esteemed journal, we express our views on the globally burning issue i.e. Drug abuse among children and young adults. Though it is a highly prevalent but unspoken issue that is observed in our country and indeed world-wide. By definition, drug abuse is a comprehensive term in which person is having intense craving to obtain a drug (mainly comprises of alcohol and cigarettes) and use it with increasing amount of one or more substances<sup>1</sup>.

In our society poverty, illiteracy, negligence, lack of awareness and guidance are the main factors that contribute to the development of this menace. Also burden at schools, social taboos, economic dissatisfaction and paucity of health recreational outlets are amid the reason why people (youth) perish due to the decoy of drug addiction<sup>2</sup> Fig.2,3,5. On June 25, 2011 annual report was presented by united nation office on drug and crime which states that approximately 600,000 people enter into drug abuse<sup>3</sup> and according to another report by United Nations Office on Drug and Crime (UNODC) and Pakistan Bureau of statistics in 2013, which conclude that 6.45 million of the society in Pakistan use drugs on an annual basis and melancholy 25% are the youth population of between 15 and 19 years. Cannabis being the most frequently used drug<sup>4</sup> Fig.1,4. The figure of heroin addiction is about 1.5 billion<sup>2</sup>. Consequence of drug abuse among children and young adult include academic difficulties, intellectual problem, injuries (ac-

cidents), overdose, increased risk of death through suicide, homicide and illness (HIV/AIDS, other infections like hepatitis, malaria) and most serious effect which became a huge problem are the street crimes. Flourishing street crimes ratio in cities like Karachi is directly related to growing drug addiction amongst youth<sup>2</sup>.

Drug addiction is one of the factors which is dragging community away from the prosperity as it is damaging our community and spoiling our generation. So, there is immense need not just for formulating more laws but also to take action to implement the existing law and also try to eradicate the problem by creating the awareness among youth. We request all the governing bodies to take certain steps like organizing public awareness programs, making strategies to destroy crops and hence, cut down the supply of illegal substances and establishing rehabilitation centers to overcome this challenge especially for the younger generation.

### References

1. Gen Psych PC. The difference between drug addiction and drug abuse [Internet]. Mental Health IOP NJ 2015. Available from: <http://genpsych.com/2014/01/28/the-difference-between-drug-addiction-and-drug-abuse/>. Accessed on September 28, 2015.
2. Drug addiction in Pakistan [Internet]. Available from: <http://www.scribd.com/doc/53718012/Drug-Addiction-in-Pakistan#scribd>. Accessed on September 29, 2015.
3. Abid TH. Pakistan's drug problem [Internet]. The Express Tribune. Available from: <http://tribune.com.pk/story/196208/pakistans-drug-problem/>. Accessed on September 29, 2015.
4. Masood S, Najam S. An exploratory research on the role of family in youth's drug addiction. Health Psychol Behav Med 2014;2:82.

<sup>1-2</sup> Students Final Year, MBBS  
Karachi Medical and Dental College.

**Correspondence:** Sundus Khan  
Karachi Medical and Dental College  
E-mail: [sundussanovia@yahoo.com](mailto:sundussanovia@yahoo.com)



**Fig. 1.** A Man smoking cannabis at a public place (local restaurant).



**Fig. 3.** A college student smoking shisha at a shisha café.



**Fig. 2.** A group of factory workers (children) showing glue sniffing.



**Fig. 4.** A man smoking in university.



**Fig. 5.** A young boy sniffing glue showing glue can in his right hand.