



## A study on teenage drug abuse among students of Lahore

Zainab Abbas<sup>\*1</sup>, Hakeemullah<sup>2</sup>, Ahmad Faez<sup>3</sup>

<sup>\*1</sup> Corresponding author: HO, Mayo Hospital,  
00923334768265, zainababbas177.za@gmail.com

<sup>2</sup> MO, City medical complex, Kabul, Afghanistan,  
00923085525235, homaamhakeem@gmail.com

<sup>3</sup> MO, City medical complex, Kabul, Afghanistan,  
00923317000690, faeez.ahmad@yahoo.com

### ABSTRACT

**Objective:** The aim of this investigation is to analyze drug abuse found in teenagers in Lahore.

**Study Design:** Cross-sectional analysis was devised.

**Place and Duration of Study:** The examination was taken place in October 2018 at Department of Psychiatry, Fauji Foundation, Lahore.

**Materials and Methods:** Total number of students included in the study were 500, students of 13<sup>th</sup> and 14<sup>th</sup> grade (victim of drug abuse) were samples by non-probability convenience sampling technique. Students suffering from extreme illness were not included. The given questionnaire was based on demographic detail and detail of the substance used by abusers. Department of General Science, Medical, Arts, computer and IT and Medical was incorporated. SPSS v 23 was used to analyze the data.

**Results:** 343 (71.45%) students were male. 304 (63.33%) students belonged to an urban background while 300 (62.5%) were Lahore residents. A large number of people 233 (48.54%) earned between 25000-5000 per month and 287 (59.79%) had a history of substance abuse. Students from General science were 120 (25%), Arts 120 (25%), Medical students were 120 (25%), and computer & IT 120 (25%). Cigarette smoking 110 (22.91 %) was a widely used substance. Second most common addicts were that of poly drug 108 (22.5 %). Usage of sleeping pills among students was third common abuse 69 (14.37 %).

**Conclusion:** Cigarettes smoking was the most common abuse 110 (22.91 %), while poly drug abuse 108 (22.5 %) and sleeping pills in 69 (14.37 %) were second and third common substance abuse among students respectively.

**Key Words:** Teenage, Students, Drug abuse, addiction

### INTRODUCTION

Those substances that possess sedative qualities are utilized as therapeutic medicine. Excessive use of these substances leave harmful affects on a persons's health and life and thus is known as a substance abuse. It is one of the major concerns of our society. It's adverse affects lead to an increase

rate of criminal activities, its abusive inheritance among their offsprings, harming relationships causing divorce in couples and many more. An observation conducted in Iran showed that substance abuse has become a dilemma worldwide and has sprouted alarming complications in behavioral, psychology and cognitive skills. In 2005, WHO presented a report that there are around 200 million opiate addicts worldwide. Large consumption of alcohol and cigarettes is likely found in young people. Its usage is started in as early as 20 years of age. A study shows that there are laws employed in Iran which forbid the use of substance, even the religion prohibits it. According to a survey, cigarettes, cannabis, alcohol and opium are the most commonly abused drugs and 0.3-0.9% addicts are pupils or teenagers. One of the powerful risk factors for the substance abuse is living in the presence of a cigarette consumer and being a male. Both male and female have an equal chance (11.2%) to consume cigarettes in their life. Men tend to be more alcoholic (22.4%) as compared to the women (19.3%). Stimulants like amphetamine and methylphenidate are quite popular among college and university students and are called "study drug". Both of these drugs consumed to increase focus, concentration and attention levels especially during the exams. About 35.3% students are addicted to the stimulant amphetamine. As far as we know, there has been no study conducted on drug abuse among the students residing in Lahore. This current study aim to investigate substance abuse by the teenagers in Lahore.

### MATERIALS AND METHODS

A cross sectional study was carried out at the Department of Psychiatry Fauji Foundation, Lahore, in the month of January 2019. An ethical Review Committee approved. Guidelines in the Declaration of Helsinki were followed and Non-probability convenience sampling technique was implemented. 500 pupils of grade 13<sup>th</sup> and 14<sup>th</sup> were chosen and they were explained the purpose of the study. It came down to a number of 480 students in the final analysis. Open pie method was



use to calculate the sample size. Written informed consent was obtained from each of the student. Out of which 20 refused to give consent. Naturally they were not included in the study. Statistical data of these 20 students were similar to the rest. Students suffering from medical and surgical illness, psychiatric disorders or not abusing substances were excluded from the criteria. A questionnaire survey based on demographic details was delivered to the students, the substance abused by the students was also observed. Students were guaranteed confidentially. They were assured, given their uncertainties regarding the confidentiality of the questionnaire and the contents filled in by the participants. Students from General Science, Arts, Medical and Computer Sciences participated. The study was performed on four groups. The data was examined with the help of SPSS v 23.

## RESULTS

137 (28.54 %) were girls and 343 (71.45%) were boys out of 480 participants. Male students mean age was  $20.53 \pm 1.23$  years ranging from 18-22 years. Mean age of female students mean age was  $19.77 \pm 1.33$  ranging from 18-21 years. Percentage of male students dominated. 176 (36.66%) participants belonged to a rural background while 304 (63.33%) had an urban family background. 300 (62.5%) were residents of Lahore and 180 (37.5%) were from various other cities. 59 (12.29%) earned an income that fell below 25000, 233 (48.54%) earned between 25000-50000 while 188 (39.16%) earned above 50000. 287 (59.79%) had a family history of drug abuse while 193 (40.20%) had no history of substance abuse. Four different departments were included for study. Arts 120 (25%), General science 120 (25%), Medical students were 120 (25%), computer & IT 120 (25%).

Cigarette smoking 110 (22.91 %) was observed to be the most widely used substance. 24 (20 %) of arts students, 26 (21.66 %) of general science, 33 (27.5 %) of medical and 27 (22.5%) of IT students.

Smokers were followed by the students with poly substance abuse 108 (22.5 %). 30 (25%) of arts students, 28 (23.33 %) of general science, 26 (21.66 %) of medical and 24 (20 %) students of computer and information technology were poly substance abusers.

The third widely used substance was abuse of sleeping pills in 69 (14.37 %) students. 18 (15%) students of arts, 27 (22.5 %) of general science, 19 (15.83%) of medical students and 5 (4.16%) of

students from computer and information technology were abusing sleeping pills.

Betel nuts and leafs were abused by 57 (11.87 %) students. 19 (15.83 %) students of arts, 16 (13.33%) students of general science, 6 (5 %) students of medical and 16 (13.33%) students of computer and IT were addicted to betel nuts and leafs.

Cocaine and heroin were abused by 21 (4.37%) students. 7 (5.83%) students of arts, 6 (5%) students of general science, 5 (4.16%) students of medical and 3 (2.5%) students of computer & IT were abusing cocaine and heroin.

Alcohol addicts were 13 (2.70%) participants. 6 (5%) students of arts, 5 (4.16%) students of general science, 1 (0.83%) student of medical and 1 (0.83%) student of computer & information and technology were abusing alcohol.

Cannabis was abused by 29 (6.04%) students. 13 (2.70%) students of arts, 9 (7.5%) students of general science, 5 (4.16%) students of medical and 2 (1.66%) students of computer & information technology were abusing cannabis.

Sheesha was abused by 37 (7.70%) students. 10 (8.33%) students of arts, 2 (1.66%) students of general science, 15 (12.5%) students of medical and 10 (8.33%) students of computer & information technology were abusing sheesha.

Gutka was abused by 36 (7.5%) students. 17 (14.16%) students of arts, 1 (0.83%) students of general science, 10 (8.33%) students of medical and 8 (6.66%) students of computer & information technology were abusing gutka.

## DISCUSSION

Our analysis demonstrated a dominance of male 343 (71.45%), urban populated 304 (63.33%), day scholar 300 (62.5%). Three widely shared substances are cigarette smoking 110 (22.91 %), poly substance abuse 108 (22.5 %) and sleeping pills 69 (14.37 %). Out of these three, medical students were avid smokers 33 (27.5 %), arts students abused poly substance 30 (25%) and general science students abused sleeping pills 27 (22.5 %). According to a survey carried out in Iran, we discovered cigarette smoking and alcohol were widely used substances which is similar to our study results. The study revealed that students in the age of 20 are more prone to the habit of abusing substance drugs which determines our study. Another study carried out in Iran states that opium, Cannabis cigarette were the most abused drugs which were dissimilar to our result. The risk of drug abuse seems to appear more



positive if it runs in the victims family history, and it comes parallel with our investigation. Two cases revealed that amphetamine study drug was popular which contradicts our outcome. The standard of our study was performing a cross sectional study, limited amount of student and using a questionnaire. For better results, better methodologies are required in future.

## CONCLUSION

Among the 480 of the young participants, male prevailed with 343 (71.45%), urban dwellers 304 (63.33%), Lahore residents 300 (62.5%). Cigarette smoking 110 (22.91 %), poly substance abuse 108 (22.5 %) and sleeping pills 69 (14.37 %) are widely abused. Medical students appeared to dominate in smoking 33 (27.5 %), arts students in poly substance abuse 30 (25%) and general science students are dominant in abusing sleeping pills 27 (22.5 %).

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