



DRUG ABUSE IN KASHMIR

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INTRODUCTION

Drug abuse may be a multi-dimensional problem in developed and developing countries related to various factors and conditions that vary from nation to nation, society to society, and culture to culture. But the growing and contributing factors of medicine abuse, particularly among the teenagers also as grown-ups in the poor and economically unsound society like Kashmir, is different and to an extent compared to the population of other states. In the Kashmir region, the menace of white plague and drug traffic has increased at an alarming level and poses serious health challenges for adolescents and society. The matter of substance abuse affects the physical, mental, and social health of the individuals and disturbs and burdens the entire family. It also significantly threatens family happiness and creates individual, family, economic and social disorganization. The menace of substance abuse among adolescents is often traced to social, economic, political, psychological, and environmental factors. The long-pending Kashmir issue, political turbulence, armed-militancy Conflict, psychological distress, socio-environmental conditions, and socio-economic conditions like rapid unemployment, mass corruption, poverty, lack of commercial and infrastructural development, allied sectors, underdevelopment, plus economic and social marginalization has drastically increased the matter of white plague and drug traffic activities in Kashmir valley. This generation, particularly the younger generation of Kashmir valley, passing through a critical

stage characterized by psychological state, violence, terrorism, strikes, tension, defiance, oppression, and repression, has accelerated the number of drug addicts and drug smuggling activities within the valley. The various research studies and statistics revealed that substance abuse in Kashmir valley, particularly among the younger generation within the region is overgrowing for the past few decades. The prevalence of medicine abuse and drug peddling among adolescents in Kashmir valley raises the most serious concern and worldwide attention within the present scenario of society. The United Nations Drug Control Programme (UNDCP) has estimated quite seventy thousand drug addicts in Kashmir valley, counting four thousand womenfolk.

The unreported cases would repeatedly be quite the recorded figure. The position is gradually becoming increasing. The drug de-addiction and rehabilitation center Srinagar has reported that thousands of junkie patients are diagnosed per annum, during which most of them are educated and unemployed youths. The illegitimate usage of drugs and elements like smoking, tobacco, Cannabis, heroin, cocaine, sugar, opium, morphine, alcohol, codeine, sleeping pills, sedative tablets, cough syrups, inhalants (like nitrazepam, fevicol SR, glue correction fluid, paint thinner, petrol, shoe polish) and other pharmaceutical substances, etc. are the foremost common drugs and substances which are frequently employed by the young generation of Kashmir valley. A study conducted by Rifat Khan (2008) has revealed that 80% of the younger generations within the state are victims of substance abuse which incorporates both males and females within the age bracket of 16-25 years. The adolescent youth in Kashmir aren't consuming single deadly drugs, but ninety



percent of drug abusers in Kashmir are taking quite one Drug at a given time. Many studies reported that younger generations of the Kashmir region are getting more hooked into various harmful drugs to reduce their depression, anxiety, and stress which are caused by the prevailing socio-economic situation, lack of employment opportunities, and lack of ethical and non-secular education, psychological depression and social environment conditions.

Moreover, there has been a sharp increase in drug dealing and Drug peddling cases in some regions of Kashmir valley. Dr. Khan, the administrator of Drug de-addiction center Srinagar, has reported that "the tendency of element exploitation stands on the upsurge amid school-going children through means of we partake enumerated numerous such cases, where students of erudition IX to XII stand involved in drugs. The geographical proximity of Jammu and Kashmir with international and national borders also as easy cultivation, production, and distribution of illegal narcotics leads to a rising number of drug addicts within the Kashmir valley. As a result, Drug and drug abuse in the Kashmir valley have increased rapidly, ending up a significant risk of health issues and affecting almost every aspect of Kashmiri society. In this regard, there is an excellent way to study the varied factors and conditions that have increased the menace of substance abuse among adolescents in Kashmir valley. Therefore, this study is theoretical which analyses the diverse factors associated with the prevalence of substance abuse among adolescents of Kashmir valley.

Factors resulting in substance abuse in Kashmir:

The phenomenon of substance abuse in Kashmir continues to be a detrimental problem for adolescents and society. The Kashmir valley, which has been called paradise on earth and Switzerland of Asia for its scenic beauty and tourists' attraction, has become a place for drug traffic and drug peddling activities. Substance abuse is complex and related to various things varying from society to society and culture to culture. Still, in Kashmir, no single factor has contributed to the menace of the white plague among adolescents. As an example, socio-economic factors like unemployment, mass corruption, lack of commercial and infrastructural development, poverty, terrorism, youth unrest, social disintegration, the rise of individualism and value system, illegal production, easy availability, social disorganization, illiteracy, and conflicts that are prevalent inside the valley like political turbulence, violence, armed Conflict, militancy, psychological conditions, and other socio-environment factors, etc. are liable for the growing problem of substance abuse among the adolescents in Kashmir valley. Above all, the Kashmir conflict, socio-economic problems, psychological and socio-environment conditions are the most factors that have enhanced substance abuse and drug traffic within the Kashmir valley.

1. Socio-economic factors:

The overall developmental scenario of Jammu and Kashmir generally and Kashmir valley significantly has lagged compared to India's opposite states. The low rate of socio-economic development, poor allied sectors, future underdevelopment, and inter conflict rivalries have baffled the utilization and income generation in Kashmir valley also as has born to a rising number of problems. The socio-economic conditions like



unemployment, mass corruption, poverty, poor industrial and infrastructural development, poor sound fiscal management, lack of excellent governance, and armed-military climate within the Kashmir valley has pushed the young generations into many bad and unexpected social activities like terrorism, violence, unrests, militancy, gambling, cheating, looting, counterfeiting, riot, robbery, burglary, theft, substance abuse and smuggling of illicit drugs. The economic development and employment opportunities in the Kashmir region have not expanded correspondingly, resulting in an increase in unemployment levels among the educated youths and later falls into the gun culture, terrorism, criminal and anti-social elements, and smuggling and trafficking of illegal drug activities. The disillusionment and dissatisfaction among the youths caused by socio-economic problems like the rapid percentage and mass corruption have forced them to involve various illicit activities like violence, insurgency, agitations, and unrest. The general lack of development caused by the Conflict is one of the foremost crucial barriers to the social process in Kashmir. The speed of unemployment in Kashmir valley, which has reached an unprecedented level, directly affects individuals' physical and psychological state, their families, and society at large. The complete disillusionment with the utilization opportunities and lack of satisfactory conditions of work/occupation makes adolescents of Kashmir more susceptible to drug addicts.

2. Psychological Factors:

The psychological conditions towards white plague ask the characteristic within the addicts which promotes the utilization of medicine. Human behavior which may be a

learned behavior, is additionally too addictive behavior through interaction with peers, persuasion, unconscious imitation, reflecting thinking, and acquaintances with relations and another close sibling. The psychological conditions play a crucial role in an individual's drug-taking behavior. The adolescents of Kashmir are psychologically, emotionally, spiritually, morally, and mentally disturbed, thanks to these prevailing situations within the valley. Psychological problems like depression, stress, tension, anxiety, and heart diseases, and high vital signs have emerged/appearing as a permanent phenomenon in the lifestyle of Kashmir. Many experts have suggested that Kashmiri youths face more traumatic events like terrorism, agitation, stone pelting, killing, increased violence, deprivation, physical and mental harassment which showed them the way of white plague.

3. Environmental Factors:

The environmental factors play an essential role in shaping the individuals' drug-taking behavior and influence them greatly towards the reinforcing efficiency of medicine. Research studies show that environmental factors have greatly influenced people's experiences in Drug taking behavior. The environmental factors like ease and availability of treatment, peer pressure, unstable family atmosphere, risk-taking behavior, low religiosity, lack of social and community control, low social station, social deprivations and victimizations, poor academic performance, parental and shut sibling of drug history, low education level of oldsters, underprivileged situations, etc. contributes to the event risk factors of drug abuses among the younger generations. The influence of local and peer groups and parental substance abuse behavior is the



foremost consistent and essential factor related to adolescent substance abuse behavior. Besides these, the geographical location of Jammu and Kashmir State with Pakistan, Afghanistan, and Punjab borders makes the transit/supply of medicine easily possible across the state. The straightforward availability as the accessibility of treatment is another primary reason contributing to the growing menace of substance abuse among youths in Kashmir valley. When the accessibility, production, and distribution of illicit drugs become readily available, the adolescent becomes more susceptible to the risk of substance abuse behavior. In many parts of the south and north Kashmir, medicine assembly like charas, banga, opium, and poppy are easily cultivated within the fields like other regular crops, which increased the menace of medicine abuses among the adolescents' population. Many children and children in Kashmir are involved within the illegal drug traffic and drug trade activities and have turned it into the source of their income, which gradually allows them to enjoys the addiction of an equivalent, moreover, joining the gangs of drug peddlers they become an integral a part of gang violence and other anti-social activities. The results of political turmoil, Conflict, violence's, ruthless exploitation of humanity, rapid percentage, mismanagement of the economy, lack of economic progress, lack of excellent governance, growing mental stress, social exclusion, curiosity to experiment with new drugs, socio-economic disparities, marginalization and underdevelopment, illicit production and distribution, illicit drug traffic, drug peddling, easy availability of medicine, corrupted enforcement agencies, low family and non-secular control, etc. have increased

the menace of substance abuse among the younger generations in Kashmir valley.

REVIEW OF LITERATURE

1. The administrator of Drug De-addiction center Srinagar Dr. Khan specified that "the tendency of element manipulation is on the upsurge amid school children as we've registered many such cases, where students of sophistication IX to XII are involved drugs." A well-known psychoanalyst in Kashmir, Dr. Maqgoob and Dutta, has conveyed that around 2.11 lakh drug addicts are in Kashmir valley. The common Substance employed by Drug Addicts Kashmir is Cannabis, sugar, heroin, SR tablets, Anxiety, Alprax, Inhalants like Fevicol SR solution, Thinner, blacking, Paint varnish, and dirty socks are used as substances. The alarming rate of this menace in Kashmir leads the academicians and experts to comment that "We have lost one generation to bullets and that we may lose another generation to drugs." Margoob and Dutta, in one of their study conducted within the year 1993, stated that the majority of drug addicts were males, and mainly their Substance of addiction is Cannabis.

2. In his paper "drug addiction and youth of Kashmir," he interrogated 270 young Kashmiri people between the age bracket of 16-30 in several districts of Kashmir. His findings revealed that Conflict and unemployment were the mains reasons for the white plague among the youth. Several studies have shown that 80% of drug addicts get this addiction before 30 years. Another study associated with awareness of the white epidemic among college students in Kashmir valley shows that most scholars believe that folks began to take drugs within the age bracket of 20-30. The study further revealed that smoking often acts



as a door thanks to drugs or a minimum start line. This study conducted by Bhat et al. further revealed that above 90% don't have any awareness regarding the Drug De-addiction process. Only 8% realize the drug de-addiction center in Srinagar, Kashmir.

3. Another significant learning directed through Mushtaq et al. testified that around 90% of drug abusers are poly abusers. The poly abuser takes two or more drugs at a given period of your time, for instance, an individual who is taking Cannabis also taking alcohol or Heroin or the other Drug. They also reported that the amount of initiation of the Drug is between 11- 20. Peer Pressure has been summated because the main reason for the white plague with 78% of drug addicts revealed that they need to turn to drugs thanks to peer pressure. At the same time, relief from negative or seeking pleasure is also reported to explain the white plague.

4. Consistent with the International Bureau of Narcotics (IBN), a narcotics trade of around 5,000 crore INR/annum has been reported in India. At the same time, approximately a million people consume heroin and two million use opium. Apart from the home-made illicit drug preparation, it's now firmly held that transit route of medicine of abuse during this part of the country is thanks to the geographical location and conflict zone of the state that's hemmed in the golden triangle (comprising Myanmar, Thailand, Laos and adjoining a part of China) and golden crescent (comprising Iran, Afghanistan, and Pakistan). These areas alongside the golden quadrangle (comprising Varanasi, Lucknow, Bareilly, Barabanki, and Badaawn districts of UP and adjoining parts of Rajasthan, M-P including portions of the southern, eastern,

and north-east zone of the Republic of India) has become a transit route for illicit utilization also as transportation to other destinations.

5. Chopra (1971) remarks that Psychiatric ill possession of continuing drug usage is Nutritional insufficiencies, skull damages, and stages of fractional anoxia related to philosophical intemperance are likely aetiological aspects involved. Vast amounts of stimulants, LSD, Cannabis, and therefore the new-fangled artificial "Hallucinogens" can and do yield conflicts of awareness and demonstrative answers, which stand a portion of their hallucinogenic consequence. Drugs yield biological variations that cause characteristic, clinically noticeable removal conditions on intermission of drug practice.

6. Thacore et al. (1971) recommend in their learning that Methaqualone remains existence ill-treated through an irritable segment of the populace. Furthermost, they stayed presented towards the Drug through specialists who ensue to stand their helpers in numerous occurrences. The subject reserved towards practice a method of joy and wisdom of delight and ought to be cast-off frequently or intermittently. Learning further references that it seems to be a well-organized sedative (one theme favored it to sodium thiopental) and ought to be valuable in giving intoxicating extraction indications, nevertheless not deprived of hazard of replacement. Unwanted side-effects remained primarily particular. Overindulge inhibits with standard mentation; nonetheless, no psychotic manifestations stood conveyed.

METHODOLOGY

**Aim:**

- The drug exploitation through youngsters and their undesirable significances stands getting increasingly a solemn communal wellbeing apprehension. Smoking in adolescents can correspondingly indicate further injurious lifestyles like assignation in illegal drug usage, liquor practice, psychological ailments, etc.
- Explore the interrelation amid constituent exploitation and ferocity amidst institute dropouts, gang associates, and further marginal adolescence ought to be commenced.
- Even though the significant investigation has stood directed throughout this part, there's a condition for an additional, comprehensive study to distinguish the character, appearances, fundamental changing aspects, and consequently the household atmosphere that differentiates the hooks as of the nonaddicts.

Objective :

- The principal purpose of this present study is to seek out the varied contributing factors of substance abuse among adolescents in Kashmir valley.
- To obtain the investigative nature of the learning demanded a measurable technique to get the discernments and state of mind of contributors and consequently the fundamental matters, which qualitative statistics would neglect.
- The learning implemented quantifiable methods utilizing the investigation technique. The review technique stood cast-off because the subject can analytically trial the premises used in this learning. The review remained administered through with consultation plan

and besieged Childhood in several regions of Kashmir.

- A consultation agenda stood directed, and consequently, the defendants have inquired the applicable queries. The queries were examined in natural and easy-to-understand language. The responses stood directly noticeable on the consultation list, and this was completed in command that no facts discharge the cognizance.

Hypothesis:

H1: There is a significant association between drug compulsion and household carelessness.

H2: There is a meaningful connection between drug dependence and depression.

H3: Drug hooks have more curiosity than non-addictive personalities.

H4: Drug-dependent individuals are more substantially hooked on drugs.

Sample:

- The overall statistics of 270 interview plans stood composed and consequently the ordinariness trial remained won't towards the prosecution and to make certain wholly variable quantity stood generally circulated then occurrence trial stood directed throughout which 20 accused stayed originate unqualified as per they need not responded numerous queries inquired towards them henceforward 20 consultation schedules stood misplaced for additional examinations later only 250 consultation plans qualified for further testing.

Sampling technique:

- The composed conference plans stayed confirmed to style unquestionable all replies



stood competent for directing this study; all the straightforward answers stood eradicated.

- The unreserved plans generally encompassed individuals with numerous unqualified responses.
- The Statistical Package for Social Sciences program (SPSS) type 16.0 was cast off for statistics study.
- Initial, I verified for consistency of the statistics. Normality examination presented that the statistics remained generally scattered. Second, expressive information stood accustomed to analyzing the demographic statistics of the competent accused. Third, cross tabularization stood directed to recognize the relation amongst variables. Later illative information was used to analyze the statistics further. The consequences of individuals examinations stand revealed within the consequences segment of this effort.

Procedure

- The statistics were collected from various portions of district Srinagar, Anantnag, Baramulla, Pulwama, and Budgam of the Kashmir area of Jammu and Kashmir State.
- After the selection was whole, all the signs were analyzed.

ANALYSIS

Table1:

Origin Source of taking Drug:

Reason for pleasing Drugs	N	%
Character Self-sureness	7	38.9
Peer Pressure	5	27.8
Strain Substitute	5	27.8
Other	1	5.6
Overall	18	100

Table 1 designates that (38.9%) defendants were using drugs in command to improve their self-assurance, (27.8%) accused were using medications for a reason that of peer pressures, (27.8%) accused were using drugs in command to release strain, only (5.6%) accused were taking.



Table2:
Quantity of Currency devote per month on Drug acquiring:

Quantity	N	%
60,000	1	5.65
50,000	1	5.65
40,000	1	5.65
30,000	1	5.65
20,000	5	27.78
15,000	1	5.65
10,000	1	5.65

5,000	1	5.65
2,000	1	5.65
1500 & below	5	27.78
Total	18	100

Table 2 discloses that (5.56%) accused devote Rs 30,000- 60,000 per month to acquire diverse kinds of drugs, (27.78%) accused commit Rs 20,000 per month to obtain various categories of drugs.

Additionally, consequences display that (5.56%) accused devote Rs 20,000-15000 per month on compressing drugs, (27.78%) accused devote Rs 1500 & less per month on diverse types of drugs.

TABLE:3
Inspiration of individuals who smoke, drink, takes addictive drugs:

Individuals	N	%
Parents	1	7.65
Brothers	2	15.38
Sisters	0	0.00
Friends	6	46.15
Relatives	3	23.08
Others	1	7.69
Total	13	100

Table 3 discloses that (7.69%) accused were inclined through their parental usage of smoking, drinking & other addictive drugs. However, (15.38%) males stood bent via their brother's usage of drugs, determining the amount, i.e. (46.15%) remained remembrance, (0%) accused had hepatitis and shakings, and 16.7% respondents had blood loss delinquent (nose blood loss and mouth flow) as a consequence of drugs.



TABLE:4
Wellbeing significances of drug exploitation:

Significances	N	%
Remembrance Damage	15	83.3
Hepatitis	0	0.00
Shakings	0	0.00
Blood loss (Nose and Mouth)	3	16.7
Total	18	100

Table 4 discloses that (83.3%) respondents have vanished their remembrance, (0%) respondents had hepatitis and shakings, and 16.7% defendants had blood loss (nose blood loss and mouth flow of blood) as a consequence of drugs.

TABLE:5
Do Girls Take Drugs:

Gender	Yes	NO	No Idea
Male	107	34	11
Female	51	40	7
Total	158	74	18

The study of Table 5 discloses that 70.39% of male accused and 52.04% of female respondents stated that girls also take drugs. Nevertheless, 40.81% of female respondents and 22.36% of male accused discovered that girls do not take drugs. 7.23% of male accused and 7.14% of female accused did not know about this.

REPORT WRITING

This learning discloses that being without a job is one of the foremost ins and outs for white outbreak amongst adolescence same was considered through Nadeem et al. (2009) in their learning that altering communal standards, rising budget pressure and decreasing loyal pledges stand to result in commencement into constituent usage. This learning correspondingly discloses that struggle likewise plays an active part in increasing white pestilence amid adolescence. A correspondent stood considered through Sudan (2007) in his understanding where he remarks that ferocious struggle partakes thoughtful impression on childhood mindset. Numerous undeveloped menfolk and females attempt to satisfy their dissatisfaction, anxiety, and unhappiness by fluctuating towards different drugs.

CONCLUSION

The above discussion of various research studies, articles, journals, books, magazines, government records, and other official statistics have revealed that substance abuse among the adolescents in the Kashmir region, which has increased at a plague level, isn't caused by any single factor. Still, it's the result of the operation of diverse elements. Therefore, this study indicated that the menace of substance abuse has its roots in the individual's socio-economic problems, socio-



political turbulence, cultural norms, psychological conditions, and environmental conditions. Most of the studies have suggested that the prevalence and pattern of substance abuse are alarming among the youths, particularly the adolescent populations in the Kashmir region. Thus, one may conclude that the menace of substance abuse among adolescents is often explained and understood only on the idea of a comprehensive approach instead of as a one-factor approach. So, substance abuse among adolescents in Kashmir has been growing rapidly and may be a matter of great concern that destroys all the plans of those hooked into it. Having a society where the youth, capable of doing anything possible for the betterment of the organization, are prey to substance abuse may be a blot upon humanity, a stigma upon the community, and the state that cannot curb its youth from getting destroyed. Therefore, the widespread substance abuse in the Kashmir region has become a growing threat to humanity, affecting not only the individuals who use it but also their families, community, and society. Adolescents who take drugs to hunt instant remedies to their socio-economic problems, environmental conditions, and psychological depression, stress, frustration, trauma, and tension are actually putting themselves within the same states that they struggle to avoid and escape by taking drug substances. They ought to remember that drugs abuse makes them physically, mentally, morally, economically, emotionally, culturally, and socially handicapped. Therefore, the menace of substance abuse has got to be tackled effectively, and consequently, the drug addicts are to be persuaded to offer up their deadly habits. Prevention, treatment, and rehabilitation all require a positive and life-

affirming campaign to cope with the menace of drug abuse. Besides, it's the responsibility of each family, NGO's, religious leaders, civil society, local agencies, youth forums, awareness of policymakers, enforcement agencies, police, judiciary, and other stakeholders to curb this menace and stop them from becoming the victims of this menace and convey them back to the mainstream of the social life.

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