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# Drug Addiction

P.G.Sem-2  
Psychology  
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(Abnormal Psychology)



# Drug

- Drug abuse and addiction are a major burden to society.
- Estimates of the total overall costs of substance abuse in the United States -- including health- and crime-related costs exceed half a trillion dollars annually.
- This includes approximately \$181 billion for illicit drugs, \$168 billion for tobacco, and \$185 billion for alcohol.

# What is drug

- A drug is something that affects your body. Drugs pass through the body and interferes with brain's neurotransmitters.
- Any substance which when taken into the body may modify one or more of its physical or mental functions.

# Drug addiction

- Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behaviour and leads to an inability to control the use of a legal or illegal drug or medication.
- In 1989 United Nations Organization observed the 26<sup>th</sup> June as an International Day Against Drug Abuse and Alcoholism.

# Withdrawal symptoms

- The common symptoms of drug abuse withdrawal are
  - restlessness,
  - muscle cramps
  - full-body ache,
  - fatigue
  - anxiety
  - insomnia,
  - runny nose etc.

# Types

- Stimulants
- Depressants
- Hallucinogens
- Cannabis
- Opiates



# Effects of Drugs





# Effect of drug on brain

- Drugs are chemicals that tap into the brain's communication system and disrupt the way nerve cells normally send, receive, and process information.
- There are at least two ways that drugs are able to do this:
  - (1) by imitating the brain's natural chemical messengers, and/or
  - (2) by over stimulating the "reward circuit" of the brain.

## On society

- Drug related crime can disrupt neighborhoods due to violence.
- Half of the highway deaths in United States involve alcohol.
- Poor concentration and lack of focus.
- Carelessness, mistakes or errors in judgment.

## On family

- Jealousy- for friends, parents and family members.
- Conflict with partner
- Conflict with children
- If both parents have addictions, the effect on children is worse.
- Create interpersonal problems for all family members.

# Reasons for drug addiction

- Curiosity
- To relieve boredom
- People suffering from anxiety, depression or other mental illnesses use drugs and alcohol to ease their suffering.
- People think drugs will help them fit in.
- Emotional instability, immaturity, and impulsiveness.

# Treatment

- Individual and group counselling
- Family therapy
- Behavioral therapy
- Occupational therapy
- Change in addict's social environment

A close-up photograph of two hands holding two broken cigarettes. The cigarettes are held in a way that their ends meet, forming a shape similar to a peace sign. The word "STOP" is written in black marker on the white filter of each cigarette. The background is a plain, light-colored surface. The entire image is framed by a dark green border.

**Thank you**