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Smart brain of India vs. tricky drugs

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Smart brain of India vs. tricky drugs

Substance abuse is one of the significant concerns in India. Early school dropouts, Adolescents especially students with social and academic problems, young people who come from broken families are prone to the use of substances. Substance abuse among adolescence is of serious concern as it has substantial role in their wellbeing. Use of substance is linked to various mental health disorders such as depression, anxiety, suicidal thoughts and might also cause prolonged psychotic reactions. One of our qualitative study conducted among the healthcare students including dental and medical exposed the major reasons for substance abuse among them. The study shows peer pressure to be the most influential factor for the initiation of substance use. The other significant factors were psychological imbalance, family problems, academic stress and inadequate parental care. The solutions stated by the students included counselling, rehabilitation, choosing the right friends circle and awareness about the side effects at an early age. Hence this proposal aims bringing awareness about the hazards of substance abuse among adolescents i.e. college students of age group of 16-21 and educating them about the brain mechanisms involved in substance abuse. To begin with a small interview using probe questions will be conducted (free listing and pile sorting methodology of qualitative research) to understand their perception; and pre-existing knowledge about substance of abuse. Based on this; awareness programmes will be planned to educate them regarding brain, pathophysiology of substance abuse, hazards of substance abuse and what could be the possible solutions to prevent this menace. Following this; various interventional programmes will be conducted under the following headings to bring awareness among the students; i) Talks through educational videos ii) Distributing books; audio-visual materials, issuing pamphlets iii) talks by expertised team (which includes a team of Psychiatrists, Psychologists and Public health workers).iv) conducting street plays. Added to this; newspaper articles, talks on All India Radio and local Television channels to bring awareness about the hazards of substance abuse among adolescents in general

Post questionnaire: This will reveal the effects of the interventional programs that was conducted. The opinion of the participants view on interventions can be identified with the help of probe questions about comprehension about the interventional program; what went well and what didn't which will help us to reflect upon and further awareness programs can be planned if needed

Keywords: . Substance abuse, Adolescents, awareness