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ELECTRICAL ELECTRONICS

**The effects of Drug abuse in our society**

What is a drug?

A **Drug** is a chemical substance, typically of known structure, which, when administered to a living organism, produces a biological effect.

What is abuse?

**Abuse** is the improper usage or treatment of a thing, often to unfairly or improperly gain benefit.

In our society today, use of illicit drugs and abuse of other drugs is seen as “cool” and “trendy”. But a lot of people don’t realize just how dangerous it is, both to the person using and the people that care about that person.

According to Nigerian Drug Law Enforcement Agency (NDLEA), approximately 14.3million Nigerians use hard drugs and is said to be tied to the increasing crime rate in Nigeria. The most commonly used drug is cannabis, which alongside other drugs like heroin, cocaine, ecstasy, tobacco and the increasingly popular shisha is a menace to the society and the health of individuals consuming such substances.

Drugs affect so many aspects of one’s life, and below are a few of them :

* **It affects physical health:**First and foremost, drug abuse is very literally harmful to your body. Depending on the drug of choice, abuse can lead to lung and cardiovascular disease, stroke, various kinds of cancer, HIV/AIDS, and Hepatitis B and C, to name a few.
* **It affects Mental Health:**In addition to impacting your physical health, drug abuse can also take a serious toll on your mental health. Depression, anxiety, paranoia, hallucinations, delusions, and insomnia can all stem from drug abuse; or, if the person already had mental health problems before using the drug, those problems are often exacerbated by its use. In some cases, these issues can’t be reversed once a person discontinues use of the drug.
* **It Hurts Finances:**Simply put, drugs cost money. The more you abuse a drug, the more of it you need to get the same effect, and therefore, the more money you need to spend to support the habit. Combined with the previously mentioned detriment drug abuse can have when it comes to maintaining a job, persisting with this habit can have serious negative impacts on your financial future.
* **It affects the education of the user:** Most people that abuse drugs have a hard time keeping up with school and the learning process, they end u[ lagging behind and failing most classes.
* **It Hurts Friendships**In addition to the deceit that commonly accompanies drug abuse, detrimental personality changes can arise, too. Having a short temper, lack of patience, decreased interest in others, and self-serving habits are all prevalent behaviours stemming from drug abuse that can negatively impact your friendships.
* **It destroys Family Relationships:** Generally, the more someone abuses drugs, the more their priorities shift toward their drug of choice. For instance, an important family event, such as a wedding , will often take a backseat to a person’s drug use. Prioritizing a drug over loved ones can very quickly lead to self-alienation and tarnished or broken family relationships.
* **It Hurts People You Don’t Know:**Even people with no relationship to the person abusing drugs can be severely impacted by that person’s use. Car accidents as a result of driving under the influence, burglary, assault, and other harmful behaviours are much more common among those abusing drugs, and, as such, put innocent bystanders at a much greater risk of being harmed.
* **It Hurts the Community:** Communities rife with drug use and abuse tends to reflect the problem in negative ways. There are more drug dealers, break-ins, instances of prostitution, and other criminal behaviours that threaten the safety and security of a community.

In conclusion, drug abuse and its harmful effects can be prevented by parental monitoring, school and national drug prevention programs which are aimed at educating people on the harmful effects of drugs and development of rehabilitation centres to help usher drug addicts back to normal life.