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DRUG ABUSE: ITS CAUSES, EFFECTS AND SOLUTIONS

Drugs can be defined as a substance which has a physiological effect when ingested or introduced into the body. Drugs are prescribed or administered by doctors or medical personnels to people so as to ensure that there isn't any misuse of these drugs and that can lead to drug abuse. Drug abuse can be defined as the use of illegal drugs or prescribed drugs for the purpose of a change in one's emotional and psychological state. For example sleeping pills, pain killers, marijuana, cocaine e.t.c they are drugs that people abuse. Abuse of drug in the society has increased due to many reasons that would be talked about.

In the society, there is increase in drug abuse due to the low standard of living, mental illness, loss of loved ones (victims of COVID-19), stress, relationship problems, trauma/ abuse e.t.c these events can cause a person to fall back on drugs to help him/herself to get away psychologically/mentally from reality. Poverty is a huge cause in drug abuse because once a person isn't financially stable, he/she can go into a state where only the use of drugs can help themselves which is the wrong thing to do. Trauma/abuse is also a huge cause in the abuse of drugs because in our society today, there has been a big issue of rape in the society which can cause those who are victims to be traumatized and wouldn't want to live in reality instead they fall on drugs to help them get away

psychologically so they wouldn't feel any emotion. Loss of loved ones is another cause of drug abuse especially in the society's present state of the COVID-19 pandemic, families and friends of those victims who died of the pandemic would be greatly affected and would be emotionally hurt and further depend on someone or something and that something is called drugs. Young and immature people who go into relationships and get heart broken try and do crazy things like committing suicide and the easiest way to do that is by overdosing on drugs some of these people are lucky that they didn't die by the overdose. People whose lives (jobs, relationship, careers e.t.c) are stressfully get emotionally drained so they sometimes fall on drugs for help.

The abuse of drugs has its effects and consequences and they include; damaged immune system, nausea, addiction, liver overexertion/liver failure, seizures, widespread brain damage. Drug abuse can cause addiction whereby a person cannot stay for a couple of time without taking in drugs and it can also affect that persons mental health because that person would be only thinking about the drugs he/she can be taking at that moment. Taking of overdose of drugs can affect a person's liver therefore leading to liver overexertion because taking of excess drugs is toxic to the body and the liver does the work of removing the toxins therefore causing liver overexertion leading to liver failure. People who abuse drugs and do not stop, can lead to the person's death either by liver failure, overdosing or widespread brain damage. Because of the amount of drugs a person takes into their body it can lead to the damage of the immune system of that person. Therefore the abuse of drug leads to heavy effects and consequences and a person shouldn't abuse drugs.

The problem of drug abuse can be solved by the following measures that include; **effectively dealing with peer pressure**; the biggest reasons teens start

using drugs is because their friends utilize peer pressure. No one likes to be left out and teens find themselves doing things they normally wouldn't do, just to fit in. In these cases, he/she needs to either find a better group of friends that won't pressure them into doing harmful things. **Deal with life pressure;** people today are overworked and overwhelmed, and often feel like a good break or a reward is deserved. But in the end, drugs only make life more stressful so to prevent using drugs, he/she can find other ways to relieve from stress like taking a warm bath, read a book, exercise, taking enough sleep e.t.c. Seek **help for mental illness;** mental illness and substance abuse often go hand-in-hand. Those with mental illness may turn to drugs as a way to ease the pain. Those who are suffering from trauma, depression, anxiety, should seek help from a trained professional for treatment. **Examine the risk factors;** if he/she is aware of the biological, environmental and physical risk factors then he/she would be able to overcome the use of drugs faster than those who haven't acknowledged those risk factors.

Drugs are prescribed to people by medical personnels to help them with any change in their psychological or physiological state therefore those drugs shouldn't be abused and by abusing drugs it leads to heavy consequences and effects which takes a lot of time to fix or eventually that person dies.