

# TRENDS OF DRUG USE AMONG YOUTH; A QUALITATIVE STUDY



by

Asfa Zamir  
BSP191005

A Research Thesis submitted to the  
DEPARTMENT OF PSYCHOLOGY  
in partial fulfillment of the requirements for the degree of  
BACHELOR OF SCIENCE IN PSYCHOLOGY

Faculty of Management and Social Sciences  
Capital University of Science & Technology,  
Islamabad  
January 2023

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DEPARTMENT OF PSYCHOLOGY

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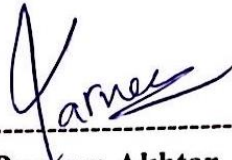
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## CERTIFICATE OF APPROVAL

It is certified that the Research Thesis titled “Trends of Drug Use among Youth; A Qualitative Study” carried out by Asfa Zamir, Reg. No. BSP191005, under the supervision of Ms. Parveen Akhtar, Capital University of Science & Technology, Islamabad, is fully adequate, in scope and in quality, as a Research Thesis for the degree of BS Psychology.

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Trends of Drug Use among Youth; A Qualitative Study

By

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*This research is dedicated to my beloved parents who supported me and have been my guardian angel throughout my journey.*

## DECLARATION

It is declared that this is an original piece of my own work, except where otherwise acknowledged in text and references. This work has not been submitted in any form for another degree or diploma at any university or other institution for tertiary education and shall not be submitted by me in future for obtaining any degree from this or any other University or Institution.



**Asfa Zamir**

**BSP191005**

**January 2023**

## ACKNOWLEDGMENT

I would like to express my deepest gratitude to God Almighty for giving me the strength and guidance to complete this thesis. His grace and blessings have been a constant source of inspiration and motivation throughout my research journey.

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## ABSTRACT

Drug use is not merely a personal problem, but a societal one that can have a significant impact on the physical and mental health, education, and future prospects of young people. This study aimed to explore the various types of drugs, methods of intake, change in methods, reason of drug use, relapse reason and coping strategies they use to overcome this problem. Through a qualitative phenomenological research design, 15 young people (drug users) aged 18-29 were interviewed using a semi-structured approach, and the data were analyzed by thematic analysis. The study findings revealed that drug use among youth is primarily driven by several factors, including financial stress, academic pressure, lack of social support, curiosity or experimentation, peer pressure, social trends, easy accessibility, and neglect by parents. The study also revealed that relapse is a common issue among young people who struggle with drug use, and this is often due to factors such as insufficient recovery, weak will power, mental pressure, rejoining previous company or friends, and strong withdrawal symptoms. However, some young people successfully manage to overcome drug use by adopting different coping strategies like seeking support, sleep, finding spiritual connections, engaging in healthy activities, avoiding the drug-use environment, and practicing good self-control. The study emphasizes the importance of collaborative efforts between families, educational institutions, government agencies, and non-governmental organizations to raise awareness about the causes and consequences of drug use among youth. By implementing appropriate interventions, it may be possible to reduce the prevalence of drug use and help young people overcome this problem.

**Keywords:** Drug Use, Relapse Reasons, Coping Strategies and Mitigation strategies

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## Chapter 1. Introduction

Pakistan is 6<sup>th</sup> most populated country in the world, with almost of 208 million peoples (Pakistan bureau of statistics, 2017) making Pakistan one of the youngest country with 64 percent of the population under 29 of age (UNDP, 2017).

For the development and progress of any nation youth plays an essential role. In Pakistan, youth constitute a large portion of the population and have the potential to drive economic growth and social change. Unfortunately, due to lack of attention, curiosity, different types of problem like social pressures, and academic pressure, sometimes youth get involved into illegal activities such as taking drugs.

In Pakistan, 6.7 million people use drugs, with 22 percent of them being female. Almost 700 people die every day in Pakistan as a result of drugs, which is a higher death rate than terrorism (Anti-Narcotics Force, 2003; Dawn, 2018). According to the current World Drug Report of 2019 by the United Nations Office on Drug and Crimes (UNODC) also indicate an alarming rise in the number of drug users over the last few years in Pakistan (United Nations Office on Drugs Crime, 2019).

In Pakistan, the prevalence rates of illicit drug usage among youth is approximately 25 to 44 percent and its increasing day by day (Khattak et al., 2012; Sheffield et al., 2005; Goldman et al., 2005). The yearly prevalence of cannabis use is 3.6 %, opioids 2.4%, tranquilizers 1.4 %, amphetamine 0.08 %, solvents 0.03% and cocaine 0.01 % (United Nations Office on Drugs Crime, 2013).

Drug use is defined as the repeated use/ consumption of drugs like cigarettes, hashish, and alcohol, misuse of the prescribed medication (sleeping pills), and over several encounters with these drugs led to negative consequences (Snyder, 2012).

The current choice of drug is referred to as an individual preference for using a specific drug and the mode of the drug is stated as intake method to take that specific drug (Ali et al., 2011). The mode of drug use can change over time, and that different drugs have different effects depending on the way they are consumed. The choice of drug and mode of drug use among youth can vary depending on a number of factors, of factors, including availability, peer influence, and personal experiences. Both of these factors play a key role in the individual recovery process and relapse.

Relapse is defined as the recurrence and reinstatement of drug use (Hubbard et al., 1997; Hunt et al., 1971). It is a common occurrence in the recovery process from drug use. It refers to the return to drug use after a period of abstinence. Relapse is often considered a part of the recovery process and not a failure, as it can provide valuable information and insights for individuals in treatment and their support system. (White et al., 2010). Relapse happens when the attitudes and behavior of an individual revert back to that previous behavior when the person was actively using drugs (Zafar et al., 2013).

Many factors like curiosity, peer pressure, educational stress, and social influence contribute to drug use. In order to be a member of a group of peer group, individuals start showing conformity to their values and behavior which sometimes comes with a “cost” as those behaviors may not be consistent with her/his own values and behaviors (Hart et al., 1997; Reed et al., 1997). This creates strong social pressure

to show conformity to peer norms (Arnett et al., 2000), known as “peer pressure” (Santor et al., 2000). Different studies have reported that peer influence played a massive and dominant role in tobacco smoking and adopting drug use.

Coping strategies are referred to as cognitive, affective, and behavioral techniques used by individuals to deal with stressful, difficult situations (Zealand, 2022). It helps them to deal with painful experiences and aversive behaviors. Healthy coping strategies may not provide instant gratification and take time, but they have long lasting positive effects on the individual. Unfortunately, some people develop unhealthy coping skill and these strategies for drug use don't work in the long run and result in more harm than good for that individual, in the longer run, eventually lead to relapse.

### **Literature review**

There is serious increase in the number of drug users among university students in Pakistan (Khattak, 2012). Youth is considered as more vulnerable towards drug use due to different factors like curiosity to experiment with new things, peer pressure, social pressure, company, and lifestyles (Hayley et al., 2011; United Nations, 2018). The report presented by Anti-Narcotics Force in 2000 mentioned that 71.5 percent of the drug users has age range less than 35 (Anti-Narcotics Force, 2000). According to the study, those children who are involved in drug use in earlier ages like 10 -11 are more likely that they will trap in addiction at age 17-18 (Hawkins et al., 1997).

Regardless of the worldwide discussion and concern about drug use, most of the youth have little knowledge about the negative consequences of drug use (Ngesu et al.,



2008). The study conducted by Zaman and his colleagues in 2015 in the academic institutes of Lahore, Pakistan, showed that males are more involved in drug use activities (Zaman et al., 2015).

In the early 1980's, heroin was spreading rapidly and mostly consumed by the males as compared to female users (UNODC, 2013). Moreover, according to different studies males reported more alcohol and other drug consumption as compared to females (Roncero et al., 2014; Beman, 1995). The report provided by UNODC and Pakistan bureau of statistic in 2013, showed that cannabis was the mostly used drug at that time and 16 - 18-year age range is more prone to initiation into drug, especially into charrs and alcohol use (UNODC, 2013). The report also showed that when unemployed men are unable to fulfill their expected roles of breadwinner, they get involved in drug use and use it as an escape mechanism from guilt and social pressure (UNODC, 2013).

Many psychosocial factors like loneliness, parental coldness, and peer pressure contribute towards drug use (Van Der Zwaluw et al., 2000). Another reason reported by drug users was curiosity to try out new things (Racz J et al., 2008). The new emerging trend among both males and females is use of 'sheesha' with cannabis and other drugs. (Ministry of Narcotics Control, Islamabad, Yearbook, 2012). In 2018, Bouchard and his colleagues concluded that easy availability of drug also contributes to drug use among adolescents (Bouchard et al., 2018).

Some other research showed that youth get involved in drug use to escape from pain, deal with unpleasant feelings, strengthen their lower self-esteem, feel grown-up, and sometimes teenagers do drugs for the purpose of excitement and fun because of their poor connection with family and peer pressure (Anwar-ul-Haq et al., 1979; Kuria, 1996;

Sherouse, 1985). A study result stated that parents who are involve in heavy alcohol consumption are more likely to have children who use alcohol later on (Anon, 2019).

In developing world, multiple studies upon drug use reported that low price and easy accessibility of drug such as cannabis, alcohol and tobacco were one of the causes drug use. (Sherman et al, 2005). A study conducted in 2016 on college student to examine the substance use hazards and understanding of substance accessibility reported that drug ability was a key factor of drug use (Lipari et al., 2016).

Family play's a significant role in the development drug use as the family simultaneously suffer from the correct direct consequences of the drug use while also retain the potential to be the one of the most powerful protective influence against it. Drug use is becoming more like a trend, common and acceptable in higher class families due to which their children are more likely to indulge in drug use (Cattapan et al., 2008).

Broman in 2016 conducted a study to explore how to domestic drug present in home during adolescence affect drug use behavior in teenagers and concluded that accessibility of drug in household has influenced the use of drug among young adults (Broman et al., 2016).

In Pakistan, peer influence and family disagreement is the contributing factor to drug use among male use among male drug users (Mansoori et al., 2018; Ghazal 2019). Another research focusing on social influence on drug use found that too much parental control and drug users was the predicting characteristics of substance use among early adolescence (Van Ryzin et al., 2012).

In Ghana, West Africa research was conducted to assess the risk and protective factors associated with drug use, they uncovered that peer pressure had a significant role in drug use (Kabore et al., 2019). A positive association was found between availability and conceptions of drug use (Flores et al., 2017).

According to research adolescence drinking behavior are influenced by both sibling and parent standards (Laursen et al., 2017). Similarly, in an in-depth study, Easton and his colleges assessed 105 participant for substance related disorder and history of domestic abuse and reported that 37% of the respondent had witnessed physical violence in the family (Easton et al., 2000).

Family plays an important role in the recovery process of drug user. A research stated that family support and concern for one's own health work as motivating factors or quitting drugs (Lander et al., 2018), whereas easy availability of drugs, socializing and gathering with the same peer group are the main reason of relapse (Gonzales et al., 2012).

Unhealthy coping skills used by individuals to deal with drug use include denial, and behavioral disengagement (Litman, 2006). A study uncovered that, drug users report more emotional-oriented stress cope strategies than problem-oriented ones in different situation (Sudraba et al., 2015).

Research has shown that relapse prevention can be done by identifying addicts coping skills and teaching them healthy coping skills and changing reinforcement contingencies (Longabaugh et al., 1999).

## **Theoretical Framework**

### ***Biopsychosocial Model of Addiction***

The psychosocial model was proposed by Engel (1977), a specialist in internal medicine with psychotherapeutic training, considering that biological, psychological, and social factors play an important role in human functioning within the context of disease or the perception of the disease/ maladaptive behavior.

The biopsychosocial model is holistic as the model state that biological (genetic), psychological (thoughts, emotions, and behavior), and social (socio-economic, social environmental, and cultural) factors play a key role in substance use and these factors must be taken in the consideration for its treatment and prevention drug use (Marlatt et al., 1988). The theory state that usually biological, psychological, and social characteristics possessed by individual make them vulnerable to different health problems.

This theory is related to this study as the young generation are likely to indulge in drug-using behavior, due to problem or issue in the biological, social, and psychological domain. All the reasons for drug use, and the person coping strategy are based on biopsychosocial needs and perceptions (Maciak, 2013) and should be considered for their prevention and treatment (Becoña, 2002; Skewes at el., 2013). The different current models of addiction consider this same factor to a greater or lesser extent (West at el., 2013) and the mutual relation between biological and social factor lead the individual thoughts and behavior for adopting any maladaptive behavior (Melchert, 2015). In this study researcher focus will be on looking at psychological and social aspects of model.

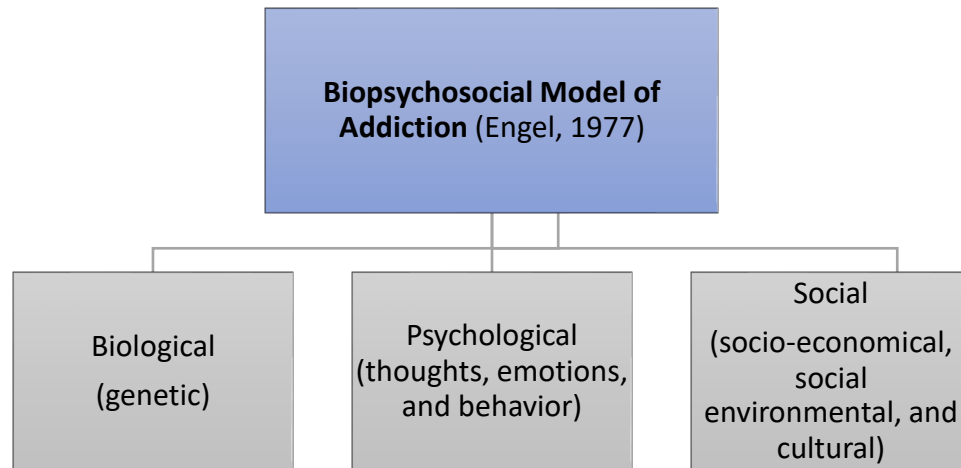


Figure 1. Components of Biopsychosocial Model of Addiction

### **Rationale**

Pakistan has been confronted with drug use ever since its existence till today as its neighboring country Afghanistan produces 90% of the world's opium, a third of which is supply through Pakistan (The National Bureau of Asian Research, 2018).

In Pakistan magnitude of drug use among youth has either been “masked by national denial” or hindered by a lack of research that’s why this study is important as it aims to put focused attention on substance use, to generate, identify different coping mechanism, and relapse prevention. It will also open the path for further research studies.

This study will help to understand the trend and extend of drug use among youth. The research data will uncover information about different motive of drug use, different types / route of a drug, current choice of drug, and role of family and peers.

This play great role for developing effective strategies for its treatment, prevention, and awareness.

It will provide valuable information that can be used to inform policy and practice, helping to guide decision about how to allocate resources and develop effective programs and services. It will improve treatment outcome by understanding more about drug use and future research can develop new and more effective treatment for people who struggle with drug use.

### **Research Question**

1. What are the trends of drug use among youth?

### **Objective**

1. To explore types and current choice of drug among youth.
2. To explore route/ mode of drug intake among youth.
3. To explore reasons of drug use among youth.
4. To explore causes of relapse among youth.
5. To identify the profound coping strategy among youth with the problem of drug use.
6. To explore strategies to prevent drug use.

## **Chapter 2: Methodology**

Details of the methodology used in this thesis are presented in this chapter, including research design, procedure, sample, measurement instruments, data analysis, and ethical consideration.

### **Research Design**

Current study used a phenomenological qualitative approach for exploration of the current choice of drugs, route of drug intake, and causes of relapse among youth and risk factors like peer pressure and coping strategies.

### **Sample and Sampling Techniques**

Data for this study was collected from the twin cities of Pakistan (Islamabad and Rawalpindi). In total, 15 interviews were conducted among which 12 were male and 3 were female drug user. As drug users constitute a hidden population, researcher used the snowball strategy to recruit the participant for this study. The researcher also used her personal contacts that facilitated the process of data collection as provided the contact/reference of relevant people for interview.

### **Sampling Selection Criteria**

#### ***Inclusion Criteria***

1. Male, female age range 18 - 29.
2. Participants involved in substance use.

#### ***Exclusion Criteria***

1. Physical disability related to hearing or speaking.

## **Measures**

### ***1. Demographic form***

As the demographic data sheet provide background information about their participants therefore researcher also prepared demographic form to collect information about their age, education, occupation, city, family system, residence, father occupation and mothers' occupation from the participants. The demographic questionnaire is attached as an appendix.

### ***2. Interview guideline***

A semi structure interview guide was developed on the bases of literature review to explore the main objectives of the present study. The questions in the interview guide explored different types of drug, their mode of intake, reason for change of method, reason of drug use, relapse reason, and coping strategies. The complete interview guideline is attached as an appendix D.

## **Pilot interviews**

The pilot study was conducted on 5 participants to ensure the relevance of the interview guide, and that the data obtained from those questions were covering the study purpose. After the pilot study, a few additional questions were added to the interview guideline and make sure all the research questions were sufficiently addressing the study objectives. A revised/final interview guide is attached as appendix E.



Table 1. Alignment of objectives with measuring instrument questions

Objectives	Interview Question
1. To explore the types and current choice of drug among youth.	<p>آپ کے خیال میں نوجوان نسل کون کون سے نشہ استعمال کرتی ہے؟</p> <p>ان میں سے آج کل سب سے زیادہ کس نشہ کا استعمال کیا جاتا ہے؟</p> <p>نوجوان کس عمر میں نشہ استعمال کرنا شروع کر لیتے ہیں؟</p>
2. To explore route/ mode of drug intake among youth.	<p>آج کل نوجوان کن طریقوں سے نشہ استعمال کرتے ہیں؟</p> <p>ان طریقوں سے استعمال کرنے کی وجہ کیا ہے؟</p>
3. To explore reasons of drug use among youth.	<p>آپ کو کیا لگتا ہے کہ آج کل نوجوان نسل نشہ کی طرف کیوں متوجہ ہو رہی ہے؟</p> <p>نشہ کی وجہ کے پیچھے گھسروالوں کا کیا کردار ہے؟</p>

نشے کے اس وجہ کے پیچھے دوستوں کا کیا کردار

ہے؟

آپ نے نشہ کا استعمال کب اور کیسے کرنا شروع کیا؟

4. To explore causes of relapse among youth.

کیا ایک بار نشہ چھوڑنے کے بعد نوجوان دوبارہ نشہ کی

طرف متوجہ ہوتے ہیں؟

اگر ہاں تو وجہ بتائیں

5. To identify the profound coping strategy among youth with the problem of drug use.

اگر نہیں تو آپ کے خیال میں کون سی چیزیں

ان کو یہ عادت چھوڑنے میں مدد دیتی ہیں؟

خود کو نشہ سے روکنے کے لیے آپ کیا کرتے ہیں؟

6. Mitigation strategies

آپ کے خیال میں کون سے ایسے اقدامات کیے

جاسکتے ہیں جو لوگوں کو اس عادت میں پڑنے

سے روک سکتے ہیں؟

---

**Ethical Consideration**

The study began after receiving permission from the ethical committee of the Capital University of Science and Technology, CUST. The information sheet and consent form were prepared according to the guideline of the American Psychological Association (APA). An information sheet about the study's nature, purpose, and their rights in the research study, etc were provided (both in verbal and written form) to the participant before taking informed consent from them. They were given an opportunity to ask questions about the study. There had no protentional harm in the study. Participants were given the right to decline their participation in the study. The information of the participants was kept confidential, and the data obtained was only used for research purposes.

**Procedure**

The researcher contacted a few drug user by using personal resources who consented to participate in the study. From these initial participants, researcher got more referrals.

Keeping in view the sensitive nature of this study one to one interviews were conducted with the participant and researcher didn't ask them any identifying information to protect their identity and ensure the ethical consideration of this study. Participants who voluntarily agreed to take part in this study, were recruited for the interview.

The interviews were conducted at a convenient place and time to the participant. The participant (drug users) of this study were in the age range of 18 to 29 and were belong to different professions like some were students, some were doing job, business etc.

The duration of the interview was between 25-30 minutes. Interviewees were requested to sign the consent copy (attaches as an appendix) and fill out demographic forms. The research also gave adequate time to the participant to get ready and comfortable for the interview.

All of the interviews were audio recorded after obtaining consent from participants. Notes were taken during the interview. All recordings of the interview were kept safe in a secure password protected computer, with only researcher having access to data. The recordings of interviews were then transcribed manually. In the transcription process, the researcher played the audio recording of one participant at a time and then wrote the participants verbatim.

### **Data analysis**

The data collection and data analysis were carried out simultaneously. The researcher's process involved conducting interviews as a method of data collection, and then analyzing the data from each interview as soon as it was completed. This allowed the researcher to gain a more nuanced understanding of the phenomenon being studied with each interview and to refine their research questions and methods as needed. Deductive approach of thematic analysis was used to analyze the data as some preconceived themes researcher expected to find in the data reflected there, based on theory (Popper, K. 1959). In this approach, involves starting with a pre-existing theory or framework, and then using that theory to guide the analysis of the data. the researcher begins with a set of codes or categories that are derived from the theory, and then systematically applies these codes to the data to identify and analyze patterns or themes. It also helped the research to organize the data into categories to maintain alignment with research question.

### **Chapter 3. Results**

The demographic characteristics of these participants are displayed below in table 2. For the present study, data were collected from 15 participants. Among them 12 were male and 3 were female. The participants in the study came from various professions, including students and working professionals, and had varying levels of education. All the participants were single. The following table 2 presented summarizes the demographic characteristic of the sample.

In first step of data analysis the researcher read the transcribed data of the each interview several times, to gain familiarity with the raw data. During the process of thematic analysis (Braun & Clarke, 2006; Braun & Clarke, 2013), the emerging categories were highlighted. The emerging categories were then compared and contrasted with each other to identify similar patterns in the raw data.

In the second step the thematic table was developed to arrange the emerging categories in a specific sequence like all the merging categories that gives similar pattern and meaning were put into the corresponding patterns and coded. All the themes were reviewed by the supervisor and discrepancies between analysis were discussed which helped the research to refining sub-themes. To interpret themes, supporting data (illustrative quotes) were used to give meaningful explanation to each code.

<b>Id</b>	<b>Age</b>	<b>Education level</b>	<b>occupation</b>	<b>Marital status</b>	<b>Residence</b>	<b>Family system</b>	<b>Father occupation</b>	<b>Mother occupation</b>
1	22	Postgraduat	Student	Single	Family	Nuclear	Governme	Housewife
2	25	Postgraduat	Employed	Single	Alone	Nuclear	Business	Housewife
3	22	Graduate	Student	Single	Alone	Joint	Business	Working
4	23	Graduate	Student	Single	Family	Joint	Governme	Housewife
5	25	Graduate	Employed	Single	Alone	Nuclear	Business	Housewife
6	27	Postgraduat	Unemploye	Single	Family	Nuclear	Private	Housewife
7	22	Graduate	Student	Single	Alone	Nuclear	Private	Housewife
8	24	Graduate	Employed	Single	Family	Nuclear	Governme	Housewife
9	25	Postgraduat	Employed	Single	Family	Nuclear	Governme	Housewife
10	25	Graduate	Employed	Single	Family	Joint	Business	Housewife
11	22	Graduate	Student	Single	Family	Nuclear	Business	Working
12	25	Graduate	Employed	Single	Alone	Nuclear	Retired	Housewife
13	23	Graduate	Employed	Single	Family	Nuclear	Business	Housewife
14	22	Graduate	Student	Single	Family	Joint	Private	Housewife
15	24	Graduate	Employed	Single	Family	Joint	Governme	Housewife

Table 2 Characteristics of Participants

### **Drugs used among youth**

Participants reported following drug cigarettes, Mond cigarettes, electric cigarette, hashish, cocaine, alcohol, piles, mushroom, LSDs (lysergic acid diethylamide), meth, sleeping tablets, numbing tablets, pain killers, crystal meth, powder, weed, sheesha, ice, heroin, beer, wine, vape, naswar, velo, afeem as used by youth.

### **Most commonly/ recurrently used drug among youth**

The participant reported cigarettes / electric cigarette /vape, weed, sheesha, alcohol, party piles, powder, and ice as most commonly used drugs.

### **Age period of drug use**

Adolescence phase (age range 10-19) is important for individual as he/she establish pattern of behavior for instance related to physical activities, diet, substance use and much more (WHO Adolescent Health, 2019). Participants state that college and school levels, youth start using drugs, but the intensity increases later on. However, at the age of 10, or 12 they get familiar with different drugs. As the participant said

زیادہ تر نوجوان نسل کالج لائف سے نش سٹارٹ کرتے ہیں لیکن آج کل کے دور میں اس سے پہلے بھی بچے نشے کی

لت کا شکار ہیں

*Most of the youth start taking drugs from their college, but during these days even school students have started (ID 13, male)*

Another participant said

ڈیورنگ دے ٹینیج کیوں کہ ایک انڈی پنڈنس سی والا فیکٹر آجاتا ہے اور دوستی بھی ایسے ہی انہینس ہو رہی ہوتی ہے

*during their teenage, because independency factor is involved, and friendship is also getting enhanced (ID 1, male)*

Another participant said

عمر تو کوئی نہیں ہے جب بچہ سکول میں جانا شروع کرتا ہے وہ ہر چیز کے لئے ایکسپوز ہو جاتا ہے  
 آپ کیلئے 10,12 ایسے بچے نئے کی طرف جاسکتا ہے اب تو واپس آگئی ہیں وہ سیلو آگئی ہے جو آپ منہ میں رکھ  
 سکتے ہیں اس نائپ سے چیزیں بہت زیادہ آگئی ہیں تو بچہ جب گھر سے نکلتا ہے نہ 12 ایسے زکا تو وہ ایکسپوز ہو جاتا ہے ڈرگ  
 کے لئے، پیسٹس کو چاہیے بچوں پر پوری نظر ہونی چاہیے کدھر اور کس کے ساتھ جا رہے ہیں۔

*Age isn't limit anymore but when one started going to school the student is keep getting exposed to everything so student of age 10-12 can also become the victim of drugs. These days the drugs like vape and velo (which you can keep in mouth) are also available and easily accessible so teenagers can get easily exposed to it. So, from the very early when teenagers step out from their homes the parents should know with whom they're and what exactly they're doing.*

All these responses of participants are clearly indicating that from the age 15, 16 youth get familiar with drug use.



## Major categories and related themes

The researcher created five categories and identified related themes for each of those categories as follow:

### 1. Method/ routed of drug intake

It include the manner in which a drug user consumes or takes drugs. Participants mention several methods for the intake of drugs.

#### 1.1 Ingesting or swallowing or chewing drugs

In this, the dividual take the drug orally/ by mouth. It include pills, capsules, or liquid forms of drugs. As the participant said

لکوحسل کی تو ڈرننگ ہوتی ہے، باقی پلز ہوتی ہیں اس کو منہ میں رکھنا پڑتا ہے کچھ ٹائم کے لیے

*There is drinking of alcohol, the rest are pulls, it has to be kept in the mouth for some time (ID 8, male)*

#### 1.2 Smoking

The second method was through smoking, the individual smoke the drug through cigarettes or pods. The smoke goes into the lungs and then into the bloodstream. The most commonly used drugs through smoke include marijuana, heroin, opium, etc. As the participant said

سگریٹ آپ نے حنالی کی ہے اس کے اندر آپ ریفل کرتے ہیں اینڈ اس کو یو چیسٹ

سموک لیک اہ نور مسل سگریٹ۔

*You empty the cigarette; you refill it, and you just smoke it like a normal cigarette (ID 7, male).*

### 1.3 Snorting or sniffing

In this method, drugs are taken into the body through the nasal, by inhaling.

Cocaine and heroin are mostly used by this method. As the participant said

کچھ ایسی چیزیں ہوتی ہیں جو آپ کو سنف کرنے پڑتی ہیں فور ایگزیمپل کوکین ہوتی ہے، یہ آپ نے کرتے ہیں تھرو نوز

*There are some things that you have to sniff. Four examples are cocaine. You do it through the nose (ID 10, male)*

### 1.4 Injection

Individuals inject drugs into the soft tissues, into the muscles, or sometimes into the vein. Participants have also mentioned that now different devices have come which are used to mix several drugs together making the process quick. As the participant said

انجکٹ کرتے ہیں کچھ نشے کو بوڈی پارٹ میں

*Inject some (drugs) into a body part ID (10, male)*

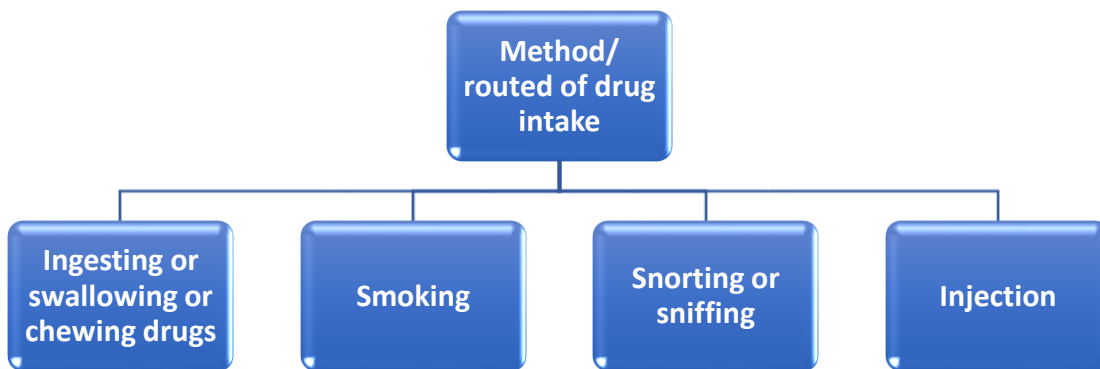


Figure 2. Method/ routed of drug intake

## 2. Change of method

A change of method refers to switching from one approach/method to another, usually with the intention of achieving a different objective or purpose. The use of specific methods depends on person to person and the type of drugs they are using. The participants mentioned that drug users try different methods or shift to different methods due to the following reasons.

### 2.1 Increase the intensity

To **increase the intensity** of the drug. When they don't get much pleasure from the specific method, they try the heavier version of that method so that they can double the pleasure. As the participant said

ڈیفرنٹ طریقوں سے استعمال کرتے کے زیادہ مزہ آئے

*Have more fun using it in different ways (ID 9, male)*

نشے کی انٹینسٹی کو بڑھانے کے لیے ڈفرنٹ میتھڈ کرتے ہیں

*Different methods are used to increase the intensity of addiction (ID 12, male)*

### 2.2 To experiment with all the methods

The drug user tries to experiment with all the methods which he knows that why he shifts to some other method. As the participant said

وہ ہر میتھڈ ٹرائی کرنے کے لئے تیار ہوتے ہیں کیونکہ جب لگ جاتی ہے آپ ہر طریقے سے کرنا

چاہتے ہیں

*They are willing to try every method because when you are addicted*

*you want to do everything (ID 11, female)*

### 2.3 To gain more pleasure

They shift to different methods because they **wanted to have more pleasure** with less effort, so they try the most feasible one. As the participant said

ان سب طریقوں کے پیچھے مسین ریزن ایک ہی ہوتی ہے سب سے زیادہ ان کو کس میں سکون ملتا ہے

*The main reason behind all these methods is the same which gives them the most comfort (ID 10, male)*

ان سب طریقوں کی وجہ خود کو سکون پہنچاتا ہوتا ہے

*The reason for all these methods is self-soothing (ID 13, male)*

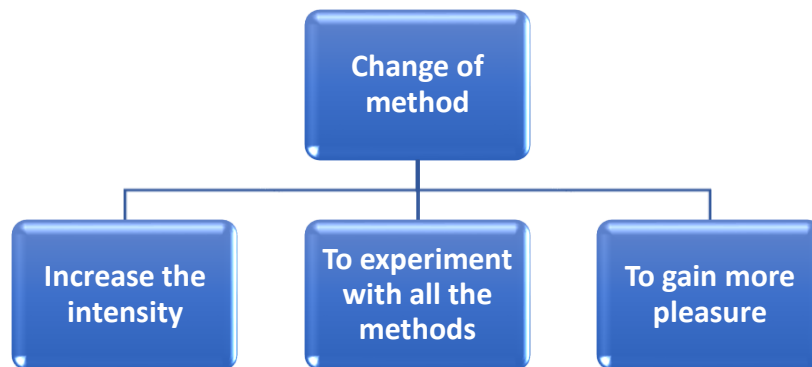


Figure 3. Change of method

### 3. Reasons of drug use

The reasons why people use drugs are complex and multifaceted, and can be influenced by various factors, such as genetics, environment, social and cultural norms, and access to drugs. Participants reported following reason of drug use among youth.

#### 3.1 To get escape from situation or problem

According to the participant, the most common reason among youth to try drugs was they wanted to get escape from the problem, and to gain peace for some time they started using it.

As the participant mention

جب بھی کبھی کوئی مسئلہ آتا ہے تو یہ وی آؤٹ ہے اپنی پروبلیم سے نکلنے کا

*Whenever a problem arises, it (drug) is used to get out of one's own problem. (ID 01, male)*

Another participant said

بہت سے لوگ یوز کرتے ہیں جب انہیں کوئی ٹینشن ہوتی ہے کوئی مسئلہ چیل رہا ہوتا ان کو

سکون چاہیے ہوتا ہے

*most of the people use it when they're having some problems or victims of tension or when they need sort of relaxation (ID 03, male)*

Another participant said

نش ایک ایسی چیز ہے جو آپ کو انزاسٹیکفیشن دیتی ہے جب آپ کو یہ احساس دلایا جاتا ہے کہ

ہماری پروبلیم کا سلوشن نہ تو کوئی اور دے سکتا ہے نا ہمارے خود کے پاس ہے تو جس جگہ جیسا ہم خود کو دیکھنا چاہتے

ہیں اور کچھ وقت کے لئے ہم اس جتنا کرنٹ سٹیشن سے دور رہ سکتے ہیں، ہم ڈرگے پوز کرتے ہیں

*drugs are sort of thing which gives you inner satisfaction when you were given this percipience that the solution to the problem will be provided by someone, or you don't have it. The way we want ourselves and for the time this can keep us away from it we use drugs (ID 07, male)*

### 3.2 Financial stress

Participants mention that financial issues can also lead to and be the cause of drug use among the youth. As the stress and anxiety related to worrying about money can lead to drug use in early life.

As the participant mention

ہمارے جو حالات ہیں وہ نیشنل سٹریس ہو سکتا ہے

*in our conditions, the financial stress can happen (ID 01, male, participant was telling this in response of cause of drug use, that due to country economic condition, lack of job, employment, inflation in price of basic necessities drug use can start among youth)*

As the participant mention

زندگی کی بہت سی ٹینشن ہوتی ہے کریئر کو لے کے حباب کو لے کے فٹس پرو فیشنل لائف کو لے کے ان

سے بیک آف لینے کے لئے نئے کی طرف جاتے ہیں

*There can be plenty of tension can be related to life i.e. job, career, personal life. To take back off from all these one can become victim of drugs (03, male, job, career is important for money making)*

Sometimes excess of money can lead to drug. As the participant mention

نش ایٹ کلاس کے لوگوں میں زیادہ پایا جاتا ہے کیونکہ ان کے پاس پیسہ بھی بہت ہے اور وقت بھی بہت ہے پارٹی کا

*Mostly the trend of drugs consumption is found in elites because they do have the money for all this and have time as well (13, male)*

### 3.3 Academic stress

Academic stress affects the individual in many ways, sometimes psychologically and sometimes physically. Many of the participants stated that due to academic stress, their exposure to drugs started. To deal with problems of school, colleges like low marks, bullying, to match up with friend circle, etc they started drugs.

As the participant mention

سنڈی سٹریس ہے

*Study stress lead me (ID 01, male, which lead youth to drug, the competition is so tough to higher marks in academic areas)*

Another participant said

گھر والوں کو کیسے بتاؤں گا ماس کم ہے

*How I'll tell parents that my grades are low (ID 03, male)*

### 3.4 Lack of social support

When an individual doesn't find someone around him, or he/she can share his feeling, thoughts, and problems they or find drugs as their support. Due to a lack of self-love and self-worth individual start isolating themselves from other

and this loneliness lead them toward drug use. Participants also mention lack of support as the reason for drug use in the youth.

As the participant mentioned

نوجوان ٹینشن کے شکار ہوتے ہیں اور ان کو لگتا ہے کہ نشہ کو سکون دیتا ہے

*Young generation are the victim of tension, and they think that these drugs will provide them calmness (ID 12, male participant think no can help him so use drug)*

Another participant said

آپ دنیا میں مدہوش اپنے مسائل سے سائیڈ پے ہو جاتے ہیں فور دیٹ ریٹن ای سڈ گیو ایٹ اٹرائی

لوٹلی فیئل کرتے اور کچھ فیملی ایٹوز بھی شیر نہیں کرنا چاہتے وہ اپنے تک چیزیں رکھتے ہیں اور وہ انہیں

اندر سے کھا رہی ہوتی ہیں سو فورٹائم ان چیزوں سے چھٹکارے کے لئے لوگ نشہ کی طرف جاتے ہیں۔

*It helps out in getting apart from the life stress for that reason I think one should give it a try. Some feel loneliness and their family matters Which they don't want to share keep haunting them from inside, so they use drugs to get rid of these matters (ID 04, male)*

Another participant said

ینگ سسٹر کے پاس ایسے کوئی ایکسٹیموٹی نہیں رہی جس سے نشہ سے دور رہے ہیں جیسے پہلے ہوتا تھا

کیلئے ہوتی تھی آج کل عوام اس کی طرف نہیں جاتی اس لئے گھر میں بیٹھے بیٹھے نشہ کی طرف لے

جاتی ہے جب تک نشہ ایزلی او لیبل ہوگا تب تک عوام کی طرف جائے گی۔



*There're no activities left for youngsters like they previously had so keep staying at homes they move forward towards drugs. Until these things are easily accessible the youngsters will keep addicting to it. (ID 09, male)*

As the participant mentioned

ملٹیپل ڈیفنسرینٹ ریزنز جو لوگوں سے دوستوں سے شیئر نہیں کر سکتے

they're multiple things which cannot be shared with friends and family (ID 01, male).

Another participant said

اپنے آپ کو اکیلا فیل کرتے ہیں

*They found themselves alone (ID 05, male)*

### 3.5 Curiosity/ Experiment

At a younger age, most individuals are at the exploration stage. They wanted to try out all those things which they think are mysterious. They wanted to explore why other people are addicted to it, and this way they also start using it. Participants reported that due to such curiosity and experiment, they started using drugs.

As the participant mentioned

کریوسٹی یہی تھی لوگوں کو دیکھ کے ٹرائے کرنے کے چکروں میں بندہ کر لیتا ہے

*It was Curiosity, by watching other people doing it and individuals try it (ID 01, male)*

Another participant said

ایز این ایڈونچر وہ کرتے ہیں نا اسٹارٹ مذاق مذاق میں کیا رہ مزہ آرہا ہے اسٹارٹ اپ ازیڈونچر کرتے ہو

then you start to realize it is an easy escape from your depression

*This start happening as an adventure and then enjoying it. So started as an adventure and then finding out that it's an easy escape from your depression. (ID 08, male)*

### 3.6 Social trend

Social media plays an important role in character building among youth but nowadays, unfortunately, these platforms have started to make substance use something cool, and that's why a large number of youth are attracted to trying drugs. Youths see pictures and clips of other young people trying different drugs on social media platforms and get fascinated by it and try to copy it.

As the participants stated that

لوگ ایذا فیشن کرتے ہیں اس کو ویڈیو بناؤ کانک ٹوک پر لگا ہو گا سوشل میڈیا پر لگاؤں گا، پتہ نہیں میں کیا لگوں گا کہ میں بڑا ماڈرن ہو لیگا۔ پارٹی بون لائک اس طرح اس کے بعد سگریٹ پر آجاتے ہیں۔

*The people get started as a fashion trend they think that I'll post it on TikTok or social media and it'll gives a vibe of modern look and then they get addicted to Cigarettes (ID 06, male)*

Another participant said

دوسروں کو دیکھتے ہیں کہ ایسا کر رہے ہیں اور تھوڑا بہت کر لیس ہوتا ہے کہ یار ہمیں بھی ٹرائی کرنا چاہیے ویڈیوز وغیرہ ہوتی ہے مووی ہوتی ہے کہ اس میں ڈرگز وغیرہ کرتے دیکھتے ہیں۔ اس سے بھی ان پٹ رہ پڑتا ہے

*They watch people are doing it so they think that they should also give it a chance to try it. The drugs consumption is also shown in movies so that also have sort of impact. (ID 07, male)*

Another participant said

بطور فیشن شروع کرتے ہے پھر اٹریک ہو جاتے ہیں۔

*Starting as a fashion and then being getting addicted to it (12, male)*

Another participant said

ایکویٹمنٹ آگئے ہیں جو ان پروڈکٹس کی مارکیٹنگ ہو رہی ہے سوشل میڈیا پلیٹ فارم جو بپلے کر رہے ہیں

*Social media platforms are playing their part in it as they are marketing the equipment (ID 08, male, used for taking drug)*

### 3.7 Relationship issues

Instead of resolving interpersonal issues, youth try to get away from them and get involved in illegal activities like taking drugs. When they are unable to clear their point with their loves or face trust issues, they started taking drugs.

As the participant mentioned

آج کل جیسا بتا ہوا ہے کہ دل ٹوٹتا ہے تو بس نشہ کرنے ہیں۔

*These days, it's trends to follow drugs when you're broken (ID 07, male)*

Another participant said

اے ہیڈ بین ان ریلیشن شپ ویڈ سم ون تو انہیں بچو رہتا اس ٹائم کافی زیادہ اور اس ٹائم میسری گید رنگ اچھے لوگوں کے ساتھ نہیں تھی۔

*I've been in relationship at that time, wasn't quite mature and my friend circle wasn't good. (ID 04, male participant was telling this as his own reason of drug addiction)*

### 3.8 Easily assessable

When the drugs, starts being easily available in school, and local shops then the youth will definitely start using them. Due to easy accessibility, the youth exposure with drug get started at really younger age which later on lead them towards substance use. Most of the participants reported that they started using it due to the easy associability of all the drugs.

As the participant mentioned

جو چیز جتنی ایزی ملی او بلبل ہو گئی ینگ سسٹر کو تو ظاہری بات ہے عوام اس کی طرف جائے گی آپ کو ہر محلے ہر دکان پہ سگریٹ نسوار سمپلی جان چیزوں سے نشہ استعمال کرتے ہیں وہ ایزی ملی او بلبل ہیں تو ظاہری بات ہے عوام ینگ سسٹر اس کی طرف جائیں گے۔

*Youngster will definitely go towards that thing which are easily accessible, these days all these drugs like Cigarette, Naswar are easily accessible as in every shop so people will definitely follow (ID 09, male)*

Another participant said

ابھی تو بہت ایزی ہے ادھر کسی بھی بند کر لو پیسے دو اگلے دن آپ کو جس قسم نشہ کہو گے پروانڈا کر دے گا۔

*These days it's quite easily accessible, you pay someone and the very next day you'll get whatever sort of drugs you need (ID 03, male)*

Another participant said

ایس آف او بلبل ٹی کہا جاتا ہے کہ نشہ وغیرہ بند ہے لیکن میرے خیال سے تو ایزی ملی جاتا ہے

*you just need to know the right person you can get whatever you want.*

*The ease of accessibility, we hear that drugs are banned but in my point*

*of view it's easily accessible. You just need to know the right person for it and you'll get whatever you need (ID 07, male).*

### 3.9 Parents negligence

When the parents don't talk about the risks, and consequences of drugs with their children and don't monitor their activities they can often get involved in drug use. The parent's relationship with each other also affects the child's behavior and decision process. Participants mention that poor communication with parents, lack of parent involvement, and disturbed parent relations are the main cause of drug use.

As the participant mentioned

مائے فادر پوز ڈوٹو بیڈمانی مدر جس کی وجہ سے میری مدد کے پاس اتنی کیسٹی نے رہی

*My father use to beat my mother after that my mother didn't have enough capacity to give me time (ID 11, female, the participant was telling her reason to start drug use)*

Another participant said

زیادہ تر تو گھروالوں کو پتہ ہی نہیں ہوتا ہیں کہ ڈریس لیے جا رہے ہیں ان کیس پتہ چل جائے تو  
پیرنٹس پروٹیکٹ ڈیٹھ نیٹلی ورک نیٹ کیادوبارہ پوز نہ کریں اور کچھ پیرنٹس نو ریکشن کے ساتھ آگے بڑھ جاتے ہے

*Most of families aren't aware that their child is consuming drugs one known, the protective parents make sure they don't use it again and some parents proceed with no reaction (ID 12, male)*

Another participant said

نوجوان نسل میں سب سے بڑی وجہ اس کے گھروالوں کا اپنی اولاد پر نظر نہ رکھنا ہے

*Among the young generation, the main reason is that their families do not keep an eye on their children (ID 13, male, reason of drug use)*

### 3.10 Peer pressure

Youth spend most of their time with peers that's why peers have a significant role in their decision and habits. Sometimes to get fit into their social circle they try out drugs to be part of that group. Participants have reported that peer pressure can have a positive and negative effects. In some cases, peers help you and stop you to not to take use drugs, and in some cases, they offer drugs to you.

As the participant mentioned

کیسے دوست کی کمپنی میں بیٹھ کے لئے انسپائر ہو جاتے ہیں دوست کو دیکھے کہ ان کے ساتھ میچ ہونے کے لئے ان کو فیصل ہو گیا یا میں تھوڑا ایک جیسے نہیں ہوتا، انکیورٹی بن جاتی ہے کہ میں نے نہیں کیا تو سوچے گا کہ کوئی بچہ ہے، بس بڑے دیکھنے ہونے کے لئے ڈرگ نیوز کرتے ہیں۔

*You get inspired when you sit in a friend's company, in order to match in a circle, you do exactly the same thing. You have that insecurity that if I did not that they will think I m a child, so you start using drugs to show you are grown up (ID 06, male)*

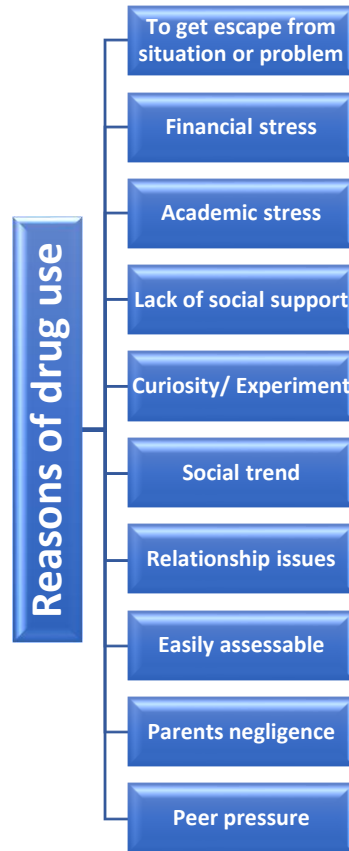


Figure 4. Reasons of drug use

## 4 Relapse reason

### 4.1 Not fully recovered/ will power

Willpower can help the drug user to break his drug-using circle, however low willpower and self-efficacy can often lead the individual back to drug use. The participants mentioned that when the individual doesn't have full control over his drug habit it often led them to relapse. As the participant mentioned

سیلف کنٹرول کرنا پڑتا ہے وہ ایک بہت مشکل ہوتا

*You have to do self-control that is difficult task (ID 07, male)*

Another participant said

اس کی یہ وجہ ہے کہ نشے کی وجہ سے عادت پر چسکی ہوتی ہے آپ کی بوڈی ہوتی ہے اس کو اس نشے کی عادت ہوتی ہے اور وہ نشے کے بغیر آپ نہیں رہ سکتے آپ کو پوری کرنی پڑتی ہوں۔

*The reason for this is that because of addiction, your body has a habit of this addiction, and you cannot live without that substance, you have to fulfill that need (ID 09, male)*

Another participant said

ویل پاور کی بات ہوتی ہے مشکل ہے کسی اڈکٹیو بندے کو دوبارہ ذون میں لے کر آنا۔

*It all about willpower, it is difficult to bring back an addicts to zone (normal life again) (ID 11, female)*

Another participant said

آپ لے وری کرتا ہے انسان سپ کہ وہ خود پر قابو کر سکتا ہے

*It depend upon you, how much you have control over yourself (ID 13, male, if you can't control yourself, you will again get back to that road track of using drug)*

#### **4.2 Mental pressure**

Exposure to similar stress, anxiety, and problem lead the individual toward relapse. Most of the participants stated that having encounter with different types of stress and problem became the cause of their relapse. As the participant mentioned



فیر آف ان لون ڈا سیلاپ ہو جاتا ہے کہ یار میں واپس اس لائف میں جا رہا ہوں جو میں بہت پہلے پیچھے چھوڑ چکا ہوں۔ نارمل لائف کی بات کر رہا ہوں میں۔ نارمل لائف میں بہت پہلے چھوڑ چکا ہوں۔ آئی ڈونٹ ٹھینک اس مائی کپ آف ٹی عینی مور تو یہ بات ذہن میں آتی ہے نہ بندہ واپس کے طرف جانے کی کوشش کرتا ہے اس آن ریل اسٹیک ریالیٹی۔

*The fear of unknown develops that I'm going back to the life I left behind long ago. I am talking about normal life. Normal life I left long ago. I don't think it's my cup of tea anymore. So, this thing comes to mind neither the person tries to go back towards it unrealistic reality. Towards what is sweet life for him (ID 08, male)*

Another participant said

فیسیل اشوز کی وجہ سے آجاتے ہیں کچھ گھبراہٹ کی وجہ سے جن کو جو ب نہیں مل رہی ہوتی جن کی فیسیل لائف ڈسٹرب ہوتی ہے نشے کی طرف آتے ہیں۔

*Some come due to family issues, some due to panic, those who are not getting jobs, those whose family life is disturbed, turn to addiction (ID 10, male)*

Another participant said

واپس لوٹنے کی ریزن موسٹلی اٹریکشن ہوتی ہے یا پھر انزائی اور اسٹار لیس

*The reason of relapse id mostly attraction or sometimes anxiety or stress (ID 12, male)*

When the individual quits drug and get back to the realities of life sometimes, he doesn't feel that confident to face them and in order to get escape from such problem he went back to his previous unhealthy coping mechanism which was drug usage.

As the participant mentioned

انہیں جو سورس آف ہیپی نیس اینڈ انجوائے ملی ہوتی ہے اس لیے دوبارہ ٹرائی کرتے ہیں۔

*To get that source of happiness and joy again that why they do it (ID 04, male)*

#### 4.3 Back to pervious company/ friends

Reassociating with people and friends with whom individuals used to take drugs is one of the major causes of relapse. The participants stated whenever they start gathering with the old company it often led them to again use drugs. Sometimes when you sit with your previous company with whom you used to smoke, seeing those smoking in front of you can trigger your maladaptive thoughts and belief that smoking one cigarette won't affect me. Participant stated

دوستوں کے ساتھ بیٹھے ہو گئے گید رنگ میں اس پ لگ، کافی ایسے میرے دوست ہیں جو کہتے ہیں کہ ہم نے

چھوڑ دی ہے لیکن وہ پھر کہ گید رنگ میں وہی سارے کام کر رہے تھے تو میں نے سوچ کر لیتے ہیں۔

*They sat down with their friends in the gathering and started using it. There are many of my friends who say that we have left, but then they are in that same gathering they were doing all that things again (ID 06, male)*

Another participant said

بند تو بڑانٹے کی طرف آئے گا کیونکہ وہ اس چیز کو بھول نہیں پایا ہوتا انہیں دوستوں میں بیٹھتا ایسٹرک ہے انہی لوگوں میں بیٹھتا ہے اور دوبارہ اسے نشے کی طرح جباتا ہے .

*The person will come back to the drug when he starts to sit with the same previous company, he gets addicted to the drug again (ID 08, male)*

#### 4.4 Withdrawals

Most of the individuals don't want to go rehabilitation center or to take someone else to help so they try to leave the drugs but mostly the withdrawal symptoms are too strong, and it becomes difficult for the individual to leave the drug and so they start using it again.

As the participant mentioned

میں نے کوشش کی تھی لیکن پھر سر میں درد ہوتا تھا ہر چھوٹی چھوٹی بات پر غصہ آتا تھا

*Tried but then I got a headache and got angry at every little thing (07, male)*

Another participant said

وید ڈرل ہوتے ہیں نشہ از ایلا سٹرک میں لے جباتا ہے اور آپ اس پر یقین کر بیٹھتے ہیں کہ یہی

اکیپل سیٹی ہیں اینڈ دیس ایس لائف آپ جب وہ چیز چھوڑتے ہیں تو آپ کو ریلائنس ہوتا ہے اس لائف

میں فریم آف مائنڈ یہ ہے کہ مجھے اس لائف کی عادت نہیں ہے تو میں کسی زمانے میں جیا کرتا تھا۔

آپ اپنے اس میں واپس آپ جانا چاہتے ہو اور آپ کی انوائرنمنٹ چینج ہونا تو ان کنفرٹیبیل ہو گئے۔

*Withdrawal happens, the drug takes you to an unrealistic reality, and you start believing its real when you quit the drug you can't expect the real reality because you are not used to it as you were in your unrealistic world, so you try to get back to that unrealistic world to avoid uncomfortableness (ID 08, male)*

Another participant said

جب آپ نہ چھوڑتے ہیں تو آپ کی بوڈی پے ڈفرنٹ انگیس ہوتے ہیں۔ آپ کا بلیڈ لیول منٹین نہیں کر پاتا رہتا کیونکہ آپ ریگولر ڈرگس لے رہے ہوتے ہیں تو آپ کی بوڈی اس حساب سے ایڈجسٹ ہوتی ہے جب آپ انہیں چھوڑتے ہیں تو بوڈی ڈیفرنٹ ریٹ کرتی ہے انیک بھی ہوتے ڈھیٹ ہو جاتی ہے۔

*When you quit, your body have different attacks. Your body is not able to maintain the blood level because you are taking regular drugs, so your body adjusts accordingly, when you leave them, the body reacts differently, attacks also happen and sometimes you can die (ID 10, male)*

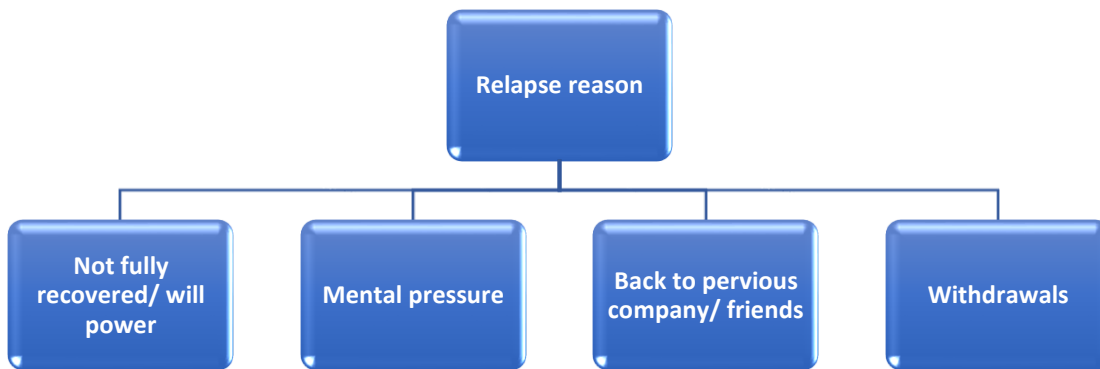


Figure 5. Relapse reason

## 5 Coping strategies

### 5.1 Friends/ family support

The support given by friends and family member help a lot the individual to get rid of the drug. The support gives them hope that they are not alone, there is someone for them who is always available to listen to them, and to help which eventually boosts their self-efficacy and willpower and gives a supportive environment.

As the participant said

میں ان لوگوں کے ساتھ بیٹھے جو نشہ نہیں کرتے اور انہیں بتائیں چھوڑی ہیں اور انہوں نے اس چیز کو لے کر مجھے ڈی گریڈ فیل نہیں کروایا۔

*I've sat with people who don't do drugs and told them that I don't take drugs now, they didn't make me feel degraded (ID 10, male)*

Another participant said

اچھے فرینڈزوں میں رہیں۔

*Stay in the good friend zone (ID 12, male)*

Another participant said

نشہ کرنے والوں کو سب سے پہلے ایک منسٹور کی ضرورت ہوتی ہے جو کہ اس کی فیلنگس کو سمجھ سکے اور کوئی اچھی تجویز پیش کر سکیں، ایسے لوگوں کے ساتھ بیٹھے ہیں یا ان سے پوچھیں جو چھوڑ چکے ہیں۔

*Addicts first need a mentor who can understand their feelings and offer good advice, sitting with or asking people who have quit (ID 13, male)*

## 5.2 Sleep

Some of the participants report that whenever they feel a strong desire to use drugs, they use sleep as their coping mechanism. They sleep to escape from that craving for some time however taking long naps in order to get away from the problem sometimes results in maladaptive behavior. As the participant said

میں سو جاتی ہوں اگر مجھے کوئی چیز ان کفر ٹیبیل کرے

*I fall asleep if something makes me uncomfortable (ID 11, female)*

Another participant said

میں سو جاتا ہوں

*I fall asleep (ID 1, male, when the participant feels craving of drug, he try to fall asleep)*

## 5.3 Spiritual connection

Spiritual activities help a-lot an Individual deal with their problems. It provides hope and guidance to them. Most of the participants stated that when they started connecting themselves with higher power, they felt relaxed, and their recovery became much easier.

As the participant said

Allah پوز کرنے کے خیال میں نہیں آتا سا جوڑے رہتے ہونہ تو یاد رکھنا یا چیز میں نہ ڈرگز

وہ خیال آتا ہے کہ میں نماز پرائیویٹ ہوگا اور وقت نماز پڑھوں گا اللہ کے آگے سجدہ کروں گا تو مجھے جو چاہیے وہ مل جائے گا مجھے یہ ٹرس سکون نہیں دے سکتے مجھے۔

*If you are connected to Allah and have any problem you won't go for drug rather you will pray and ask Allah to solve your problem and give you peace, drug can't give you peace (ID 06, male)*

Another participant said

آپ دین کے ساتھ چلن دل سٹرونگ ہوگا بلیف سٹرونگ ہوگا صبر آئے گا کیونکہ صبر میں چیزوں سے آتا ہے

*Go with your religion, you will find peace when your heart and belief will be strong because peace comes from these things (ID 04, male)*

#### **5.4 Engaging in healthy activities**

Keeping ourselves busy with healthy activities is the most effective coping strategy in case of drug abuse. These activities can include exercising regularly, joining a sports team, and starting a new healthy hobby.

As the participant said

آپ کو مصروف رہنا ہوگا، ہر نتیجہ خیز سرگرمی جس میں آپ کا ذہن یہ نہ کہے کہ چرس پیو۔

*You have to stay busy, every productive activity in which your mind don't say let smoke charas. (ID 04, male)*

Another participant said

اپنے آپ کو بیزی رکھو اور اپنے آپ کو پروڈکٹو رکھو تو ان ریکارڈز آف قریب ایکس ایکس تو آپ کو ہوتا ہے کہ آپ کو ضرورت نہیں ہے ان لیسٹک ولڈ کی۔

*Keep yourself busy and keep yourself productive exercise in regards of academic exercise so you will realize that you don't need these unrealistic world (ID 08, male)*

Another participant said

اپنے آپ کو زیادہ سے زیادہ مصروف رکھیں ہیلٹی ایکٹیویٹیز کی طرف فوکس کریں۔

*Keep yourself as busy as possible and focus on healthy activities (ID 13, male)*

### 5.5 Quit bad company

Reconnecting with previous friends and going to places where the individual user to take drugs is the main factor of relapse. Quitting going to that places and meeting with those people a-lot an individual to get rid of the drug. As the participant said

آپ کو اس قسم کی کمپنی میں جانا چھوڑ دینا چاہیے جہاں زبردستی (منشیات) استعمال کرنے کے لیے کہا جاتا ہو یا آپ کو اس کمپنی میں بیٹھنے پر مجبور کیا جاتا ہو، اپنے دوستوں کو چھوڑ دو۔

*You should stop going to this kind of company where there are forcefully asking to use (drug) or forcing you to sit in that company, leave your that friends (ID 06, male)*

Another participant said



آپ کو اس ماحول کو چھوڑنا ہوگا جس میں آپ سگریٹ نوشی کرتے تھے اور وہ تمام چیزیں

*You have to quit that environment in which you used to smoke and all that stuff (ID 04, male)*

### 5.6 Self-control

Self-efficacy and self-love help the individual to understand that the problem, later on, he will get through using drugs will be much more miserable than the peace he is getting now for some time. When the develop control over his thoughts and desire, it becomes easier for him to quit drugs. As the participant said

اصل موٹیویشن سیف عیفیکیسی جو آپ کی بوڈی میں ہوتی ہے سٹرونگ ہونی چاہیے۔

*The actual motivational self-efficacy that you have in your body should be strong (ID 04, male)*

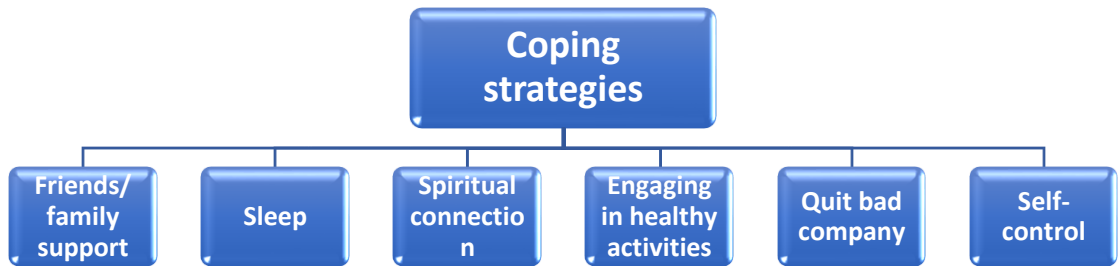


Figure 6. Coping strategies

## 6 Mitigation strategies

### 6.1 Awareness programs

Most of our youth are unaware of the type of drugs, their consequences, how to get rid of them and they can save themselves from them. Awareness programs

are needed at the societal level, and social media and different seminars should be held. As the participant said

دوستوں کو متاثر کرنے کے لیے ضروری ہے کہ اس میں کچھ نہیں رکھا ہو اس کام میں۔ اپنی لائف ضائع نہ کرو اپنے ماں باپ کو

پریشان نہ کرو اپنی لائف میں کچھ کروں یا لائق نہیں ہے یہ سمجھ نہیں لائف لیس انسان ہو جاتا ہے

اپنی لائف میں کچھ کروں یا لائق نہیں ہے یہ سمجھ نہیں لائف لیس انسان ہو جاتا ہے

*Stop your friends, tell them it useless and don't waste their lives, don't trouble your parents, do something in your life otherwise you will become lifeless person (ID 06, male)*

Another participant said

اسموکنگ، کلر، الکل، اس طرح سے اور اینس دینی چاہیے اس کے کو زہرتانی چاہیے۔

*Smoking Kills Alcohol Kills should be explained in this way and its consequences should be explained (ID 08, male)*

Another participant said

میں چیز سنڈیٹا ریشن دینی ہوگی کی ڈرگس کے کیا نقصان کیا ہے اس کا استعمال کرنے والے کی ڈانس کو کرنی

سی زندگی میں کچھ نہیں ہوگا، کیا چیز چنچ ہوگی تین چار کلاس کے بچے کی بکس میں چھپے ہوئے

چاہیے جن میں ان کو ڈیٹیل میں نقصان بتائے گئے ہوسمینار ہونے چاہیے مووی بنوں چاہیے

ڈرامہ بننے چاہیے کہ ان کے کیا نقصان ہے۔

*The main thing is to give awareness about the disadvantages of the using drug, drug won't help in your life, there should be detail chapter in the books of grade of 3,4 about the consequences of drug use. There should be a seminar in which they have been told about their harm in detail. A movie should be made (ID 10, male).*

## **6.2 Import and export of drug should be controlled**

Government and ANF should work to stop the import of drugs. Once the import and export connection is broken, the number of drug users will eventually drop and less number of individuals will get into this trap. So, there should be strong rules regarding the selling and buying of drugs.

As the participant said

گورنمنٹ کو چاہیے کہ اس چیز کو بین کردیں اس کے امپورٹ ایکسپورٹ کو جو بھی ہوتا ہے جس طرح یہ آرہی ہے یہ پاکستان میں

*Govt should ban this thing, the way import and export as it is coming to Pakistan. (ID 06, male)*

Another participant said

سارا نشہ چلتا پراپورٹ ایکسپورٹ ہا ہمیں اس چیز کو کنٹرول کرنا ہے

*All the addiction is working through import export, we have to control this thing (ID 03, male)*

## **6.3 Parent's role**

If parents start educating their children about the consequences of drugs and how they can get away from such activities in younger stages of their life it would be more helpful and less number of children will engage in it. The supportive and healthy environment provided by the parents also helps children to not fall into this trap.

As the participant said

پرنس کو چھٹی چھوٹی عمر سے بچوں کو سمجھنے لگ جانا چاہیے کہ یہ غلط چیز ہے کہ لوگ آپ کو طرح طرح کے لالچ دے کے کہ اس سے آپ کو یہ فائدہ ہوگا آپ نے سنا نہیں ہے۔

*Parents should teach children from a young age that it (drug) is wrong, people will give you all sorts of temptations that you will benefit from it but you don't have to listen (ID 10, male).*

Another participant said

شو کائناتس تاکہ کوئی ان کی طرف نہ جائے

*Show kindness so nobody goes to that side (11, female, means towards drug)*

#### **6.4 Educational institute's role**

As youth spend most of their time in educational institutions so theirs should be strict rules and regulations regarding the use of drugs in such sectors. Seminars and healthy activities should be done. No smoking zones and other activities should be encouraged in educational institutions. As the participant stated

یونیورسٹیاں، کالج اپنا کردار ادا کریں، آگاہی دیں۔

*Universities, college should play their role, give awareness (ID 02, male)*

تعلیمی اداروں میں سیمینار یا اس طرح کی کوئی چیز ہونی چاہیے

*Educational institutes there should be seminar or anything like that (to raise awareness regarding drug issues (ID 05, male)*

Another participant said

یونیورسٹی ہے یہاں سونگ زون ہے تو مطلب نہیں ہونا strictness ہونی چاہیے اس چیز کے اوپر

چاہیے

*In universities there should be strictness and smoking zone shouldn't be allowed (07, male)*

عیون دو آب ہمارے انسٹیٹیوٹ میں بھی ایک پروپر فیسیلیٹی پرووائز کی جاتی ہے اسپیشل فور سونگ۔

*Even though our institute provide proper facility special for smoking (ID 11, female, these should not be allowed)*

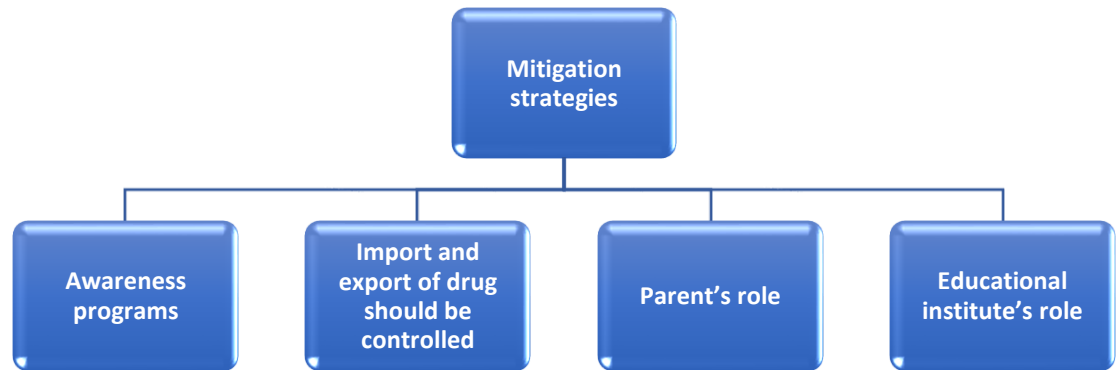


Figure 7. Mitigation strategies

Table 3 provides a summary of emerging themes along with their illustrative quotes.

Table 3 **Categories, Themes, and Illustrative Quote**

<i>Category</i>	<i>Themes</i>	<i>Quote (illustrative quote)</i>
<b>1. Method/ routed of drug</b>	<b>1.1 Ingesting or chewing drugs</b>	<i>There is drinking of alcohol, the rest are pulls, it has to be kept in the mouth for some time (ID 8, male)</i>
	<b>1.2 Smoking</b>	<i>You empty the cigarette; you refill it with hashish, and you just smoke it like a normal cigarette (ID 7, male).</i>
	<b>1.3 Snorting or sniffing</b>	<i>There are some things that you have to sniff. For example cocaine. You do it through the nose (ID 10, male)</i>
	<b>1.4 Injection</b>	<i>Inject some (drugs) into a body part ID (10, male)</i>
<b>2. Change of method</b>	<b>2.1 Increase the intensity</b>	<i>Different methods are used to increase the intensity of addiction (ID 12, male)</i>

	<p><b>2.2 Experiment with all the methods</b></p>	<p><i>They are willing to try every method because when you are addicted you want to do everything (ID 11, female)</i></p>
	<p><b>2.3 To have more pleasure</b></p>	<p><i>The main reason behind all these methods is the same, which gives them the most pleasure (ID 10, male)</i></p>
<p><b>3. Reasons of drug use</b></p>	<p><b>3.1 To get escape from situation or problem</b></p>	<p><i>Youth is using because it's a way out from their problems (01, male)</i></p> <p><i>Most of the people use it when they're having some problems or victims of tension or when they need sort of relaxation (03, male)</i></p>
	<p><b>3.2 Financial stress</b></p>	<p><i>In our conditions, the financial stress can happen (01, male, participant was telling this in response of cause of drug use)</i></p> <p><i>There can be plenty of tension can be related to life i.e., job, career, personal life. To take back off from all these one can become victim of drugs (03, male, job, career is</i></p>

	<i>important for money making)</i>
<b>3.3 Academic stress</b>	<p><i>Study stress lead me (01, male, which lead youth to drug)</i></p> <p><i>How I'll tell parents that my grades are low (03, male)</i></p> <p><i>Young generation are the victim of tension, and they think that these drugs will provide them calmness (12, male participant think no can help him so use drug)</i></p>
<b>3.4 Lack of social support</b>	<p><i>Young generation are the victim of tension, and they think that these drugs will provide them calmness (12, male participant think no can help him so use drug)</i></p> <p><i>It helps out in getting apart from the life stress for that reason I think one should give it a try. Some feel loneliness and their family matters Which they don't want to share keep haunting them from inside, so they use drugs to get rid of these matters (04, male)</i></p>



*There're no activities left for youngsters like they previously had so keep staying at homes they move forward towards drugs. Until these things are easily accessible the youngsters will keep addicting to it.*  
(09, male)

**3.5 Curiosity/  
Experiment**

*It was Curiosity, by watching people doing it the one gives it a try*  
(01, male)

*This start happening as an adventure and then enjoying it. So started as an adventure and then finding out that it's an easy escape from your depression. (08, male)*

**3.6 Social trend**

*The people get started as a fashion trend they think that I'll post it on TikTok or social media and it'll gives a vibe of modern look and then they get addicted to Cigarettes (06, male)*

*They watch people are doing*

*it so they think that they should also give it a chance to try it. The drugs consumption is also shown in movies so that also have sort of impact. (07, male)*

**3.7 Relationship issues**

*These days, it's trends to follow drugs when you're broken (07, male)*

*I had been in relationship with someone*

*I've been in relationship at that time, wasn't quite mature and my friend circle wasn't good. (04, male participant was telling this as his own reason of drug addiction)*

**3.8 Easily assessable**

*Youngster will definitely go towards that thing which are easily accessible, these days all these drugs like Cigarette, Naswar are easily accessible as in every shop so people will definitely follow (09, male)*

*These days it's quite easily accessible, you pay someone and the very next day you'll get whatever sort of drugs you need (03, male)*

**3.9 Parents  
negligence**

*My father use to beat my mother after that my mother didn't have enough capacity to give me time (11, female)*

*Most of families aren't aware that their child is consuming drugs one known, the protective parents make sure they don't use it again and some parents proceed with no reaction (12, male)*

*Among the young generation, the main reason is that their families do not keep an eye on their children (13, male)*

**3.10 peer  
pressure**

*You get inspired when you sit in a friend's company, in order to match in a circle, you do exactly the same thing. You have that insecurity that if I did not that they will think I m*

**4. Relapse  
reason**

**4.1 Not fully  
recovered/  
will power**

*a child, so you start using drugs to  
show you are grown up (06, male)*

*You have to do self-control that  
is difficult task (07, male)*

*The reason for this is that  
because of addiction, your body has a  
habit of this addiction, and you  
cannot live without that substance,  
you have to fulfill that need*

*It all about willpower, it is  
difficult to bring back an addicts to  
normal life again (11, female)*

**4.2 Mental  
pressure**

*The fear of unknown develops  
that I'm going back to the life I left  
behind long ago. I am talking about  
normal life. Normal life I left long  
ago. I don't think it's my cup of tea  
anymore. So, this thing comes to mind  
neither the person tries to go back  
towards it unrealistic reality.  
Towards what is sweet life for him  
(08, male)*

*Some come due to family issues, some due to panic, those who are not getting jobs, those whose family life is disturbed, turn to addiction (10, male)*

*The reason of relapse id mostly attraction or sometimes anxiety or stress (12, male)*

**4.3 Back to previous company/ friends**

*They sat down with their friends in the gathering and started using it. There are many of my friends who say that we have left, but then they are in that same gathering they were doing all that things again (06, male)*

*The person will come back to the drug when he starts to sit with the same*

*previous company, he gets addicted to the drug again (08, male)*

**4.4 Withdrawals**

*Tried but then I got a headache and got angry at every little thing (07, male)*

*Withdrawal happens, the drug takes you to an unrealistic reality, and you start believing its real when you quit the drug you can't expect the real reality because you are not used to it as you were in your unrealistic world, so you try to get back to that unrealistic world to avoid uncomfortableness (08, male)*

*When you quit, your body have different attacks. Your body is not able to maintain the blood level because you are taking regular drugs, so your body adjusts accordingly, when you leave them, the body reacts differently, attacks also happen and sometimes you can die (10, male)*

**5. Coping strategies**

**5.1 Friends/family support**

*I've sat with people who don't do drugs and told them that I don't take drugs now, they didn't make me feel degraded (10, male)*

*Stay in the good friend zone (12, male)*

*Addicts first need a mentor who can understand their feelings and offer good advice, sitting with or asking people who have quit (13, male)*

### **5.2 Sleep**

*I fall asleep if something makes me uncomfortable (11, female)*

*I fall asleep (1, male, when the participant feels craving of drug, he try to fall asleep)*

### **5.3 Spiritual connection**

*If you are connected to Allah and have any problem you won't go for drug rather you will pray and ask Allah to solve your problem and give you peace, drug can't give you peace (06, male)*

*Go with your religion, you will find peace when your heart and belief will be strong because peace comes from these things (04, male)*

**5.4 Engaging in  
healthy activities**

*You have to stay busy, every productive activity in which your mind don't say let smoke charas. (04, male)*

*Keep yourself busy and keep yourself productive exercise in regards of academic exercise so you will realize that you don't need these unrealistic world (08, male)*

*Keep yourself as busy as possible and focus on healthy activities (13, male)*

**5.5 Quit bad  
environment**

*You should stop going to this kind of company where there are forcefully asking to use (drug) or forcing you to sit in that company, leave your that friends (06, male)*  
*Another participant said*

*You have to quit that environment in which you used to smoke and all that stuff (04, male)*



<b>6. Mitigation strategies</b>	<b>5.6 Self-control</b>	<i>The actual motivational self-efficacy that you have in your body should be strong (04, male)</i>
	<b>1.2 Awareness programs</b>	<i>Stop your friends, tell them it useless and don't waste their lives, don't trouble your parents, do something in your life otherwise you will become lifeless person (06, male)</i>
		<i>Smoking Kills Alcohol Kills should be explained in this way and its consequences should be explained (08, male)</i>
		<i>The main thing is to give awareness about the disadvantages of the using drug, drug won't help in your life, there should be detail chapter in the books of grade of 3,4 about the consequences of drug use. There should be a seminar in which they have been told about their harm in detail. A movie should be made (10, male).</i>

<p><b>6.2 Import and export of drug should be controlled</b></p>	<p><i>Government should ban this thing; the way import and export as it is coming to Pakistan. (06, male)</i></p> <p><i>All the addiction is working through import export, we have to control this thing (03, male)</i></p>
<p><b>6.3 Parents role</b></p>	<p><i>Parents should teach children from a young age that it (drug) is wrong, people will give you all sorts of temptations that you will benefit from it but you don't have to listen (10, male).</i></p> <p><i>Show kindness so nobody goes to that side (11, female, means towards drug)</i></p>
<p><b>6.4 Educational institute's role</b></p>	<p><i>Universities, college should play their role, give awareness (02, male)</i></p> <p><i>Educational institutes there should be seminar or anything like</i></p>

*that (to raise awareness regarding  
drug issues (05, male)*

*In universities there should be  
strictness and smoking zone shouldn't  
be allowed (07, male)*

#### **Chapter 4. Discussion**

Drug use among youth is considered the most disconcerting thing in all countries as millions of adults in the world are using it and the number is expected to increase in the coming years (United Nations Office on Drugs Crime, 2019).

In this qualitative study, the researcher has encountered various information regarding the commonly used drug, the reason for using the drug, the reason for relapse, effective coping strategies to deal with drug use, and youth opinion regarding the future programs to prevent drug use in the future.

This study results found out that there are varieties of drugs available today, which include narcotics, depressants, stimulants, hallucinogens, and cannabis, particularly, opium, morphine, heroin, marijuana, bhang, hashish, and LSD. Cigarettes, Alcohol, marijuana, and heroin are the most common use substances. Some drugs like bhang, hashish, tobacco, and liquor are cheaper and mostly used by low-income groups as they can afford it while drugs like heroin, LSD, morphine, etc. are highly costly so the elite class and few individuals can have access to them. A similar finding was found in the descriptive questionnaire survey in Karachi, the study identify the socioeconomic profile and beliefs and practices of 500 drug users (Ali et al., 2011).

In a report published in 2013 by the Pakistan Bureau of Statistics and the United Nations Office on Drugs and Crime, it was revealed that cannabis was the most commonly used drug at that time (UNODC, 2013). Additionally, the report indicated that individuals between the ages of 16 and 18 were particularly susceptible to initiating drug use, particularly with regard to alcohol and chars. This was inconsistent with this research

finding was researcher reported that at age of 10-12 individual get expose to drug and start trying it. however, a meta-analysis was conducted on literature related to individuals between the ages of 10 and 21, which found an association between smoking and this age group. A meta-analysis conducted in the United States focused on individuals aged 10 to 21 and revealed an association between smoking and this age group (Hanson et al., 2007). This research supports these findings. One possible explanation for this association could be the increased availability of social media to young people. In Pakistan, there may be a lower rate of reporting of drug use.

The alarming rate of drug consumption has always been a problem and different methods are used for it. The different methods include ingesting or swallowing or chewing, smoking, snorting, or sniffing, and injection. The main reason for the shift of method includes increasing the intensity, experimenting with all the methods, wanted to have more pleasure with less effort. Other studies also reported the same method for the intake of drugs, Ali and his colleagues conducted their research by using a descriptive questionnaire and administrated the routes of drugs which included Nasal inhalation, Smoking, Oral and Parenteral (Ali et al., 2011).

In this research number of reasons for drug use among youth have been found which include easy accessibility to drug, curiosity, excessive stress related to academics/ job, peer pressure, lack of parental involvement/ parents' negligence is considered the primary causes of drug use.

The study result stated that financial, and academic stress has been faced by young people who have just started their college life or moved to a new city in search of a job and

often face problems with life change. In such cases, youngsters are more likely to relieve their stress through the use of drugs (Siahpush et al., 2005).

The study result stated that the pressure and demands placed on students in educational settings, such as from expectations to perform well in school, meet deadlines, and achieve certain grades. Drug use can be a negative coping mechanism for some individuals who experience academic stress, as they may turn to drugs as a way to relieve anxiety, cope with pressure, or improve focus or performance. This type of drug use can lead to a number of negative consequences, including addiction, impaired academic performance, and negative impact on mental and physical health. It's important for individuals to find healthy ways to manage stress, such as through exercise, therapy, and time management techniques. These results were supported by a study conducted in 2019 by Kumar, the study result mentioned that academic pressure also the common factor of drug use among youth (Kumar, 2019).

To get escape from a situation or problem and find an easy fix often, drug use seems easier than facing the real problem and dealing with it. Social/ peer Pressure also contributes to youth drug-using behavior as a lot of young people expect to experience pressure to get accepted in the group, to fit in the group, or to follow the social trend and start using drugs, smoking, and drinking alcohol. Young people find it difficult to be the person who doesn't drink or smoke as they thought that if they don't do it, they will be considered weak.

To escape from problems, whether they are personal, emotional, or societal. Some people may use drugs to cope with stress, anxiety, depression, trauma, or other mental health issues, while others may use them to escape poverty, unemployment, or other socio-

economic problems. These findings were consistent with previous studies that also stated that young people use drugs as a way to escape from emotional or physical pain, cope with unpleasant feelings, boost their self-esteem, or to appear more mature and grown-up (Sherman et al., 2005; Lipari et al., 2016).

The feeling of isolation and lack of social support makes a habit of taking drugs. If younger people grow up in an area where drugs are easily accessible, then they are likely to try the substance themselves. While it is necessary to face the problem and tackle it, the users more often than not are under the effects of drugs and neglect the situation. Several studies showed a congruent result to this study about the identification of causes of drug use as studies presented by Qasim in 2015, Zaman in 2015, Masood and Sahar in 2014 mentioned that when individuals have some sort of tension/stress that may be associated with any field of life; a company of such friends who use drugs; the effort to adopt modern lifestyle like having no job; lack of parental attention, feeling some sort of boredom; a sense of curiosity to try new things and having leisure, cheap and easy access to drugs lead towards drug use (Qasim 2015; Zaman et al., 2015; Masood et al., 2014).

This research found out that lack of emotional and practical help from friends, family, and other social connections can be a risk factor for drug use. People who have poor social support network may be at a higher risk of developing a drug addiction. They may turn to drugs as a way to cope with feelings of loneliness or isolation, or as a way to fit in with certain social groups. On the other hand, having a good social support network can be protective against drug use, as individuals are less likely to engage in risky behaviors when they have people in their lives who care about them and can help them make positive

choices. As upon entering into adolescence age, it becomes increasingly more important for younger people to maintain friendship and group membership (Rugkasa et al., 2001).

Moreover, easy accessibility of drugs, family negligence, less involvement, and company plays a prominent role in making one drug user. 'Doing drugs' as a social trend amongst the youth provokes them to experiment and lures them to drug use. In 2012 Khattak and his fellows also mentioned in their results that the cheap and easy availability of drugs leads to drug use (Khattak et al., 2012).

Social trends can have a significant influence on drug use, as certain drugs may become popular or fashionable within certain social groups or communities. For example, a drug that is popular among young adults in a certain area, or a drug that is associated with a certain subculture, may be more likely to be used by individuals who identify with those groups. Social media and the internet also play a big role in shaping these trends as they can easily spread information, misinformation, and peer pressure. Additionally, social trends can also shape the way that society views drug use and may influence the level of stigma and legal consequences associated with certain drugs. Pervious studies showed a congruent result to this study as according to a qualitative research study by Samari et al. (2022), social patterns have the potential to impact how drug use is perceived within society, which in turn may affect the degree of social stigma and legal ramifications that are linked to particular drugs (Samari et al., 2022).

Multiple reasons for relapse have been found in the study. The most common include back to previous company or friend. No one in this world likes to be left out, especially youngsters so when they go back to that same friend's company after leaving



drugs, they again get influenced by it and start using it. these findings were supported by another study conducted by Zafar and his colleagues in 2013 and he reported that 82 percent of respondents stated that friends play a vital role in both addiction and relapse, but some of them reported the reason for relapse as a curiosity (Zafar et al., 2013).

An individual with low willpower tends to feel depressed about the reality of the world when he leaves the drug. Most of the time he can't face and handle the problem and look for ways to feel free from that situation, in those cases the most feasible option for them is drugs. These findings were similar to many researchers as they found associations among low self-regulatory skills and drinking, smoking and drug abuse, and suffering from stress, anxiety, and depression shows a significant relationship with relapse (Shoaib et al., 2018).

Withdrawal can be a significant risk factor for relapse, as the symptoms can be difficult to manage and may be a strong motivator for an individual to return to drug use. The experience of withdrawal can be so unpleasant that some individuals may return to using drugs to alleviate the symptoms of withdrawal, and this can lead to a relapse. The study conducted by Batool, and her fellows showed support regarding this research finding and stated that negative reactions from family, inability to manage the craving and work/social stress were reported as the reasons for relapse (Batool et al., 2017).

Drug use can be managed by using effective coping strategies. The best coping strategy is to find other ways to handle the stress that include getting involved in healthy activities like exercising or reading a good book, keeping oneself busy, and trying positive things that help in relieving stress so that individuals don't use drugs. A healthy body makes it easier for people to deal with stress and handle life effectively, eventually reducing

the temptation to use drugs. Healthy activities can provide a sense of purpose, fulfillment, and pleasure that can help to replace the reward and pleasure that was previously obtained from drug use.

The similar study result stated that engaging in healthy activities can also provide a sense of structure and routine, which can be important for individuals in recovery as it can help to reduce the risk of relapse by providing a sense of purpose and a positive distraction from drug cravings. They can form a new supportive network that can encourage them to maintain their sobriety and avoid bad company or triggers. It can offer a sense of purpose, satisfaction, and enjoyment that may serve as a substitute for the gratification and pleasure previously derived from drug use (Thompson et al., 2020).

If friends' pressure can lead you towards drug use better group of friends can also take you out of it. family and friends love, support, and care help a lot an individual to get from it and never use it again. The biggest reason why people start using drugs is because of their friends or colleagues' pressure. Stay away and quieting situations, places, and people in which you used to take drug can also be a motivating factor for not using drug (Sinha, 2008).

Self-control, self-love, and belief in oneself are one of the most effective coping strategies used by many youngsters. these findings were supported by another study conducted, the study result stated that 48% of respondents agreed that relapse could be controlled by strong will power, they said that strong willpower is the major tool for the control of drug relapse changing company and unavailability of drugs is another option to control drug (Zimmerman, 2000; Hustad et al., 2009).

Some individuals use drugs due to shame, guilt, and the feeling of being alone and finding a solution to the problem. In such cases if the person starts building a strong spiritual connection, believing that he/ she is connected to Him, we are not alone, It makes us believe all our problems will get solved, more hopeful, and will be mindful or present to reality. Spirituality and religiosity can positively influence treatment outcomes for drug dependence (Robinson et al., 2011; Beraldo et al., 2019).

The study result stated that spirituality can provide a sense of meaning, purpose, and connection to something greater than oneself, which can be helpful in the recovery process. Spiritual practices such as prayer, meditation, and mindfulness can help individuals to develop inner strength, cope with difficult emotions, and find peace and serenity. Moreover, it can also serve as a reminder that they're not alone in their struggles and that there is always hope for a better future. These findings are supported by many researchers, and they suggest that spirituality and religiosity can positively influence treatment outcomes for drug dependence (Robinson EA et al., 2011; Beraldo et al., 2019)

This study result state that to avoid provoking thoughts related to drug use some youngsters use sleep as their coping strategy. Sleep can be a coping mechanism for individuals who are in recovery from drug use, as it can help to alleviate stress, anxiety, and depression. Sleep can also help to improve emotional regulation, cognitive function, and overall physical health. Getting adequate sleep can also be beneficial for individuals who are trying to maintain their sobriety, as lack of sleep can increase the risk of relapse.

However, some individuals may turn to sleep as a way to avoid dealing with their substance use behavior or to avoid facing the reality of their situation. This type of maladaptive coping can lead to a number of negative consequences, such as depression,

fatigue, and poor functioning in daily life. A previous study conducted by Peter Gates et al. (2015) reported that individuals experience significant sleeping problems when they stop using drugs (Peter Gates et al., 2015). However, this research found inconsistent results, and one possible explanation for this discrepancy is individual differences in personality. Further future studies may explore the role of sleep as a coping mechanism and its potential impact on drug use.

An awareness campaign can serve the purpose to reduce drug abuse and aware people of the consequences of drugs. The media, NGOs, self-help groups, and other governmental and non-governmental agencies can play an influential role. The import and export of drugs should be taken under control. Educational institutions should arrange seminars, and different activities regarding the consequences of drug use, and the curriculum should encourage more value-based moral education, so that from an early age, more values are taught in children, that how to develop good hobbies, to spend time their time more effectively and meaningfully in good company. These all programs are corresponding to the study 'Substance use among Pakistani Youth-Current Situation, Preventive, and Intervention Strategies' by Aslam in 2019. The study results also focused on the Various program for the awareness of drug use (Aslam, 2019).

## **Conclusion**

Drug use is a social evil as it not only affects the youngster's life but also affects the whole society from its core. It has been prevalent in all society for several years. There are a variety of drugs that are used in various forms, by multiple methods among youngsters. The number of causes leading to drug use includes social, economic, and physiological factors like to get escape from a situation or problem, financial stress,

academic stress, lack of social support, curiosity/ experiment, social trend, relationship issues, easily assessable, parents' negligence, peer pressure.

Relapse is often seen among youngsters because they are not fully recovered or don't have strong willpower, facing similar mental pressure, back to previous company/ friends, and strong withdrawals. However, some youngsters try to get rid of drug use by adopting different coping strategies. The most commonly reported strategies by the youngster include friends/ family support, sleep, spiritual connection, engaging in healthy activities, quitting that environment, and good self-control.

In sum, understanding the root cause of drug use and relapse is important to improve treatment options and outcomes of drug use in the future. In this regard families, educational institutes, government, and non-government agencies should work together to increase awareness among everyone. Parents should spend time with their children and guide them, making them strong so that they don't fall for such traps later on. Import and export should be taken under control. Awareness through social media, seminars, public camps, and different activities should be done and encouraged.

### **Limitation**

While this thesis on the trends of drug use among youth provides valuable insights into the experiences and perspectives of young people, it is essential to consider the limitations of the study. The number of female participants in this current study is less than males. Female drug use is considered as stigma, so most of the female participants were unwilling to share their opinion due to societal pressure and cultural norms. Moreover, the generalizability of result may be affected as the data is collected only from the twin cities

of Pakistan. As the topic of the study was sensitive and pressure to conform to societal norms may have resulted in underreporting of socially desirable behavior and the overreporting of socially desirable behavior. However, a different technique like constant comparison are used to minimize it.

### **Future Implications and Recommendations**

This study has provided information regarding drug use among youth in Pakistan. Different factors contribute to the relapse process, but it remains unclear how relapse occurs in youth this research data had helped to identify those causes. As describing the relapse phenomenon in youth might be of interest to practitioners and academics.

This research data can be beneficial for multiple fields like psychological mental health and intervention, the medical field, armed forces, and for the government and law agencies for making new policies and strategies regarding the awareness of drug use.

Moreover, research has help to raise awareness in the community about the importance of healthcare centers for youth. The data is effective for making new therapeutic interventions in the future and for assessment. This research result are useful for the psychologist to develop and identify a new coping mechanism to deal with relapse problems among youth.

However, government forces/agencies can use the data to get an idea about the current trend of drugs in the population (youth) and can help the government for making new policies regarding drug use and its awareness.

Research on drug use among youth should be conducted all over the country to get vast information and more studies related to the treatment of relapse should be

conducted. The demand for illicit drugs should be reduce through preventive education campaign for awareness certain to reach the maximum population of the country, especially at high-risk group. It is suggested to formulate cohesive policy to control of drugs use and production. It is also suggesting formulating clear and easy comprehensive public messages for the identification of synthetic drugs, consequences of abuse, distinction between synthetic and lifesaving drugs and drug education should part into the school syllabi and teachers training, doctors, school social workers, community health workers towards taking early remedial action.

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### **Appendices**

A: Information sheet

B: Informed consent

C: Demographic Form

D: Interview guideline

E: Revised interview guideline

## Appendix A

## Information sheet

اسلام علیکم! میرا نام اصفہ ضمیر ہے اور میں کیپیٹل یونیورسٹی آف سائنس اینڈ ٹیکنالوجی کی طالب علم ہوں۔ میں خواتین میں منشیات کے استعمال کے رجحان کے بارے میں ایک تحقیق کر رہی ہوں۔ میں یہ تحقیق میں اپنی سپروائزر مس پروین اختر کی نگرانی میں کر رہی ہوں۔

اس کے لیے ہمیں آپ کی مدد کی ضرورت ہے۔ میں آپ سے انٹرویو کی شکل میں کچھ دیر بات چیت کروں گی۔ یہ انٹرویو 25 سے 30 منٹ کا ہوگا۔

میں آپ کو یقین دلاتی ہوں کہ آپ جو بھی معلومات دیں گے، وہ ہمارے درمیان ہی رہے گی اور آپ کا ڈیٹا ایک محفوظ کمپیوٹر میں رکھا جائے گا۔ تحقیق مکمل ہونے کے کچھ عرصے بعد اس ڈیٹا کو کوڈ لیت کر دیا جائے گا۔ آپ کا نام یا دیگر شناختی معلومات کہیں بھی استعمال نہیں کی جائیں گی اور تحقیق کے نتائج میں تمام لوگوں کے جوابات کو ملا کر دیکھا جائے گا۔

آپ کسی بھی یا تمام سوالات کا جواب دینے سے انکار کر سکتے ہیں اور اگر آپ چاہیں تو کسی بھی وقت شرکت سے معذرت کر سکتے ہیں۔

اس مطالعہ میں آپ کی شرکت سے آپ کو براہ راست کوئی فائدہ یا نقصان نہیں ہو گا تاہم، اس تحقیق سے حاصل ہونے والی معلومات منشیات کا استعمال کرنے والے لوگوں کے لیے مددگار پروگرام بنانے میں مفید ثابت ہوں گی۔

اس مطالعہ میں آپ کی شرکت رضا کارانہ ہے۔ اس مطالعہ میں حصہ لینے یا نہ لینے کا فیصلہ کرنا آپ پر منحصر ہے۔ اگر آپ اس مطالعہ میں حصہ لینے کا فیصلہ کرتے ہیں، تو آپ سے رضا مندی کے فارم پر دستخط کرنے کو کہا جائے گا۔ رضا مندی کے فارم پر دستخط کرنے کے بعد بھی، آپ کسی بھی وقت اور وجہ بتائے بغیر دستبردار ہونے کے لیے آزاد ہیں۔

اگر آپ کے پاس اس تحقیق کے بارے میں مزید کوئی سوالات ہیں، تو آپ ابھی مجھ سے پوچھ سکتے ہیں۔ اگر بعد میں بھی آپ کو کوئی سوالات ہوں، تو آپ نیچے دیے گئے ای۔ میل پر مجھ سے رابطہ کر سکتے ہیں۔

آصف ضمیر

کیپٹل یونیورسٹی آف سائنس اینڈ ٹیکنالوجی

کہوٹہ روڈ راولپنڈی

شعبہ نفسیات

## Appendix B

## رضامندی فارم

1. میں نے اوپر دی گئی معلومات کو اچھی طرح پڑھ لیا ہے (یا مجھے پڑھ کر سنا دیا گیا ہے)، اور سمجھ لیا ہے۔
2. مجھے سوالات پوچھنے کا موقع دیا گیا ہے اور ان کے تسلی بخش جواب دیے گئے ہیں۔
3. میں جانتا ہوں کہ میری اس تحقیق میں شرکت رضا کارانہ ہے اور یہ کہ میں کسی بھی وقت بغیر وجہ بتائے اس سے دستبردار ہونے کے لیے آزاد ہوں۔
4. میں رضا کارانہ طور پر اس تحقیق میں حصہ لینے پر رضامند ہوں۔

شرکت کنندہ کے دستخط \_\_\_\_\_

تاریخ \_\_\_\_\_

محقق کے دستخط \_\_\_\_\_

تاریخ \_\_\_\_\_

## Appendix C

فارم ڈیوگرافک

				پارٹی سی پینٹ نمبر
				عمر
				ازدواجی حیثیت / میریٹل اسٹیٹس
سنگل	شادی شده	بیوہ	طلاق یافتہ	
				تعلیم
پرائمری	انٹرمی ڈیٹ	گریجویٹ	پوسٹ گریجویٹ	
				شہر
				پیشہ
				ریزیڈنس / رہائش گاہ
فیملی		اکیے		
				فیملی سسٹم / حاندانی قلم
جوئنٹ		نیوکلیر		
				والد کا پیشہ
				والدہ کا پیشہ

انسٹروپوشروع ہونے کا وقت

انسٹروپو حتم ہونے کا وقت

## Appendix D

### Interview guideline

آپ کے خیال میں نوجوان نسل کون کون سے نشہ استعمال کرتے ہے

ان میں سے آج کل سب سے زیادہ کس نشہ کا استعمال کیا جاتا ہے؟

نوجوان کس عمر میں نشہ استعمال کرنا شروع کر لیتے ہیں؟

آج کل نوجوان کن طریقوں سے نشہ استعمال کرتے ہیں؟

ان طریقوں سے استعمال کرنے کی وجہ کیا ہے؟

آپ کو کیا لگتا ہے کہ آج کل نوجوان نسل نشہ کی طرف متوجہ ہو رہی ہے؟

نشہ کی وجہ کے پیچھے گھس والوں کا کیا کردار ہے؟

نشہ کے اس وجہ کے پیچھے دوستوں کا کیا کردار ہے؟

آپ نے نشہ کا استعمال کب اور کیسے کرنا شروع کیا؟

کیا ایک بار نشہ چھوڑنے کے بعد نوجوان دوبارہ نشہ کی طرف متوجہ ہوتے ہیں؟

اگر ہاں تو وجہ بتائیں

اگر نہیں تو آپ کے خیال میں کون سی چیزیں ان کو یہ عادت چھوڑنے میں مدد دیتی ہیں

## Appendix E

### Interview guideline

نشے کے بارے میں کیا جانتے ہیں؟

آپ نے نشہ کا استعمال کب اور کیسے کرنا شروع کیا؟

خود کو نشے سے روکنے کے لیے آپ کیا کرتے ہیں؟

آپ کے خیال میں نوجوان نسل کون کون سے نشہ استعمال کرتے ہیں؟

ان میں سے آج کل سب سے زیادہ کس نشہ کا استعمال کیا جاتا ہے؟

نوجوان کس عمر میں نشہ استعمال کرنا شروع کر لیتے ہیں؟

آج کل نوجوان کن طریقوں سے نشہ استعمال کرتے ہیں؟

ان طریقوں سے استعمال کرنے کی وجہ کیا ہے؟

آپ کو کیا لگتا ہے کہ آج کل نوجوان نسل نشے کی طرف کیوں متوجہ ہو رہی ہے؟

نشے کی وجہ کے پیچھے گھروالوں کا کیا کردار ہے؟

نشے کے اس وجہ کے پیچھے دوستوں کا کیا کردار ہے؟

کیا ایک بار نشہ چھوڑنے کے بعد نوجوان دوبارہ نشے کی طرف متوجہ ہوتے ہیں؟



اگرہاں تو وجہ بتائیں

اگر نہیں تو آپ کے خیال میں کون سی چیزیں ان کو یہ عادت چھورنے میں مدد دیتی ہیں؟

آپ کے خیال میں کون سے ایسے اقدامات کیے جا سکتے ہیں جو لوگوں کو اس عادت میں پڑنے سے

روک سکتے ہیں؟

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