



## PREVENTING ADDICTION TO DRUG BY ESCALTING PARTICIPATION IN SPORTS

### KEYWORDS

Drugs, Addiction and Sports.

**Arjun Singh**

Ph.D Scholar, Lovely Professional University (Phagwara) Punjab

**ABSTRACT** *Sports practice provides an opportunity for exercise that shapes, nurture and tone up the health and mind of a person. Participation in sports improvises social skills, emotional skills, cognitive power, and a healthy growth of bones, muscles, ligaments and tendon. Active lifestyle involving physically activity dramatically reduces the risk of various diseases such as obesity, cardiovascular diseases, osteoporosis and carving of drugs. All these are important aspects for the wellness of human being. Participating in sports allows the human to make up the best use of their leisure time and more importantly plays its vital part in wholesome development of personality. It can play its vital role in Prevention of drug abuse, by having a positive impact on the mental as well as physical state of the human being.*

The word addiction is as a physical and psychological dependence upon a mind-altering substance. Drug addiction refers to the obsessive and repeated use of dangerous amounts of drugs and the appearance of withdrawal symptoms when not using drugs (Natasha Traucy). Effects of drug addiction are felt by the addict both physically and psychologically. The psychological effects of drug addiction come from the reason the user is addicted to drugs, as well as the changes that take place in the brain once a person becomes a drug addict. Initially, many people start using drugs to cope with stress or pain. An effect of drug addiction is creation of a cycle where anytime the user encounters stress or pain, they feel the need to use the drug. This is one of the psychological effects of drug addiction involved in "craving" of the drug. Craving is an effect of drug addiction where the addict is obsessed with obtaining and using the drug. One of the psychological effects of addiction involved in craving is the belief the addict cannot function or handle life without use of the drug. Physical effects of drug addiction vary by drug but are typically seen in all systems of the body. Some of the primary physical effects of drug addiction take place in the brain. Drug addiction changes the way the brain functions and impacts how the body perceives pleasure. These effects of drug addiction are because the drug repeatedly floods the brain with the chemicals dopamine and serotonin during drug use. The brain adapts and comes to expect, and depend on, these drug-induced highs. Physical effects of drug addiction are also seen in babies of drug abusers as well as in mortality statistics. One effect of drug addiction is: children born to drug-using mothers can be cognitively affected throughout life. Regarding mortality, one-in-four deaths are due to the effects of drug addiction. Other physical effects of drug addiction include: Contraction of HIV, hepatitis and other illnesses, Heart rate irregularities, heart attack, Respiratory problems such as lung cancer, emphysema and breathing problems, Abdominal pain, vomiting, constipation, diarrhea, Kidney and liver damage, Seizures, stroke, brain damage, Changes in appetite, body temperature and sleeping patterns.

Behaviour is most closely tied to alcohol use and alcohol abuse is responsible for the disability of 58.3 million people worldwide. It was estimated the effects of drug addiction cost the U.S. \$245.7 billion in 1992. This number represents health care expenses, lost wages, prevention

program costs and criminal justice system costs, among others. Some of the most common addiction types include: Illegal drugs, Alcohol, Inhalants, Prescription drugs, Cigarette, Caffeine etc. The addictive personality includes traits such as: High degree of intolerance for criminal behavior, Prone to act impulsively, Periods of depression, Antisocial behavior, History of attention seeking, Low self-esteem and confidence, An admiration for rebellious behavior, Insecurity in relationships, Anxiety. Drug abuse and addiction is less about the amount of substance consumed or the frequency, and more to do with the **consequences** of drug use. No matter how often or how little you're consuming, if your drug use is causing problems in your life—at work, school, home, or in your relationships you likely have a drug abuse or addiction problem. In India drug addicts are kept in drug addiction rehabilitation center. When the child is kept in special homes all the basic needs are fulfilled. They are also provided with education and various training programs for imparting sounds traits in them.

The growing and developing period of children continues overwhelmingly from childhood to adolescents and there personality changes and stabilizes with respect to time, so it's vital to put emphasis on proper supervision, so that a propriety remains among their traits thus representing a personality that will glitter the nation one day. Statistics shows that drug addiction is increasing day by day in developed and developing countries. Review of literature show various reasons of drug addiction among the youth. Punjab accounted for almost half of the cases registered in India under the Narcotics Drugs and psychotropic substances act (NDPS). In Punjab 67% of rural household have one drug or alcohol addict, while 70% of young men are addicted to drugs or alcohol, according to a government report based on surveys (Chaitanya Mallapu 2015).

Sport is a physical activity governed by a set of customs and rules involving physical exertion and skill in which an individual or team competes with each other for winning. "Sports are institutionalized competitive activities that involves vigorous physical exertion or the use of relatively complex physical skills by individuals, whose participation is motivated by a combination of personal enjoyment and external rewards" (Coakley and Jay 1998). Sport is seen as the domain of fair play in which opportunity is said

to be open to all. Throughout the modern history sports participation and its meaning have been differentiated and diverse, rooted in social inequalities and divisions. "Sport has been developed and sustained in a modern society characterized by deeply embedded forms of social stratification, primary source of stratification in sports is social class, gender and ethnicity" (Horne and Tomlinson et al.1999). Sport has been a part of civilized societies throughout the history. "Olympic games throughout the world foreshadow the development of a global sport culture that knows no boundaries of race, gender, ethnicity or age" (Siedentop 2007).

Socialization is a complex development learning process that teaches the knowledge value and norms essential for participation in social life. In his earliest beginnings man was an integral part of nature and even today his behavior reveals strong parallels with that of animals. These parallel can be seen in many of his games involving movements. The specific evolution of man and of human society, however led him to develop his instinctive games and create new forms of them, one of which grew into modern sport (Sharma 2004). Competition is considered as an integral part of the sports, competition is defined as the battle between two teams for achieving rewards and prestige. "Every person takes competition seriously and wants to win it because they do not want to be in the list of losers. Participation in competition improves self belief, boost confidence, pull down the level of daily stress, anxiety and play its vital part in the wholesome development of a personality The win at all cost seems to be steam rolling through the world of sport and at every level" (Frank 2003). Enjoyment of sports in childhood will increase the likelihood of a child pursuing these activities through adulthood. Sport programme implied on the drug addicts after an overhunt will procure with some astonishing results for the betterment of the drug addicts .

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