



PHYSICAL AND MENTAL EFFECTS OF SUBSTANCE USE ON YOUTH: PSYCHOLOGICAL PERSPECTIVE

Psychology

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ABSTRACT

Addiction to drugs can have severe mental health complications for the youth of a nation who are considered to be the future of the country. The longer the addiction, the more strain and stress it places on the physical and emotional aspects of life in the future. The psychological distress that is involved with the use of drugs can range from mild to serious. Depression, anxiety and paranoia are some of the impacts that the drugs can have on the youth while increasing the risk of having a mental disorder in the future. The aim of this research is to understand the psychological perspective on impact of drugs on the mental health of youth in the long run.

KEYWORDS

Drug, Addiction, Mental Health, Young People.

INTRODUCTION

The growing prevalence of drug use in society has affected the younger generation, which is leading to a great deal of social strife. Because this age is so technologically adept, many members of the younger generation are susceptible to addiction to a variety of unhealthy substances. According to Di Santo et al. (2020), recreational drug use can have long-term negative effects on one's health and major way of life. Drug addicts may mistakenly believe that they are generating some kind of developing activity. In addition, many young celebrities have developed drug addictions in an attempt to find some amusement. As a result, this had a significant negative impact on those individuals' lives. Addiction to drugs and alcohol has resulted in serious health risks, which have caused serious health problems that cause worry. Drug addiction is a common technique for people to cope with stress and sadness.

Alcoholic and drug reactions produce unpleasant side effects that have long-term health implications, causing immense harm, and social discrimination has since developed. According to Giorgi et al. (2020), an increase in depression, anxiety, and insomnia is having a significant negative impact on mental health, and these conditions make it possible for people to use drugs and alcohol. Emotional anguish, peer pressure, and environmental stress can all have a significant impact on mental health and lead to psychological diseases. In this regard, drug use has the potential to cause significant harm. Casado & Amado-Alonso (2021) noted that physical rehabilitation may impede the significant amount of depression, which may lower motivation and involvement in drug-related activities. Negative mental health issues may worsen if significant physical recovery is impeded. As a result, people may become nervous and exhibit negative behaviours, which might impact the course of society evolution. The primary human behaviour of patience creates a clear picture of mankind, while impatience is a frequent human behaviour that undermines efforts to restore quality of life.

This article does not reference the term "drug abuse," which is a stigmatizing term. Instead, the Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5) uses the term substance use disorder (SUD). The manual defines SUD as a disorder involving the continued use of substances despite personal, professional, and health-related problems caused by the usage that negatively affects a person's day-to-day life.

Generally, drug misuse refers to the use of psychoactive drugs, which are substances that affect the brain. The effects on the body depend on the type of substance a person uses and their health history. Substance use disorder can lead to short- and long-term negative health effects. These can be physical and mental, ranging from moderate to severe. They will depend on the substance a person has been using.

When chronic substance use occurs over a long period, these short-term physical effects may cause long-term changes to a person's brain and body. The specific physical effects of substance use may vary among individuals and depend on the substance, dosage, delivery method, and length of use. Substance use can sometimes lead to serious health consequences, including substance overdose and death.

Examples of common psychoactive drugs include:

Alcohol
Cannabis
Cocaine
Heroin
Prescription opioids
Prescription stimulants
Tobacco and nicotine, etc.

Physical effects

Using any drug can cause physical effects. The following are examples of common drugs, their physical effects, and potential health risks due to SUD.

Alcohol:

Heart disease and Stroke
Liver disease and inflammation (alcoholic liver disease)
Pancreatitis
Digestive problems
Cancer of breast, mouth, throat, oesophagus, voice box, liver, colon, and rectum
Weakened Trusted Source immune system
Alcohol use disorder or alcohol dependence

Methamphetamines:

Severe dental problems
Weight loss
Intense itching leading to skin sores
Risk of HIV, hepatitis, and other diseases from shared needles

Cocaine and heroin — when a person snorts them, these drugs may cause:

Loss of sense of smell
Nosebleeds
Nasal damage and trouble swallowing

Other effects include:

Infection and death of bowel tissue from decreased blood flow
Inadequate nutrition and weight loss
Collapsed veins
Abscesses
Infection of the lining and valves of the heart
Constipation and stomach cramps
Liver or kidney disease
Pneumonia or Fatal overdose

Tobacco or nicotine:

Greatly increased risk of cancer — lung cancer due to smoking Trusted Source or oral cancer due to chewing
Chronic bronchitis and emphysema
Heart disease
Leukaemia and Cataracts
Pneumonia

Mental effects of drug misuse

Long-term SUD may affect Trusted Source a person's memory, behaviour, learning, consciousness, and concentration. Substances,

such as alcohol, cannabis, stimulants, and opioids, are psychoactive drugs that may change an individual's brain function and structure after chronic use. This can result in rusted Sourcet in cognitive and behavioural changes and deficits that may remain even after someone stops using. The exact mental or cognitive effects of SUD may vary depending on the type of drug and the duration of use. SUD may also exacerbate symptoms of other mental disorders, and early drug use is a strong risk factor for the later development of substance use disorders. It may also be a risk factor for developing other mental illnesses.

For example, frequent cannabis use in adolescents can increase the risk of psychosis in adulthood in individuals who carry a particular gene variant.

Alcohol:

Feelings of euphoria
Reduced anxiety
Easing of social interactions
Irritability and anxiety upon withdrawal
Depression and anxiety
Learning and memory problems
Social problems

Cannabis:

Enhanced sensory perception
Feelings of euphoria and relaxation
Anxiety
Irritability upon withdrawal

Prescription opioids:

Increased risk of overdose
Pain relief
Drowsiness
Feelings of euphoria
Increased risk of overdose

Methamphetamine:

Increased wakefulness
Anxiety upon withdrawal
Anxiety
Confusion
Insomnia
Mood problems
Violent behaviour
Paranoia
Hallucinations
Delusions

Tobacco and nicotine:

In teens, they can affect the development of brain circuits that control attention and learning. Irritability, attention and sleep problems, and depression upon withdrawal

Heroin:

Feelings of euphoria
Restlessness upon withdrawal
Feelings of euphoria
Restlessness upon withdrawal

Risk factors for drug misuse

Certain factors may increase the risk of an individual's risk for SU. These risk factors include:
Family history of substance use
Difficulties with parental monitoring
Parents' substance use
Family rejection of sexual orientation or gender identity
Association with substance-using peers
Lack of school connectedness
Academic achievement difficulties
Childhood sexual abuse
Mental health issues

Substance use can affect several aspects of a person's physical and psychological health. Certain substances may lead to drowsiness and slow breathing, while others may cause insomnia, paranoia, or hallucinations. Chronic substance use has links to cardiovascular, kidney, and liver disease. In addition to physical and mental effects, substance use can adversely affect a person's relationships, home and work life, and mental health. Care providers should tailor treatment to

a person's needs. Community-based organizations and state-funded treatment programs usually involve a combination of behavioural therapy, group therapy, and medication.

Conclusion and Recommendation

The entire study has depicted and evaluated the impact of Drugs on the mental health of Youth in the end with the perspective of Psychological and Rehabilitation. The mental health status of all people is unique to those individuals who help to perform every task in this society. The complexity of each mental health can result from the intake of destructive drugs and this may fail to form a good society. Psychological rehabilitation can result as a process that can be followed with major opportunities for persons with severe mental illness. This is impacted by the optimal level of independent function in society for creating major improvements in life. The addicted people can be treated with psychological intervention and motivation integration, which can rehabilitate all the victims.

The study has been recommended for effective treatment for young people in society and this creates a huge impact on the major reduction of drug-addicted people. In this concern, all drug-addicted people should be aware of the dangerous effects of drugs. In addition, the government should create strict rules and prohibit all dangerous drug from the market.

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