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## The effects of drug or substance abuse on students' academic performance between the age group of 16 to 21 years

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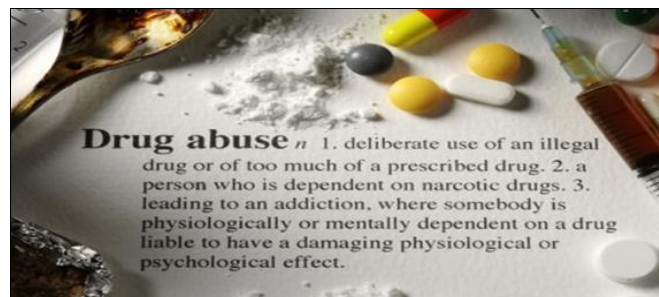
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### Abstract

The current study attempts to elucidate the effects of drug or substance misuse on students' academic performance that are in the 16-21 age range. Drug and substance addiction has numerous other negative effects, including physiological, psychological, and physical ones that are severely disrupted. They all have adverse effects, both short- and long-term, depending on the drug's composition, dosage, and usage duration. In this study, we want to inform and raise students' awareness of the worst repercussions of drug and substance misuse in addition to elucidating the negative effects of drug and substance abuse on academic performance.

**Keywords:** Drug and substance abuse, consequences of drug abuse, physical, physiological and psychological system of human body, stages of drug and substance abuse, academic performance and students between the age group of 16 to 21 years

### Introduction



Substances that alter a person's physical or mental condition are known as drugs. Essentially and destructively, any chemical that might lead to compulsive usage, misuse, or dependence is a pharmaceutical <sup>[1]</sup>. The degree of drug slavery increases with each day of drug use. In the unlikely event that medications are not available, the patient exhibits distinct withdrawal symptoms when quick medical attention is anticipated to prevent mental and bodily deterioration, as well as death (Psychology) <sup>[2]</sup>. According to the World Health Organization (WHO, 2002 and 2003), tranquilizers are compounds intended for indication, restorative, or palliative use or to modify a creature's or man's physiological components [south\_Asia\_Regional\_Profile\_Sept\_2005/08\_Bangladesh.pdf]. For 200 years ago, opium has been used for medicinal purposes. In 1806, morphine was discovered, and in 1832, codeine. In 1860, cocaine was isolated from the leaves of the coca plant. At the start of the 20th century, the practice of injecting heroin and morphine was expanded <sup>[3-5]</sup>. One of the worst catastrophes that befalls modern man and endangers his life is drug addiction. Despite this, there is regrettably a growing trend among adolescents in particular towards these dangerous drugs, particularly opiate substances. <sup>[6]</sup>. Iran has been a drug-using nation for thousands of years. The issue of drug misuse in our nation has been worse over the past century due to increased use of heroin and other narcotics, particularly cocaine and ecstasy, in recent decades <sup>[3, 7, 10]</sup>.

Research carried out by the United Nations indicates that over 180,000,000 individuals worldwide suffer from drug addiction [11-14]. Conversely, addiction recovery is intricate, challenging, and frequently unsuccessful [15]. The most often used drug in the United States and many other nations is hashish. The majority of issues in North America, the South, and the Center are brought on by cocaine use [16]. Aside from ecstasy, the most commonly used drugs in Europe are cannabis, heroin, amphetamines, and hallucinogens. Cannabis and opiate compounds are the most problematic drugs in the majority of Asian countries [17, 18]. A 2005 report by the United Nations Office on Drugs and Crime (UNODC) estimated that 200 million people, or 5% of the global population between the ages of 15 and 65, had used drugs at least once in the previous year. Similarly, the 2005 World Drug Report stated that illicit drug consumption has increased globally in recent years. Opioids accounted for 62 percent of all drug treatment requests in 2003 for the majority of Europe and Asia. According to a Czech Republic poll, teens between the ages of 15 and 19 made up 37% of new drug users. Drug use, especially the use of heroin, is becoming a major issue in Egypt, where about 6% of students in secondary and university education claim to have experimented with drugs [15]. Drug misuse has a long history dating back to the human race [19]. Before the eighteenth century, history informs us that the Chinese used opium to treat diarrhea. It was known that European nations like Britain and Holland traded tea and silk with China in exchange for the opium grown in their colonies [20].

### Global perspective on drug abuse and addiction situation

Drug misuse is a widespread issue that endangers people's lives, society, and political stability and security in many nations [United Nations, 1995]. The United Nations (2005) states that there has been a global increase in the use of illegal drugs, with the main trend being the greater accessibility of various drug types to an ever-expanding range of users [21-23]. A 1980 study on learning behaviour by the London School of Economics found a link between drug addiction and subpar academic performance [Otieno *et al.*, 1994]. The manufacture, distribution, and use of drugs have increased throughout the continent in recent years, primarily affecting teenagers and young adults [24-26]. Eighty-two percent of Ethiopia's street youngsters in Addis Ababa are reportedly drug users [27-29]. The United Nations (UN) reported in 2013 that diseases linked to drug misuse claim the lives of 37,000 Africans per year.

### Statement of the problem

Drug misuse has significantly increased over time for a variety of reasons, including tobacco, sedatives, marijuana (Indian hemp), amphetamines, alcohol, heroin, morphine, cocaine, inhalants (like glue), and cocoa leaves. Both internationally and in our particular context, which includes students between the ages of 16 to 21, this is concerning. It is a commonly held belief that those who consume drugs frequently experience mental instability and struggle academically. This is especially noticeable in science classes that demand a high level of attention for a better understanding, such computer science, medicine, sports, and related topics. Students who consume drugs frequently experience negative effects on both their cognitive and academic performance, which increases their risk of crime

and health issues. Ignorantly or consciously, many students between the ages of 16 to 21 depend on drugs for their daily lives, despite widespread awareness and education about the hazards of drug usage. Thus, it becomes imperative to conduct this study to ascertain how drug misuse affects students' academic performance between the ages of 16 and 25. [30].

### Purpose of the study

Analyze the impact of drug usage on students' academic achievement in the 16-21 age range.

### Research questions

The following research questions were raised to guide the study:

- What factors contribute to drug usage among students in the 16-21 age range?
- What impact does drug addiction have on students' academic achievement in the 16-21 age range?

### Methodology

This study, which looked at how drug addiction affected students between the ages of 16 and 21 in their academic performance, used a descriptive survey research design.



### Drug and substance abuse

Substance abuse refers to the use of any form of substance for purposes other than medical ones. Drugs are both potentially fatal and life-saving substances. Although the majority of substances are intended for medical use, young people today use them recreationally, for their own pleasure, for a variety of other reasons, including sports competitions, the stress of exams, recreational purposes, injury, trying to forget the past, due to bad family environment, unstable relationship, extreme stress about results or upcoming events, and stress management. These are the most typical reasons why people abuse drugs [31].

### Consequences of drug or substance abuse

There are four major consequences of drug and substance abuse: Individual consequences; Education, employment, and income issues; Consequences for family; Violence; Consequences for society; Crime and Consequences for nation; Law and order problems. The detrimental effects of drug and substance addiction on an individual's physical, physiological, and psychological functions determine all the consequences. They all have adverse effects, both short- and long-term, depending on the drug's composition, dosage, and usage duration [32].

### The negative effects of drug or substance abuse on physical, physiological and psychological systems of human body

- The adverse impacts of drug or substance addiction on

the human body's physiological and physical systems: The physical and physiological repercussions of drug or substance misuse are those caused by drug usage that alter the way the drug abuser's body functions and is structured.

- The adverse impacts of drug or substance addiction on the human body's psychological systems:

Psychological repercussions our average impacts are influenced by mental processes, disposition, thinking styles, temperament, and perceptions. Because drug misuse can alter how the brain functions, it essentially has a wide range of psychological repercussions [33].

### Stages of drug or substance abuse

There are four phases of drug or substance misuse. The first is for any kind of concern pertaining to a person's physical, physiological, and psychological well-being, whether it is for medical reasons or recreational interests. The second is dependence; after abusing drugs for a few weeks, the abuser

becomes reliant on them and is unable to function normally without them. If they miss a dose, they will have mild withdrawal symptoms, which can be treated with medication. Tolerance level comes in third; the abuser's tolerance level will rise if they use drugs or other substances for an extended length of time. The extended duration necessitates an increase in dosage. The effectiveness of the prior dosage will be diminished. Addiction is the last and fourth stage. The abuser has developed a full addiction to drug or substance abuse throughout this time. The inability to alter the timing of dosage administration will not prevent significant withdrawal symptoms from manifesting if the patient misses a dose. These symptoms are associated with the physiological, psychological, and physical systems of the human body. Without medication or medical attention, they are unable to handle these withdrawal symptoms, and in certain situations, an urgent hospital admission is necessary to reduce the risk of death [34].

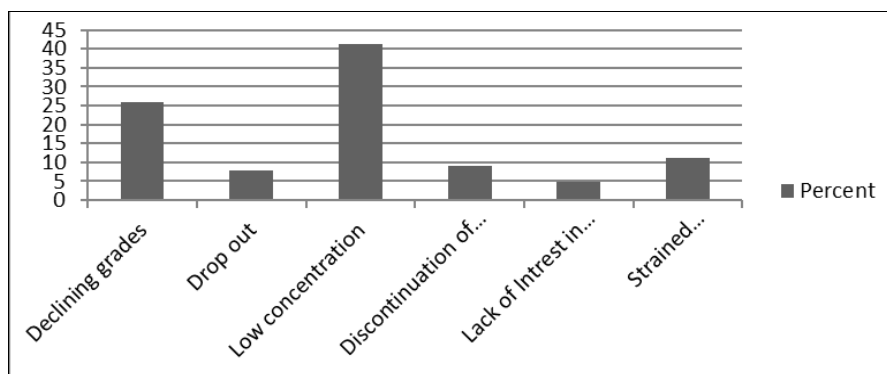


### Consequences of drug abuse for academic performance of students between the age group of 16 to 21 years

Academic and performance consequences are the negative effects of drug addiction on learning, education, training, results, and outcomes of efforts made toward anything.

He or she never finishes their assignments. He frequently neglects to complete the assignments his teachers provide. He never finishes his homework and magazines. He never receives a high grade or percentage. Most substance abusers don't advance to the next class or level. His attendance is constantly below the statutory minimum because he rarely shows up for classes. He consequently needs to spend more than a year studying in the same subject and is unable to obtain authorization to take tests. He doesn't usually take part in extracurricular activities or sports. Players and other artists who abuse drugs don't perform well; their work is mediocre at best and falls short of better standards in their

respective industries. His prospects of being accepted for any competitive exam are extremely slim. As a result, his prospects of being accepted into courses at a higher level are reduced. Typically, he drops out of school without finishing a course or earning a degree. He has bad relationships with instructors, coaches, trainers, guides, and other students, and he has no connections to anybody at the institute. His self-worth is really poor. His friends, family, and relatives make fun of and taunt him for abusing drugs on a regular basis. Nobody in the community thinks highly of him. He therefore has a negative or undesirable reputation. Due to his negative image, he has very little chance of obtaining employment. In comparison to his friends and colleagues, he is far less productive. He has a very high likelihood of engaging in unlawful and antisocial behavior. Because to his actions (fights, stealing, hooliganism, molestation) [35].



Distribution of effects of drug abuse on academic performance of students [36]



## Discussions on findings

**Research Question: 1**, the first research question looked for reasons why students between the ages of sixteen and twenty-one were abusing drugs. The study's conclusions showed that drug abuse can be caused by a number of factors, such as the user's own pleasure, competitive sports, exam stress, recreational activities, injuries, trying to forget the past, unstable relationships, poor family environments, intense worry about results or impending events, and stress management. These are the most common explanations for drug and substance abuse.

**Research Question: 2**, aimed to investigate the impact of drug addiction on students' academic performance. According to the study's findings, which are displayed in Consequences of Drug Abuse for Academic Performance of Students between the Age Groups of 16 and 21 Years, drug abuse negatively affects academic achievement. This is supported by the evidence that students who abuse drugs avoid education, training, learning, and classes; they also take less seriously their academic work and performance; they develop poor memory and cognitive function, which causes them to forget lessons they have already learned; they are unable to keep up with their studies; and they have low expectations for their academic performance, which may result in dropping out of school. This result is consistent with that of Dankano and Garba (2020) <sup>[35]</sup>, who found that drug abuse, has negative effects on students' moral, physical, physiological, and psychological systems in addition to their academic performance. These effects can also have individual, family, societal, and national repercussions.

## Conclusion

The impact of drug misuse on students' academic performance was the main focus of this study. It is clear from the study's findings that drug usage among students has a wide range of causes and consequences. Physical, physiological, and psychological factors are among the causes; additional factors include the effects on the person, family, society, and country. Furthermore, drug abuse negatively impacts students' academic performance because it causes them to avoid learning, classes, training, and education; it also causes them to take their academic work and performance less seriously; it impairs their memory and cognitive function, which makes it easy for them to forget previously learned material; it makes it difficult for them to keep up with their studies; and it lowers their expectations for their academic performance which may result in dropping out of school or college.

## Recommendation

**From the findings of the study, the following recommendations were put forward**

- Drug education ought to be mandated by the government at every school level. This will lower the degree of ignorance regarding the true definition of drug usage as well as its most likely causes and consequences.
- Religious organizations and parents should instil in their children the practice of routine supervision and counselling regarding the risks and consequences of using strong drugs.
- All levels of government, along with other relevant

parties, ought to continuously conduct education campaigns about the dangers drug misuse poses to students' academic performance, from first-years to seniors.

- Jingles and campaigns about the effects of drug usage should be spearheaded by the mass media.

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