

Prevalence of Drug Abuse in Educational Institutes of Pakistan: A Phenomenological Study

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Drugs are detrimental to youth's health. Drug abuse is a chronic issue of the current time and destroys the future generation and social order of humanity. The study aimed to explore the educated youth resorting to drug abuse, to ascertain the role of parents in managing the future goals of their children, to find out the role of education institutes in control of drug abuse, and to highlight the healthy relationship among stakeholders for the overall development of youth. Why are the educated youth resorting to drug abuse? What should be the role of parents, the role of education institutes and stakeholders in the control of drug abuse? A qualitative approach (phenomenology) was adopted. The population of the study was teachers and youth of educational institutions. The sample was n=20 10 teachers + 10 students using convenient sampling techniques. In-depth interviews were used as research tools. Interpretative phenomenological analysis (IPA) was used to analyse the data. It was found that the abuse of drugs is on the rise in the youth of Pakistan due to the negligence of academia, parents, and teachers. It is recommended that the academia administration, parents, and teachers may play a positive role in the eradication of this fatal menace.

Key words: *Drugs Abuse, Educational Institutes, Parents, Teachers, Youth*



Introduction

It is a grim reality that drug abuse is on the rise among young people in Pakistan. Fifty thousand new drug users have been added to the list of drug addicts in Pakistan annually. The twenty-five years college students are the victims. According to a survey, one in ten college or university students is a drug addict. One of the most common causes of drug abuse among educated youth is academic pressure, parental expectations, lack of appropriate counselling, and easy access to drugs in educational institutions (Ahmed, Yousaf, Saud, & Ahmad, 2020).

As students cross the threshold of university, they experience new frontiers of freedom: freedom from the controlled environment of the school, freedom from parental guidance, and above all, the freedom to move, choose, and participate in intramural social and extracurricular activities according to their own will at the University. However, in addition to the thrill of freedom, students can also feel the stress and pressure of parental expectations to perform well in their studies and to be the best in their chosen field: the social pressures of living alone, without family help and support and coping with contemporary influence. Due to academic pressure, when students have a serious need for time and effort to achieve academic goals, if necessary, they study all night to complete the grade and avoid failure (Ahmed, Adof, Parveen, & Kausar, 2020). But instead of choosing healthy activities such as sports or decompression exercise, some students turn to drug use. Students often find that drugs are used as an escape or coping mechanism without being aware of the harmful consequences (Ahmed, Nasir Khan, Parveen, Anas, Shoaib, Khan, & Amin, 2020).

Parents have the greatest influence on external pressure for their young adults. Families' concerns about their siblings' studies and future goals can adversely affect children's development and overall development. Pressure on developing minds can affect the nervous system and brain, and young people may be at greater risk of drug abuse. Parental intervention and pressure are thus one of the most significant external triggers of pressure for students' addictions. But for parents, the door swings in both directions. Through a healthy dialogue, parents can influence their children about tension, and drug hazards. As guardians, parents want their children to be successful and not give in to their demands. Youngsters follow fathers coping with pressure in a negative way; this sends a huge message to their children. The adults' pressure drips onto the children (Ali, & Khan, 2020).

When students try to relieve pressure or stress, illegal drugs offer a viable option. In addition, alcohol and drugs are glorified at many college and university events and used as a sign of joy and romance. Young graduates typically buy drugs by different means and further distribute them to peers. Contact details for drug traffickers and agents are also widespread in college canteens, are usually out of sight from law enforcement and are convenient for students. Unfortunately, some elements of law enforcement also collude with the drug mafia. This relationship has greatly facilitated access to deadly drugs for youth (Ashiq, Abbas, & Obaid, 2020).

Parents, if they are not too immersed in their careers, can quickly notice and recognise that their children are addicted to some prohibited substance. If parents notice that their children's body is deeply emaciated with severe anorexia, have difficulty breathing, and show fatigue, severe nervous disturbance, a long absence from home, need for extra money, telling lies to make money, isolation, absence from others, long sleep time, laziness, pale face, trembling face, irregularities in work and study, lack of interest in everyday life, red eyes, blurred speech, circles under the eyes, disregard for personal hygiene, and traces of physical abuse, they should see their child immediately (Atif, Malik, Asif, Qamar-Uz-Zaman, Ahmad, & Scahill, 2020).

Unfortunately, our educational institutions do not train students to deal with academic stress. The teacher should guide students to have realistic expectations of parental, social, and academic pressure to avoid the pitfalls of illegal substance use. Educating our students of liquor consequences and intoxication can only hold them back for a short time. We also need to offer additional opportunities, such as exercise programs led by trained health and physical education instructors, individual counselling, and stressing for students to stay in touch with the family at home. In addition, each college should offer orientation weekends to raise awareness among students of the spiritual, physical, psychological, and social consequences of drug abuse. Efforts should be made to control smoking on the campuses of educational institutions, as this is the gateway to drug abuse. Most young people usually start with light drugs like CIGARETTE, CHHALIYA, GUTKA, NASWAR, AND PAN and then switch to hard drugs like HEROIN, OPIUM, COCAINE, ICE AND SHEESHA, and so on (Becker, 2020).

A favorable atmosphere of supportive families and educational institutions is essential for the upbringing of socially, mentally, and physically healthy and well-adapted children and for the prevention of later adolescent problems. The challenges facing many parents are reconciling family and work, making financial commitments with adequate support, and spending free time for family togetherness. Appropriate measures should also be taken by the authorities in the field of education to introduce compulsory drug education in all educational institutions, and train teachers to provide drug prevention education. Awareness-raising campaigns should be carried out through the media; theatre and essay competitions, performances and recitation competitions should be organised in educational institutions, colleges, and universities in order to raise awareness. Appropriate counselling for early users as well as anti-drug youth cells should be developed in colleges and universities. If we adopt these strategies with integrity and good faith, we can not only control the evils of drug use, but eradicate it, especially from our youth and society in general (Sajid, Tatlah, & Butt, 2020).

Objectives of the study

To explore drug abuse and drug addiction, the causes and remedies of drug abuse in the youth of Pakistan.

Research questions

1. What are drug abuse and drug addiction?
2. What are the most dominant causes of drug abuse in educated youth?
3. What are the remedies to combat this chronic issue?
4. How can you narrate your experiences/personal story?

Theoretical framework

The Amended Social Stress Model guides this study to understand drug use. The impact of drug dependence in Pakistan is growing at a tremendous scale, though, hazardous aspects that indicate an increased risk of addiction are still misleading. Pakistan is confronting a huge increase in this menace. Despite the staggering statistics, it lacks serious preventive measures and anti-drug laws. Growing growth in drug abuse could be catastrophic for a country like Pakistan, where young people (under 30) make up a significant share of the entire public. Really, this prevalent trend of abused stuff trafficking is largely explained by drug trafficking from neighbouring economies to Pakistan. Along with Afghanistan, Pakistan's geographical location, and neighbouring economies can be a challenge in light of its wide geographical reach and restricted fiscal means. Consequently, in this scenario, the practical point of view is to understand the current state of the individual socioeconomic environment and the individual drug users in order to plan effective drug-related interventions and prevent drug-related disorders. The theory of Rhodes & Jason,(1988) was taken for framing a theoretical framework to look at the dynamics, exceptional for youth in Pakistan.

Literature Review

It is a gloomy truth that the abuse of drugs is on the rise in the youth of Pakistan. Every year fifty thousand new users of drugs are added to the list of drug addicts. Some of the most dominant causes of drug abuse in educated youth are academic pressure, over expectations of parents and lack of proper counseling, and easy availability of drugs in educational institutions. As students cross the threshold of college, they experience the new frontiers of freedom: freedom from the controlled environment of the school, freedom from parental guidance, and above all freedom to move, choose and participate on their own sweet will in intramural social and extracurricular activities of the campus. However, along with the excitement of freedom, students may also feel stress and pressure of parental expectations to perform well in studies and to be the best in the chosen field: the social pressure of living alone without assistance and support of family and to coping with peer influence. With the educational burden, learners are studying all night, if necessary, to make the grade and avert failure (Epstein, 2020).

To get through these pressures, many students seek ways to obtain stress relief. But instead of opting for healthy activities like sports or exercising to decompress, some students turn to use drugs. Students often find using drugs as an escape or a coping mechanism without being aware



of the detrimental consequences. The risk, of course, is that they may sabotage their education, or make their lives worse. Father and mother's high expectations of the studies and future goals of their siblings can adversely affect the progress and overall development of children. Parental interference and pressure are, therefore, some of the most significant external triggers for pressures for producing other diseases in learners (Ghazal, 2019).

When students try to alleviate stress, illegal substances make for a viable option. These illicit drugs are easily and cheaply available everywhere in our country. In addition, in many college and university events, alcohol and drugs are glorified and used as signs of pleasure and romance. The graduating youth usually purchase drugs through dealers or 'agents' who are just a phone call away and their cell numbers are easily exchanged among peers. The contact numbers of drug dealers and agents are also widely distributed in student hostels, college cafeterias, and other places that are generally hidden from the eyes of law enforcing agencies and convenient to the students. Regrettably, some elements of law enforcement agencies are also colluding with the drug mafia. This nexus has made the availability of lethal drugs far more convenient for the youth (Ikonta, Atulomah, Okondu, & Atulomah, 2020).

Parents, if not engrossed too much in their career, can quickly perceive and recognize that their children are addicted to some illicit substance. If parents notice that their children have a deeply emaciated body, they should immediately seek medical help for their child. Regrettably, our educational institutions do not train students how to manage academic stress. The teacher should guide students that they should be under the guidance of trained health and physical education instructors, have individual counseling, and emphasise to the students to stay connected to family back home. Moreover, every college should offer orientation weekends to create awareness among the students about, spiritual, physical, psychological, and societal repercussions of the abuse of drugs (Jaffe, 2020).

Adequate measures should also be taken by the authorities in education to implement compulsory drug education in every educational institution, and train teachers to provide drug prevention education. Awareness campaigns should be run through mass media, theatre and essay contests and lectures; declamation contests should be organised in educational institutions, colleges, and universities for awareness. Proper counseling for early users and anti-drug youth cells should be established in colleges and universities. If these strategies are adopted with integrity and good faith we cannot only control but eradicate the evil of drug abuse from our youth in particular and society in common (Khan, Sabir, & Shah, 2020).

This means physical, mental, and psychological dependence for drug tolerance to take more and more drugs. The World Health Organization defines drug abuse as a state of intermittent, chronic poisoning that is detrimental to humanity. In other words, the increasing urge results in an increase in doses (Muthoka, & Mwenje, 2020).

Research Methodology

A qualitative research approach was used to explore the phenomena. Then, in the qualitative approach, a phenomenological plan was used to gain a deeper understanding of the phenomena from the experiences and active practices of drug users. The population interested in the study includes all university students of drug users in Pakistan. Targeted sampling techniques were used to select 20 participants (drug abusers) who were victims of drug addiction. The paradigm of the study was interpretive. A targeted snowball sampling technique was used, through which the researcher conducted interviews with persons experienced in the topic. The data were collected through interviews with 20 drug abusers. Interviews were conducted between January and March 2021 in universities, and colleges.

Analysis and interpretation

IPA (Interpretative Phenomenological analysis techniques was applied to analyse the gathered data.

Interviewee 1

Definition:

Drug abuse is a societal sin. It has dominated the social order since prehistoric eras. There are diverse drugs that are cast-off in dissimilar habits. The student becomes addicted. You cannot live without drugs. It is a sort of psychosomatic habituation that comprises the perceptual and interactive indicators of drugs and related stimuli, which are strengthened by drug stimuli. It is meant that mounting corporeal, emotional, and psychosomatic reliance on drug tolerance. Drug use is an intermittent poisoning that harms the individual and society due to the repeated use of natural or synthetic drugs. In other words, an increase in appetite leads to an increase in appetite.

Reasons:

The main reasons for these partners are businessmen and representatives of our organizations. There are many reasons for illegal drug use, possibly some of the stress that can be related to any area of life. Discomfort or depression for personal or professional reasons, such as a group of drunken friends trying a modern lifestyle: no work: no parental attention, angry feelings, trying new things out of curiosity and fun, cheap access, and easy medication. The main reason for the worrying increase in narcotics in Pakistan is that they fully support addicts in people with power wealth, and power. The second reason is cheapness and easy access. In Pakistani educational institutions, students are involved in prohibited drugs.

Remedies:

Pakistan is an Islamic country. It includes 64% of young people under the age of 28, where the age is between 17 and 28 years. It meets the key challenges of the systematic crime of drug stimulation and use. Promotion and drug abuse are a major national problem, as security and police authorities are exhausted in locating drug gangs and curbing drug abuse, especially among young people. This requires coordination efforts on the part of government authorities to protect society and individuals from access to the world of drugs.

Side effects of drug abuse include economic harm, psychological and mental harm. Most young people in jump consuming drugs for the reason that they view through rose-tinted glasses Europe and strive to trail their drug ethos and satisfaction; inquisitiveness and amusement gained from using it. In the face of this economic waste and job losses due to drug use, especially among young people, the government needs to implement effective legislation aimed at curbing drug trafficking and intimidation. In addition, educational institutions need to work to include decisions that reduce drug abuse and identify their health, safety, and economic risks.

Personal story: *when I was in 12th grade, I became addicted to my peers and classmates, and since 2016, I have been using drugs during my studies*

Interviewee 2

Definition: *Drug use impedes human development. Drug promotion is detrimental to the country's economy and reputation.*

Reasons: *Student immaturity, teacher negligence, and lack of parental control are the main reasons I think.*

Remedies: *Drug control is said to be seen as protecting the Pakistani national economy and curbing drug trafficking is seen as a fight against money laundering. Raising awareness of drug threats and encouraging civil society organizations to contribute to the prevention of drug use suggests the main activities of the media campaign. Drug control is seen as protecting the national economy of Pakistan. Reducing drug trafficking is the fight against money laundering. The fight against corruption means restoring Pakistan's economy. People's participation is essential to the success of the work of official agencies. Protecting young people from drug use means protecting the security of Pakistan.*

Personal story: *The reason for my drug addiction is that I failed in a tender emotional relationship with the university daughter.*

Interviewee 3

Definition: Medicinal products, because of their chemical action, are substances that change the normal operation of the biotic role of man's physique. The drug is stuff that is deliberately used to attain more or less preferred influence. The stuff is used to treat disease, while some are taken for their pleasant effect. Medications may be beneficial for treatments approved by the consultant. Drugs have a severe plight.

Reasons: Stuff usage is common in educational institutes because of scholastic strain, peer encouragement, inquisitiveness, admiration, and stress-free accessibility to drugs. Students use drugs. This was said to be more common in hostels. Cannabis and smoking were the most commonly abused drugs among government college students. Male students in hostels had high rates of drug use.

Remedies: As drug control is seen as protecting the national economy of Pakistan, curbing drug trafficking is the fight against money laundering. It is recommended that general media campaign activities raise awareness of the dangers of drugs and encourage civil society organizations to contribute to the prevention of drug use. Official and popular authorities need to fight money laundering. The activities of health centers need to be strengthened in order to contribute to drug prevention. Develop clear plans and a national drug control strategy. General validation of media campaign activities to raise awareness of the dangers of drugs. Encourage civil society organizations to contribute to the prevention of drug use. Increase the establishment of medical clinics and the size of drug services provided to addicts. Religious personalities accompanying the issuance of strict fatwas related to drug traffickers and promoters. Establish a national drug control commission to define national policies in the field of drug control. Establish teams and committees of friends of police and security people for community partnership in reducing drug abuse. Tightening security controls and customs agencies at borders and seaports. It is an ideal choice for border guards and security men who have qualifications and loyalty to their home and their people.

Personal story: Leave, please, a long, painful and distressing experience. My father sudden demise..... weeping

Interviewee 4

Definition: *Youth drug abuse is a serious issue, with students often living with drug abuse. The major hitch of the current time is finding the growing influence of peers. In order to meet the requirements of higher education, to cope with academic stress, to meet the desires of relatives and the public, and to initiate unceremonious interactions and pledges, learners tend to grow a variety of emotional glitches. At the college or university level, one in ten male students is a drug addict. In Pakistan, the percentage of drug abusers is increasing day by day.*

Causes: *parents' carelessness and teachers' passive role are the main reasons.*

Remedies: *Parents need to notice and identify the changes they are feeling in their by watching for these symptoms: extreme weight loss in a few days, numbness, shortness of breath and soon getting tired, love to stay out of the house, demanding money often, happiness in solitude, long sleep, laziness, pale face, trembling fingers, stomach problems, and so on.*

Personal story: *I was an orphan and fatherless. My uncle was the guardian. He married my mother and usurped all and everything. It made me addicted to drugs to avoid misery.*

Interviewee 5

Definition: *A drug is a chemical that can change the normal behavior of people. When drugs are not used for medical purposes, they change a person's consciousness. Remedial medications can also be misused if used without a doctor's prescription. Drug abuse is one of the critical issues that Pakistan is currently facing. It is quite worrying that the rate of drug abusers is increasing day by day despite the fact that the government has made every medical effort to eradicate the issue. This issue has a bad impact on the lives of ordinary people and, on the other hand, is a major obstacle to progress at university, and has serious social and health consequences.*

Reasons: *He found out that there are various reasons why college and university students abused drugs, be it individual, social and institutional relationships. The results reflect that the borders had more users than non-residents. Contemporary influence played a key role in smoking. Scholars imitated the use of alcohol and tobacco by teachers.*

Remedies: *He said that the government and administration of universities should meet the needs of students from different cultural backgrounds.*

Personal story: *My father is a policeman. He constantly smokes, occasionally taking letters. I always bring him a cigarette. I got its taste once and over time it became normal.*

Interviewee 6

Definition: *Drug addiction is a major problem in human societies that not only social and behavioral disorders but also affects many aspects of health and causes enormous financial losses to itself, its family, and its community.*

Causes: *A huge number of students are abusing drugs. This was due to a variety of factors, namely hopelessness, nervousness, and peer pressure I see tobacco at the forefront of both male and female students. Furthermore, we also learned that the number of men is much higher than that of female drug abusers. In addition, the number of hostelers is higher than that of non-hostelers who are prone to drug abuse. Students of different genres live in hostels that encourage their scholarships for intoxicating stuff.*

Remedies: *Teachers and administration may play their positive role in diminishing the peril because they have powers in their sermons. Teachers can only bring change.*

Personal story: *A student explores the use of hashish in educational institutions with the words: "About 90 percent of hashish addicts live in private hostels in educational institutions, colleges and universities around the city. Recently, Peshawar police arrested a gang of teenagers involved in the mobile abduction incident but liquidated the group due to legal hurdles". Drug addiction and street crime are on the rise among young people in Pakistan. About five million people depend on hashish in Pakistan. It is reported that 53 percent of children in educational institutions are drug addicts in Pakistan. Drug use addresses the atmosphere of family members and peer groups. He found that poor educational attainment is one of the main factors in terms of drug use, and unorganized families as one of the main causes of drug use.*

Interviewee 7

Definition: *One of the social harms that exist in the community is drug addiction, which includes both natural and industrial uses.*

Causes: *Parental and social factors are responsible for hashish addiction in university students. Students will also learn to use drugs due to ignorance and paucity and from their older classmates.*

Remedies: *Consistency in institutions is essential to address student use of hashish. Administration of higher education institutions to assess their recent energies to combat drug student use. All communities were directly affected by their country's education system. Therefore, higher education plays an important role in community development in various fields, such as political, scientific, economic, cultural, and social. At the national and international level, the various programs related to social affairs by higher education, which form the basis for the provision of human professional resources and represent a clear position in every feature of human life. The lack of this fundamental aspect can cause incurable frustration in the body of society.*

Personal story: *When I got a post at University as Lecturer after my M.Phil. in Education, I was addicted to smoking due to my colleagues. I have been smoking for the last seven years, although I am keeping it secret from my family.*

Interviewee 8

Definition: *One of the social problems is the increasing trend of drug abuse. Thus, outcome medicine is important because of the young age of consumers and their widespread popularity among teenagers and young people. The statistical reports confirm the high frequency of drug abuse in Hungary, and it seems that this will lead to an explosive manifestation in the next decade. About 2,000 kilograms of addictive substances are used daily in Pakistan and about 120 tons of various addictions are seized each year. Therefore, teenagers and young people are probably not protected from drugs; Drug addiction among students is one of the main problems discussed in our society. Reasons: More and more young people are earning money from the drug trade, and large drug cartels (death traffickers) make huge incomes.*

Reasons: *A personal interest that includes whether to engage in dangerous activities even during drug abuse. Relationships with others, such as family and scholarships, influence drug abuse among college students. Students' family backgrounds play a significant role in drug abuse. According to the respondent, there are many side effects among university students that compel learners to manipulate painkillers. Social friendliness increases the potential for drug abuse. The university environment promotes drug abuse. Three of the respondents explained that many university professors abuse drugs. One participant said she noticed that both her university professors and students were buying drugs from the same vendor. This encourages them to continue drug abuse. Students can accept drug use by following university lecturers. University students are less likely to abuse dangerous drugs such as heroin and cocaine and so on.*

Remedies: *Thus, the best technique to diminish drug use in adults is to control adolescence. Hashish addiction has a long history in South Asian countries. After 9/11, Pakistan faced a severe drug proliferation crisis. Pakistan is one of the countries hardest hit by drug abuse.*

Personal story: *I became addicted to drugs when I lost my beloved (my class fellow) in BS (Physics). She herself told me that I am being engaged today to my cousin. From that onward, I felt that I am failed in my life. So only to get escapism from the hard realities of life, I used to drugs.*

Interviewee 9

Definition: *Drug addiction is one of the social issues of the current century, somewhat related to the specific social and geographical situation of Pakistan. Because an addict exceeds norms and social values, he is called embarrassed. Drug addiction appears to depend on society's cultural values and beliefs about drug use, which varies considerably across cultures and geographies.*

Causes: *Various psychological and social factors contribute to individuals' drug addiction. The family addiction environment also promotes drug addiction in the new generation. The estimated number of injecting drug users is about a quarter of the one million inhabitants in Punjab Province. In adolescence, the companion was strong in drug use. In Pakistan, drug-addicted people face diverse diseases. The use of hashish is increasing among educated youth.*

Remedies: *Officers arrange workshops to save educational institutions from this menace. In this regard, it is the responsibility of school principals to remove all obstacles to the success of education.*

Personal Story: *My father is in Dubai. I am the elder son and I am doing my M.Phil. in Biotechnology. I am running home with the money of my father. So due to a pretty penny in my hand, I used to drugs.*

Interviewee 10

Definition: *Drug and substance use between educational institutions is a significant well-being glitch associated with negative material. Drug and substance abuse remains one of the world's biggest social problems among high school students. Drug and substance abuse is a significant public health problem among high school students around the world and is associated with negative consequences such as crime, suicide, criminal behavior, and psychological difficulties. Drug and drug use between educational institutions is the most predictive factor for adult drug addiction. Drug and*

drug use in all countries among students, most students experience alcohol and other drugs before joining educational institutions. It is estimated that 25% of boy learners and 12% of girl learners misuse liquor after seven days. According to reports, 7% of male students smoke daily, 16% of 10th grade, and 24% of 12th grade. In the UK, 5-20% of high school students report using drugs, 2-5% of them on a weekly basis and having the highest prevalence at the age of 14-16. In Trinidad and Tobago, the prevalence of lifetime prevalence for marijuana appears to be 8%, and cocaine use among students 2%. In Jamaica, 60% of high school students are reported to have tried one or more drugs. In Malaysia, the prevalence of cigarette smoking in learners appears to be between 17–36% in learners and 1–5% among women in the same group. In his study in Pakistan, Abidi (2017) reports that the majority of drug and drug-addicted children belonged to the elite and wealthy class, where affordability should not be an issue. In addition, he argued that medicines coming to Pakistani educational institutions serve as a healing source for anxiety, stress, and boredom. In Kenya, drug and substance abuse is reported to have endangered the lives of students. It appears that 60% of drug abusers are in high school. Hard drugs such as heroin, ecstasy, cocaine, and mandrax appear to have been widely abused in Kenyan high educational institutions. Roughly lawful materials, such as liquor, snuff, and cigarettes, appear to have been abused in general, often leading to riots and violence in high educational institutions. The prevalence of drugs appears to be 22.6% in Nairobi, 15.6% in the East, 13% on the Coast, and 3% in the Northeast. At Kisumu University of the Great Lakes, 58% of Kisumu learners appear to have consumed whiskey at some point in their lives.

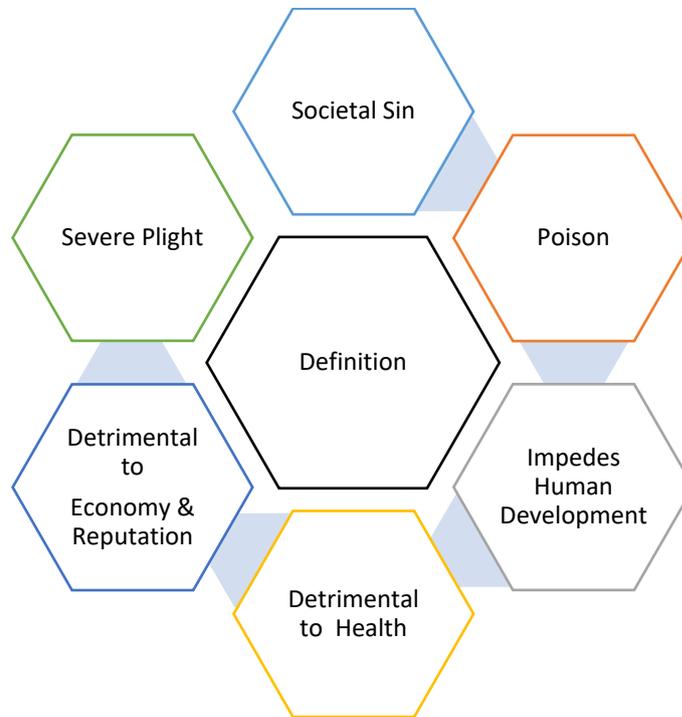
Reasons: *I think the easy access to drugs in educational institutions through dealers and agents and friends' motivation towards drugs are the major causes.*

Remedies: *Guidance and counseling have been used in all educational institutions to deal with drug and substance use. Other strategies as well; involvement of parents, chastisement, deferment, and engrossment of Law. Nevertheless, he found the other strategies, with the exception of guidance and counseling, were not effective enough.*

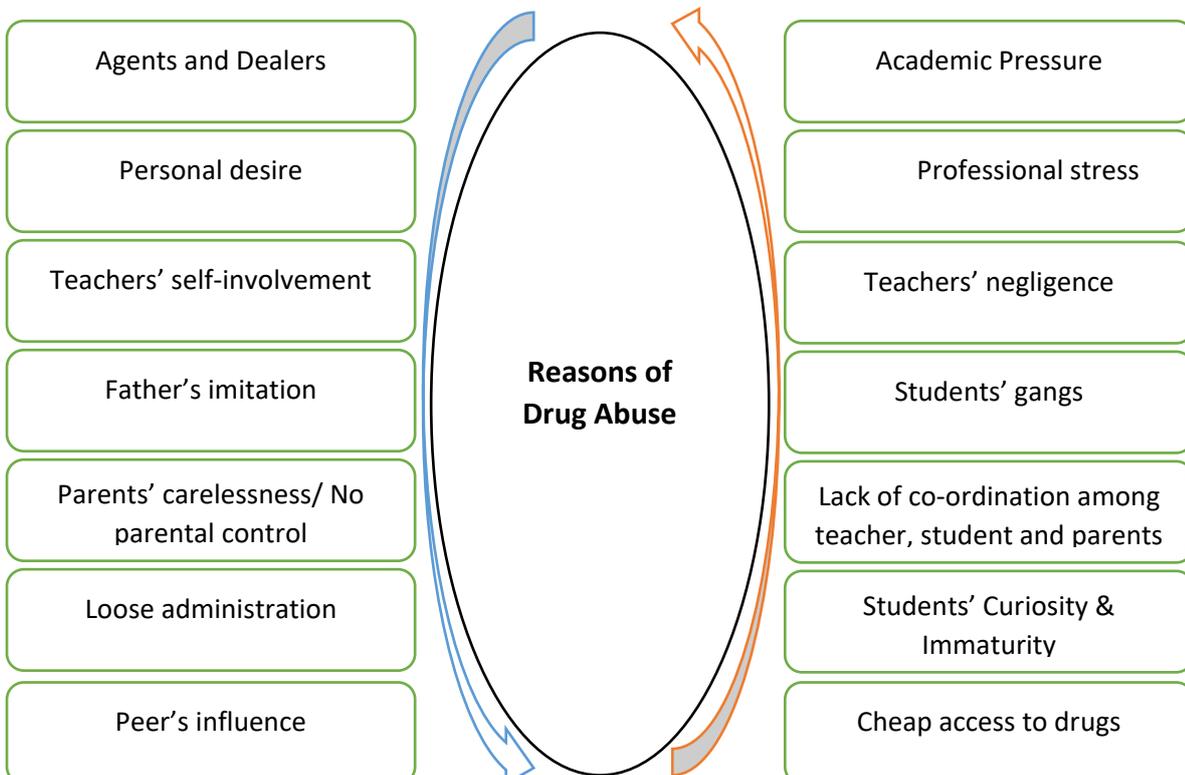
Personal story: *I became habitual to drugs because of my father as he was always used drugs to release his tension. Sometimes I brought cigarettes for him, so father mimicry made me used to drugs.*

Architectural presentation

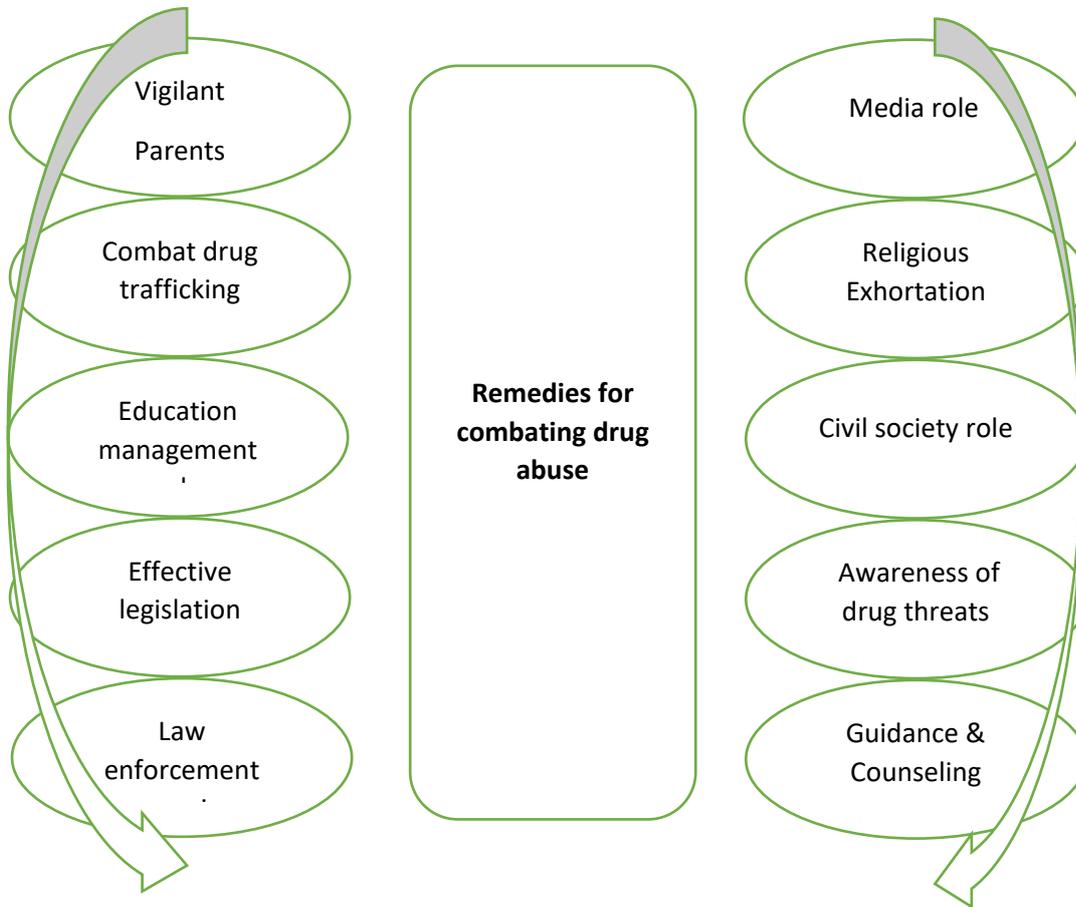
What is drug abuse?



What are the Reasons?



What are remedies?



Data saturation

The researcher interviewed students and teachers, through snowballing techniques. The data were saturated after conducting interviews with interviewee numbers, 8, 9, and 10.

Discussion

The relationship of university and college life with drug abuse is strong as revealed by the interviewees. It is not a new phenomenon, and students make up a significant proportion of drug users. This study highlights that at educational institutions in Pakistan, the majority of students were those who are using drugs. These findings differ significantly from the incredibly high rate of previous astronomical claims of drug users within the Pakistani campus. The young blood in Pakistani educational institutions are at risk and using the most fatal elements. This finding supports the study of Ahmed, Yousaf, Saud, and Ahmad, (2020); Ali and Khan (2020); Ashiq, Abbas, and Obaid, (2020). The use of drugs in educational institutions is rising with the passage of time. This finding supports the findings of Ghazal (2019).

The causes of drug abuse and drug addiction as revealed by the informants were everyday psychological pressure, disappointment in life, anxiety, inability to say no to the offers of

others, addicted friends, curiosity, joy, a family-dependent family, academic pressure, parental expectations, lack of appropriate counselling, and easy access to drugs in educational institutions. The main causes of drug abuse are pressure from their peers, learning pressure, and inquisitiveness. Drug abuse in educated youth is because of academic pressure, over expectations of parents, lack of proper counselling, and easy availability of drugs in educational institutions. These findings of the study support the findings of Ahmed, Yousaf, Saud, & Ahmad (2020), Sajid, Tatlah, & Butt, 2020 and Pascoe, Hetrick, & Parker (2020).

The results of the study regarding strategies to combat drug abuse in educational institutions were consistent with drug use patterns revealed in several studies globally. For example, Ahmed, Nasir Khan, Parveen, Anas Shoaib, Khan, and Amin, (2020) found that the prevalence of soft drug users, including hashish, tobacco, and alcohol, was higher than for opium, and ecstasy at the university level. The same trend was found in the current study, as tobacco and alcohol consumption were higher than other drugs. A study by Ashiq Abbas, and Obaid, (2020) of college and university students also shows that most of them use drugs. These global trends indicate that, in general, the prevalence of drug use is around more than thirty percent on average among students. The likelihood of becoming addicted to drugs is higher during the transition periods between adolescence and adulthood, as this can be seen as a time of significant physical change and discovery (Pascoe, M. C., Hetrick, S. E., & Parker, 2020). At this stage, individuals try to explore and try different life options. An analysis of drug use at the University of Pakistan found that 49% of students started using drugs under the age of 18. This requires that medicines be readily available to young people. Surprisingly, the exposure rate for female students was slightly higher for teenagers than for male students (Khan, Sabir, & Shah, 2020).

The remedies described by informants were raising awareness of drug threats in educational institutions; guidance and counselling have been used in all educational institutions to deal with drug and substance use. Other strategies as well include the involvement of parents, punishment, suspension, and involvement of the police.

Personal stories point to failure to observe romantic life, partner fraud, curiosity, peer pressure, and household problems. In addition, academic stress also contributes to drug abuse. The level of stress depends on different circumstances. In general, the pressure from family, teachers, and friends to perform successfully in a competitive environment is a key factor.

Students use different methods of drug use, and injecting drugs is also one of the most harmful ways to use drugs in practice. In our study, oral administration was the most commonly used method (60%) and was replaced by inhalation (40%). This is a serious public health problem and ignorance can have devastating consequences for the physical and mental health of young people. Because drug users often share syringes and do not throw them away as prescribed, which poses not only deadly health risks to them but also to the general public around them.

Students are exposed to drugs due to various factors. However, the role of primary socialisation groups, including the contemporary and the family, is crucial. Our study highlights that the majority of students consider their institutional environment to be favourable for drug use, as almost one-third of drug-using students find shelter for drug use in educational institutions. Several studies indicate a well-established role for contemporaries as a motivating factor in persuading students to commit to drug use. In addition, parents' attitudes toward their children's first drug exposure are also positively related to students' drug use.

Participants in the study highlighted that the most important causes of drug use include everyday psychological pressure, disappointment in life, anxiety, inability to say no to the offers of others, addicted friends, curiosity, joy, and a family-dependent family, as reported by a student of drug students. The findings of the study reflect that friendship with addicted friends appears to be a predisposing factor in teenage addiction with the notion of pleasure and relaxation. The traditional view of drug use is that drugs are pleasant. The results of the study show that abdominal users are constantly trying to accompany their friends to maintain their behaviour. Teenagers demand to belong to a group, and often joining a dependent group is quite easy for a person. The less influence there is between the individual and the family, school, and societies, the more it is possible for the individual to join such groups. Study participants reported that the lack of skills needed to meet the natural, psychological, and social requirements of adolescents was a major cause of hashish addiction.

Conclusion and Recommendation

It is concluded that students learn most about the use of drugs from their friends in educational institutions. Older drug-addicted students encourage youth students to use drugs. The use of drug addiction is on the rise among students. To combat drug addiction, educators need to be well trained in advising students with addiction. Counselling for parents of addicted students should also be arranged. Youth counselling programs on drug use and addiction through electronic media should be launched. The study finds that students in educational institutions in Pakistan have been exposed to drugs at least once in every fifth life. Although the results of the study contradicted widespread speculation about the alarming rate of drug abuse, the presence of three to ten percent of regular drug users in educational institutions cannot be considered ineffective, because ignorance can have catastrophic consequences for the physical and mental health of young people, as well as an increase in future trends if not addressed in time. For most students, existing peer groups of drug users can have a domino effect, and non-users can fall victim to drug abuse if appropriate and timely measures are not taken. This also testifies in the current study that students are exposed to drugs especially during their teens. Indulging in illegal, immoral, and unethical behaviour can also adversely affect general well-being.

The study examined the effectiveness of strategies used in educational institutions to address the problem of drug and substance abuse. Teachers interviewed were asked to take action to



deal with drug and substance abuse cases. All educational institutions used guidance and counselling to address the problem of drug abuse. This is a popular strategy adopted by many educational institutions, and it was not surprising that it was adopted by all educational institutions in the study. Sajid, Tatlah, and Butt, (2020) also argue that enhancing counselling and advisory sessions in high educational institutions would minimise substitutes and make high educational institutions drug-free. In addition to counselling students, all educational institutions involved parents in the treatment of drug abuse, although parents were only invited when their children became involved in drug abuse.

The study found that drug abuse was widespread in educational institutions and this finding confirms previous findings. Jaffe (2020) noted that the majority of drug users are in universities. Repeated studies have shown that drug abuse is a nationwide problem in higher educational institutions. Muthoka and Mwenje, (2020) argue that educational administration and parental cooperation are very important for the effective treatment of drug and substance abuse in educational institutions. Psycho-education focused on the prevention of alcohol and drug abuse can also help reduce alcohol and drug use among students.



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