



Prevalence of Alcohol and Drug Dependence in a rural area of Haryana: A study of De-addiction Centre

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Abstract

Background:- The issue of drug abuse is one of the major problems of contemporary society. The incidence of drug abuse among rural areas is getting un-expectedly high. **Aim:** The present study is conducted to know the socio-economic profile of patients and to understand the pattern of drug abuse among patients attending the De-addiction Centre of BPS Govt. Medical College For Women Khanpur Kalan, Sonipat, Haryana . **Methods:** Patients registered in the OPD of De-addiction Centre of BPS Govt. Medical College For Women Khanpur Kalan, Sonipat, Haryana were the source of the study. One hundred and eighty five (185) patients attending the De-addiction center were examine over a period of six months (October 2017 to March 2018), using a question here to elicit socio-demographic status, pattern of substance use were obtained by self reporting and corroborated from case notes. The diagnosis was made according to ICD-10 diagnostic criteria for research. **Results:** In the present study overall 98.91% of total study population were males proportion of substance abuse was found to be greater among the age group of 31-45 years olds (40.55%) majority of the patients were married (72.97%). Most of the patients were having up to 10th or 12th formal education. The most common addiction was tobacco (88.65%) followed by alcohol dependence (56.22%). **Conclusion:** Despite the associated medical, Social, familial and economical adverse effect of substance abuse. There are significant evidences of increase in substance abuse. The present results suggest that considerable number of working age subjects attending the De-addiction centre OPD suffers from substance abuse.

Key Words: Substance abuse, Addiction, Pattern.

Introduction

Substance abuse is the use of a drug or other substance for a non-medical use, with the aim of producing some type of 'mind-altering' effect in the user. This includes both the use of illegally produced substances, and the abuse of legal drugs, in a use for which the substance was



not intended. Often this involves use of the substance in excessive quantities to produce pleasure, to alleviate stress, or to alter or avoid reality (or all three) (Kaur: 2007).

About 190 million people all over the world consume one substance or another. The economic cost of abuse is estimated more than \$414 billion a year. It has been estimated that about 62.5 million in India consume alcohol and that there has been a significant increase in the per capita consumption of alcohol in recent times (Sabir: 2006). Though large-scale surveys are unavailable, the growing consumption of alcohol and drugs use among youth is a matter of great concern. In India prevalence of people reporting current use of alcohol is 21.4% and treatment seekers for substance abuse of alcohol abuse is 43.9% (Ray: 2004).

International Narcotics control strategy Report (2004) found that opiates abuse accounted for 43% of Indian drug abuse. Drug users are largely young and predominately male. National Survey (2004) on the extent, pattern and trends of the drug abuse in India found that opiates are primary drug abused and 49% of respondent's families had history of drug abuse. Ahuja (1978) have reported that the age of 16-21 years is most crucial in developing the habit of consuming drugs and the frequency of drug abuse increases with age. Singh (2006) in his study on Chandigarh based Institute of Development and Communications revealed that the percentage of households affected by drug abuse is 61 in Majha, 64 in Malwa and 68 in Doaba. Nagla (1995) found that the rising number of drug addicts approaching the drug counselling and de-addiction centers indicates the increasing magnitude and extent of the problem. Kumar et al. (2015) found that most of the patients were in the 26-35 years of age group and majority of patients had family history of drug dependence. Consumption of different substances has been in existence in India for many centuries, earliest reference to alcohol (Somras & Sura) traced to year 2000 B.C. Indian religious texts (such as Vedas), mention somras and considered cannabis as sacred plants and refer to it as "source of happiness," "joy-giver" and "liberator". Historically, Indian farmers gave it to their oxen to provide them strength to plough the fields (Kumar et al. : 2013). The problem of drug abuse has become a matter of concern not only to the scholars but also to the public at large. Keeping these emerging trends in mind the present study was planned to know the pattern of drug use disorder among patients attending the De-addiction Centre of BPS Govt. Medical College For Women Khanpur Kalan, Sonipat, Haryana

Table-1: Socio-demographic characteristics of sample population :-

		Numbers	Percentage
Sex-Group	Male	183	98.91
	Female	2	1.09
Domicile	Rural	169	91.35
	Urban	16	08.65
Age-Group	Below 18 years	3	1.62
	18-30 years	63	34.05
	31-45 years	75	40.55
	46-60 years	37	20
	61 & above	7	3.78
Marital Status	Never Married	43	23.25
	Married	135	72.97
	Widow/Widower	3	1.62
	Divorced/Separated	4	2.16
Educational Status	Illiterate	8	4.32
	Primary (upto 5 th)	15	8.11
	Middle (upto 8 th)	42	22.70
	Up to 10 th -12 th	103	55.68
	Graduation/Post-graduation/ Any Other	17	9.19
Current Living Arrangement	Joint family	107	57.84
	Nuclear family	71	38.37
	Alone	6	3.24
	With friends	0	0
	Others	1	0.55
Employment status	Never employed	12	6.49
	Presently unemployed	24	12.97
	Full time employed	24	12.97
	Part time employed	16	8.65
	Self employed	79	42.70
	Student	8	4.32
	Housewife	2	1.09
	Any other	20	10.81

DISCUSSION:-

The present sample constituted mostly of males (98.91%), this is similar to other findings to north India which stated that substance users are more likely to be males (Margoob: 2004).

This could be due to increased prevalence among males or males or frequently coming more for treatment. Majority (91.35%) of the study population belongs to rural community. We found that among other substance in the study population substance abuse was most common in the age group of 31-45 years (40.55%) and majority of substance abusers were married (72.97%). We found level of education in study population majority of them were 10th -12th pass (55.68%) results were similar to the finding of other study of (Kumar et al.: 2013).

The other finding of the study revealed back the majority of the patients belongs to joint family with mostly self employed or unemployed pointing to words job related stress and family problems are to be one of the possible reasons for substance use a good number of substance users had history of previous treatment (21.62%) and hospitalization (16.22%) for treatment of drug abuse.

Present study was also conducted to find out the pattern of substance abuse and the result shows that tobacco was found to be most commonest abuse i.e. 88.65% followed by alcohol dependence 56.22% of sample population. Cannabis abuse was third most used substance which is 22.70%. These findings are also in line with other studies which stated alcohol was the commonest substance used (60-98%) (Dube: 1971). In comparison with the results of the study of Kumar et al. (2013) in which they found that heroine 10.74%, opium 4.06% and other opioids 7.67% ; our study found that heroine 11.35% , opium 4.86%, other opioids 4.32% was almost similar. Sedatives/ hypnotics and IDU's were least (2.16% each) abused in the area.

Table- 2: Prevalence pattern of substance abuse in sample population and previous treatment and hospitalization of sample population :-

Substance abuse	Number (n=185) of patients	Percentage
Alcohol	104	56.22
Heroin (smack, brown sugar)	21	11.35
Opium (opium, doda etc.)	9	4.86
Other opioids (Norphin, Proxyvon, Spasmo Proxyvon, etc.	8	4.32
Cannabis (Ganja, Charas, Sulfa etc.)	42	22.70



Sedatives/Hypnotics etc.	4	2.16
Tobacco	164	88.65
IDU	4	2.16
Previous treatment and hospitalization		
Previous treatment for drug abuse	40	21.62
Ever hospitalization for treatment of drug abuse	30	16.22

Conclusion:

This is a well known fact that drug dependence is a complex problem which affect physical as well as social life of the person. Despite the associated medical, Social, familial and economical adverse effect of substance abuse, there are significant evidences of increase in substance abuse all over the world. The present results suggest that considerable number of working age subjects attending the De-addiction centre OPD suffers from substance abuse. These findings are enough to put on alert the different agencies and it could be useful to introduce and implement intervention programs targeting vulnerable population. Future work is also needed to explore the field of substance abuse in rural area. Govt. should make separate policies for the rural area.

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