

**Vol. 4 (New Series), 2019**

**ISSN: 2455-0035**

**UGC Approved Referred Journal**

# **FOCUS**

**An International Journal of  
Social Sciences**



**Swami Premanand Mahavidyalaya  
Mukerian**

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**An International Journal of Social  
Sciences**

**Vol. 4, 2019**

**ISSN: 2455-0035**

**A PEER-REVIEWED Journal**



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# Drug Abuse and Addiction

Ritu Gaur\*

Paramjit Kaur\*\*

The youth of a country is strength to it and the growth of a country depends upon its youth. It is very important that the youth should be healthy and should have vision in their lives. Their vision contributes to the growth and development of their country. Nowadays our country is passing through a very critical time.

The youth, we are talking about is found to be seriously addicted to substance or drug addiction. Most of the school and college going young students are trapped in drug/ substance addiction. They do not know the adverse effects of drug abuse and addiction in their lives. It is not just limited to their lives but it is also damaging the life of their family members wherein they saw their young son and daughter as drug addicts.

## What Is Drug Addiction?

Addiction is a disease that affects your brain and behavior. When you're addicted to drugs, you can't resist the urge to use them, no matter how much harm the drugs may cause. Drug addiction isn't about just heroin, cocaine, or other illegal drugs. You can get addicted to alcohol, nicotine, opioid painkillers, and other legal substances.

At first, you may choose to take a drug because you like the way it makes you feel. You may think you can control how much and how often you use it. But over time, drugs change how your brain works. These physical changes can last a long time. They make you lose self-control and can lead you to damaging behaviors.

## Addiction vs. Abuse

Drug abuse is when you use legal or illegal substances in ways you shouldn't. You might take more than the regular dose of pills or use someone else's prescription.

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