CHAPTER V

FINDINGS OF THE STUDY
5.1. Findings Related to the Background Information of the Respondent (Current and Past Users)

It is a well established fact that more and more adolescents and adults are abusing drugs of various types. The findings have shown that the problem of drug abuse is more prevalent among the college students studying in the urban areas of Shillong and Jowai, even though some of them are also found in one rural college of Khasi and Jaintia Hills. With regard to the sex distribution of the drug user, the finding is similar to most of the studies conducted in India where the prevalence of drug use is more among the males and still low among the females.

In this study the age group 15-19 years constitute the bulk of the drug users. This is the school and college going age. This group represents the most active age group of the general population in which environmental influences are more pronounced. The individual interaction with his social environment and the resultant shaping and making of his life style become much more crucial in this age group than in any other age group, and the peer group presence emerges as the major factor in leading them to drug abuse. The proportion of drug users gradually decreases from the age group 21-27 years. In this study it is found that there are no female drug users from the age group 23-27 years. In this study it is found that there are no female drug users from the age group 23-27 years.

The findings in this study also suggest that drug use attracts students irrespective of their religious background. All that can be said is that it appears that the mechanisms of social
control exercised by the different religious groups on its members, particularly the younger ones, to control and rectify the individual deviant behaviour seem to have been neutralised to the influence of an industrial urban society, especially as regards the menace of drug abuse.

Findings related to the residential information of the respondent show that the incidence of drug use is higher among those who stay away from home, i.e., those residing in hostel/rented rooms along with their friends or those staying alone where there is comparatively less control on their behaviour. This finding differs from the findings conducted by the Ministry of Welfare in Guwahati, Dimapur, Shillong and Imphal which clearly indicates that living alone does not contribute to becoming an Addict.

The findings pertaining to the educational qualification of the parents of the respondents indicate that majority of the parents (62.19 %) are graduates, about 17.96 per cent are undergraduate and about 16.5 per cent are under matriculates whereas only 1.26 per cent of the parents are illiterate.

As regards to the family monthly income of the respondent, the median income was found to be Rs. 4111.11. The income distribution pattern indicates that a larger proportion of drug users belong to the middle income group followed by lower income and higher income in that order.
This study also shows that majority of the respondents 61.25 per cent were found to be living in nuclear families and 38.75 per cent in joint families. A little more than half of the respondents, i.e., 59.75 per cent comes from a family size which has four to seven members, 22.25 per cent respondents come from families who have more than eight members and 18.00 per cent respondents come from families which have three or less members. This clearly shows that the family size of the drug users was not very large so as to create difficulty in maintaining discipline.

When the ratio of drug use was compared in terms of birth order of the respondent it was found that the highest was among the youngest children which is 41.00 per cent. The reason may be that the youngest child is spoiled by too much indulgence given by the family members. The next higher percentage is 21.75 per cent being the eldest siblings, one may assume that perhaps they come in under pressure of expectations of their families and responsibilities as elder siblings. This is followed by the only child of their parents being 20.50 per cent, again the reason may be that the only child gets everything or too much indulgence by members of the family and the lowest percentage of the respondents being 16.75 per cent belong to the middle children.

5.2. Findings Related to Drug Use Among the Current Users

The age at which the Current users were first initiated into drugs were divided into five categories, namely - 12 to 14 years, 14 to 16 years, 16 to 18 years, 18 to 20 years and 20 to
22 years. This study shows that the bulk of the Current users, i.e., 83.61 per cent were initiated into drug at the age group of 14 to 18 years. Though they were initiated into drugs in the age group 12 to 14 years being 11.11 per cent, 18 to 20 years being 4.17 per cent and 20 to 22 years being 1.11 per cent but the age group 14 to 18 years seems to be the most drug prone age. This is the school and college going age. This is the age group in which environmental influences are more pronounced and peer pressure play a major role in initiating one to drugs. To keep up with the peer group is a necessity of young minds and they easily fall prey to drug abuse, hardly realizing the ill effects in the long run. Boasting about drug taking becomes a feature of a group. It also reinforces the general suspicion that schools and colleges are now becoming the breeding ground of drug abuse and to that extent that there is not much difference in the manifestation of the problem between the West and East. One obvious conclusion seems to be that formal education in school and college is not a defence against the menace of drug abuse. In fact, it might be the environment of the educational institutions themselves or the opportunity that such institutions offer for interaction among young persons, that may encourage the spread of drug abuse, particularly, in the absence of a strong drug prevention programme.

An effort has been made here to classify the types of influence and to evaluate their relative weightage in persuading young persons to be initiated into drugs. The source of
initiation into drugs have been classified into friends, family members, mass media, medical advice (physician) and without any advice. It appears that the influence of friends is maximum in introducing the current users to their first taste of drugs that being 55.28 per cent. It is also natural, since the age group 14 to 18 years is the most drug prone age and at this stage in life, the spirit of experimentation, a characteristic of the youth is at its peak and therefore the influence of friends is maximum.

Peer pressure provides the most significant influence on the drug users in Khasi and Jaintia Hills. Among the other reasons 23.89 per cent disclosed that they had taken drug for the first time without being suggested by any person. They may be the students who are ambitious and introspective. Some may be openly hostile; for some it may be that they have feelings of insecurity or some may take it as they have permissive family life. Mass media was found to have its impact on 15.83 per cent cases yet we are skeptical about the effect of this factor. Mass media have the characteristic of exposing the young people, particularly those studying in schools and colleges. Books, magazines, newspapers, movies, radio, television continually suggest alternatives in politics, clothing ethics and style of life in general to the youth. Music has been assumed by many to be one of the factors contributing to drug abuse as stated by most of the respondents. Since most of the youth in Khasi and Jaintia Hills are very fond of music, drug taking has always had some part in the Rock-n-Roll landscape. Songs such as "Sergeant Peppers Lonely
Hearts Club Band" and Lucy in the Sky with Diamonds" had a profound impact on the acceptance of phychodelic drugs. The Byrds song "5-D" promotes the insight for the use of drug. Credence clear water Revivals "Proud Mary" and "Along comes Mary" were songs sung in praise of Marijuana, otherwise known as Mary Jane. Dorsuar's "Sunshine Superman" and "Mellow Yello" both praise the effects of drugs. Pink Floyed offers the sensation of being "Comfortably Numb" in its LP the "Wall" which says "I can ease your pain and get you your feet again". Neil Young sings "Oh, to live on sugar (heroin) Mountain" and Eric Clapton entols the effects of "Cocaine". It is as modern, that with this kind of music, drug abuse is on the rise. With a sturdy bombardment of drug references through rock music, today's youth face tremendous peer pressure if they decide to remain away from drugs. It is worth remembering that our youth are listening to some thrash put to tune. How can they not be influenced by it ? As a listener, one needs to stop and consider what this music is telling us. Do they encourage the healthy growth of mind and body or do the lyrics promote truth or deceit ? Another 4.17 per cent of the respondents are being introduced to drugs by their family members and 0.83 per cent on the suggestion of the physician to be used as medicine for certain health problems like insomnia, obesity etc.

The popular notion that drug users generally start with soft drugs and ultimately go on to hard drugs is also found in both males and females of the current drug users in this study.
The findings in this study support "the stepping stone theory" where they start with Marijuana and proceed to hard drugs. Coming to the first type of drug used by the respondent it was found that 48.88 per cent respondents took to cannabis. The reason may that it is easily available and less expensive. 35.55 per cent respondent took to cough syrup, it may be because of easy availability from drug stores and its comparative inexpensiveness and only 6.67 per cent respondent took to Narcotic Analgesic such as Heroin/No. 4, "Smack and Analgesic". The reason may be that it is not easily available and it is expensive. This finding is in contrast with Karna's (1989) findings in Imphal and Maninur where heroin was the usual first drug used. Very few of the respondent took to amphetamines, Benzodiazepenes (Sedative and Tranquillizers). Non Narcotic Analgesic, anti-histaminics and volatile solvent. It is also found that the first type of drug used by males and females was cannabis, followed by cough syrup. Amphetamines and Volatile solvent among the females and followed by narcotic analgesic, Benzodiazepenes (sedative and tranquillizers) and non-narcotic analgesic. Anti-histaminics was not taken among the females. Whereas among the males it was followed by narcotic analgesic (Opiates), Benzodiazepenes (sedative and tranquillizers), non-narcotic analgesics, volatile solvent followed by amphetamines and anti-histaminics.

Coming to the category of the Current user, this study shows that 68.33 per cent belongs to the category of the Occasional user, i.e., those whose frequency of drug use varies
from once a month or less often, to those who are using the drug for at least once a week. This is followed by 21.94 per cent of the Current user belonging to the category of the Regular user, here the drug usage ranges from twice a week, thrice a week, or daily (not physically or psychologically dependent) and 9.72 per cent belongs to the category of the Addict, here the frequency of drug usage is on a daily basis (one is physically or psychologically dependent on the drug).

In this study the causes leading to drug use are being divided into five categories. From a total of 360 Current drug users 353 (98.06 per cent) have stated the psychological factors leading to drug use, 300 (83.33 per cent) stated the social factors to be the causes leading to drug use, 196 (54.44 per cent) stated the educational factors to be the cause leading to drug use, 150 (41.67 per cent) stated the physiological factors and 19 (5.28 per cent) stated the miscellaneous factors to be the causes leading to drug use.

18.13 per cent use drugs to relieve tension and relaxation, 17.28 per cent use drugs to satisfy curiosity, 16.43 per cent use drug in order to ease depression, forget miseries of life or uncertainty of the future, 16.15 per cent take drugs to make them feel good, get high and in 16.15 per cent for kicks. 13.03 per cent take drugs in order to have a new experience, 2.27 per cent take drugs to remove boredom and 0.56 per cent to intensify perceptions. Comparing the psychological causes leading
to drug use among males and females the study shows that the highest percentage is 17.50 per cent among males and 24.24 per cent among females in order to relieve tension and facilitate relaxation followed by 17.18 per cent among males in order to satisfy curiosity and 21.21 per cent among females in order to ease depression forget miseries of life and uncertainty about the future. The reason may be that drugs give them a feeling of euphoria or happiness.

With regard to the social causes leading to drug use 38.67 per cent took to drug the reason being the desire to be acceptable in the group and 32.67 per cent took to drugs in order to keep up with the 'in-thing' 'mod of the day'. Comparing the social causes leading to drug among males and females, the study shows that in both cases high percentage, i.e., 32.09 per cent among males and 37.50 per cent among females who took drug in order to be acceptable in the group and 30.06 per cent among males and 43.75 per cent among females took drug in order to keep up with the in-thing, mod of the day. The reason may be that this is the age group (college going age group) where peer pressure plays a major role in influencing them to take to drug, the influence of friends is most pronounced.

196 respondents from out of 360 Current users have stated the educational factors to be one of the causes leading to drug use. 39.80 per cent believe in the myth that drugs help in increasing concentration in studies, 27.04 per cent believe that
it helps to improve studying and 33.16 per cent states that it helps one to perform better in an examination. The reason may be that drug such as amphetamines keep one awake, one can sit for longer hours, keeping one alert. A degree student doing science once remarked, "Ganja helps me to relieve fatigue and I can bear more cheerfully the strain and perhaps the monotony of the daily routine but most of all it helps me to concentrate". Another pre-university student remarked, "When I can't understand a particular topic which is difficult, I first get 'stoned' the whole thing becomes crystal clear to me". Another pre-university student says, "Taking Dexies make me active and energetic to do work". This is one reason why they take to drugs, the main purpose being to perform and do better in the examination.

With regard to the physiological causes leading to drug use, the study shows that 35.76 per cent took to drugs to be able to stay awake. The reason may be to be able to stay awake for longer hours to study at night. 27.15 per cent took to drug in order to have a good appetite and 12.58 per cent to be able to keep the body slim and trim. Comparing the physiological causes leading to drug use among males and females, the study shows that 40.50 per cent males and 17.24 per cent females took drug in order to be able to stay awake for longer hours. An interesting feature to be noted here is that 65.52 per cent females took to drug to keep the body slim and trim. The reason may be that the drug such as Dexedrine (Amphetamines) reduces their appetite for food. These drugs were largely used by soldiers during the second
world war. Among the males 33.88 per cent took to drug the reason may be to have a good appetite which will help them in body building.

In this study 19 respondents have stated the miscellaneous factors such as the need for sharpening religious insight, deepening self-understanding, over coming problems in the family, failure in examination, disappointment in love, and in friendship, and conflicts in life. 21.06 per cent have taken drugs to get over family problems, again 21.06 per cent have taken drugs due to disappointment in love and another 21.06 per cent due to conflicts in understanding life. 15.79 per cent have taken drugs due to failure in examination. Comparing the miscellaneous causes leading to drug use among males and females 21.43 per cent males have taken drugs to get over family problems, again 21.43 per cent males have taken drugs to get over conflicts in understanding life, 14.29 per cent males took drugs to attain deeper self understanding again 14.29 per cent took drugs to get over problems such as disappointment in love, 14.29 per cent due to failure in examination but among females 40.00 per cent took drugs due to disappointment in love. 20.00 per cent took drugs due to failure in examination and 20.00 per cent took it due to conflicts in understanding life. The reason may be that they feel drugs will help them to forget their problems as drugs give them a feeling of euphoria, i.e., a temporary relief from their problems.
The respondents have indicated that the main source where drugs are usually obtained are from Drug stores being 35.59 per cent, friends being 35.56 per cent, peddlers 14.17 per cent, pushers 11.11 per cent and Medical practitioners 0.27 per cent. Though peddlers and pushers have been one of the source from where the drug users obtained drugs, this study points out that most of the drug users obtained drugs from drug stores. This shows that no strict vigilance is put on drug stores. They are being sold without any doctors prescription but at a higher rate to the drug users. This study also shows that friends are also one of the major sources in obtaining drugs. Here 'friend' may mean a locality friend (mohalla), college friend, school friend.

With regard to the type of drug taken the study shows that cannabis (ganja/dope, hashish and bhang) is mostly used by 63.89 per cent of the current drug users. This is followed by cough syrup (Phensedyl, Brondices, Corex, Ephedrine, Tossex, Mislinctus) being 48.06 per cent, then comes non-narcotic analgesic (Spasmoproxivon, Fortiwin, Relipin, Pamagin) being 25.28 per cent, next followed by Benzodiazepenes (sedative and tranquillizers) being 23.33 per cent and narcotic analgesics (opiates) being 15.00 per cent. Only 6.94 per cent of the current users take to volatile solvent, 6.67 per cent take to amphetamines, 5.83 per cent take to barbiturates, 4.72 per cent take to anti-histamines and 0.28 per cent take to Hallucinogen (LSD). An interesting feature noted here is that the most favoured drug among the males is cannabis (67.63 per cent),
followed by cough syrup (51.28 per cent), then non-narcotic analgesic (27.88 per cent), Benzodiazepenes (21.79 per cent) and narcotic analgesic (opiates) being 16.35 per cent whereas among the female drug users Amphetamines was mostly favoured by them being 50.00 per cent, followed by cannabis (39.58 per cent), Benzodiazepenes (sedative and tranquillizers) being 33.33 per cent, volatile solvent being 27.08 per cent and cough syrup also being (27.08 per cent). This shows that the type of drugs taken by males and females slightly differs. Some are favoured by both sexes while some type of drug is more favoured by males than the female drug users and vice-versa.

Coming to the duration of drug use among the Current drug users the study shows that 47.78 per cent had taken it for a period of less than six months, 23.61 per cent for a period of 6 months to 1 year, 17.78 per cent for a period of 1 year to 2 years, 9.16 per cent for a period of 2 years to 3 years and only 1.67 per cent for a period of more than three years. This gives a clear picture about the persistence of the problem among the college students in Khasi and Jaintia Hills, thus indicating the need for drug prevention at the school and college level.

Were any attempts made by the Current drug users to discontinue taking drug? The study shows the response of yes showed a higher degree bearing 56.94 per cent than the response of no being 43.06 per cent. Even among those who attempted to withdraw from the drug they felt restless on withdrawal attempt,
suffered from headache, body cramps, and muscular pain. The distresses experienced were both somatic and psychological, their security being related to the nature of drug being withdrawn, the daily dosage used and the intervals, the duration of drug used, the rapidity with which the drug was withdrawn and the intensity of dependence. All these users ultimately felt the overpowering desire and compulsion to revert to drug intake. 43.06 per cent of the Current drug user gave a negative response stating No (no attempts were made) for fear of withdrawal syndrome, while peer pressure was a strong force which they were unable to resist or withstand.

What is important is to recognise at this stage that drug abuse is a learned behaviour which is learnt by students (and for that matter by an individual) in interaction with his peers, acquaintances, family members and others in two ways:

1. **Through Persuasion**: Certain individuals are specially vulnerable to the influence of other individuals because of their personality characteristic.

2. **Through Reflective Thinking**: The use of drug may also be learned through thinking about their probable consequences and reaching conclusions (rational and irrational).

5.2.1. **Major Finding on the Effect of Drug Abuse on Educational Performance of the Current user**

As stated earlier in the educational causes leading to drug use, there is a remarkable myth concerning drug use among the students that it helps one in studies, i.e., increases concentration in studies, improve studying (one can sit for
longer hours to study for an examination) and improves performance in an examination. The study shows that many innocent students find themselves a victim to the lure of this myth. The myth is that drugs like cannabis are 'refreshing and stimulating' they create the capacity for hard work and the ability to concentrate, thereby, making one a better student. The point that emerges here is to see whether drug abuse leads to deterioration in student educational performance or brings about an improvement.

In order to understand the effects of drug use amongst students in its proper perspective the different aspect which encompass educational performance such as percentage of marks, class attendance, study habits, i.e., revision of lessons, completion of home assignments, regularity and irregularity of study and attendances in class, class test, newspaper reading and participation in co-curricular activities before and after drug use are being studied among the current users. In this study the current users are divided into three categories, i.e., the Occasional user, Regular user, and the Addict.

The effect of drug abuse on the percentage of marks obtained by the current users among the three categories of drug users. The study shows that in the category of the Occasional user after drug use the percentage of first and second division holders decreased to 52.03 per cent from 66.67 per cent before drug use, i.e., those who secured first and second divisions.
Further it shows that there is an increase among those who obtain below 44.9 per cent marks that being 47.97 per cent since before drug use only 33.33 per cent got in between 33 per cent to 44.9 per cent marks and none of them got below 33 per cent marks. Though the study reveals that drug abuse does affect one's percentage of marks in the category of the Occasional users, its effect is little or negligible, the study also shows that in the category of the Regular user after drug use there is a decrease among those who obtained first and second division to 29.12 per cent, as before drug use 69.62 per cent secured first and second Division. Further the study shows that after drug use there is an increase among those who obtained below 44.9 per cent marks that being 70.88 per cent as before drug use only 30.33 per cent obtained in between 33 per cent to 44.9 per cent and none of them secured below 33 per cent marks. The study reveals that the effect of the drug abuse or the percentage of marks obtained by the Regular user is evident. Among the category of the Addicts the study shows that after drug use there is a tremendous decrease among those who got first and second Division mark. Only 8.57 per cent got second Division marks and none of the Addicts got first Division marks as before drug use as much as 68.57 per cent got first Division & second Division. The majority of Addicts i.e., 91.43 per cent got below 44.9 per cent marks. Before drug use only 31.43 per cent in between 33 per cent to 44.9 per cent marks and none of them secured below 33 per cent marks. This clearly shows that the effect of drug abuse on the percentage of marks obtained by the Addict is evidently seen.
which can be stated that when the frequency of drug use increases, the effect of drug abuse on one's percentage of marks is more evidently seen.

Coming to the effect of drug abuse on the class attendance of the Current users among the three categories of the drug users, the study shows that in the category of the Occasional user after drug use 94.31 per cent (232 out of 246) is found to be regular and 5.69 per cent (14 out of 246) is found to be irregular in their class attendance. This shows that its effect on the class attendance of the Occasional user is present, but it is less noticeable. The study also shows that in the category of the Regular user after drug use 68.35 per cent (54 out of 79) is found to be regular and 31.63 per cent (25 out of 79) is found to be irregular in their class attendance, which can be said that the effect of drug abuse on the class attendance of the Regular user is evidently seen. Among the category of the Addicts (Current user) after drug use only 8.57 per cent (3 out of 35) is regular and 91.43 per cent (32 out 35) is found to be irregular in their class attendance. This clearly shows that drug abuse has a tremendous effect on the class attendance of the Addict, which again can be said that that when the frequency of drug use increases the effect is more evidently seen.

With regard to the effect of drug abuse on the attendance in class test of the Current users among the three categories of drug users, the study shows that in the
category of the Occasional user after drug use 67.07 per cent (165 out of 246) is still found to be regular and 32.93 per cent (81 out of 246) is found to be irregular in their attendance in class test. This shows that there is an effect of drug abuse on the Occasional users attendance in class test, but it is less noticeable. The study also shows that in the category of the Regular user after drug use only 32.91 per cent (26 out of 79) is still found to be regular and 67.09 per cent (53 out of 79) is found to be irregular in their attendance in the class test. It is seen that the effect of drug abuse is more on the Regular user. Among the category of the Addicts after drug use all 100 per cent (35 out of 35) became irregular in their attendance in the class test, thus showing that the effect is very much evident among the category of the Addict.

Coming to the effect of drug abuse on Revision of lesson by the Current users among the three categories of drug users, the study shows that in the category of the Occasional user after drug use 48.37 per cent (119 out of 246) is still found to be regular in Revision of lessons and 51.63 per cent (127 out of 246) is found to be irregular in revision of lesson. Its effect is evident among the Occasional user. The study also shows that in the category of the Regular user after drug use only 31.65 per cent (26 out of 79) is found to be regular and 68.35 per cent (54 out of 79) is irregular in their revision of lessons. The effect of drug abuse is evidently seen among the Regular user. Coming to the category of the Addicts after drug
use all 100 per cent (35 out of 35) became irregular in their revision of lesson indicating the tendency of the Addicts is towards irregularity in their revision of lessons.

With regard to the effect of drug abuse on Completion of Home-Assignment by the Current users among the three categories of drug users the study shows that in the category of the Occasional user after drug use 80.49 per cent (198 out of 246) is still found to be regular in their completion of Home-assignments and only 19.51 per cent (48 out of 246) is irregular in the completion of their home-assignment. Its effect is found to be evident among the Occasional user, though it is less. In the category of the Regular user after drug use the study shows that only 51.90 per cent (41 out of 79) is found to be regular and 48.10 per cent (38 out of 79) is found to be irregular in the completion of home-assignment. The effect of drug abuse on the Regular user's completion of home-assignment is more evident as compared with that on the Occasional user. Its effect is much more evident among the category of the Addict as after drug use all 100 per cent (35 out of 35) became irregular in the completion of home-assignment. This again indicates that when the frequency of drug use increases its effect is clearly evident.

Coming to the effect of drug abuse on the Regularity and Irregularity of study of the Current user among the three categories of drug users, the study shows that in the category of
Occasional user after drug use 47.56 per cent (117 out of 246) is still found to be regular in one's study and 52.44 per cent (129 out of 246) is found to be irregular in one's study. This shows that the effect of drug abuse is evident among the Occasional user though not as much as that in the Regular user and Addicts. Among the Regular user after drug use it is found that only 31.65 per cent (25 out of 79) is still found to be regular in one's study and the bulk 68.85 per cent (54 out of 79) is found to be irregular in one's study. So the effect of drug abuse is evidently seen among this category of drug users. In the category of Addicts all 100 per cent is found to be irregular in study after drug use, the tendency is towards irregularity in one's study, which can be said that the effect of drug abuse is evidently seen in this category of drug users.

With regard to the effect of drug abuse on newspaper reading by the current user among the three categories of drug users, the study shows that in the category of the Occasional users after drug use 85.77 per cent (211 out of 246) are still regular in newspaper reading and only 14.23 per cent (25 out of 246) is found to be irregular in newspaper reading. This clearly indicates that though drug abuse does affect one's regularity in newspaper reading its effect among the Occasional user is less negligible. Among the Regular user after drug use it is found that 67.09 per cent (53 out of 79) is still regular in newspaper reading and 32.91 per cent (26 out of 79) is irregular in newspaper reading. So the effect of drug abuse on newspaper reading
of the Regular user is more evident than on that of the Occasional user. Coming to the category of Addicts, it is found that after drug use only 8.57 per cent (3 out of 35) is still found to be regular in newspaper reading majority of them that being 91.43 per cent (32 out of 35) have shown their lack of interest in newspaper reading. So the effect of drug abuse on newspaper reading is more evidently seen in the category of the Addicts.

Coming to the effect of drug abuse on participation in co-curricular activities by the Current drug users among the three categories of drug users, the study shows that in the category of Occasional user after drug use 97.97 per cent still participated in the various types of co-curricular activities and only 2.03 per cent did not participate in any type of co-curricular activities. They still participated in two to three types of co-curricular activities. So, it can be said that drug abuse does affect ones participation in co-curricular activities but in this category of the Occasional user its effect is less noticeable. Coming to the category of the Regular user after drug use only 50.63 per cent still participated in the different types of co-curricular activities and 49.37 per cent did not participate in any type of co-curricular activities. From a total of 68 Regular users (current user) who participated in two types of co-curricular activities before drug use, after drug use the study shows that only 21 Regular users participated in two types of co-curricular activities. It is also found that after drug use
(iv) The drug users lose all interest in Revision of lessons.
(v) One becomes irregular in completion of one's home assignment.
(vi) Lack of concentration and motivation to study.
(vii) Loss of interest in newspaper reading.
(viii) Loss of desire to participate in the various types of co-curricular activities.
(ix) Loss of short term memory. They are unable to recall what they have read.
(x) The drug user is preoccupied with drugs though he may be apparently listening in class, working or reading. He thinks how, when and where he will get his next dose.
(xi) No active participation in classroom activities, finds it difficult to follow classroom instruction.
(xii) The will to compete is lost.

Here we find that drugs tend to disorganise a person's life. The question is why do the drug users not recognise the damage and danger it is doing to them? The answer lies in the fact that all of us regard ourselves as logical and rational beings. We often operate on how we feel rather than what is rational.

The brain can be divided into two parts - the thinking and the feeling centre. The thinking centre is situated in the centre and is the logical and cognitive area of the brain. Here information is collected and analysed and responses initiated. The feeling centre is called the limbic system, and hypothalamus, the amygdala and the septum of the brain (Mid Brain). It is from
this area that emotions originate. This area controls eating, drinking and other pleasure centres. Drug abusers know that at the logical level they are harming themselves and people around them. However, the euphoria that drug produce is controlled by the feeling centre and not the logical thinking centre. In time the logical centre of the brain is unable to control the feeling centre and thus, the intense psychological and physiological craving for the drug sets in as a result of conflict between the logical and the feeling centres of the brain, an intense internal conflict arises between the two.

This results in the mind developing an internal psychological system of defence which we term as the 'Denial system'. The 'denial system' protect the mind of the drug abuser from the psychological conflict which would otherwise occur between the opposing centres of the brain. It splits the centre so that the thinking centre of the brain is weakened in its ability to monitor the feeling centre, allowing the feeling centre a free hand to help the person become a drug abuser. The feeling centre now controls the behaviour and over the rationale and logic of the abuser.

Thus a breakdown in the psychological control mechanism of the mind leads one to turn into a drug abuser. That is why most of the drug abusers in this study finds that drugs create such a supreme feeling of peace and tranquillity when they are taken that one feels that one has reached the ultimate
destination. This is what gave most of the drug abusers in this study the feeling that 'drug was good', 'it helps in concentration', 'it helps to study for longer hours', 'to do well in studies', 'to forget the miseries of life'. Drugs made them feel good and made them want to go back for more. In the process, the drug abusers learned to trust the euphoria of the feeling of the experience.

Thus, while the 'high' creates feelings of ecstasy and of great elation, these are followed by feelings of painful anguish the 'low' sets in with great tenacity and force. They forget that drug cause a complete disruption in all the normal or the usual functions of the senses, and indicate quite clearly that thought too comes within the spectrum of senses although it is higher than the other senses. This is because the very pattern of thought changes, as it is entirely dependent on sensory stimuli for its pattern. When these stimuli change, thought too becomes different.

The most significant change which occurs among the drug users (Addicts and Regular users) is the creation of a void in the direction of ambition. This is because ambition requires clear motivating factors which in turn depend on a very clear picture of what the world is for their driving force. If this idea of the world is shaken by experiences of elation and depression, the will to achieve is seriously injured.
In this study it is found that in the category of the Addicts and among some Regular users the 'will to compete' is lost. He just wants to be down and while his life away in fantasies. What is more important to him at this point of time is the drug, as one drug Addict exclaims, 'drug is my life'. Another drug Addict says, 'studies become so trivial and unimportant. I feel I would go mad mugging all the time. What I need is a shot, it gives me life'.

However, as this study shows that the desire to compete, the interest to study, to work, the will to achieve or do better in one's education is lost. Instead the majority of Addicts and some Regular users drift away from the responsibilities trying to avoid the daily grind thus leading to such terrible 'lows' that it makes them feel utterly incompetent and completely worthless. The fact is that the drug habit leads to decreased efficiency and increased absent mindedness as stated by most respondents. This is a very big handicap especially in the competitive world which takes advantage of every lapse in efficiency. Behaviour becomes drug centered, erratic and unpredictable. The drug starts adversely affecting every part of his life including his educational performance, relationship with family, friends, personal hygiene, eating and sleeping habits. The mental health of an individual is not balanced. Education depends on a sound mind in a sound body and that is not possible in the case of drug users especially Addicts and some Regular
users. That is why it adversely affects their educational performance.

The findings in this study supports the description given by Keazer (1971) on some of the characteristic life style of drug abusers: "Drug abusers seldom live successful lives by their own standards or anybody else's. Over a period of time they loose interest in school (education) jobs and family. They simply have neither the time nor the energy to keep up normal social contacts. Their only purpose becomes the search for enough drugs to keep high".

There seems to be clear cut case for the need of a strong drug education programme in Khasi and Jaintia Hills at the school and college level whether as part of the curriculum or over indirectly into co-curricular activities and programmes of the school and college.

5.3. Findings Related to Drug Use Among the Past User

With regard to the past users duration of drug use, the present study shows that 30.00 per cent of the past users took to drug for a period of less than six months, followed by 22.50 per cent who took drugs for a period of 2 years to 3 years, 20.00 per cent for a period of 6 months to one year, 15.00 per cent for more than three years and 12.50 per cent for a period of one year to two years.
Coming to the category of past users, this study shows that 47.50 per cent belonged to the category of the Occasional users, i.e., those whose frequency of drug use varies from once a month or less often to those who are using the drug for at least once a week. This is followed by 40.00 per cent of the past users belonging to the category of the Regular user, here the drug usage ranges from twice a week, thrice a week or daily (not physically or psychologically dependent) and 12.50 per cent belongs to the category of the Addict; here the frequency of drug usage is on a daily basis (one is physically and psychologically dependent on the drug).

The types of drugs taken by the past users coincides with the types of drug taken by the current users. The study shows that 60.00 per cent past users took to cannabis, 52.50 per cent took to cough syrup, 37.50 per cent took Benzodiazepenes (sedative and tranquillizers), 22.50 per cent took to non-narcotic analgesics, 17.50 per cent took to amphetamines, 15.00 per cent took to narcotic analgesic, 12.50 per cent took to volatile solvent, 10.00 per cent took to barbiturates and only 2.50 per cent took to anti-histaminics. Among the males cannabis was largely used being 64.29 per cent followed by cough syrup being 60.71 per cent. 35.71 per cent took to Benzodiazepenes followed by non-narcotic analgesics being 28.57 per cent again followed by narcotic analgesics being 14.29 per cent and barbiturates 10.71 per cent. They also took to amphetamines, volatile solvent and anti-histaminics being 3.57 per cent in each. Whereas among
the females, it is found that Amphetamines was largely used being 50.00 per cent followed by cannabis and Benzodiazepenes both being 41.76 per cent each, followed by cough syrup and volatile solvent being 33.33 per cent each. 16.67 per cent took to narcotic analgesics (Opiates) and Barbiturates and non-narcotic analgesics being 8.33 per cent each. None of the females took to anti-histaminics. One interesting feature noted here is that type of drugs taken by males and female Past users coincides with the ones taken by the male and female Current users.

There are a number of factors which led the past drug users to abstain from taking drugs. The main causes of discontinuation found in this study were social, personal, physiological, religious, ethical, economic reasons. The study shows that religious reasons have played a major role in helping the past drug users to discontinue drug use, i.e., the influence of pastoral counselling being 53.85 per cent while 46.15 per cent discontinued as a matter of religious principles, 52.38 per cent of the past drug users discontinued taking drug due to the influence of parents. Through their persistence, determination and complete commitment they saved their child from the horrors of addiction. They talked to their children about the drug problem and gave them the facts about the dangers of drug use. An honest two way discussion like this can be of tremendous help to their children. The reason may be that the positive influence taken by parents serve as an important factor in helping them to say no when so confronted. It is imperative that an open line of
communication between parents and children be encouraged in order
to provide a healthy and supportive family life. Another major
reason stated in this study is the risk of become dependable on
the substance. 43.48 per cent stated this to be one of the major
reason, i.e., fear of becoming hooked to the drug.

Coming to the period of time when the past user stopped
using drug the study shows that 72.5 per cent stopped using
drugs for a period of 6 months to 1 year and 1 year to 2 years.
The median of the period of time when the past user stopped
taking the drug is 1 year. Though the study showed that 15.00 per
cent took drug for a period of less than six months, 7.50 per
cent for a period of 2 years to 3 years and 5.00 per cent for a
period of more than three years.

The study further shows that after they stopped taking
drug all of them, i.e., 100 per cent indicated that it brought
about a change in their life style especially in the area of
educational performance. There was an improvement in their
percentage of marks, participation in co-curricular activities,
class attendance, class test attendance, completing of home
assignments, they are more sincere in revision of lessons, better
performance in class tests, regularity in studies and newspaper
reading.

The study shows that after they stopped taking drugs
all of them, i.e., 100 per cent (40 past users) indicated that it
brought about a change in their life style, i.e., a change for the better, especially in the area of educational performance. There was an improvement in the following areas.

(i) an improvement in their percentage of marks,
(ii) greater interest to participate in co-curricular activities,
(iii) regularity in attendance.
(iv) better performance in class test,
(v) regularity in completion of home assignment.
(vi) more studious in one's study
(vii) an improvement in revision of lessons,
(viii) regularity in newspaper reading.

So here we see that the desire to compete, to work, the interest to study, the will to achieve, to do better in one's educational performance begins to take shape which was found to be lacking when one was on drugs. The study shows that when one is on drugs as is seen in the case of a current drug user, one's ambition is adversely affected. As one drug Addict remarked "studies becomes so trivial and unimportant". "What I need is a shot"

5.4. Findings Related to the Prevention Work Done at the College and the Community

The result shows that most of the college Principals and teachers (that being 35 out of 56) from female and co-educational college are blissfully unaware of the drug problem and fail to believe that their students are on drugs. The reason
for this may that at the college level the rapport that exists between the teacher and student is less as compared to the school. The other reason may be that in this study the majority of drug users identified (66.20 per cent i.e., 265 out of 400) belong to the category of the Occasional user, where one does not manifest any serious level of dependence or any serious mal-effects. The Occasional user attends college without anyone noticing that he is on drugs. The next category is the Regular user (23.75%, i.e., 95 out of 400) where the effect of drug use is evident, but does not lead to serious impairment of the individual's health or his efficiency in work. If one does not observe closely he goes on unnoticed that he is on drugs. It is only when one becomes an Addict that the drug damages his body, mind and social relations etc. But since this category constitutes only a small proportion (10%, i.e., 40 out of 400) of the main sample, it becomes very hard for the college Principals and teachers to become aware that their students are on drugs.

All the college Principals and teachers of the male colleges (100 per cent) and 16.67 per cent college Principal and teachers of the female colleges and 30.56 per cent college Principal and teachers of co-educational colleges agreed that drug abuse among the college students does persist but the problem lies in their inability to identify the drug users. The reason for the finding may be that so far not much information on drugs have been disseminated to them and no training has been imparted to them or current use and trends in drug abuse, i.e.,
causes or factors leading to drug use, effects on the life of an individual and the role to be played in preventing this problem among the student community.

The study shows that 100 per cent college Principals and teachers of male colleges, 33.33 per cent college Principal and teachers of female colleges and 11.11 per cent college Principal and teachers of co-educational colleges agreed on their college involvement in conducting awareness programmes. These programmes are in the form of lectures/talks/discussion and seminars meant mostly for the student community.

The few who claim to know, can be found to harbour mistaken beliefs about drugs and their abuse. Many say that though the problem exist but it is not serious. By being complacent or not recognising its existence the problem will not vanish. One has to face the ugly truth however unpleasant it may be in order to develop strategies and programmes in dealing with the problem.

Coming to the preventive work on identification of Addicts and counselling, this is being done only in 1 male college. After identifying the drug Addict, counselling is being provided not by a trained counsellor but by one of the teachers who is very keen on helping the students to overcome this problem.
In one co-educational college where 10 students were identified as drug users the college authorities adopted a punitive approach by expelling all ten of them. What is needed is a judgment via media. If they were trained in this area and if enough information had been disseminated to them they could have shown their concern, tried to be understanding and supportive on the one hand, or, on the other hand, coupled with sufficient firmness on the either as the circumstances may be.

All the colleges in Khasi and Jaintia Hills from where the drug abusers have been identified are not equipped with a 'counselling centre'. One reason may be due to paucity of funds, and lack of understanding on the part of the college authorities to realize the need for establishing such a centre. They fail to realise that drug abuse leads to drug dependence, deteriorates educational performance & ill health. Drug addiction reduces a person to a state of utter helplessness and hopelessness in life. The student involved may be willing to get out but cannot do so on his own. In such a condition one requires the expert assistance of a trained counsellor to overcome his problem.

Lack of awareness has been observed among the adults in Khasi and Jaintia Hills but this is also prevalent in our country as a whole and also in some of the developed countries. As Barrymore (1975) stated basing the observations on the interviews with young people in the United Kingdom, during the course of his research on drug abuse. 'To most adults the mention of 'drug'
arouses a sense of fear that is close to panic.... This inherit fear has been reinforced by press and television features which focus on the tragedies of addiction in youngsters, but fail to make it clear that these are only extremeness of a general problem that faces young people today'. This may be one of the reasons why the college authorities have taken such a drastic action.

In the colleges of Khasi and Jaintia Hills only lukewarm attempts have been made in organising drug awareness programmes. Only in one male college is awareness programme being organised twice in a year. In one male college, one female college and 1 co-educational college awareness programmes are being organised once in a year and 2 female college and 8 co-educational colleges do not organise such awareness programmes. The main reason why such programmes are not being organised may be their lack of awareness about the intensity of the problem. As Gold (1991) rightly put it, "In my view the goal of education is to help young people deal with the complexities of modern life. No maths problem, no spelling problem is as important as the problem of drug use." If the college authorities in Khasi and Jaintia Hills are made to realize this, such programmes could be organised at the college level. In this way we can help the students to resist such temptations and thereby reduce the demand for drugs in the near future.
All the colleges in Khasi and Jaintia Hills which falls under the purview of this study, has given the following suggestion. 1 male college, 2 female colleges and 8 co-educational colleges have suggested the need for establishing a counselling centre at the college. The 2 males colleges, 3 female colleges and 7 co-educational colleges have suggested that drug education be integrated in the curriculum. The content of such education is, however of vital importance. Instead of merely explaining the harmful effects of drugs, the awareness programmes should further help in fostering a proper attitude towards drugs in general and their use. Scare tactics and hysteria do not work at any stage. Telling them that smoking ganja will kill them, for example, may backfire when they acquire more accurate information from their peers. Care should be taken when disseminating such information. The 2 male colleges, 2 female colleges and 7 co-educational colleges suggested on the need to generate awareness about drug abuse through authentic and credible information. Again the 2 male colleges, 2 female colleges and 7 co-educational colleges suggested that the scope for co-curricular activities should be expanded. The reason may be that they provide constructive and valuable experiences, opportunities and pursuits which can prevent drug abuse by providing the students greater satisfaction and fulfillment than drugs.

The findings showed the degree of involvement of the government sector. The Social Welfare Department and Health Department involvement in prevention work is limited to serving
as funding agencies and providing manpower resources to various individuals and Non-Governmental organisation involved in Prevention work. It provides assistance to the Non-Governmental organisation by providing grant-in-aid to organisation involved in awareness building, identification of Addicts, treatment, counselling, follow-up, rehabilitation etc. and providing manpower i.e., the Social Welfare officers incharge of the anti-drug cell, Government of Meghalaya and Doctors in Community Health of the Civil Surgeon office serve as resource person in disseminating information related to drug abuse or personnel involved in the Non-Governmental organisations.

The involvement of the State Police, the State Excise and the Customs & Central Excise Department is mainly in terms of assisting the preventive programme being conducted by the Social Welfare Department, Non-governmental organisation through provision of logistic, resource persons for delivering relevant lectures related to their field of drug abuse prevention and they serve as a source of data for research organisation and others requiring such information.

In this study it is found that not only is the Governmental machinery involved in Prevention work but also Non-Governmental organisations are in the vanguard to save the state from the scourge of drug. In Khasi and Jaintia Hills Non-governmental organisation such as the Don Bosco Youth Centre, Lions Club, Church Auxiliary for social action, North East
India Committee on Relief and Development, Counselling and Information Centre for Drug Abuse, Young Mizo Association, Khasi Jaintia Presbyterian Synod (Youth Department! Bharat Scouts and Guides and the New Hope Centre are involved in prevention work in the field of drug abuse. These preventive programmes aims at helping people to develop skills which promote a healthy and more positive approach to life in-order to reduce the chances of drug use.

The primary target group aimed at by majority of the Non-governmental organisation constitute the student population being 66.67 per cent and the youth 55.56 per cent as these two groups seem to be the group most susceptible to drugs. Then comes the general public teachers church leaders and voluntary and local organisation.

This study also shows that efforts have been made by all 9 Non-governmental organisations to generate awareness against drug abuse through seminars, workshops, Talks, Lectures, Poster campaign, use of print media, radio, film slides Television and recorded Talk. These awareness programmes are meant for those who have never tried using drugs and for those who are using drugs.

From a total of 9 Non-governmental organisations only 4 non-governmental organisations i.e. the Don Bosco youth Centre Counselling and Information Centre for drug abuse, Young Mizo
From among the 9 Non-government organisations involved in Prevention work only 2 Non-governmental organisations i.e. Don Bosco youth centre & counselling and Information Centre for drug abuse are involved in Follow-up. The Director of the Don Bosco youth Centre and the staff of the counselling and Information centre for drug abuse visit the homes of the clients for further assessment of family relationship, community environment and other collectorial information. They also organise weekly encounter and sharing sessions with their clients. One problem faced especially by the Counselling and Information Centre for drug abuse in follow-up work is that some of the clients give wrong addresses where it becomes very difficult for the staff to identify the client and thus carry out the work.

The Non-governmental organisation being aware of the growing incidence of drug abuse especially among the youth, felt that information on drug abuse should be disseminated first of all to the students and youth to prevent them from falling into the trap of drug abuse and to help them lead a drug-free life style. They also felt the need for furnishing information about drugs to parents, teachers and church leaders so that they will know how and where to respond. Information is being disseminated to them in-order that they too will be able to understand the role that they have to play in checking this menace.

The majority of Non-governmental organisations obtain from the community resource persons and experts, materials
required for creating awareness, but most of the Non-governmental organisations do not get parents support and cooperation in carrying out the prevention work.

Since the majority of Non-governmental organisations have personnel who are not trained in the area of drug abuse, they depend on the community for obtaining resource persons who are experts in the field. The Resource persons are obtained from the Health Department, Social Welfare, Police Department and Excise Department. They take preventive initiatives by acting as resource persons in disseminating information on drug use.

The Resource persons from the Health Department usually deliver talks which highlight on the dangers of drug misuse on the human body, including the risk of HIV infection and AIDS. The staff of the Anti Drug Cell of the Social Welfare Department deliver talks with the purpose of making apparent and clear to young people the dangers that exist in drug usage.

Though the Police officers, Excise and Custom officials are involved mainly in direct control measure, they also extend their hand as Resource persons when invited by Non-governmental organisations on issues such as drug seizures, theft from pharmacy, detected drug users, price of street drugs etc. They also provide information on the laws relating to drugs or law enforcement procedures.
But it is found that the involvement of the Social Welfare Department is followed more by the Health Department than by law enforcement agents, the reason being that most of the Non-governmental organisations fail to realize that the areas dealt with by the law enforcement are also part and parcel of drug prevention. Most of them lay emphasis only on the aspect of drugs and their effects. But on the whole we see the involvement of the governmental agencies as part of the community for intervention against availability and prevention of their use.

The Khasi Jaintia Presbyterian Synod (Youth Department) and the New Hope Centre obtained from the community some financial assistance through the fund raising shows organised by the Shillong Christian Youth Organisation & Conference where the street play on 'drugs' and a musical concert were held to raise funds in-order to further strengthen the preventive work conducted by these 2 non-governmental organisations.

In carrying out the preventive work parents support is needed by offering their time in support to community drug abuse efforts. The study shows that the majority of non-governmental organisations do not get parents support in carrying out the preventive work. Parents involvement in preventive work is found only in the preventive programmes conducted by the Don Bosco Youth Centre and Young Mizo Association. The reason may be the lack of awareness about the intensity of the problem. Most
parents feel that it is not their problem it is "someone else's problem" and it is not going to "affect them or their children".

Learning the facts about drug abuse is one of the first step in creating an awareness about drug abuse. In doing this the non-governmental organisation make use of materials in the form of pamphlets, brochures, posters and literature. These materials are obtained from the Social Welfare Department. Government of Meghalaya and the printed materials published and produced by the non-governmental organisations such as the North East India Committee on Relief and Development and the Don Bosco Youth Centre. These materials are in the form of leaflets, pamphlets, brochures & postures.

The language used by the Non-governmental organisation in disseminating information on drug abuse is in the Khasi, Jaintia, Mizo and English language i.e., in two or more languages in combination with English. The reason may be that the information will be disseminated not only to one section of the community i.e., the educated class, but by using the local languages this information would be highlighted to all sections of the society, literate and illiterate, it would penetrate down to the grassroot level. Again it is noticed that Hindi is not being used; it is suggested that in future Hindi should be used so that such information could be disseminated to all sections of the society especially the non-tribal community who are unable to
understand the English language as they also constitute part of the community in Khasi and Jaintia Hills.

For the Non-governmental organisations to implement their plans and preventive programmes money is needed. It is found that all the Non-governmental organisation doing the preventive work in drug abuse are self-financing. Most of them are running their preventive programmes depending on donation from donors and contribution from their own members or interested persons in the field.

The Ministry of welfare is implementing a scheme of "Assistance to voluntary organisation prohibition and drug abuse Prevention under which grant-in-aid is given to voluntary organisation for providing services such as awareness building, identification of Addicts, treatment, counselling, follow-up rehabilitation etc. for drug abuse prevention. Under this scheme the `Counselling and Information Centre for drug abuse and New Hope Centre get grant-in-aid from the Ministry of welfare where 90 per cent of the cost of the Project is borne by the government and the voluntary organisation implementing the project have to bear 10 per cent of the cost. But just recently the Counselling and information Centre for drug abuse had to be closed down due to financial constraints, but this centre needs to be mentioned for its contribution to in Prevention work in the field of drug abuse.
In its preventive work the Non-governmental organisations in Khasi and Jaintia Hills have to face a number of obstacles. One obstacle faced by the Non-governmental organisation is lack of adequate funds. It poses a problem in meeting the recurring and other expenses of the Organisation/ Centre. Though some of the members of the community have been willing to contribute generously towards a worthy cause, the amount is not sufficient. Most of the Non-governmental organisations involved in preventive work are not aware of the various schemes (in the form of grants) provided by the government.

The next obstacle faced by the Non-governmental organisations is lack of man-power (lack of personnel qualified in drug abuse prevention). The Non-governmental organisation have to depend very much on governmental agencies and some members of the community to come as experts or resource persons in the area of drug abuse. The reason may be that most of the workers in these Non-governmental organisation are not trained in this area and as a result most of them feel particularly at risk when working with drug users and in disseminating information to the different target groups aimed at.

Lack of infrastructure i.e., office, staff, volunteers, vehicle is one of the obstacle faced by non-governmental organisations. For any preventive programme organised, cooperation is needed from the general public i.e. the youth, adults and parents in particular, but in this study it is found
that this is lacking. The reason may be that the general public are not aware of the intensity of the problem. The few people who claim to know, can be found to harbour mistaken beliefs about drugs and their abuse. The source of their information is generally a few television serials, feature films, the advertisement, and news reports in the print media.

Some of the non-organisations have stated lack of media materials to be one of the obstacles faced for creating awareness. The study shows that a little more than 50 per cent of the Non-governmental organisation organises such preventive programmes only twice in a year and a few non-governmental organisation organised such preventive programme more than three times in a year. It can be said that only luke worm attempts have been made in disseminating the information to the different target group aimed at. The reason may be because of a number of obstacles faced by the Non-governmental organisation. It is therefore imperative for the Non-governmental organisation to increase the frequency of their programmes and sustain the tempo till the problem is effectively curbed.

For the successful implementation of the preventive programmes a number of suggestions have been given by the Non-governmental organisations. They are (i) Drug education should be integrated in the school curriculum.
The reason why all the non-governmental organisation emphasize that drug education should start from school, is because they are aware that most of our youth start taking drugs or are initiated to drugs from the time when they are at school. They suggested that a Counselling centre be constituted in each school and college for Counselling students and more importantly the parents and guardians of students.

It also suggest that the educational institution and welfare organisation should sponsor opportunities for creative recreational activities for securing a healthy social condition that will curb tendencies towards drug abuse. The reason may be that it supports the saying that 'An idle mind is the devil's workshop'.

It also suggested that local traditional organisations such as the Dorbar Shnong (Village Dorbar), Seng Long kmie (Mother's Union) and Seng Samla (Youth Organisation) should play an active role in generating awareness among the public against drug abuse, since in the tribal milieu of Khasi and Jaintia Hills, the Dorbar Shnong (Village Dorbar) forms the highest local authority where all the village/locality members can take a part inShouldering their duties and responsibilities assigned by the Dorbar Shnong, as it is seen that the local problems including law and order can be solved amicably by the Village Dorbar than by the government agency like the Police force. All members of the village/locality including the men folk, mother's union and
youth organisation can come forward to collectively fight the growing problem of drug abuse. The prime objective initially being to ensure the non-availability of drugs in the area.

Another suggestion put forth by the non-governmental organisations is that the target group such as the parents, in-school youth and out-school youth should be emphasised, the reason being that the youth forms the most vulnerable group and parents have to take the responsibility for keeping their child away from drugs. This can be done through persistence, determination and complete commitment so that parents can save their child from the horrors of drug abuse. For doing this they need to first of all learn the facts about drugs'. Parents should talk or communicate freely with their children. The days are at hand, when parents ought to seriously consider changing their role being 'more of a friend than a parent'.

Drug Abuse is a serious problem that is rapidly spreading. Delay in involving everyone in the community could find your own child a victim to it. 'A year too soon is far better than a day too late'. The motto should be 'United we stand divided we fall'.