CHAPTER VI

THE CASE STUDIES
6.0 Introduction

The focus of study in this chapter is based on Case studies undertaken with the purpose of giving an insight into the life of the drug user (current and past drug user). The interviews were conducted with the help of a schedule used in Case study given in Appendix-D which covered the following areas: personal data, family history, state of home atmosphere, educational history (school and college) of the drug user. Factors that led to drug use, types of drug use, pattern/schedule of usage, experience, parents views, its effects on family life and educational performance. Reasons for giving up the drugs and change brought in their life style (especially in the area of educational performance) after discontinuance of drugs. All the twelve Case studies selected for the present study had been drug users selected from among the Current and Past drug users, who are studying in the different colleges in Khasi and Jaintia Hills. Seven drug users i.e. from Case A to Case G are Current drug users and five drug users i.e. from Case H to Case L are Past drug users.

These 12 drug users have been selected after interviewing 400 drug users. Their life conditions are entirely different reflecting their varied life styles of living which lead to drug use. The main aim of the case study is to bring out the family background of the respondent, pattern and history of Drug Use, parents views and reaction towards drug use of their children and its effects on their educational performance,
and the changes brought in their life style after discontinuance of drugs.

The 12 drug users have been selected for a detailed study only after observing their lives at close quarters and keeping in touch with them and their family members for a long time. Efforts have been made to make them aware of the objective of the present study to solicit their co-operation. The investigator has also made useful contacts with the people who knew the drug users.

The profiles (case study) of their lives, exemplify the subject of the present study and in a way shield them from becoming a drug addict.

6.1. Case studies of the Current User
(Those Who are Currently Taking Drug)

CASE - A

The respondent is a nineteen year old boy who is doing his P.U. (arts) First Year in a college. 'A's father is a matriculate and works as a contractor. His mother is an illiterate. His father's monthly income was Rs. 4,500/-. Both parents were separated when 'A' was only 7 years old. His mother had to work very hard to make both ends meet. After desertion of her husband, she worked as a vegetable vendor. The respondent is the eldest in the family. He has a younger brother and a sister. Both of them are still in school. The family's income is
approximately 1,650/- per month. His experience with his father he says, 'is a bitter one'. He would come home drunk and beat his mother, and when he found us asleep, he would wake us up and ask us to study'. There was always chaos and confusion in the house. After he left us, financially we were at stake, but there was peace and harmony at home.

When 'A's parents were staying together 'A' attended an English medium school till class III, but when both parents were separated, 'A's mother could not afford to send him to an English medium school, so 'A' was sent to a Vernacular school where the fees were less compared to the English medium school. When 'A' was a child, very often he did not do his homework regularly as there was no one in the home to help him in his studies. 'A's mother being an illiterate, depended very much on her husband who was literate, but many a times it was never possible for him to help 'A' in his homework as he would come back home in a drunken state. In many instances 'A' would go to the school without completing his homework, 'A' says, 'My teachers do not understand me, they do not know what I am going through at home'. They would call me a 'lazy boy' laugh and mock at me in front of my friends, this hurts me very much. There were times when I never wanted to attend school. I have a hatred towards my teachers'. It was only when 'A' went to the Vernacular school, there was a teacher who knew his mother well and she knows how much tension there was in their home. She was the one who encouraged 'A' to attend school, regularly, to study hard and be someone in life, but most of all
she says, 'to be able to stand on my own feet.' She was the one who tutored him. 'A' was regular in his attendance though he was an average student in the class. 'A' loved singing and playing football. During the Inter-School Football match 'A' would represent his school. Before taking to drugs, 'A's percentage of marks was 50.14 per cent.

The respondents initiation to drugs was through his friends who described to him, how good it made them feel, it relieved their tension and miseries of life. This was how 'A' started to take drugs. He started when he was studying in Class X at the age of seventeen years. He started with dope and ganja. 'A' felt happy as now he was part of the group who would always cheer him up. At this time he took to drugs three to four times a week. After, he took to drugs there was a fall in his educational performance. At the H.S.L.C. Examination he got only 40.24 per cent. There was also a fall in his attendance and most of all he says, 'I could not play football like before; earlier I had the stamina and strength to play but after taking to drugs, I realised that even for a span of fifteen minutes I was unable to play'.

When he joined college, apart from taking ganja and dope, 'A' and his friends pooled money and took a drug known as No-4 (heroin), 1 gram cost Rs. 700-800. He did not get money from home, but he got it from his daily wage, working as a salesman after college hours. He did this work to support his family. 'A'
would take at least two to three shots in a week. When No-4 was not available he would switch to spasmoproxivol. The intake increased from four to five times in a week. This went on for a period of eight to nine months. The use of drugs made 'A' feel happy and light hearted. He became quite indifferent to his surroundings and lives in a world of fantasy, imagining himself to lived with both parents in a well furnished house where all the needs were met, a home where there was peace and harmony. 'A' says 'I feel very sad when the drug wears off, as again I have to face the realities of life, where I am a single parent child and see how my mother has to struggle very hard in life to meet our needs. It is at this point of time that I have the craving to take the drug again to forget the miseries of life'. The intake increased till 'A' became dependent on the drug. 'A' started to loose interest in his studies, and turned irregular in his class attendance. He says, 'I think of nothing but the drug, drug is my life'. At this time 'A' suffered from withdrawal syndrome when he was studying in P.U. Ist year (arts) and he was unable to appear for the Promotion Examination.

'A's mother is simple, conservative and old fashioned. She is not aware that her son is on drugs. Recently 'A' had withdrawal syndrome which was similar to flu. Even after continuous intake of medicines prescribed for flu, the pain did not subside. 'A' complains of bodyache, watery eyes and running nose. This lasted for three to four weeks. 'A' says, 'I take the shot again and again because I fear the recurrence of the
withdrawal syndrome'. 'A's mother was very much worried, his mother took him from one doctor to another, to find out the root cause of the problem. Until one doctor suspected 'A' to be under the influence of drugs. The doctor talked to him confidentially, 'A' had no other alternative but to disclose the truth that he was on drugs, and had become dependent on it. The mother was shocked to know that her son was on drugs. She did not really know much about drugs. She told the doctor, 'how can you say that my son is on drugs; I think you must be mistaken. My son never comes home drunk; when he returns home he is always sober, only sometimes he looks tired and restless, unable to eat and only recently his health appears to deteriorate; I could never suspect my son to be on drugs'.

'A' says, 'My drug taking behaviour has a tremendous effect on my health, educational performance etc. but most of all on my mother. I want to strive very hard to change, turn into a new leaf. I realize all this while that I was living in a make believe world. Now I should be brave and face the realities of life. I still remember the wordings of my teacher when I was a child, 'study hard, to be someone in life but most of all to be able to stand on my own feet'. This is the motto which I should strive for, 'bury the past and live for the present'.

The above case study shows the effect of his parents separation and how he longs for a home where there is peace and harmony. Another aspect in this case study that we see is that
there are many parents who are like 'A's mother, not aware that their son or daughter is on drugs or knows nothing about 'Drug Abuse'. What is needed is that a drug awareness programmes should be arranged for parents as one of the strategies for prevention. It is of little use reaching only to a few (the elite class) through seminar, workshops which are being organised by both governmental and non-governmental agencies. What we need is that these preventive strategies adopted should reach people of all walks of life i.e., it should reach the grassroot level, as people of every socio-economic status are being affected by the menace of drug abuse which affects not only the drug user but most of all his family.

**CASE - B**

'\text{B}' is a twenty-three year old girl who is full of life and vigour. 'B's father is a graduate and is a businessman. 'B's mother is a matriculate. Both parents are very much involved in running the family business. Their monthly income is about 9800/-. 'B has two younger sisters and a younger brother who are still studying in school. They live in a well furnished house in an urban area in one of the states of the North East. As far as the family background is concerned this is a brief statement of the family. The family earns their livelihood by running the family business. Both parents are engrossed in their work. While at home 'B' gets all the comforts of life. 'B' says, 'my parents have given me everything except 'time' to be with me. Though I
get all the material comforts of life, what I need is their love, care and affection especially maternal love.' Oh! how she wishes that when she comes back home her mother would be there at home with whom she can talk to, share her experience's of what happened during the day and discuss her problems. She says, "though, we have everything in our house which most people do not have, but I usually regard my house as an empty house where I find that people whom I love and care for are not there, but only a household maid who would serve me food, wash my clothes, clean the house, etc.' The mother has no time for the children. She's always busy in the family business.

With regard to "B's educational performance right from Nursery up to class VI. She was a first divisioner student, her position in class was usually second and third. But from class VII up to class X, there was a tremendous fall in her educational performance. This was the time when the family business was very prosperous. "B's mother had no more time to look after "B's studies, business work was more important to her. "B' says, "My parents are too materialistic in their approach towards life. Money is more important to them than anything else in life.' In school "B' was not very interested in games and sports but was more inclined towards singing and playing the guitar. "B' says, "I still remember one experience in my life, till today it is still fresh in my mind, it makes me feel very sad when I remember it. This happened when I was in class IX. All parents were informed and invited to attend the Parents Day concert. All my
friends were very happy to see their parents or at least their mother attending the concert. I waited and waited and none of my parents came to the concert to see me singing. The wordings of the song I sung were 'I am no body's child .... just like a flower I am growing wild, no mama's kisses and no daddy's smile ....' This song touched me not seeing my parents there. When the song was about to end I cried. Everyone was so touched but no one knew why I cried.' When `B' appeared for the Final High School Examination, she got 51.5 per cent. `B' was thrilled. `B' says, 'my parents did not have much time to appreciate my results'. Her father just asked her, 'will Rs. 2000/- be enough to give a treat to your friends?' `B' says, 'why don't my parents understand, its not only the money which I need, I need them. I want at least my mother to be there when my friends come over for tea.'

After her schooling `B' attended her undergraduate studies in her hometown where her parents reside. In the absence of parental care, love and affection `B' had ample scope to mix with her friends. They spent most of the time attending parties. It was here, at the age of seventeen years that `B' met a boy named Pete who was of her age, who became very friendly with her. She became very attached to him and their bond of friendship became stronger day by day. `B' says 'Pete at least tries to understand and cares for me, not like my parents'. After a few months of knowing one another, it was at a friend's birthday party that `B's boyfriend introduced her to drugs. They started
with Brown Sugar by chasing it. It is termed as 'Chasing the Dragon.' 'B' says, 'it's the ultimate way to escape nothing bothers me, I am in a world of dream.' 'B' says 'I do not really know what I am doing in class. I cannot concentrate when I am stoned'. Apart from taking Brown Sugar 'B' and her boyfriend also take two shots of heroin in a week. 'B's educational performance deteriorated, there was a fall in attendance. She did not revise her lessons daily. Her mind was obsessed with the thought of her boyfriend and the drug. When her parents came to know about 'B's intimate relationship with her boyfriend they decided to send their daughter to Shillong to continue her studies thinking this would separate her from her boyfriend. 'B' came to Shillong and took admission in a college attending Pre-University (Arts) final year. After coming to Shillong her drug taking behaviour lessened as heroin was not easily available. She started taking dope as it was easily available. Day and night she remembered her boyfriend. 'B' says, 'I missed him very much.' Her room mate tried to help her and introduced Diazepam to her as she would be able to sleep and her mind would be relaxed. She took Diazepam at least twice a week for the past two months. She attended classes with a firm determination to get through the Pre-University Final Examination. She was very cautious to see that she did not take any kind of drug during the examination. She appeared for the exams and got through in the Third Division securing 37.14 per cent. After joining the degree course once again she was hooked to drugs, when her boyfriend made his regular visits once again, without the knowledge of 'B's parents.
When Pete came he brought along with him No.-4 or heroin. 'B' started to push No.-4 again. When No.-4 was not available both of them would take Spasmoproxion. 'B' could not attend classes, did not sit for her class test nor revised her lesson. She says, 'Even when I attend classes, I do not know what is going on in class, I cannot concentrate, become restless and I have a variety of reactions such as vomiting, loss of body weight and sometimes depression.' A stage reached where 'B' was unable to attend classes. Her room mates could not tackle this problem any more. 'B' was taken to a Rehabilitation Centre after informing her parents. She was detained for three months till the time of the interview. 'B' is still under medical treatment. 'B' says, 'I still have an aspiration to complete my graduation and be someone in life.' 'B' developed a hatred towards her boyfriend, she says, 'How could a person whom I love and trusted ruin my life. I hate him. Oh! I hate him.'

When 'B's parents came to know of her condition, they were very annoyed. 'B's mother said, 'I don't understand why my daughter should fall a victim to drugs. What does she need, she gets everything, good clothes, food, pocket money Rs. 4000/- whereas other fellow students are unable to get. Both of us as parents, work very hard for the sake of our children but 'B' doesn't seem to realize this. Instead what she's brought to the family is only disgrace. What will the people in our hometown say if they come to know that our daughter is on drugs.'
In brief it can be inferred that in this particular case there is a strong implication of parental deprivation felt by the respondent which led her to seek solace elsewhere. In this case she found solace in the company of a boy who introduced her to drugs. Her physical health and educational performance took a battering down. The mother instead of being concerned about her child whether she would overcome the problem of drug abuse or not instead was more conscious of people's likely adverse remarks against their family. Both parents failed to realize that what their child needs is their love, affection and time to be with her.

CASE - C

`C' is a 17 year old boy, tall and handsome and is the only son of his parents. `C' has two younger sisters. Both of them are still studying in school. `C's father has a B.E. degree. He holds a prestigious post in the Government service. C's mother is a graduate but she does not work. Their monthly income is Rs. 6000.00 per month. Being the only son of his parents, too much love and affection has been showered on him by them. He says, `I am the apple of their eyes. I get everything from my parents and a sum of Rs. 20/- to Rs. 50/- daily as my pocket money.' `C' had his schooling in one of the renowned school in Shillong where till today students from all over the North Eastern Region would
come to study. As a student in school, he was loved and liked by his teachers and classmates because of his amiable personality, he was helpful, jovial and at the same time serious in studies. As a student, he was actively involved in co-curricular activities and was the captain of his House Team in school. His aim as a boy at school was to compete for the civil services examinations.

'C' took to drugs out of curiosity. According to him 'curiosity' is the common reason for trying drugs. He says, "With the amount of literature, talks and discussion available on the subject, many youth are tempted to find out for themselves what the experience is really like." Every-day on his way to the college he sees a poster which says 'SAY NO TO DRUGS, DRUGS WILL KILL YOU'. He became curious to know what it was really like. So when he was at the college level, as an undergraduate student at the age of 16 years 5 months along with a group of friends they took to drugs. The first drug which they used was 'Dope'. He had his first experience with drug along with his friends who were having what is known as a 'Dope Session'. He says, he prefers to take it in a group along with his friends rather than taking it alone. Till the time of the interview he has taken it at least once a week for the past four months. The type of drugs that he takes are dope, ganja, bhang and three days before the interview his friends had also given him a cough syrup called 'Efidrox'.

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Right from the time when 'C' was at school he was very fond of music (especially western music). 'C' finds that when he is on drugs listening to stereo music or live music organised by different beat groups in Shillong, the spatial separation between various instruments sounds greater. He says, 'when listening to music when I try to have an auditory image, it is more vivid, with my eyes closed and just listening to sounds, I can hear more subtle changes in sounds, for example, the notes of music are purer and distinct. I can understand the words of the song which are not clear when I am straight'. For 'C' the negative aspect of his experience with drugs was the effect it had on his mood. They tended to accentuate whatever mood he was in at the time he was taking the drug. He says, 'when I am happy I feel happier after taking the drug and when I have unpleasant thought interners then that predominates.'

'C' was a good student; as a boy at school he was regular in attendance, active in sports, singing, dramas as well as good in studies. Throughout his school years, he was always a 1st class holder. His percentage of marks which he obtained at the I.C.S.E. final school examination was 69.2 per cent. In the Football match held on the school sports day, he was declared the 'Man of the Match'. He likes reading and listening to western music. As stated earlier he was a boy who was liked by all. 'C' took to drugs just for the sake of curiosity. When asked whether his drug taking behaviour affected his educational performance?
He says, "not much". Even after taking drugs he says, "my attendance at college was regular, I still participated actively in N.S.S. programmes, N.C.C. and other co-curricular activities held in the college, but he says, "there is one thing which happened when I look back I realized that after taking dope, bhang and cough syrup, I would feel drowsy in the class, unable to concentrate and tended to accentuate whatever mood I am at the time of taking the drug." When he appeared in the Promotion Examination he passed with Ist class marks (66 per cent). He says one reason was "I don't take the drug regularly and not during examinations". This is the reason why it did not affect my educational performance but if I had taken it regularly it would have affected my marks, my health and my attendance'. He further adds by saying "None of the teachers or the Principal at the college are aware that I have started taking drugs".

'C' considers his parents as being quite liberal. There had been no traumatic effects or dramatic scene at home. In the beginning no one at home was aware of his drug taking behaviour. It was only once when he had a negative effect which affected his mood, that his parents asked him if something was wrong with him, he just told them that he had had a bad day at college. They did not ask him further questions. Once when they were sitting in front of the T.V. screen there was a serial which showed how a young boy was hooked into drug and how it affected him. After the serial was over he could not hold it to himself any longer. He said "Mama for the past few months I too have started taking dope
and ganja out of curiosity, but not regularly, just once in a while.' His father overheard and said, 'my son this is part of growing up, it happens when one may just want to experiment it out of curiosity, but remember you still have a future ahead of you. Do not get hooked and become addicted to it. Life is very precious.'

The Mass media may create a negative impact which was the case of this boy. The good intention of the mass media to spread the message of drug abuse prevention generated curiosity in the mind of this young boy. This curiosity impelled him to experiment with drugs. Fortunately, the boy was not regular in using drugs and at the same time a cordial family relationship existed between him and his parents. Therefore, there has been not much of an adverse effect upon his educational performance. A free interaction between him and his parents enabled him to realize the worth and brevity of life which will reinforce his resolution to stay away from drugs.

CASE - D

'D' is an eighteen year old girl, dark in complexion, moderate in physique, plump and a sad look on her face. She lives with her parents and her only brother who is younger to her. 'D's father works as a clerk in an office and her mother is a housewife. Her younger brother is studying in a school. The family's income is approximately Rs. 3800/- per month. 'D' had her
schooling in a vernacular medium school. She is sincere and studious, and regular in completing her home-work. She attends school regularly. `D' actually participated in a number of co-curricular activities organised in school especially in games and sports. She was a good basket ball player and was the captain of the team. Her percentage of marks at the HSLC Examination is 52.21 per cent. `D' usually helps her mother in household chores since they cannot afford to keep a maid servant. Her mother always reminded her time and again that `life is not a bed of roses. As you sow, so will you reap.' Her mother has also inculcated in them the need for hardwork and to achieve goals in life with right means.

Like all girls of her age `D' is conscious of how she looks. She hated herself for being dark but most of all for being fat and plumpy. She envied her friends who were tall, slim, with a proportionate figure. Along with her friends in the college quite often they would attend parties. `D' noticed that most boys did not like her. Because of her physique, she tended to become very shy when talking to the boys. This made `D' to feel more and more conscious of herself. She discussed her problem with her friends at college who suggested that she Dexidrine, as this drug would help her to lose weight. `D' brought the drug from the pharmacy. Without any hesitation she took the drug one tablet daily for a period of six months till the time of the interview. The drug made `D' active, excited, talkative, energetic and euphoric. She felt more free to mingle with friends of the
opposite sex. She found she could cope better with her studies, the reason being that till late at night she is able to study. When she appeared for the Promotion Examination, she found herself to be doing fairly well. Her percentage of marks was 51.62 per cent. She also found herself to be eating less than she did before. Within a period of two months she lost 6 Kgs. On the whole her experience with drugs had been a pleasant one. Her parents were happy to see their daughter staying up late at night to study. They did not know that their daughter was on drugs.

It was only when four months had lapsed, that she realized that on the whole her health was deteriorating. She had no appetite and her sleep was always disturbed. It was only after 2 AM in the morning that 'D' was able to sleep. This affected her very much. This led to anxiety, bitterness and wakefulness. As a result of this she was unable to concentrate on her studies. She says, 'when I look at the book and read, I find that everything is clear, but after sometimes I am unable to recall what I have read, my mind becomes blank.' 'D' became irritable in her behaviour. She was also unable to participate in Basket ball as she did before taking the drugs, as she found herself physically weak. Though 'D' was regular in her class attendance but recently just two weeks before the interview, she says, 'I am unable to attend classes regularly these days, as I find myself not being able to sit for longer hours in the class, I become very irritable.' One day as she looked at herself carefully in the mirror, she found that though the drug had helped her to become
slim and trim yet the glow in her face had vanished. She looked fragile and dark circles had developed round the eyes. She says, 'I don't know what to do. How to disclose my plight to my parents.'

'D' considers her parents to be conservatives, simple in their approach towards life. Both of them work very hard to make both ends meet. She says, 'I've betrayed all the trust that they have, how can I face them? How will they react when they come to know that I've been taking drugs daily. I do not want to hurt them. I love them very much. 'D's parents were very worried about 'D's health. They presumed that her health was caused by long hours of study and inadequate sleep and rest not knowing that this was the effect of the drugs.'

This is a case of a girl who resorted to drugs to overcome feelings of inferiority related to her physique. She was misguided by her friends to take drugs as a means to improve her physical appearance. Friends have played a dubious role in her life. Had there been proper guidance and counselling she may not have fallen into the trap of drugs. However, in spite of her condition her upbringing had a lasting impact upon her life which has been revealed in her statement of betrayal of trust. As she has not lost the sense of responsibility and duty towards her parents there is a bright hope for her to give up the habit.
share their books and notes. Their bond of friendship became stronger and stronger. Both their families knew each other very well, being close family friends. Both families agreed to their relationship. After two years and a half of knowing one another, the girl ditched him for another boy. 'E' became very unhappy and depressed. Some of his friends suggested that he try drugs since they are reputed to elevate the mood and make one feel happy. He took to ganja and bhang. 'E' started taking it regularly for a period of four months till the time of the interview, in the hope that this would turn out to be true. He says, he had no real idea what to expect, nor had he been really curious to find out. He took drugs with the hope of finding a cure for his depression. He says, 'I love her very much, I have always been faithful to her. I studied hard to become someone in life in-order that I could give her all the comforts of life. I missed her very much, she's my life'. He preferred to take drugs alone or with one or two friends. When he took drugs with his friends he usually stayed overnight with them and went home in the morning. At home his parents knew that he was very depressed but none of them suspected that he was using drugs. He says, 'Ganja and Bhang helps to relieve the tension, depression and anxiety. I feel better after each experience. It is refreshing.' He felt fresh and happy and this reinforced his initial hope that drugs would be able to help him. He felt that drugs stimulated his creativity, as after taking drugs he was often inspired to write poetry. This feeling remained even after the drug experience had worn off.
His parents suspected that he was taking drugs but they could neither prove nor catch him at it. One day it happened that in the morning, 'E' was depressed, he had no appetite for food. He kept seeing the vision of his girl friend standing before him. He took to bhang, after taking it the drug tended to accentuate his mood, as he was sad and depressed that day he sobbed uncontrollably. Since an unpleasant thought had intervened then that predominated. He felt he was unable to cope with the ugly and fearful thoughts that were being released.

Seeing his condition, his father was very worried. He was unable to concentrate on whatever he did he took him to a Psychiatrist, for two weeks 'E' responded to the treatment. But according to 'E' the psychiatrist himself did not know enough about the effects of drugs and could not understand the problem he was going through. 'E' stopped going to him. His friends advised him to take diazepam as this drug would relieve his tension, induce sleep and provide a calming effect. First 'E' took one tablet daily for two weeks then the dose increased to two tablets for nearly two weeks. The time came for 'E' to appear for the Selection Test he felt that he would be unable to appear in the Selection Test as most of time he felt drowsy, unable to concentrate, he reads but after sometime he was unable to recall what he had read. He became irregular in his class attendance. He became restless. At the time of the interview 'E' was found composing a poem about his love for his girlfriend 'E' says 'I
started composing this poem for the past one week but till today I find I am stuck; there is no flow of ideas and words. I am unable to concentrate on what I write'. He further says 'I don't know what to do, I need help. All this while I have been living in a world of fantasy or in a make believe world'.

This is a case of a boy who took to drugs as a means of escape from the harsh reality of a broken love affair. It appears that the parents had neglected to counsel him to enable him to cope with the crises. It was only when the boy's depression manifested itself in full view of the parents, that they took him for treatment. He obtained wrong advice from his friends and thus led a life depending on drugs. The boy had been on drugs for a period of nearly six months yet he felt the adverse effect on his study and class attendance.

**CASE - F**

`F' comes from a well to do family. Both of his parents are graduates. His father works as a manager in a Firm. His mother works as a nurse. `F' is the eldest in the family. He is seventeen years old. He has two younger brothers and one younger sister. The total family income is approximately Rs. 9500 per month. The respondent lives with his maternal aunt at present. His immediate family lives in Bombay. His younger brothers and sister are still studying in school in Bombay along with the
parents. At present 'F' is doing his Pre-University (Arts) in the First year.

'F' studied in an English medium school in Bombay. At school 'F' was a fairly brilliant student. He represented his school in the quiz and debate competition held on an Inter-school basis. His hobbies are reading and playing classical music on the Sitar. 'F's initiation to drugs was through his friends who described to him how good it made them feel. So 'F' tried drugs out of curiosity. He was still in school at that time studying in class IX. 'F' believes that young people take drugs primarily for the experience, though initially there may be a variety of reasons such as curiosity, pleasure. Some take it because it is the 'mod of the day'. He says his main reason for trying drugs was curiosity, though it seems that his peer group did influence him quite strongly not only to start but also to continue. The first type of drug that his friends offered was L.S.D., the first time he took L S D he felt 'queer'. The trip lasted for about seven to eight hours. As he was walking down the street he felt as though people were all staring at him curiously with amused looks. Another effect that L S D had on him was that they magnified even the softest sounds. As he was walking the traffic noise became unbearable and even whispers of people became loud. 'E' claims that LSD was able to bring visual hallucination. One day when he was on the L S D trip, as he was sitting in the living room along with his parents he happened to look at the flower pot hung outside, as he was staring at this
object through the french windows, it looked as though it was someone standing outside who was trying to enter into the house. He looked again and immediately he jumped out trying to catch hold of the burglar. 'E' was hurt by the cut of the window pane and immediately he was rushed to the hospital. His experience with LSD was a change in visual perception. Objects changed their original colour for e.g. he saw yellow turn to red, green turn to black, red turn to purple. 'F' usually took LSD along with his friends during weekends, so that it would not affect his studies and attendance at school. That year 'F' appeared in the final Examination and was promoted to class X. His percentage of marks was 50.1 per cent. He says, 'my drug taking behaviour did not affect me much as I did not take LSD when going to school but only on weekends along with my friends. My attendance in school was regular but my habit of studying daily deteriorated especially during weekends. I was unable to concentrate on my studies. Earlier during weekends my interest was in reading books and playing the sitar but my interest now is more on having an LSD trip along with my friends.' he further says, 'Now that I am accustomed to these experiences, I am able to function adequately even when I am completely 'stoned'. He is able to distinguish between reality and hallucination and so he feels that he is not in any danger.

His parents became aware of his drug taking behaviour. 'F' considers his father as liberal and mother as quite conservative. When 'F' told them that he had tried LSD, his father
asked him saying `my son be careful, you should think of your health,' but did not interfere in 'F' decision. His mother knowing that he was on drugs, panicked, was upset and took a drastic step to stop him by stopping pocket money. His mother being a nurse feared that 'F' might turn into an addict. Seeing the attitude of his mother who loved and cared for him very much, he decided to give up taking drugs. He says, 'How can I lose my mother's love and affection for the sake of the drug' So he discontinued taking LSD.

Once when 'F' was in the tenth standard their school went on a tour to Goa. While they were walking down the beach, they heard someone singing a song 'Proud Mary'. So they moved towards the direction of the song. When they came closer, they found a group of young boys and girls sharing one cigarette among themselves. Till then 'F' had never smoked a cigarette in his life. So he decided to smoke. 'F' took a few drags and passed it to his friends. 'F' started feeling drowsy. As 'F' stretched on the beach, he asked his friend 'Wow' what is this that we smoked. They said the stuff was called 'Dope' or 'Hash' or 'Charas'. That night it gave 'F' a good night's sleep. After coming back to Bombay, 'F' and his friends went to Joint at least twice a week after school. His mood usually improved when he took drugs. Since one of his hobbies is to play classical music on the sitar, he found that drugs also enhance his experience of music. 'F' found that by taking charas it not only stimulated his appetite but it enabled him to concentrate in study. So to 'F' drug taking did
not affect his educational performance. He says "with a moderate dose it does not affect him, but he has seen how drugs had affected and ruined his friends who were unable to control themselves. One of 'F' s friend who comes from a respectable family now sleeps in the streets of Bombay, he says "the reason is, he is unable to control his drug intake." 'F' appeared for his I. C. S. E examination and got through with 55.61 per cent. After he had his schooling in Bombay, his parents sent him to Shillong for college education with a hope that he would lead a drug free life style. He now stays with his maternal aunt and is attending college doing his P.U. (Arts) First year. Till the time of the interview 'F' still continues taking dope at least two to three times in a month. Recently, he participated in the Debate competition held at an inter college basis, his team won and he was adjudged the best Debator. He says, everytime I take dope I remember my mothers words, love and affection and it greatly restrained me from indulgence in drugs.

This is a case of a boy who fell into the trap of drugs, out of curiosity created by his peers. His drug taking behaviour did not turn him into an addict. Here we see the influence of a mother's love upon the son. If it had not been for her the son might have turned worse. But in the company of friends away from home he gave in to pressure and took to drugs but here again he did not take to drugs on a regular basis as this would have affected his studies adversely.
CASE - G

`G' is a twenty year old boy. He is the youngest son of the family with two elder brothers. Both his parents are separated. All of them live with their mother. `G' is doing his B. Sc (1st year) and one of his brothers is studying in college doing his Pre - University Since (Final year) and the youngest brother is still studying in school. His mother is a doctor. Both his parents are not on good terms, but his father visits them often. All the expenses required for the three son's education is borne by the father. His father is a businessman. The total family income is approximately Rs. 7500 per month. `G' was an extremely willing respondent, eager to share his views with the researcher. `G' was educated in a well known English medium school in Shillong, he joined College and is now doing his B.Sc. (Hons.).

At school, `G' was a bright student who always secured either the First or Second position in class. His interests are inclined towards games and sports. At the 'School sports Event' `G' was always declared to be the best sportsman in the school. He has a well built physique. His daily routine life from school days was to get up at 4 A.M. go for joggings, come back home, study for an hour and prepare himself for school. That was his daily routine. According to `G' there are several reasons why young people take drugs, one is to be part of the 'in group' and

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to some because it's 'the mod of the day' and some feel that taking drugs is 'part of growing up'. In his opinion it is the intelligent among this College crowd who take drugs, because they are bored and need stimulating experiences. 'G' took to drugs to help him to concentrate and do well in his studies.

'G' first started with ganja and sometimes would also take bhang. He started taking it when he was doing his Pre-University (Science) 2nd year with a hope of doing well in his studies. He found that 'ganja usually relieves fatigue', it helped him to bear more cheerfully the strain and perhaps the monotony of the daily routine but most of all it helped him to concentrate. 'G' says, 'Whenever I study and am not able to understand a particular topic. I take ganja and then everything is clear to me. It also helps me to concentrate on what needs to be done'. As a sports player, 'G' finds that taking ganja does help as it 'increases his appetite' especially when he smokes it in an empty belly. 'G' took ganja at least for three to four times in a week. He has been taking it for a period of more than six months. In the College he participated in co-curricular activities (sports) just as before taking to drugs, his attendance in college was also regular. But to his surprise he found that when he sat for the Final Pre-University examination he found that certain topics which he had studied, when he sat down to write the flow of ideas stopped. He thought the reason may be because he did not take ganja on examination days. Even then 'G' got through the final pre-university examination with a
second division where he secured 58.64 per cent. So on the whole his drug taking behaviour did not have much of an affect on his educational performance.

`G' has kept his drug taking habit a secret from both his mother and father. None of them are aware that their son is on drugs. He feels that if they knew they would be very hurt and shocked. It would affect his mother very much. Very often his mother would tell him "My son, please be very careful with the type of friends that you mix with and do not play with alcohol and drugs. Instead of your controlling alcohol and drugs, they will control your life. You should have a strong will power to say No when offered." These words kept pricking him. After the final exams, his frequency of drug intake decreased and he then gave up this habit. He says, "I could do it, I took to drugs out of curiosity, or to enhance pleasure but to help me to concentrate and do well in my studies." Since my exams are over, I did not feel much need for taking the drug.

When `G' was doing his B.Sc. (1st year), his friends told him that there is one drug available known as Dexidrine, which will help one to study. `G' became curious and interested and fell into the trap of drugs with an intention to fare better in his studies. From then `G' took Dexidrine regularly. One tablet a day for a period of one month from the time of the interview. `G' found that using the drug helped him to study at night, and to stay up for longer hours. This drug also made him
energetic and active. It helped him not only in his studies but it also made him active in games and sports. But just a week before the interview `G' found a loss in appetite and was also unable to sleep at night. The drug had an effect on his educational performance. He therefore felt the need to consult a doctor.

This is a case of a boy who took to drugs not out of curiosity, depression or peer pressure but who took drugs to improve his educational performance. Though initially he felt that drugs helped him to concentrate on his studies but in the long run it deteriorated his performance. This clearly indicates that when one is still a beginner (novice) or when the frequency of drug use is less it has no perceptible adverse effect but when the frequency of drug use increases then its ill-effect is felt.

6.2. Case studies of the Past Users
(Those Respondents who Have Given up Drug Taking)

CASE-H

`H' is a twenty-five year old boy hailing from a wealthy coal mining family in one of the towns of Khasi and Jaintia hills. Alcoholism had claimed the life of his father. Therefore, his history has been taken from his mother. The educational qualification of `H's father could not be known. His mother is illiterate. After his father's death, his maternal uncle raised him up. `H' has two elder brothers and a younger sister.
When 'H' was a child, his academic performance was excellent. It was learnt that from class I to class VI, he stood first. But when he reached class VII, he fell into a bad company of friends and his life changed. His maternal uncle had to run the coal mine business and could not devote time to the family. 'H' received sufficient pocket money from his uncle to meet his extravagant habits. Therefore, friends were always around him. Shortly after it was found that 'H' was not serious in his studies. He returned home late from school and started loitering in the evening. At this point of time along with friends he was initiated to dope and bhang. The behaviour and habit of 'H' baffled his mother. She blamed the maternal uncle for negligence of duty towards his nephews and niece. The maternal uncle had little time to spare for them due to the coal mining business. He could not ensure that his nephew was utilising the pocket money to meet his genuine needs.

Curiosity led 'H' to take drugs initially. As inhibitions fell, 'H' tried cough syrup such as Phensedyl and Corex along with dope and bhang. 'H' said that he took drugs for fun, amusement, pleasure, recreation and to be acceptable in the group. Therefore, 'H' was irregular in school attendance and could not cope with studies. It eventually led to his failure, in the final examination. He was detained in the same class for a period of two years. In school none of his teachers were aware that 'H' was on drugs.
Then his uncle put him in a Boarding school away from Jowai to save him from the clutches of his evil friends. For five months 'H' stayed away from drugs and put off his vicious habits. Then 'H' came in contact with a group of students who were on drugs. He developed friendship with them and once again plunged into the habit of drug taking. 'H' took to a harder drugs such as No-4 or heroin, beginning with one shot in two days and the dosage increased as the days went by. As No-4 was not easily available, 'H' and his friends resorted to diazepa.m.

Physically, drugs caused 'H' to feel excessively sleepy and lethargic. Emotionally, drugs heightened his communication with others. 'H' felt less tense and self-conscious. Drugs always improved his mood. The pleasurable feeling as well as the security of being part of the group motivated him to continue the habit. With regard to studies, it affected 'H' tremendously, he was unable to concentrate as he mostly felt drowsy, sleepy and lethargic, so he failed and was detained in the same class. The school authorities rusticated 'H' and his friends for taking drugs as soon as they discovered the fact. 'H' was re-admitted to the same class in another school in his home town. His drug taking behaviour worsened. A time came when 'H' manifested withdrawal symptoms. 'H' had to drop out from school and was hospitalised for treatment. At this point of time, the uncle and the mother of 'H' castigated him as a useless fellow and disowned him. After recovery of health, 'H' resolved to give up drugs. But
his old friends tempted 'H' to take drugs and he gave in. 'H' thinks he might have succeeded in giving up drugs if it had not for the influence of his group. 'H' had to drop school, he was in no position to study due to the adverse effects of drugs on his body. The use of drugs affected his attendance at school, he was unable to participate in co-curricular activities and his marks score dropped.

At a friends party, 'H' met a girl, who was to play a positive role in his life. She on knowing about his condition had compassion upon him. She befriended him and endeavored to help him win victory against drugs. 'H' poured out his problem to her. For the first time in his life 'H' felt the presence of a true friend. She persuaded 'H' to forsake drugs and assured him of her prayers to God. 'H' felt that someone still loved and cared loved for him. She prevailed upon him to sit for the H.S.L.C. examination. He sat and passed in the Third Division. By that time, 'H' had quit No-4 or heroin, Diazepam, cough syrup but was still taking dope. Therefore his so called friends who were partners in drug abuse deserted him. She took 'H' to attend a Youth Camp organised by the local church. There 'H' learnt that Jesus loved him and was willing to save him from drugs and sin and give him a new life. 'H' confessed his sin, asked Jesus Christ to forgive him to come into his heart and give him new life to enable 'H' to say 'No' to the drugs. Since then, 'H' has been delivered from the bondage to drug completely. 'H's is now leading a drug abuse free life.
Here we see that while on drugs 'H' became irregular in his school attendance, his school marks dropped, he was unable to concentrate in his studies and neglected his studies. Drugs had an adverse effect on his body, reaching a stage where he had to drop school. On the first occasion when 'H' tried to stop taking drugs such as No.-4 or heroin, diazepam and cough syrup but was still continuing to take dope he was able to get through his High School Leaving Certificate Examination with a Third Division. A change took place in his life style only when he totally stopped taking drugs. He was again able to joined college, attended Pre-University (arts) class regularly, was sincere in his studies and participated in the college week activities organised by the college which is part of co-curricular activities. He got through the Promotion Examination at the Pre-University arts (First Year).

'H' is now studying in Pre-University (arts) 2nd Year. He gives his testimony of how God saved him from the grip of drugs and gave him new life, to other young people who are slaves to drugs to help them quit drug abuse. Many of them were led to receive deliverance from drug abuse life through his message.

This is case of a boy who fell into the trap of drug abuse due to lack of parental authority, availability of excess pocket money, curiosity, peer-pressure and sense of security with fellow drug abusers. However the boy found new life free from the
clutches of drugs through a religious experience. He found a true friend and a counsellor in the person of a girl whom he met in one of the parties he attended. Drug abusers like him need such help to overcome their problem. It is in such critical movements of their life good friends and counsellors can play a decisive role and redeem such lives. In this case we see the change brought about in the life of 'H'. His behaviour, his relationship with people improved, he began to see himself as a worthwhile human being who is willing to study and to compete, thus bringing about an improvement in his educational performance.

CASE - I

'I' is a twenty-two year old fair complexioned, good looking girl. She possesses a pleasing personality. 'I's father had a responsible and prestigious post in the Government service but expired just a year back. 'I's mother is a housewife. 'I' is the sixth of seven children. Her elder brother and sister are working, while she and her younger sister are studying. 'I is doing her B.A. (1st year).

'I' had her schooling in a convent school in Shillong. When she was studying in class IX, most of 'I's friends took beer and sometimes alcohol. But somehow 'I' did not relish it as it caused vomiting. One day while 'I' was about to have dinner at a friend's party, 'I' saw a group of boys and girls smoking something which was in a cigarette form. 'I' observed and saw
that all of them looked lost in their own world. 'I' summoned courage and asked what they were smoking. They welcomed 'I' with open arms and told her they were smoking dope which was a harmless drug. 'I' became curious and had a dope. Half way through 'I' experienced a weird but beautiful feeling. From then onwards very often at a party 'I' would take dope. 'I' finds that when she takes dope her appreciation of music is greatly heightened. 'I' feels that her perception of sound is sharpened and she says 'I became more aware of the music.' She feels that she plays better music and sings better. It tends to accentuate whatever mood she is in at the time she is taking the drug. So if she is happy she feels happier but if an unpleasant thought intervenes then that would predominate. No one was aware, neither her parents at home nor her teachers at school. She would take to dope at least once/twice in a week but mostly on a saturday at a party. Usually on Monday, 'I' was unable to attend school she would complain to her parents of a headache and a feeling of lethargy. This went on for about two to three months. As a student at school 'I' was a good student and she had a good command of the English language. Her drug taking behaviour did not affect her educational performance much. She attended classes, did her homework daily, revised her lessons and studied except on days when she took dope. She appeared for the Final Examination and was promoted to class X. She secured 50.44 per cent. She continued taking dope even in class X, but the frequency of use decreased to at least twice a month only on days when they attended parties. She participated in the school annual
concert in dramas and songs. She appeared for the H.S.L.C. Examination and passed in the second division securing 51.21 per cent. She says, 'I do not take dope during the exam time. This is one reason why my drug taking behaviour did not affect my studies.'

'I' entered college, joined the pre-university first year and took Science with the intention of joining the medical college. Everything seemed fine till the time when 'I' s friend introduce her to No.-4 or heroin. They started first with chasing, called 'chasing the Dragon'. This went on for a period of one month. Then later on it went to the extent of injecting No.-4. It started first with one shot once in three days and then it went on to two shots in a day 'I' and her friends pooled money together as one gm. of No.-4 cost Rs. 700/- to Rs. 800/- once. In-order to procure money she went to the extent of stealing money and articles from home. This time 'I' did not attend classes regularly nor did she complete her practicals to be done at home. She says, 'I did not know what was going on in the class.' The effect was that 'I' failed in the College Promotion Examination. 'I' was asked to shift to the Arts Section. This went on for a period of one to two months. Suddenly, one day 'I' started feeling sick and weird. 'I's nose and eyes started watering, there was pain all over the body, especially in the joints. This was followed by vomiting and diarrhoea. 'I' attributed this to some sort of a sickness. She told her friends about it. They advised 'I' to take a shot of No.-4. On taking it
all the pain and other problems also vanished. The shot worked like a magic ward. This was the day 'I' realized that she had been addicted. After this, 'I' was unable to attend classes regularly and could not concentrate in her studies also. The feeling of helplessness and the fear of the turks compelled 'I' to increase the dose of No.-4. When No.-4 was not available 'I' and her friends took to spasmoproxivon. Again 'I' started feeling sick and weird. There was also a loss in her weight. She was unable to attend class or concentrate in her studies. When 'I's parents took her to hospital, it was found that 'I' was on drugs. This was a shock to the family. They could not believe it. After detoxification was done, they kept a strict vigil on her movements. After a period of two months when 'I' joined college they found that she was again using No.-4. The reaction of 'I's family at first was anger, wondering how could she relapsed again after being detoxicated. Not knowing what to do. 'I's parents consulted their friend who was teaching at a college as she also works in the student ministry. She tried her best to help 'I' by being very supportive towards her. She introduced her to a new set of friends and involved her in an Evangelistic Camp held during the Puja vacation meant mainly for college and university students. 'I' realized that the biggest problem that she had was her unwillingness to admit that she had a problem, though she knew that the feeling of helplessness and the fear of turks compelled her to increase the dose. It was in this camp when the speaker spoke to her that the way to recovery for the drug addict is as follows.
(1) Admitting helplessness, i.e., 'I' has to admit that she is powerless against the power of drugs.

(2) Committing her life to God.

(3) Self-examination, i.e., 'I' must admit that she has made a mistake and should ask for forgiveness.

(4) Letting God change 'I's life.

(5) Living a responsible and accountable life.

(6) Growing spiritually and

(7) Always be willing to help others.

This message brought about a change in her life. She says, 'I think all of us often perceive situations as hopeless because we place our hope in circumstances and people instead of in the Lord'. As the Bible says, "I can do everything through him who gives me strength" (Philippians 4:13). In the Camp I ask forgiveness from God and prayed asking Him to 'take control over my life and to change me'. It happened, she says, and now for the past four years I've given up drugs, this is possible only by God's Grace. At the Camp 'I' wrote a poem Solace. This poem is a testimony of her life.

SOLACE

This poem written by 'I' is one of the messages which speak to the youth especially the drug addict. She says, 'when I was finally flat on my back and the only direction I could see was up, then I saw that my source of salvation was in the hand
and in the simple truth that his love offers hope even in the
gene of death.

SOLACE

1. She walked away,
   A shadow disappearing in the morning mist ....
   Frustration, Anxiety and desperation are her best friend.
   Her future, a sinister.

2. Walking alone in the street and alleys of Town,
   Away farer, a traveler searching for company and friends.
   No one to sympathize no one to care,
   The arid, desolate atmosphere, ....
   Tormenting her, memories of the past.

3. Who would wipe my tears,
   Who would heal my broken bones,
   Who would erase the trace on the sand ..... 
   And my footprint on the sea shore,
   Who would restore back my life ..... 
   From the dungeon of darkness and murky clouds,
   Who would give me liberty
   From the world full of misery.

4. Indeed help, I cried out for help,
   But not one soul would come and rescued me,
   Alone in my closet, I cried out,
   So vulnerable so fragile,
   No one understands, nobody knows.

5. My bed soaked with tears,
   Each drop glistened in the sunlight,
   My song of joy has turned into mourning,
   The melody of my guitar to the sound of wailing,

6. From the distance, the desperate crying voice,
   reverberates on my Ears,
   I listened, I paused....
   where would it come from, Who would it be?
   Yes, the voice of the one I know,
   I woke up. I walked,
   But as deceptive as the mirage,
   I saw no one, no one, no one....

7. Disappointing I came home,
   Praying and interceding for the soul,
   Revelations came,
   It's Ramona, the friend I know,
She needs love divine love,
The love of God above,
She needs freedom to set her free from the bondage of sin and slavery,
Freedom from deceptions and lies,
Freedom from vanity and pride,
Yes, she needs freedom.

8. Jesus is the ultimate answer to the puzzling, perplexed problem,
He will give you peace, love and freedom;
Come to him my friend,
Come to him he will wipe away your tears, doubts and fears.

9. The intrinsic beauty you have,
The voice and talents you posses;
He will use you for his glory,
He will give you rest,
Love, Peace and everlasting joy,
Yes, He will.

She often tells the other addict saying 'If he can change the heart of a crusty addict like me, no doubt he can change you and those you love. Just submit your life to him. 'God is the source of our hope and give it all to him'. 'I's life is a blessing to many. There is a tremendous change in her behaviour.

Here we see that 'I' started taking drug from the time when she was at school studying class IX. She took to 'dope'. Initially her drug taking behaviour did not affect her educational performance. She got through her H.S.L.C. examination without any difficulty. On reaching college, when she took to harder drugs such as No.-4 or heroin, it affected her studies. Her attendance at college became irregular. A day came in 'I's life when she stopped taking drugs, this brought about a change in her life. There was an improvement in her educational performance. She appeared for the Pre-University (arts) Final
Examination as a non-collegiate candidate and got through in the Second Division with 49.4 per cent marks. Then 'I' joined college for B.A. Ist year. Now for a period of eight months, she she tends her classes regularly, devotes her time for library work with an intention to do her MSW as her ambition is to work in a Rehabilitation Centre catering for drug addicts. She's doing well in her studies. She is a living example to all.

This is a case of young girl who turned into a drug addict. Curiosity and influence of friends hooked her to drugs at a young age. The drug affected her educational performance. Her parents were unaware of her manifested physical symptoms. No sooner did they knew her problem than they provided help through right persons. She received delivery from the bondage of drugs experience in a youth camp. Here we see the role of religion and the parents i.e. the youth organisation (Student Ministry) in enabling her to lead a drug free life style. She is now helping other drug users to escape from its clutches and make them useful members of the society once again. After she stopped taking drugs, we see that there was an improvement not only in her behaviour but also in her educational performance, her ambition is now clear and she's inspired to work for the drug addicts.
CASE - J

'J' is the eldest son in a family of three children. His two younger brothers are studying in college. Both parents are graduates, but his mother stays as a house-wife. The family income is approximately 4,500/- per month. 'J' completed his high school in a well known English medium school. At present he is studying his B.Com 2nd year at college.

Being the eldest in the family among the two younger brothers 'J' felt a little neglected. 'J' felt that his parents showered more of their love and affection on the two younger brothers. Many a time 'J' s mother would say 'Oh! how we wish that you were a girl. Your father & I wanted our first child to be a girl but instead you were born. I hate you!'. This statement very often hurt 'J' very much. Any small mistake made by 'J' would upset his parents. His mother remarks, "you're a good for nothing fellow, look at your younger brothers, who are smarter and more brilliant." In anything that 'J' did a comparison was always made with the other two brothers, no word of appreciation would ever be given to 'J' in whatever he does. Once, in a school concert 'J' was given a prize for being the best singer and guitarist. He felt very happy and thrilled thinking that this would make his parents very happy and proud. Instead both of them were silent and words of encouragement was given only to the younger brothers. There were times in my life says 'J' when I loathed my parents and my two younger brothers and I often thought to
myself. Why do they treat me like this, am I not their child? This question often hurt `J', he could never feel that he was part of the family. `J' became very unhappy and depressed. Some of his friends who knew his problem suggested that he try drugs since they are reputed to elevate the mood and make one feel happy. `J' took to ganja and bhang with the hope that this would turn out to be true. He says that he turned to these purely for therapeutic reasons in the hope of finding a cure for his depression. This was the time when `J' was in class X. `J' s first experience with drugs was extremely confusing. He did not know where he was, or what he was doing and could not understand what was happening to him. He tried drugs again to verify his feelings, and found that the second experience was a more encouraging one. His subsequent experiences were even bitter. He fell light-hearted and happy and this reinforced his initial hope that drugs would be able to help him. But there was a slight effect on his studies, since it produced a slight sensation of drowsiness and decreased the power of concentration and caused sleepiness. Sometimes `J' found himself unable to sit for longer hours in the night to study. When the time for the final examination approached, `J' reduced his drug intake and was able to get through the H.S.L.C. examination with a second division.

`J' joined college, doing P.U. (Commerce) 1st year. His parents were not happy that `J'; joined the commerce stream. They wanted `J' to take up the Engineering course. Since his percentage of marks was only 49.5 per cent `J' could not make it
to the expectation of his parents, again he was scolded and railed for joining the commerce stream. It affected 'J' and this time he took to harder drugs spurred on by the feeling of resentment towards his parents. He took to Relipin and Spasmoproxivon. He stopped caring for anything around him, he neglected his studies and his personal experience. Since 'J' was a good singer and guitarist, his friends who had formed a 'band' or a 'pop group' asked 'J' to join them. He agreed to the proposal and joined the group. Under the influence of drugs all his perceptions were affected and heightened. He found that with the use of drugs he could appreciate music better. He became aware of every subtle nuance and could detect every flaw. 'J' says, drugs stimulate his creativity. He is able to have a stronger feeling for beauty in all form and is often inspired to compose songs. 'J' is a good singer and guitarist and he felt that by using drugs he can sing and play the guitar better. 'J' feels that music and drugs go hand in hand. He says "The Beatles whom we all love were one of the many pop groups who advocated and glorified the use and effects of drugs. Songs like "Strawberry fields, Hey Jude, Lucy in the sky with diamonds" are example. Jeferrson/Airplane/Starship sings "... one pill makes you larger Uppers) and the other makes you small (downers)" Rolling Stones "Sister Morphine" is a tribute to both morphine and cocaine, as is the Manas and Papas "Trip, stumble and fall". Donovan's "sunshine superman" and "Mellow yellow" both praise the rumbling effects of drugs. Pink Floyd offers the sensation of being "comfortably Numb" in its LP the Wall. "I can ease your pain, and get you on
your feet again. Neil young sings "Oh' to on sugar (Heroin) Mountain" Listening to these songs, it had a 'Profound effect on 'J' on the acceptance of drugs. 'J' along with the friends in his group now turned to No 4 or heroin. 'J' says 'It give me a real warm, mellow feeling, it puts everything at ease and relaxes the nerves. It stimulates the freedom of my ideas'. 'J' took one shot in two days. This continued for a month and a half, until he recognized that the original dosage was no longer supplying the wanted effect, so the dosage was increased to at least a shot every day. This continued for two months. At this point of time study was not at all important, what was important to 'J' was the drug; he says 'its my life'. That year 'J' could not appear for his Promotion Examination in the College. His irregularity in class attendance at college made his teachers think that it was due to ill-health; none of his teachers were aware of his drug taking behaviour, only 'J' friends knew that he was on drugs 'J's dosage of drug increased to at least two shots a day and the symptoms progressed to vomiting, hot flushes, diarrhoea pain in the joints and so or. Now 'J' begin to take the drugs to get relief from the withdrawal symptoms. Till A day came when 'J' went to hospital for detoxification. When his parents came to know about his drug-taking behaviour, they disowned and ostracized him saying that he has brought disgrace to the family. 'J' had no other alternative but to take shelter with his friends in the pop-group. He had no money, to meet his needs, for a few days his friends helped him but 'J' said 'this could not go on until a day came where he worked as a handyman of a taxi just to get
money to contribute along with his friends. Since he did not have
enough money to buy No-4 or heroin again 'J' suffered from with-
drawal symptoms such as constriction of pupils, body ache, watery
rose and eyes, constipation and excessive sweating. His friends
had to take him to hospital for detoxification. They helped him,
in meeting all his needs. But while at hospital, 'J' felt an
emptiness within him, a loneliness, where he felt that even his
loved ones had failed. After leaving the hospital, there was no
other alternative but to go back to his friends with a fear of
falling again into the trap of drugs.

At that time in Shillong, there was a crusade organised
by the Billy Graham Team 'World Mission', 'J' had no where to go,
so he attended the crusade. It was here that the speaker spoke
that "The real war in which men and women are engaged is a war of
rebellion against God. This rebellion has brought about
destruction, suffering, misery, frustration, and a thousand of
ills to the population of the world. He said, 'God longs to see
this rebellion cease. He sent his son, Jesus Christ to the cross
as a demonstration of his love and mercy. He ask us to come to
the cross with repentance. When dark stormy clouds obscure the
sun and hope is looking dim, Place all your loving trust in god,
and ride the storms with Him.' These words touched the heart of
'J', he hated himself for what he had done, he realized that the
drugs he used had brought to him only suffering, misery,
frustration & destruction. There was no peace in his heart. He
always felt rejected & neglected by his parents but 'J' was happy
to know that his Father in heaven loves him. He promised to give him peace if he will come to Him by faith. As he sat among the thousands of people, he felt lonely & miserable; tearfully he made his way to the front to stand with the others, indicating his need of repentance and asking to receive Jesus Christ as his Saviour. "J" said, "That night I made my peace with God. I never dreamt what a powerful transformation would take place in my life'. From then "J" lost all taste for drugs, and he too till today is a living Testimony to others.

"J" returned home, asked forgiveness from his parents, shared his experiences with them. Seeing his whole being changed his parents accepted him. From among the friends in the pop group, his testimony changed the life of two members in the group. At present they play only Gospel songs. Due to his drug taking behaviour "J" failed or was detained in the same class i.e. P.U. 2nd (Commerce) for a period of two years. After giving up drug his life changed, "J" attended classes regularly, participated in co-curricular activities such as college week & got through his P.U. (Com) with a 2nd division and at present "J" is doing his B.Com. 2nd year a completely changed young man, who was always willing to help & serve others who are in need.

This is the case of a boy who embraced drugs for peace and happiness in life. His family accorded him a discriminatory treatment. He felt neglected and forsaken. Soon his mind was flooded with feelings of frustration and depression. His
psychological predisposition offered a fertile ground to cultivate a habit of drug use. His acquaintances/friends suggestion to try drugs could be readily accepted and acted upon. At this critical juncture of his life, he received no help from right persons. Therefore he turned to drugs for shelter under drugs but in the long run drugs ruined him. It affected his educational performance. In this hour of helplessness he found God's help in a religious meeting. His life suddenly changed for the better. He found a new life in Jesus Christ. Now he no longer need drugs to give him peace and happiness. This case study underscores the need for a cordial family relationship, counsellor, and church/non-governmental organisation in combating the menace of drug abuse.

CASE - K

"K" is a twenty year old boy tall and handsome. "K" is the youngest son in a family of three children. His eldest sister is an Engineer and his brother is an administrative officer. Both parents are graduates. His mother is a school teacher and his father works as an Engineer in the government service. The family's income is approximately Rs. 8,000/- per month. "K" completed his schooling from a well known English medium school. At present he is studying in Pre-University Arts (Final Year) at college.
K's initiation to drug was through the influence of his friends who described its wonderful effects to him. So K tried drug only out of curiosity and to be part of the group. K was studying in class IX at the time when he had his first drug experience. He feels that most young people take drugs out of curiosity and to be the part of the in-group. K's first drug experience was with Phensedyl. He took it at least once to two times in a month, to the extent of getting a kick. Then he took to ganja and bhang at least twice in a week. Taking ganja or bhang made K feel happy and light-hearted. His mood usually improves when he took drugs. When taking ganja in the initial stage, K always had a craving for food and especially sweets. He was happy about it, thinking that it would help in building up his muscles. In the beginning it had no effect on his studies, instead it helped K to concentrate on what needed to be done and he did it cheerfully and willingly. It gave the vigour to work. But later on when the dose increased, sometimes it made K's appetite for food swing. Negative reactions developed in K such as dizziness, foggy eyes, sleepiness and dry mouth. This was the time when there was a fall in K's school marks and he was unable to participate in co-curricular activities such as games and sports. This habit went on for nearly one year. K managed to get through class IX with only 39.58 per cent. When he was promoted to class X K decided to give up this habit with a fear that it would impair his health and affect his studies. For one month during the winter vacation, K was able to stop taking drugs. But once his friends came back from home and joined
school, then 'K' started taking drugs again. His friends brought from their hometown a drug known as No-4 or heroin which in Shillong costs Rs. 700-800/- for 1 gram. They offered 'K' a shot saying you'll find that life passes swiftly, as if you are in a dream'. So when No-4 or heroin was injected into his vein he felt a sudden flush of warmth in the stomach and a pleasurable effect swept in. Nothing bothered 'K' felt as if he was in a dream. From then 'K' used No-4, where he and his friends would pool in money to buy the drug. First he started with one shot in a week, then he increased his dose to twice in a week. He went to the extent of stealing the money and articles from the house in order to support his drug-taking habit. At this point of time his drug taking behaviour affected his studies very much. He stopped attending classes regularly and abstained from the Selection Test Examination and stayed away from participation in any type of co-curricular activity organised in school. His friends would call him a 'junky'. He neglected his studies and personal appearance. His teachers in school noticed the change in his behaviour and warned him. 'K' and his friends defied such warning. Instead the dosage taken by 'K' got larger. That year 'K' and his four friends were not sent to appear for the H.S.L.C. Examination. When the school authorities informed 'K's parents that their son was on drugs. They found it very difficult to accept the fact that 'K' was an addict. Though they were annoyed, perturbed and angry both parents suggested that it would be best to take 'K' to a Rehabilitation Centre. After much persuasion 'K' agreed to go the Rehabilitation Centre.
It was here in the Rehabilitation Centre that 'K' learnt to live a drug-free life style. 'K' had some common personality traits like intolerance, resentment, self-pity, fear of rejection, fear of failure and assertiveness. Acceptance of these feelings through individual and group therapies helped 'K' to understand himself better. It helped 'K' to make decision, to be able to say 'No' to drugs, to handle stress, to develop a positive integrated view of life, of one's place in one's social network of relationship, to deal with all events (misdeeds) committed at the time of addiction and to re-enter the academic stream. After coming back from the Rehabilitation Centre, he prepared himself for a period of ten months to appear in the H.S.L.C> examination. He got through in the second division with 53.94 per cent marks.

'K' says, 'I know what my parents, brother and sister must have gone through the period when I was on drugs. Their initial reaction was fear and anger or resentment. The fear may be for the damage that the drugs can do to me and to the future in store for me. Anger for the disorganisation caused in the family and resentment at the unfair deal received in exchange for love, freedom and trust. But they tried their best to understand, accept and support me at all times. I am what I am today its because of them. I thank God for giving me a wonderful and honourable family'.
Today 'K' is free from drugs and is doing his Pre-
University (Arts) final year. Now he attends classes regularly,
resolves to study hard and sit for competitive examination. He
says, 'I should be someone in life, and be able to stand on my
own feet. I should make up for what I have lost in the past'. His
life is also a testimony to other drug users. At the Rehabili-
tation Centre 'K' wrote these words,

Had I no hills to climb,
No darkness to walk through,
No confusion to deal with,
I could not truly know how
much my family meant to me,
I could not truly know the
presence of the living God.
I thank you God and all who
brought about a change
in my life.

Here we see that 'K' was initiated to drugs out of
curiosity. He tried it on the spur of the moment, the
introduction took place in a group of friends. He never believed?
that he would become addicted. Perhaps we see here the same
mechanism that allows a soldier on a battlefield to surge forward
and continue fighting while he sees soldiers around him dying
from wounds. One can be firmly set in the belief that the self is
inviolable, unique and not subject to suffering, or death.....
Just like 'K', no one decides to become an addict just as no one
decides to die on the battlefield. Here we see the strong
influence of peer pressure, i.e. to be part & parcel of the 'in-
group', where a sense of security is felt. Another interesting
feature noted here is the family support rendered to 'K'. They
all come together as an intimate family unit. Intimacy in the family has been seen as the basic interpersonal variable essential for the maintenance and prolongation of close relationship. Its presence has been seen as the antidote for depression in the family. Therefore, for the family of the addict, intimacy is a vital component.

CASE - L

`L' is the only son of the family. He is nineteen years old. His father is a rich businessman and his mother does not work. The family income is approximately 8,000/- per month. `L' completed his high school in one of the best English medium school meant for boys. At present he is studying his Pre-University science (Final year).

Being the only child in the family his parents and relatives pampered him. He was the `Apple of their eye'. `L's parents were God fearing people, conservative in their approach towards life. They imbued from childhood that `L' as a Christian should be committed to quality and excellence as this is one way of glorifying God. Therefore it made `L' to be hardworking and sincere in his studies. As a boy at school, `L' was good in studies, sports, debates and dramatics. He was one of the outstanding student in school. He passed I.C.S.E. at the age of sixteen. He got a First Division and secured 81 per cent. He had a happy childhood in every sense of the term. He joined college
for the Pre-University (Science) course with an ambition of becoming a doctor.

When 'L' joined college he worked very hard, participated in different types of co-curricular activities organised in the college. He found favour in his teachers' eyes for his pleasing manners. 'L' would discuss with his friends about his studies and how he wished if he could study more at night in order that he would be able to do well in his Examination, as today there is a lot of competition. If one does not get a good percentage, one will not be able to go for medical. The fear of not being able to do well always haunted 'L'. He discussed it with his friends. One of them suggested 'L' to take a tablet known as 'Dexidrine'. It would enable him to stay awake for longer hours at night to study. 'L's initiation to drugs was not out of curiosity or to overcome depression but to be able to improve high academic performance to fulfill his ambitions. So 'L' started taking 'Dexidrine' one tablet a day. It made him feel energetic, alert, active, and euphoric. He found he could cope better with his studies. When he appeared for the Promotion Examination held in the college, he did very well. Everyone was very happy with his results both at home and in the college. No one was aware that 'L' was taking Dexidrine. This went on for a period of three months. After sometimes, 'L' found that there was a loss in his weight as there was no appetite for food. At night he was unable to sleep. This affected his health. His parents were concerned thinking that 'L' must be suffering from insomnia.
The doctor not knowing that 'L' is taking Dexidrine prescribed calmose one tablet every night to induce sleep. So 'L' followed a pattern of taking Uppers (Dexidrine) in the morning and Downers (sleeping pill) at night. 'L' continued this habit of taking a sleeping pill for three weeks. 'L' thought that this habit of taking calmose every night would effect his studies. So he increased the dose of Dexidrine to 2 tablets per day. This led to hyperactivity, extended wakefulness and loss of appetite. 'L' was unable to concentrate in his studies. He exhibited profound depression, irritability, apathy, fatigue, disturbed sleep and jitterness. This led to physical and mental problems. For a period of nearly three weeks he was unable to sleep. Everyone was worried both his parents and his teachers at college. One teacher noticed the change in his behaviour and asked if he had been using drugs. Point blank 'L' denied stating No. All this while 'L' had kept his drug taking a secret from his parents and relatives. He was very ashamed of having betrayed their trust and confidence in him. Finally, he took the courage and told his parents. 'L's parents were struck dumb, shocked at their son's behaviour and did not know how to tackle it, their reaction at first was anger and fear. They consulted a doctor who advised them to take 'L' to a rehabilitation centre. 'L' did not know what to do but to comply with his parent's suggestion.

'L' went to a rehabilitation centre, a confused person not knowing what the future held. His parents accompanied him. It was there that he learnt that first of all he should admit that
he was powerless and that he should turn to God for help. Another important thing that 'L' learnt was that in-order to stay away from drugs he had to take care of his addictive personality like selfishness, fear of failure, fear of rejection, a sense of guilt for one's deeds. 'L' realized that unless these defects were accepted and taken care of he cannot stay away from the drug. Programmes/Activities like prayer, work therapy, recreation, narcotic anonymous meetings, individual and group psychotherapy and community meetings all helped 'L' to regain his self-confidence. He says, 'What is important is that one should have a strong will power to give it up and face the world again'. At the rehabilitation centre he learnt that it is never too late to make a new beginning.

After loosing a year, unable to sit for the final examination 'L' took a vow and prayed to God. Both of his parents and 'L' would sit together and pray to God for help. 'L's mother would say, 'God will help you my son to give up your old ways, and start a new beginning, to join the main stream of life again. God grants power to the faint and to them that have no might he grants strength. For the past eleven months 'L' has been living a drug free life style. He is preparing for the pre-university (Sc.) final examination putting his trust in God that his ambitions will be fulfilled as this is one way of glorifying God.

This is a case of a boy who fell into the trap of drug compelled by an aim of excelling in his studies. At the initial
stage the drug helped him to stay awake, it made him active and he did well in the college promotion examination. But later on when the dose increased it affected not only his health but also his studies. He was unable to concentrate or even appear in the pre-university final examination. However, the boy was free after getting treatment at the rehabilitation centre and is now serious in his studies preparing for the Final Examination. His family played a positive role in helping him to overcome the addiction. This case indicates the necessity of a rehabilitation centre and a family support to help in combating the menace.

6.3. Conclusion

The case studies of the seven current drug users and five past drug users provide an enlightening record of the personal experiences of each case, revealing their inner strivings, tension, motivation that drove them to action, the effect that it had on them especially in the area of their educational performance, and the factors influencing the past drug users to give up the drug and the changes brought in their life style (especially in the area of educational performance) after discontinuing the drug.