CHAPTER V
RESULTS AND DISCUSSION
This chapter deals with the discussion of the results obtained in the present study. The obtained results which have been statistically analyzed are presented in the following tables in order to work out its impact on earlier formulated hypothesis.

In this study an attempt was made to identify the differences in the adjustment patterns of drug abuser and non-drug abusers in different spheres of life. In order to find out the significance differences between drug abusers and non-drug abusers, first their adjustment/maladjustment scores were worked out. In order to measure the adjustment/maladjustment scores, the investigator administered an adjustment inventory on them. The significance differences between drug abusers and non-drug abusers belonging to different age groups were tested by applying t-tests.
Table I

Showing the significance of differences on t-tests between the total mean adjustment/maladjustment scores of drug abusers and nondrug-abusers.

<table>
<thead>
<tr>
<th>Age group</th>
<th>Means</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-22 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug Abusers</td>
<td>37.3</td>
<td>2.11*</td>
</tr>
<tr>
<td>Non-Drug Abusers</td>
<td>18.1</td>
<td></td>
</tr>
<tr>
<td>23-29 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug abusers</td>
<td>44.7</td>
<td>2.85*</td>
</tr>
<tr>
<td>Non-Drug abusers</td>
<td>21.8</td>
<td></td>
</tr>
</tbody>
</table>

* p > .05 level

The results in table 1 reveal that there is a significant difference between the drug abusers and non drug abusers of both the age groups in various spheres of life. The t-values relating to both the age groups are significant at .05 level, indicating that drug abusers are maladjusted individuals, in their lives. In adjustment to an individual proceeds towards the direction of the goal. There is every possibility that his goals may be blocked by obstacles. When an individual is able to accept himself and the ways of life he had to follow without any hazard, he becomes well adjusted in life. Well adjusted individual maintains a stable sense of identity and possess the inner freedom to make his own decisions rather than yielding to
pressures from the environment and from other people. A well
adjusted person can function more or less satisfactorily,
Despite the inevitable problems of life. He is realistic and does
not unduly grandiose expectations. He is not surprised, overtly
ashamed or angry when he himself fail or others fail him. He can
In fact "Roll with the Punch" and is rarely unhappy over the
personal disappointments. He is flexible and confident of his
ability to cope with whatever situations may arise and can
somehow manage to live with the problems. He finds things to do
which gives them pleasure. He has good deal of independence and
does not shift like a weather vane with every change of wind,
either in society as a whole or among his associates, though he
enjoys a certain amount of privacy. A well adjusted individual
is capable of feeling and showing affection and can establish
close relationship with others. He accepts with grace the
realities of the physical world and of society and behaves in
harmony with them. He takes failures realistically, becomes
satisfied with he has attained and faces the world squarely. Well
adjusted individual acquires more or less effective techniques
for dealing with most conflict situations adequately. Bizarre
experience, apathy, depression, false beliefs, loss of identity
and anxiety can make the person maladjusted. Feelings of
insecurity, emotionally charged conditions, self-devaluation,
inefficient contact with reality, unrealistic life goals, inability to learn from past experience and inability to bear criticism can easily lead to maladjustment. Moreover when some thwarting conditions arise while satisfying his motives then certainly, he gets maladjusted. Life would be simple indeed if person's needs are automatically gratified. But it is not always possible. The individuals at the very adulthood face many obstacles in personal psychological and social spheres which hamper their adjustment.

They are exposed to a society in which values and life styles are in conflict. They are required to make choices, in which the conflicts are not ruled out. These place positive or negative adjustive demands on the individual, which often lead to experience of stress and strain and require adjustment on the part of the individual. The combined effects of extreme or prolonged stress on the organism can sometimes bring about psychological decomposition and in extreme cases involving excessive psychological stress, often cause maladjustment. The individuals in growing age when faced with severe anxiety and stress for long time, sometimes instead of causing difficulty to others through their aggressive conduct, often become fearful, shy, withdrawn, and insecure. Sometimes individuals have to face
long continued frustration giving situations and many persons in these conditions lose hope, become resigned and apathetic and adapt themselves to a restricted way of life. Then they finally start taking drugs. An individual is said to be made of desires, cravings, and thoughts. His life is a voyage in the infinite ocean of time, where scenes go on perpetually changing. When the individuals cannot cope with outside demands and bitter hurt sustained frustration, they protect themselves by taking to the easy path of drug abuse, because drugs in the beginning are stimulating and seem to reduce tensions, inhibitions and depressed feelings. These drugs even can give a feeling of relaxation and well being. However when these drugs are taken continuously only then they become harmful. So whenever life problems have seriously disturbing effect on the overall adjustment of the person, he becomes maladjusted and in order to escape from realities of life, he takes the easy path of drug abuse.

Since the differences in the overall adjustment in different spheres of life of drug abusers and non-drug abusers are significant, so for depth probing t tests were independently applied on different spheres of adjustment.
Table 2
Showing the significance of difference on t-test between the drug abusers and non-drug abusers mean home adjustment scores.

<table>
<thead>
<tr>
<th>Age group</th>
<th>Mean</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-22 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug Abusers</td>
<td>10.3</td>
<td>2.75*</td>
</tr>
<tr>
<td>Non-drug abusers</td>
<td>5.1</td>
<td></td>
</tr>
<tr>
<td>23-29 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug abusers</td>
<td>13.3</td>
<td>2.11*</td>
</tr>
<tr>
<td>Non-drug abusers</td>
<td>6.1</td>
<td></td>
</tr>
</tbody>
</table>

* p < .05

Results of the study in the above table shows that there is a significant difference in the home adjustment scores of drug abusers and non drug abusers. It could be due to the fact that drug abusers are maladjusted in home sphere.

The relationship within the family in fact plays a significant role in the development of well adjusted individual. The family unit has a capacity to influence the mental setup of the individual to a great extent. If the relationship among family is healthy then it enhances interaction with each other, provide excitement, pleasure and joy in life. The individual in
healthy none environment learns to deal with competition of the outer world, and accept healthy criticism, praise and flame from others gracefully.

Proper home adjustment have in fact a far reaching effects on the individual. The mutual good family relationship only helps the individual to develop a sense of independence. The warm, loving environment at home with limits and controls make the person energetic, friendly, and self controlled. The more stable, secure, accepting and consistent the family relationship is greater the chances are of individual having good adjustment. Harmonious family relationship could easily prevent the development of maladjustment. Individuals in the process of growing up frequently encounter a range of life experiences which may result in changes in their lives and this mostly necessitate varying degree of coping and adjustment in life. Home in fact provides framework for the development of well adjusted individual. Family members and especially parents – mother and father—in younger age and wife and other family members in later stage constitute a vital force in helping the individual to grow and become a loveable and healthy individual. Individuals develop essential skills to meet the demands of ever changing times with proper guidance from family members.
Home, in which an individual is born, grown and live is much more than a physical world. The social world of the individual is curtained largely within the family. It is necessary that an individual receives proper, affection, understanding, security and reasonable discipline for emotional growth to proceed in a natural and spontaneous ways. It is only at home where the individual develops a feeling that he is lovable and his individuality is being respected by others. This way the individual gets properly adjusted to himself and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and socially accepted behaviour. An individual learns the ability of facing and accepting the realities of life only through family.

But in case there is unhealthy family relationship at home and family role is in infective manner then the homeostasis is disturbed. Abnormal parental attitudes in younger age, unhealthy family relationship with wife or other family members, broken homes, quarrels in the family, separation, rejection and divorce can lead to maladjustment in life. The results of 16-22 younger age group could be due to the facts that the younger age group could have had unhealthy parental relationship like parental oversaties, maternal over protection, over strictness, punitive
father, parents quarrels, injury in the family, death of one
parent, the birth of sibling, disharmony between grandparents
and children, which could have lead to maladjustment. These
things in the growing age prevent the development of
independence, responsibility and maturity of personality. These
type of children lack in self confidence right from the beginning
of life and start seeking the world as an unsolving and
unsatisfactory place to live in and detach themselves from normal
boundaries of society. Sometimes when parents very rich or very
poor do not have enough time to spare for their children, then
these children start feeling rejected and lonely. The
deprivation of the infant in the early months of an individual's
life, could also easily influences his overall personality.
These deprivations hinder the growth and development of a well
adjusted person.

The maladjustment in the individuals in higher age group
could be explained also in terms of unhealthy atmosphere at home.
The rate of pervasiveness of changes are different from anything
our ancestors have ever experienced. These changes need great
adjustment. If unhealthy atmosphere like quarrel, rejection and
over dominance by wife and other family members persist in the
home then these persons become unhappy. Faulty discipline,
inadequate and irrational communications in the home can also make the person stressful and tense. Unhappy marriages can also be enormously stressful and can easily produce both mental and physical stress. Divorce, which is becoming common in India also now a days and separation from loved ones can also cause mental agony and most of the times individuals accumulate to these stresses and develop maladaptive behaviour. Sometimes demands at home become severe and irritating that the individual finds himself unable to cope with the problems family living. Sometimes family members place excessive pressure on the earning member, to live up to unrealistic high standards and when an individual cannot fulfil them, then these excessive demands give him feeling of failure and discouragement. An individual in such conditions come to have feeling of hurt frustration and disillusionment and get maladjusted.

Sometimes health problems prevails in the life of an individual that could provide grounds for maladjustments in life. Often the well adjusted person fail to face the severe health problems and get maladjusted. The health adjustment scores of drug abuser and non drug abusers are presented in the following table.
Table 3

Showing the significance of difference on t-test between the drug abusers, and non drug abusers mean health adjustment scores.

<table>
<thead>
<tr>
<th>Age group</th>
<th>Means</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-22 years</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug abusers</td>
<td>7.1</td>
<td>3.05*</td>
</tr>
<tr>
<td>Non-drug abusers</td>
<td>3.2</td>
<td></td>
</tr>
<tr>
<td>23-29 yrs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug abusers</td>
<td>9.4</td>
<td>2.9*</td>
</tr>
<tr>
<td>Non-drug abusers</td>
<td>4.2</td>
<td></td>
</tr>
</tbody>
</table>

* P > .01

The results of the health adjustment scores show that there is a gross difference in the scores of the drug abusers and non drug abuser. Ill physical health and problems of psychological nature in life could cause stress. Studies related to physical health also suggested the relationships between and overall illness rates life stress. The individual who has health problems, cannot have proper contact with other people in a normal way. His overall mental health is also affected by this fact. Often due to health problems, a person fails to make wholesome social contacts. Minor physical ailment can also or could cause discomfort to the person. This discomfort could easily make a person maladjusted in life. If the person has
continued headaches, colds, sleeplessness, visual difficulties and weight problems, he feels irritated. Similarly if the person had met with an accident, or had undergone a difficult operation or have any disease related to heart, then he would again feel tense and again would try to run away from realities and get maladjusted. These individuals under severe stress and strain. These individuals could easily turn to drug abuse. Whereas good mental and physical health seemed to have provided stimulating environment for non drug abusers and resulted in well adjustment in life.

Apart from health, social adjustment of the person could also play an important role in turning a person towards drug abuse. For the present study two type of personality factor popularized by Jung - introversion and extraversion has been taken into consideration.
Table 4

Showing the significance of differences on t-test between mean social adjustment scores (Introversion scores / extraversion scores) of drug abusers and non drug abusers.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Means</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-22 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug abusers</td>
<td>7.05</td>
<td>4.2**</td>
</tr>
<tr>
<td>Non-drug abusers</td>
<td>15.2</td>
<td></td>
</tr>
<tr>
<td>23-29 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug abusers</td>
<td>9.30</td>
<td>3.9**</td>
</tr>
<tr>
<td>Non-abusers drug</td>
<td>17.1</td>
<td></td>
</tr>
</tbody>
</table>

* P > .01

The results in the above table reveal that there is a significance of difference on t-tests between social adjustment / maladjustment scores of drug abusers and non drug abusers. Drug abusers seem to be of introvert type of individual. It seems that they have taken to drug abuse to overcome their shyness, timidity and restrained ways. Introvert are characterized by quiet, aloof, secretive, inflexible, rigid, over sensitive, and self analytic type of persons. Most often they turn to drug abuse to elevate their mood. Introvert are considered to be nervous, and known to depend upon others for self esteem. They seem to take drugs to remove anxiety and try to escape from reality by taking drugs. Drugs seem to provide strength and temporary
enjoyment to the drug abuser. Whereas non drug abusers were found to be extravert, who were well adjusted in life. It is known that extraverts like gatherings, have many friends, like to meet people and dislike solitary pursuits. They seem to get excitement even without taking the drugs and like to take chances in life. These people are in fact not over sensitive, but are quite active and often acts on the spur of the moment.

The differences in the emotional scores of drug abusers and non drug abusers were also worked out. The emotional adjustment in terms of alienated individual was taken in to consideration.

Table 5
Showing significant differences on t-tests between mean emotional scores of drug abusers and non-drug abusers.

<table>
<thead>
<tr>
<th>Age group</th>
<th>Means</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-22 years</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug abusers</td>
<td>7.8</td>
<td></td>
</tr>
<tr>
<td>Non drug abusers</td>
<td>14.5</td>
<td>5.4**</td>
</tr>
<tr>
<td>23-29 years</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug abusers</td>
<td>9.4</td>
<td>3.3**</td>
</tr>
<tr>
<td></td>
<td>12.6</td>
<td></td>
</tr>
</tbody>
</table>

* P > .05
* P > .01
The t values relating to emotional adjustment is indicative of the fact that there is a significant difference between the drug abusers and non drug abusers groups. The reason for this could be due to the fact that drug abusers are often alienated individuals, who in fact lose sense of identity and relatedness to the society and tries to get emotional insulation by taking drugs. This often provides a protective shell for them that could prevent a repetition of previous pain, though this reduces the individual's healthy vigorous participation in life. These alienated individuals take to drug abuse because they are often over sensitive, lonely, depend on others for self esteem, nervous, depressed and overanxious.

Feelings of alienation are in fact common to many individuals from all socio economic levels. Most of the alienated persons outwardly submit passively to their elder's demands and rarely openly disobey parental and other adult's authority and create no derth of problems for themselves. Alienation from the family and from the broader society, exposes them in becoming captive of their peer group pressure to whom they turn for guidance and approval. Thus these persons are vulnerable to pressure to identify with the peer groups that engage in the use of illegal drugs. Most of the times alienated persons suffer from
anxiety disorders and become fearful, shy, withdrawn, insecure and have difficulty in adapting to outside demands of the world.

A likely cause for the alienation might lie in the early family relationships that generate anxiety and prevent the growing individual from developing more adaptive coping skills. Early life traumas have more far-reaching consequences than later ones because critical evaluation, reflection and self-defense were not fully developed during that time. Most of the time some traumas of childhood leave psychological wounds that never completely heal. As such in the later stage, this stress reactivates these early wounds and often it becomes difficult for the individual to handle them. At this stage he develops within himself a strong feeling of inadequacy or self devaluation. Lack of mothering in young age also develops tense, unsatisfied and negativistic behaviour among younger individuals. As the individual grows older he needs to master new competencies, learn usable assumption about himself and the world and need to exert increasing inner control over his behaviour. During this period, the family remains the crucial guiding agent in the proper adjustment. But if he is not properly helped, the individual reduces emotional involvement in disappointing or hurtful situations and turn to drug abuse. This type of emotional anaesthesia is commonly seen as one phase of
a grief reaction, following significant lose in some area. In more extreme case of long continued frustration giving situation, many a time, an individual breaks down. Such broken individuals then protect themselves from the bitter hurt of sustained frustration by becoming passive recipients of whatever life brings them. Mostly in extreme forms of alienation the individuals may become non involved in life, have apathetic feeling, and feel isolated, bewildered and hopeless. In such circumstances they easily turn to drug abuse. Alienated individuals have a tendency towards living in the world of day dreaming and imagination. They have feelings of fear, anger and excitement. When depressive feelings come from isolation and loneliness, they start having inferiority complex, have a loss of self esteem, sense of worthlessness and reduced satisfaction with life. These people often feel that they are the victim of fate and misfortune and get easily hurt. The loneliness frequently causes depression or grief which is accompanied by other psychological and physical symptoms. They are excitable, frustrated, suspicious, lack confidence and are lonely type of persons. These results are in accordance with the results reported by Knight and Prout (1951). The alienated individuals most of the time are from the very poor or very rich family where family members or parents, are too busy with their own concerns
and do not have enough time to listen to them and never try to understand the conflicts and pressures they are facing. As a consequence, family members fail to give needed support and assistance during crisis periods. The rapid changing social setup often put too much demand on individual and make him maladjusted.

Economic difficulties and unsatisfaction with job, most of the time are the factors which can lead to elevated rates of maladjustment. The adjustment / maladjustment scores of drug abusers and non drug abusers in the range of 23-29 years were analyzed for finding out the difference among them by applying t-tests. As the younger group 16-22 of study were not employed, so the variable of occupation adjustment was not considered for them.

Table 6
Showing the significance of differences on t-test between the occupation adjustment mean scores of drug abusers and non drug abusers.

<table>
<thead>
<tr>
<th>Age group</th>
<th>Means</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>23-29 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug abusers</td>
<td>9.7</td>
<td>2.76*</td>
</tr>
<tr>
<td>Non drug abusers</td>
<td>4.8</td>
<td></td>
</tr>
</tbody>
</table>

* P>.05
The values of t-test clearly indicate that there is a significant difference in the occupational adjustment scores of drug abusers and non-drug abusers. The results clearly indicate that the drug abusers are maladjusted in the occupation life and consequently, possibly, have become drug abuser. In spite of the hard labour if a person cannot fully satisfy himself then he gets tension on account of this and gets maladjusted.

In the overall adjustment with the job, the problems regarding job put stress directly or indirectly on the individual. As a result majority of people are bewildered, bitter and are unable to find satisfying values to guide their lives today. When a dispute, failure and conflict in occupation take a complex form and the concerned person cannot search out the sources of removing them, then stress causing factors ultimately resume place in the unconscious mind. In the long run when they get mixed up with similar other frustration, conflict and stress then they start damaging the individual internally and physically. Person in fact experience psychological reactance - a state of unpleasantness, when he believes that his freedom of choice is threatened. When an individual is not given job according to his qualification and is always taken advantage of by his employees then he becomes unsatisfied. An individual might
feel disillusioned when his boss is overstrict and never gives credit to him for good work. If the person is not given an opportunity to participate in certain decision making of the organisation and always has the fear of losing his job then he would not like that type of job. Moreover if there is no good opportunity for promotion and the job does not fulfil the desired needs of the person then he becomes tense. All these things can easily damage the mental equilibrium of the person and he might ultimately get maladjusted in life and might turn to drug abuse. Improper employment place a burden on the individual and also bring financial hardships and self devaluation. Major source of demoralization is the job dissatisfaction. Job dissatisfaction is often related to anxiety, tension and a wide range of psychophysiological disorders. It has been also reported to be related to impaired marital and family relationships. Though the jobs are becoming computerized and complicated, yet the demand for job satisfaction is increasing now a days also. It seems from the present results that non drug abusers, inspite of the little stress on job, were able to withstand this stress, and instead of succumbing down, they were healthy and optimistic.

The findings of this study reveal that both groups of drug abusers and non drug abusers significantly differ from each other.
on home, health, social, emotional and occupational adjustment. The earlier formulated hypothesis is fully supported by this study. The maladjustment seems to be more prevalent among drug abusers in each sphere of life than non drug abusers. The finding of the present study throw some light on the few areas of adjustment, which could be held responsible for drug abuse. It is known that the control of withdrawal symptoms and symptomatic relief are enough for effective deaddiction cases in the short run. But it can be concluded that proper understanding of maladjustment causes of drug abusers could be helpful for a lasting cure and rehabilitation.

Harmonious relationship at home, school, and work could easily prevent the development of maladjustment behaviour upto some extent. The younger generation is today frustrated, bewildered and broken. They are trying to find consolation or relief in trying to escape from the harsh realities of the world by taking intoxicating drugs. Some psychoactive drugs like barbiturates, amphetamines and tranquilizers, heroin, cocaine and marijuana are easily available to the individuals to enable them to achieve what they wish or need for alternation of moods. Heroin called smack is most widely used by drug abusers. It is a cheap dirty brown powder and at times it is called "Brown
Marijuana, in Indian term 'Ganja' or pot - which was formally thought as harmless has now been found to be damaging to the brain. The substance in it are soluble and are attached to the body's fatty organs of which the brain is one. People can go on taking drugs for years, before serious brain damage shows, but it begins to develop in a relatively short time when the drug marijuana is taken. Particularly noticeable is impairment of short term memory, and in chronic cases this might prove to be irreversible.

The drug abusers could be made to understand that drug abuse can damage the liver and endocrine glands. It can also cause heart failure, hypertension and capillary haemorrhages. Drug abusers should be also told that drug abuse can cause damage to the brain, especially in the frontal lobe areas. Its continuous abuse can impair motor coordination, balance, vision and speech. They should be made aware of the facts that if intake of these drugs would not remain within limit then the relationship with their family members, friends and employees would be also affected and ultimately the overall health of the individual would be ruined. In the final stage, they might become dependent on these drugs so much that if they would abstain from
these drugs in future then this could cause withdrawal symptoms. Finally when the drugs would not be made available to them due to health problems, they would then become frightened, depressed, weak, restless and would find it difficult to sleep without drugs. There would be frequent tremors of musculature of the fingers, face, lips, tongue and rise in blood pressure. The drug abusers should be made to understand that sharing of needle for injecting the drugs, could lead to Human Immunodeficiency Virus (HIV) which causes AIDS.

The use of intoxicants for pleasure is as old as civilization itself. But now it is becoming a serious problem and should be given due consideration. Charles Darwin rightly commented more than three fourth century ago "Through the long experience of my father and my grandfather, extending over a period of more than 100 years, I have reached the conviction that no other cause has brought about so much suffering, so much diseases and misery, as the use of intoxicating beverages." Till now the problem of drug abuse in India was not so serious. But now this problem is taking a dangerous turn and the situation is becoming quite alarming. More and more young individuals in India are becoming drug abuser. This disease in India is still in its infancy and thus should be nipped in the bud. Otherwise the
disease may take a form of epidemic and would strike a death blow to the great cultural traditions of our country. There should be mass awareness attractive programmes through print, electronic propaganda and traditional media.

De-addiction cells in various hospitals, social and voluntary organisation staffed by specialists are also coming up slowly in India. But guidance and counselling Bureaux manned by experts should be opened in all universities, colleges and other institutions, in order to provide advice and guidance to the frustrated youth of the country, orphans, individuals from broken homes, and persons with emotional, social and occupational maladjustment. This could look after the academic, intellectual, emotional, and recreational aspects of the individuals in terms of their personality, intelligence, aptitude and interest. Counselling centres can also undertake or recommend suitable treatment and rehabilitation measures by specialists to combat drug abuse. Education about evil effects of drug abuse should be introduced in schools and colleges. The education about drug abuse should be made a part of the school curriculum. These things can go a long way in saving the country from the menace of drug abuse.
Individuals from totally respectable rich families and law
abiding homes are as likely to be enmeshed in the drug subculture
as those from the poorest family over the last three decades.
Drug abusers should be properly guided to the ways of improving
interpersonal relations and personal security and not to use
drugs as an escape from incurable life problems. The stronghold
of drugs has virtually ruined the individuals of both developed
and developing countries so much so that it has become an
epidemic with roots running deep and far and wide, that calls
for efforts at national and international levels. Government and
voluntary agencies should give more serious concern about the
welfare of the drug abusers who want to leave this path.

Drug abuse prevention is must for the society. Disharmony
in the adjustment at home, health, social, emotional and
occupation often seem to cause stress. This stress in return
greatly contribute to the problems of psychological nature. This
maladjustment in life could often lead to depression, anxiety,
low self esteem, lack of self confidence and tension and then
finally these lead to drug abuse. It is rightly said that first
an individual abuses the drug and then drug abuses the
individual. The factors which could be held responsible for the
behaviour of drug abuse need to be tackled at any cost. The drug
abuse in fact is a life abuse. Its prevention is must in the present society because inspite of tremendous technological advancements, it has not been possible uptil now to ensure ourselves in solving many problems relating to drug abuse.

Drug abuse stands out as the prime evil of our society and all possible efforts should be concentrated to remove this social evil from society. Most of the time these efforts are futile because the attack is most of the time on the effect or symptoms and never on the cause. Most of the time it is the lack of the love and affection from the near and dear ones that forces an individual to take to drugs. A individual in a family demands enough time from the other family members. If the family members are busy elsewhere and do not have enough time to spare for him, never have frank communication among the family members and do not have enough time to know about the company he is keeping and activities he is doing, then to get the pleasure in some other way, individuals often take to the path of drug abuse.

The results of this study suggest that meaningful cooperative intervention at an early stage by neuropsychologists, government and non government agencies, voluntary social, organisation, social workers and doctors at
Community levels can reduce drug abuse up to certain extent. The non-pharmacologist methods like psychotherapy, yoga, meditation behaviour thereby should also be encouraged. Social workers and social organisation could also be of great help in motivating the drug abusers to accept detoxification. The family members also should be made aware of the help which they can render. These things can easily restore the self-confidence and can help the drug abusers to consider themselves a self-respecting individual. This way they can be also accepted by their families and can easily to able to work and play social roles expected of them. These steps can make the drug abuser to lead happy, meaningful and healthy life.

The drug abusers no doubt need immediate treatment for his physical addiction at properly equipped deaddiction centres, but once the addiction has been controlled, regular psychological counselling of such treated individuals must start in order to improve their adjustment in various spheres. Low adjustment could lead to problems, which in turn could lead to problems which in turn build pressure and psychological tension in the minds of people. As a short cut solution these people try to escape from the reality by taking resort to various intoxicating agents. Once they get addicted to such agents, the various forms
of adjustments get a further set back.

The results do emphasize the need of undertaking more exhaustive studies in the area of drug abuse. The other factors which could also cause drug abuse must be investigated. These results draw our attention towards the maladjustment factors which could cause drug abuse. The family members, neighbours, teachers, friends, working colleagues, and a society as a whole has to shoulder the responsibility for the drug abuse. The attack has to be on two fronts: deaddiction followed by active rehabilitative programme - if long lasting effects are to be achieved.