Chapter VI

Summary, Conclusion and suggestions
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The growing menace of drug addiction has attracted the researchers from various professions which is becoming one of the factors of damaging human resources of our country. India, as a whole is facing twin problems of drug abusing and drug trafficking. The people of India are facing multicornered drug attack from the long-stretched Indo-Pak and India-Myanmar border and also Nepal which is another source of illegal supply of drugs to India. Ever since illicit drug trafficking is growing in an alarming rate, a serious thought has been given both at government and non-Government level to curb this problem and to save the mankind.

The term 'Chemical substance abuser' used in the study applies to drug addict. The term 'addiction' is used, in the drug field 'to refer to chronic, compulsive or uncontrollable drug use, to the extent that a person can not or will not stop the use of same drug'. From the medical viewpoint, “addiction is a condition resulting from repeated use of any drug to the extent that continued use of it becomes essential in order to retain normal physiological functions and the discontinuance of the drug causes definite physical and mental symptoms”. Use of drug does not mean addiction. A person may go for drug use; if he uses it regularly he may form a habit of it and if he cannot get rid of habit, it may lead to addiction. From drug 'use' to 'habit' and then to 'addiction' are different steps
to create a problem of ‘drug abuse’. ‘Drug abuse’ is defined as ‘the self-administration of drugs for non-medical reasons in such quantity and frequency which may impair an individual’s ability to function effectively and may result in social, physical or emotional harm’. Thus, drug addiction refers both a psychological and a physiological reaction to a chemical substance consumed or used to create pleasurable effects or to avoid pain and discomfort. Drug abuse is the psychic craving for licit or illicit chemical substance that result in an individual’s physical, mental emotional or social impairment. It is believed that cure of drug addiction is not possible without professional help. He should go through a treatment process which will help him to withdraw from the drug.

In the light of disease concept of drug abuse problem the study was undertaken to find out the adjustment of deaddicted persons who have undergone treatment at a clinic for two months and gone back to their respective families.

The sample was taken from a drug deaddiction and rehabilitation centre of Guwahati city and it is consisted of 131 addicts who have completed their treatment in full two months and comprised of both younger and older age groups. The data were collected through interview with the help of a schedule. Secondary informations were taken from the office record.
For the analysis of data chi-square and 't' test were employed. The results indicates:

1. 66.41 per cent drug abusers were between the age group of 26 to 40 years.
2. 52.63 per cent of addicts first initiated into drugs between the ages of 16 to 20 years.
3. Majority (36.44 per cent) of the addicts were service holders.
4. Majority of the respondents (45.8 per cent) passed only elementary stage.
5. The chi-square value shows that there is no relation between the type of drugs and the state of addicts i.e. clean and relapsed.
6. Treatment helps the recovering addicts in personal adjustment but not in social adjustment.
7. The younger age group of drug abusers have more tendency to relapse.
8. The younger age group is more vulnerable to abuse multiple drugs.

On the basis of analysis for the results following conclusions have been drawn.

1. There is no relation between type of drug and state or condition of addicts.
2. Individuals are more vulnerable to fall prey of drugs problem during their youth.
3. The treatment process could help the drug abusers in personal adjustment during recovery period but it failed to help in social adjustment.
4. Younger group is more vulnerable to get relapsed even after treatment.
5. The drug abusers abused one type and multiple type of drugs are personally adjusted than the addicts abused two type of drugs.

6. Tendency to use multiple drugs by younger people.

Limitations of the study

1. It is a retrospective, clinic based study so generalization of the results can not be made for general population.

2. Sample size is comparatively small.

3. The co-operation from the relapsed group was difficult and therefore, cross-checking of information given by them was not free from errors.

Suggestions for further study

1. In the present investigation the respondents from one treatment module has been studied. A comparative study of treated addicts of different centre will give better insight of the right treatment procedures.

2. The follow-up records of addicts undergone treatment can be monitored systematically to study the factors that led to stay in clean state or being relapsed.

3. The level of awareness of the problems of drugs of the community and their contribution to combat the problems should be taken for study seriously as the present study shows that no addicts could enhance their social adjustment after treatment.