CHAPTER VIII

SUMMARY, CONCLUSION AND SUGGESTIONS

THE ENTIRE QUANTITY OF THE DRUG ABUSED IN MANIPUR COMES FROM ACROSS THE BORDER FROM MYANMAR SIDE. BEING SITUATED CLOSE TO THE MYANMAR AND GOLDEN TRIANGLE, MANIPUR HAS BECOME NOT ONLY A TRANSIT POINT FOR DRUG TRAFFICKING, BUT ALSO A PLACE FOR DRUG CONSUMPTION. THE YOUTHS OF MANIPUR IN PARTICULAR, HAVE FALLEN A VICTIM TO DRUG ABUSE IN A BIG WAY.

DRUG ABUSE REFERS TO THE PERSISTENT, SPORADIC, EXCESSIVE, OFTEN ILLEGAL DRUG USE WHICH OCCURS IN A MANNER NOT ACCEPTABLE TO THE NORMAL MEDICAL PRACTICE OR TO THE SOCIETY. CONTINUOUS USE OF DRUG LEADS ONE TO BECOME DRUG DEPENDANT, AND THEN DRUG
addict. To be addicted to a drug means to be dependant on it both physically and mentally. The abuser uses the drug with such frequency that it causes physical or mental harm or worsens social functioning.

The main drugs of abuse include: (i) Narcotic drugs, such as Opium, Morphine, Heroin, Codeine, Pantopan, Methadone, Storpine, Pethidine, Wellconal, Tilidine, Moperidine; (ii) Non-narcotic drugs, such as - (a) Hallucinogens, like LSD, Mescaline, Psylocybin and Psilocin, Phencyclohexylperidine; (b) Cannabis, like Marijuana, Hashish, Ganja, Charas, Bhang; (c) Organic solvents, including - (a) depressants, such as Hypnotics (Barbiturates and Nitrazepam); (b) Sedatives (Mandrax and Tranquilizers); (c) Stimulants (Cocaine, Coca paste, Crack, Amphetamines and Preludin). The most commonly abused drugs in Manipur are - Heroin (No.4), Cannabis, Charas, Ganja, Marijuana, Bhang, Calmose, LSD, Cocaine, Alcohol, Morphine, Pethidine and Phensydyle.

The problems in the use of these drugs are constituted by harmful effects which the drugs inflict on the user's body and on society. Some such harmful effects of the illicit use of drugs on human body may include: Mental fatigue, dizziness,
feeling of fear, day dreaming and confusion, loss of co-ordination, distorted perception, uncontrolled anger, damage of organs and organ systems, reduced sex hormones, increase of blood pressure, pulse rate and heart beat, permanent genetic damage, personality problem, panic and suicidal feelings, and sudden death.

Different drugs have different effects on the body. Illegal use of them cause irreparable loss to the society and the nation. Many youths in particular, are heavily affected by the misuse of drugs. Drug abusers have become weak, sickly, and are not able to take up any hardships or participate in healthy activities. Consequently, many of them have lost their lives. We require to make the youths free from drugs, and make them physically strong and mentally fit to enable themselves to face the challenges of life. When the world is stepping into the 21st century, there shall be considerable demand of fitness from all sections of the people, and the level of happiness, effective living shall depend upon the fitness of the people to a great extent. So, we require to eradicate the problems of drug abuse and save the lives of the people from sinking under pressure of drug abuse. In this context, the present investigation has been carried out with an aim to:

1) ascertain the magnitude and extent of the problems of drug abuse among the youths of Manipur,
11) prepare a profile for the drug addicts in the De-addiction Centres in Manipur so as to facilitate in discerning the drug related characteristics, embracing the following areas: urban and rural distribution of drug abusers/addicts; sex-wise distribution of addicts; age at first initiation into drugs; types of drugs being abused; source of initiation into drugs; reasons for using the drugs for the first time; place at which first use of drugs was made; duration of drug abuse; occupational status of drug addicts; occupational status of guardians of drug addicts; religion-wise distribution of addicts; educational status of drug addicts; marital status of drug addicts; nature of family of drug addicts; distribution of addicts as per personal income; average daily expenditure on drugs; average daily expenditure by persons of nil income; mode of taking drugs; availability of drugs; effects of drugs on the body; attempts to give up drug abuse; self perception on habit of taking drugs;

iii) provide a method for deaddiction, and suggest ways and means of eradicating the problems of drug abuse and promoting the health and happiness of the people.

1. The sample was taken at random, and it consisted of 515 inmates (males and females) spread over to 14 De-addiction Centres in Manipur. The addicts were sorted out as adolescent initiates, intermittent users, chronic addicts, relapsed addicts, and ex-addicts.
3. A normative survey method was employed and the relevant data were collected by a questionnaire. For the case studies of addicts, the interview method was used. Open written views were also collected from the drug addicts. Besides, the Project Directors, Counsellors, Medical officers of the De-addiction Centres were also interviewed, and related documents and literatures were also consulted.

3. Analysis of results indicate that the drug monster is fastly and tightly gripping people specially the youths belonging to the age group, 15 to 25 years. This is also the school or college going age. Further analysis of figures show that drug addiction is not confined to the youths only but is spread among the elder people too, as a few cases of addiction at the age group of 50 - 60 years have been detected.

4. Most addicts have taken drugs for the first time at social parties (53 %), while some others have taken it at hotel/tea shops (18.84%), neighbouring places (11.46 %), home (4.44 %) and religious places (7.18 %). Male addicts exceed (84.17%) the female addicts (15.83 %).
5. Problem of psychotic drug consumption is more in urban dwellers (94.06 %) than that of the rural dwellers (02.22 %) and urban small town (03.72 %).

6. Addicts have given many reasons for their addiction to drugs of which, group pressure is a major factor (63.25 %) in drug addiction among the students and unemployed.

7. A significant relationship between the levels of education and the drug related personal characteristics cannot be detected. It is found that formal education is not strong enough to eradicate the problems of drug abuse among the youths in Manipur. Available resources are inadequate to meet the challenges posed by drug addiction. At the same time, direction and effort on the part of the authorities to organise constructive group activities for the youths, both in the educational institutions and the community are found to be far from satisfaction. These areas are to be geared up along with the restructuring of the existing formal education system to help correcting and rectifying the deviant behaviour of the youths relating to drug abuse.
8. Illiterate addicts are found to be more prone to being introduced to drugs at home and neighbouring places by their relatives and friends than the more educated ones. The expression of pride as self perception on drug habit is more on the part of illiterates than that of the educated persons among whom the expression of shame, guilt and hatred as the self perception on drug abuse is more.

9. There is relationship between the age at initiation into drugs and the marital status of addicts. The proportion of married addicts who have become victims of the early onset of the habit of drug has been found to be smaller than that of the unmarried ones.

10. Religion, as a socio-cultural and environmental factor cannot exert influence on the young persons from controlling and rectifying their deviant behaviour particularly to drug abuse.

11. The manifestations of the menace of drug abuse show the effect of widespread poverty as well as the effect of an affluent society as the West. No significant relationships exist between the income level of addicts and socio-cultural
variables relevant to the study. Drug abuse does not discrimi-
ninate the rich from the poor. Addicts with nil income show
truculent behaviour much more than those having personal
income.

12. Although in the present study it has been found that
the prevalence rate of drug addicts coming from the nuclear
families is lesser than that of the addicts from the joint
families, most families (joint or nuclear) are not able to
give full proof protection, prevention, etc., to their children
from the influence of drug abuse.

Drug abuse or addiction is now a multifactorial and multi-
faceted problem. Any action launched towards bringing solution
to the problem will have to be based on sociological, psycholo-
gical and medical dimensions.

The prevention, control and eradication of the drug abuse
problem will require a multipronged approach towards reduction
of both supply and demand and curing of the addicts.
SUGGESTIONS

To combat the threat posed by drugs, there is the need to tackle the problem in two approaches viz., curative and preventive.

1. **Curative aspect:**

1. For the cure of the addicts, it is necessary that first of all, the addicts are segregated, and treatment given by the Doctors for the improvement of their health. To lift their psychological trauma and depression, they require the services of the psychologists, counsellors, social workers, and love and affection of the parents, etc.

2. For segregation of the addicts, they are not to be kept in the jails, as it gives a stigma in their personality after coming out of the jails.

3. For treatment and rehabilitation of the addicts, they are to be kept in the well equipped De-addiction Centres. The existing Rehabilitation/De-addiction Centres in Manipur are to
be improved in terms of infrastructure, treatment and other facilities, separately for males and females. State Government should set up one De-addiction Centre in every district of Manipur. Addicts now kept in the Sajiwa Jail, Manipur, may be brought to the District Rehabilitation/De-addiction Centres and treatment done effectively.

4. Education about the menace of drug abuse and health measures to the people are the best vaccines at the present moment. There is urgent need to expand the present knowledge regarding educational preventive and treatment methodologies and techniques to the people.

5. More and more up-to-date research works on different aspects of drug abuse/addiction, offering concrete suggestions to the government are needed.

6. Preventive aspect:

It may include the following:

1. Awareness about drug is to be created among the people through the media of posters, T.V., news papers, journals, street plays, drama, cinema and text books.
3. Liquor shops should be changed into entertainment clubs and libraries.

4. Well organised playgrounds, sports clubs for boys and girls must be developed in different localities.

4. Youths are to be provided with adequate facilities for reading, entertainment and engagement in useful activities. Chief and healthy refreshment rooms are to be set up in the town and near the Schools and Colleges.

5. It is high time that the Government provide productive working avenues for the educated youths of Manipur.

6. Legislation is a must to give stringent punishment to the drug smugglers, traffickers and mafias.

7. Most immediate step is to check the flow of drug in the state. Very strict measures are to be adopted by the Government to check the drug flow in Manipur. For this, the check posts at the Manipur-Myanmar border are to be much strengthened from the security point of view. Security personnel are to be deployed in all the drug routes between Myanmar and Manipur.
8. Since the problem of drug abuse has become a global phenomenon, there should be partnership of the Nations, Governments and Non-Government organizations to fight the challenges of drugs. A collective force of the institutions, individuals in all walks of life is immediately called for.

9. It is the people who are to eradicate the problems of drug abuse. Unless people are sincere and honest, it will not be possible to solve the problem. The integrity, sacrifice, love and the total quality of the people play a very important role in implementing the legislation and checking the flow of drug. For this moral and spiritual education is a must.

In the end, it is emphasised that behind the three focal point of time - past, present and future, there lies the Timeless and the Eternal. For the cure as well for the prevention of drug abuse among the youths, attempts are to made to establish a personal equalition with the Timeless eternal through the Yoga, Meditation and spiritual practice.