

## The Social Impact of Substance Abuse on Males Livelihood in Punjab, Pakistan

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### Abstract

Substance abuse is a dependence on a legal or illegal drug or medication. Substance abuse is a worldwide growing problematic situation and one of the major problems affecting male livelihood. During the phase of addiction, a person is unable to control his drug intakes and usually continues to use drugs regardless of the harm it causes. This study was designed to explore the impacts of substance use on male's livelihood. This study has carried out in two districts of Punjab. A sample of 400 respondents was drawn to explore the study goals using a conducive sampling technique. In order to evaluate the research sample, descriptive (frequency distribution) and inferential (chi-square) statistics were enforced. The research discovered that 38.0 percent of the substance abusers were up to 25 years of age while 40.5 percent of addicts were nuclear family members. Approximately 49.5 % and 48.8 % were unmarried and married respectively. Various factors such as nuclear family structure, bigger family size and low level of education play a significant role in drug abusers' lives. The study concluded that drug use leads to domestic violence, the alliance between drug use, unemployment and poverty is also clear; drug users' family members said that 60 percent of consumers who were employed before drugs had afterwards lost their jobs. Furthermore, almost 50 percent of the family members interviewed said that they had been forced by drug consumers to borrow money as a result of drug and almost 70 percent said that they had confronted financial complications as a result of that drug use. It is suggested that peer groups and family behaviors affected the livelihood of substance abusers.

**Keywords:** substance abuse, impact on livelihood.

### Introduction

Our body can be overwhelmed by a substance called drug. A drug penetrates into the body through blood vessel and other mediums meddle with brain's neurotransmitters. usage of specific element that could instantaneous physical and mental reliance. Drugs that are made widely known illegal are devour by approximately 208 million population all around the globe (World Drug Report, 2013). Youngsters, the most essential components of society are mainly influenced by drugs and alcohol. Illegal drugs and alcohol affected every single person directly or indirectly whether in a town, city, community, family, school or college. Males above 18 years are mostly indulge in drug addiction who becomes the carriers and affecting a number of persons around them; for instance, their parents, neighbors, siblings and friends etc. (SAMHSA, 2008). As highlighted by United Nations Office on Drugs and Crime (UNODC), In Pakistan more than 800,000 persons between 15 and 64 are accustomed to heroin on a regular basis. According to some evaluations, round about 44 tons of heroin is being used every year in Pakistan. Substance addiction may also produce significant perception and biochemical changes within the body of substance user. For example, excessive use of substance could decrease the action potentials in the brain and facilitate the development of maladaptive stress within the limbic system (koob, 2009). Abuse of substances means the delete-

rious use of psychoactive substances including alcohol and illicit drugs. Several types of drugs like cannabis, alcohol, tobacco, marijuana, heroin, opium, nicotine, cocaine, glue, paint thinner, painkillers, codeine and morphine are normally used in substance abuse (WHO, 2016). Substance abuse in youthful population in our society has become one of the leading causes of morbidity and mortality. Patterns of adolescent substance abuse heightened the risk of social, medical, psychosocial, and occupational issues later in life (Ray, 2008). In current years a mounting and growing data base indicating that substance use and abuse is a serious problem among young people and that many grow up with substance abusing parents and peers. Abuse patterns cross socio-economic and cultural boundaries, and the drugs of abuse include any illicit drug, marijuana, inhalants, LSD, heroin, cocaine, crack, stimulants, barbiturates, and tranquilizers (Piaget, 2008).

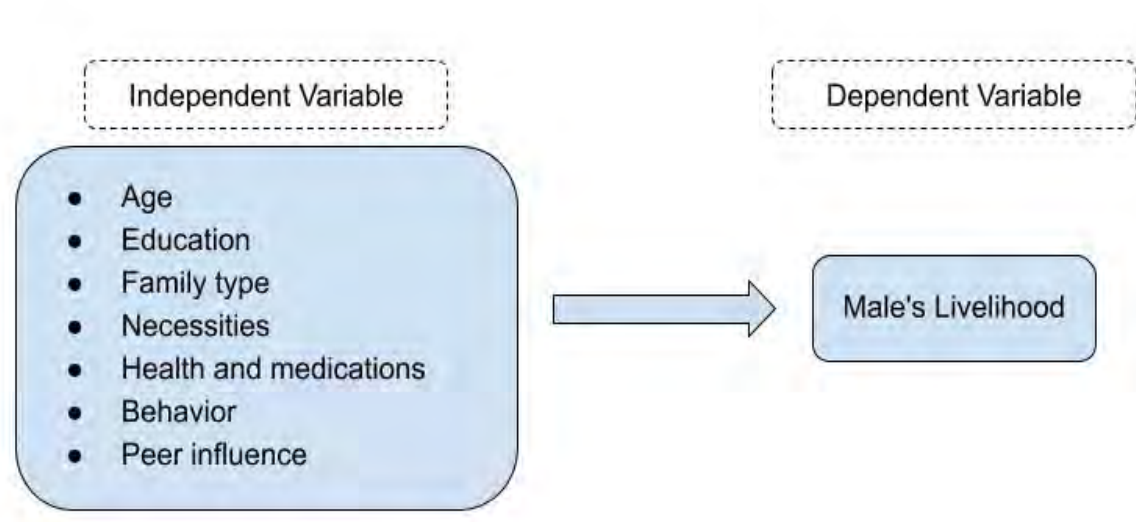
### Materials and Methods

The cross-sectional study was conducted and quantitative approach was used. The research was conducted in Faisalabad and Lahore District Target population was the indoor and outdoor substance abusers from four hospitals. Using convenient sampling technique, a sample of 400 respondents was selected and data collected through a well-designed interview schedule. The cross-sectional survey was conducted. Data was analyzed by SPSS and interpreted by using through descriptive and inferential statistical.

### Theoretical Framework

Albert Bandura (1963) gave the social learning theory. He explained that behavior is learned through interaction. Theory comprises that behavior is influenced by environmental and other individual relationships. Addictions are seen as learned behaviors with the development of behaviorism. The most influential social interactions are with the people who significant to us as we grew up. This includes parents and other members of family. It could also include a neighbor or teacher as well.

Figure 1 shows relation between independent and dependent variable.



**Figure 1. Conceptual framework**

## Results and Discussion

**Table 1. Distribution of male respondents according to their socio-economic characteristics**

Age(Years )	Frequency	Percent
≤ 25	156	39.0
26-36	152	38.6
≥ 37	92	23.0
Mean 29.67		
SD 9.31		
Education(No of years)		
illiterate	140	35.0
Primary	72	18.5
Secondary	135	33.8
≥ higher studies	51	12.8
Family type		
Nuclear	162	40.5
Joint	194	48.5
Extended	44	11.0

Table 1 reflects the chosen males' present age. Table 1 indicates that a significant percentage (39.0%) of the participants had up to 25 years of age, while thirty-eight of the respondents had 26-35 years of age and remaining 23 percent of them had above 35 years of age. The addicts' mean age was 29.67 years with 9.31 years' standard deviation. Mostly, it implies drug addicts belonging to the young age group. Table 1 shows that thirty-five percent of the selected male addicts were illiterate, 18.5 percent of them had up to five years of education (primary level), around 34 percent of them had 6-10 years of education (>Primary-Matric), whereas remaining 12.8 percent of them had above 10 years of education (above matric level). Table represents the family system of the respondents. Table 1 shows that 40.5 percent of the respondents were living in nuclear family system, a significant proportion 48.5 percent of the respondents were living in joint family system and remaining 11 percent of them were to living in extended family structure (ADUEAS, 2004).

**Table 2. Distribution of the respondents according who introduced them to substance use**

Response	Frequency	Percentage
No one	60	15.0
Friend	206	51.5
Family	60	15.0
Drug dealer in area	74	18.5
Total	400	100.0

Table 2 represents that only 15.0 percent of the respondents reported that no one motivated to them to use of substance, while more than a half 51.5 percent of the respondents told that their friends motivated to them to substance use, 15.5 percent of them said that their family member introduced them to substance use, while 18.5 percent of the respondents reported that drug dealer of their area introduced them to substance use. It means friends and drug dealers were the major sources for motivation to use of substances. According to Petraitis, Flay and Miller, (2005) Peer re-

lated social effects are among the most significant risk elements, with a large literature illustrating that adolescents with peers involved in drug use are more likely to use themselves.

**Table 3. Distribution of respondents according to the impact of drug abuse on males' livelihood**

n = 400

Impact	To great extent		To some extent		Not at all		Mean	S.D.	Rank
	f	%	f	%	f	%			
Access to food	167	41.8	111	27.8	122	30.5	2.11	.844	7
Relationship effects	117	29.3	234	58.5	49	12.3	2.17	.622	6
Affected performance at work	140	35.0	133	33.3	127	31.8	2.03	.817	9
Improper means of production	144	36.0	142	35.5	114	28.5	2.07	.801	8
Unstable accommodation	107	26.8	166	41.5	127	31.8	1.95	.764	11
Affects ability to provide material possessions	128	32.0	153	38.3	119	29.8	2.02	.786	10
Lack of providence of clothes	103	25.8	108	27.0	189	47.3	1.79	.828	12
Family status effects	223	55.8	134	33.5	43	10.8	2.45	.681	3
Suffered health and hygienic problems	268	67.0	101	25.3	31	7.8	2.59	.630	1
Lost interest in life	224	56.0	109	27.3	67	16.8	2.39	.758	5
Have more arguments with parents and other household members	260	65.0	80	20.0	60	15.0	2.50	.743	2
Fulfiller responsibilities effected	243	60.8	93	23.3	64	16.0	2.45	.754	4

Table 3 indicates that 41.8 percent of the participants reported that access to food was influenced by substance addiction 'to a large extent'. approximately 58.5 percent of them noted that drug 'to little extent' influenced the relationship. 35 percent of the participants revealed that drug addiction 'to a large extent' impacted job performance. 36 % of the participants indicated that substance addiction has been influenced 'to a large extent' the means of production. About 41.5 percent of them perceived that drug abuse is a little cause of unstable accommodation. About 38.3 percent of them perceived that drug abuse is a little bit affected ability to provide material possessions (Eggert & Kumpher,2007). About 47.3 percent of the respondents reported that drug abuse never a cause of

lack of providence of clothes. A majority (55.8 percent of the respondents reported that drug addiction is affected family status 'to a large extent. A majority (55.8%) of the respondents reported that drug addiction is affected family status 'to a large extent. A large majority (67.0%) of the respondents reported that they suffered health and hygienic problems 'to a large extent' due to drug addiction. A substantial proportion (56.0%) of the respondents reported that they lost interest in life 'to a large extent' due to drug addiction. A huge proportion (65.0%) of the respondents had more arguments with parents and other household members due to drug addiction (Knight,2004). A large proportion (60.8%) of the respondents reported that their fulfiller responsibilities highly effected due to drug addiction. It was found that health and hygienic problem (mean =  $2.59 \pm .630$ ), have more arguments with parents and other household members (mean =  $2.50 \pm .743$ ), family status effects (mean =  $2.45 \pm .681$ ), fulfiller responsibilities effected (mean =  $2.45 \pm .754$ ), lost interest in life (mean =  $2.39 \pm .758$ ) and relationship effects (mean =  $2.17 \pm .622$ ), were the major impacts of drug abuse on males' livelihood. (Kessha, 2008) stated continuous expansion in poverty due to financial downfall and economic degradation, indiscipline, low job rate, low self-esteem, lack of both physical and spiritual grooming, insecurity, violence, hostility and confusion in everything leads to the victimization of drug abuse.

**Table 4. Multiple regression model between independent and dependent variables.**

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	76.125	10	7.612	27.786	.000 <sup>b</sup>
	Residual	106.573	389	.274		
	Total	182.697	399			
Coefficients <sup>a</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.670	.166		4.025	.000**
	Age	.088	.035	.101	2.543	.011*
	Education	-.199	.091	-.314	-2.190	.029*
	family type	-.212	.092	-.205	-2.293	.022*
	Marital status	.428	.115	.316	3.715	.000**
	Father's education	-.148	.065	-.226	-2.263	.024*
	Effects on physical and mental health	.664	.096	.696	6.892	.000**
	Anxiety and depression	.157	.048	.156	3.290	.001**
	Personality disorder	-.019	.041	-.022	-.470	.639NS
	Aggressiveness	-.118	.095	-.137	-1.239	.216NS
	Sleep disorder	.028	.080	.033	.356	.722NS
<sup>a</sup> . Dependent Variable: Social impact on males' livelihood						

In the template overview, the value of R-Square is 0.417. This indicates that the 42 % alteration in males' income was clarified by the ten diverse factors such area of age, education, family type, marital status, father's education, effects on physical and mental health, anxiety and depression, personality disorder, aggressiveness, sleep disorder in the model. This demonstrates a statistically significant general model. The F-test can also test the general importance of the template. The F-value is 27.786, important at a substantial rate of less than one percent. This also indicates an extremely significant model. Each variable's effect is defined as:

For this variable, the coefficient had a favorable indication with the value of 0.088 and is important at 5% level of significance. It shows that age of the selected substance users had a positive relationship with social impact of substance abuse on males' livelihood (SAMHSA, 2008). The ratio for this component had an adverse indication with the value of 0.199 and is significant at a rate of 5%. It shows that illiterate selected substance users were faced more social impact on their livelihood as compared to literate substance users. The coefficient for this variable had a negative sign with the value of 0.212 and is significant at 5% level of significance. It means, that nuclear families' substance users were faced more social impact on their livelihood as compared to joint and nuclear families' substance users. The coefficient for this variable had a positive sign with the value of 0.428 and is significant at 1% level of significance. It means, that married substance users were faced more social impact on their livelihood as compared to unmarried substance users. The coefficient for this variable had a favorable indication with the value of 0.664 and is meaningful at a rate of 1%. It means, physically and mentally ill substance users were faced more social impact on their livelihood. The coefficient for this variable had a positive sign with the value of 0.157 and is significant at 1% level of significance. It means, if the substance users felt anxiety and depression then they had more social impact on their livelihood. The coefficients for these variables were non-significant at 5% level of significance. It means, personality disorder, aggressiveness and sleep disorder had no social impact on substance users' livelihood (Dr. Ronald Lynam, 2009)

### Conclusion

The results of this study have exhibited that drug and substance use is a key challenge in Pakistan. The sector has a huge ratio of its members participating directly and indirectly in drugs and substance use. The people typically affected by this are young and juveniles who are the back bone and productive part of the society (Albertsen, 2003). From the result of the research, the researcher asserts that the primary root factors and impacts of drug abuse among men are drug enforcers, and police in which they all highly believe includes peer influence, absence of parental support and affection, severe dispute or household confusion, absence of parental guidance, and very poor foundation on religious and moral values, suffering frustration in love, purpose or any desire/plan in life, lack of activities to prevent drug abuse, means to forgetting problems temporarily (Joseph, 2003).

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