

Hashish Addiction among Students at Higher Education Institutions: Factors and Remedies

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Abstract

Hashish is considered to be the most widely and commonly used drug (UNODC, 2013). Hashish looks to be in usage of university students as well. A significant number of students have been reported with the usage of hashish regularly during their studies at universities. The usage of hashish badly affects the psychological and physical health of the students. The addict students have been found in street crimes as well. Therefore, this paper identifies the parental and societal factors of hashish addiction in universities students. To provide the remedies to overcome the usage of hashish in students, unstructured interviews were used as a tool of research. Purposive sampling was used in the selection of participants. The study is an empirical addition in the knowledge for the comprehension of hashish addiction in the students. The findings revealed a need for school wide consistency to address the usage of hashish in the students. It was concluded that students learned the usage of hashish from their addict parents and colleagues as well. Parental illiteracy and poverty were found major factors of hashish addiction in the students. Students mostly learn the usage of hashish from their senior classmates. The study can assist the administration of higher education institutions to evaluate their current efforts to overcome usage of hashish in students. The recommendations of the study are supportive in launching preventive programs for the hashish addiction in the students.

Keywords: Hashish, Students, Addiction, Crimes, Higher Education

Introduction

All the communities directly affected the education system of their country. Therefore, in the development of community higher education plays important role in different field for example, political, scientific, economic, cultural and social (Sabbaghian, 2006). At national and international level different types of programs made by higher education regarding social affairs, as a foundation of delivering human professional resources as well as a distinct position in each and every features of human life. Absence of this basic consideration can arrive a incurable disappointment on the body of the society. Thus the preparations must be happened about development of this unit with other units (Rajabi & Asrafi, 2002). The enrollment of students at higher education increased now a days. While the expansion of higher education is one of the requirements of our education system, without main amendments in the education system and simply through quantities growth of universities, suitable views cannot be extended (Tavassoli, 2008). Distinguishing higher education difficulties and insufficiencies offer the advantage to the educators, directors, engineers and specialists of training programs and authorities as well as for policy makers. Currently education specialist's reveals to identify the education problems as an important and critical situation for every educational and cul-

tural policy. It is decided that this organization can attain its development when they are not confronted with such issues (Aghzadeh, 2004). It appears that if communal aspects play its optimistic role in the society, they cause simplicity of admittance to aims and higher education institutional growth and protection. If undesirable issues like societal compensations and deviances manage the community and learners, they not merely concealed the process of education but also modification the learners to the difficult ones for themselves, their family and their community. One of the existing social injuries in a community is drug addiction which contains both natural and industrial uses (Shikhi, 2008). One of the social problems is the increasing tendency about the drug abuse. Thus, outcome remedies are important due to its consumers' young age and its popularity among teenagers and youth (Shasavand, 1978). Drug addiction is the major problem in human societies that not merely causes social and behavioral disorders but also, affects numerous features of health, and imposes huge financial losses on self, family and community (Moal & Koob, 2007). Statistical reports confirm high prevalence of drug abuse in our country and it seems that in the next decade it directs an explosive manifestation (2003). Addiction is an aware phenomenon for Iranian, too. Around 2000 kilos of the numerous types of addiction substances are used daily in Pakistan and about 120 tons of the various kinds of addiction are seized every year. Therefore, teenagers and youth are possibly unprotected to drug; addiction to the drug among the learners is one of the main problems deliberated in our society. Several people and the youth also address the drug trade to earn their income and big drug cartels (merchants of death) get a huge income. Thus, drug addiction is one of the social issues of the existing century which is somewhat tied with special social and geographic position of Pakistan. Since an addict goes beyond the norms and social values, he is called an awkward. Thus one of the most main ways to decrease drug use in adulthood is the control at the period of adolescence (Donovan, 2007). Thus, regarding significance of teen and youth periods as well as role of higher education in their education, the importance of existing subject, aiming at investigating effect of drug addiction in education from Students' viewpoints is revealed finally the study consequences can be utilized in development of this important affair.

South Asian countries have a long history of hashish addiction. After 9/11, Pakistan has been facing serious crisis of drug proliferation. World Drug Report (2000) reported that Pakistan is among the countries of hardest hit by narcotics abuse in the world (International Narcotic Control Board, 2001).

One of the successive phase of the development of drug use in Pakistan is the traditional use of hashish in some parts of Pakistan. According to Hudood Ordinance in 1979 of Pakistan, cultivation, sale and use of hashish is ban in the country (Narcotics Control Division, 1990).

Drug addiction looks to be dependent on cultural values and beliefs of a society with respect to the use of drug which are quite different across cultures and geographical areas (Emmanuel, Akhtar & Rahbar et al). Various psychological and social factors contribute to the drug addiction in the individuals. Family addictive environment also promotes the drug addiction in the new generation (Foo YC, Tam CL, Lee TH et al).

Punjab province is with more than half of the total population of Pakistan. Estimated number of the people who inject drugs are around one quarter of one million population of the province (UNODC, 2013, p-23). UNODC (2013) concluded in a study concerning drug use in Pakistan that peer was strong during the adolescent stages for the use of drug (p-33). In Pakistan, drug addicted people are found to be at increased risk of HIV, hepatitis B and hepatitis C (USAIDS, 2012). Niaz U, Siddiqui S, Hassan S, et al. (2005) reported in a study on psychological correlations of drug abuse in young adults aged 16-21 Karachi, Pakistan that the distinctive motivational factors for drug abuse was "drugs improves concentration" (67%) and (66%) "Make me forget about my worries" (p-275).

Dawn (2016) published a report on, “use of hashish among educated youth on the rise”. The report included interview of a student on the use of hashish in educational institutions in these words “About 90 per cent hashish addicts are living in private hostels of schools, colleges and universities around the city. Recently, Peshawar police arrested a teenage gang involved in mobile snatching incident but did away with the group because of legal obstacle”. The report also discussed that drug addiction and street crimes were on the rise among the youth in Pakistan. According to a report about the usage of hashish among the people of Pakistan, about five million people are addict of hashish in Pakistan (The News, 2016). Daily Times (2016) reported that 53 percent children in educational institutions are drug addict in Pakistan.

Usage of drugs is concerned with climate of family members and peer groups (Habib, 1984). Anis (1992) identified that poor educational background is one of the major factors for drug use (Mubashir, 1992) determined disorganized families as major cause of drug use.

Methodology

The nature of this study was descriptive and survey type. The participants of this study comprised on all students who study in higher education institutions in Islamabad, Pakistan. These students are studying in the academic year 2017-2018. The sample of study was consisted of 164 students who studied in different higher education institutions in Islamabad, Pakistan. Snowball sampling technique was used in the selection of proper sample for the study. Questionnaire was used as research tool for data collection. Questionnaire was self-structured all the statements of the questionnaire were related to hashish addiction at higher education institutions: factors and remedies. This self-structured questionnaire was consisted three parts. First part of the questionnaire was consisted of demographic statements. The second part of the questionnaire was consisted 9 statements and having two point Likert scale (Yes/No). While the third part of the questionnaire was consisted 7 statements and having five point Likert scale. Validity of the questionnaire was ensured through experts opinions according to the views of the experts in the relevant field statements of the questionnaire were modified and changed. The reliability of the questionnaire was checked through Cronbach’s alpha coefficient ($r=85\%$). For the analysis of the data descriptive statistic was used. Percentage, frequencies and average were used to classify as well as précis the raw data. Furthermore, SPSS software (version 23) was applied to analyze the data.

Results

Table 1 shows that 76.2% students agreed while 23.8% respondents not agreed that friends have suggested hashish. Thus, it is find out that most of the students hashish addicted because their friends had suggested them to use hashish. Another question was asked from the students of higher education institutions about the prevalence of hashish addiction. 53.7% respondents had agreed while 46.3% respondents not agreed regarding prevalence of hashish addiction. Another question was asked from the students of higher education institutions about hashish use among students. So, 95.7% agreed while 4.3% respondents were not agreed regarding hashish use among students.

Table 1. Distribution of Answers to Questions Related to Hashish Use among Students

Variable		N	Percentage
Friends have suggested Hashish	Yes	125	76.2
	No	39	23.8
Total		164	100.0
Prevalence of Hashish addiction	Yes	88	53.7

Variable		N	Percentage
	No	76	46.3
Total		164	100.0
Hashish use among students	Yes	157	95.7
	No	7	4.3
Total		164	100.0

In table 2 a question was asked from the students of higher education institutions regarding those places where students use hashish. Thus, shows that, 11.6% students of higher education institutions use hashish at their home, 27.4% students of higher education institutions use hashish at their friend's home, 27.4% students of higher education institutions use hashish at their hostels, 25.0% students of higher education institutions use hashish at parks, and 8.5% students of higher education institutions use hashish at other places. Therefore, it is found that most of the students of higher education institutions use hashish hostels, parks and their friends home.

Table 2. Frequency of Hashish Use Places regarding to the Students' Perceptions

Variable	N	Percentage
Home	19	11.6
Friends home	45	27.4
Hostel	41	27.4
Parks	45	25.0
Other Location	14	8.5
Total	164	100.0

In table 3 a question was asked from the students of higher education institutions regarding Main reasons of hashish use. Thus, shows that, 15.9% students of higher education institutions use hashish due to curiosity, 18.9% students of higher education institutions use hashish at their due addicted family, 29.9% students of higher education institutions due to The inability to say no to others' offers having addicted friends reduce everyday stress, 26.8% students of higher education institutions use for pleasure, and 8.5% students of higher education institutions use hashish due to other reasons. Therefore, it is concluded that most of the students of higher education institutions use hashish due to the inability to say no to others' offers having addicted friends reduce everyday stress as well as for pleasure.

Table 3. Frequency of the Students 'Main Reasons of Hashish Use

Variable	N	Percentage
Curiosity	26	15.9
Addicted family	31	18.9
The inability to say no to others' offers having addicted friends reduce everyday stress	49	29.9
Pleasure	44	26.8
Other	14	8.5
Total	164	100.0

In table 4 a question was asked from the students of higher education institutions regarding Preferred Drug. Thus, shows that, 41% students of higher education institutions use hashish, 27% students of higher education institutions use glass, 15% students of higher education institutions use Openly accessible at <http://www.european-science.com>

opium, 13% students of higher education institutions use crack, and 04% students of higher education institutions use acetomorphine. Therefore, it is concluded that most of the students of higher education institutions use hashish and glass.

Table 4. Frequency Distribution of Preferred Drugs According to Students' Viewpoints

S.No	Addiction Substances	N	Percentage
1	Hashish	67	41
2	Glass	44	27
3	Opium	25	15
4	Crack	21	13
5	Acetomorphine	7	04
Total		164	100

Discussion

The main purpose of this study was to investigate hashish addiction at higher education institutions: factors and remedies. There was a significant relationship between the factor of using hashish addiction and education development. Participants of the study briefed that addiction is a common issue like so many other countries in Pakistani society and it became the cause of various deviances, illnesses as well as community issues in near future and affects education. There are a number of psychological factors involved in drug addiction (Robinson & Berridge, 2003). The participants of the study highlighted that the most important reasons for using drug included everyday psychological pressure, disappointment in life matters, anxieties, the incapability to say no to the others' offers, having addicted friends, curiosity, pleasure, addicted family as discussed in a study conducted on the usage of drugs in students (Zaman et al, 2015). The findings of the study reflect that friendship with addicted friends appears to be an inclining factor for teenager addiction with the concept to get pleasure and relaxation. The traditional view of the usage of drugs is that drugs are pleasant (Koob & LeMoal, 2001). Findings of the study indicate that Hashish users continuously attempt to make their friends accompany them to get the sustenance for their behavior. Teenagers demand to belong to a group and often joining to an addicted group is quite easy for a person. The less influences, there are between an individual and the family, school as well as societies, the more possible an individual is to join such groups. Participants of the study briefed that lack of sufficient abilities to satisfy teenagers' natural, psychological and societal requirements were the major causes of Hashish addiction.

Conclusion

It has been concluded that students learn about usage of hashish mostly from their friends in hostels. Senior hashish addict students encourage the junior students for the usage of hashish. The usage of Hashish addiction is very rare among the students. To overcome the hashish addiction, educators should be well trained in counseling the addict students. There should be arrangement of counseling of the parents of the addict students as well. Youth counseling programs should be launched concerning the hashish addiction through electronic media.

Implications and Contributions of the Study

The study contributes to address the factors and remedies of Hashish addiction in students at higher education institutions. In the light of conclusion of the study, policies and practices concerning psychological health of students can be revised.

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