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ROLE OF PARENTAL, SCHOOL AND PEER GROUPS IN PREVENTION OF SUBSTANCE ABUSE

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ABSTRACT - This research is an attempt to assess the role of parents, schools, and peer groups in substance abuse prevention. Substance misuse is more common in persons, particularly children, who believe they are ignored by others, are excluded from their peer groups, and have no one with whom to discuss their problems. Such children utilise escapism to escape from all of life's worries by immersing themselves in a completely fictional yet lovely world. This world, on the other hand, is a fleeting pleasure that can cost one's life. The direct and indirect effects of alcohol and other drugs on children can result in a variety of negative health and safety consequences for the kid, family, and community. Understanding the dangers and how to avoid them A first step toward alleviating the problem of drug use in the paediatric population is to identify factors that may influence the development of substance dependence. This page analyses the literature on substance abuse prediction, protection, and prevention in children, as well as a list of available preventative programmes for children of various ages.

The earlier a youngster begins drinking and using other drugs, the greater the chance of catastrophic health repercussions and adult substance misuse. Accidental and purposeful deaths connected with adolescent drug and alcohol use are one of the main preventable causes of death in the 15- to 24-year-old demographic. Adolescents who use alcohol or other drugs have an increased risk of academic underachievement, delinquency, teenage pregnancy, and depression. Multiple medical consequences have resulted from inadvertent passive drug exposure in infants and toddlers, including respiratory infections, seizures, changed mental status, and death.

There are numerous factors that lead to the formation of substance misuse in children. Prevention and intervention programmes that use research-based, comprehensive, culturally relevant social resistance skills training and normative education in an active school-based learning format can address behavioral, emotional, and environmental factors that put children at risk for substance abuse.

Key words: Substance abuse, Peer Groups, Behavioral factors, Normative Education.

I. INTRODUCTION

What is the definition of substance abuse?

Substance abuse is a serious matter that should not be taken lightly. It occurs when you consume too much or in the wrong way alcohol, prescription medications, and other legal and illicit substances. Addiction is not the same as substance misuse. Many people who struggle with substance misuse are able to quit or adjust their destructive habits. On the other hand, addiction is a disease. It implies that you are unable to stop utilising despite the fact that your condition is causing you harm.

II. THESE ARE SOME OF THE MOST COMMONLY ABUSED DRUGS.

Chemicals in both legal and illegal medicines can alter the way your body and mind function. They can provide a pleasant "high," relieve tension, or assist you in avoiding problems in your life.

Alcohol

Everyone is affected differently by alcohol. However, if you drink too much and too often, you increase your risk of injury or accident. Heavy drinking can also harm the liver and produce other health issues, as well as lead to a more serious alcohol addiction. If you're a man, you're drinking too much if you have more than four drinks on any one day or more than 14 in a week. Heavy drinking is defined as more than three drinks in one day or more than seven drinks per week for women.

One of the cocktails is made up of

- 12 ounces of ordinary beer,
- 8-9 ounces of malt liquor (which contains more alcohol than beer),
- 5 ounces of wine, and 1 1/2 ounces of distilled spirits such as vodka and whiskey.
- Over-the-Counter (OTC) and Prescription Medicine



- They're just as hazardous and addicting as illegal drugs. If you: • Take medicine that was prescribed for someone else • Take extra dosages or use a substance in a way that it wasn't intended to be used

- Use the medication for a non-medical purpose

The following are some of the most commonly misused prescription drugs:

- Pain relievers containing opioids
- Attention deficit hyperactivity disorder (ADHD) medication
- Anti-anxiety and sleep aids

Cough and cold medicines containing dextromethorphan, which can make you feel drunk or intoxicated in high dosages, are the most widely abused OTC pharmaceuticals.

Heroin

This illegal substance is a natural alternative to prescribed opioid drugs. At first, heroin offers you a rush of wonderful feelings. When it wears off, though, everything comes to a halt. You'll have chills, nausea, and anxiousness, and you'll move and think more slowly. You could feel compelled to use more heroin in order to feel better. Find out about the signs and symptoms of heroin withdrawal.

III. PARENTAL RESPONSIBILITY IN THE PREVENTION OF SUBSTANCE ABUSE

Tobacco and alcohol, as well as other drugs, are readily available to children and teenagers. You have a significant influence on your child's decision not to use drugs as a parent. Most children in elementary school have not started using alcohol, tobacco, or any other type of substance. That's why it's a good idea to start teaching about the dangers of drug usage in elementary school. Prepare your youngster for the possibility of being offered drugs.

The first step in preventing drug misuse is for parents to learn how to communicate to their children about difficult matters. Then, school, sports, and other organisations can help you continue what you've started. As a parent, you have a significant influence on your child's decision to refrain from using tobacco, alcohol, or drugs. Talking with and listening to your child is the first step toward prevention.

- Assist your child in making smart decisions and making excellent friends.
- Teach your child how to say "No!" in a variety of ways.
- Parents have the greatest influence on their children. Although there is no certainty that your child will not take drugs, it is considerably less likely if you:

The first step in preventing drug misuse is for parents to learn how to communicate to their children about difficult

matters. Then, school, sports, and other organisations can help you continue what you've started.

- Provide explicit instructions and regulations regarding not using drugs.
- Make time for your youngster.
- Do not use tobacco or any other substances.
- Have an open and honest conversation with your child about healthy and harmful activities. Pay attention to what your youngster is saying. Make talking and listening a habit as soon as possible.
- Discuss with your child the detrimental consequences of alcohol and drugs on their brains and bodies, as well as their capacity to learn and participate in sports. Inquire with your paediatrician about the other options.

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- Provide explicit instructions and regulations regarding not using drugs.
- You can adjust your child's behaviour without stating he or she is terrible by combining praise and criticism. This boosts children's self-esteem and teaches them how to make healthy and safe decisions. Making wise decisions on one's own will get easier over time.
- Your child will be able to say "No!" to drugs and other risky activities if he or she has a strong sense of self-worth and understands what is right and wrong. Assist your youngster by
- Noticing both efforts and successes.
- Praise for a job well done and for making wise decisions.
- Teach your child how to react if they are approached with a drug offer. When you've prepared ahead of time, saying "No!" is much easier.

It is beneficial to role play and practice. As a result, at least one of the following becomes natural:

- State unequivocally, "No!"
- Give a reason—"Thanks, but I'm not interested." or "No, my folks would be furious."
- Offer an alternative activity, such as watching a movie or playing a game.
- Get out of here—go home, to class, to hang out with your pals.

IV. SCHOOL'S PART IN PREVENTING SUBSTANCE ABUSE

The majority of a student's day is spent at school. The educational environment serves as a yardstick by which young people measure their behaviour. Preadolescents and adolescents typically use school staff as very influential role models against which to assess themselves. Adolescents



who believe their professors care about them are less likely to start using marijuana, drinking to become drunk, or engaging in other health-risk activities. For many children, especially middle school students, relationships with teachers and counselors are among the most crucial and formative. 2 Students who have a strained relationship with their school are also less likely to perceive that substance abuse may jeopardize their ability to achieve their long-term goals.

For three reasons, schools are ideal locations for drug prevention programmes:

- (1) Before children's attitudes and expectations regarding substance misuse are formed, prevention must focus on them.
- (2) The most systematic approach of reaching out to young people is through schools; and
- (3) Schools have the ability to promote a wide range of drug-related instructional policies.

Educators face a difficult task in making drug usage information relevant to children and adolescents without tempting them to try drugs. Many curriculum intended for use in schools have been demonstrated to be effective and are taught to children in engaging, interactive, and developmentally appropriate ways. Although there are numerous programme options available, some of the more effective programmes focus on improving students' problem-solving skills or assisting them in evaluating the media's effects. Other effective programmes assist students boost their self-esteem, reduce stress and anxiety, and raise their activity levels.

V. PEER GROUPS' PART IN PREVENTING SUBSTANCE ABUSE

Although peer pressure is one of the most powerful motivators for a youngster to turn to substance misuse, peers can also play a constructive role in substance addiction prevention. This is because the behaviour of one's peers has a considerable impact on one's own behaviour.

Some teenagers may use stimulants to help them study or anabolic steroids to help them improve their athletic prowess. Peers can help them achieve greatness by putting out efforts rather than using them as a source of temporary excellence.

Young people are generally eager to attempt new things, particularly those that they perceive to be adventurous or courageous. Peers can motivate a person to engage in positive, daring activities that will aid in his development.

Finally, a child should not be harshly criticised by his peers because this makes him feel insecure and demoralises him. Friends, on the other hand, can assist a child gain confidence by making encouraging comments, providing constructive feedback, and rewarding him when he earns it.

VI. CONCLUSION

It is a matter of concern that substance abuse is increasing among children. It is not only having a negative impact on them or their families, but also hindering the growth of the entire nation. Here the role played by parents, teachers and friends is very important in preventing substance abuse because they are the ones who are around the kids for a longer duration and can effectively mentor them to take the right path.

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