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# B.S.W.E.-6

## SUBSTANCE ABUSE AND COUNSELLING

*By: Simantani Nigam*

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# QUESTION PAPER

(June - 2019)

(Solved)

## SUBSTANCE ABUSE AND COUNSELLING

Time: 3 Hours ]

[ Maximum Marks: 100

Notes: (i) Attempt all the five questions. (ii) All questions carry equal marks.

**Q. 1. Discuss the main provisions of the NDPS Act, 1989.**

**Ans. Ref.:** See Chapter-8, Page No. 41, '1989 Amendment to the NDPS Act'.

**OR**

**Enlist the prevention strategies of substance abuse.**

**Ans. Ref.:** See Chapter-10, Page No. 61, 'Schemes for Prevention of Alcoholism And Substance Abuse'.

**Q. 2. Explain the stages of termination of counselling with examples.**

**Ans. Ref.:** See Chapter-20, Page No. 135, 'Termination of Counselling'.

**OR**

**Describe the types of HIV/AIDS counselling.**

**Ans. Ref.:** See Chapter-24, Page No. 154, 'Types of HIV/AIDS Related Counselling'.

**Q. 3. Answer the following questions:**

**(a) Enlist the stages of alcoholism.**

**Ans. Ref.:** See Chapter-2, Page No. 9, 'Stages of Alcoholism'.

**(b) Explain the issues that need to be addressed with counselling a person with negative test result.**

**Ans. Ref.:** See Chapter-24, Page No. 160, Q. No. 2.

**(c) How is substance abuse related to domestic violence?**

**Ans. Ref.:** See Chapter-7, Page No. 35, 'Substance abuse of Domestic Violence'.

**(d) Explain the stages of addiction.**

**Ans. Ref.:** See Chapter-6, Page No. 30, 'Stages of Addiction'.

**Q. 4. Answer the following questions:**

**(a) What are the causes of drug-abuse?**

**Ans. Ref.:** See Chapter-2, Page No. 6, 'Why do People Abuse Drugs?'.

**(b) Describe the behavioural response of the family having a person with addiction.**

**Ans. Ref.:** See Chapter-7, Page No. 37, 'Behavioural response of the Addictive Family', Page No. 39, Q. No. 2.

**(c) Enlist the characteristics of group in relation to individual.**

**Ans. Ref.:** See Chapter-17, Page No. 113, 'Characteristics of Group in Relation to Individual'.

**(d) Discuss the common aspects influencing couple in choosing family planning methods.**

**Ans. Ref.:** See Chapter-25, Page No. 166, 'Counselling on Family Planning', Page No. 168, Q. No. 4.

**(e) Explain the usefulness of photo language.**

**Ans. Ref.:** See Chapter-18, Page No. 126, Q. No. 5.

**(f) List the principles in addiction counselling.**

**Ans. Ref.:** See Chapter-13, Page No. 80, 'Principles in Addition Counselling'.

**Q. 5. Write short notes on the following:**

**(a) Drug abuse among prisoners.**

**Ans. Ref.:** See Chapter-3, Page No. 15, 'Prevalence of Drug Abuse among Prisoners'.

**(b) Denial**

**Ans. Ref.:** See Chapter-6, Page No. 31, 'Denial'.

**(c) Alcohol, Drus and Pregnancy**

**Ans. Ref.:** See Chapter-5, Page No. 26, 'Alcohol Tobacco Drugs & Pregnancy'.

**(d) Rehabilitation process in drug addiction**

**Ans. Ref.:** See Chapter-12, Page No. 78, Q. No. 1.

**(e) Relapse prevention.**

**Ans. Ref.:** See Chapter-10, Page No. 56, 'Relapse Prevention'.

**(f) Barriers to Interpersonal Communication**

**Ans. Ref.:** See Chapter-17, Page No. 112, 'Barriers to Interpersonal Communication'.

**(g) Folk Media in India**

**Ans. Ref.:** See Chapter-16, Page No. 102, 'Folk Media in India'.

**(h) Difference between psychotherapy and counselling**

**Ans. Ref.:** See Chapter-19, Page No. 128, 'The Difference between Psychotherapy & Counselling'.

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# SUBSTANCE ABUSE AND COUNSELLING

FACTUAL INFORMATION AN SUBSTANCE ABUSE

## Relevance of Substance Abuse and Hiv/AIDS



### INTRODUCTION

In human history we have witnessed many epidemics that spread diseases to kill many thousands of people. During the middle age half of the population was lost to the Black Death in Europe. The epidemic we are going to discuss has killed many worldwide and is a threat to the whole mankind which is Substance abuse or drug addiction. Educating youth and everyone is the only way to minimize its dangers as scare tactics for prevention are not going to help in any way. We need to provide sound and realistic information about it. The reasons behind substance abuse and what it is will be discovered in this unit. Later on the implications, prevention and treatment will also be discussed.

### CHAPTER AT A GLANCE

#### IMPORTANCE OF THE STUDY OF SUBSTANCE ABUSE AND HIV/AIDS

There are many factors that measures quality of human life, as the phrase a healthy mind in a healthy body emphasizing the importance of a healthy mind.

Our family, school and society are major sources of learning about how to take care of our health. It is always taught to avoid alcohol and other intoxicating food stuff which are dangerous for human health and the well being of the society. The safety rules needs to be learned about drugs and HIV/AIDS just like we learn the traffic safety rules as a daily part of life, because ignorance can lead to death. We should know AIDS, NO AIDS and Know Drugs but NO Drugs. The young generation is getting easily addicted to alcoholism and drugs these days due to its wide use and it is causing a great deal of threat to humanity. Not only alcohol there are many other killer drugs available in the market which make the person totally dependent on them for life. Many young lives have been destroyed by drugs like Heroine, Cocaine etc. and the major cause of all this happening is ignorance. Most of the information about these products that we get from friends or magazines is incomplete and inadequate. HIV/AIDS is mainly spreads through blood or other body fluids, while many Drug users use syringes for injecting drugs sharing same needles by many of them, this also is a major cause of spreading HIV/AIDS. This all does not stop here but under drug's influence they may also get involved into sexual

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activities which causes infections even in one such act the infected person pass on the infection to the other. All this makes the connection between drug abuse and HIV/AIDS more important to understand.

### RELATIONSHIP BETWEEN SUBSTANCE ABUSE AND HIV/AIDS

By now we know that two deadly diseases drug abuse and HIV/AIDS are closely related because:

- Of their recent origin
- Mainly young generation is affected
- There is no cure
- Social implications
- Health related issues

In the last quarter of 20th century the duo of drug abuse and HIV/AIDS appeared. Alcohol is being used from a very ancient period but did not surfaced as a social problem till very recently. The drugs with high psychotropic nature are with high addictive potential are recent introduced in the society. The availability of these drugs all over the world has become easier due to faster communication and transportation facilities. Within 20 years span HIV has become a worldwide health hazard. As the youngsters are more curious to know and try out new things they become an easy prey of the drug abuse. The major spread of HIV/AIDS is through sexual act, and drugs causes the irresponsible behavior towards sexual relations amongst its users. Since the HIV/AIDS detected first in 1981 there has been no permanent cure found till date. As there is no cure for these diseases preventive measures and behavior modifications are considered to be most important protecting individuals as well as society. Treatment of drug abuse and HIV/AIDS is lengthy and very expensive so both of these have a long lasting negative impact on society. If not controlled, it can lead to the destruction of the society to a great extent. Both drug abuse and HIV/AIDS kills slowly and surely as they attacks a person at his prime time of life youth age and the time frame left with the infected is approximately 10-15 years which is mostly spent in the rehabilitation and health care centers.

#### What is substance abuse?

There is a slight difference in the meaning of use drug abuse and substance abuse and in the terms of abuse and addiction.

#### What is Drug?

When a substance is introduced into a living organism which can modify the equilibrium state of that organism or any one of its functions is called a drug

according to the World Health Organization (WHO). This is usually a chemical substance which may or may not be used for medical or any non-medical purposes. It can also be said that drugs can modify the mental state or activity of the user and its chemical content acts on the central nervous system which is why they are called psychotropic drugs.

#### Definition of drug abuse

As said by Mitchell-Drug abuse is the improper or illegal use of a drug taking it in excessive doses or where no medical reason exists. With industrial revolution and technological advancement many substances such as opium occupied important place in medical prescriptions which was strongly recommended by physicians Thomas Sydenham and Dr. Thomas Dover in many illnesses considering it to be a powerful medicine.

According to WHO- drug abuse is a state of periodic or chronic intoxication detrimental to the individual and to the society, produced by the repeated consumption of a drug (natural or synthetic).

Characteristics of drug abuse include the following:

1. The desire of its use become overpowering and continue taking it and obtain it by any means.
2. Slowly but surely the dose increases.
3. Most of the times psychological and sometimes physical dependence on the drugs.

Drug dependence term was recommended by WHO in place of drug abuse because the drug user becomes dependent on this chemical for lifetime and he uses it for his survival.

#### Important Terms

Frequently used terms used during the drug abuse discussions are explained below:

**(a) Cocaine:** this drug is made by cocoa plant used as painkiller

**(b) Excessive desire:** when there is a desire more than the physical as well as psychological need and which is beyond control of will.

**(c) HIV-AIDS:** human immune- deficiency virus causes this disease

**(d) Heroine:** a chemical painkiller made from opium poppy, which is highly addictive

**(e) Intoxicating:** making a person drunk beyond self control

**(f) Socio-Medical:** something related to both medical and sociological field

**(g) Sterilize:** free from a disease producing germs

**(h) Dependence:** is of two types

RELEVANCE OF SUBSTANCE ABUSE AND HIV/AIDS / 3

1. Physical dependence-when a drug chemical is used for specific period of the body gets used to it and it becomes difficult for the person to function normal without the use of it and the body becomes dependent on that particular drug or chemical.
2. Psychological dependence- when a chemical is used for a period of time to get a euphoric feeling. His physical life can be very well managed without the chemical but his mind craves for it. Ganja is the most apt example producing psychic craving.
  - (i) Tolerance-taking a drug for a prolonged time makes the body and mind habitual of its effects, and to continue having same effect more drug would be required.
  - (j) Withdrawal-after getting used to the drug consumption if it is suddenly stopped the body and mind of that person starts reacting due to the absence of that chemical.
  - (k) Detoxification-a gradual withdrawal mostly decreasing amount of specific or cross tolerant drug by physical dependent drug users is called detoxification. It can also be done without other medicines being used but the person should be ready to face the withdrawal symptoms.

### HISTORY OF SUBSTANCE ABUSE

Substance abuse is an age old phenomenon. Ancient religious epics refers to the mind altering substances and used to be referred as food of the gods. In the epic like Iliad and Odyssey also the reference of a plant is there which helped in forgetting all worries of life. Opium substance used by Greek soldiers to dull their senses during war. The Greek god Bacchus and the Roman Goddess Ceres were also regulars of wine and intoxication.

#### The history of opium

There are enough evidences in some of the Sumerian towns' excavation sites of poppies cultivation and preparation of opium out of it which is approximately dated 5000BC which was called Ajoy at that point of time. This was used by Assyrians as medicine but whether it was an abuse or not is not evident anywhere in the history. Egyptians used it for some diseases and as a painkiller. Similarly Romans used it as sedative and as a medicine they used to punish betrayals and to show compassion used to serve wine mixed with opium to reduce their pain. The Great Greek physician Hippocrates was aware of the anti purgative

and narcotic action of the opium. Roman physician Galen also encouraged its use in the Roman Empire due to which the Emperor Servius got addicted to it. Opium was extensively used by the Arab physicians mostly by Avicenna and he died due to an overdose of it. During AD 980-1037 the Arab traders introduced opium in China and the rest of the eastern world. While Portuguese traveler has mentioned it as an Indian product and a French naturalist found out Turks to be most addicted to opium even to spend their last penny for it.

#### History of Alcohol

Fermented liquor has been a favorite beverage of mankind from ancient times. During Vedic period also it used to be an important part of ceremonial and sacrificial rites. These narcotics products of Ganja plant were used for medicinal purposes. According to the Simmond's book "Alcohol its Production, Properties and Application the presence of alcohol in India was found to be since 800 BC and even earlier than India it was present in Sri Lanka. Since ancient times the abuse of alcoholism has been known to mankind even though it has healing properties. From 1700 BC the society and religious communities have been trying to minimize its dangers. In Babylon the dining houses were regulated by the Code of Hammurabi and the Roman Empire tried to cut down the production of grapes in discouraging the alcohol use. Alcoholism was not as a big threat before Industrial Revolution as it is today. It became more serious with higher alcoholic content due to new method of making it. On the other hand the advertisements and other campaigns promote the use of alcohol.

#### History of Psychotropic Drugs

After the World War I the psychotropic drug abuse became a matter of concern. Heinrich Dreser synthetically produced Heroine from opium in 1898 and was used in treating the wounded soldiers. During Second World War the soldiers treated with Heroine became addicted to it. The rate at which these illegal drugs are spread in the last three decades is unprecedented and reached each and every part of the globe. There is an intense concern amongst the world community regarding this problem. Then came LSD in the middle and late 1960s and by 1970 two million people were addicted to it worldwide. By the end of 1960s cocaine and Heroine became popular which was promoted by Rock music and hippie culture. Later in 1970s there were various terrorist groups along with arms trade and drug trafficking which all were happening together.

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**Substance Abuse as a Health Issue**

Today's basic need is to educate the youth to cope in a drug proliferating society. This requires a combined effort from the political leaders, law makers and the whole of the society to recognize the dimensions of drug abuse and support the efforts of by various health professionals and social organizations. The old cultural patterns are getting replaced by the new drugs and dangerous life style. There should be a collective effort by the society as a whole towards prevention of this drug abuse. Health policies should be formed in such a way that it considers drug issues.

**Public Perception of Drug Abuse**

According to the Indian Constitution Act Article 47 clearly mentions that the State is responsible for the improvement of its people's standard of living including the raised nutrition level it also endeavor on prohibiting consumption of intoxicating drinks(except in case of medicinal purposes) as drugs are injurious to health. Even Mahatma Gandhi once said that if he becomes director for a day first thing he will do is close all liquor shops and destroy all toddy palms. Due to economic and political compulsions in India the prohibition is not effectively implemented. There is a threat of drug abuse on one hand and the lack of awareness on the other, both combined becomes a serious issue. We now in India have more stringent laws to punish drug related offences, there are many rehabilitation centers also available but an effective combined effort from public and Government is yet to come. There are some related issues as mentioned below:

**Indifference:** most of the population is not even well aware of the situation and have false notion about drug abuse. Some believe it to be high society's problem others feel it to be the problem from western countries and thus they don't take it as a national problem.

**Sense of helplessness:** drug addiction is considered to a crime or a weakness of moral values due to which people try to hide it. Family members find it shameful to talk about it to others in the society and prevent seeking help. There are many relapse cases due to which people feel shy to talk about it.

**Moralizing:** most of the times we see addiction is blamed to be a western culture but we must understand one thing that blaming is not going to solve the problem in any way. As in today's globalization no country can live in isolation, as there are many benefits being enjoyed of the western world by us.

**What is the solution?**

First and most important step need to be taken is

educating people in proper way which can help reducing helplessness, and indifferences amongst them. This process should start as early as at the school level itself along with educating parents. The workplace is also quite a vulnerable where one can get addicted. All legal or illegal drugs are equally harmful whether it is tobacco or Ganja this fact should be publicly explained to students where they should not remain in any misconception of legal and illegal drug usage. It is required for the Government to encourage other agencies to come out and help in prevention and treatment of drug abuse.

**Removing the Glamour**

First and most important thing is to make people aware of the facts related to drug abuse and put the factors in front of the society which will help them change their beliefs and habits that make the drug and alcohol consumption special, glamorous and pleasurable. It is the need of the hour to explain to the society the accurate real experiences of the drug consumption rather than make it appear special and pleasurable and that it helps in relaxation. The prevention can become smooth and more effective only when the society looks at the drug and alcohol consumption as silly and flat. This will be a slow process but gradually even the routine habitual users will start finding it to be stuck in a limit.

**CHECK YOUR PROGRESS**

**Q. 1. What is the importance of studying about Substance Abuse and HIV/AIDS?**

**Ans.** There are many, many reasons that people study the nature of drug and alcohol addiction.

Probably the main reason that people study addiction is because it has touched them somehow.

Usually they have been affected by it personally or even a close family member or friend. Or other times it might just be someone that has a desire to learn about addiction.

It takes a very special person to even want to become an addiction counselor or work in the field of addiction studies. It needs a lot of heart and compassion.

Substance abuse is a very serious problem in the world today. Studying addiction can help people learn ways to try to better society as a whole. It can be a very interesting subject, and is usually Psychology based. HIV/AIDS have spread like epidemics in our society in last two decades. It can take trap anyone. Only knowledge of the disease can be helpful in its preventing