



AWARENESS OF DRUG ADDICTION AMONG COLLEGE STUDENTS OF KASHMIR VALLEY

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ABSTRACT

Drug addiction is a major preventable cause of morbidity and mortality worldwide. The Kashmir society is not an exception to this abuse and a large population of youth in Kashmir valley is lured by drugs due to their easy availability. Most adult drug/smokers start drug/smoking regularly some time before 18 years of age. The aim of this study was to know the awareness of drug addiction among College students studying in various institutions of Kashmir valley. The results of this study may help to develop more effective drug/smoking prevention programs. The study was carried out by a cross-sectional survey of 400 youth, 200 male and 200 female selected at random from different colleges of Kashmir valley of Jammu and Kashmir State, using a specifically designed questionnaire. The respondents selected at random were asked questions regarding the age at which people began to use drug/smoking, initiation, their drug/smoking habits, their reasons for drug/smoking, and their views on people who drug/smoke etc. The results obtained in this study presents a horrifying picture and a threat for the entire society if the drug abuse menace is not controlled.

Keywords: Drug addiction, Kashmir, Awareness, Substance abuse, Drug de-addiction