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## Definition

The patterned consumption of a drug by a way that user consumes it in various amounts by using methods that are harmful to the body is called drug abuse or substance abuse. Substance or drug abuse causes addiction, mental health problems, and chronic brain diseases. The use of drugs and substance is more commonly observed in college and university going individuals.

## History

Struggles and efforts to comprehend the context of illegal drug misuse and dependence can be drawn back for eras, though, the examination has continuously been inadequate and insufficient by the systematic theories. Tennessee state university has a campus environment where alcohol and drugs are easily accessible and available to the youngsters. Various researches have been conducted to attack and track down the problem; however, certain dominant factors and political issues have always become an obstruction. Human is using drugs from thousands of years back, particularly narcotics, marijuana, and other related drugs. Medicinal use of marijuana was first started in 2737 years BC in China and narcotics by the Egyptians from 4000 BC. There was a time when cocaine, laudanum, and morphine were newly introduced, and physicians prescribed these drugs for certain ailments and diseases. Morphine was excessively used after the American Civil War when injured troupers resumed home with their supplies of morphine and subcutaneous needles. Mental health problems are becoming more prevalent among communities, particularly in the young population in recent years (Blake, Tung, Langley, & Waterman, 2018). Certain mental health problems and its painful treatment methods force individuals and youngsters to familiarize themselves with drugs to alleviate their pain and suffering (Leslie, 2008). The effects of substance and drugs such as stimulating, alluring, pleasant, and enjoyable motivate them to use these drugs on a regular basis. Ultimately, it leads to addiction, and they need it for their body and to calm down symptoms of the nervous system, particularly anxiety.

## Current status

Approximately 400,000 Tennesseans misuse or are reliant on liquor or drugs. In the years 2000 to 2014, 17% of students are enrolled in higher education, and around 20.5 million scholars attend colleges and universities in the United States. The generation attending colleges and universities is vulnerable to the substance or drug abuse because the students studying in colleges are already addicted to drugs (“Health Brief: Addiction - Better Tennessee,” n.d.). The greatest protruding feature of school and college drug and substance abuse is extreme drinking, with the uppermost proportions arising between individuals of 18- to 22-year-old.

## Affected Population

Liquor, illegal drug, and tobacco consumption is additionally common between young grownups. The environmental setting, culture, and demographics are the influencing factors that lead to developing more drug abusers. Tennesseans have higher proportions of drug abuse and marijuana use among youngsters and full-time students (“Substance Abuse Prevention and Treatment Guide | Middle Tennessee State University,” n.d.). According to a study, 17.6% are those who are involved in frequent drinking and out of which 13.5 % are females. 14.9% of reports were evaluated with the consumption of alcohol in the past 30 days (“Health Brief: Addiction - Better Tennessee,” n.d.). It was also calculated from the study that only 20.1% were those who never have been indulged in drinking or substance abuse. Students use drugs and substances for self-medication therapy (Schepis, Teter, & McCabe, 2018). It is suggested that individuals involved in the addiction to drugs usually consume these drugs in larger quantities to receive pleasure, enjoyment, and stimulation (Mochrie, Whited, Cellucci, Freeman, & Corson, 2018). The highest protruding aspect of university and colleges for substance abuse is extreme drinking in the individuals of 18- to 22-years old. Unaware of the disastrous and devastating effects of these drugs, youngsters are consuming these drugs frequently and habitually.

# Challenges

Major challenges in the communities are mental health problems, depression, and anxiety. Mental health problems are observed to be more prevalent among individuals, particularly youngsters of college and universities. Low socioeconomic status and surroundings are correspondingly responsible as students try to escape from problems and find a solution in drug and substance abuse (Bodkin et al., 2019). Most of these drugs work like anti-depressants and are used to alleviate signs and symptoms of pain and depression among students (Mochrie, Whited, Cellucci, Freeman, & Corson, 2018). Current studies have shown that anti-depressants and drugs that relieve stress are commonly used nowadays. Prescription of anti-depressants and pain killers is a challenging situation for healthcare providers in recent years (Schepis et al., 2018). Other challenges include the behaviors among civilizations and communities such as stressful environments often force individuals to adapt impaired behaviors (Blake et al., 2018). The relationship between drinking and sexual viciousness is also a severe subject, as young grownups usually attempt suicide when they are under the influence (Schepis et al., 2018). Various organizations and research communities are working for the eradication of drug abuse and provide funding to colleges and healthcare facilities to reduce drug and substance abuse among individuals, particularly college students.

IDARS is an abbreviation for the International Drug Abuse Research Society. Along with systematic and educational commitments, they deliver and communicate knowledge to the universal and systematic communities regarding drug abuse and addiction discipline and management potential. Associates of IDARS are experts and physicians from across the world with planned conferences across the sphere. IDARS is emerging as a vivacious and stimulating international appliance and platform. It is not only for scientific communications in the area of addiction among republics but also working as a supply for updating community-based strategies through countries. However, additional examination and studies are required to be conducted to understand the phenomenon of addiction and drug abuse among individuals (Mochrie et al., 2018). The basis for drug and substance abuse at the neurobiological level is important to be understood, and that is a challenge for IDARS.

## Policy Challenges

The health of the communities and healthcare systems is under the most challenging situation. The prescriptions from the healthcare providers, availability of substitute drugs or second-hand drugs in the market, drug abusers and offenders, and lack of political commitment are various factors that are continuously amplifying the use of drugs and substances among individuals. Various policymakers, Tennessee state university, and law enforcement agencies have implemented several laws to reduce drug abuse among individuals. Drug enforcement agency has introduced various steps to reduce drug abuse in communities. It includes monitoring drug prescription patterns, education of parents, and communities regarding potential harmful effects of drugs, enforcement, and implications to effectively address the issue. However, accountability and policies related to monitoring units often neglect their responsibilities to work and respond appropriately to track down the problem in Tennessee state university.

The complications of compulsion and dependence were documented progressively. Legal actions in contradiction of drug abuse in the United States were recognized in 1875. There are certain laws that work to control drugs, such as a drug that uses opium. There are laws for the labeling of drugs containing elements and ingredients that can cause addiction. However, these laws alone are not enough to eradicate the drug and substance abuse from communities. There is a need to track those agencies that work underground to promote drug and substance use among youngsters, particularly students.

## Technical/Admin Challenges

History of consumption of drugs in individuals and past family history significantly influence and become a causal factor in adapting drugs and substances. Tennessee state university has evaluated that exposure of individuals to stressors, such as education associated and socioeconomic factors produce hindrances to stop individuals from drug abuse. Advertisement of alcohol, tobacco, and other related substances should also be banned, or heavy taxes should be implemented on these organizations. Prevention programs are not operating in Tennessee state university to educate the students regarding the non-medical use of anti-depressants and other related drugs.

# Proposed Solutions

Ecological methods are required to limit accessibility and availability and to form social standards on the consumption and acceptability of drugs among communities. Promotion and health education at the federal level should be conducted to reduce substance abuse among individuals (“Substance Abuse Prevention and Treatment Guide | Middle Tennessee State University,” n.d.). Health education regarding mental health and development of communities for healthy lifestyles is significantly required to reduce substance abuse among individuals of Tennessee state university. The caring and friendly environment at Tennessee state university, along with strict restrictions on the availability of substance and drugs, is predominantly a significant factor that can reduce substance abuse among individuals at colleges (Leslie, 2008). Researches and studies on a regular basis are required to be conducted to evaluate the climate changes in colleges and schools (Hanlon, 2018). Screening and testing are also essential to be provided in colleges, universities, and communities to assess the individuals for certain mental health problems (Bodkin et al., 2019). Correlations among environmental administrations, colleges, and organizations off-campus should be strengthened to stop individuals from indulging themselves in impaired behaviors.

Laws for drinking, drug use, availability, and accessibility of anti-depressants and pain killers should be developed with new restricted policies in Tennessee state university and also at the state level (Santa Maria, Narendorf, & Cross, 2018). Approaches that include functioning with native law administration comprise of amplified enforcement such as the sale of drinks to underage individuals should be banned (Salazar, Noell, Cole, Haggerty, & Roe, 2018). High taxes should be implemented on those retailers selling drugs and substances to youth and underage individuals (Leslie, 2008). For example, numerous management therapies and moderately effective medicines were consumed until the innovation of penicillin when the old treatment strategies became a portion of medicinal history (Santa Maria et al., 2018). It is currently promising, though, to be hopeful that the tools and apparatuses required to solve the addiction and compulsion problem are at hand.

It has been observed that pharmacies and retailers support the potential for the drugs to be ill-treated among individuals (Litt, Kilmer, Tapert, & Lee, 2019). Various steps should be taken to decline potential exploitation at Tennessee state university and other universities to reduce the individuals opting for drug and substance abuse. Struggles should be attempted to educate the communities, parents, and potential individuals to educate others regarding the harmful effects of the substance and drug use (Santa Maria et al., 2018). Implementation of accountable and responsible beverage services inside campuses and evaluation of these systems are a necessary step to be taken by the administrations to reduce drug abuse. Elimination of sponsorships of players and athletes for alcohol inside and outside Tennessee state university can also significantly reduce the substance abuse. Implementation of these policies at the federal and state levels can significantly reduce the drug and substance abuse among university and college students.

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