Name

Course

Tutor

Date

**Essay**

**Discuss the causes and effects of widespread drug abuse by young people in modern society**

Drug abuse is the illegal use of certain chemical substances to create pleasure in the brain. People who abuse drugs do so to achieve certain feelings in their bodies. Continued abuse of drugs leads to drug addiction meaning that the user cannot stay without. Drug abuse has increased tremendously in modern times, many people especially the youth abuse substances such as alcohol, heroin, tobacco, cocaine, over the counter drugs (OTC), and Marijuana. These substances have devastating effects on users.

The causative or contributing factors to drug abuse in the society are varied, some are environmental and others are genetic factors. The leading causes of drug abuse include poverty, peer pressure, low self-esteem, academic problems, mental disorders, and exposure to the substance. Stress, trauma, relationship problems, and loss of loved ones are other contributing factors. Poverty pushes young people to participate in drug-related activities including selling and using, which they see as a potential source of income. Peer pressure is a common contributing factor, older friend and relatives introduce drugs to young people in schools, streets, and neighborhoods. Trauma and loss of loved ones force young people to abuse drugs hoping that drugs would alleviate their psychological pain.

Some young people engage in drug abuse to escape problems in social lives including relationships, marital problems as well as issues such as abuse. The cases of drug and substance abuse in colleges and universities are quite high due to academic pressure. Young people are challenged to perform well in their studies forcing them to consume substances to ease the pressure. Importantly, media also plays a pivotal role in encouraging substance abuse, the media exalts bodybuilders, celebrities abusing drugs, and other body fitness programs that encourage young people to abuse drugs.

Drug abuse has devastating physical and mental effects on young people. Each drug abuse has its effects, but some of the effects are prevalent across all the substances. The common physical consequences of substance abuse include heart and liver damage, lung infections, kidney diseases, weak immune system, hypertension, and coma. The common drugs abused by young people often have serious effects of internal organs; they influence functions of critical organs such as liver and heart making the body unable to function optimally. With poor body functioning the affected people vomit, feel nauseated, seizures, and strokes are common. They become highly susceptible to diseases, liver failures, and heart attacks.

Drug abuse brings catastrophic psychological effects on the abusers. Many addicted individuals experience depression, anxiety, and paranoia. They also have low mental function due to brain degeneration. They become violent, unable to concentrate on their work and frequently become psychotic. Some become physically hostile hence losing friends and forcing relatives to stay away from them, this exacerbates their condition as they feel lonely. Besides, drug abuse brings social problems such as loss of jobs, loss of friends and relatives, poor academic performance, homelessness, as well as financial problems. To conclude, the problem of drug abuse especially among the young is a worrying problem that needs concerted efforts. There is a need to have extensive counseling and drug awareness programs to sensitize youth about the dangers of engaging in substance abuse. Importantly, the government should illegalize the sale and use of abused substances and put stringent penalties on peddlers.