

**A STUDY ON DRUG, SUBSTANCE ABUSE AND MENTAL HEALTH
OF UNDERGRADUATE STUDENTS IN KOLKATA**

**THE SYNOPSIS SUBMITTED TO THE DEPARTMENT OF EDUCATION,
JADAVPUR UNIVERSITY, KOLKATA FOR THE AWARD OF THE
DEGREE OF DOCTOR OF PHILOSOPHY IN ARTS**

Submitted by

MILI MISHRA

Registration No. A00ED0100919

Under the Supervision of

PROF. (DR.) BISHNUPADA NANDA

(Professor, Department of Education, Jadavpur University)

**Department of Education
JADAVPUR UNIVERSITY
KOLKATA-700032**

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1. INTRODUCTION OF THE RESEARCH PROBLEM

India is predominantly a youth centric nation. India's population is 1.38 billion of which 22% are the youth (18-29 years). Of these, 34.3 million are college going students according to the Annual Status of Higher Education, ASHE (2021-22). Statistics show that there is an addiction problem in India. According to a report in 2016, 2 million college students have used an illicit drug. The students fall prey to drug and substance abuse in the college as they are vulnerable. The prevalence of drug related problems gets reflected in the data of death due to substance abuse and it is alarming to note that the students make up a considerable part of it. There is a need for educational research on the drug menace prevalent in Kolkata. Geographical vulnerability is a contributor to Kolkata being a drug hotspot though national surveys do not reflect the scenario. The academic world, post pandemic, is undergoing major upheavals which is taking a toll on the psychological wellbeing of the students thereby adding to the pressure. So it becomes more imperative to study the problem of drug and substance abuse among the students and how it affects their mental health. Another dimension that calls for attention is the relationship between substance abuse and mental health.

Concept of Drug, Substance Abuse, Substance Dependence, SUD and Mental Health

DRUG

A **drug** is a term for a habit forming substance or a chemical substance which directly affects the brain, nervous system, bodily function, perception or consciousness which has the potential to misuse. Frequent use of drugs may lead to death. It is immoral, anti-social and against the law.

DRUG ABUSE

Drug abuse is a general term used to describe the excessive habitual use of some kind of substance like use of an illicit drug or misuse of legitimate drug resulting in physical or psychological harm. It leads to impaired judgement, loss of physical and emotional control and renders the person into a state of intoxication.

Drug abuse is synonymous with substance abuse. For example smoking ganja or hashish, taking heroin or cocaine, LSD, injecting morphine, cannabis, opium, marijuana, crystal meth etc.

SUBSTANCE ABUSE

Substance abuse is the medical term used to describe a pattern of using a substance (drug) that causes significant problems or distress. This may be missing work or school, using the substance in dangerous situations, such as driving a car. It may lead to substance-related legal problems, or continued substance use that interferes with friendships, family relationships, or both. Substance abuse is responsible for brain disorder, refers to the abuse of illegal substances, such as marijuana, heroin, cocaine, or methamphetamine. Or it may be the abuse of legal substances, such as alcohol, nicotine, or prescription medicines. Alcohol is the most common legal drug for abuse.

SUBSTANCE (DRUG) DEPENDENCE

Substance dependence is the medical term used to describe abuse of drugs or alcohol that continues even when significant problems related to their use have developed. Signs of dependence include:

- Tolerance to or need for increased amounts of the drug to get an effect,
- Withdrawal symptoms that happen if you decrease or stop using the drug that you find difficult to cut down or quit,
- Spending a lot of time to get, use, and recover from the effects of using drugs,
- Withdrawal from social and recreational activities,
- Continued use of the drug even though one is aware of the physical, psychological, and family or social problems that are caused by the ongoing drug abuse.

MENTAL HEALTH

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make healthy choices. Mental health is a state of mental well being that enables people to cope with the stresses of life, realize their abilities.

SUBSTANCE ABUSE AND MENTAL HEALTH

A substance use disorder (SUD) is a mental disorder that affects a person's brain and behaviour, leading to a person's inability to control their use of substances such as legal or illegal drugs, alcohol, or medications. Symptoms can range from moderate to severe, with addiction being the most severe form of SUDs.

Individuals who experience a substance use disorder (SUD) during their lives may also experience a co-occurring mental disorder and vice versa. Co-occurring disorders can include anxiety disorders, depression, attention-deficit hyperactivity disorder (ADHD), bipolar disorder, personality disorders, and schizophrenia, among others.

While SUDs and other mental disorders commonly co-occur, that does not mean that one caused the other. Research suggests three possibilities that could explain why SUDs and other mental disorders may occur together:

- **Common risk factors can contribute to both SUDs and other mental disorders.** Both SUDs and other mental disorders can run in families, suggesting that certain genes may be a risk factor. Environmental factors, such as stress or trauma, can cause genetic changes that are passed down through generations and may contribute to the development of a mental disorder or a substance use disorder.
- **Mental disorders can contribute to substance use and SUDs.** Studies found that people with a mental disorder, such as anxiety, depression, or post-traumatic stress disorder (PTSD), may use drugs or alcohol as a form of self-medication. However, although some drugs may temporarily help with some symptoms of mental disorders, they may make the symptoms worse over time. Additionally, brain changes in people with mental disorders may enhance the rewarding effects of substances, making it more likely they will continue to use the substance.
- **Substance use and SUDs can contribute to the development of other mental disorders.** Substance use may trigger changes in brain structure and function that make a person more likely to develop a mental disorder.

2. GEOGRAPHICAL LOCATION AS A REASON OF INCREASING DRUG MENACE

The menace of drug addiction has spread fast among the youth in India as supply drives the demand. India is sandwiched between two of the largest opium producing regions of the world. This proximity makes India vulnerable. It has made India both a destination and a transit route for opiates produced in these regions.

GOLDEN TRIANGLE comprising of Thailand, Myanmar, Vietnam and Laos

GOLDEN CRESCENT comprising of Pakistan, Afghanistan and Iran

According to World Drug Report (2021), prescription drugs and their ingredients or precursors are being increasingly diverted for recreational use in India- the largest manufacturer of generic drugs in the world. Transit points have become consumption hubs. India has become key hub for illicit drug trade. Lockdown restrictions helped narcotics business reach new highs in India. Consumption of narcotic drugs has increased manifold in India. The Indian illicit drug markets are mostly dominated by cannabis and opioids. Cannabis in the form of bhang is legal in India. Its illegal forms are ganja (marijuana) and charas (hashish).

3. CAUSES OF SUBSTANCE ABUSE IN COLLEGE STUDENTS (BASED ON LITERATURE REVIEW)

Signs need to be noticed early, students should be counselled and treated (MHRD)

- (a) Transition from high school to college, students feel independent
- (b) Peer pressure of fitting in
- (c) Social Anxiety
- (d) Curiosity
- (e) Academic pressure
- (f) Coping with mental health issues

4. RELEVANCE AND NEED FOR THIS RESEARCH

Kolkata is emerging as one of the top cities in India where banned drugs like hashish, LSD are sold. It is easy for drug peddlars to reach the metropolis due to its strategic location near Bangladesh and Nepal borders (NCB). According to NCB, college students in the city are roped in to sell drugs. Kolkata has turned into a drug hotspot as is evident from the series of recent raids conducted by the NCB which busted international cannabis smuggling ring in Kolkata in 2021 seizing a huge amount of the world's strongest marijuana.

It is important to find out the extent and pattern of drug menace in Kolkata especially its reach among the college students at the UG level in the post pandemic time period. The students had to face a lot of uncertainty during the pandemic period. The drug menace used to exist in the pre pandemic era so it becomes imperative that extensive research is carried out to find out the

challenges of drug abuse that the college students faced as they had to cope up with the pressures of online and blended classes.

5. STATEMENT OF THE PROBLEM

A knowledge gap exists as far as the trend of drugs and substance abuse in Kolkata is concerned. A substantial percentage of the metropolitan population indulges in drug and substance abuse which is not reflected in the national and international surveys and much needs to be explored and unearthed especially in the post covid period. There is dearth of research conducted on the relation between substance use disorder (SUD) and mental health among the youth and the present research is aimed at exploring and making up for the paucity on the same and focusing on the drug and substance abuse and consequential mental health problems among the college students at the UG level in Kolkata

6. Review of literature

REVIEW MATRIX

| Sl. No. | Name, Year | Publication | Topic | Description | Findings |
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| | Dixit, S., Sharma, S., Sharma, N., & Patel, M. (2024) | www.researchgate.net | “A Quantitative Study to Assess the Effect of a Community-Academy Partnership Event on Knowledge, Awareness and Engagement against Substance Abuse.” | Objective: The objective is to study the effects (quantitative) of the partnership between the community and the academy. An event named ‘Chaitanya Utsav’ was organized to understand the extent of knowledge, engagement and awareness regarding the drug misuse in local community, and additionally to evaluate the participant’s awareness and understanding | Findings: The sample was of 150 participants. Low engagement and incomplete knowledge of substance abuse was found to be prevalent among a significant number of students (n=45). 55.5% had low knowledge scores, whereas 66.6% reported zero community involvement. 44.4% reported that they were not aware of prevention programs, thereby indicating low awareness levels. |

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| | | | | <p>regarding substance usage and indulgence in preventive efforts.</p> <p>Method:</p> <p>Participants at the Chaitanya Utsav comprising of scholars and students were surveyed. The program included lectures, seminar that aimed at interacting with the students creating awareness about the hazards and potential threats of use of drugs and most importantly to recommend preventive policies. A pre-event survey had</p> | |
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| | | | | been carried out before the start of the Chaitanya Utsav in order to collect the preliminary data. | |
| | <p>Venkatesh, U., Aparnavi, P., Mogan, K.A., Durga, R., Pearson, J., Kishore, S., Joshi, H.S., Nair, N.S., Nisha, B., & Agarwal, R. (2024)</p> | <p><i>National Library of Medicine.</i></p> | <p>“Determinants of substance use among young people attending primary centres in India.”</p> | <p>Objective: To evaluate the pattern of use of substances among individuals attending healthcare centres in India and to find out the determinants of use of substances.</p> <p>Method: 15 states in India were surveyed. Sample size was 1630 young individuals belonging to the age category of 10-24 yrs. The ASSIST questionnaire</p> | <p>Findings: Substance use was found to be prevalent at 32.8%. 75.5% users had started substance use around adolescence. Tobacco, alcohol and cannabis were commonly abused. Substance using individuals mostly belonged to the lower socio-economic status.</p> |

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| | | | | was administered on individuals attending primary healthcare centres. | |
| | Dogra, A., Tiwari, J.K., & Bhardwaj, O.P. (2023) | <i>International Journal of All Research Education and Scientific Methods.</i> | “Awareness of Drug Addiction among law students in Himachal Pradesh.” | <p>Objective: To assess the awareness of law students about drug addiction in Himachal Pradesh, to study the differences in their awareness levels with regard to their gender, area and type.</p> <p>Method: Technique of random sampling was employed for collection of data. 50 law students from four law colleges of Himachal</p> | <p>Findings: No significant difference in awareness about drug abuse was found among the law students as far as their area and type of college was concerned. However, significant difference in drug abuse awareness was found with respect to gender with boys having mean score than the girls.</p> |

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| | | | | Pradesh made up the sample. | |
| | 4 Parmar, A., Bhatia, G., Sharma, P., & Pal, A. (2023) | <i>Indian Journal of Psychiatry.</i> | “Understanding the epidemiology of substance use in India: A review of nationwide surveys.” | <p>Objective: The objective is to explore the epidemiological studies undertaken to provide data on use of substances in India.</p> <p>Method: Review of literature of nationally conducted surveys on substance use across India.</p> | <p>Findings: A lack of regular monitoring on the prevalence of substances was reported. The study indicated the need for upscaling prevention programs and treatment services. Relevant data that emerged highlighted that the trend of abuse of drugs and substances. Tobacco use by men was 57% and 11% among women (2005-2006). Licit cannabis use was 2% compared to illicit cannabis use which was reported at 1.2% (2019). Opioid use was found</p> |

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| | | | | | to be 0.7% and heroin use was reported at 0.2%. Substance abuse was found to be lesser in females than in males. |
| | Dutta, D. K., Sen, D. J., & Mahanti, B. (2023) | <i>World Journal of Pharmaceutical and Medical Research.</i> | “The role of hard drugs and soft drugs in Pharmaceutical Sciences.” | <p>Objectives: To have a clear understanding of the pharmaceutical concept of hard and soft drugs, their concepts, effect of drug addiction on the brain.</p> <p>Method: A quantitative analysis of published literature on pharmaceutical sciences.</p> | <p>Findings: Soft drugs are considered to be physically or psychologically less addictive as compared to hard drugs, however, they are equally unsafe. E.g. Cannabis. The brain’s reward circuit is affected by all drugs which is the seat of instinct and mood. Use of drugs causes release of dopamine that has effect on our emotions and feelings of pleasure. Release of</p> |

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| | | | | | dopamine causes a feeling of high among the users and this leads to addiction. |
| | Banerjee, T. (2023) | <i>Research Review International Journal of Multidisciplinary.</i> | “Comparative study of Drug Addiction, Alcoholism between single child and more than one child in college level students in West Bengal.” | <p>Objective: To evaluate the impact of family size on the frequency and pattern of drinking habit and abuse of substances among the college going students of West Bengal and to understand how being a single child or having siblings contributes towards the substance misuse among young adults.</p> <p>Method: A mixed method approach was employed to collect information</p> | <p>Findings: Peer pressure, familial ties, demographic and socio-economic factors are connected to addiction among the young adults examined in the study. The drinking habits of college students who are single child is significantly higher than those who come from families with several children. Similarly students coming from homes with just one child have significantly higher drug use</p> |

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| | | | | from students studying in colleges in West Bengal with the help of surveys and in-depth interviews. | compared to students who came from families with several children |
| | Srivastava, S., Kumar, P., Ronak Paul, R., & Dhillon, P. (2021) | <i>BMC Public Health.</i> | “Does substance use by family members and community affect the substance use among adolescent boys? Evidence from UDAYA study, India.” | Objective: To examine whether there is any correlation between substance use among members of the family and the community with the adolescent boys’ use of substances. Method: Around 6000 adolescent boys of the age group of 10-19 yrs from UDAYA were surveyed. An effort was made to understand the association | Findings: 16% adolescent boys were abusing substances. Substance abuse was higher among the school drop outs (40%). 28% of them came from families with family history of tobacco, alcohol abuse and abuse of drugs. Adolescents were more likely to abuse substances to come from substance abusing communities. |

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| | | | | between substance use behaviour of adolescents and their family history. | |
| | Gupta, H., Gupta, S., & Rozatkar, A.R. (2021) | <i>International Journal of Forensic Mental Health.</i> | “Magnitude of Substance Use and its Associated Factors Among the Medical Students in India and Implications for Medical Education: A Narrative Review.” | Objective: To review literature on the extent of use of substances and related problems among the UG students of India. Method: Online databases were reviewed to study the relevant literature. | Findings: 39 relevant reviews were found. Medical students were found to abuse alcohol (43.8%), tobacco (28.8%) and cannabis (15%). Use of sedatives among the females was higher than the males. Family history and peer pressure were the responsible factors. |
| | Kovilveetti I, A.N. (2021) | <i>Medical Science and Discovery.</i> | “A study on substance abuse among young people (10-24 yrs) in urban slums of Jorhat, Assam.” | Objective: To evaluate the trend of substance abuse by urban slum dwellers, to assess the contributing factors and | Findings: 22-24 yrs old males predominantly abused substances compared to the females. Tobacco and alcohol were the most most |

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| | | | | <p>recommend suggestion.</p> <p>Method: An Interviewers Proforma by the Institutional Ethics Committee was employed. Data was collected using the Proforma which was administered on 174 slum dwellers. Only those in the age category of 10-24 yrs were included. Also, those who wished to participate willingly were made a part of the survey.</p> | <p>commonly abused substances. Peer influence was the major reason the initial exposure to substance abuse. The frequency of substance abuse ranged from multiple times daily to weekly. The substances were obtained from local peddlers. Hallucination and euphoria were the feelings experienced by the substance abusers. The side effects of substance abuse were ulcers and malignancy.</p> |
| 10 | <p>Saikia, N., & Debbarma, B. (March, 2020)</p> | <p><i>Clinical Epidemiology and Global Health.</i></p> | <p>“Study on the socio-economic correlates of substance use among male adults in North East India.”</p> | <p>Objective: To evaluate the correlates, which are of socio-economic nature,</p> | <p>Findings: Substance use was found to be higher among the male adults of NEI (70.83%) while</p> |

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| | | | | <p>substance consumption among adult men of North East India.</p> <p>Method: They analyzed the data from the 'National Family Health Survey' (2015-2016). They studied the prevalence of smoking and alcohol consumption. The sample consisted of 14,555 men in the age group of 15 to 54 years.</p> | <p>the rest of the country was reported at 50.03%. Smoking and consumption of alcohol was also found to be higher. There are more than ten million substance users approximately, 6.7 million from Assam. 44.38% of adolescents (aged 15-19yrs) consumed at least one type of substance. The pattern of indulgence in substances rises in the 25-49 age category. The probability of substance use lowers with higher education and family income. ST adults are most likely to use substance.</p> |
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| 1 | Prajapati, B.B., Dedun, M.R., Jalfava, H.S., & Shukla, A.A. (2019) | <i>International Journal of Community Medicine and Public Health.</i> | “A study of socio-demographic profile and pattern of drug use among substance abusers attending mind care de-addiction center in Ahmedabad.” | Objective: To study the socio-demographic pattern of drug use among substance abusers. Method: The survey was carried out on one-hundred participants at a de-addiction centre, Ahmedabad who were administered a semi-structured questionnaire. | Findings: Males were the major substance abusers (98%). 46% of the substance abusers belonged to the age category of 31-45 yrs. |
| 12. | Arlappa, P., Jha, S., & Jayaseeli, S. (2019) | <i>Current Research Journal of Social Sciences and Humanities.</i> | “Impact of Addiction on Family: an Exploratory Study with reference to slums in Kolkata.” | Objective: The paper studies the respondents’ socio-economic background, sociological effect of addiction in a family and the strategies of intervention to tackle the | Findings: The study identified stressors-like physical abuse, conflict, economic problems within the family which give rise to addiction which leads to family dysfunction dynamics |

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| | | | | <p>challenge of addiction.</p> <p>Method:</p> <p>Interaction with the women and young members of the affected families living in the slums of Tangra, Kolkata was carried out. The method of snowball sampling was employed in collaboration with an NGO working in the area.</p> | <p>leading to mental health issues.</p> |
| 13. | <p>Haldar, Dr D., Majumdar, Dr K. K., & Roy, Dr S. (2018)</p> | <p><i>International Journal of Research and Review.</i></p> | <p>“Substance Abuse among the Undergraduate students of a Medical College of Kolkata.”</p> | <p>Objective:</p> <p>The objective was to find out the socio-demographic pattern and kind of substances abused by the UG medical students of a South Kolkata</p> | <p>Findings:</p> <p>Substance abuse was prevalent at 60.26% among the students. Alcohol was the most commonly abused after cigarettes.</p> <p>Conclusion:</p> <p>Lack of health consciousness was noted</p> |

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| | | | | <p>Medical College.</p> <p>Method: The method of “stratified random sampling” was adopted, whereby 452 students were selected. A standardized questionnaire was used to collect data. Data was analyzed using suitable statistical tests.</p> | <p>among the medical students as they indulged in substance abuse despite knowing their health hazards. This was due to an increased academic and peer pressure.</p> |
| 14. | <p>Sarkar, K., Roy, S.K., & Singh, R. (2018)</p> | <p><i>International Journal of Community Medicine and Public Health.</i></p> | <p>“A Study of substance abuse among male engineering students staying at hostels in a township near Kolkata.”</p> | <p>Objective: The objective is to realise the prevalence of substance abuse among the male engineering students who stay in hostels.</p> <p>Methodology: A two-part questionnaire proposed by WHO (WHO-ASSIST) was</p> | <p>Results: It was found that 66.0% and 22.0%, were the respective percentage of use of tobacco and alcohol. Students also abused cannabis. Students of government colleges abused more substances</p> |

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| | | | | administered, one part covering screening tests (8 items) on alcohol, smoking and substance involvement. The second part was on socio demographic details. | than the private colleges. Conclusions: Government male engineering students who resided in the hostels showed higher level of substance abuse. |
| 15. | Arora, A., Kannan, S., Gowri, S., Choudhury, S., Sudarasan, S., & Khosla, P.P. (2016) | <i>Indian Journal of Medical Research.</i> | “Study on Substance Abuse among the medical students in a developing country.” | Objective: To find out the prevalence of substance abuse among the medical students in a North Indian medical college. Method: A validated questionnaire was administered on UG and PG medical students of a private medical college to | Findings: 110 (47.8%) were male respondents and 120 (52.2%) were female respondents. Majority lived in a hostel. Prevalence rate was 20.43%. Prevalence found to be significantly higher in males. The PG students were observed to abuse more than the UG students.. Stress |

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| | | | | carry out a cross-sectional study. | was the most common reason for substance abuse. Several substances were being abused such as alcohol(19.13%) , smoking (4.34%), tobacco (chewing 2.17%) and cannabis. More than one substance was being used by the abusers. |
| 16. | Daniel, D., Shetty, D., Jose, G.J., Haritha, J., Ravi, J., Pillai, L.S., Neghandi, A., Santhosh., & Kundapur, R. (2015) | <i>Nitte Journal of Health Science.</i> | “Attitude of college students towards alcohol consumption in Mangalore.” | Objective: To study the attitude of college students about consumption of alcohol. Method: A survey was conducted in the colleges under NITTE University and a questionnaire comprising of questions covering the | Findings: Out of the 1150 students surveyed, 26.4% students consume alcohol. Of these, 61.84% students thought that it was not a risky habit. 72.03% students said that they do not wish to stop their drinking habit. The rest of the students |

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| | | | | objectives of the survey was administered on the students present at the time of survey. | were aware of the harmful effects of alcohol consumption. |
| 17. | Datta, A., Bhattacharya, A., & Naskar, N. N. (2015) | <i>Indian Journal of Hygiene and Public Health, Kolkata.</i> | “Study of substance abuse among medical students of a medical college in Kolkata.” | <p>Objective: To assess the extent of substance abuse and evaluate the associated socio-economic factors.</p> <p>Method: A study, which was cross-sectional in nature, among the medical students of a randomly selected medical college in Kolkata was conducted. It was ensured that students across all semesters are covered in the study. Data</p> | <p>Results: Information was collected from eight hundred students. 57% was the prevalence of substance use. Second year students (76%) were found to use more drugs than the other years. The most commonly used substance was tobacco (57.4%) followed by alcohol and cannabis. The respondents cited tension to be the primary reason for substance abuse. The major source of drugs were friends.</p> |

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| | | | | was analysed and tabulated. | |
| 18. | Gupta, S., Singh, S. S., Kumar, D., Kaur, T., & Arora, S. (2013) | <i>Journal of Clinical and Diagnostic Research.</i> | “Prevalence, Pattern and Familial Effects of Substance Use Among the Male College Students in Chandigarh.” | <p>Objective: A survey was conducted among the college going students of Chandigarh to find out the pattern and prevalence of substance abuse.</p> <p>Method: A community-based study was conducted. The data was collected by ‘stratified random sample’. The WHO questionnaire was consulted. The sample size was 256.</p> | <p>Findings: Prevalence rate was found to be 52.7% among age group 19-21 years. Law students (76.2%) were the highest abusers. Alcohol was most commonly abused substance, smoking secured the second spot and the third spot was occupied by the use of cannabis. 49% were daily users. The most common reason for abuse was to get relief from stress of the psychological kind.</p> <p>Conclusion: The researcher suggests that there is a need</p> |

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| | | | | | for education and counselling young students about the ill effects of substance use. |
| 19. | Ghosh, G. (2013) | ICMR-NICD. | “Substance abuse among Young People in India- Approaches at Curbing the Menace.” | <p>Objective: This paper explores the pattern, trends and extent of substance abuse among children in India.</p> <p>Method: Review of research studies and field based observations of the marginalized drug-addicted children in collaboration with an NGO bestowed with the responsibility of carrying out the Ministry supported Drug De-Addiction and</p> | <p>Conclusion: 40% of the high risk substance abusers are below 18 years of age. Teenagers in WB, Andhra Pradesh, U.P. and Haryana are using gateway drugs. Children from Low economic status take up smoking every year.</p> <p>Suggestions: There is a requirement for intervention to manage the substance abuse determinants in the Indian context. There is a need to focus beyond the interventions of the bio-medical</p> |

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| | | | | Integrated Child Protection Scheme. It also addresses challenges of substance abuse. | and behavioural modification approach. |
| 20. | Sahu, K.K., & Sahu, S. (2012) | <i>Bangabasi Academic Journal.</i> | “Study on Substance Abuse: Causes and Consequences.” | <p>Objective: Exploring the menace of substance abuse in the Indian youngsters.</p> <p>Methodology: Systematic literature review of research papers and relevant articles.</p> | <p>Results: Abuse of substances affect all the segments of the Indian society. Use of alcohol, tobacco and other drugs is a wide spread occurrence among the youngsters. Psychoactive drug abuse is an issue of national importance. Substance abuse is a major concern as it is a public health hazard. Substance abuse is rising at an alarming rate globally with worsening health,</p> |

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| | | | | | increased criminal activity, decreased productivity, degrading relationships, descending societal and moral values. The biggest target of the threat of substance abuse are the vulnerable youngsters. |
| 21. | Murthy, P., Manjunatha, N., Subodh, B.N., Chand, P. K., & Benegal, V. (2010) | <i>Indian Journal of Psychiatry.</i> | “Study on the substance use and addiction research in India.” | Objective: This paper examines research on substance use and related disorders in India. Method: Online systematic review of the ‘Indian Journal of Psychiatry’ was carried out. It included articles pertaining to | Results: Relevant publications are found in IJP-200. 537 International journals relating to substance abuse were found. Studies between 1968-2000, primarily focused on alcohol abuse. Prevalence of overall substance use was recorded at |

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| | | | | <p>reviews of substance use, case studies and reports having significant implications. Review includes research sites like Medlar (1992-2009) and Pubmed (1950-2009). Epidemiology and clinical issues like diagnosis, psychopathology and comorbidity were studied.</p> | <p>6.9/1000 for urban India and rural rates of 5.8 and 7.3/1000 population. The rate of abuse among men was about 12% and among women was about 2%.</p> |
| 22. | <p>Ahmad, N., Bano, R., Agarwal, V.K., & Kalakoti, P. (2009)</p> | <p><i>Pravara Medical Review.</i></p> | <p>“Study on substance abuse in India.”</p> | <p>Objective: The objective is to analyse the substance abuse epidemic in India which encompasses the youngsters.</p> <p>Method: Qualitative study of literature</p> | <p>Findings: Drug abuse among adolescents is at an all-time high. About 50% of boys have abused a substance by the time they reached the 9th grade. Cannabis and heroin are the most</p> |

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| | | | | related to the problem of abuse of drugs in the country. | frequently abused in India. According to statistics, the most commonly abused substance is alcohol followed by cannabis. Users of alcohol include subjects as young as 15 year old. In U.P., the most consumed substance was alcohol (82.5%) followed by cannabis (16.1%). All these have an adverse effect on the socio-cultural and economic conditions as well. |
| 23. | Naskar, N.N., & Bhattacharya, S.K. (Jan,1999) | <i>Journal of Indian Medical Association.</i> | “A Study on Drug Abuse among the undergraduate medical students in Calcutta.” | Objective: To study the prevalence of drug abuse among the undergraduate medical | Findings: The prevalence rate was 48.9% and 27.9%. One interesting fact that surfaced was that the rate |

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| | | | | <p>students in Kolkata.</p> <p>Method: The UG students in two medical colleges of Kolkata were surveyed.</p> | <p>of drug abuse increased with each advancing academic year i.e. 24% in the first year to 74.4% in the final year. The usage among the boys (about 60%) was significantly higher than that among the girls (26%). Those living in hostels were found to be more frequently using drugs compared to the non-hostellers.</p> |
| 24. | Das, Indira (1993) | <i>Drugs and Substance Abuse Problems.</i> | “Drug cognizance of late adolescent school students in Kolkata.” | <p>Objective: To understand the mentality of those youths who had knowledge of drugs, acquaintance with drug addicts, lived in the social environment with social</p> | <p>Findings: 39% boys and 36% girls had the experience of different stimulant drugs and narcotic substances. Greater percentage of them had to live with addicts in their primary</p> |

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| | | | | <p>permissibility for drug taking and with availability of drugs in the market but kept themselves aloof from developing drug habits and comparing them with youths who are drug addicts against certain approved indicators like nature of drug cognizance, locus of behaviour control, personality characteristics and values of life.</p> <p>Method: 480 boys and 480 girls were selected randomly from 36 Higher Education schools, equiproportion</p> | <p>group life and had acquaintance with drug addict contemporaries and senior youths in the community-comparatively higher in frequency than the low cognizant group. High cognizant students were found with the following personality characteristics-less participating, less emotionally stable. Only 6% boys and 5% girls of low cognizant group had one or two accidental experience of drug-taking. They were highly sociable and emotional.</p> <p>Conclusion: The student</p> |
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| | | | | <p>ately scattered over the North, South and Central zones of Calcutta (Kolkata). They were students of H.S. school leaving class and belonged to age-range 18-19 years. Drug Abuse Information Schedule (locally built) and Drug Cognizance Questionnaire (locally constructed and standardized) were used for data collection.</p> | <p>population was inquisitive about the harmful effect and health hazards of drug abuse. 14% were recognized as high cognizant group, 68% were the moderately cognizant group and 18% students were described as the low cognizant group or risk free group.</p> |
| 25. | Khan, M. Z., & Unnithan, N.P. (1979) | <i>National Library of Medicine.</i> | “Sociocultural differences between former and current users of psychoactive drugs in a sample of college students.” | Objective: To study the sociocultural factors that differentiate previous drug users from drug users who are currently | Findings: There was little difference between the two sets as they belonged to a similar social milieu. Drug users who |

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| | | | | <p>using drugs among the college youth.</p> <p>Method: The sample consisted of both sets of drug using and non-drug using urban college students.</p> | <p>stopped abusing drugs were primarily belonging to the middle/lower socioeconomic status and had drug abstaining family members. They included junior students enrolled in professional courses. It was their personal decision to give up drugs prompted by their family members' influence and their own drug experience. This is how former users differed from the current users.</p> |
| 26. | Dube, K.C., Kumar, A., Kumar, N., & | <i>United Nations Office on Drugs and Crime.</i> | “Study on drug use among college students-an interim report.” | Objective: To analyse the pattern and extent of the non-medical usage of drug which might | Findings: Drug use was found to be the highest at 80.66% among the male medical students. The |

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| | <p>Gupta, S.P. (1977)</p> | | | <p>cause dependence among the PG students of colleges in Agra, Uttar Pradesh.</p> <p>Method: Survey method</p> | <p>males were found to use substances like alcohol, barbiturates, Mandrax, Vesparax, Equanil, Librium, pain killers and cannabis. The female students mainly used painkillers. The main reason for drug use cited by majority of the students (50-59%) was to relieve stress and feel relaxed. The common effects of drug abuse were sleepiness, sluggishness, giddiness, lack of concentration.</p> <p>Conclusion: A need for stringent measure to curb the menace of drug use was favoured.</p> |
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| 27. | Chakrapani, V., & Bharat, S. (2023) | <i>SMM-Mental Health.</i> | “Mental Health in India: Sociocultural dimensions, policies and programs- An introduction to the Indian Series.” | <p>Objectives: To assess the mental health scenario in India with respect to the sociocultural dimensions, policies and programs.</p> <p>Method: Review of related literature.</p> | <p>Findings: There has been a rise in mental health issues like depression and anxiety due to socio-cultural transformations and decline in cultural and moral values. Prevalence of mental health disorders was higher among the females. Urbanization and pressure to excel at education were found to be the triggering factors. Stress, stigma and discrimination leading to marginalization contribute to occurrence of mental health problems.</p> |
| 28. | Meghrajani, V. R., Marathe, | <i>PMCID.</i> | “Study on A Comprehensive Analysis of | Objective: To study the mental health | Findings: Studies report high prevalence |

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| | <p>M., Sharma, R., Potdukhe, A., Wanjari, M. B., & Taksande, A. B. (2023)</p> | | <p>Mental Health Problems in India and the Role of Mental Asylums.”</p> | <p>scenario in India, the roadblocks, initiatives and the future steps to be taken for improving mental healthcare delivery. The study discusses the state of mental asylums and the associated challenges including stigmatisation, human rights concern, quality care and the requirement for alternative approaches to mental healthcare. Method: A comprehensive study of related literature on problems of mental healthcare in India was</p> | <p>rates of 9.5 to 370 per 1000 people in India. This emphasizes the need for intervention to cater to the mental well-being of the population. Mental illness bears social stigma in Indian society resulting to discrimination and social isolation of those with mental health difficulties.</p> |
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| | | | | carried out. 'PubMed' and 'Google Scholar' were searched covering a wide range of studies. | |
| 29. | Guleria, P. (2022) | <i>International Journal of Indian Psychology.</i> | “Examining Depression among Male and Female College Students.” | Objective: To study depression among the college students. Method: Hindi version of “Beck’s Depression Inventory” was administered on 80 students belonging to the age range of 20-22 yrs. | Findings: Depression was higher among the female students as the female students scored higher in the dimensions of dejection, worthiness, guilt and apprehension. |
| 30. | Dhyani, A., Gaidhane, A., Choudhari , S. G., Dave, S., & Choudhar y, S. (2022) | <i>PMCID.</i> | “Study on Strengthening Response Toward Promoting Mental Health in India: A Narrative Review.” | Objective: To study the prevalent mental health situation in India. Method: A review of related literature was | Findings: Emphasis on community mental health requirements. The essential elements for effecting change at the community |

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| | | | | carried out using digital platforms like Google Scholar and PubMed database. | level include public health initiatives, awareness and information dissemination, and educational and communication activities. |
| 31. | Ransing, R., Kar, S. K., & Menon, V. (2021) | <i>Indian Journal of Psychological Medicine.</i> | “Mental Health Research in India: New Challenges and the Way Forward.” | <p>Objective: The purpose of this paper is to discuss the potential influence of the new legislation on several components of mental health research. The report further dives into the obstacles and barriers related with mental health research in India.</p> <p>Method: Related Literature Review</p> | <p>Findings: According to “Mental Health Care Act 2017”, mental health researchers may get informed consent from the caregiver of the patients with psychotic disorder, schizophrenics, manic and severe depression, alcohol withdrawal symptoms and so on in their pursuit of mental health research. The consent of the “State Mental Health</p> |

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| | | | | | <p>Authority (SMHA)” is required in this regard. The challenges faced comprise lacking adequate mental health practitioners, limited research training opportunities, low priority attributed by the government to mental health.</p> <p>Recommendations: Mental health practitioners should be provided exemption from getting approval from SMHA for research. Necessary support to mental health researchers should be provided in order to clear regulations and procedures to</p> |
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| | | | | | enable them to focus on research. Professional organizations like the Indian Psychiatric Society can set guidelines for mental health researchers and stakeholders of SMHA pertaining to the review and approval of multi-state research proposal. |
| 32. | Sakthivel, A., Kannappa n, S., & Panicker, A. S. (2021) | <i>Indian Journal of Community Medicine.</i> | “Prevalence of Mental Health Problems among High School Students.” | Objective: A study was done to analyse the mental health condition of children in India and to discover the contributing factors affecting mental health. Method: A “cross-sectional study” was | Results: The study found at least 50% of the pupils had some type of mental illness. Depression (about 60%) and anxiety (about 64%) were prevalent followed by stress (39%). |

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| | | | | done among high school students, in the age group of 15-17 years, in a government aided school in Coimbatore over a period of 2 months. | |
| 33. | Waghmare , R.D. (2018) | <i>The International Journal of Indian Psychology.</i> | “A Study of Mental Health among Male and Female College Students.” | <p>Objective: The purpose of the study was to analyse the mental health of male and female college students and evaluate the gender difference with respect to their mental health.</p> <p>Method: 100 college students, (50 male and 50 female) were administered Jagdish and Srivastav’s “Mental Health Inventory”. The sample</p> | <p>Findings: Male college students were found to be mentally more healthy than the female students with regards to the mental health dimensions of “Perception of Reality”, “Autonomy”, “Group Oriented Attitudes”.</p> |

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| | | | | consists of 50% urban and 50% rural college students. | |
| 34. | Malla, A., Joober, R., & Garcia, A. (2015) | <i>Journal of Psychiatry and Neuroscience.</i> | “Mental Illness is like any other medical illness: a critical examination of the statement and its impact on patient care and society.” | Objective: The first to coin the term “mental health” was Plato. It was defined as a reason controlled by emotion and assisted by temper. Griesinger, 200 years ago, emphasised that mental illness is related to illness of the brain. This paper discusses the causes underlying mental illness and its effects. The term mental illness should be treated like any | Results: Mental disorders damage the core of an individual as he or she confronts events of different intensity. It transforms the person’s thinking, consciousness and perception of the self, others and the world. It is crucial that the individuality of each individual be appreciated and similarly the awareness of mental disease like any other medical ailment should be shared. |

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| | | | | <p>other medical ailment having a biological basis.</p> <p>Method: Thorough study of research on biological psychiatry.</p> | |
| 35. | Kansal, A.K., & Bala, Ms C. (2015) | <i>Indian Journal of Applied Research.</i> | “Relationship among Mental Health and Emotional Maturity of 10th class adolescents.” | <p>Objective: To evaluate the association of mental health and emotional maturity of class 10 teenagers of Bhatinda District.</p> <p>Method: The sample consisted of 580 adolescents of the 10th class of Bhatinda District. The approach employed to acquire the sample was stratified random</p> | <p>Findings: There is a strong negative link between mental health and emotional stability, social adjustment and independent determinants of emotional maturity.</p> |

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| | | | | sampling. The tools used for data gathering were ‘Mental Health Battery’ (Singh & Gupta, 1983). | |
| 36. | Majeed, T., Hopkins, G., Wang, K., Nepal, S., Votruba, N., Gronholm, P., Gurung, D., Semrau, M., Bagade, T., Farina, N., Musyimi, C., Pingani, L., Breuer, E., Lund, C., Thornicroft, G., & Evans- | <i>Global Health Research and Practice.</i> | “Anti-stigma interventions in low income and middle income countries: a systematic review.” | Objective: To review anti-stigma interventions taken in low and middle income countries across diverse identities and health conditions. Method: 10 online database review of literature. | Findings: Diverse segments of population received intervention which resulted in stigma-related addressal of issues. The positive outcomes, that were reported, clearly highlight the need for interventions to reduce stigma. |

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| | Lacko, S. (2024) | | | | |
| 37. | Campbell, F., Blank, L., Cantrell, A., Baxter, S., Blackmore, C., Dixon, J., & Goyder, E. (2022) | <i>BMC Public Health.</i> | “Factors that influence Mental Health of University and College students in the UK: A Systematic Review.” | <p>Objective: To discover parameters associated to mental health of students in higher education in the United Kingdom.</p> <p>Method: A systematic review of observational studies was done for evaluating factors related with student mental well being and bad mental health. Five databases were intensively searched. Studies completed in the UK have been included (2010-2020).</p> | <p>Findings: From the 31 studies that were examined, the characteristics consistently related with higher risk of having poor mental health included pupils with a history of traumatic experiences in childhood. Factors supporting wellbeing included helpful and strong social networks. Students who are well acclimated to the adjustments they encounter while transitioning to higher education report improved mental health.</p> |

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| 38. | Schauman, O., Macleod, A.K., Thornicroft, G., & Clement, S. (2019) | <i>Stigma and Health.</i> | “Mental illness related discrimination: The role of self-devaluation and anticipated discrimination for decreased well-being.” | <p>Objective: To study the correlation between the discriminatory behaviour that people with mental illness experience, and their well-being.</p> <p>Method: Data was collected from specialised mental healthcare services in South London, U.K.</p> | <p>Findings: High degree of discrimination was found to be associated with lower well-being. This was characterized by stigmatization and hopelessness. These were again associated with fear of negative stereotypes and demoralization.</p> <p>Suggestions: Discrimination against mental illness is an area which is under researched and needs to be addressed to enhance the state of well-being of individuals having mental health issues.</p> |
| 39. | Wainberg, M.L., Scorza, P., Shultz, | <i>Current Psychiatry Reports.</i> | “Challenges and Opportunities in Global Mental Health: a | Objective: To review how accessible mental health | Findings: There exists a treatment gap in the mental |

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| | <p>J.M., Helpman, L., Mootz, J.J.J., Neria, Y., Bradford, J.M., Oquendo, M.O., & Arbuckle, M.R. (2017)</p> | | <p>Research to Practice Perspective.”</p> | <p>services are in low and middle income countries, to evaluate the mental health gap in services being provided, identification of the challenges and scope for further research.</p> <p>Method: Review of related literature</p> | <p>health sector. Globally, there is a need to enhance the access to mental health services of high quality. Research capacity needs to be increased and focussed on mental health issues.</p> <p>Suggestions: The need of the hour is to build the capacity for more research, clinics and policies to overcome barriers.</p> |
| 40. | <p>Pedrelli, P., Nyer, M., Yeung, A., Zulauf, C., & Wilens, T. (2014)</p> | <p><i>Academic Psychiatry.</i></p> | <p>“College Students: Mental Health Problems and Treatment Considerations.”</p> | <p>Objective: A study on the concerning problems of mental health among the college students on their psychological health as they cope with academic</p> | <p>Findings: Eating disorders like bulimia, anorexia and binge eating are a major health issue related with the mental health issue of the youngsters as they cope with academic, social and peer</p> |

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| | | | | <p>pressure. An attempt is made to summarize the treatments given to the college students with mental health problems and assessing the age of onset of their psychopathology.</p> <p>Method: An online survey of 2822 college students' mental health.</p> | <p>pressures. Depression (36%), anxiety disorders (15%), panic are often the common mental health issues. However the students seeking intervention and treatments are quite low owing to the social stigma attached with mental health issues. Another important finding was that more women receive treatment compared to men (39% vs 30%).</p> <p>Suggestions: Technology based programs could be employed for screening as well as for treatment of the college students dealing with</p> |
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| | | | | | mental health issues as they shy away from seeking support as they worry about what the others would think. |
| 41. | Srivastava, A. (2024) | <i>International Journal of Educational Research.</i> | “Impact of substance abuse on mental health among students in India.” | <p>Objective: To study the impact of substance abuse on the psychological well-being of the students.</p> <p>Methodology: Secondary data from databases like PubMed and Science Direct was studied. The time frame of 2015-2023 was selected for carrying out the study.</p> | <p>Findings: 21.8% students abuse substances with the prevalence higher among the urban students. Male students abuse substances more than the female students however the gap is found to be closing with each passing year due to cultural and social factors playing a determining role in influencing the behaviour of the young generation. Alcohol and tobacco are the</p> |

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| | | | | | leading substances of abuse. 18-20% students having substance use disorder as well as mental health disorders. |
| 42. | Ali, A., Gujar, N.M., & Deuri, S.K. (2024) | <i>Journal of Indian Association for Child and Adolescent Mental Health.</i> | “Prevalence of Mental Health Problems and Substance Use among school going Adolescents of Tribal Ethnicity: A Preliminary Study from N.E. India.” | Objective: To assess the prevalence of mental health issues and substance abuse among the tribal adolescents. Method: A descriptive study design was adopted and was carried out across the 5 N.E. states. Sample was collected from schools based on convenience sampling. Two schools were selected per state from areas with high | Findings: Highest prevalence of mental health issues were found among the adolescents of Arunachal Pradesh (41.9%). Manipur reported lowest prevalence at 14.22%. Substance abuse was highest in Nagaland at 29.44%. 28.04% of the students in Meghalaya abused marijuana and cocaine. |

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| | | | | tribal population. 983 adolescents participated in the study. | |
| 43. | Negi, M. (2023) | <i>Journal of Emerging Technologies and Innovative Research.</i> | “Substance Abuse’s Effect on Mental Health: An Assessment of Himachal Pradesh.” | <p>Objective: To study the relationship between mental health and substance abuse emphasizing the correlation, consequences and significance of addressing them collectively.</p> <p>Method: Himachal Pradesh was selected as the area of study. Meta analysis technique was adopted to quantitatively analyze the data. Websites like Google Scholar and Scopus</p> | <p>Findings: Substance abuse problems coexist with severe mental illnesses. Environmental factors like stress and unfavourable life events contribute to the dual disorder of substance abuse and mental health. Drug trafficking via Pakistan occurs at an alarming rate in Himachal Pradesh due to its geographically vulnerable location. LSD, Morphine and Chitta are the common drugs. 3.2% of the</p> |

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| | | | | indexed journals were searched for data on substance abuse and mental health in Himachal Pradesh. Meta analysis was carried out to analyze the data obtained from 22 independent studies. | population uses charas and Ganja in Himachal Pradesh. Severe mental illness and substance abuse was found to coexist. The stigma associated with the dual disorder leads to marginalization. |
| 44. | Singh, S., Singh B., & Pal, Y. (2017) | <i>Indian Journal of Psychological Medicine.</i> | “A Review of Indian Research on Co-occurring Psychiatric Disorders and Alcohol Use Disorders.” | <p>Objective: The study is meant to review, in a systematic manner, Indian literature on alcohol use disorders and psychiatric diseases.</p> <p>Method: Relevant literature on co-occurring psychiatric problems and alcohol</p> | <p>Findings: The research put light on the fact that excessive usage of alcohol has been highlighted as a key contributor to the worldwide burden of disease. According to statistics, alcohol misuse accounts for 5.9% fatalities globally.</p> |

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| | | | | problems is investigated systematically utilising several search platforms like Google Scholar, digital archives etc. | Alcohol usage has been connected with increased morbidity and mortality at the worldwide level. |
| 45. | Singh, V. P. (2002) | <i>Substance Abuse and Mental Health Services Administration.</i> | “Study on the personality of drug users in relation to their value and mental health.” | <p>Objective: To study and compare the different personality factors of types of drug users.</p> <p>Method: The Multi-variables personality inventory was administered on 200 heavy, 200 occasional and 200 non-drug users.</p> | <p>Results: Non-drug users showed better social desirability than heavy and occasional users of drugs. The occasional drug users had high extraversion than non-drug users and heavy drug users. The heavy drug users are not conscious of their psychological difficulties and have excessive dogmatism. Non-drug users and occasional drug users have high ego-ideal</p> |

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| | | | | | <p>than heavy drug users. Non drug users have great self confidence and high domineering personality. Non-drug users have significantly greater self-confidence, empathy, dominance, have low emotional instability, more autonomy, better mental health, high social maturity than drug users.</p> |
| 46. | Seabra, D.S. (2025) | <i>Interface (Botucatu).</i> | <p>“History of psychotropic drugs: reopening question.”</p> | <p>Objective: To understand the biochemical effects that the psychotropic drugs produce on mental health.</p> <p>Method: Historical review of psychotropic drugs and its</p> | <p>Findings: The study reflects the use and impact of psychotropic drugs on mental health treatment and highlights the multiplicity of effects that the psychotropic drugs can have.</p> |

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| | | | | link with psychiatry. | |
| 47. | Baingana, F., al'Absi, M., Becker, Anna E., & Pringle, B. (2015) | <i>Nature.</i> | “Global research challenges and opportunities for mental health and substance use disorder.” | <p>Objective: This paper looks at the challenges occurring due to the rising health, economic and social burdens connected with mental health and substance use disorders.</p> <p>Method: PubMed and Google Scholar databases.</p> | <p>Findings: There is focus on research for global mental health and drug use disorders primarily to respond to the unmet requirements in poor and medium income nations.</p> <p>Innovation in service delivery is showing encouraging outcomes and is enhancing the quality of care as well as access. The Social Development Goals established by UN (2015) recognises mental health as an element of universal health coverage.</p> |

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| 48. | Braslow, J.T., & Marder, S.R. (2019) | <i>Annual Review in Clinical Psychology.</i> | “History of Psychopharmacology.” | <p>Objective: To understand psychiatry’s dependency on psychiatric drugs in the care of patients.</p> <p>Method: Historical review of related literature</p> | <p>Findings: The success of psychopharmacology was not because of the effective pharmaceuticals but a consequence of a complicated combination of political, economic circumstances, pharmaceutical marketing, breakthroughs in basic sciences and changes in the mental health-care system.</p> |
| 49. | Okorie, C., Caroline, O., Ben, O.J., & Johnson, B.O. (2020) | <i>International Journal of Engineering Applied Sciences and Technology.</i> | “Statistical Analysis of the Effect of Drug Abuse on Academic Performance in Wukari.” | <p>Objective: The study tries to establish the relation between poor academic performance and use of drugs. The purpose for this research is because it has been seen that</p> | <p>Results: It was observed that drug abuse has effect on student’s academic performance.</p> |

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| | | | | <p>anytime students begin to involve themselves in drug usage, they start to perform poorly in the academics.</p> <p>Method: Data was collected through distribution of questionnaire in Wukari. The questionnaires given out were 215 and the number realized was 182. Chi-square was used for the analysis.</p> | |
| 50. | Baptiste-Roberts, K., & Hossain, M. (2018) | <i>Journal of Addiction and Health.</i> | “Socioeconomic Disparities and Self-reported Substance Abuse-related Problems.” | <p>Objective: To find whether substance abuse differs with respect to the socioeconomic status.</p> <p>Method: The 2013 ‘National Survey on</p> | <p>Findings: Participants belonging to “lower socioeconomic status” were found to be over using illicit drugs.</p> |

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| | | | | Drug Use and Health' was administered on participants who abused illicit drugs. | |
| 51. | Hsu, J., Lin, J., & Tsay, W. (2014) | <i>Journal of Food and Drug Analysis.</i> | “Analysis of drug abuse data reported by medical institutions in Taiwan from 2002 to 2011.” | <p>Objective: To review and analyse the data of drug abuse retrieved from the database of the “Taiwan Surveillance System of Drug Abuse and Addiction Treatment” from 2002 to 2011.</p> <p>Method: Review of related literature based on the database of drug abuse cases as provided by the Taiwanese medical institutions.</p> | <p>Findings: The top 5 reported drugs which are abused by medical institutions was found to be heroin and methamphetamine. The abuse of heroin was significant but has thereafter exhibited a declining trend. Ketamine and zolpidem are drugs which are increasingly being abused and have displayed growing tendencies. MDMA abuse has re-emerged and has increased progressively.</p> |

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| | | | | | Factors responsible for drug misuse were substance dependence, peer influence and stress alleviation. It should be emphasised that the availability of drugs by means of the Internet has expanded yearly, and the same requires regular monitoring. |
| 52. | Patrick, Megan E., Wightman, Patrick., Schoeni, Robert F., & Schulenberg, John. (2012) | <i>PMID.</i> | “Socio-economic status and Substance use among Young Adults: A Comparison Across Constructs and Drugs.” | Objective: To find out if socio-economic status and substance misuse are related. The most important socio-economic status indicator is the family SES, for example income, family | Results: The tendency to smoke in young adults is correlated with lower childhood family “socio-economic status”. The consumption of alcohol and marijuana use in young adults was found to have association with greater |

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| | | | | <p>wealth and education of parents. The major aim of this study is to find out the correlation between the SES and the usage of substance among the college going adults.</p> <p>Method: Data was gathered from a study of USA families that contains data from parents and children. The data was gathered from a sample of young adults, in the age group of 18–23 years old in 2005 and 2007. The background on the basis of socioeconomic variables was determined on</p> | <p>childhood household socioeconomic status, even after adjusting for confounders.</p> |
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| | | | | the basis of education of the parents, income and wealth (birth to age 17 years). | |
| 53. | McCabe, S.E., & Boyd, C. J. (2005) | <i>PMID.</i> | “Sources of prescription drugs for illicit use.” | <p>Objective: This is an exploratory study that studied the sources of 4 types of abusable prescription drugs abused by the undergraduate students.</p> <p>Method: A web-based survey was administered on a random sample of 9161 UG students, studying at a public research institution in Midwestern.</p> | <p>Results: The results suggested that about eighteen sources of prescription medicines can be identified. The students pursuing undergraduate studies had received medicines from peer groups and reported comparatively greater rates of alcohol and drug use than students who did not indulge in prescription drugs in an illegal manner, or students who had acquired</p> |

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| | | | | | <p>medication from family sources.</p> <p>Conclusion: The findings show compelling evidence of undergraduate students receiving prescription medicines, that are susceptible to abuse, from their friends. There is a need to enforce greater preventive measures to limit the unlawful use of prescription drugs.</p> |
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7. OBJECTIVES OF STUDY

1. To study the trend and prevalence of drug and substance abuse among urban college students in Kolkata at the UG level.
2. To study the probable causes of drug abuse.
3. To study the drugs commonly used by the students in campus.
4. To study the mental health of the undergraduate students.

5. To study the impact of drug and substance abuse on the mental health of the students.
6. To study the socio-economic correlates of substance abuse.

7. RESEARCH QUESTION

- What is the extent of drug and substance abuse among the college students in Kolkata at the UG level?
- Is there any relationship between the drug and substance abuse by the students with their socio-demographic characteristics?
- What are the commonly used drugs?
- What are the probable causes of drug abuse?
- Is there any difference in the prevalence of drug and substance abuse among the general degree and professional degree students studying at the UG level?
- What is the relation between drug and substance abuse and mental health of the college students at UG level in Kolkata?
- Do students have mental health problems?

8. NULL HYPOTHESES:

| Serial No. | Hypotheses | Remarks |
|------------|---|---|
| 1. | H₀¹ There is no significant mean difference between drug and substance abuse and the mental health of undergraduate students in Kolkata. | H₀¹ Rejected |
| 2. | H₀² There is no significant mean difference between age and mental health of undergraduate students in Kolkata. | H₀² Accepted |
| 3. | H₀³ There is no significant mean difference between gender and the mental health of undergraduate students in Kolkata. | H₀³ Rejected |

| | | |
|-----|---|--|
| 4. | H₀⁴ There is no significant mean difference between the course of study and mental health of undergraduate students in Kolkata. | H₀⁴ Accepted |
| 5. | H₀⁵ There is no significant mean difference between accommodation and mental health of undergraduate students in Kolkata. | H₀⁵ Accepted |
| 6. | H₀⁶ There is no significant mean difference between Father's Educational Qualification and the mental health of undergraduate students in Kolkata. | H₀⁶ Accepted |
| 7. | H₀⁷ There is no significant mean difference between Mother's Educational Qualification and the mental health of undergraduate students in Kolkata. | H₀⁷ Accepted |
| 8. | H₀⁸ There is no significant mean difference between Father's Occupation and mental health of undergraduate students in Kolkata. | H₀⁸ Accepted |
| 9. | H₀⁹ There is no significant mean difference between Mother's Occupation and mental health of undergraduate students in Kolkata. | H₀⁹ Accepted |
| 10. | H₀¹⁰ There is no significant mean difference between family income and mental health of undergraduate students in Kolkata. | H₀¹⁰ Accepted |
| 11. | H₀¹¹ There is no significant mean difference between gender and drug or substance abuse of undergraduate students in Kolkata. | H₀¹¹ Rejected |
| 12. | H₀¹² There is no significant difference between age and drug or substance abuse of undergraduate students in Kolkata. | H₀¹² Rejected |
| 13. | H₀¹³ There is no significant difference between birth order and drug or substance abuse of undergraduate students in Kolkata. | H₀¹³ Rejected |
| 14. | H₀¹⁴ There is no significant difference between course of study and drug or substance abuse of undergraduate students in Kolkata. | H₀¹⁴ Rejected |

| | | |
|-----|---|--|
| 15. | H₀¹⁵ There is no significant difference between Father's Educational Qualification and drug or substance abuse of undergraduate students in Kolkata. | H₀¹⁵ Rejected |
| 16. | H₀¹⁶ There is no significant difference between Mother's Educational Qualification and drug or substance abuse of undergraduate students in Kolkata. | H₀¹⁶ Rejected |
| 17. | H₀¹⁷ There is no significant difference between Father's Occupation and drug or substance abuse of undergraduate students in Kolkata. | H₀¹⁷ Rejected |
| 18. | H₀¹⁸ There is no significant difference between Mother's Occupation and drug or substance abuse of undergraduate students in Kolkata. | H₀¹⁸ Accepted |
| 19. | H₀¹⁹ There is no significant mean difference between accommodation and drug or substance abuse of undergraduate students in Kolkata. | H₀¹⁹ Rejected |
| 20. | H₀²⁰ There is no significant mean difference between family income and drug or substance abuse of undergraduate students in Kolkata. | H₀²⁰ Rejected |

9. METHODOLOGY

A mixed method of study comprising of both qualitative and quantitative methods shall be employed to carry out the study in the UG colleges of Kolkata using semi-structured interview along with a scheduled questionnaire. Inclusion criteria would be to interview the participants who agree to participate in the study. A mental health scale shall also be administered to examine the relationship between substance abuse and mental health of the participants.

10. SAMPLING

Purposive sampling shall be employed for selection of respondents. Sample size 300. Data shall be tabulated and analysed using suitable qualitative and quantitative method.

Tools: 1. Demographic data sheet

2. WHO Substance abuse questionnaire

3. Mental Health Scale by Dr Jagdish & Dr Srivastava

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DR. BISHNUPADA NANDA
PROFESSOR
DEPARTMENT OF EDUCATION
JADAVPUR UNIVERSITY


14.08.2025