

Impact of Cultural Stigma and Family Dynamics on Drug Use among Youth in India

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Abstract

Drug use is linked to moral weakness, humiliation, and dishonour in the society. This study aims to explore the ways in which family dynamics and cultural stigma interact to influence drug use among young people. It's important to encourage young people to talk about their personal issues with identity, mental health, and familial situations without fear of rejection. Now is the time to empower young people to break the silence and share their stories in order to become change agents.

Key Words: *Drug misuse, Family, Society*

Introduction

Youth drug usage has become one of the most important societal issues of our society. The issue has grown to frightening proportions throughout India, especially in places like Punjab. It is observed that in Punjab “drug abuse” is a raging epidemic, especially amongst youth. According to a survey, 66% of the school going students in the state consume “gutka” or tobacco; every third male and every tenth female student have taken to drugs on one pretext or another and seven out of ten college-going students are into drug abuse (Sharma, B., et al.) It is threatening not only the social and cultural fabric of society, but also public health. It has a terrible effect on the family and society at large in addition to the individual concerned.

Drug usage frequently results in an addiction that disrupts daily life and is hard to overcome. Due to the existence of contributing variables such mental illnesses, societal pressure, and financial difficulties, the issue of drug misuse is becoming more complicated. Being the smallest social unit, the family is particularly susceptible to the harmful effects of drug usage. When a family member develops an addiction, it can lead to internal strife, significant emotional strain, and unstable finances. Children growing up in such an environment may undergo significant developmental effects. They are more

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