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Everyone loses in the game of drugs

ADDICTION

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DRUG abuse is on the rise. The National Anti-Drugs Agency (Nada) stated last year that an average of 86 cases of drug abuse were reported every day.

Nada's figures also indicate that the number of drug addiction cases in Malaysia had increased by 14 per cent from 26,668 cases in 2015 to 30,847 last year.

There are several factors that lead our teenagers to the path of drugs. The American Psychological Association states that about

half of a person's tendency towards drug addiction can be blamed on genetics.

The environment also plays a big role, especially when the person stays in a place where there are many addicts. Trauma, too, has an impact.

Trauma can be caused by physical altercations, sexual abuse or neglect by loved ones. Peer pressure may lead to drug abuse.

There are many ill effects of drug use. It can hurt the person who takes drugs and the people

around the addict. It can lead to long-lasting brain disease. Drugs also weaken the immune system, which can lead to infections. Decision-making will be impaired. Compulsive craving cannot be ruled out.

Drug abuse results in paranoia, aggressiveness, loss of self-control and hallucinations.

The nation, too, loses young talents to drugs. Moreover, the country has to bear a high cost of healthcare. In short, everyone loses in the drug abuse game.

That teenagers must be kept away from drugs is a given. We can do a few things to achieve this goal.

The government has to educate teenagers about the dangers of drug abuse through campaigns.

Parents have a big role in keeping their children away from drugs. They must not take their eyes off their children.

They must know where they are, what they are doing and who they are with. It is important for

parents to know their children's friends so that they do not mix with drug addicts.

Most importantly, parents must set a good example for their children to emulate.

Parents may not know this, but our children watch what we say and do. If we want our children to stay away from drugs, we must do the same:

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