

Prevention and Awareness of Adolescent Drug Abuse

Krithika Rajagopalan*

Department of pharmacy, University of Hacettepe, Turkey

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Introduction

Prevention is the best way to keep people from becoming addicted to drugs. When it comes to drug and alcohol consumption, holding the notion that 'I'll do it only once' may prove to be quite dangerous. And for those that do it the first time, it's equal as dangerous to say "I can stop at any time." many people can but few are unlucky that can't end up with a dependence that spiral out of control. Prevention is the key. This may sound like a cliché but it's never the less true. The inability to deal with normal life pressures is one of the major reasons that drive people to drugs and alcohol. Some people, particularly teenager and young adults. Experiment with drug just to portray cool image in front of others. Research indicates that people who share a close relationship with their families are less likely to become drug addict. Eating balanced diet and exercising regularly is another way of preventing drug and alcohol addiction. Adolescent drug abuse remains a big challenge in the world today. It is associated with high morbidity and mortality amongst young people. Also, drug abuse is costly to society. It is crucial to note that the factors behind adolescent alcohol and drug abuse are preventable. Adolescent (teenage) abusing harmful substance may decide to do so in order to cope with distressing mental and emotional conditions. Although some of these conditions may be temporary, the effects of substance abuse can last a lifetime. Prevention program should enhanced factor or reduce factors. Prevention programs should address all forms of drug abuse, alone or in combination, including the underage use of legal drugs (e.g., tobacco or alcohol); the use of illegal drugs (e.g., marijuana or heroin); and the inappropriate use of legally obtained substances (e.g., inhalants), prescription medications, or over-the-counter drugs. Prevention programs should address the type of drug abuse problem in the local community, target modifiable risk factor and strengthen identified protective factors. Prevention programs should be tailored to address risks specific population or audience characteristics, such as age, gender and ethnicity, to improve program effectiveness. They hold that modifiable risk factors such as exposure to drugs, bad parenting, socio-economic status, inherent predispositions, and peer group influence, need to be examined

*Corresponding author:

Krithika Rajagopalan, Department of pharmacy, University of Hacettepe, Turkey

 krithika@gmail.com

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for successful mitigation of the adolescent drug abuse. Also, these three authors opine that families, communities, and primary care provider programs are adequate in the elimination of adolescent drug abuse. They acknowledge that the lack of prevention programs is one of the reasons why the modifiable risk factors are prevalent. They also argue that preventive programs encourage family bonding, parental behavior change, and quality parental care, contribute significantly to reducing levels of drug abuse. The article provides relevant information on intervention programs that can be used to curb adolescent drug abuse. However, it does not enlighten us on how community and primary caregiver programs can be monitored for their improvement. Also, it is silent on how mass and social media can be utilized in the programs. In conclusion, if these factors are integrated into the programs, a remedy for adolescent drug abuse can be achieved.

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