

CAMPUS REALITIES: SOCIO-CULTURAL DRIVERS AND PERSONAL CONSEQUENCES OF SUBSTANCE ABUSE AMONG PAKISTANI YOUTH

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Abstract

The use of drugs is detrimental to every individual. Drug abuse is a chronic issue of current times; this may destroy the strength of future generations and it disrupts the social order of humanity. The role of institutions has a stronger impact on the social and personal life of the students. This study aims to explore the opinions of educated youth about the increasing attraction of drugs in institutions and society. The quantitative research design was applied in the current study. The present study was undertaken in the public sector Universities of Faisalabad city. The Universities of Public Sector were chosen as the University of Agriculture Faisalabad and Government College University Faisalabad. A convenient sample of 220 respondents was taken. A questionnaire was used to collect data. The data were analysed using SPSS. The consequences of drug abuse among students are profound, impacting their academic performance, physical and mental health, and social relationships. Chronic drug use can lead to addiction, legal problems, and a range of health complications, some of which may be life-threatening. Studies indicate that a significant number of students, both in high school and college, engage in the misuse of various substances, including alcohol, prescription medications, and illegal drugs. The reasons behind this behavior are multifaceted, encompassing peer pressure, academic stress, mental health issues, and the desire for recreational experimentation. Enhance Financial Support and Scholarships Increase scholarships and financial aid programs to alleviate the economic burdens faced by students. Preventive measures such as education programs, counseling services, and community engagement are crucial in addressing this issue. Schools and universities play a pivotal role in creating supportive environments that promote healthy lifestyle choices and provide resources for students in need. Effective intervention strategies, including early identification, treatment programs, and ongoing support, are essential to help students recover and reintegrate into their academic and social lives. Comprehensive Awareness Programs Educational Campaigns: Develop and implement comprehensive awareness campaigns that educate students about

the dangers of drug abuse and its long-term consequences on health, academics, and career prospects. Strengthen Mental Health Services On-Campus Counselling: Enhance on-campus mental health services by increasing the number of counsellor and providing regular mental health screenings to identify and support at-risk students. By understanding the dynamics of drug abuse among students and implementing comprehensive prevention and intervention frameworks, we can work towards reducing the prevalence of substance abuse and fostering a healthier, more productive student population.

INTRODUCTION

Drug abuse refers to the maladaptive, non-medical use of substances despite the psychological, social, and physical harm it causes. Commonly abused substances include anabolic steroids, which can cause cardiac and liver damage, and psychotropic agents, which alter mood, perception, and cognition (Britannica, 2024). Drug abuse is undeniably a serious global public health concern, affecting individuals regardless of age, gender, or educational background, with roughly 10% of urban populations worldwide affected by substance misuse (Kabbash et al., 2022). Young people, in particular, are disproportionately vulnerable due to developmental, social, and environmental factors.

Globally, an estimated 155–250 million people aged 15–64 used psychoactive substances in 2008, including cannabis, cocaine, amphetamines, and opiates. Cannabis remains the most widely used drug worldwide, with 129–190 million users, followed by opioids and amphetamine-type stimulants (Adetiloye & Abel, 2022). Substance use directly affects the brain's reward and pleasure systems, driving dependence, while accessibility from injectable narcotics to pharmacy-available psychotropic continues to hinder harm reduction efforts (Riasat, 2010). In Pakistan, the drug crisis is closely tied to its proximity to Afghanistan, which produces approximately 70% of the world's opium and heroin. The UNODC reports that 40% of Afghan-produced drugs are routed through Pakistani territory, making the country both a smuggling corridor and a high-consumption zone (Niazi et al., 2009). Pakistan's contemporary drug problem traces back to the late 1970s, when the Soviet invasion of Afghanistan

triggered a large refugee influx and a corresponding surge in heroin availability (Asad, 2002). Cannabis and opium poppy cultivation remain concentrated in regions bordering Afghanistan, including the former FATA and PATA areas (Farooq et al., 2017).

Current estimates suggest approximately nine million drug users in Pakistan, more than two million of whom fall within the 15–25 age bracket, alongside a growing number of affected women (Khan, 2016). More than three million Pakistanis regularly use heroin, and nearly five million are dependent on high-grade cannabis (Roncero et al., 2014). The most critical risk period for substance initiation, particularly alcohol and cigarettes, falls between the ages of 16 and 18, with males more likely than females to use both.

University students represent a particularly at-risk population. Since the early 2000s, the spread of mobile phones and internet access has accelerated drug exposure among students despite institutional prevention policies (Khaled, 2013). The adoption of Western social norms, combined with intense pressure to meet socially defined markers of success, leaves many young people vulnerable to guilt, anxiety, and diminished self-conditions that often precede substance use as a coping mechanism (Alam et al., 2018). Family environment plays a critical role in shaping vulnerability to addiction. Many households, despite investing heavily in their children's education, fail to monitor emotional wellbeing or address exposure to domestic conflict, leaving children to seek relief through peer groups sometimes tied to trafficking networks (Alam et al., 2018). Parental pressure regarding academic and career expectations has similarly been linked

to substance dependence, though open communication between parents and children can serve as a protective factor (Ashiq et al., 2020; Sajid et al., 2020).

The rise of social media has introduced a new dimension to substance use among youth. Studies analyzing millions of social media posts have found that content related to drug and alcohol use is frequently portrayed positively, normalizing consumption among adolescents (Mahmood et al., 2022). Exposure to such content, particularly imagery involving peers or celebrities, is associated with increased likelihood of smoking, drinking, and drug use, as well as emotional dysregulation among college students (Costello et al., 2021; Davis et al., 2019).

The consequences of student drug abuse are extensive. Academically, substance use is linked to increased absenteeism, lower performance, diminished cognitive function, and higher dropout rates (Ismail et al., 2015). Psychologically and physically, chronic use contributes to addiction and long-term mental health complications, with earlier onset correlating with heavier dependence and more severe consequences later in life (Akbari et al., 2021; Siddique et al., 2012). Beyond the individual, substance abuse imposes broader social and economic costs, including elevated crime rates and reduced productivity (Ahmed et al., 2022; Islam et al., 2021).

Risk factors contributing to youth substance use include peer pressure, poverty, inadequate parental supervision, dysfunctional family structures, and easy drug accessibility, while protective factors include strong community ties, academic competence, self-control, and parental engagement (Somani & Meghani, 2016; Drabble et al., 2016). Despite a substantial body of research on the general effects of drug abuse, significant gaps remain regarding the specific causes and effects relevant to university student populations in developing countries such as Pakistan (Holm et al., 2014; Semple et al., 2005). Given the scale and complexity of this issue, there is a pressing need to examine the sociological causes and effects of drug abuse among youth in Pakistani public sector

universities. This study addresses that need by exploring student perceptions at two public sector universities in Faisalabad, with the aim of informing more effective institutional policies, prevention strategies, and support systems for students, families, and educators.

Significance

Drug misuse is a growing concern across age groups, underscoring the need for age-specific diagnostic tools and treatment approaches, particularly for older populations whose symptoms are often complicated by preexisting health conditions and diagnostic criteria designed primarily for adolescents and middle-aged adults. This study contributes to the existing body of knowledge and addresses gaps in earlier research, complementing evolving national drug policy approaches such as harm reduction, treatment, and law enforcement strategies seen in emerging nations like Malaysia. The findings hold practical value for students, families, educators, and policymakers by: demonstrating how drug addiction impairs learning capacity; laying the groundwork for future research on its non-academic effects; raising student awareness of the health risks of drug use; and equipping parents to discuss these risks with their children.

Objectives

1. To understand the socio-economic profile of the respondents.
2. To probe the socio-cultural reason for drug abuse among youth
3. To dig out the economic reasons for drug abuse among respondents
4. To investigate the effects of drug abuse among youth.
5. To propose some remedies that can be taken to address the issue of drug abuse.

Review of Literature

The literature review is a critical analysis and synthesis of previous work by others on a specific topic, as opposed to simply a literature report, as it critically engages the literature as an analytical process (University of Edinburgh, 2024).

The research shows that there is a high correlation between school climate and health-risk behaviours including drinking, smoking, using drugs, absenteeism and violence. School connectedness (feeling close to teachers and peers) was linked to lower distress, suicidality and substance use, and to postponing sexual activity (Bonny et al., 2000) in the National Longitudinal Study of Adolescent Health. Likewise, Catalano et al. (2004) reported that school climates that promote healthy behavioral norms are associated with lower rates of risk-taking, and drug permissive campus climates were associated with increased rates of drug use.

The family environment is a cohesive and communicative environment that helps an individual resist peer pressure (Moss et al., 2002). On the other hand, children having substance use are strongly associated with their families' disturbed family relationships, discipline, lack of supervision, and high family conflict (Samek & Rueter, 2011; Magalhaes et al., 2009). Children of chemically dependent parents also more likely to be neglected and abused, and parental drug and alcohol use is associated with most cases of serious child maltreatment (Stuart et al., 2008). Family structure is an important factor, and drug use is more common among adolescents living in one-parent families than among those living in two-parent families (Hemovich et al., 2011), and alcohol use is related to poor family communication (Aliiaskarov & Bakiev, 2014).

The use of substances among adolescents is often associated with developmental exploration, which is the search for independence, autonomy and peer acceptance (Saal et al., 2003). High personal vulnerability, peer rejection and social isolation at young age are significant predictors of later substance use, whereas strong parent-family connectivity is a protective factor (Adebiyi et al., 2008). Risk is compounded by genetic susceptibility and insecure attachment, trauma and self-medication (Stuart et al., 2008; Hildt et al., 2014).

The prevalence of substance use among students in Pakistan has been found to be consistently high attributed to easy availability (Masudi, 2011). Common drugs are heroin, cannabis, charas,

bhang, opium, tobacco and morphine, the latter being the most preferred among university students in Peshawar (Kalsoom & Farid, 2014). Zaman et al. (2015) reported that the substance abuse was attributed to hopelessness, anxiety, peer pressure and students in the private sector and those living in hostels were more likely to be using substances. Likewise, Sarkar et al. (2018) found that the most prevalent drugs among engineering students were cannabis and tobacco more especially among the students of hostels.

In addition to social acceptability of the usage of illegal drugs among influential groups, stress, unemployment, boredom, lack of parental attention and affordable access were identified as major factors contributing to the usage of illegal drugs in Pakistan by Khattak et al. (2012). Academic and financial strain and autonomy at university have also been shown to be the factors that encourage many students to take up substance use (Nawi et al., 2021). In addition, drugs are often promoted at university events, and are readily available on the informal market, sometimes with the involvement of law enforcement, as stated by Ikonta et al. (2020).

Since Pakistan is part of a region that generates almost 90% of the world's opiates, the drug problem has worsened, and there has been an increase in trafficking, as well as the use of drugs within the country (Malik & Sarfraz, 2011; Soomro et al., 2018). Similar trends can be seen around the world, with international surveys finding high rates of adolescent alcohol use, with 94% of Danish teens drinking alcohol at least once in their lives and approximately 54% of American teens drinking in the prior year (Masese et al., 2012). In Pakistan, particularly, Niazi et al. (2009) revealed that 74% of street-dwelling youth are drug addicts, which reflects the relationship between socioeconomic vulnerability and drug abuse.

Substance abuse results in broad spectrum of liver, heart, brain and immune system damage as well as psychiatric effects (Mudar et al., 2001). Khushabi et al., (2012) associated addiction with anxiety, risk-taking sexual behaviour and diseases including Hepatitis B/C and HIV/AIDS. In addition to health, substance abuse causes relationship

problems leading to marital conflicts, divorce and domestic violence (Mudar et al., 2001), and it is negatively related to students' academic performance, time management and disciplinary problems (Ahmed & Koncsol, 2022).

Signs of drug and alcohol dependency include loss of appetite or weight loss, sleep disturbances, slurred speech, tremors and poor hygiene (Hession, 2012). Early identification by parents and educators is key, writes Jaffe (2020), but institutions may not be well-equipped to do so. Digital media has a strong influence on youth attitudes towards substance use. Research indicates that when it comes to platforms such as Twitter, Instagram, and TikTok, the content related to substance use is often found to be positive and normalize the use of substances among adolescents (Mahmood et al., 2022). Irum et al. (2020) discovered that a significant proportion of students said that they had started using drugs as a result of the influence of movies and social media, especially popular actors. In a similar vein, Camenga et al. (2018) argued that such portrayals of marijuana, alcohol, and e-cigarette use have an important impact on youth behaviors, particularly for the unexposed.

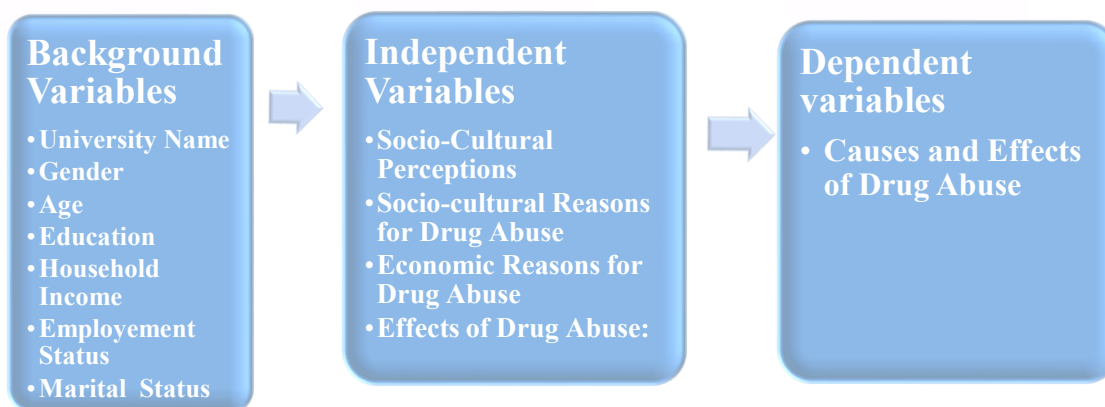
The study by Ahmed et al., (2020) revealed drug addiction as one of the most critical problems in the higher education system in Pakistan, which is further complicated by the lack of proper security

and care of institutions. Male and hostel students had higher usage rates compared to their female and non-resident counterparts. Similarly, Jamal et al. (2022) also reported that substance abuse had a great effect on student's social and cognitive functioning, hence the need to strengthen institutional counseling support to help students. The study by Majid et al. (2022) showed that severe social marginalisation was associated with more entrenched addiction, which suggested that government policy interventions were needed.

In the field of drug education, scholars generally agree that compulsory drug education is recommended, teacher training in drug prevention should be made a prerequisite for their employment, and drug awareness programmes should be conducted via media, contest and lecturing (Khan et al., 2020). University counseling services and anti-drug units have been deemed key to the prevention of substance abuse (Jaffe, 2020).

Conceptual Framework

A conceptual framework provides an analytical tool for illustrating the anticipated causal relationships between key variables in a study. It organizes relevant concepts, clarifies their interrelationships, and establishes a foundation for achieving the intended research outcomes.



Methodology

In District Faisalabad, drug abuse among the University students was explored through a Cross Section Type Quantitative Research Design. The study population included the students of public universities and in this regard two public universities were identified through convenience sampling which was the University of Agriculture Faisalabad and Government College University Faisalabad. A total of 220 students were randomly selected as respondents. The data was gathered using a structured interview schedule that was used in face-to-face interviews. The instrument was developed after consulting with social scientists, checked by experts and pre-tested among 10 respondents for clarity and reliability. The pre-test

was used to make minor revisions and pre-coding the responses for analysis. Data analysed by SPSS 20.0. The characteristics of the respondents were summarized using descriptive statistics and the association and relationship between the variables were examined using Chi-Square, Gamma and Pearson's correlation (r) tests. The key socio-economic variables were age, education, marital status, occupation of the father and monthly income of the household. A five-point Likert scale was used to assess the respondents' perceptions and attitudes about drug abuse. To determine the significant relationship among the socioeconomic characteristics and drug abuse related factors, statistical analysis was performed.

Results and Discussion**Univariate analysis****Table 1: Socio-economic characteristics of the respondents**

Characteristics	Number	%
Age		
15-20 Years	72	32.7
21-30 Years	109	49.5
31-40 Years	39	17.7
Marital status		
Married	38	17.3
Unmarried	182	82.7
Education		
Bachelor	128	58.2
Mater	25	11.4
M.Phil.	40	18.2
PhD	27	12.3
Family Type		
Joint	176	80
Nuclear	44	20
Occupation		
Government Job	32	14.5
Private Job	75	34.1
Unemployed	113	51.4
Total	100	100.0

The majority of respondents (49.5%) were in the age group of 21-30 years, while 32.7% of them were in the age group of 15-20 years, and 17.7% of them were in the age group of 31-40 years, which

meant that the sample consisted mainly of typical university age people. The majority of respondents were unmarried (182, 82.7%) with married people accounting for 38 (17.3%). This is similar with the

student population of the university. In terms of education, the largest share held a Bachelor's degree (58.2%), followed by M.Phil. (18.2%), PhD (12.3%), and Master's (11.4%). The majority of the respondents were from joint family systems (80%), compared to nuclear family systems (20%) which is typical of the family system prevalent in

Pakistani society. In terms of occupation, more than half (51.4%) of the respondents' fathers were unemployed, 34.1 % had private jobs and 14.5 % had government jobs, indicating that economic instability within the household could be a relevant contextual factor in this sample.

Table 2: The socio-cultural reason for drug abuse among youth.

Characteristics	Number	%
Drug use as being socially acceptable		
Strongly Disagree	8	3.6
Disagree	79	35.9
Undecided	85	38.6
Agree	48	21.8
Influence of peer group		
Strongly Disagree	44	20.0
Disagree	101	45.9
Undecided	75	34.1
Agree	44	20.0
Societal norms influence drug abuse		
Strongly Disagree	25	11.4
Disagree	130	59.1
Undecided	45	20.5
Agree	20	9.1
Cultural factors		
Strongly Disagree	5	2.3
Disagree	175	79.5
Undecided	25	11.4
Agree	10	4.5
Media portrayal affect drug abuse trends		
Disagree	50	22.7
Undecided	120	54.5
Agree	50	22.7
Family dynamics play a role in drug abuse		
Disagree	20	9.1
Undecided	50	22.7
Agree	150	68.2
Peer pressure contributes		
Disagree	20	9.1
Undecided	49	22.3
Agree	151	68.6
Family dynamics have a significant impact factor in youth in terms of drug abuse		
Strongly Disagree	6	2.7
Disagree	11	5.0
Undecided	200	90.9

Agree	3	1.4
Media and entertainment portrayals influence drug abuse among youth		
Agree	151	68.6
Strongly Agree	69	31.4
Cultural norms influential in promoting or discouraging drug abuse		
Strongly Disagree	10	4.5
Disagree	50	22.7
Undecided	50	22.7
Agree	100	45.5
Strongly Agree	10	4.5
Societal acceptance or tolerance of drug use affects highly youth drug abuse		
Disagree	26	11.8
Undecided	151	68.6
Agree	43	19.5
Community attitudes towards drug use negatively impact youth drug abuse		
Agree	63	28.6
Strongly Agree	157	71.4

The results regarding the socio-cultural drivers were mixed. The majority (74.5%) disagreed or were undecided about drug use being socially acceptable; and most respondents disagreed that peer influence (45.9%) or societal norms (59.1%) directly influence drug abuse, although a significant proportion agreed. Largely discredited (79.5% disagreed) was cultural factors as cause. But, respondents had much greater consensus about more immediate factors: 68.2% agreed that family dynamics had some role in drug abuse, and

68.6% agreed that peer pressure is a factor in drug abuse. In the same way, an overwhelming 68.6-100% agreed or strongly agreed that media and entertainment impacts drug use by youth and 71.4% strongly agreed that community attitudes negatively affects youth drug abuse. This implies that pupils differentiate between abstract explanations (of their society/culture) which they minimise, and explanations (of their relationship/medias) which they maximise.

Table 3: The economic reasons for drug abuse among respondents.

Characteristics	Number	%
Economic factors affect the accessibility of drugs		
Yes	132	60.0
No	88	40.0
Availability of alternative recreational activities impact drug abuse among youth		
Yes	143	65.0
No	77	35.0
Unemployment contribute to drug abuse among youth		
Yes	132	60.0
No	88	40.0
Perceive financial difficulties		
Yes	110	50.0
No	110	50.0
The cost of drugs influences youth drug abuse		
Yes	176	80.0

No	44	20.0
Perceive financial strain leads to drug abuse among youth		
Yes	70	31.8
No	150	68.2
Total	100	100.0

Economic factors emerged as significant contributors. A majority of respondents agreed that economic factors affect drug accessibility (60%), that the availability of alternative recreational activities impacts drug use (65%), and that unemployment contributes to drug abuse (60%). Notably, 80% agreed that the cost of drugs influences youth drug use – the strongest

economic finding in the dataset. There was a split of 50/50 on whether they personally experience financial difficulty, and only 31.8% attributed personal financial hardship to the use of drugs, indicating that although cost and availability are important issues for the population as a whole, not all people experiencing drug abuse experience financial hardship.

Table 4: The effects of drug abuse among youth.

Characteristics	Number	%
Experienced any physical health problems		
No	70	31.8
Yes	150	68.2
Faced academic or work-related challenges		
No	110	50.0
Yes	110	50.0
Mental health issues		
No	70	31.8
Yes	150	68.2
Witnessed any negative impacts of drug abuse on relationships with family or friends		
No	140	63.6
Yes	80	36.4
Believe drug abuse affects productivity		
Yes	110	50.0
No	110	50.0
Encountered any legal consequences		
Yes	180	81.81
No	40	18.19
Support services for individuals		
No	70	31.8
Yes	150	68.2
Ever sought help or support to		
No	80	36.36
Yes	140	63.64
Effectively prevent drug abuse		
Awareness campaigns	50	22.7
Counselling services	70	31.8
Stricter enforcement of drug laws	50	22.7
Community outreach programs	30	13.6

Other	20	9.1
Total	100	100.0

The impact of drug abuse was significant in several areas. Slightly more than half (68.2%) of the respondents reported physical health problems, as did 68.2% of them reported mental health problems. Half (50%) said they faced academic or work-related difficulties and half said that drug abuse has an impact on productivity. An alarming 81.8% experienced legal repercussions, indicating the high legal risks of drug use among this population. A significant minority (36.4%)

reported that their family/friend relationships were adversely impacted, while 63.6% reported none. Fortunately, 68.2% knew about support services and 63.6% had asked for support or help. When asked about what they felt were the most effective prevention measures, counselling services were the most popular (31.8%) followed closely by awareness campaigns (22.7%) and stricter law enforcement (22.7%) and lastly community outreach (13.6%).

Bi-variate Analysis

Table 5: Association between drug use and relationship problem

H_1 : Substance use significantly contributes to relational strain and interpersonal conflict				
Drug use	Personal relation			Total
	Never	Rare	Always	
Agree	42	15	6	64
Neutral	3	27	14	44
Disagree	41	2	69	112
Total	86	45	89	220
Chi square = 92.320, d.f. = 4, p-value = .000, Gamma = 0.92				

A statistically significant association was found ($\chi^2 = 92.320$, $df = 4$, $p < .001$) and a very strong gamma value (0.92) showed that there is a strong association between increased drug use and increased frequency of relationship problems. The findings were consistent with those of Dixon (2022) which suggested that drug abuse and substance abuse are important elements in the development of social bonds and social relationships. Too many drug abusers negatively affect the mental health of individuals, and this in

turn affects their social interactions. Rahim and Mahmood (2020) asserted that substance use and abuse have a lasting impact on families, as they occur within them and cause them to suffer throughout their lives. Intellectual, psychological, emotional, spiritual and social development were encouraged and nurtured by positive parents and healthy families. Shared cultural norms and values that are critical to the healthy development of the child are the foundation of positive parenting.

Table 6: Association between drug use and illegal activities

H_2 : Substance use increases student involvement in illegal activities.				
Drug use	Personal relation			Total
	Never	Rare	Always	
Agree	15	45	4	64
Neutral	23	19	22	64
Disagree	26	18	48	92
Total	64	82	74	220
Chi square = 82.123, d.f. = 4, p-value = .000, Gamma = 0.872				

The result of the test was statistically significant ($\chi^2 = 82.123$, $df = 4$, $p < .001$) and the Gamma value was high (0.872), thus more students using drugs tend to be involved in illegal or negative activities. The data presented in Table 7 shows that there is no relationship between the use of drugs and neglect by family members. Nawi et al. (2021) investigated that drug addiction is the most critical issue that requires attention, particularly among students and young people who are involved in drug use. However, society defines drugs as a source of solace, and some individuals use them as ecstasy, while others use them as their own choice.

Smoking is primarily initiated by university students as a means of alleviating the tension they experience from social and economic pressures. The tension they experience from the workload of universities is occasionally a factor. Additionally, the environment in their residence may pose a significant challenge. Parents frequently smoke in the presence of their offspring at home. Upon their arrival at universities, this student group is granted complete autonomy; consequently, the majority of adolescent's initiate substance use during this period.

Table 7: Relationship between the usage of drugs and neglected by family members

<i>H₃: Substance use intensifies family neglect and social isolation</i>				
Drug use	Personal relation			Total
	Never	Rare	Always	
Agree	14	56	4	74
Neutral	21	16	17	54
Disagree	22	4	66	92
Total	57	76	87	220
Chi square = 101.21, d.f. = 4, p-value = .000, Gamma = 0.721				

The same association was also found to be statistically significant ($\chi^2 = 101.21$, $df = 4$, $p < .001$) with a moderately strong Gamma value (0.721), which showed that the more that a person uses drugs, the higher the degree of neglect by family members. Anjum et al. (2021) explored the intergenerational family and personal functioning model, suggesting that substance abuse is a problem throughout the family and can greatly affect vulnerable members of the family. The experience of witnessing intergenerational violence and substance abuse alone more likely led to substance use acceptance, creating a generational cycle that never ends. It set the family

norms, social pressures and inheritance tendencies. He determined that their parents suffered from severe substance addiction, neglect/abuse, and inadequate family competency. There was a correlation between parental substance consumption, home dynamics, and maltreatment of children and adults. Economically and socially disadvantaged, households that abuse substances are subjected to neglect and violence in low-support communities. Child maltreatment and neglect may be exacerbated by parental substance addiction, family dynamics, and socioeconomic issues, both within and beyond the family.

Table 8: Correlation between use of drug and problem in relationship

Variables		Drug use	Problem in relationship
Drug us	Correlation	1	.321
	P. value	220	.000
	Sample size		220
Problem in relationship	Correlation	.543	1
	P. value	.001	
	Sample size	220	220

Pearson correlation analysis was conducted to examine the strength and direction of the relationships between drug use and its consequences on relationships and family dynamics. The correlation between drug use and relationship problems. A positive and statistically significant correlation was established ($r = .321$, $p < .001$, $n = 220$) suggesting that the more a person uses drugs, the more he/she has personal relationship problems. This shows a moderate positive correlation between the two variables. The findings were consistent with the findings of Dixon (2022) who found that drug abuse and substance abuse are important factors for the

development of social bonds and relationships. The mental health of individuals is negatively impacted by an excess of drug abuse, which subsequently disrupts their social relationships. Rahim and Mahmood (2020) asserted that substance use and abuse have a lasting impact on families, as they occur within them and cause them to suffer throughout their lives. Positive parents and healthy families promoted intellectual, psychological, emotional, spiritual, and social development. Positive parenting is predicated on shared cultural norms and values that are essential for the healthy development of the child.

Table 9: Correlation between drug abuse and negligence by the family members

Variables		Drug use	Problem in relationship
Drug us	Correlation	1	.634**
	P. value		.000
	Sample size	220	220
Negligence	Correlation	.547**	1
	P. value	.001	
	Sample size	220	220

The relationships between drugs and family neglect. There was a higher positive correlation ($r = .634$, $p < .001$, $n = 220$) suggesting that the more an individual used drugs the higher the amount of neglect experienced by family members. This is a positive correlation, and confirms the positive pattern seen in the bi-variate cross-tabulation analysis, which also indicated a strong correlation between family neglect and drug use. The model of inter generational family and personal

functioning was explored by Anjum et al. (2021), which assumes that substance abuse is a pervasive problem that negatively affects vulnerable people. Inter-generational violence and substance abuse alone were associated with an increased likelihood of acceptance of substance use, leading to a vicious cycle generation after generation. It set forth the family ideals, social pressures, and inheritance patterns. He determined that their parents suffered from severe substance addiction,

neglect/abuse, and inadequate family competency. There was a correlation between parental substance consumption, home dynamics, and maltreatment of children and adults. Economically and socially disadvantaged, households that abuse substances are subjected to neglect and violence in low-support communities. Child abuse/neglect may be exacerbated by parental substance addiction, family dynamics, and socioeconomic issues, both within and beyond the family. Taken together, these correlation results support the study's hypotheses that drug use is significantly and positively related to both relational strain and family negligence among youth with the relationship to family negligence being the stronger of the two effects.

Summary & Conclusion

The bi-variate analysis indicates that there are statistically significant positive relationships between drug use and its major social consequences among the 220 respondents. The results demonstrate a strong correlation between the two variables of drug use and personal relationship problems ($\chi^2 = 92.320$, $df = 4$, $p < .001$; Gamma = 0.920) with higher drug use related to more frequent personal relationship problems. Likewise, involvement in illegal or negative activities was highly correlated with drug use ($\chi^2 = 82.123$, $df = 4$, $p < .001$; Gamma = 0.872) supporting the second hypothesis. For the third hypothesis, a significant association was also found between drug use and family neglect ($\chi^2 = 101.21$, $df = 4$, $p < .001$; Gamma = 0.721). These findings are also supported by the Pearson correlation results. There was a positive correlation between drug use and relationship problems ($r = .321$, $p < .001$), and a higher positive correlation between drug use and family negligence ($r = .634$, $p < .001$). The overall results reflect a strong relationship between drug use and a decrease in interpersonal and family relations as well as involvement in negative or illegal activities. The results thus supported all three study hypotheses, and emphasized the need of preventive interventions, counselling, family support, and institutional

interventions to decrease the social problems of drug abuse experienced by university students.

The issue of drug abuse among students in universities is considered as a serious social problem and has serious consequences on the academic performance, physical, psychological and social aspects of students. The current study conducted in public sector universities of Faisalabad revealed that environmental, familial, individual and social factors play a role in substance use among students. Peer group pressure was identified as a significant factor, with other factors that made students vulnerable including parental pressure, academic stress, easy access and changing social influences. The substances identified in the study were alcohol, nicotine, cannabis, and opiates. The results underscore the importance of the role of coordinated actions of universities, families, governmental institutions and other stakeholders in combating youth's substance abuse. The study concludes that drug abuse can be prevented and treated and needs a comprehensive and supportive approach and not only a punitive one. The awareness and prevention programs should be enhanced, counseling and mental health resources should be made available, peer support and mentorship programs should be implemented, and healthy extra-curricular activities promoted. There should be open lines of communication amongst the family, emotional support provided to the family, and co-ordination between government agencies and NGO's with education institutions in efforts to prevent and rehabilitate. Early identification of students who are at risk, and ongoing follow-up, are also critical. Through collaboration among students, families, universities, government and community, we can significantly decrease the use of drugs and alcohol among young people, while increasing healthier and more productive youth.

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