

A Study to Focus on Collaborated Strategies Responding to Drug Abuse Situation in Pakistan

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Abstract

This research article focuses on the collaborated strategies responding to drug abuse conditions in Pakistan. Drug abuse is a grave problem severely affecting the Pakistani society. There is a dire need to develop significant strategies in order to curb drug abuse problem from Pakistan society. For this research article, the content analysis method has been utilized. In addition, this research article relies upon secondary data.

Keywords: Collaborated Strategies, Drug abuse, Pakistan

Introduction

Even in today's advanced era, there is a voice being raised against drug addiction and drugs, in fact, there is a clamor, health experts and social reformers are forming organizations, conferences are being held because they have come to know that drugs are causing numerous and extremely deadly diseases. The new media, which are considered the main means of revolution in the advanced era, are all speaking against drugs, waging war against themselves, but the matter does not seem to be getting any traction. The reasons should be searched out as to why the drug epidemic finally occurred. The young generation, unable to cope with mental stress and problems, started drug abuse. Drug use has mentally paralyzed a large number of the society in Pakistan. Today, if someone wants to save their children from sinking into this hell, they should take care of their children's education right now. They should not let their children stay outside the house for too long. They should keep a close eye on their school and friends activities. It is not just about feeding, clothing, and enrolling them in good schools that education is achieved. It is also important to teach them the difference between good and bad (Zubair, 2025).

The drug abuse is a global issue, which must be handled earnestly. This issue cannot be controlled simply by stern rules. Society as a whole has to contribute its role with continued participation through the academic

institutes which can provide treatment facilities to the patients. Governments and rehab institutes can contribute a major part to create a drug free healthy atmosphere (Sharma et al, 2014).

In Pakistan, 6.7 million adults used drugs last year. More than 4.2 million people are addicted to drugs. Of these, less than 30,000 are receiving treatment. Three-quarters of the population live on less than \$2 a day. Four percent of the population smokes marijuana. 860,000 use opium and heroin. Men are more likely to use marijuana and sleeping pills, while women also use sedatives. About 1.6 million people use drugs as a drug. The causes of addiction are unemployment, domestic problems, failures in life and bad company, etc. According to an estimate, there are 10 million people addicted to drugs in Pakistan. The number is increasing by 600,000 annually. Eighty percent of them are men and twenty percent are women. Medical experts say that drugs can be cured through treatment. However, experts also say that it is difficult to eliminate the scourge of drugs without changing social attitudes. The increase in the number of drug addicts is a matter of concern not only for law enforcement agencies but also for society. According to the World Drug Report, ninety percent of the opium poppy from which heroin is being made is cultivated in Afghanistan. In the 1980s, poppy cultivation in Afghanistan was thirty percent of the total global production. Now it has increased threefold. Ninety percent of the world's opium and heroin are produced in Afghanistan and forty percent of this drug is smuggled to the international market through Pakistan annually. Its annual value is 130 billion dollars. At present, there are 75 institutions for the treatment of drug addicts. To eradicate this, it is necessary to work on a war or a missionary spirit (Abdullah, 2018).

Pakistan has been struggling and suffering deeply from drug abuse. As far as drug abuse is concerned, in Pakistani society various factors are involved which paved the way to spread drug abuse. Individuals are involved in drug abuse for numerous causes like achieving peace of mind, leisure, communal traditions, medical necessities, individual needs as well as mental issues (Smith, 1984). In Pakistani society, Hashish, Bung, Wine, Opium and Heroin and Glue (Sniffing) are common. In Pakistani societies, some drugs such as Hashish, the people had utilized Opium and Wine; however, the issue developed an eviler turn when the use of Heroin started in the Pakistani society introduced by global market in the early 1980s (Khalily, 2001). This situation had terrible impacts on the societal fabric of Pakistani society (Ahmed & Shafi, 1990).

Background of the Study

Pakistan Narcotics Control Board in the year 1986 conducts the first national survey about drug abuse in Pakistan and the survey revealed that there were 1.3 million regular drug abusers in Pakistan. Furthermore, the survey revealed that that 3.4% of adult males frequently utilized Hashish and that 1.3% was Opium abusers. In the year, 1988 the Pakistan Narcotics Control Board had carried out another research and discovered that the number of drug addicts had increased and reached 2.24 million in a short span of time with tremendous changes in the pattern of use. In spite of all struggles abating the issue, the illegal utility of drugs had improved gradually and reached a shocking number of abusers assessed at 3.01 million (Narcotics Control

Division, 1993). The statistics presented an upsurge of 0.76 million since 1988. It was further revealed that 1.52 million individuals utilized Heroin as the first choice of drug and .89 million Charas (Hashish). It is assessed that presently there are 4 million drug abusers in Pakistan, and majority of those use injections. The present statistics demonstrate that there are 156,500 injectable drug users in Pakistan. Many addicts aged 16 to 30 years live on the streets (Anti Narcotics Force Islamabad, 2006–07). Apart from the societal as well as familial harms of drug abuse, it has become a public health subject. Shifting approaches of management likewise brings new challenges. In Pakistan, usually, the general approach was cigarettes or snorting (Pakistan Narcotics Control Board, 1988), however the up-to-date statistics display that the number of injectable drug abusers is improving, particularly in the urban parts as well as through the state (Anti Narcotics Force, 2006–07). Afterwards, the danger of increasing and diffusion of Hepatitis (Mohammed & Suzanne, 2008) and HIV infection (Currant & Hardy, 1988) had improved. The issue is currently extremely difficult to present a range of difficulties calling complex plans (Abbott & Chase, 2008). Two key approaches had been implemented in Pakistan; supply decrease typically by the law enforcement agencies minimizing the relaxed accessibility of illegal drugs (Anti-Narcotics Force Islamabad, 1995); also demand decrease where cure is one of the essential tactics.

Problem Statement

This research article focuses on the severity of the drug abuse issue in Pakistan and analyzes the cure approaches concerning the strategy as a significant feature of demand reduction. It places the drug issue in the milieu of major public health matters coping with the developing hurdles.

Objectives of the Study

1. To focus on collaborated strategies responding to drug abuse situation in Pakistan.
2. To highlight the severity of drug abuse issue in Pakistani society.

Remedial Strategies of Drugs

In Pakistan several groups comprising of public health services, NGOs and some private sector administrations, are working for the cure of drug abusers. The public services are generally situated in psychiatric units of teaching and district headquarter hospitals. These services are accessible throughout the country comprising of the tribal zones (United Nation Office for Drug Control and Crime, 2000). Some private hospitals offer institutionalized cleansing for those customers who afford paying for cure. However, there is a coordinated attempt among government sections and NGOs.

Operational Remedial Approach

An active remedial plan accelerates the recovery development as well as paves the way towards a useful life. It comprises cleansing in remedial management followed by cures that comprise medicine as well as social

remedies (Bickel et al., 1997). Psychologically aided withdrawal is not a cure in itself, however a stage in the remedy procedures. Enabling withdrawal in detoxifications may lessen longings as well as assistance reestablishing normal brain function (Horspool et al., 2008). However, the key aim of the cure is enabling a person attaining the lasting self-restraint, the instant aims would be reducing drug abuse, minimizing the corporal as well as societal damage also improving the individual's functioning capability (National Institute on Drug Abuse, 1999). There is, though, no educational, specialized or third-level course in Pakistan at university level studying these issues deeply as well working out remedial solutions compatible with the culture (Heath, 2001) and in line with international standards (Edwards, 2000). A center of excellence is necessary providing diplomas, masters and doctorate-level courses to study addiction in depth concerning of culture, sensitizing the policy makers, also carrying on nonstop specialized improvement for individuals to work in the health and medical, law and justice, labor and social welfare and environmental divisions, and NGOs.

Methodology

A descriptive as well as content analysis research method was used in the study to focus on collaborated strategies responding to drug abuse situation in Pakistan. The study was limited to solely secondary source of data collection in order to highlight the severity of severity of drug abuse issue in Pakistani society.

Conclusion

The new media, which are considered the main means of revolution in the advanced era, are all speaking against drugs, waging war against themselves, but the matter does not seem to be getting any traction. The reasons should be searched out as to why the drug epidemic finally occurred. The young generation, unable to cope with mental stress and problems, started drug abuse. Drug use has mentally paralyzed a large number of the society in Pakistan. Today, if someone wants to save their children from sinking into this hell, they should take care of their children's education right now. The drug abuse is a global issue, which must be handled earnestly. This issue cannot be controlled simply by stern rules. Society as a whole has to contribute its role with continued participation through the academic institutes, which can provide treatment facilities to the patients. Governments and rehab institutes can contribute a major part to create a drug free healthy atmosphere. Addiction often changes its procedure to create fresh difficulties and hurdles for the individuals who work in this arena (Anti Narcotics Force Islamabad, 2006–7). In response, individuals who work in the addiction field need to be flexible and innovative (Edwards, 2000) in policy and practice rather than stick to the old treatment model of unproven worth. Nonstop cooperation is essential between governments sections and NGOs formulating a reliable remedial strategy, to keep in mind the present hurdles and difficulties as well as remedy of established effectiveness.

Recommendations

- There is a need for the establishment of official organization devices between healthcare facilities, law enforcement, academic organizations, as well as Non-governmental organizations ensuring a united response rather than isolated attempts.
- There must be balanced stern law enforcement with deterrence, cure, as well as recovery plans, particularly to expand access to reasonable rehab institutes as well as therapy facilities.
- There is a need for the development of a nationwide drug nursing organization that allows different organizations sharing actual statistics for better strategy preparation as well as mediation.
- Government must initiate targeted awareness programs in all educational institutions, as well as indigenous groups reducing stigma and stop early drug use.
- Government must develop training schemes for forces, healthcare employees, as well as social workers on contemporary drug management approaches and cooperative practices.
- There must be a regular evaluation by the government on current drug strategies as well as ensuring active application through accountability instruments as well as satisfactory findings.
- Government must project specific mediation schemes for weak people, comprising jobless youth as well as marginalized groups.
- The responsible people of the society should make every effort to bring drug addicts to treatment centers and the law enforcement agencies should play their full role in severely punishing those involved in the drug trade, no matter at what level they are involved. Generally, it has been seen that parents and close relatives initially cover up the activities of drug addicts, fulfill their unreasonable demands, but when the matter goes beyond the limit, they join hands, so there should be no negligence in this matter.
- Parents should take full care of their children and strictly prevent them from falling into the wrong society.
- Every individual in society should realize his/her responsibility and work together to get rid of such evil elements in their society.
- Treatment should be provided for all addicts and a systematic system should be created to prevent other people from associating with them until they are free from this habit.
- Those supplying narcotics should be severely punished and their leaders should be hanged, so that no one dares to indulge in such crimes.
- Anyone in society who is at risk of contracting this disease should first be educated about it, then their parents should be informed. If this does not work and they become addicted to drugs, they should be brought to justice.
- To psychologically reform them, such programming should be done that those who abuse drugs themselves will start advising each other to quit this practice.

- The government should first start taking action against those involved in drug supply, whether they are bureaucrats or those holding other high positions.
- As many separate centers as possible should be established in each province for the treatment of people suffering from this cancer, so that the further spread of this epidemic can be prevented to a large extent.

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