

DRUG ADDICTION AS A SOCIAL PROBLEM

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Abstract. This article considers the problem of drug addiction and toxicomania as a factual and threatening one for a particular case. In this regard, the causes and consequences of these diseases, as well as the ways of their prevention and treatment.

In the article, it is necessary to take into account the social, medical and economic aspects of drug addiction and toxicomania. In addition, special attention is paid to the types of diseases and the use of substances that drug addicts and toxicomania's use.

At the same time, when it comes to the question, prevention and treatment, we draw attention to the importance of choosing a program for children who observe drug addiction and toxicomania.

The article talks about the need to solve problems related to work, scientists and medical workers in the fight against these problems and maintaining them, which requires help and rehabilitation. The relevance of these questions is unprecedented in the ordinary world, and it offers immediate attention and help to change this meaning to our suspicion.

Keywords: drug addiction, toxicomania, addiction, treatment, drug addiction treatment.

Анотація. Ця стаття розглядає проблему наркоманії та токсикоманії як актуальну та загрозову для сучасного суспільства. Вона висвітлює визначення, причини та наслідки цих хвороб, а також пропонує шляхи їх профілактики та лікування.

У статті надається огляд соціальних, медичних та економічних аспектів наркоманії та токсикоманії. Зокрема, акцентується увага на типах залежності та прикладах речовин, які використовуються наркоманами та токсикоманами.

Стаття також обговорює питання профілактики та лікування, звертаючи увагу на важливість освіти та розвитку програм підтримки для осіб, що страждають від наркоманії та токсикоманії.

Висновки статті підкреслюють необхідність спільних зусиль суспільства, уряду, науковців та медичних працівників у боротьбі з цими проблемами та підтримці тих, хто потребує допомоги та реабілітації. Актуальність цієї теми в сучасному світі невідома, і вона вимагає негайного уваги та дії для зменшення її впливу на наше суспільство.

Ключові слова: наркоманія, токсикоманія, залежність, лікування, лікування наркоманії.

Introduction. In the history of various peoples of the Earth, you can find references to the use of narcotic substances. In ancient times, these substances were

used in rituals, rites and religious ceremonies. For example, opium, which translates as «joy», was popular among the ancient Sumerians, and it is in their history that we find the first references to its use. Initially, drugs were used for medicinal purposes. In ancient China, for example, Emperor Shen-ning popularized the use of hashish, believing that it could treat digestive and other ailments. There are also references to the use of coca in the history of South American tribes. Shamans believed that chewing the leaves of this plant helped to communicate with spirits and relieve fatigue and hunger.

In ancient Greece, the opium poppy was used as a medicinal plant, and Hippocrates described its healing properties. Paracelsus, an alchemist and physician, also used poppy juice to treat mental disorders and eye diseases. In general context, ancient references to narcotic substances were mostly positive, probably due to limited and controlled use. However, with the development of civilizations and the discovery of new continents, drugs became more common. The expansion of trade routes brought cocaine, tobacco and hashish to Europe. Advances in medicine and chemistry contributed to the emergence of morphine and heroin, which became medicinal drugs in the 19th century. Then appeared the first people with morphine addiction, who were called «morphinists».

Analysis of the state of the issue. The topic of drug addiction and toxicomania remains very relevant in the modern world and has a great social, medical, and economic impact. Here are some of the main aspects of the relevance of this problem:

Increasing incidence: in many countries, there is an increase in drug and alcohol use among different age groups. This includes not only traditional drugs, but also new synthetic compounds that are becoming available over the Internet.

Social problems include:

Drug addiction and substance abuse lead to the breakdown of families, unemployment, crime and other social problems. This places a significant burden on social services and the justice system.

Health of the Nation: drug and alcohol use leads to serious health problems, including increased incidence of HIV/AIDS, hepatitis, cardiovascular disease, and other diseases.

Youth and Education: substance addiction starts at a very young age, and education about the harmful effects can save many lives and prevent drug addiction.

Economic losses: large sums of money are spent on the treatment and rehabilitation of persons suffering from drug addiction and drug addiction. In addition, these problems lead to a loss of productivity in the workplace.

Legalization and regulation: some countries are considering the legalization and regulation of drugs to reduce drug crime and control the quality of substances used. This raises debate and research about the effectiveness of this approach.

The purpose of the work: to analyze the negative consequences of the use of narcotic and toxic substances, their types and classification, causes of occurrence and methods of treatment of such addictions.

Methods, materials and research results. Drug addiction is a false perception of freedom that occurs as a result of the use of drugs or alcohol. This illusion of

permissiveness and omnipotence leads to serious social problems. Scientists working on the «Pharmaceutical Encyclopedia» define drug addiction as a group of diseases where people experience a pathological craving for narcotic substances (whether synthetic or natural) due to persistent mental and physical dependence, accompanied by withdrawal symptoms [1].

According to the United Nations Office on Drugs and Crime, approximately 5% of the world's adult population, which is approximately 250 million people aged 15 to 64, have used drugs at least once in their lives. The number of people who are considered drug addicts increases annually in proportion to the total population of the planet. In Ukraine, over the past five years, there has been a gradual increase in drug addiction [2].

Types of drug addiction. There are many different variants of drug addiction, which differ in form, effect on the body and prevalence. It is important to note that any drug can lead to the development of this condition. The classification of drugs developed by the Ministry of Health of Ukraine is as follows:

1. opiates;
2. depressants (hypnotics, tranquilizers, sedatives);
3. stimulants (caffeine, adrenaline, amphetamine);
4. hallucinogens;
5. other substances (inhalants, cannabis, etc.).

The drug market is divided into categories that include the most dangerous, such as morphine, heroin, codeine, and mephedrone, as well as less dangerous, such as marijuana and LSD. However, regardless of their category, all these substances can harm a person's health, and their use can make an individual listless and dependent on constantly receiving an additional dose [1].

Drug addiction is one of the most dangerous forms of drug addiction, and it can irreversibly damage the body. Drug addicts use substances that are not officially considered drugs, but can cause mental disorders, such as delirium, accompanied by delusions and hallucinations. Since the beginning of the 80s of the last century, drug addiction has become quite common among children, adolescents and young people. According to statistics, about 90% of all drug addicts are children who start using chemicals between the ages of 8 and 15. Drug addiction is a serious disease that includes physical and mental dependence, somatic disorders and pathological changes in consciousness.

To inhale chemicals, drug addicts often use polyethylene bags, which increase the concentration of vapors. As for achieving ecstasy, drug addicts use various substances, such as glue, acetone, gasoline, and solvents of nitro dyes:

- glue. Inhalation of some types of glue causes a rise in consciousness, euphoria and lightness in the body. However, when these substances wear off, headache, nausea, mood swings, and lethargy may occur.
- acetone. The use of acetone can lead to vivid hallucinations, sometimes of a sexual nature. After inhalation of acetone vapors, weakness, lethargy, nausea, vomiting, irritability and apathy may occur. Prolonged use of acetone can lead to coma.

- gasoline. Inhalation of aromatic hydrocarbons such as toluene, benzene, and xylene can cause respiratory tract irritation, coughing, and sore throat, followed by euphoria followed by lethargy and profound apathy.

- solvents for nitro dyes. They can cause mild euphoria, hallucinations, motor invigoration. After inhaling such substances, severe headaches, weakness, and vomiting may occur. Ecstasy often turns into malice and aggression. These substances have serious consequences for health and can lead to the destruction of the body and psyche of drug addicts [3].

Causes of drug addiction. One of the most frequent reasons for the development of psychological addiction to drugs is lack of fulfillment and dissatisfaction. And this factor can become decisive not only for representatives of adolescence, for whom the problem of self-realization is the most urgent, but also for an adult. Critical moments can be:

- lack of opportunities for potential development;
- lack of career paths at work;
- uncertainty about one's future;
- failures in personal life.

The constant lack of success in various spheres of life leads to a critical decrease in self-esteem and the appearance of psychological discomfort. Attempts to regain calmness and self-confidence lead to the search for new solutions to avoid problems and often involve the use of alcohol and drugs. The addict's psyche changes, for him all problems fade into the background and no longer cause discomfort. Another frequent reason for the development of addiction is the oversaturation of life. People who have everything begin to look for ways to intensify emotions, cause emotional surges, find new sensations. Such desires lead to the fact that a person begins to look for something that was not there before in his life. And for many successful people, this find is psychotropic substances. Childishness and emotional immaturity are most often present in teenagers, but are also often observed in middle-aged people. An infantile personality type makes you run away from problems, which prevents you from finding a way out of difficult situations. It is infantilism that often causes the desire to get pleasure without making any effort. Getting rid of the need to solve problems on your own leads to «getting out of the situation» with the help of drugs.

Stresses, upheavals, society are common psychological causes of addiction. Mental pain and suffering are one of the most common causes of addiction. Disasters, wars, loss of loved ones cause a feeling of terrible grief from which there is no way out. Attempts to suppress pain in any way sometimes lead to a psychologist's office. And sometimes – to a dealer who sells psychotropic drugs.

The desire to leave an unsatisfactory reality, the desire to create one's own ideal world, the game of being a better person – all these and many other goals, for the achievement of which efforts are not made, lead to emptiness. The ideal world bursts like a bubble [4].

The dangerous consequences of drug addiction depend on the duration of use and the toxicity of the substances used. This addiction leads to irreversible consequences, both physically and mentally. For many children and teenagers who

engage in experimentation with toxic substances, it can end tragically, even fatally. Often there are cases when a person, being in a state of drug intoxication, cannot remove a plastic bag from his head, which can lead to suffocation and death.

Possible medical consequences include:

- cirrhosis;
- acute kidney and liver failure;
- toxic hematopathy;
- violation of cerebral blood circulation;
- myocardial infarction;
- amyloidosis of the kidneys.

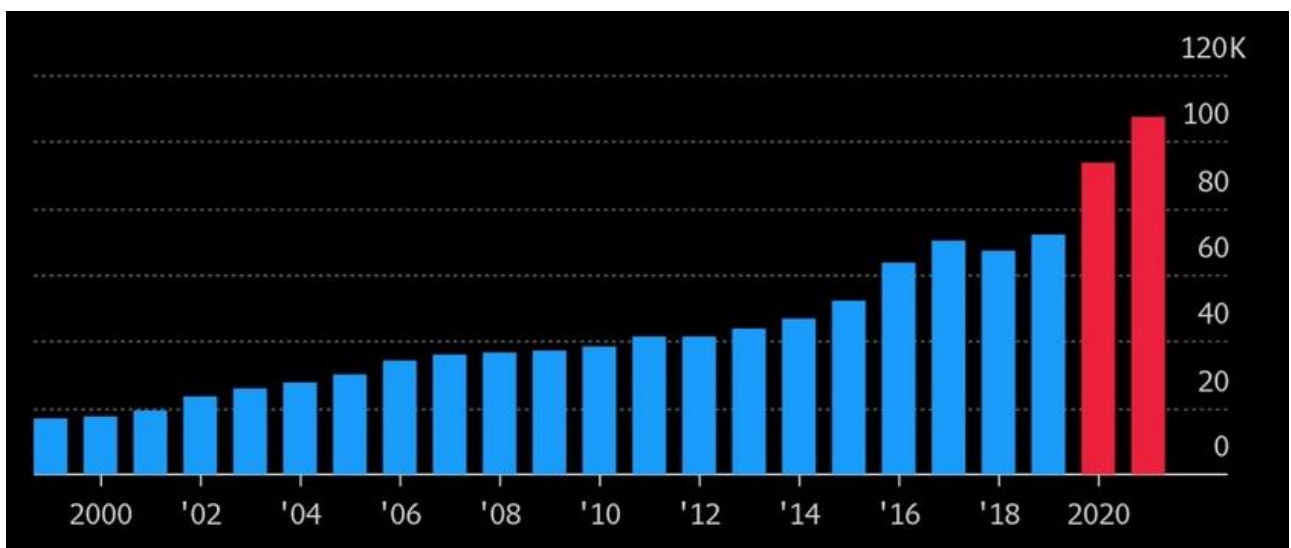


Fig. 1. Graph of mortality from drug overdose 2000-2020 in the USA [6]

People who indulge in drug addiction experience rapid destruction of their internal organs, brain, and nervous system. Many addicts are affected by mental retardation, which leads to their disability. The physical and mental consequences of this harmful addiction are irreversible. Among drug addicts, the risk of premature death is very high: on average, they do not live longer than 36 years. Suicides are not uncommon in their environment, as addiction to psychotropic substances increases the risk of suicide and the tendency to injure oneself and others [3].

General principles of drug addiction treatment:

1. Conscious withdrawal from drugs and motivation for treatment.
2. Effective treatment is possible only when it is voluntary. It is implied that the drug addict recognized his problem and decided to help himself, because no one will be able to cure the patient without his wish.
3. Individual approach.
4. The treatment strategy should be formed taking into account the stage of drug addiction and the patient's state of health. Each person experiences a «crash» for drugs in their own way, everyone had their own personal reasons for starting to use substances. An experienced specialist always pays attention to this.

5. Comprehensive approach.

6. Treatment of drug addiction cannot be treated only with medication or conversations with a psychotherapist. A complete therapy is needed here, where drugs will help to relieve pain and survive the withdrawal syndrome, and psychotherapy will help to cope with the desire to take drugs.

Voluntary and compulsory drug addiction treatment. Remember that drug addiction treatment will be effective if the person voluntarily agrees. In this case, she will be ready to fight the craving for drugs, she will have the motivation to work on herself, she will be able to refrain from relapse. Forced drug addiction therapy is impossible. But, unfortunately, a person is not always ready to admit that he has a problem. Conflicts, persuasion, ultimatums, requests often do not work. But there is always a way out. You can invite the person to meet with a specialist friend who can convince the person to voluntarily start treatment [5].

Conclusions. The types of drug addiction are described and the characteristics of the types of narcotic substances are given. The concept of toxicomania and examples of the use of volatile substances in it and the effect they give and the consequences of their use are described. Several of the most common reasons why people become drug addicts have been given. Consequences of toxic addiction are presented with a list of possible diseases that may occur after abuse of toxic substances. The issue of prevention and treatment is considered, paying attention to the importance of voluntary treatment with the patient's awareness of the presence of addiction.

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