

ANALYZING HOW ADDICTION HAS IMPACTED THE ECONOMY OF INDIA IN THE LAST 10 YEARS

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ABSTRACT

This research paper examines the profound impact of addiction on the economy of India over the past decade. Addiction, in the form of substance abuse and behavioral addictions, has become a significant societal challenge with far-reaching consequences. The study aims to analyze the economic implications of addiction in India, taking into account its effect on healthcare costs, productivity, employment, crime rates, and social welfare expenditures. By employing a comprehensive review of existing literature, statistical data, and case studies, the research assesses the direct and indirect costs associated with addiction and provides insights into its macroeconomic ramifications. The findings highlight the alarming economic burden posed by addiction, emphasizing the need for effective prevention, intervention, and rehabilitation strategies. Understanding the economic dimensions of addiction can inform policymakers, healthcare professionals, and stakeholders in devising evidence-based policies and interventions to mitigate the adverse effects of addiction on the Indian economy and promote overall societal well-being. There is a need for more study because the evidence from Internet-based therapies, governmental efforts, and incentives is inconsistent. With the help of standardized intervention and outcome measurements, future research should concentrate on assessing the efficacy of certain intervention components. Adolescent drug addiction outcomes may be improved by a number of delivery methods, including digital platforms and legislative initiatives; however, they need more study.

Keywords- adolescence, substance, drug, addiction, drug

Introduction

Adolescence is a time when many hazardous behaviors commonly start, and they pose serious threats to public health. Because its consequences are cumulative and lead to expensive social, physical, and mental health issues, substance addiction has a significant impact on people,

families, and communities. To assess the efficacy of treatments to deter teen drug usage, we reviewed systematic studies in the field. We provide data from a total of 46 systematic reviews that concentrated on therapies for alcohol, drug, and mixed substance misuse as well as smoking/tobacco use. Our overall findings imply that among smoking/tobacco therapies, family-based intensive treatments that primarily address family functioning and school-based preventive programmes are successful in lowering smoking. Given their adequate intensity over long periods of time, mass media campaigns are also successful. School-based alcohol prevention programmes have been linked to decreased drinking frequency, whereas family-based interventions had a modest but long-lasting impact on teenage alcohol usage. School-based programmes that combine social influence and competency strategies have proven protective benefits against drug addiction and cannabis usage. Primary preventive programmes that are implemented in schools are among the most successful treatments for combined drug addiction. It is understood that adolescence marks the beginning of behaviors and situations that not only have long-term effects on health but also set the stage for diseases that manifest in maturity. Adolescence is a time when unhealthy habits like drinking, smoking, and using illegal drugs commonly start. These habits are linked to higher rates of morbidity and death and pose serious public health problems. Drug abuse is a major frequent contributing cause to unemployment, bad health, accidents, suicide, mental disease, and lower life expectancy.

Because its consequences are cumulative and lead to expensive social, physical, and mental health issues, substance addiction has a significant impact on people, families, and communities. Initiating or maintaining substance misuse can be made more likely by a number of variables, including socioeconomic background, parenting style, peer pressure, and a biological or inborn propensity for drug addiction. This results in a loop where these people are no longer functioning as useful members of society but are instead obsessed by their addictions. Most adult smokers start smoking in youth, and tobacco use is the biggest avoidable cause of early death worldwide. In different nations, 1 in 10 girls and 1 in 5 boys between the ages of 13 and 15 smoke; this proportion varies by country. While cigarette smoking is usually declining among younger teenagers in the majority of high-income countries (HICs) as well as in some low- and middle-income nations, smoking rates are often higher in Europe and the Western Pacific regions. The consumption of alcohol is responsible for 4% of all disease burden worldwide [8]. Alcohol consumption among teenagers and young adults is rising worldwide, although it's falling in the majority of HICs in Europe and North America.

The majority of adult smokers begin while they are young, and tobacco use is the leading global preventable cause of premature death. Between the ages of 13 and 15, 1 in 10 males and 1 in 5 girls smoke; the percentage varies by country. Smoking rates are frequently higher in Europe and the Western Pacific regions, despite the fact that smoking is typically dropping among younger

adolescents in the majority of high-income countries (HICs) as well as in several low- and middle-income countries. 4% of the global illness burden is attributable to alcohol intake. Although it is down in the majority of HICs in Europe and North America, worldwide alcohol consumption among adolescents and young adults is increasing.

Literature Review

Addiction has had a huge negative influence on India's economy during the past ten years, with long-term effects on several industries. Healthcare is one of the most obvious industries that is impacted. The healthcare system is under a great deal of strain as a result of the widespread incidence of addiction, whether it be to drugs or to behavioral addictions. Demands for healthcare services, treatment facilities, and rehabilitation programmes have increased, placing a strain on the system's resources and driving up healthcare expenses and restricting access to other critical medical requirements.

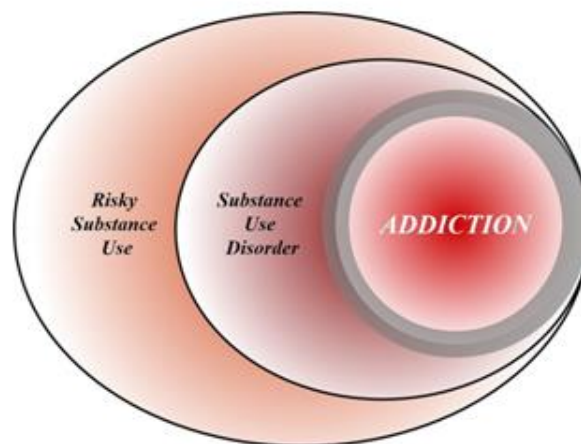
Addiction has also had a negative impact on workers and productivity. Addicts frequently have trouble keeping up with their normal jobs, which lowers productivity and increases absenteeism. As a result, firms suffer financial losses and make less of an economic contribution to the nation's GDP as a whole. Additionally, the loss of competent personnel as a result of addiction-related problems impedes the expansion and development of industries and reduces their ability to compete on the international market. Another industry that suffers from the financial effects of addiction is the criminal justice system. The illicit drug trade is fueled by substance misuse, which raises crime rates, the number of drug-related offenses, and the expense of law enforcement, investigations, and jail. Resources that could have been used to fight drug trafficking and address crimes associated with addiction are instead going towards less productive endeavors like building infrastructure, educating people, and funding social welfare programmes. A significant financial strain is also placed on families and communities by addiction. Family budgets might become strained due to the expense of acquiring addictive drugs or indulging in addictive behaviors. Addiction's consequences, including declining physical and mental health, can significantly raise healthcare costs for afflicted people and their families. As a result, families that are dealing with addiction could endure financial instability, less possibilities for their kids to attend school, and a lower quality of life.

The detrimental impacts of addiction are not immune from the tourist sector, which is vital to India's economy. The reputation of tourism locations can be damaged and potential visitors turned away by substance addiction and other addictive behaviors. Drug-related activities or the perception of a dangerous environment can cause a drop in tourism, which can have an effect on income production, job prospects, and general economic growth.

In conclusion, during the past ten years, addiction has had a huge and complex influence on India's economy. Addiction has had a cascade of negative economic effects, from taxing the healthcare system and lowering labor productivity to taxing the criminal justice system and slowing the expansion of companies. To lessen its effects and promote a healthier and more successful economy, it is essential to address addiction via comprehensive prevention, treatment, and support measures.

Methods

Figure: 1



Source: <https://www.nature.com/articles/s41386-020-00950-y>

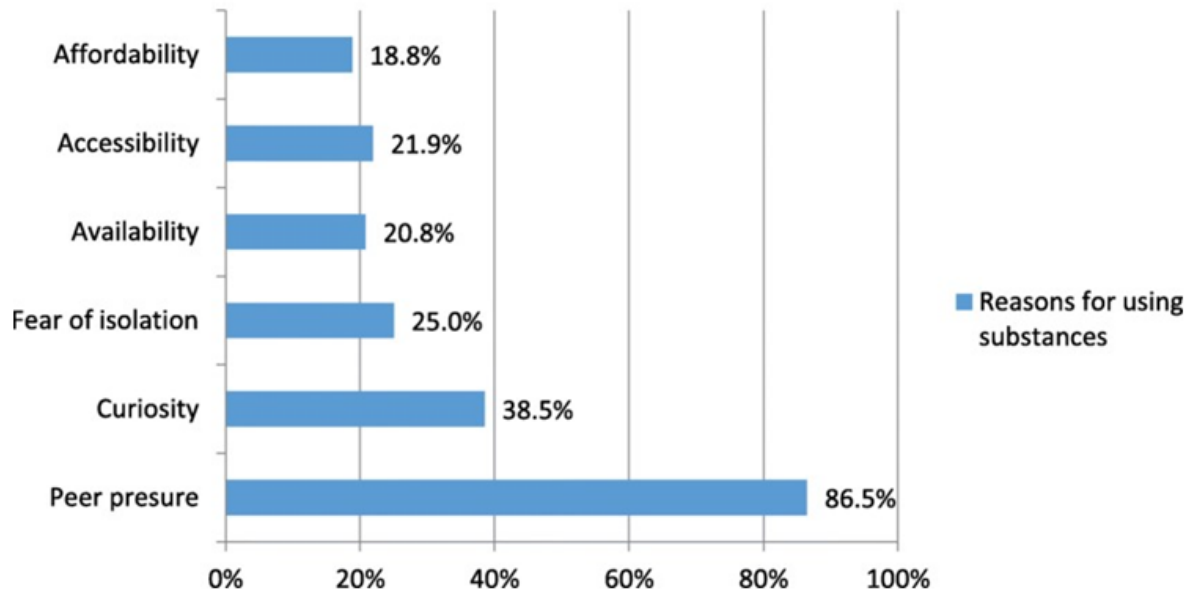
Figure: 2



Source: <https://en.wikipedia.org/wiki/Addiction>

Figure: 3

Reasons for using substances



Source: https://www.researchgate.net/figure/The-bar-graph-showed-that-the-reasons-of-using-substance-by-the-street-children-The-Y_fig1_343779932

Findings and Discussions

Our overall findings imply that SFC and school-based pure preventive programmes are successful in lowering smoking initiation and current smoking among smoking/tobacco use treatments. Long-term monitoring of the effects of school-based smoking/tobacco use programmes is lacking, nevertheless. Smoking is also proven to be successfully prevented through family-based intensive treatments, usually focused on family functioning. Widespread, well-coordinated community-based programmes have also had beneficial effects on smoking habits. Given that they were conducted with a suitable level of intensity over long periods of time and were supported by a sound theoretical foundation, mass media campaigns have had a beneficial effect on the uptake of smoking. There is a need for more study because the evidence from Internet-based therapies, governmental efforts, and incentives is inconsistent.

Personalized feedback, moderation tactics, the expectation challenge, the identification of dangerous circumstances, goal planning, and BAIs are just a few of the alcohol use treatments that have been linked to a decrease in frequency of drinking in children. While CDIs for alcohol are observed to lower the amount and frequency of drinking among college students, family-

based interventions have a modest but long-lasting impact on alcohol abuse among adolescents. There isn't enough solid information to support or refute calling for the deployment of several component therapies and prohibitions on alcohol advertising. The use of drugs and cannabis has been demonstrated to be prevented through school-based programmes that combine social influence and competence-based techniques.

The use of marijuana and alcohol by teenagers can be decreased by school-based primary prevention programmes that teach refusal skills, self-management skills, and social skills in addition to anti drug education. These interventions are successful in combating combined substance addiction. The usefulness of mass media and mentorship for co-occurring drug misuse is only weakly supported by research.

For the purpose of combining the available information on teenage substance addiction, we used an overview of reviews technique. There are several possible drawbacks to an overview of systematic reviews, despite the fact that it minimizes duplication of effort and permits a much quicker review by building on the findings of thorough assessments of studies conducted in various contexts and of diverse quality.

Our review's conclusions show that the best delivery methods for addressing teenage drug misuse are those that take place in schools. HICs are the primary source of current research on drug addiction therapies. Data to compare the impact of treatments by gender, socioeconomic position, and population density are lacking. Most of the included reviews did not allow for meta-analysis since the therapies had different levels of intensity, follow-up durations, and reported results. Additionally, not all of the data in reviews where meta-analysis was performed were used to determine the pooled effect. There is a shortage of reliable evidence on the long-term viability and efficacy of teenage drug abuse programmes. Future studies should concentrate on assessing the efficacy of certain intervention components using standardized intervention and outcome measures.

Conclusion

There is a shortage of reliable evidence on the long-term viability and efficacy of teenage drug abuse programmes. With the help of standardized intervention and outcome measurements, future research should concentrate on assessing the efficacy of certain intervention components. The relative efficacy and economic viability of various delivery methods for drug addiction therapies aimed at teenagers must be assessed. Adolescent drug addiction outcomes may be improved by a number of delivery methods, including digital platforms and legislative initiatives; however, they need more study. Since the effects of these behavior modification treatments may differ among different population categories, future studies should concentrate

on presenting distinct data for gender and socioeconomic divisions.

Emerging longitudinal neuroimaging studies have clarified the neurobiology underlying adolescents' propensity for substance initiation and progression to substance use disorders, with potentially long-lasting substance-related negative consequences. Epidemiological studies have identified trends in substance-related attitudes and rates of use of various substances. Different preventative initiatives have been put into place in various contexts with differing levels of effectiveness. A variety of evidence-based treatment strategies have been demonstrated to be helpful in lowering substance use and substance-related issues, and novel screening and assessment tools have been created to effectively identify young people at special risk for major substance-related problems.

Unfortunately, even with the most effective evidence-based therapies, adolescents with drug use disorders seldom succeed in maintaining long-term abstinence, suggesting that further research is required to improve approaches to comprehend and manage this significant public health issue.

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