Scio-Economic Impacts of Drug Addiction in District Umerkot, Sindh Province of Pakistan

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Abstract:
Drug addiction is a subject which is notorious in our society. This study was conducted in Umarkot District of Sindh Province to identify the impacts of drug addiction in study area. Snow ball sampling method was used to make the study more comprehensive. The findings of present research exhibited that 60% of the respondents belonged to the age group less than 30 years. Out of 80 respondents 80% were males whereas the remaining 20% were females. The family size of majority of respondents (60%) consisted of 1 to 3 members and 30% consisted of 4 to 6 members while 10% consisted of 7 or more members. The results showed that majority of respondents 80 percent were familiar with tobacco, while 60 percent with opium, 50 percent were heroin addicts and 40 percent respondents were familiar with cocaine, and codeine. The findings showed that majority of the respondents were aware of the places where drugs were available. The

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findings from in-depth probing on tobacco smoking indicated that about 70% of the friends of respondents were smokers; while 80 percent of the respondents stated that at least a member in the family mostly father was a smoker. The findings of the present study may not be conclusive as the study was limited to a smaller area, it is, therefore, suggested that more studies on a large scale should be undertaken to draw broader conclusions about media sources and their role in providing knowledge about the harmful effects of drug/substances in rural areas of the province. The Government should formulate vigilance laws, keeping in mind the current drug situation which has created problems in the rural areas.

Key words: Drug Addiction, District Umerkot, Sindh Province, Pakistan

Introduction

Historical evidences show that the use of drugs by human is a very old phenomenon. For drug addiction people mostly used extracts of various plants were mostly used for relief of pain and worries. The use of drugs has increased significantly during industrialization era and effect large number of people. Therefore it becomes a social problem. Drugs change the function of the mind and body. Drug addiction also changes mental and physical abilities of normal human beings (Prashant, 1991).

There are two categories of drug addiction (1) Psychological drug addiction and (2) Physical drug addiction. Psychological drug addiction results in loss of control on behavior of the addict. While Physical drug addiction is characterized by addict's depressed mood and feeling difficulties to deal with the problems of life (Hanan, *et al*. 2012).

In Pakistan in low income families use of drugs is high as compared to rich families. In 1960 use of bhang, opium, chars and alcohol was high. In Pakistan 1980 heroin was

introduced as drugs (Quraishi, 2003). Drug addiction is rapidly increasing in Pakistan. This is one of the countries of the world which are strongly hit by narcotic abuse. In spite of intensive efforts government of Pakistan magnitude of this issue could not be reduced to any significant level (Muhammad, *et al.* 2004). According to 2006 National Assessment Report in Pakistan there are more than 628000 opiate users. Among these around 77% are heroin addicts (NIPS 2005). The number of injection drug users has also increased in recent years. In Pakistan in 2007 more than 90000 injecting drug users were estimated but this number has increased up to 500000 by 2014. This also becomes an important cause of increase in HIV positivity. A research investigates that about 11% of Pakistani drug users were found HIV positive in 2005 and this number increased up to 40% in 2011(Quigley, 2015)

Objectives:

Specific objectives of this study are as under:
1. To study the relationship of demographic factors of the respondents who are addicts and their perception towards sociological strategies.
2. To examine the extent of the drug abuse, type of drugs used by the different age groups, the economic and social conditions of the drug users and other aspects.
3. To find out the social cultural and other complications which have taken place due to this problem and also to study measures taken by government and non-government organizations for treatment and rehabilitation.

Material and methods

Study area: Present study on drug addicts was carried out in district Umerkot of Sindh province. In general the methods and

techniques of a particular study are determined by the nature of problem. For an efficient and reliable research, various interviewing techniques are essential for having insight into the problem.

Sampling procedure & sample size: Snow ball sampling method was used to select four villages of district Umerkot and from each village about 20 respondents were randomly sampled, giving a total sample size of 80 respondents.

Data collection methods: The data for this study were generated through the use of structured questionnaires which were administered with the help of trained enumerators. The questionnaires distributed to the respondents were structured, and the questions mostly covered relevant information about the general socio-economic characteristics of the respondents.

Questionnaire Design and Analysis of Data: The questionnaire was developed to collect the information from the respondents representing the study area. The data was collected through personal interviews to get the accurate information from the respondent farmers. The data was analyzed using means and percentages.

Results and discussion

Age, sex and education of respondents:
Major proportion of the respondents i.e 57.14 percent were of age group less than 30 years; 35.71 percent of the respondents belonged to age category 30-45 years and respondents above 45 were 7.14% (Figure 1). About two third respondents i.e. 71.43 percent were males, while the remaining 28.57 percent were females (Figure 2). Regarding the educational level, 35.71 percent of the respondents were illiterate, 21.43 and 11.43 percent respondents were primary and middle, 5.71 percent of

the respondents were up to matriculation, 17.14 percent were Intermediate, and 8.57% were graduates (Figure 3).
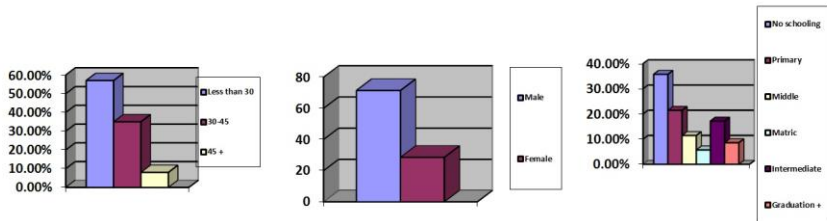

Figure 1 Age of respondents in years   Figure 2 Sex of respondents   Figure 3 Years of education

Occupation, income and marital status of respondents: The data analysis in Table 1 revealed that 11.43 % were government employees, farmers were more than 17.14%, students 4.29%, house wives 11.43%, unemployed 10%, retired 12.86%, laborers 18.58 and businessmen 14.29 %. Monthly family income of 57.14 percent respondents was less than Rs. 3000, about 28.57% had monthly income of Rs.3000-5000 and the remaining 14.29 percent respondents had monthly income of Rs.5000 and above. The data showed that 35.71% respondents were unmarried while 50% were married, the remaining 14.29% were widows/divorced.

Family type, family size and type of house of respondents:
The data indicated in Table 2 show that majority of the respondents i.e., 85.71 percent had joint family system, while the remaining 14.29 percent were living in nuclear type family. Majority of the respondents, 57.14 % had 1 to 3 family members, 28.57% had 4 to 6 members while 14.29% had 7 and above family members. 57.14% respondents lived in Pacca houses, 28.57% had semi-Pacca houses, while the remaining lived in Kacha houses.

Perception of Respondent regarding harmful effects of tobacco and alcohol intake:

Table 3 also shows that (29.57%) respondents perceived lung cancer caused by alcohol intake, while 22.43% respondents perceived blood pressure caused by tobacco intake, while (15 %) of the respondents perceived chronic cough and others diseases. Table 3 data also showed that (57.14%) of the respondents were aware of liver damage caused by alcohol intake, while 21.43% of the respondents had knowledge about sense of guilt, 7.14% of the respondents were aware of behavioral changes and disorientation respectively and 4.29% of the respondents were having knowledge of loss of judgment.

Conclusions & recommendations:

This study reveals that majority of the drug edicts (80%) were males, while females (20%) were also involved in drug addiction. Mostly young people were more affected by drug addiction as compared to old aged people. More than 50 % of people of sample respondents involved in drug addiction are i.e. less than the age of 30 years. Education is main indicator of awareness and data of this study shows that 40% drug addicts were illiterate and remaining respondents have low level of education.

Table 1 Distribution of respondents according to occupation, income and marital status

Categories	Frequency	Percentage
Occupation		
Government Employee	9	11.43
Farmer	14	17.14
Laborers	11	18.58
House wife	9	11.43
Student	3	4.29
Unemployed	8	10.00
Retired	10	12.86

Businessman	11	14.29
Income (Rs.)		
Less than 3000	46	57.14
3000 – 5000	23	28.57
5000 +	11	14.29
Marital status		
Unmarried	29	35.71
Married	40	50.00
Widow/Divorced	11	14.29

Table 2 Distribution of respondents according Family type, family size and type of houses

Categories	Frequency	Percentage
Family type		
Joint	69	85.71
Nuclear	11	14.29
Family size		
1-3	46	57.14
4-6	23	28.57
7 +	11	14.29
Type of house	Frequency	Percentage
Kacha	11	14.29
Pacca	46	57.14
Semi-pacca	23	28.57

Table 3 Distribution of respondents according to their perception and knowledge regarding harmful effects of tobacco intake

Categories	Frequency	Percentage
Distribution of respondents according to their perception regarding harmful effects of tobacco intake in rural areas		
Chronic cough	12	15
Low vital capacity	9	11
Increased blood pressure	18	22.43
Lung cancer	24	29.57
Others	15	18.14
Don't know	3	3.86
Distribution of respondents according to their knowledge about the harmful effects of alcohol intake		
Behavioral changes	6	7.14
Disorientation	6	7.14
Loss of judgment	3	4.29
Liver damage	46	57.14
Sense of guilt	17	21.43
Others	2	2.86
Don't know	0	0.00

Acknowledgement

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