

Impact of Drugs on the Mental Health of Youth in the Long Run: Psychological and Rehabilitation Perspective

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Abstract

Addiction to drugs can have severe mental health complications for the youth of a nation who are considered to be the future of the country. The longer the addiction, the more strain and stress it places on the physical and emotional aspects of life in the future. The psychological distress that is involved with the use of drugs can range from mild to serious. Depression, anxiety and paranoia are some of the impacts that the drugs can have on the youth while increasing the risk of having a mental disorder in the future. The aim of this research is to understand the psychological perspective on impact of drugs on the mental health of youth in the long run. The study will also explore the aspect of rehabilitation in the way of improving the future prospect of youth and helping them get rid of the addiction. A range of past studies conducted by institutions and researchers has been used in the development of the research.

Keywords: Drug, Addiction, Mental Health, Young People

1. Introduction

The increasing rate of the drug business in society has created an impact on the new generation and this is resulting in huge societal conflict. This generation is highly advanced in every way; hence, many new generation people have the facility of getting addicted to many unctuous health materials. As mentioned by Di Santo *et al.* (2020), the usage of recreational drugs can lead to long-term health hazards and this affects the major lifestyle of a person. The drug-addicted people can fall under the false position of creating some developmental activity. Moreover, many young stars have gotten addicted to drugs to create some enjoyment. Consequently, this created much of an adverse effect on the lives of those people. Drug and alcohol addiction has created major health hazards, which have led to major health issues that result in feelings of anxiety. Many people become drug addicted in the way to getting rid of stress and depression.

Drug and alcoholic reactions create unpleasant effects that create a long period of impacts on health, which resulted in huge destruction, and social discrimination has been created after this. In the viewpoint of Giorgi *et al.* (2020), more depression, anxiety, and insomnia are creating major effects on mental health and these types of mental disorders allow people to take drugs and alcohol. The environmental pressure, peer pressure, and emotional distress can create huge effects on the mental health, which result in psychological disorders. In this concern, the intake of drugs may create huge destruction. As mentioned by Casado, & Amado-Alonso (2021), physical rehabilitation may hinder the huge amount of depression, which may decrease motivation and participation in the drug activities. The hindrance of major physical rehabilitation may create the growth of adverse mental health conditions. Consequently, humans can get anxious and reveal bad habits, which affect the path of societal development. Patience on the main behaviours of human makes a clear view of humanity and the impatience behaviour of any human common in destruction on maintaining rehabilitation on quality of life.

2. Aim of the Article

Drugs can easily be said to be one the biggest challenge for the society with major addictions among young adults. The main purpose of the study is to investigate impact of drugs on the mental health of youth in the long run from the psychological and rehabilitation perspective.

3. Material and Method

The method of this study has been created for better effect on the justification of the main purpose of such cod conduction. On the other hand, the application of reliable strategies, design, approach, collection, and analysis techniques lead to a huge amount of positive views of the main study. In this concern, the researchers should be conducted the gathering of secondary data based on the Drugs on the mental health of Youth in recent years. According to Ruggiano & Perry (2019), the secondary data collection technique is especially done with the help of the collection of information from peer-reviewed journals, magazines, and many articles, which can assist in justifying the entire subject. . The number of drug-addicted people in society should be an insight for getting better results in this study.

This study follows the qualitative method for describing the entire topic in a depth manner. On the other hand, this study has been done with the help of a cross-sectional research design to justify the psychological and rehabilitation perspective along with the impact of drugs on mental health. The reliability and validity measurement is an important take for assured ethical maintenance. As mentioned by DeMoraes *et al.* (2019), the reliability of the study is considered as the consistency, and validity is referred to as the accuracy of the study. The assurance of reliability and validity can perfectly maintain the ethical consideration of the study. This aspect of the study has been proven with the help of the following inclusion and exclusion criteria table:

Table 1: Inclusion and Exclusion Criteria table

Inclusion criteria	Exclusion criteria
The articles that were published in the English language have only been used	The article that was published in any other language has been excluded.
Articles and journals that are available from key organisations and databases have only be used in the study	Opinion pieces and blogs containing information have not been referred from among other non-trusted sources
The gathering of information should be related to the description and evaluation of the Impact of drugs on the mental health of Youth in the end from the perspective of Psychological and Rehabilitation.	The gathering of information should not be related to the description and evaluation of the other topic related to many other health issues and the perspective should not be shifted in this study.
All gathered information or data is mainly sourced from peer-reviewed journals, which are published after 2019.	All gathered information or data should not be sourced from other unauthentic journals, which are published before 2019.

4. Findings

4.1 Concept of drug addiction

Addiction to any object or any material creates a negative impact on the mental health of any person. Addiction highly affects the minds of many youth people, which leads to a huge negative impact on their careers. As mentioned by Kirsch *et al.* (2020), a chronic and relapsing disorder has been characterized by compulsive drug usage, which is adversely consequent within society. The major disorder is considered a brain disorder that involves functional changes in the circuits of the brain. The drug has the ability to create a direct effect on the circuit of the brain and continuous intake of drugs may create a huge impact on major societies. The present times are getting fascinated with drug intake, this is considered the luxurious action of society, and this may not create destruction among the users of this destructive material.

Many youths in this generation have started with the intake of drugs, which has affected their mental health, which cannot be understandable for those people, or these people are avoiding the negative instruction of this

drug. In the viewpoint of de Angelis *et al.* (2020), smoking and alcohol consumption lead to the highest adverse intake on the health of females, which reduces the fertility rate and results in unhealthy conditions of that female. Many young female individuals in this society have taken drugs longer than males, which appeared luxurious to these people. Drug addiction is also considered the instance that creates internal disorders, which create the rewards of stress, and this may fail to maintain self-control. Many of the youth in this generation have been creating the highest impact on the workplace as drugs have totally cured disorders of the mind of those persons.

The drug is a substance that creates better effects and bad effects on the main health, which negatively affects health. As mentioned by Zavitsanou & Drigas (2021), drugs usually prevent many diseases and this also maintains a major balance in the body, whereas many drugs have created a bad effect on health and directly affects mental health. Intake of good drugs creates better heat conduction and these are the most useful for health. On the other hand, intake of destructive drugs is not effective for health; this has created high adverse effects on the mental health of people. The guidelines for in taking these types of drugs have been given in every society; moreover, there have been rules for the usage of these drugs, which may not be managed by the youth generation.

4.2 Impact of Drugs on the Minds of young people

Youth people persistently use substances that often cause health-related problems. As mentioned by Haruna & Dukku (2019), there are some severe impacts on health such as Aggressiveness, paranoia, addiction, impulsiveness, loss of self-control, and hallucinations. Academic difficulties, poor relationships, and failure of any task continuously create the possibility of in taking these types of drugs. The continuous intake of drugs has affected the major health of young people in this society. On the other hand, there is huge aggressiveness that can be resulted from those of the young generations as these drugs highly affect the brain and insist on creating negative actions.

The negative effect can create the worst approach among the major health of young stars, which has a huge chance to destroy the career of those people. Moreover, aggressiveness can also affect relationships with family, which results in a huge amount of conflict among the members of people. The drug-addicted people have getting affected in the cerebrum of their brain, in which people cannot be balanced within the movement. Hence, hallucinations take place on the mind of those people. In this hallucination, many people committed with negative action like suicide and kills people. These types of actions may result as huge amounts of social discrimination. The social discrimination may have created destruction of society and this crate may not have a better relationship. The impulsive practice may also result in the intake of these drugs. Impulsive behaviour can insist on many negative actions, which do not maintain a better culture.

4.3 Scenario of drug usage and its impact on young health

Intake of drugs and the entrance of unpredictable substances into the body may not be fruitful for health this may cause huge health injuries. Many young people persistently experience such academic difficulties and many health-related problems, which mainly happen due to the intake of different types of drugs. Young people mainly take drugs and alcohol due to less effective relationships, and involvement with the “juvenile justice system.” The taking of many drugs such as cocaine, Cannabis, and nicotine have been taken by many students and many young people in this world. Cannabis is the most vital drug substance, in which around 4 in 10 people in the young generation face many problems due to the intake of alcohol (Raimi *et al.* 2019). There 12% have faced many issues with ecstasy and 9% have been reported as many young people have taken powder cocaine.

There are many people, have huge mental problems and those people have not maintained a higher proportion of mental health, which can be treated as a better community health team. Young people have no idea about the major injuries and negative effects of these dangerous drugs and these types of drugs have an important effect in promoting the enjoyment of those young people. This may also block major blockages in the mind. These drugs directly affect the major health of those young people. In 2020, many young people who are mainly in high proportion having 37% of mental health treatment due to being highly affected by the usage of dangerous drugs

(Wasserman *et al.* 2020). In this drug intake, the percentage of girls is the most effective rather than the number of boys.

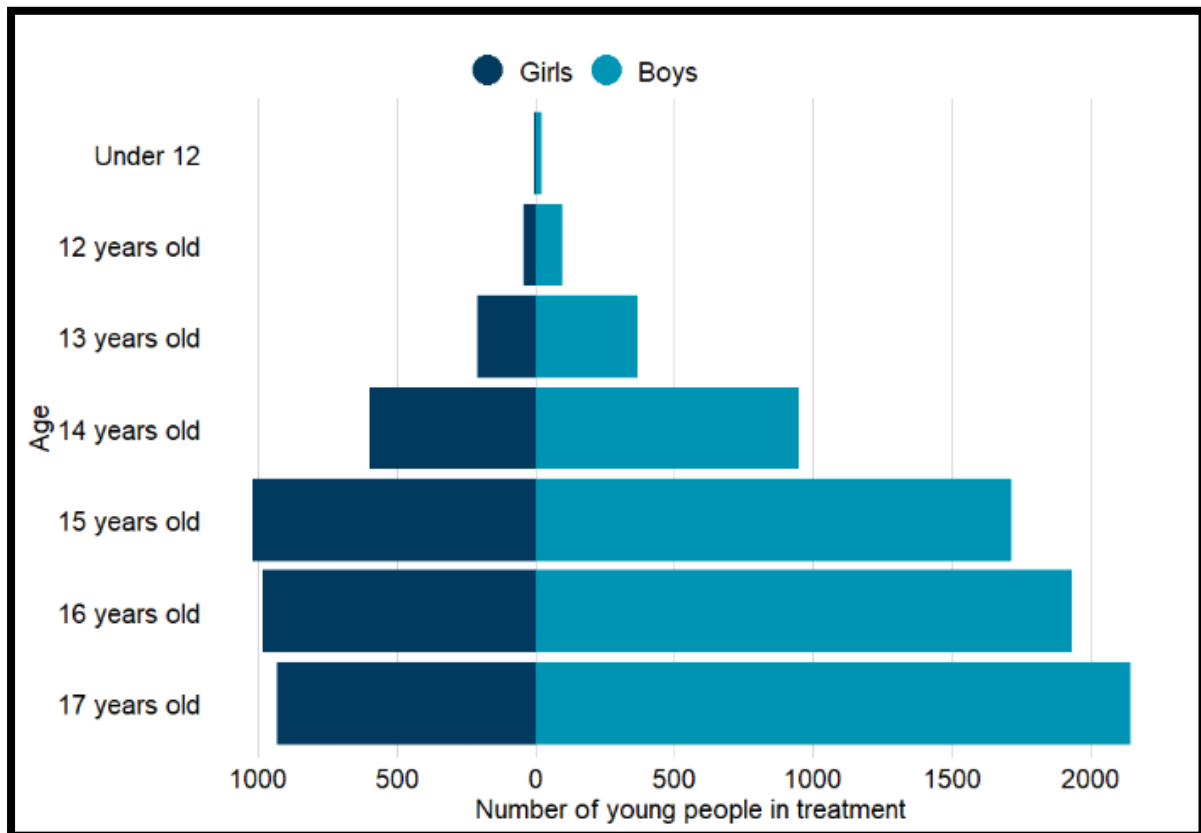


Figure 1: Drug treatment of the people who are affected by the drug
(Source: National Statistics, 2022)

There are many young people who have faced a huge amount of mental health and huge health issues, which have certainly been an obstacle in the major health of the people. There are 11, 013 young people and many young stars who contact drug and alcohol services in April 2020 and March 2021 (National Statistics, 2022). This treatment of boys and girls has depicted that huge amount of internal damage shown within the body of young people. The rate of treatment has been highlighted within the 17-year young stars. The substances and entrance of huge amounts of other substances like Ketamine, codeine, and amphetamine, and solvent along with heroin. Taking these types of drugs can form a huge amount of destruction.

Many young stars have effectively died due to the highest intake of drugs and this has increased by 17% in the UK in 2019 from the previous year. The last news has been highlighted by the public health of the UK, which has highlighted key statistics on the use of drugs in eh reset trends. Usage of cocaine in 2019 has been highlighted by 1.9% of adults who are between the ages of 16 to 59 and this is around 976, 000 people (Drug Abuse Statistics UK, 2023). Cocaine is highlighted as the most common and effective drug that has created huge health hazards along with the destruction of the mind. Drug-addicted people or any young stars cannot have a better balance in their minds for fulfilling work, hence that mainly created huge racial discrimination. The drug has not maintained better facilities within the health.

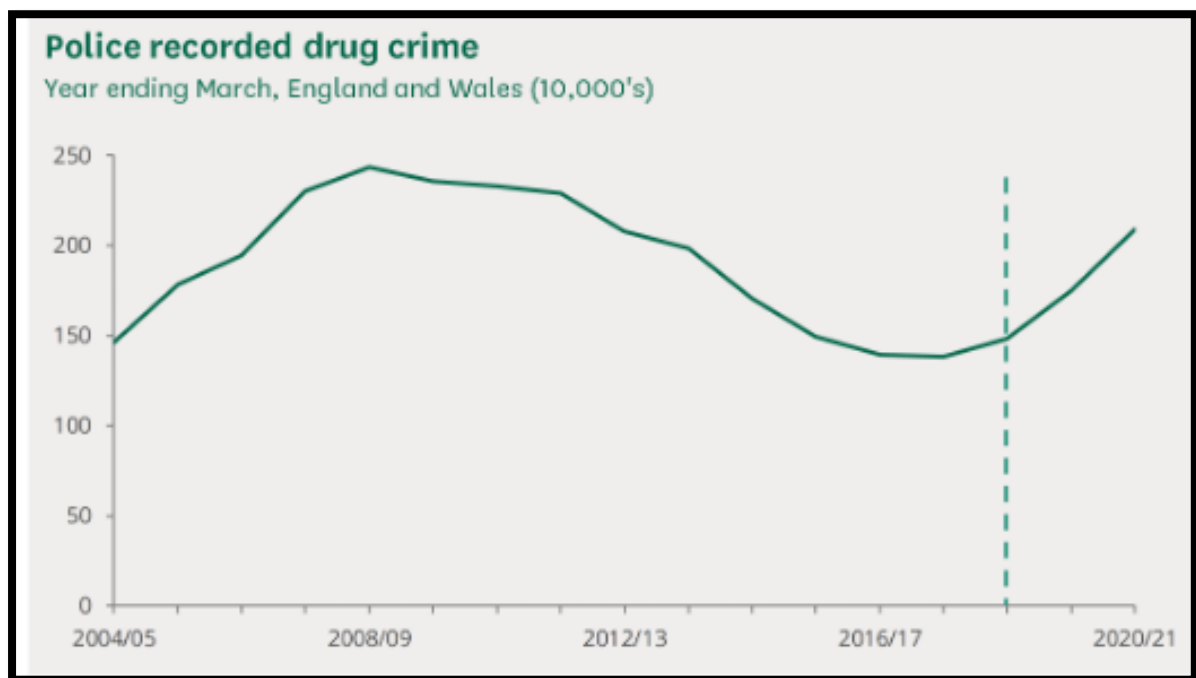


Figure 2: Uses of drugs in England at the end of March in the year 2021
(Source: Allen & Tunnicliffe, 2021)

The drug offense records have been depicted in the report of the England government, which has highlighted that many people in the authority of drug usage have affected a higher rate of drug. The drug offenses record has been depicted as 210,000 in England and Wales in 2020-21 (Allen & Tunnicliffe, 2021). The rate of drug usage has been inserted at the time of the pandemic and after the pandemic situation. The rate of usage of drugs has been used due to the highest interest in drugs and the supply of drugs without keeping rules in mind. On the other hand, Staffordshire has been depicted as having a lower rate of drug crime and this place may maintain the rules provided by the government. However, the supply of drugs has been raised at the highest range, which created less effective demand for these types of drugs.

4.4 Usages of drugs by young on the perspective of psychological and rehabilitation

The psychological intervention has been structured as a substance-related problem that assists in the less effective chance to remove all types of major stages of drug treatment which can identify main issues which can be integrated with better treatment processes. As mentioned by Tauber *et al.* (2019), psychological interventions are used to treat different types of drug issues and any behavioral problems of major victims. This integration may create rehabilitation among young people who are addicted. Social reintegration is the most necessary otherwise all drug addicts are craving huge destruction and huge conflict within society. In this case, this really the majority have better attraction among the dynamic interventions, which are used to create alone or combined a form of treatment. Health services are the most vital in the form of emergency needs. Drug issues make huge issues in the behaviour of young people, which create a huge amount of conflicts within the major job conduction. Pharmacological treatment sometimes creates a huge amount of major cures for a mental breakdown from drug impact.

The flexible nature of most psychological applications can be effective with the intervention and this is provided with different sets of combinations of approaches that need better services on the continuation of major development. From the viewpoint of Wampold, & Flückiger (2023), service providers of psychological intervention can form better pathways that create better effects on the path, which assumes different points on the therapeutic pathways. This intervention can be done with the help of certain motivational interviews within the major treatment processes and this can be done with the help of different stages. Motivational interviewing is used to promote changes in many different situations and techniques within providing major services within

primary care. The application and development of major treatment of pharmacological treatment and psychological treatments has created better value within the multiple sessions.

The motivational intervention creates better value with the major treatment, which creates an effective reduction of illicit drugs among adolescents. Personal feedback has been provided by the substances used by the major understanding of perfect usage of drugs. Brief interventions are often based on supportive usages, which are still developing motivational interviews. The potential benefits and e brief development can help to get rid of the negative effects of dangerous drugs.

5. Discussion

Addiction and materials, which is created a bad effect, can form a huge impact on the mental health of people. The chronic effects of the drug can create disorders in the health of those young people. Compulsive drug use adversely affects the cerebrum and creates an imbalance of health. Continuous usage of this drug may create a huge bad impact on the major health of the victims. The major functional changes and high addiction to drugs may have huge mental health issues. The impact of intake of drugs may have a high amount of bad effects among thought people that result in the highest chance of societal discrimination. Many youth people persistently take a high amount of drugs for enjoyment with their friends. This may not create a perfect impact on the health of those people.

Intake of drugs and alcohol among young people has been raised in the recent period, which is effective with fruitful results for health. The health-related problem has happened with the involvement of the juvenile justice system. Thinking of drugs has been shown that many girl adults have created a better impact on major development. The application of psychological rehabilitation may create a huge impact on the reduction of illness and destroy the mental health of people. Cannabis is the most important drug, which has been framed as the highest debit in society, and the usage of its drug has created better interest, which has created a high amount of health destruction. This can be reduced by psychological interventions, which is an effective treatment for druggists. Motivational intervention is a type of counselling that can create a better effect on the reduction of main treatment processes.

6. Conclusion And Recommendation

The entire study has depicted and evaluated the impact of Drugs on the mental health of Youth in the end with the perspective of Psychological and Rehabilitation. The mental health status of all people is unique to those individuals who help to perform every task in this society. The complexity of each mental health can result from the intake of destructive drugs and this may fail to form a good society. Psychological rehabilitation can result as a process that can be followed with major opportunities for persons with severe mental illness. This is impacted by the optimal level of independent function in society for creating major improvements in life. The addicted people can be treated with psychological intervention and motivation integration, which can rehabilitate all the victims.

The study has been recommended for effective treatment for young people in society and this creates a huge impact on the major reduction of drug-addicted people. In this concern, all drug-addicted people should be aware of the dangerous effects of drugs. In addition, the government should create strict rules and prohibit all dangerous drug from the market.

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