

Good example of drug addiction essay

[Health & Medicine](#), [Addiction](#)



Drugs can be broadly defined as a group of chemical substances, the use of which leads to addiction. Drug addiction is regarded as a serious disease that is characterized not only by an irresistible urge to take drugs but by a gradual increase in a dose as well. In order to fully understand this complex phenomenon, the underlying causes are worth outlining. The contributory causes of drug addiction are related to psychological and social issues which are so closely intertwined that it is hard to differentiate between them.

As far as psychology is concerned, a range of factors lead to drug use, thereby developing drug addiction. A person might get a craving for drugs because of the desire to reduce stress and anxiety or to escape from the real-life problems. Moreover, mental instability, weakness and the desire for self-expression tend to make people the victims of drug abuse, thereby obscuring the fact that they are in trouble. According to Butler (2014), genetic predisposition as well as the environment contributes to substance abuse as well.

With regard to a social aspect, peer pressure has a strong connection with the use of illegal substances. The reason why a majority of young people tried drugs in the first place has its roots in being willing to impress their friends. Besides, the adolescents are frequently “exposed to drug use over the Internet and other media outlets” (Butler, 2014, para. 2). Social networks and other technological perks of modern society are prone to promote standards that are misleading. Consequently, the wrong decisions are made in terms of prioritizing values.

A number of deleterious effects are worth pointing out. A frequent or a long-term use of drugs provokes mental as well as physiological dependence,

which, in turn, affects not merely health but also a wallet.

Impaired function of blood vessels leads to a decrease in the supply of nerve cells with oxygen and nutrient, as a consequence some cells die. The effect on the brain is extremely harmful. Pathological changes in the nervous system lead to a violation of the human psyche, resulting in dementia, anxiety and nightmares (Goldberg, 2012). In extreme cases drug abuse leads to mental and physical degradation, and ultimately to death.

Since addicts become angry and suspicious, they are prone to antisocial behaviour. As a result of the weakening of memory and intellect junkies lose their ability to work. What is more, a considerable number of crimes are committed by those who are high on cannabis, cocaine, ecstasy, methamphetamine or LSD. A need to get another dose of drugs encourages them to various thefts and serious crimes.

Needless to say, any disease is easier to prevent than to treat it. That is why it is crucial to be aware of some viable solutions to addiction.

Both Butler (2014) and Goldberg (2012) claim that once people take preventive measures they will manage to avoid substance abuse. However, “stopping drug abuse is not simply a matter of willpower” (Goldberg, 2012, para. 2). Due to the fact that drug abuse has a detrimental impact on the brain, the addict finds it incredibly difficult to overcome such a heavy dependence. Rehabilitation programs provide knowledge needed to address the causes of drug abuse. Butler (2014) refers to the National Institute on Drug Abuse, indicating that treatment should contain a combination of physiological, psychological and social aspects, for drug addiction is a multifaceted issue.

Each person is unique and sees the world differently, however when it comes to addiction, solutions to this issue are similar. A person has to eliminate the causes of addiction and stop being a slave to his own weaknesses. Life offers a wide variety of interesting activities that can provide a feeling of euphoria. It is a matter of priorities.

References

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