

# [They army was addicted to heroin. this](https://assignbuster.com/they-army-was-addicted-to-heroin-this/)

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They said that15 percent of U. S. army was addicted to heroin. This news was spread in publicand everyone was stunned. Then, presidentRichard Nixon promised to make a new office called ‘ The Special Action Officeof Drug Abuse Prevention’ for rehabilitation of soldiers. Any of the officerswere not allowed to leave Vietnamunless they clear the drug addiction. Lee Robins was the main the psychiatric researcher. Her studies showed that whensoldiers came back to U.

S. 95 percent of them were clean and without addiction. The normaldrug abuser shows the following routine- they get clean from hospitals or rehabcenters but as soon as they go to theirhome they get re-addicted but Vietnam soldiers were different.

The habits weretriggered in certain situations and under certain conditions. How did all these things started inwar? The war is a stressed situation and they were in contactwith fellow soldiers who were consuming heroin. One of the influencing factorsthat lead to formation of any behavior is surrounding environment.

For example-if you’re the only person who doesn’t consumeheroin and all your surrounding people are consuming in front of you, then theystart forcing you to just try a littlebit. But ones you’re involved then it’s getting difficultto get away from it, especially when you are in stressed situation. We getpushed away in situations. But oncethey return to home- a place withoutstress and where there is no fellow heroin useris the good surrounding for him. In war, there were no family and no one tostop them from using heroin. But at home, you are surrounded by your loving family, friends and you don’t think aboutconsuming anything. So the absence of anyexternal stimuli also triggered the addiction. The most importantlesson we can learn from soldiers is you can change your behavior or control yourself in the influence of external stimuli.

·       Don’t take or make any decisions under stressed situations. ·       If your friend or any relative is addicted to any drug abuse, then be supportive and help them to get out of it. Motivation, emotions isnecessary to recover from drug abuse.·       War is a stressed situation; it’s not easy to live alonewithout family, many soldiers return from war with post-traumatic conditions.

·       The environment is the important factor, for example, if you want to learn something new thensurround yourself with the things related to that.