

**Drug Abuse and its Effects on Users' Life**  
(A Study of Current Narcotic Drug Users in Pokhara)

**Research Thesis**  
**Submitted to**  
**The faculty of Humanities and Social Science**  
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**Sociology**

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## LETTER OF RECOMMENDATION

This is to certify that Mr. Yam Bahadur G.C. has completed the dissertation titled “**Drug Abuse and its Effects on Users’ Life**” a study of current narcotic drug users in Pokhara under my regular supervision and guidance. To the best of my knowledge, the study is absolutely original of its kind and carries several factual information regarding the social factors affecting narcotic drug users and its effects on their life focusing in the context of Pokhara Municipality, Kaski. I therefore, forward this dissertation to the dissertation committee for the final acceptance and approval.

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## LETTER OF APPROVAL

This dissertation “**Drug Abuse and its Effects on Users’ Life**” A Study of Current **Narcotic Drug Users in Pokhara** accomplished by Mr. Yam Bahadur G.C. has been accepted and approved as the partial fulfillment of the requirements for the Master Degree in Sociology by the undersigned members of the dissertation evaluation committee.

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# **TABLE OF CONTENTS**

## **PAGE NUMBERS**

Title Page	I
Letter of Recommendation from Supervisor	II
Letter of Approval from the Head of Department	III
Acknowledgement	IV
Table of Contents	VI
List of Tables	IX
List of Figures	X
Abbreviations	XI
Abstract	XIII
<b>CHAPTER – ONE: INTRODUCTION</b>	<b>1-6</b>
1.1    General Background	1
1.2    Statement of Problem	3
1.3    Objectives of Study	4
1.4    Rational of Study	4
1.5    Limitation of Study	5
1.6    Organization of Study	5
<b>CHAPTER- TWO: REVIEW OF LITERATURES</b>	<b>7- 13</b>
2.1    Theoretical Overview	8
2.1.1  Origin of Substance Abuse Theories	8
2.2    Review of Previous Studies	9
2.2.1  Drug Abuse in Global Context	9
2.2.2  Drug Abuse in National Context	10
2.3    Drug Abuse as Deviance	13

2.4	Conceptual Frame-work	13
<b>CHAPTER-THREE: RESEARCH METHODS</b>		<b>14- 16</b>
3.1	Research Design	14
3.2	Rational of selection of the Study Area	14
3.3	Universe and Sample	14
3.4	Nature and Source of Data	14
3.5	Data Collection Tools and Techniques	15
3.5.1	Interview	15
3.5.2	Focus Group Discussion	15
3.6	Challenges on Information Collection Process	16
3.7	Data Analysis and Interpretation	16
<b>CHAPTER-FOUR: BACKGROUND OF THE RESPONDENTS</b>		<b>17- 29</b>
4.1	Demographic Profile	17
4.1.1	Types of Family	17
4.1.2	Gender of Respondents	18
4.1.3	Age Structure of Respondents	19
4.1.4	Marital Status of Respondents	20
4.1.5	Ethnicity of Respondents	21
4.1.6	Religious Status of Respondents	22
4.1.7	Educational Status of Respondents	23
4.1.8	Education Status of Parents of Respondents	23
4.1.9	Economic Status of Respondents	24
4.1.9.1	Occupations/Income Sources of the Respondents	25
4.1.9.2	Occupations of Parents of Respondents	26
4.1.9.3	Monthly Income of Respondents	27
4.1.9.4	Annual Tentative Income of Families of Respondents	27
4.1.9.5	Sufficiency of Family Income	28
<b>CHAPTER- FIVE: FACTORS AFFECTING DRUG ABUSE</b>		<b>30- 42</b>
5.1	Family Related Factors	30
5.1.1	Care of Respondents at Home during the Teenage	30
5.1.2	Drug use Situation among the Family Members	31

5.1.3	Relationship of Respondents with Their Family Members Before Using of Drugs	32
5.1.4	Family Support on Initiated Works by the Respondents	32
5.1.5	Specific Family Incidents Affecting Drug Abuse	33
5.2	Community Related Factors	34
5.2.1	Drug Users in Community and Surrounding Area	34
5.2.1.1	Drug Availability in Community and Surrounding Area	35
5.2.2	Influence of Peer and Family Members	36
5.3	Immediate Causes of Drug Abuse	37
5.4	Information on Narcotic Drug	38
5.4.1	Age First Time Intake of Narcotic Drugs of	38
5.4.2	Consumption Method of Drugs by the Respondents	39
5.4.3	Duration of Drug Abuse	41
5.4.4	Frequency of Drug Abuse	42
<b>CHAPTER- SIX: EFFECTS OF DRUG ABUSE</b>		<b>43- 53</b>
6.1	Effects on Relationship	43
6.2	Effects on Health Status	44
6.2.1	Types of Health Problems due to Drug Abuse	45
6.2.2	Opportunities Missed by the Respondents due to Drug Abuse	46
6.3	Effects on Enhancement of Personal Capacities	47
6.3.1	Types of Problems on Enhancing the Qualification/Capacity	47
6.4	Effects on Economic Status	48
6.4.1	Daily Expenses on Drugs	49
6.4.2	Sources of Money to Buy Drugs	49
6.4.3	Other Impacts of Drug Abuse on Economic Related Issues	50
6.5	Effects on Family Status with the Views of Neighbors'	51
<b>CHAPTER-SEVEN: SUMMARY, CONCLUSION AND RECOMMENDATION</b>		<b>54- 58</b>
7	Summary	54
7.1	Summary of key findings	54
7.2	Conclusion	57
7.3	Recommendation	58



<b>REFERENCES CITED</b>	59-61
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**ANNEX**

1. Sample of Schedule for Interview	62-65
2. Checklist for the Focus Group Discussion among the Respondents.	66
3. Map of Study Area	67

## LIST OF TABLES

<b>Table No.</b>	<b>Title of Tables</b>	<b>Page No.</b>
4.1	Educational status of the respondents	23
4.2	Educational status of parents of the respondents	24
4.3	Occupation/Income Source of Respondents	25
4.4	Occupations of parents' of respondents	26
4.5	Monthly Income ratio of respondents	27
5.1	Relationship status of respondents with their families	32
5.2	Family's supports on the initiations of respondents	33
5.3	Status of affecting drug abuse by specific family incidents	33
5.4	Duration of drug abuse	41
5.5	Drug abuse frequency of respondents	42
6.1	Effects on relationship status after drug use	43
6.2	Views of neighbors towards of respondents	52

## LIST OF THE FIGURES

<b>Figure No.</b>	<b>Title of Figures:</b>	<b>Page No.</b>
2.1	Conceptual Framework for Research	13
4.1	Types of family	17
4.2	Gender of Respondents	18
4.3	Age Structure of respondents	19
4.4	Marital Status of respondents	20
4.5	Ethnicity of respondents	21
4.6	Religious Status of Respondents	22
4.7	Annual Income of families of respondents	28
4.8	Sufficiency of family income	29
5.1	Main care taker of the respondents at home during their teenage period	30
5.2	Drug using situation of family members of respondents	31
5.3	Effects of neighbors	34
5.4	Impacts of drug dealers living around the neighborhood	35
5.5	Impacts of peer and family members on drug use habit	36
5.6	Immediate cause of drug abuse	37
5.7	Age first intake of narcotic drugs	38
5.8	Drug using methods by the respondents	39
6.1	Status of health problem due to the drug use practice	44
6.2	Types and ratio of health problems due to the drug use practices	45
6.3	Kinds of opportunities those missed by the respondents due to drug abuse	46
6.4	Effects on enhancement of personal capacities	47
6.5	Types of problems on enhancing the qualification/capacity build-up	48
6.6	Necessary amount of money to buy drugs on daily basis for the respondents	49
6.7	Source of money to buy drugs	50
6.8	Other economic impacts of drug abuse	51

## ABBREVIATION

AIDS	Acquired Immune Deficiency Syndrome
CWSN	Child Welfare Scheme Nepal
DAPAN	Drug Abuse Prevention Association Nepal
DIC	Drop in Center
DUs	Drug Users
FGD	Focus Group Discussion
FHI	Family Health International
HBV	Hepatitis B Virus
HIV	Human Immune deficiency Virus
HR	Harm Reduction
IDUs	Injecting Drug Users/Intravenous Drug Users
INGO	International Non Government Organization
IV	Intravenous
MOH	Ministry of Home Affair
MCF	Manish Care Foundation
MTC	Methadone Treatment Center
NCASC	National Center for AIDS and STD Control
NDUs	Narcotic Drug Users
NGO	Non Government Organization
NIDC	Namuna Integrated Development Council

NRs	Nepalese Rupees
Q No	Question Number
RAR	Rapid Assessment & Response
SLC	School Leaving Certificate
STD	Sexual Transmitted Disease
STI	Sexual Transmitted Infection
UNODC	United Nations Office on Drugs and Crime
UNODCP	United Nations Office on Drugs and Crime Program
USAID	United State Aid (From the American People)
WHO	World Health Organization

## **ABSTRACT**

The study “Drug abuse and its Effects on Users’ Life” is to explore the social and cultural factors of being drug users and impacts of the drug abuse on their personal life. It is completely on field base descriptive types of study at Pokhara Sub-Metropolitan City of Kaski district. Availability based sampling strategy for 65 respondents (current drug users) and judgmental sampling strategies for the non-drug-using key informants were applied. This study is mainly based on primary sources of data however the secondary information were also incorporated during the study. The respondents were taken from both male and female of any age groups. The respondents were about 30% of the sample was taken from the current beneficiaries of Methadone Treatment Center (MTC) of Pokhara and the rest 70% from the community. Questionnaires with the interview schedule was made to and applied as tool to collect the primary information. The secondary information was taken from some recovered persons.

The study found that the most of the respondents lived with their families and were either unemployed or students. About 52% of the respondents were unmarried and 62% are less than 29 years of age. Most of the narcotic drug users are male and a few of them are female. Large majorities (65%) of the respondents are from local ethnic groups whereas the Brahmin/Chhetri has 20% and Hill Dalit has 15% among total respondents. About 83% respondents had studied only up to the secondary level and dropped out due to the adoption of drug use practice. Similarly, in all total 50.8% respondents (including 4.6% students) were unemployed. The majority (65%) of respondents were applied both oral and intravenous methods, whereas only oral are 23% and only intravenous are 12%. The commonest sources of drugs were illegal local drug dealers, other drug-using peers and sometime medicine shops. The commonest source of drugs money was the family. The study is found that about 70% of total respondents were not getting direct and daily care and guidance from their fathers during their teenage or schooling time when the most of the respondents were initiated to use drugs.

Friends from the neighborhood and schools are known as the major sources to learn the drug abuse that the study has found. Similarly, the study has found the peer pressure; curiosity to experience and for the enjoyment is also the major stimulations to initiate drugs.

Due to the drug use habit, the individual (user himself/herself) and family were affected by the various types of problems i.e. worse relationship with the wife, with family members and with the neighbors. Similarly, the user himself/herself has faced various types of personal problems i.e. lost the credibility, health problems, economic problems, dropout out the study and missed the opportunities on enhancing of capacity and to get various opportunities of jobs within the country and abroad as well. Similarly, the study is also explored that the due to the drug abuse practice by a member in a family; it has severe bad impacts falls on the whole family i.e. the family has lost the credibility and dignity from the neighbors and relatives. The economic problem is common. The study is also noticed that an overwhelming majority of drug abusers felt the need to stop abusing drugs. Cost-effective drug treatment is urgently needed in all areas of the country.

By the end of the study, it can be concluded that the drug abuse among the young people in Pokhara is a serious problem. It has terrible effects on users' personal life, family and social status too. So, thinking a proverb "Prevention is better than care", the proper parental guidance to their children during the teenage or schooling time is must.

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