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**SOCIAL CHALLENGES FOR INTEGRATION OF DRUG ADDICT IN  
KAILALI NEPAL**

– Ravindra Binadi

**SOCIAL CHALLENGES FOR INTEGRATION OF DRUG ADDICT IN KAILALI NEPAL**

**A Thesis Submitted to the Central Department of Sociology  
In partial Fulfillment for the Master of Humanities and Social Sciences**

**Submitted by  
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**In partial Fulfillment for the Master of Sociology**

**Faculty of Humanities and Social Sciences, Tribhuvan University**

**Kirtipur, Kathmandu, Nepal**

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**May 2023**

## DECLARATION

I hereby declare that the present thesis entitled, **Social Challenges for Integration of Drug Addict in Kailali Nepal** is my original work done in the partial fulfillment for the requirement of the degree of Masters of Arts in Central Department of Sociology, Tribhuvan University under the supervision of Asst. Prof. Dr. Manahari Dhakal. All the ideas borrowed from the different authors are well acknowledged. The result of this thesis has not been resulted or submitted anywhere else for the award of any degree for any other purposes. I assure that no part of the content of this thesis has been published in any forms before.

.....

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**RECOMMENDATION**

Mr. Ravindra Binadi, the researcher of M.A. Fourth Semester at Central Department of Sociology, Tribhuvan University, has accomplished the study on **Social Challenges for Integration of Drug Addict in Kailali Nepal** under my supervision. I take this dissertation as in the requirement of partial fulfillment of Degree of Masters in M.A. Sociology. Therefore, I recommend this study for the final evaluation.

.....  
Dr. Manahari Dhakal  
Supervisor  
6<sup>th</sup> October, 2023

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**APPROVAL LETTER**

This is to certify that the thesis work entitled **Social Challenges for Integration of Drug Addict in Kailali Nepal** prepared by Mr. Ravindra Binadi has been accepted for the partial fulfillment of the requirements of Master's Degree of M.A. in Sociology by the evaluation committee.

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Date: 6<sup>th</sup> October, 2023

## ABSTRACT

The research work entitled **Social Challenges for Integration of Drug Addict in Kailali** was an attempt to explore the social challenges along with physical and mental challenges encountered by addicts in the initial phase of integrating in the society. The study followed narrative inquiry research design. Two participants were selected from different community of Kailali district to get the data for the study. A set of guidelines questions were prepared as major tool for collecting required data. unstructured interview was conducted to elicit required information form respondents. Thematic approach was used to analyze and interpret the collected data. Further, the data were interpreted under different themes and sub-themes. After the analysis and interpretation of the data the major findings are derived. The major finding of this study shows that motives or reasons behind starting to consume drugs differs based upon individual and environment. Some of them are unemployment, depression, relationship problems, lack of guidance, peer pressure and influence, failure, curiosity etc. Similarly, this study found that, addicts surface different social, mental and physical problems like alienation, lack of confidence, loss of weight and appetite, difficulty in social adjustment, unusual sleeping and odour in breath, lack of confidence, demotivation.

This thesis has been organized into five chapters. Chapter one consists of background of the study, statement of the problems, objectives of the study, significance of the study, delimitation of the study and operational definitions of the key terms. Chapter two consists of review of related literature, review of theoretical literature, review of empirical literature and conceptual framework. Chapter three consists of methodology. Design and method of the study, population, sample and sampling strategy, research tools, sources of the data etc. are the topics. In the same way chapter four deals with analysis and interpretation of the obtained data from respondents' narrative stories and chapter five includes findings and conclusions. References and appendices are included at the end of this work to make the research more valid.

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Ravindra Binadi

## LIST OF ACRONYMS AND ABBREVIATIONS

Assoc.	Associate
Asst.	Assistant
Dr.	Doctorate
Et. all	and other
M.A.	Masters in Arts
M.D.	Medical Director
NIDA	National Institute on Drug Abuse
Prof.	Professor
Regd.	Registration
Rehab	Rehabilitation
T.U.	Tribhuvan University
U.S.	United States
UNDP	United Nations Development Programme
Vol.	Volume



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## CHAPTER-I

### INTRODUCTION

#### 1.1 Background of the Study

In Nepalese context, drug addicts face significant social challenges when attempting to integrate into society. Problems such as stigma and social prejudice are the major hindering factors that directly restrict them to dilute in the society and compel them to isolation and solitude. Due to the social stigma, neither family member nor relative including other personalities hesitate to make relationships with those persons. Social aspirations such as medical treatment, job, and social security are also not granted to them easily. In the same way, rebuilding trust with family and friends becomes a formidable task, as the consequences of additional strain personal connections. Additionally, the criminalization of drug-related offenses further marginalizes individuals in their attempts to reintegrate into the society, creating barriers to housing, education, and overall social acceptance. Successful integration requires comprehensive social understanding, support system, and the effort of treating them in a fair manner to provide recovering individuals with a fair chance at rebuilding their lives and accept in the society.

Individual people all over the world become addicted to various substances and this personal problem influences their own lives as well as the lives of their loved ones. When the personal circumstance of addiction is multiplied to include large groups within a society, an addiction becomes a social challenge. Drug addiction and abuse affects the physical psychological, economical and societal domains of an individual. It does not only harm the addict but has far-reaching effects on family, friends, employers and the society as a whole. People who consume substances continuously legally or illegally they are drug addicts. Addiction is inability to control the use of legal or illegal drug or medicine. Once people addicted they continue using the drugs despite the harm it causes. There may be various reasons or causes of using drugs such as curiosity, pleasure, get rid of problems and anxiety or social rituals, due to peer groups, family backgrounds etc.

Drugs are substances that some people take because of their pleasant effects, but which are usually illegal. When a person experience addiction, they cannot control

how they use a substance or partake in an activity and they become dependent on it to cope with daily life. The Control of Narcotic Substances Act defines addiction in the Gazette of Pakistan 1997 as “Addict means a person physically or mentally dependent on any narcotic drug or psychotropic substance or a person who habitually uses narcotic drugs or psychotropic substances.” Addiction involves regular misuse of substance or engagement in harm behavior. Symptoms of addiction often include declining physical health, irritation, fatigue and an inability to cease the using substance or engaging in a behavior. Individuals begin to use drugs with varied choices. Some people use drugs to relieve some medical condition but continue to use them after the medical condition is over. Some people who feel depressed begin to use the drug to self-medicate and get addicted to it and some people experiment with recreational drugs out of curiosity, to have a good time, because friends are doing it, or to ease problems such as stress, anxiety etc. (Bhat and Imtiaz 2017). Some other people use the drug to escape from the pressures of life or to experience the pleasure of drugs or to compliance with the peer group compatibility to have a different view of the world around them.

For many youths, drugs have become a popular means of escaping. At the same time, some youths are receiving assistance from various professionals including rehabilitation centers, psychiatric centers, guidance counselors, etc., guiding them to complete their course duration and come out clean. "Their problems do not end during their addiction and recovery process or when they leave the treatment center. However, dealing with the social challenges in their normal social life after recovery is a major challenge for them. Addicts may face a variety of difficulties in coping with their surroundings, society, or relationships, including family, marriage, education, employment, health, personality, and financial concerns" (Lama and Patel, 2022). After treatment, an addict may have difficulty accepting themselves for who they are, finding spiritual and emotional balance difficult, or finding it difficult to care for themselves in difficult times. They may struggle with how to deal with a traumatic event that is holding them back, which is also a reason for relapse for a recovered drug addict, or they may struggle with creating a routine to establish normalcy or to get a job, among other stuff. Trauma can have a long-term impact on body chemistry, influencing how people perceive themselves and their surroundings. Therefore, in this paper, the authors place their primary research with the objectives to find out what a

recovered youth drug addict's normal life is like focusing on some of the components or challenges they face, perception on drug after leaving the treatment center, and how they deal with problems in various situations without the use of any substances.

An article on “Common Challenges after a Successful Recovery” was published by The Right Step Treatment Center (2017, July 27). It has been mentioned that it's natural to feel uncertain and overwhelmed after a successful recovery. Many people who have recovered face a variety of challenges, including social challenges that require them to surround themselves with non-drug user friends, protect their sobriety, and form friendships with people who respect and support them when they are tempted to relapse. The financial crisis is a difficult situation for recovered addicts, and it may lead to relapse. The risk of relapse exists even after successful treatment. Overdose is one of the most serious dangers they face, as many relapse addicts use too much substance and overdose because their bodies are no longer accustomed to high doses. Either a coma or death resulted as a result of this.

Meghan (2016), in his article on “Dealing with Boredom and Other Challenges in Early Recovery”, stated that the problems in addicts' lives do not end after treatment. She mentioned that they will instead be confronted with situations or people that may prompt them to use the drug again. As a result, people either avoid or prepare for such situations. Relapse is easily caused by people, places, and things associated with drugs, as well as old peer group pressure. She considers avoiding bars to be a no-brainer. If the person is a former alcoholic, certain places must be avoided. These places can trigger feelings and emotions associated with drinking or getting high, even if there is no indication of relapse. In terms of other triggers, it's critical to remove anything prominent during the addict's active addiction; these items shouldn't be present to mistakenly glorify the addiction.

Laudet, et al. (2000) conducted a study on “Recovery Challenges Among Dually Diagnosed Individuals” with participants at Double Trouble in Recovery (DTR) in New York City. "DTR is a mutual aid program based on the alcoholic's anonymous 12-step program (AA). Participants' socio-demographic and background information, mental health status and history, the stigma associated with having a dual illness, recovery problems, history, and experience were all examined in this study. Dealing with feelings, finding or keeping a job, financial crises, boredom, feeling

helpless, dealing with medication, being open-minded, and so on are among the 29 recovery challenges listed. The challenges faced by 46 percent of participants ranged from very difficult to very stressful in dealing with feelings and working, 15 percent of participants were following a program such as 12 steps to deal with different situations, and 13 percent were accepting higher power or taking responsibility," according to the study's findings.

Drug addicted people faced many challenges while returning back to their normal life, social psychological and behavioral. Once a person becomes addicted to drugs he/she loses his/her control over drug use and often become isolated from family and friends. They may also face difficulty at work and sometimes lead them to commit crimes and involve with Criminal Justice system.

The presented study is based on qualitative research design. This study attempted to explore social challenges faced by drug addict people of Kailali district after recovery. I became interested to explore the phenomena because I have seen facing various challenges in my locality and want to explore for them through my study. Background of the study, objective of the study, statement of the problems are included in the first chapter. After the introductory chapter second chapter reviews key theoretical and empirical literature of drug addicts and social challenges encountered by them in a course of returning back in normal life. Third chapter is methodological section which deals with design and method of the study, population, sample and sampling strategy research tools and techniques data collection procedures applied for this dissertation. Third chapter also includes ethical consideration of the participants which is most demanded in this types of studies. Likewise, fourth and fifth chapters are deal with interpretation of data, findings and conclusion based on above mentioned research questions. Fourth chapter is concerned with the challenges faced by drug addict after recovery in the course of adjusting in the society. This chapter is core part of this dissertation because it includes the motives or causes of drug abuse and several challenges faced by drug addict while integrating in the society. This part shows that addict has faced challenges like social, physical and mental challenges. In the fifth chapter, findings are presented derived from the interpreted data and lastly conclusion is made on the basis of findings. The overall conclusion of this dissertation are respondents were started to take drugs out of curiosity, exam pressure and due to religious beliefs. This study also shows that, drug addicts encountered with multiple social challenges from

various person, relatives and neighbours. They faced social challenges like alienation, bad treatment of neighbours, difficulties in social adjustment, lack of confidence along with mental and physical problems like anxiety, depression, loss of weight and appetite, unusual sleeping times, unusual smell on breath, shaking of body, inability to make decisions and independency on substances etc.

Basically, I'm just saying that to support drug addict to tackle the all kinds of problems, they should be helped by the family, friends and relatives and encouraged them towards positivity. They should be provided with proper guidance of parents and elders and should be made aware of bad consequences and effects of abusing it.

## **1.2 Statement of the Problem**

Integrating in a society is the most challenging task for a drug addict while he/she gets back from rehabilitation centers because he/she has to encounter many social psychological challenges to adopt normal life behaviours during that period. To achieve a normal life, a drug addict has to go through different psychological stages and should have a very strong will power to quit consuming drugs and he/she should be ready to face and solve every challenge that occurs in his/her life.

Quitting drug consumption is very difficult task, easy to start consuming but so much hard to escape from it. The drug abusers start to consume drugs very easily but they have to encounter many difficulties if they want return in their normal life. In that critical period, addictive people go through various social challenges along with physical problems. Many drug abusers try to get rid from this condition by applying many ideas, engaging themselves, by meditation and motivation. Many drug abusers' will power of quitting of drug consumption may get success but some abusers cannot handle all the social as well as physical problems and they may lead to mental disorder even they may commit suicide. Integration in society is full of challenge for drug abusers and most of the drug abusers go through not only different social challenges but also get mental disorder.

Very few studies have done in this topic in the central department of sociology and most importantly the earlier studies which have done in Nepalese context are primarily focused on cause, effects of drugs but I didn't found any studies focuses on social challenges encountered by drug addicts while getting back in normal life and I

personally have seen many drug addicts facing challenges during the integration process in my surroundings, this problem encouraged me to carry out the research in social challenges for integration of drug addict. Thus, I became interested in exploring those challenges encountered by drug abusers. So, this study explores the social changes of drug abusers for their integration in the society. My research has presented the detail analysis of challenges of drug addicts' in Nepalese society.

### **1.3 Research Questions**

My study was oriented to find out the answer of the following research questions:

- a. What types of social challenges do the drug addict people face while returning back to their normal life?
- b. What types of physical and challenges do they encounter while integrating in the society?

### **1.4 Objectives of the Study**

The main objectives of this study were:

- a. To explore the social challenges of drug addict people while returning back to their normal life.
- b. To identify the physical and mental challenges among individual who abuse drugs for integration in the society.

### **1.5 Significance of the Study**

This study entitled "Social Challenges for Integration for a Drug Addict in Kailali Nepal" tries to explore the social challenges of drug addict for integration in the society. Therefore, this study can be significant for all drug addicts who want to quit consuming drugs and want to return in their normal life as well as alcoholic people, stakeholders. Similarly, it would be significant for both addictive and normal people to know about the bad effects of drug abuse and benefits of avoiding drugs and alcoholic substances for better and healthy life.

This study would be equally beneficial for the social activists and rehabilitation centers. On the other hand, it would be useful to bridge the gap between



addictive life and normal personalities and develop collaboration among them. All people who are directly or indirectly involved in consuming alcohol and drugs and affected by would be benefited from this study.

### **1.6 Delimitation of the Study**

The delimitation of a study refers to defining the scope and boundaries of the research. It involves specifying the parameters that will be considered and setting limitation on what will not be included in the study. In this study I have maintained the following limitations:

- This study was limited to the two drug addict people of Kailali district.
- The research was limited to narrative inquiry research design.
- Likewise, this study was specific to the social challenges of drug addict which they encounter while integrating in the society.
- Drug addict peoples' narratives were the data for the study and the unstructured interview was the tool for data collection.

### **1.7 Operational Definitions of the Key Terms**

**Addict:** In my research, addiction means habitual consumption of substances.

**Challenges:** In the present study, challenge means a demanding or stimulating situation.

**Drug:** In this study, drug refers to any kind of substances

**Integration:** Act or process of getting back into community or acculturation in the society.

## **CHAPTER-II**

### **REVIEW OF RELATED LITERATURE AND CONCEPTUAL FRAMEWORK**

A literature review is a critical examination and synthesis of the existing literature on a specific topic. Literature review portion is a crucial component of academic research and several purposes. In order to carry out this research, theoretical as well as empirical research conducted by different scholars has been incorporated. So, this portion also keeps the meaningful significance in order to find out the research gap.

#### **2.1 Review of Theoretical Literature**

Theoretical literature refers to scholarly works that primarily focus on the development, presentation, and analysis of theoretical frameworks, models and concepts within a specific discipline. In this research, theoretical literature regarding the challenges of people in the due course of assimilation in the society has been read.

##### **2.1.1 Substance Abuse**

The problem of substance abuse is an old phenomenon in the present day world. People have been using various kinds of psychotropic substances not only as a means of coping with various problems of life but also to derive pleasure out of it and to facilitate religious and ritualistic aims. It leads addiction and has been associated with wide range of psychological problems.

Substance use is generally initiated in adolescence or early adulthood and is commonly associated with variety of problems. "These problems can be in any areas of the clients functioning: physical, psychological, family, interpersonal, social, academic, occupational, legal or spiritual. They can lead to physical and psychological dependence, coercing the person to continue taking the drugs despite adverse consequences. Besides profound impairment and loss of physical health, people with alcohol and drug use disorders may suffer severely from psychological problems interpersonal problems, loss of employment, difficulty in participating in education and legal problems." An extensive body of research has also demonstrated high rate of psychological impairment and reduced quality of life among the individuals with substance use disorders.

Social harms associated with psychoactive substance use include interpersonal problems that impact adversely on relationship with family members, friends, colleagues and members of society. Likewise, heavy consumption of drug can lead to a decline in the overall academic performance. It has been reported that about a quarter of college students experience difficulty with academics due to substance use, including earning low grades, doing poorly on tests and papers, missing class and falling behind. Even students who do not abuse only suffer academically as a result of their peers' consumption.

### **2.1.2 Addiction as a Complex Disease**

Addiction means having a problem in the brain that makes you really want something, like a substance or a behavior, all the time. Most people think of addiction as being hooked on drugs or alcohol, but it can happen with other things too. For example, people might get addicted to shopping, eating, or gambling. In a simple sense, if someone cannot stop wanting something and doesn't care about the bad things that might happen because of it, they probably have an addiction.

The people who are suffering from addiction will be unable to stop consuming a substance or a specific behavior. They display a lack of control concerning the substance, things or behaviour they are addicted to. In an addicted person's life, his or her experience increased desires for the specific substance, thing or behavior. They could not deny their addictive behaviours either it may be causing negative consequences in their lives. They may also lack healthy behavior.

As time goes on, addiction can greatly impact a person's life. Those grappling with addiction often face repeated cycles of going back to it and then trying to stop again. Whether it's a substance or a behavioral addiction, getting professional help is strongly advised. Without the right medical and mental support, it's hard for individuals to overcome addiction.

### **2.1.3 Characteristics of Addictive Behaviours**

Many individuals have a general understanding of how addiction appears, but they may not find out various symptoms that can mimic addiction, such as behaviors related to drugs or alcohol. The Comprehensive Wellness Center/ Mental Health and

Substance Abuse Rehab Center (2015) writes that "people experiencing addiction often respond negatively when they can't obtain the substance, thing, or behavior they are addicted to. It means, if someone cannot stop doing something over and over again, like using drugs, drinking, gambling, or shopping, they will always feel like they need more of it. This is called addictive behaviour. For example, if they need more of a substance or activity to feel the same way as before, that is called tolerance. People with tolerance have to keep using or doing more to get the same good feelings" they had in the past.

When someone is addicted to something suddenly quits using it or stops "a certain behaviour, he/she go through withdrawal. Withdrawal is like a bad reaction to stopping something the body has gotten used to. The symptoms of withdrawal can be emotional or physical, and how bad they are depends on different things. For example, if someone is addicted to alcohol and stops, they might feel anxious, nauseous, get a headache, or feel confused. The withdrawal symptoms change based on what the person was addicted to." Sadly, lots of addictions have withdrawal symptoms that need medical treatment.

Many times, people with addiction might say things like, "I can stop whenever I want," but the truth is, stopping is much harder than they admit. This is called denial or rationalization, and it's a clear sign of addiction.

People hooked on a substance or behaviour often struggle to say no to their addiction. For instance, many individuals addicted to drugs or alcohol sincerely pledge to themselves and their loved ones that they will quit. Sadly, despite these heartfelt promises, many people end up relapsing because they lose their ability to make that choice. People dealing with addiction often spend a significant amount of time thinking about, getting ready for, doing, and dealing with the outcomes of their substance, thing or behaviour of choice. This intense focus can leave little time for life and relationships. This is called preoccupation, which is a common feature of addiction.

#### **2.1.4 Facts about Drug Addiction**

Drug addiction means habit of taking drugs like opium, hashish, brown sugar, cocaine, heroin, etc. Those who take such types of drug have problem in their nervous system. Nowadays, teenagers are victimized by this addiction. It is said that when one person takes a drug once, he/she likes to take it regularly. The drug addicted person seems to be intoxicated all the time. It is a major social problem in urban regions especially among teenagers. They later became smugglers, criminals, thieves, etc. Regular use of drugs makes the addicts mentally dull. Due to the effect Drug, many individuals fall prey to life threatening illness such as "HIV AIDS, Hepatis-B and so on. The people who struggles with drug addiction often recognize that substance use slowly and gradually take over their lives. Despite their initial believes, they could control their drug use, it eventually spirals out of their control. Many studies indicate that approximately 80 percent of high school seniors acknowledge some level of involvement with drugs." As outlined by MDH (2015), the stark realities of drug abuse are alarming. Regarding the statistics of Drug abuse, MDH (2015), "Painkillers, tranquilizers, and stimulants are the most commonly abused prescription drugs whereas marijuana, cocaine and hallucinogens are the most commonly abused illegal drugs. Generally children in average 13 years of their ages experiment drugs first time in their lives. Among the drug abusers, 50 percent commit suicide and remaining 50 percent indulges in different types of criminal activities such as alcoholism and drug addict. In MDH's statistics over 50 percent of traffic accidents are due to drug or alcohol related. In its estimation 60 percent of poor people work performance can be connected with drug and alcohol related tasks." It means drug has great impact in the lives of children which leads them towards the darkness of their lives.

#### **2.1.5 Causes of Drug Abuse**

If a person uses drugs from non-medical reasons, it is called drug agues. It can lead a person towards abnormal behaviour when he/she keeps using these substances to achieve a specific effect. The global increment in illegal drug problem reflects and adds to tension between countries through the world. Some clear reasons for these tensions include changes in politics, weakened family and community bonds, more unemployment, economic and social isolation and increment on criminal activities. Despite being efforts so as to stop it, drug abuse continues to harm young people and

their education. Regarding the issue Grant (1990) mentioned that "the reasons for drug abuse can be divided into two parts i.e. internal and external. Internal causes depend on the nature of drug and a person's personality. The bitter consequences of drug use involved individual's personal interact with the drug, affecting the vulnerability to drug abuse" (p. 5). Regarding the drug abuse Matowo (2013) insists that "drug abuse denotes substances that change the mental or physical state of a person and that may be used repeatedly for that effect leading to abnormality" (p. 1).

Similarly, UNDCP, (1995) unfolds the emergence of drug as global phenomena as it has created global tension. According to UNDCP, "Global increasing in problems of illicit drugs both reflect and contribute to international tensions. The origins of some of these tensions are clear: rapid changes in political alignment, reduces family and community cohesiveness, lack of employment, economic crisis and marginalization of social norms and values" (p. 3). Regarding the main cause of drug abuse, Pathak and Pokhrel (2018) presents the main causes of drug abuse as follows:

#### **a) Family Causes of Drug Abuse**

There are various causes of drug abuse, among them family may be the major cause of drug abuses. Social-economic background of the family, alcoholic parents or his/her parents involvement in anti-social and illegal activities, bad relationship between spouses, and other family members, negligence of parents towards their children, untimely death of family members, providing enough pocket money may trig the person towards drug abuse. Similarly, parents' failure to fulfill their children's aspirations also may lead towards drug abuse.

#### **b) Psychological Cause of Drug Abuse**

Psychology of the people may play an important role in drug abuse. Generally in Nepalese society, people take drug so as to amusement in the beginning, but later on they take it for relaxation if they feel tension, to decrease worrying about their own personal problems, and to take sound sleep. If a person feels lonely he/she may cause to start take drugs in order to avoid his/her loneliness, because drug provides temporal relaxation in their mind that is why people used to take drugs. It means persons who

are drug user, they used to it due to their mental related tasks which is connected their mental state. Hence, drug abuse is a psychological phenomenon.

### **c) Peer Pressure and Influence Cause of Drug Abuse**

People from all socio-economic background and classes take drugs for many reasons i.e. for pleasure, to treat physical or emotion; pain, for stress or anxiety, or because their peer pressure. Among others, peer pressure is most. Peer pressure is one of the major causes of taking drugs among and between adolescence boys or girls. In this time, most of the people spent their times with their peers. In such period, if their peer pressures to use it, adolescent cannot avoid it. Hence, many of them start to use drugs in this age. Another cause of accept the purpose of drug abuse is their fear whether peer group kick out from this group. Hence, peer pressure turns to be a influential cause of drug abuse among teenagers.

### **d) School/College Environment Cause of Drug Abuse**

School, colleges and other educational institutions are taken as "temple of knowledge and safe and peaceful place for every child, at the same time they may play pivotal role in adolescence abusing drugs. School may be the easy way of getting drugs and start to consume. Not only that, failing in the exam, difficult in adjustment for new comer students, teacher's corporal punishment as well as their discriminative behaviour, and lack of extra-curricular activities in the school may lead students to abuse drugs".

### **e) Social and Cultural Cause of Drug Abuse**

Society and cultures shapes the human behaviours. If taking drugs and alcoholic substances is common in the society, people think they are following their tradition. Those types of tradition make the person habituated in consuming drugs. Society and culture may influence to take drugs easily in the mane of rituals. Different types of socially maintained discrimination; caste or ethnicity in the society, neighborhood's involvement in drug abuse may cause drug addiction. Hence, socially and culturally maintained cultural codes and conducts turns to be the cause to delve into the drug abuse.

## **f) Mass Media Cause of Drug Abuse**

The mass media is a strong communication weapon with both positive as well as negative effects on the public which can serve as a platform for promoting drug abuse through appealing advertisements. The lifestyle of drug user shows on social media or virtual platforms that significantly influence people. The imitation of film stars and idols featured on virtual as well as physical canvases can contribute to drug abuse as a result of mass media influence.

Generally individuals use drug substances for their different reasons, and there are various factors that contribute to drug use. The socioeconomic background of family, psychological factors, peer pressure, school or college environment, socio-cultural atmosphere influences and mass media and all play a vital role to urge drug abuse. Familial issues like strained relationship with family members, seeking enjoyment with friends, failure in different issues, and the overall environment at school or college are crucial factors in drug abuse. Additionally, people may turn to drugs to relax and some individual abuse substances by emulating public figures such as film stars, idols and leaders too which is most vulnerable habit of the people in this century.

Drug abuse issue in Nepali context has been rapidly extended so it has been turned one of the serious social issues in the present arena. Its negative impact on human lives is profound as it has been leading to challenges such as rising unemployment, fractured families, increment on crimes, depression, failed relationships, the formation of peer groups, and influence from mass media. These issues collectively pose major challenges for the youth in the country.

## **2.2 Review of Empirical Literature**

Empirical review refers to the examination and analysis of existing research studies, experiments or observations related to a specific topic. In an academic research, an empirical review involves a systematic review and synthesis of empirical evidences which includes data and results obtained through observation. In this research too, I have consulted different scholars research papers and academic outcomes related to this issue as follows:



Elizabet (2012) carried out a research entitled "Gender and Tobacco Addiction", in which he investigates the correlation between the physical and psychological addiction of female tobacco users. In this research paper Elizabet incorporates a "population of 350 women, aged between 13-45 years who were used tobacco. The research findings indicated a close association between the respondents' tobacco use and both physical and psychological addiction." The examination of the relationship between physical and psychological addiction to tobacco revealed a positive correlation. It suggests that "there is a connection between the physical and psychological dependency on tobacco. The study also discloses that among the total samples, 20 percent respondents were rare users who use tobacco as a means of compensating for feelings of boredom and loneliness. Additionally, 16.3 percent were occupational users and the research strikingly highlights that tobacco usage was influenced by its availability in nearby shops" which was good environment for them.

In the same way, Jagero (2012) conducted a case study entitled "Risk of Female Youth to Drug and Substance Abuse in Makindu Town Keny". The study employed a case study methodology with the primary goal of examining potential risks faced by female drug abusers in the place. Researcher in this research "identified three types of risks experienced by the female youth engaging in substance abuse, namely biological, social, and psychological risks." Despite a majority still enjoying the effect of substance abuse. The study found that "hyperactivity was the most commonly experienced risk. Other risks included insomnia, neglect of children, biological complications such as stomach ache and ulcers, hallucinations, strained relationships with spouses, and poor work performance" among others, as highlighted by the research.

Similarly, Dankani (2012) carried to a survey research titled "Abuse of Cough Syrup: A New Trend in Drug Abuse in North-Westrn Nigerian State." In order to carry this research, researcher surveyed 478 respondents for the study. The findings indicated that the "non-medical use of cough syrup in Northern Nigeria has recently become a public concern due to its potential dangers to society." The study also found that there was a "significant and widespread consumption of cough syrup for the purpose of achieving a state of intoxication among the youth. Peer influence and depression emerged as the primary factors motivating young individuals to engage in

the misuse of cough syrup." It means in North-western Nigerian state, people have started to take cough syrup for non-medical task which is solely connected to fulfill the drug instinct.

Negm and Fouad (2013) carried out a cross-sectional study on the "prevalence of Substance Abuse among Adolescent School Students in Zagazig." In this research paper researchers encompassed 204 preparatory and secondary school students. The findings revealed that the "majority of the students reported using substances once a month or less. Among the commonly used substances were tramadol and cannabis." The study also highlighted the prevalence of substance abuse and smoking among adolescents.

Paul (2013) carried out a normative survey entitled, " Drug Addiction Awareness in Adolescence: Theoretical and Practical Perspective." In this research paper, Paul has involved altogether 314 secondary school students in Kerala. His result indicated that there is a significant positive relationship between the theoretical understanding and practical awareness of drug addiction" among higher secondary students.

Theou et al. (2015) carried out a pre-experimental study aimed at assessing the efficacy of an awareness program focused on substance abuse and its consequences among student in Karnatak of India. In this study researchers comprised altogether "53 individuals, where there was comprised 66 percent of 17 years of their age." The overall findings indicated an enhancement in knowledge regarding substance abuse and its consequences among pre-university students due to the implemented awareness programme.

Ishola and et al. (2015) conducted a survey title "Impact of Substance Abuse on Academic Performance among Adolescent Students of College of Education in Kawara State, Nigeria." the researcher employed a random sample to select 150 participants for this study. The findings of this survey indicated a noteworthy difference in "academic performance between students who engaged in substance abuse. Male adolescent substance abusers were found to be more adversely affected in terms of academic performance compared to their female counterparts." By this report it showcases that although male and female college students involved in drug abuse but majority of male students involved in drug abuse.

Sultan and et al. (2015) conducted a survey to "examine the consequences of drug abuse within both male and female populations. The evident impact of drug abuse on them include poor health, illness and ultimately morality." The study incorporates 1000 male and female drug users, with 700 participants responding to the questionnaire and undergoing the chi-square test to explore associations between variables. The study revealed that the "detrimental effects of drug abuse extend to social life. The survey, which aimed to assess the extent of the problem, incorporated factors such as the age of abusers, their awareness of the adverse effect of drugs, and their susceptibility to health issues including life- threatening infections like HIV AIDS" as well as involvement in criminal activities. It means drug abuses eventually fosters for criminal activities and health vulnerable issues.

Jha et al. (2015) carried out a pre-experimental study focusing on the lifetime use of alcohol among high school students in Bhubaneswhar. The data analysis involved "863 students age 12-17 years of their age, comprising 58.8 percent boys and 41.2 percent girls." The study concluded that the decisions regarding alcohol consumption were significantly influenced by friends and family members. Despite having adequate knowledge about the harmful effects of alcohol, the findings of the study postulates the essential need for crucial interventions at the middle and high school levels to prevent alcohol-related disorders among young adults.

In the same way, Goswami et al. (2015) carriedout a quasi-experimental study in order to evaluate the "effectiveness of a structural teaching program on knowledge related to substance abuse among adolescents in selected nursing colleges of Udaipur district, Rajasthan." The study included "91 students aged 17-18 years of their age including 65 percent males and 35 percent females. The majority of the respondents incorporated in this study were living in urban areas." It means urbanization and drug abuse have positive correlation.

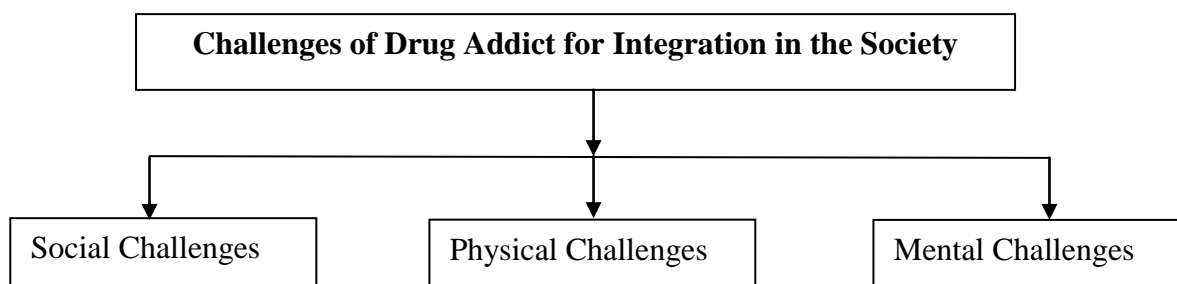
Nayak (2016) did a study to learn about what young people known and do about using harmful substances. Nayak comprises most of the participants in this research were "Hindus and a large number about 81 percent were boys. When asked about what they know about preventing and treating substance abuse, only a small percentage i.e. only 5.39 percent were said that they were agree with it. The study also found that some young people i.e. 7 percent were felt happy, 9 percent were felt

physically comfortable after using drugs and 9 percent were felt sound sleep where as 10 percent were said that they were avoided negative emotions from their minds. The study also exposes that a lot of students i.e. 56 percent were used alcohol and other drugs. Surprisingly 5 percent of the students said they started using drugs and alcohol because they saw their parents were doing it." By this statement carried out by Nayak shockingly exhibits that there were multiple factors that directly or indirectly enticing people to its use.

After examining the existing literature as mentioned above, it is evident that there has been lack of research focusing on the social and psychological challenges associated with the integration of drug addicts in their respective society. Consequently, this study will be a novel exploration within the field of sociology, aiming to fill the gap in knowledge regarding the specific challenges faced by individual dealing with drug addiction during the process of their integration in the society.

### 2.3 Conceptual Framework

Conceptual frame work is a blueprint for any research work. It is a structure that provides a theoretical or conceptual foundation for research, allowing researchers to examine and analyze complex phenomena. It is tool that researchers use to guide the research process by defining the key concepts, ideas, and theories that underpin their study. The conceptual framework can help to identify the research questions, the variables that will be studied, and the relationships between them. It can also provide a way to visualize the research problem, clarity the research methodology and explain the research findings. In short, the conceptual framework is the overall frame of research and in which whole work proceeds. For the presented study the given conceptual framework was used to organize the study:



Addiction has been a big worry in today's society in recent years because of its complicated nature, which frequently resembles a chronic disease that affects both the brain and body. It may have short term and long-term impact on abusers. The person who abuse drugs may face many challenges like social, physical and mental challenges after recovery. They may face social challenges like alienation from groups and family, establishing healthy relationship. On the other hand physical challenges may include loss of weight and appetite, fatigue, unusual sleeping, nausea. Likewise, addicts may also go through mental complications like anxiety, depression, and lack of confidence, demotivation, and dependency on substances. This study has tried to examine the social, physical and mental challenges faced by drug addicts of Kailali while returning in normal life.

## CHAPTER-III

### METHODS AND PROCEDURES OF THE STUDY

This chapter deals with the methodology adopted to fulfill the objective of the study. This chapter includes design and method of the study, population, sample and sampling strategy, data collection tools, sources of data, data collection procedure, and ethical consideration.

#### 3.1 Research Design

The research of this study is based on narrative inquiry. The researcher in this study has maintained qualitative research design, refers the process of gathering data and information through story telling paradigm. Narratives are spoken or written texts produced by people who have something to tell. In narrative inquiry research, life stories and people's biography are the main subject matter of the research. In Clandinin and Connelly (2000) opinion, "humans are story telling organisms who individually or collectively lead stories lives. So, it is a kind of investigation of people's experience or the story. To conduct narrative studies researchers establish an intimate relationship with the participants" (cited in Khanal, 2016, p. 145). In the same vein, Creswell (2012, p. 507) puts, "for participants in a narrative study sharing their stories make them feel that their stories are important and they are heard. Furthermore, Creswell characterizes narrative inquiry as, "individual experiences, chronology of the experiences, collection of the individual stories, restoring, coding for themes, context or setting and collaborating with participants" (p. 507).

By this statement, narrative research is carried out by certain method and process like other qualitative researches. Selecting participant, building rapport and creating appropriate environment to listening life stories or experiences, collecting the narrative stories from participants and analyze and interpret the obtained data are the main steps for narrative research. Creswell (2012, p. 514) presents seven steps for conducting narrative inquiry research. The major steps or processes of narrative inquiry are, "identify a phenomenon to explore that addresses problems, purposefully select an individual from whom you can learn about the phenomenon, collect stories from the individual that reflect personal and social experiences: Re-story or retell the individual's story, collaborate with the participant-storyteller in all phases of research,

write a story about the participant's personal and social experiences and validate the accuracy of the report." While synthesizing Clandinin, Connelly and Careswell writings, narrative research is such a technique that captures an everyday normal form of data that is related to individual. In narrative research, story is a sequence of real event or an accountability of such a sequence which is able to motivate te person to change others' lives. Thus, it is an in-depth study about the respondent's live can be shown through narrative technique.

Moreover, in this study I wanted to understand the difficulties that people who have struggle with drug addiction face when trying to fit into society. Researchers have not fully covered the real life experiences and challenges these individuals go through. Using a narrative research approach, I believe I can uncover their personal stories about their struggles with drug abuse and the challenges they encounter as they try to return to their normal social life.

### **3.2 Population, Sample and Sampling Strategy**

The population of this research was drug addict of Kailali district. The sample populations of the study were two drug addict people from different community to whom I have selected purposively. Purposive sampling is the strategy in which researcher relies on the researcher's judgment when identifying and selecting the individuals, cases, or events that can be provide the best information to achieve the study's objectives. The researchers choose this sampling strategy to select participant who can provide rich and in-depth information for the study. This sampling is also known as judgmental sampling which is especially used in the qualitative and mixed methods research. While using this sampling, the researchers often believe that they can obtain a sound judgment, which will result in saving time and money. I chose this technique to select participant because I though this strategy is really suits for this study and most importantly I knew them personally from very near I also believed that those participants could provide rich information for my study.

### **3.3 Research Tools and Techniques**

Unstructured interview was the main tool for this study whereas interview was the technique deployed among and between respondents in order to collect information from them regarding their live experience they faced in order to dilute in

the society for their integration. This type of interview is also called no directive interview because questions or the order are not predetermined. Instead, the interviewer asks open ended questions and relies on the participants' answers to proceed with the interview and collect detailed data on the research topic. This study has applied unstructured interview to elicit required data from the drug addicts in which open ended questions are asked participants to provide free-form answers. In the presented study open ended question are asked to explore the family background, physical, social and psychological challenges faced by addicts while reintegrating in the society. So, I conducted unstructured interview to elicit the required data for my study. I used mobile phone to record the interviews.

### **3.4 Sources of Data**

Data is the part of information like opinions, ideas, numbers or related materials from which further analysis would be included. There are two sources of data, Primary and Secondary. Both primary and secondary sources were used for the collection required information.

#### **3.4.1 Primary Sources**

Primary sources of this study were two drug addict people of Kailali district. By using unstructured interview with these respondents, the information regarding their live experience they faced while integrating to their respective society were primary data. The recordings and transcribing their narratives were main data which have been deployed in this thesis.

#### **3.4.2 Secondary Sources**

Second hand data that I have used in this research collected from different existing act, rules and regulations related to drug abuse were the secondary data. Already published articles, journals, online resources, already submitted theses, books, blogs and so on were the secondary data has been used in this thesis.

### **3.5 Data Collection Procedures**

For the collection of data for my study, I collected data through unstructured interview, for that at first I prepared guiding questions for directing my focus of



interview. Then, I visited selected participants, built rapport and asked for permission to carry out the research by clarifying purpose of my study. I asked the selected respondents for their stories. As interview proceeded, I asked some probing questions for more information which was required for my study. I recorded those narratives using mobile phone.

### **3.6 Data Analysis and Interpretation Procedure**

The process of analyzing and interpreting the data involved transcribing spoken narratives and typing them up. I utilized a thematic approach for the analysis, which is a common method in qualitative research has been used in this thesis. In the beginning I went through all the data to grasp its general meaning and reflect on the information. I carefully listened to the narratives time and again and transcribed them into written form. The interpretation and analysis of the collected data were primarily conducted through the narrative technique. I started the detailed analysis by coding the data and identified themes that directly addressed my research questions, including looking for sub-themes. The systematically collected qualitative data were then analyzed, interpreted, and presented in the form of several main themes, further broken down descriptively into sub-themes.

### **3.7 Ethical Consideration**

Ethical consideration is a crucial in conducting research studies and it is essential for every researcher to be mindful of them. In this study, I initiated the ethical process by obtaining formal permission from the Department of Sociology at Tribhuvan University, allowing me to conduct research. At first I was taken individual permission from each participant, ensuring that their privacy and identities will be protected. All the collected information will be kept confidential and secured. In order to maintain ethical consideration, pseudo name has been used in this research. I also avoided plagiarism by appropriately citing any referenced text. In this way, the ethical consideration has been maintained in this research.

## **CHAPTER- IV**

### **RESULTS AND DISCUSSION**

The result and discussion portion especially deals with analysis and interpretation of the collected data. The data for this study were collected through the manipulation of unstructured interviews. The data fetched from interviews were coded according to the demand of objective of the study and have been analyzed based on descriptive way.

#### **4.1 Analysis of Data and Interpretation of the Results**

I initiated the gathering of data from participants by using unstructured questionnaires, focusing on the social challenges faced by individuals after recovering from drug addiction as they brought back to their everyday lives. The selection of the respondents was based on their experiences, the depth of information in their narratives, and their willingness to engage in the research process as follows:

##### **4.1.1 Family Background**

Family is a basic social institution of social structure. It includes types of family, socio-economic condition of family, parental status, education, jobs, etc. Family is the first institution for socializations for children. At its best, family performs various valuable functions for its members. Perhaps most important of all, it provides for emotional and psychological security, particularly through warmth love and companionship, the guidelines and support in every circumstances. Additionally, family also provides socially beneficial functions rearing of children along with humanitarian activities such as caring for disabled or ill members. On the economic side, it provides financial security along with safe shelter, food, clothing and physical security for its members. Not only that, family serves to promote order and stability within society as a whole. No matter whether family is joint or nuclear, it performs all the social functions for its member at its best. In the present context, nuclear family is more demanding from every perspectives.

It is important to know about participants' family background because this study is includes all aspects of addict. Family plays crucial roles in shaping the person's positive and negative behaviours. So, for the detail observation and in-depth

information researcher should know the family background of the participants. The researcher has presented family background of participants of present study in brief. Which are presented below:

**Participant: A**

Participant A is permanent resident of Dhangadhi sub-metropolitan-05. He is from Brahmin community. His educational qualification is B. B. S. Currently he is running a small poultry farm in his locality. He belongs from middle class family. There are five members in his family. He has parents and two sisters and he is the youngest child his parents. Main source of his family income is his father's salary as his father is primary level teacher in public school. His mother is housewife who used to manage and take care of whole family. His father has completed +2 and mother is literate only. The social status of his family is moderate.

**Participant: B**

Participant B is permanent resident of Godawari municipality. He is from Tharu community. His educational qualification is 10+2 in education. Currently he is running a hair cutting saloon. He is also from middle class family. His family is nuclear family. There are only four members in his family; parents and he has a younger brother. His parents' educational qualification is under SLC. Source of family income is hotel as his parents run a small hotel in their locality. They earn bread and butter from that hotel and fulfill their basic needs.

**4.1.2 Motives/ Causes of Drug Abuse**

People from all backgrounds, classes, castes, religion and geography take drugs. There is not a single causes of addiction. The reasons of abusing drugs may be: for pleasure, to treat physical or emotional pain, for stress or anxiety, or because their friends do, family influence etc. It is very complex condition. "A significant part of how addiction develops is through changes in brain chemistry. Humans are biologically motivated to seek rewards. Substances and certain activities affect human brain, especially the reward center of mind. Drug also can also create an unhealthy drive to seek more pleasure from the substances or activity and less healthier activities." In the Nepalese context, there are various reasons or causes of starting

consuming drugs which is drawing thousands of youth in swamp of addiction and ruining bright future. The common motives or causes of abusing drugs in Nepal may be unemployment, financial problem, failure peer pressure, curiosity, depression etc. family and environment also play pivotal role in addiction. In this regard participant 'A' shared his experiences of what made him start consuming drugs;

*Actually... when I was preparing for SLC, I was kept in boys hostel in our school there I saw my friends smoking by hiding themselves from warden time and again. First I ignored them but when I got stress about exam my smokers friends suggested me to smoke by saying that smoking would make me cool and stress free so I tried for the first time. Then kept on..... I had drinking habit too and that addiction was also started the same time. After finishing all the exam papers of SLC, our smoker circle organized a beer party outside the hostel at that time I started drinking alcohol.*

Above mentioned extract showed that, there may not a big reason for starting consuming substances. Peer groups, family background and peer pressure may cause people to abuse drugs. He shared that, he had started consuming substances due to environmental impact and avoid his stress which was caused by his exams preparation pressure. While he had started drinking alcohol to feel cool and relax most importantly his friends were doing so he also did.

Similarly, participant 'B' narrated;

*Actually, the reason was curiosity and imitation of elders. I have already mentioned that my parents run a small hotel and there my brother and I used to help our parents to serve tea and cigarette to customers in our spare time. By observing elders smoking I had curiosity why people smoke. Out of curiosity I tasted cigarette first time. I had started using marijuana on the occasion of Shivaratri. My smoking circle friends called me and gave me a cigarette to smoke filled with marijuana. At the same time they gave me an apple saying that was a lord Shiva's offerings but that apple was also filled with marijuana. From that day I had started and went gradually increased quantity.*

By analyzing his experiences of motivation of using drugs is working environment and his surroundings. He stated, he smoked for the first time out of curiosity while he was very young. Because he had seen elders smoked proudly in his father's hotel. He wanted so imitate the elders. When he tasted the marijuana, cause of using that was his friends and religious believe. He had consumed marijuana first time as offerings of lord Shiva on the occasion of Shivaratri.

Incorporating these two opinions, it can be said that various reasons lead people to take drugs as addiction. Both participants have different motives of using drugs. They had started abusing drugs at the very early age. The cause is influence of their surroundings and friends, environment, pressure lack of parental guidance. To keep away from such addiction one should be careful in each and every steps and should ware of surroundings who are our friends, with whom we are engaging, what is our purpose? Not only that one should keep themselves motivated and always think positive.

#### **4.1.3 Challenges Faced by Drug Addict**

To find out the challenges faced by drug addict, I have used unstructured interview as main tool which are presented in appendix part. Regarding challenges of drug addict, I have used unstructured interview and the outcome of such interview has been analyzed based on the following themes:

##### **4.1.3.1 Social Challenges**

It is vital to reintegrate a recovered person in their previous social setting which includes their family, close friends or job place. This is imperative because social acceptance will be helpful in preventing them to be relapsed. The relapse cases are hard to treat again as they have already lost their hopes to live better life thus, this disappointment leads them to nowhere but death.

Drug addict people faced many social challenges while reintegrating in their family and society. Drug addict people experience many problems regarding social aspects. They experienced unexplained changes in personality or attitude, sudden mood swings, irritability. Not only that they have lack of motivation, confidence and relationship difficulties. They often look fearful, anxious and angry. Lack of family

and social adjustment problems were the problems that drug users had to face after discharge from rehabilitation centers.

In this concern participant 'A' said that;

*I've already told you that everything was normal including my friend's behavior but sometimes they used to ask me whether I really quit consuming drugs. When I told them I really quit they didn't believe me and used to tell me that I was pretending to quit when I would get chance I would restart taking. Not only that some people asked me intending to tease me that where could they buy drugs and marijuana for them. I was sometimes also made fun in social rituals like picnic, wedding, social gathering. Even I had started to run poultry farm some people told me that if my business would go on loss I certainly start consuming drugs.*

This data shows that, one have to face many social challenges while reintegrating in the society and restart a new life. He stated that he was made fun in front of his colleagues. His colleagues didn't leave even a single chance to mock him like. Additionally, he share his friends and relatives didn't believe upon him while he said he had quit all the addictive behaviours. The society made him feel inferior while he went in social rituals and gathering like picnic, weddings.

Likewise, participant 'B' shared that;

*I have already mentioned that I didn't go anywhere for sometimes after returning there. But later I started going outside for morning walk. There I met my some friends and uncles and my conversation started from casual hello and hi. Whether they spoke with nicely but I could vividly see their negative facial expression at me. Sometimes my friends used to show me cigarette and tell me to take one shot. I used to be a bad model for most of the parents while scolding their children.*

From the respondent's illustration, it can be concluded that drug addicts go through different stages while they encounter many challenges during reintegration process. In this concern, he mentioned that he faced challenges like ignorance of

friends, relatives. He also added that he was made of victim of mocking by his friends. People of his society used to take him as a bad models in the society.

In conclusion, all most all drugs addicts faced social challenges while return back from rehab center. At very first phase they cannot establish healthy relationship with family member as well as friends and with other people around them. Addiction comes with a stigma not for an individual but also for the family. The close relatives tend to break ties with the family of addicts not only this but within the family siblings also limit their contacts with addicts. On the other hand, "professional colleagues also terminate their links with them. In fact, the stigma of being useless is attached with the addicts that bring nothing but loneliness to them." Therefore, it is emphasized that after treatment it is significant for their survival that they must be accepted and treated normally by the family or relatives or if they have job then from their colleagues. This also depicts in the slogan of all center for addicts that hate drug, not human.

#### **4.1.3.2 Physical Challenges**

In addition to the numerous social challenges drug addict faced physical challenges too. Along with the mental health issues that spring up as a result of long-term drug addiction, there are also a number of issues affecting the physical health of the individual who is abusing drugs over a sustained period of time. According to the National Institute on Drug Abuse (NIDA-2010), "long-term drug abuse can affect the kidneys, liver, heart, lungs. Another danger well known to long-term drug abusers is mounting tolerance. Tolerance is dangerous as it causes the individual to use more and more of a drug in order to achieve the desired euphoric or stimulated state." This puts the individual at an elevated risk for overdose and even death.

Regarding this respondent 'A' mentioned that;

*That time, I struggled from some physical problems, I lost my weight and appetite. I also suffered from body pain. I had digestive problem too. I went through nausea and vomiting. I had very little interest in food as a result I was very weak and used to feel dizziness. Not only that I often felt fatigue. I have experienced others problems like deterioration of physical appearance,*

*personal grooming habits, unusual smells on breath, body or clothing, tremors and shaking body etc.*

This data revealed that, the biggest challenges surface the drug addict people are physical problems. Although he got supportive environment in his family but he faced physical problems like loss of weight and appetite, felt fatigue, unusual sleeping. Similarly, he experienced physical problems deterioration of physical appearance, unusual smells on breath and shaking of body.

Similarly, Participant 'B' articulated;

*Yeah, while I returned I lost my weight and appetite, my body was so thin. I had body pain specially veins of limbs. I also had digestive problem and felt tiredness. I had unusual sleeping times, pain in body and sometimes felt nausea and vomiting, blood pressure high.*

According to him, he faced severe physical problems in initial stage of struggling for normal life. He also experienced common type of physical short term problems like nausea, vomiting, tiredness. Additionally he shared that, he had felt body pain.

Addiction is a complex problem that affects every aspects of life. Consuming substances as addiction can lead to short term and long term physical health ranging from moderate to severe. "Concerning the addict peoples' physical, social, emotional, psychological and spiritual health, self-esteem depression and anxiety are the most common aspects affected by the various forms of substance abuse. Overcoming addiction requires reaching out for support and making changes to the way of living, deal with problems and relate to others." In this concern, family should play crucial role, addicts should be taken further medication for physical health improvement.

#### **4.1.3.3 Mental Challenges**

Drug has not only a single effect on peoples' life rather it "includes various aspects social, physical, psychological, economical etc. Drugs are chemical that affects the body and brain. Different drugs can have different effects some may include long term another may short term, it depends upon types of drugs, time



duration and dosage. All misused drugs affect the brain which may lead people in miserable condition. Mental effects may cause inability to make decisions and choices, substance dependency, anxiety, depression, sudden mood swing, demotivation." In this concern, Participant 'A' mentioned;

*I was mentally disturbed with those behaviours. I went through problems like sleeplessness, feeling of isolation. Even I used to wish that no relatives would come to our home for any purpose.*

From above mentioned extract, it can be said that addict people go through different mental problems. Respondent experienced many mental problems while quitting the substance abuse to become a normal personality. He severely faced mental problem like unusual sleeping times, feeling of isolation, lack of confidence, anxiety, lack of motivation, etc.

Likewise, participant 'B' stated;

*While people ignored me socially I was disturbed. At that time I faced problems like sleeplessness, lack of appetite, no concentration, demotivated, no excitement. I felt disparity.*

From above mentioned experiences, it can be said that drugs has several impacts on human life. It can harm users socially, mentally, physically and economically. Respondent shared that, he had many mental problems while he had returned back from rehab center. While he was ignored socially, he went through mental challenges like lack of concentration, demotivation and feeling of disparity.

By incorporating all the experiences it can be concluded that, "drug abuse is social stigma that creates various problems in abusers' life. Along with social, psychological, physical problem drug addict experience mental challenges because drugs affect mind directly." Mental problems differ from types of drugs, how it used and duration of using it. Drugs cause long term and short term mental problems like anxiety, depression, and lack of confidence, demotivation, and dependency on substances. If drug addicts experience severe mental problems they should be go through medication and should be motivated towards positivity.

#### 4.1.4 Role of Family

Family is important for every social being. In the family people are linked not only by blood but also by compassion, love and support. A person's character and personality are shaped by his/her family. Family is synonym for trust, comfort, love, care, happiness and belonging and these are the lifelines for its members to live. Family has important role in deciding an individual's success or failure in life since it provides a support system and source of inspiration. Additionally, family provides all the social conducts for members, performs all the rituals and protect its members. In this regard participant 'A' narrated;

*My parents and whole family supported me. When I became addicted my father kept me in a rehabilitation center for six months. Then got me back home on the basis of rehab center's approval. My father helped me a lot he bought a cycle for me then we used to go for cycling and took me to hospital for my physical complications. And in the home my mother also made routine for my food and gave me balance diet. For body pain my mother massaged my body with mustard oil which made my body pain relaxed.*

From the respondent's illustration, it can be said that, family plays important roles in peoples' life. He shared that, his family played crucial role in his recovery. While returned back from rehab center his father did everything to make him busy and better and his mother's contribution was also valuable. Additionally he said that, his got all kinds of support love, affection, motivation, balance diet and due his family support he got medical treatment for physical complications. His family helped him to tackle social, physical as well as mental challenges and established his image as respectable personality.

Similarly, participant 'B' articulated;

*"After knowing about my addiction my father talked in hotel about my addiction. According to a doctor's advice my father kept me in a rehabilitation center for 3 months to draw back my addiction. My family played crucial role to tackle all kinds of problems. My brother massaged my limbs time to time. I had balance diet at my home. I had taken hospital for medical medication for*

*further improvement. Sometimes, my brother played with me to escape my boredom."*

Above extract shows that, family is very important for social beings. It provides shelter, physical, psychological and financial support. The respondent said that, his family did everything for him to establish as normal person while returned back from rehab center. His family supported him to tackle physical, social as well as mental challenges. Especially his father helped him a lot during his hard time, his mother and brother also took care of him. He received warmth love, support and guidance how to get over from addictive behaviours.

In conclusion, both respondent accepted that their families always stand for their welfare. Although they forgot their aims, ways and almost ruined their own life and families' reputation but their families didn't ignore them rather gave all kinds of supports fully. As a result they are now physically and mentally fit, and able to establish as respectable person in the society. So, family is the pillars of our strength who never falls instead keeps us strong so we become better people. We should learn the values of love, respect, faith, hope, caring, cultures, ethics, traditions, and everything through our family to be a better person.

## **CHAPTER- V**

### **FINDINGS AND CONCLUSIONS**

This chapter deals with findings and conclusion of the study on the basis of data analysis and interpretation in the following ways:

#### **5.1 Findings**

Based on the results and discussions of the collected information following findings have been made:

Respondents belongs middle class family, nuclear in size, currently they are engaged in small business after returning back from rehabilitation center.

People from all backgrounds, classes, castes, religions and geography take drugs for various reasons like pleasure, peer pressure, failure, family relations tensions, stress, anxiety, curiosity etc. The data shows that, respondents were started taking drugs in the very early age due to curiosity, exam pressure and their environment. Drug addict people face many social challenges while reintegrating in the family and society such as social adjustment, relationship problems, lack of confidence.

Similarly, addicted people also encounter social problems like ignorance of friends, alienation from society besides these people do not believe upon them and their words. The data shows that, drug addicts are often made fun in social gathering, social ceremonies and make them feel disparity and inferior.

Although, addictive behavior is social stigma but addicts should be treated equally and respectfully in the society, they should be motivated and encourages to think positive by family, friends, relatives and society as whole and should make slogan meaningful hate drugs, not human. It was found that, the biggest challenges surface the drug addicts are physical problems like loss of weight and appetite, unusual sleeping times, fatigue.

Likewise, addicts experienced physical problems deterioration of physical appearance, unusual smells on breath and shaking of body and body pain. For physical health problems addicts should be treated with extra care and support, and should be

given proper medication; family's role is most crucial. Next findings clearly shows that, all kinds of drugs affect the brain which may cause inability to make decisions and choices, substance dependency, depression, sudden mood swing, etc. By analyzing the respondents' stories, it was found that, both respondents' faced mental challenges while they were ignored socially, treated badly. Regarding this both encountered problems like feeling of isolation, lack of concentration and confidence, anxiety, demotivation, depression. During the study, it was found that, family plays important role in deciding an individual's success or failure in life since it provides a support system and source of inspiration.

Additionally, family provides all social conducts, performs all the rituals, protects, showers love and trust and support in any circumstances. From the respondents' narratives, it was found that, their family believe upon them and helped them to tackle social, physical and mental challenges and establish their image as respectable person. In integration process their families play pivotal roles. In the Nepalese context, the common motives of abusing drugs are unemployment, influence of friends, elders and surroundings, lack of parental guidance, peer pressure etc.

## **5.2 Conclusion**

The major concern of my study was to explore the challenges faced by drug addicts while integrating in the society. This research study was focused to find out the social challenges encountered by the drug abusers at the initial phase of returning back to normal life. So, on the basis of the analysis and interpretation of the results, here I would like to discuss some conclusion.

Firstly, my study was mainly based on the social challenges faced by drug addicts while reintegrating in the society, based on my close observation it was somehow easy to carry out their study. Similarly, to build the theoretical knowledge of the related field of review of theoretical literature, I reviewed some study; I found less emphasis on social challenges to the drug addicts. So, I realized the need of carrying out research which focuses on the social challenges along with physical challenges of drug addicts especially of Kailali district. Therefore, selecting the area related to social problems as drug addiction, I set objectives, research questions on the basis of objectives, delimitation of the study and operational definition of key terms to

make the research systematic and effective. This study explored the social and physical challenges faced by drug addict in the initial phase of establishing themselves as a normal person in the society. After the findings of the study, I come to conclude that, drug addict start taking drugs due to various reasons like unemployment, stress, lack of parental guidance, peer pressure and influence, curiosity, failure etc. My research respondents were started to take drugs out of curiosity, exam pressure and due to religious beliefs.

The findings of the study also showed that, drug addicts encountered with multiple social challenges from various person, relatives and neighbours. They faced social challenges like alienation, bad treatment of neighbours, difficulties in social adjustment, lack of confidence. They also severely faced many mental and physical problems like anxiety, depression, loss of weight and appetite, unusual sleeping times, unusual smell on breath, shaking of body, inability to make decisions and independency on substances etc.

Basically, I'm just saying that to support drug addict to tackle the all kinds of problems, they should be helped by the family, friends and relatives and encouraged them towards positivity. They should be provided with proper guidance of parents and elders and should be made aware of bad consequences and effects of abusing it. Based on these conclusions, family, friends and colleagues should pay attention towards their addictive behaviours and support them to reestablish in the society as a normal person. Family should provide warmth love support to fight with withdrawal symptoms providing guidance, proper diet and should encourage by creating friendly environment and make them busy. For the physical complications they should be taken through medication and should be encouraged to do meditation. Addicts also deserve equal social behavior so they should be treated with fully respect from family, friends as well as relatives and neighbours.

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## APPENDICES

### Appendix-I

#### Interview Schedule

Demographic Information: .....

Interview number: .....

Name of Respondent: .....

Date: .....

Address: .....

#### Guidelines for interview

- Personal background: education, interests
- Family background: family members, socio-economic status, parental status
- Perception about drugs
- Motives/ Causes of drug addiction
- Social challenges integrating in the society
- Physical challenges encountered while getting back in normal life
- Roles of family in tackling challenges

## APPENDIX-II

### Questions:

1. Could you give me your short introduction?
2. If you don't mind can I know your family background?
3. How are you spending your days?
4. Can you provide information of your academic qualification? I mean what is your academic qualification?
5. Well, you've completed bachelor's degree but when and how did you start consuming drugs? Can you describe briefly?
6. What motivated you to smoke? I mean what was the reason behind your smoking?
7. Did you use any other substances as addiction?
8. So, you kept continuing consuming both cigarette and alcohol. How long time did you continue consuming?
9. How did your family come to know that you were addicted?
10. How was your father's reaction after knowing your addicted behavior?
11. How did you get over from that addiction? Did your parents helped you to overcome?
12. What types of activities did you do there to be busy and consuming drugs?
13. How was your family's reaction or what did you feel when you return home from rehab center?
14. When you came out from rehabilitation center what did you do?
15. Well, you had started your studies along with small business, how did you establish yourself in the society? I mean what kind of social challenges did you face while returning in your normal life?
16. How did you feel while people treated you socially?
17. Whether these types of peoples' behaviours affected you mentally or not?
18. : How did you overcome from those types of challenges?
19. Did you face any physical challenges? I mean did you have any health problem while you got back home from rehabilitation center?
20. How did you face those physical challenges?
21. How do you feel nowadays about drugs? Will you restart consuming it?
22. At last what do you want to say about addiction?

**APPENDIX-III****Transcription of Drug Addicts' Narratives****Respondent A**

**Researcher: Would you mind to give me your short introduction, please?**

Respondent: I am....., permanent resident of Dhangadhi Submetropolitan-05.

**Researcher: If you don't mind can I know your family background?**

Respondent: why not, my family is middle class family. We are total five members in our family. I've two elder sisters and I am younger and only one son of my parents. My father is primary level teacher in government school which is somehow far from our village and my other is housewife.

**Researcher: How are you spending your days?**

Respondent: Nothing big and special. Nowadays I am busy in agriculture and running a poultry farm, that farm is mine.

**Researcher: Can you provide information of your academic qualification? I mean what is your academic qualification?**

Respondent: I've completed bachelor's degree in management from SPA College, Dhangadhi.

**Researcher: Well, you've completed bachelor's degree but when and how did you start consuming drugs? Can you describe briefly?**

Respondent: Umm..... actually I started smoking when I was studying at grade 10.

**Researcher: What motivated you to smoke? I mean what was the reason behind your smoking?**

Respondent: Actually... when I was preparing for SLC, I was kept in boys hostel in our school there I saw my friends smoking by hiding themselves from warden time and again. First I ignored them but when I got stress about exam my smokers friends suggested me to smoke by saying that smoking would make me cool and stress free so I tried for the first time. Then kept on...

**Researcher: Did you use any other substances as addiction?**

Respondent: Yeah..... I had drinking habit too and that addiction was also started the same time. After finishing all the exam papers of SLC, our smoker circle organized a beer party outside the hostel at that time I started drinking alcohol.

**Researcher: So, you kept continuing consuming both cigarette and alcohol. How long time did you continue consuming?**

Respondent: After returning home from hostel, I had nothing to do in the home. I mean I was free, as I've already mentioned that I belong from middle class family, so to earn some pocket money I went India with my friends. There I worked in the hotel as kitchen helper. When I got some money then I started hard drinking. I didn't stop there, I started smoking mixing cigarette with marijuana.

**Researcher: How did your family come to know that you were addicted?**

Respondent: Umm..... One day we some boys were drinking vodka and smoking marijuana mixed cigarette in a hotel in our locality. At that time boys made dispute on an issue then local police came and arrested all of us and take into custody. They snatched our mobiles phones and belts. While checking our body one police found a piece of black marijuana in my pocket. They kept us whole night there and next morning police called my father police station and told him about entire incident. Then my father and whole family knew about my addiction.

**Researcher: How was your father's reaction after knowing your addicted behavior?**

Respondent: He he... after arriving home he slapped me then ask when I started consuming substances. In response I replied him I had started at grade 10.

**Researcher: How did you get over from that addiction? Did your parents helped you to overcome?**

Respondent: Yes, my parents and whole family supported me. When I became addicted my father kept me in a rehabilitation center for six months. Then got me back home on the basis of rehab center's approval.

**Researcher: What types of activities did you do there to be busy and consuming drugs?**

Respondent: Umm.... there I was engaged in various types of physical and mental activities to keep me busy, so that I could decrease my addictive behavior. While I came out from there I had left consuming all kinds of substances.

**Researcher: How was your family's reaction or what did you feel when you return home from rehab center?**

Respondent: When I got home I had lots of questions in my mind, what would my mother say, how would be her reaction, how would I my friends react, how would I show my face, how would I make believe upon me, how could I make my family believe me, whether they believe me or not etc. But I found everything normal, my mother's reaction was normal. Although the entire environment was normal.

**Researcher: When you came out from rehabilitation center what did you do?**

Respondent: Actually.... I didn't go out for sometimes from home but gradually started to go out and met my friends and had conversation with them. Slowly I started reading my college books at home and joined tuition class. After that my father opened a small poultry farm to keep me busy and I am here now.

**Researcher: Well, you had started your studies along with small business, how did you establish yourself in the society? I mean what kind of social challenges did you face while returning in your normal life?**

Respondent: I've already told you that everything was normal including my friend's behavior but sometimes they used to ask me whether I really quit consuming drugs. When I told them I really quit they didn't believe me and used to tell me that I was pretending to quit when I would get chance I would restart taking. Not only that some people asked me intending to tease me that where could they buy drugs and marijuana for them. I was sometimes also made fun in social rituals like picnic, wedding, social gathering. Even I had started to run poultry farm some people told me that if my business would go on loss I certainly start consuming drugs.

**Researcher: How did you feel while people treated you socially?**

Respondent: At first I denied saying that I had quit taking and attempted to believe on my words but later when people repeatedly asking on I ignored them.

**Researcher: Whether these types of peoples' behaviours affected you mentally or not?**

Respondent: Yeah, of course, I was mentally disturbed with those behaviours. I went through problems like sleeplessness, feeling of isolation. Even I used to wish that no relatives would come to our home for any purpose.

**Researcher: How did you overcome from those types of challenges?**

Respondent: I tried to keep myself busy by watching my favourite movies, my father helped me a lot he bought a cycle for me then we used to go for cycling. On the other hand my mother used to cook my favourite dishes to make me happy. In the day time I used to take care of poultry farm. In this way my busy schedule helped me from negativity and make me strong mentally. Now I have stood myself physically and mentally strong due to my family support.

**Researcher: Did you face any physical challenges? I mean did you have any health problem while you got back home from rehabilitation center?**

Respondent: Yeah, ... at that time I struggled from some physical problems, I lost my weight and appetite. I also suffered from body pain. I had digestive problem too. I went through nausea and vomiting. I had very little interest in food as a result I was very weak and used to feel dizziness. Not only that I often felt fatigue. I have experienced others problems like deterioration of physical appearance, personal grooming habits, unusual smells on breath, body or clothing, tremors and shaking body etc.

**Researcher: How did you face those physical challenges?**

Respondent: After returning home from rehab center I severely faced those types of problems but after one week my father took me to hospital and there my whole body check was done. After diagnosing my problems doctor prescribed some necessary

medicine to improve my health condition. And in the home my mother also made routine for my food and gave me balance diet. For body pain my mother massaged my body with mustard oil which made my body pain relaxed. Now I'm physically fit.

**Researcher: How do you feel nowadays about drugs? Will you restart consuming it?**

Respondent: Of course not, I've got new life due to my family's support. Drug has almost ruined my life. I cannot think of reusing it because I knew very well what it brought in my life. I used it before while I was unknown about its bad effects, harms. However, I learnt from my own experience how harmful is using this. And I have determined not to use it again in my life.

**Researcher: At last what do you want to say about addiction?**

Respondent: I think addiction is any frequent behavior for something which gives us pleasure at first stages. And we assume that it will not harm us. This is only for entertainment and when we want we can quit it any time. We believe that we can control it fully. When we addicted we think of I will not be like other addicted people. When we think of these, we are in illusion because there is no limit in addiction, once we addicted it is hard to quit it easily instead we want more and more, without that we cannot think anything. I think I'm lucky one, I got over from this swamp of addiction and spending normal life now

**Researcher: Thank you very much for your valuable time and cooperation.**

Respondent: It's my pleasure. You gave me opportunity to share my experience. It means a lot to me.



**Respondent B**

**Researcher: Could you provide me your short introduction?**

Respondent: My name is..... I'm permanent resident of Godawari municipality.

**Researcher: Can I know about your family background?**

Respondent: Why not, my family is nuclear family. We are four members in our family, my parents and I have a younger brother. My parents run a small hotel in our locality.

**Researcher: What is your educational qualification?**

Respondent: I've completed +2 in Education Nepali.

**Researcher: What are you doing nowadays?**

Respondent: Currently I'm running a saloon in my village.

**Researcher: Well you have completed +2, did you start consuming substance at the same level?**

Respondent: Of course not, actually I started smoking while I was at grade 9.

**Researcher: You have started at the early age, what was the motives/ reason behind start smoking at that age?**

Respondent: Actually, the reason was curiosity and imitation of elders. I have already mentioned that my parents run a small hotel and there my brother and I used to help our parents to serve tea and cigarette to customers in our spare time. By observing elders smoking I had curiosity why people smoke. Out of curiosity I tasted cigarette first time.

**Researcher: Did you only smoke cigarette or did you have any other kind of addiction?**

Respondent: No, I didn't have any other kind of addiction like drinking alcohol.

**Researcher: Why didn't you drink alcohol?**

Respondent: Umm...because if I drank alcohol my parents would know and easily observe my behaviours so I didn't take any alcoholic substances. But I used marijuana.

**Researcher: How did you start marijuana and became addicted?**

Respondent: Actually, I had started using that on the occasion of Shivaratri. My smoking circle friends called me and gave me a cigarette to smoke filled with marijuana. At the same time they gave me an apple saying that was a lord Shiva's offerings but that apple was also filled with marijuana. They had filled marijuana by making hole on that. I was totally unknown about what my friends were making me to use. From that day I had started and went gradually increased quantity. At the first phase, I used to consume them only in the evening time before dinner but later slowly I started taking also in the morning. I didn't stop there I used them whenever I got free time. In this way I became addicted.

**Researcher: Did your family and non-users friend know about your addictive behavior?**

Respondent: My family was unknown about my addictive behaviour. When I got red eye because of drugs and my parents used to asked me what was happened but I easily replied them I had headache and red eye might be the result of that headache. And my family believed me.

**Researcher: Then, how did your family come to know that you were addicted with drugs?**

Respondent: Umm...one day some guests came in our home due to lack of sleeping beds my father came to my room to sleep. My father has a habit of taking tobacco. At that night he kept his tobacco under my pillow and in the morning while he was taking back his tobacco from there he found a match box. Out of curiosity he opened that box and found black ball of marijuana. He didn't react at first and went his daily work in hotel. In the evening he got backhome he asked me not to tell lie so I didn't lie

him and said that was mine. In this way my whole family came to know about my addicted behavior.

**Researcher: After knowing your addictive behavior how was your father's reaction?**

Respondent: At first he slapped me and asked whether I had used then or not. I replied yes, then ordered me not to take from that moment but I denied saying that I could not think anything without using that so could decrease slowly but couldn't quit at once. Because taking drugs was unknowingly became integral part of my life. For that issue we had quarrel for some times. My father didn't speak with me for some days.

**Researcher: To quit that addiction what roles did your family play? I mean to say what types of support did you get while quitting that addiction?**

Respondent: After knowing about my addiction my father talked in the hotel and said that my son is addicted. He was worried about how to make me normal. One day a doctor heard about that matter who used to come in our hotel for breakfast, gave my father advice to take me rehabilitation center. My father followed his advice and took me to rehab center to draw back my addiction. I stayed there for 3 months.

**Researcher: While you returned home from there what did you do to get yourself engaged?**

Respondent: While I got back home from there I stayed inside for one month. Then I filled 12 class form then I bought some text materials for 12 class. After sometimes I got 3 months hair cut training from skill development center. After completing my training, I worked in another's saloon to enhance my hair cut skill. 6 months later I established my own saloon and running this shop till now.

**Researcher: When you had got home back, had you quit that addiction completely?**

Respondent: O course, I had left completely when I had got home from there. In the rehab center, I was engaged in various types of mental and physical activities. As a result my addictive behaviours gradually decreased and I also wanted to quit from my inner drive.

**Researcher: Do you have any addictive behaviours nowadays?**

Respondent: Not at all, today even I cannot tolerate odour of smoking. I didn't have alcoholic addiction so nowadays I cannot think of using them.

**Researcher: Well, you did everything to make yourself busy like study, hair cutting training, what types of social challenges did you encounter to make your image as civilized and normal person from addicted one?**

Respondent: At the time of leaving rehab center my parents came to receive me. At that time we had some breakfast and talked about my future plan, what I had to do. I have already mentioned that I didn't go anywhere for sometimes after returning there. But later I started going outside for morning walk. There I met my some friends and uncles and my conversation started from casual hello and hi. Whether they spoke with nicely but I could vividly see their negative facial expression at me. Sometimes my friends used to show me cigarette and tell me to take one shot. I used to be a bad model for most of the parents while scolding their children.

**Researcher: How did you tackle those problems?**

Respondent: When I started running saloon, I got engaged myself. I continued my duty with my full potential and I had already moved over that addiction that made people believe upon me.

**Researcher: While tackling those social problems what types of mental challenges did you face?**

Respondent: While people ignored me socially I was disturbed. At that time I faced problems like sleeplessness, lack of appetite, no concentration, demotivated, no excitement. I felt disparity.

**Researcher: How did you overcome from those problems?**

Respondent: I used to talk with my brother and watch my favourite movies. I kept encouraging myself thinking that I couldn't take others' opinion as guaranteed. I thought I could do anything and did everything to make myself busy. Sometimes I played badminton with my brother so that I could sleep well due to tiredness. I did

some household tasks to keep busy mentally and physically. In this way, I overcame those problems.

**Researcher: When you returned home from rehab, was there any physical problems in your body?**

Respondent: Yeah, while I returned I lost my weight and appetite, my body was so thin. I had body pain specially veins of limbs. I also had digestive problem and felt tiredness.

**Researcher: How did you tackle those physical problems?**

Respondent: My family played crucial role to tackle physical problems. My brother massaged my limbs time to time. I had balance diet at my home. I had taken hospital for medical medication for further improvement. Slowly, I gain my weight, hunger was increased and I became physically fit.

**Researcher: Do you have any physical problems now?**

Respondent: I don't have any physical problems right now rather I am physically and mentally fit and fine.

**Researcher: Do you have anything to say regarding drug abuse?**

Respondent: Addiction is a bad habit. It has capacity to ruined life from every perspectives. So for better life, we should be way from any kind of addiction.

**Researcher: Thank you so much for your time and cooperation.**

Respondent: You are welcome.