

Role of Rehabilitation Center to Reduce Drug Abuse in Reference to Birendranagar Valley

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ABSTRACT

The substance that changes the physical, psychological and emotional function of individual is called drug. Any one may abuse drug to feel good, forget stress, and avoid reality. Drug abuse or substance abuse means using a drug for the purpose of creating pleasurable effects on the brain.

A place where people of drug addiction are treated is called rehabilitation Centre. The core objective of this study is to find out the roles of rehabilitation center to reduce drug using habit of drug abusers who are undergoing for treatment in rehabilitation center. Mixed research method was used to analyze the data from 40 male respondents of Benevolence Rehabilitation Center, Surkhet. Birendranagar valley of Nepal. Purposive sampling technique was used to select the respondents. Frequency table was used to analyze the quantitative data. Roles and services of rehabilitation center had covered the different activities practices in rehabilitation center. It had covered the counseling, vocational training, meditation, realization programme, job opportunity, acceptance, programme, sympathy.

KEYWORDS

Drug Abuse, Roles, Reduce, Rehabilitation Center

1. INTRODUCTION

Drug abuse as an extreme and continuous use of a drug which leads to adverse effects on abuser and society. Yet problem of precise determination of the adverse effects remains unresolved (Ashraf, 1987). Drug abuse sometimes could be used in a repetitive form in certain amounts or in a way that harms themselves or even others which could lead to substance-related disorder. The word misuse is defined in various settings such as public health, medical and criminal justice. It could also lead a person to criminal and anti-social behavior. Once the person is under the influence of drug a lot of behavior changes can be seen in that person (Hart, Ksir, & Ray, 2002)

There are many reasons of drug abuse. There are many common reasons of drug abuse despite of addiction being different. Some of these reasons are experimentation, family

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history/ genetics, prescription drugs, loneliness, peer pressure, to feel good, mental health disorders, entertainment, alcohol isn't enough, self-medicating (Lakeview Health, 2018).

Drug abuse has many negative impacts in people's lives such as in school it affects the person's ability to learn and study. It reduces the concentration in the classroom also it affects the regularity in their assignments. Lack of concentration in their work might make them loose their job. Drugs can also make people unnecessarily irrational and emotional. Drugs are not cheap rather it's very expensive and people have to struggle to buy drugs. Drugs can swing people's mood for people feel good only under the influence of drugs and later when it loses its effectiveness they feel worse. Drug use decreases the sexual desire. Smuggling and trafficking of drugs can destroy the person's future and if they are charged and found guilty and have criminal records. It can affect his future and travelling out of the country (Government of Canada, 2014, p. 5).

While talking about effects of drug abuse most of drugs depressed the brain, makes slow the brain which control judgment and thinking capacity, damaging ability to work, reduce capacity of abusers and remembering (Ongwae, 2016, p. 22).

Birendranagar valley is a central city area of Surkhet district; rapidly increasing the market size having with infrastructure development so flow of people from the rural areas as well as migration from rural to urban. The prevalence of drug user is also increasing due to high follow of youth for study and employment. In the response to problem of drug addiction, some rehabilitation center is running different programmes and services to contribute in reduction of drug addiction. So, the study is conducted to explore the role of rehabilitation center to reduce drug using habit of drug abusers who are undergoing for treatment in rehabilitation center.

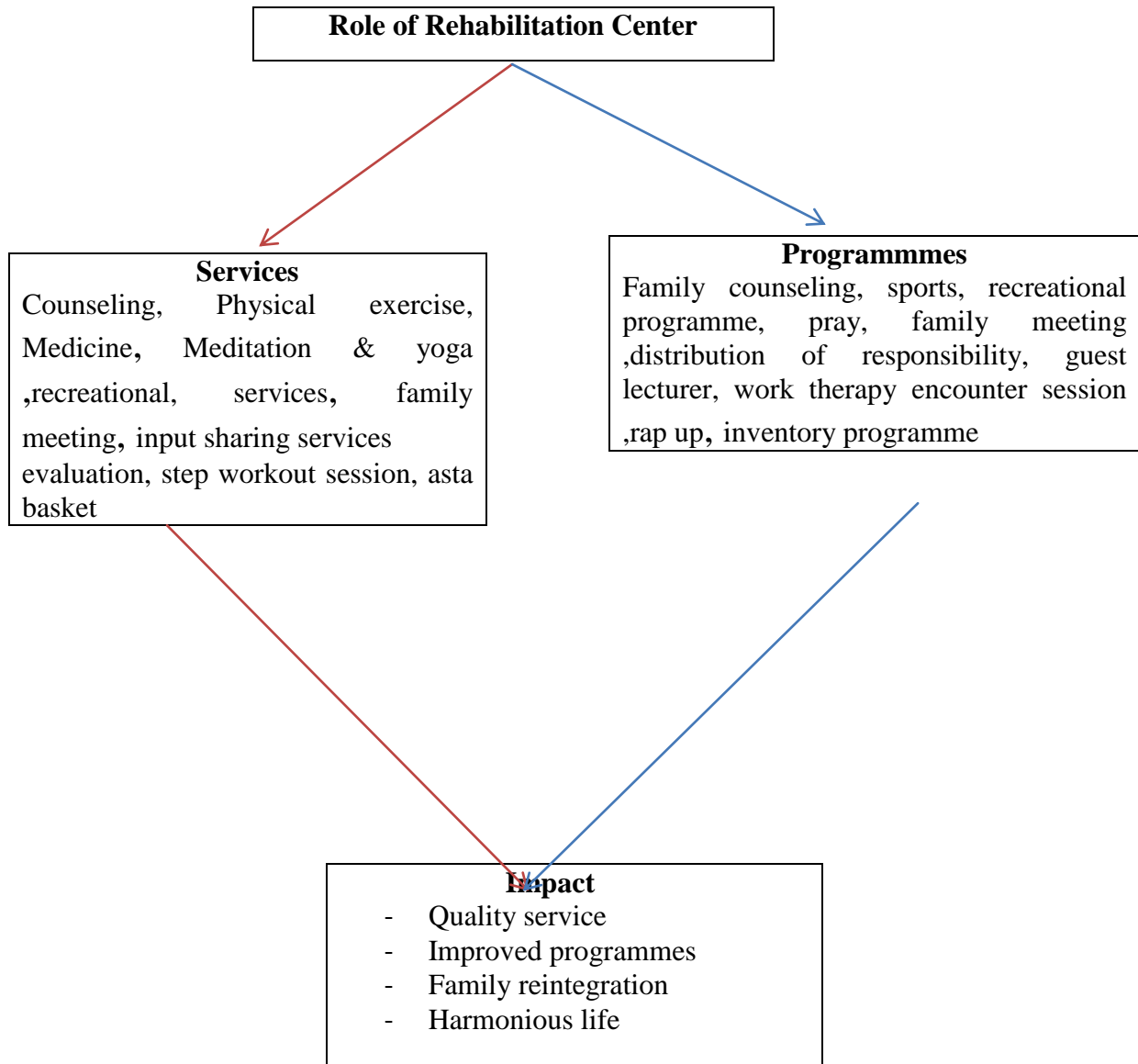
2. LITERATURE REVIEW

Various publicly-funded agencies are widely involved in drug addiction treatment and rehabilitation services such as health service executive, community-based general practitioner and pharmacies under contract to the health services executive, community and voluntary groups, parts of criminal justice system and FAS. For the drug related services there are 24 hours are based drugs task forces which are involved in its planning and coordination in their respected areas. (Government of Ireland, March 2009, p. 9). United nation office on drug and crime has been providing various services and programmes to reduce drug abuse under following areas: Community based treatment, drug dependence treatment and rehabilitation in correctional setting, role of drug dependence treatment and rehabilitation on Human immunodeficiency virus and Acquired immune deficiency syndrome sustainable living for rehabilitation (United Nations Office on Drugs and Crime, 2018). The study conducted by Selpher K. Cheloti and Anthony Mungai Gathumbi found that , the drug abuse problem is tied to other social problems and evils in society that heads of schools cannot solve without collaborating with parents, law enforcers, government agencies and non-government organizations to fight drug abuse from the supply and demand side (Cheloti & Gathumbi, 2016, p. 40887).

Despite the fact that drug abuse counseling and psychotherapy are nearly universal in drug abuse treatment (Beutler, 1990, p. 1). The evidence has proved that physical inactivity is associated with drug use experiment and risk for later addiction. Physical activity and exercise and drug abuse changes in brain structure and function which leads people to use

drug (Hillman & Drobles, 2012, p. 368). So, continuing physical exercise can be helpful drug abusers to quit drug. The research concluded that “yoga therapy program is effective in the rehabilitation of drug addicts. This study has revealed the use of yoga therapy program for the rehabilitation of drug addicts (Anand, Alagesan, & Suganthirababu, 2013, p. 154).” Family plays a vital role with drug abuse treatment. Family can be a source of treatment but they should manage the consequences of the identified patient’s addictive behavior (Substance Abuse and Mental Health Services Administration , 2004).

3. CONCEPTUAL FRAME WORK



4. METHOD

This study was conducted in headquarter of province no.6 Birendranagar in 2018. Research was followed descriptive research design. The Purposive sampling method was used to select respondents. Total 40 respondents were selected from the Benevolence Rehabilitation Center, Birendranagr, Surkhet for the study. The study has applied the mixed method. Frequency table was drawn from quantitative data and logical explanation was done from the qualitative

data collected from the interview with management of rehabilitation center and some of the drug users living in center. The result was concluded from the primary data and critically discussed with the secondary data.

5. RESULT AND DISCUSSIONS

The study has focused on the analysis of different services provided by the rehabilitation center and its internal activities provided to the drug users to sensitization and realization about the effect of drug addiction as well as ways to leave the drug addiction habit. Rehabilitation center organize different physical and mental activities and exercise to drug users to make their life easy and change their life style. It is a kind of process of human transformation.

Services Provided by Rehabilitation Center

There are a lot of scheduled program of rehabilitation center as their plan set for the treatment of drug users. The presented data covers the different types of services, activities and roles provided by rehabilitation center.

Table No. 1: Services Provided by Rehabilitation Center

Services	No. of Respondents	Percent
Counseling	35	98.00
Physical Exercise	38	87.50
Medicine	34	85.00
Meditation	39	97.50
Yoga	37	97.00
Recreational Services	39	98.00
Family Meeting	39	89.50
Input Sharing Services	35	90.50
Evaluation	38	95.00
Step workout Session	34	95.50
Evaluation	37	88.50
Individual Counseling	39	99.00
Asta Basket	39	95.00
All of the Above	40	100.00

Source: Field Survey, 2018

Table no.1 shows the different services provided by rehabilitation center of two rehabilitation center of surkhet district. Multiple responses were obtained from the respondents on the services provided by the rehabilitation center. Among them 99.00 % said that individual counseling service was provided by the center. Likewise 98.00 % said that counseling and recreational service was provided by rehabilitation center. Similarly 97.50 % responded meditation service was provided. Followed by 97.00 % said yoga, like wise 95.50 % said input sharing services and step workout session. Similarly 95.00 % responded evaluation and Asta Basket services were provided by center. At the same time 88.50 % said evaluations. Similarly 89.50 % said family meeting. Also 87.50 % responded physical exercises, and 85.00 % said medicine service was provided by rehabilitation center.

Narconon Nepal rehabilitation center provides many volunteers for drug education and prevention lectures countrywide to half a million students in schools, youth and adults in community centers and to the military at all levels. To begin making an impact on drug abuse in the area, different programmes has been conducted lots of drug teaching lectures in local schools, boys and girls clubs and community centers, taking to hundreds of students the harmful effects of drugs and how and why to avoid them (Hubbard, 2018).

There should be continuous care program to check recovery and support it during the rehabilitation treatment process. Cases like relapsed, dropout and slipped should not be failed to be considered. That’s why the drug rehabilitation center’s treatment policy should be organized in a group. Likewise health promotion education and environment are necessary too. (Niraula S. , Chhetry, Singh, Nagesh, & Shyangwa, 2006, p. 452).

5.2 Programme Provided by the Rehabilitation Center

Drug abusers are psychological dependence rather than physical dependence. To solve that problem drug abusers are given different programmes like individual and group consultations, counseling, therapy, discussion sessions, inventory writing, and role playing are also organized by different rehabilitation center. The presented data covers the different types of programmes of rehabilitation center.

Table No. 2: Programme Provided by the Rehabilitation Center

Programme	Responses			
	Yes	Percent	No	Percent
Family Counseling	32	80.00%	8	20.00%
Sports	33	82.50%	7	17.50%
Recreational Programme	31	77.50%	9	22.50%
Individual Counseling	38	95.00%	2	5.00%
Yoga	37	92.50%	3	7.50%
Meditation	33	82.50%	7	17.50%
Pray	38	95.00%	2	5.00%
Family Meeting	39	97.50%	1	2.50%
Distribution of Responsibility	32	80.00%	8	20.00%
Guest Lecturer from Past Users	21	52.50%	19	47.50%
Work Therapy	30	75.00%	10	25.00%
Asta Basket	38	95.00%	2	5.00%
Encounter Session	37	92.50%	3	7.50%
Rap Up	33	82.50%	7	17.50%
Inventory Programme	38	95.00%	2	5.00%

Source: field survey 2018

Table 2 shows the different programme provided by rehabilitation center to reduce drug abuse. 80 percent of the responded, family counseling was provided at the rehabilitation center whereas 20 percent of the respondents said that no family counseling was provided at the rehabilitation center. Likewise 82.50% said sports programme were provided but 17.50% answered no sports programme was provided by rehabilitation center. Similarly 77.50% said recreational programme was provided whereas 22.50% said no recreational activities programme was provided by rehabilitation centre. Regarding individual counseling 95.00%

said yes and only 5.00% said there was no individual counseling in rehabilitation centre. 92.50% said yoga activities is practiced where as 7.50% said no. 95.00% said pray programme was conducted and 5.00% said no. 97.50% answered family meeting was conducted but 2.50% said no. Among the respondents 80.00% respondents said that family meeting programmes were provided by the rehab center whereas 20.00 % of the respondents said that family meeting programmes were not provided by the rehab center. Among the respondents 52.50% said guest lecturer from past users activities was provided and 47.50% said no guest lecturer from past users activities was provided by rehabilitation center. Similarly 75.00% said work therapy was provided but 25.00% said no work therapy was provided. 95.00% said asta basket programme was provided where as 5.00% said no asta basket programme was provided by rehabilitation center. 92.50% answered encounter session was conducted but 7.50% said no encounter session was conducted by rehabilitation center. 82.50% answered rap up activities was carried out by rehabilitation center where as 17.50% said no rap up activities was carried out by rehabilitation center. Similarly 95.00% said inventory programme was conducted by rehabilitation center where as 5.00% said no inventory programme was conducted by rehabilitation center.

It is stated in the many literatures about the role of family in growth and development of children. Family care is important treatment to change the drug addict habit to normal life. Other programs such as family based presentation program should improve the relationships and bonding of family which includes parenting skills, practice in developing, discussing and impose family policies on substance abuse and training in drug education and information (Ojha, Pokharel, Acharya, Pandey, Bhusal, & Marhatta, 2002).

3.3 Roles of the Rehabilitation Center

Qualitative data was collected with staffs of rehabilitation centers. Rehabilitation center is running different programmes like community awareness programme, school awareness programme, rally and campaign, celebration of international drug day, anti-drugs programme, psychological treatment and regular health checkup.

Non –government organization receive financial support In northern states of India , Sikkim and Jammu and Kashmir government for awareness and prevention education, drug awareness and counseling centers, integrated rehabilitation centers for addicts, workplace prevention programs, de-addiction camps, NGO forum for drug abuse prevention innovative interventions to strengthen community based rehabilitation, technical exchange and manpower development program, surveys, studies, evaluation and research (Ministry of Social Justice and empowerment, 2015, p. 11).

During the treatment of drug addiction there are many course of actions that have been proven to be successful which also includes behavioral counseling, medication, medical devices and applications used to treat withdrawal symptoms or deliver skills training, evaluation and treatment for co-occurring mental issues like depression and anxiety, long term follow-up in order to prevent relapse (National Institute of Drug Abuse, 2018).

6. CONCLUSION

The result shows that the rehabilitation center of Surkhet has been playing different roles to reduce drug abuse. Rehabilitation center has conducted different programmes like: recreational services, counseling, meditation, family meeting, and input sharing services, individual counseling, and step workout session. Not only that they are conducting different programmes level like: sports, inventory programme, distribution of responsibility, guest

lecturer, education, work therapy, and asta basket. Rehabilitation center is also organizing different community awareness programme, school awareness programme, rally and campaign, celebration of international drug day, anti-drugs programme, psychological treatment and regular health checkup. Rehabilitation centers are working in Surkhet have effective coordination and network in relation to treatment program for drug abuse. The services, activities and programe they are providing are very fruitful for the drug abusers, family, community, society and nation. The study found that the individual counseling service is effectively practiced by rehabilitation center for all drug abusers. Rehabilitation center is conducting inventory programme most to change the life of drug user for the prosperous society.

7. RECOMMENDATION

1. The programme provided by rehabilitation center is very effective but after the abuser leave the rehabilitation center it was found that no such effective programmes and services were provided to make them well established.
2. Rehabilitation centers are very expensive thus poor drug abusers cannot afford. That's why the government of province no.6 should establish at least one government rehabilitation center where poor drug abusers get treatment.
3. There is no professional counselor in rehabilitation center. It was found that previous drug abusers were working as a counselor. Professional counselor should be appointed.

8. FURTHER DIRECTION

1. Further study can be done to explore and describe the role of government of province no.6 to reduce drug abuse among youth of Surkhet district which can contribute to reduce the prevalence of drug abuse.
2. Further study can be done among the eleven and twelve standard students because most of the youth starts using drug in school age in Birendranagar valley.

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