

Issues and Challenges of Drug Addiction among Students in Malaysia

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Abstract

The drug addiction problem is a global problem faced by all nations, and Malaysia was not exempted from this phenomenon. According to the United Nations Drug Control Programme (UNDCP), Malaysia, among Southeast Asian nations, ranks fifth in the number of drug addicts. Almost 1.2 million Malaysians are drug addicts, a considerable number considering Malaysia's population of 28.3 million. This paper discusses issues and challenges of drug addiction among students in Malaysia. In this context, there are many factors contributing to drug abuse among students, such as individual inclination to partake in drugs, family situation and their surroundings. The role of parents, teachers, schools, and law enforcement authorities in ensuring the reduction of drug addiction is important, as drug addicts needed support from their surroundings. In fact, the success or failure of a student to quit drug use is dependent on the strong support of his environment. Previous studies and theories discusses in this paper shows that all parties play an important role in resolving this problem.

Key Words: Drug addiction, Students, parental support, Schools, Teachers

INTRODUCTION

The latest development revealed an increasing number of school students involved in drug abuse. In fact, drug problem is considered a global phenomenon. According to Boardon on Behavioural Cognitive Sensory Sciences and Education (BCSSE, 2004) drug addiction is a chronic problem that is difficult for addicts to overcome, which leads to problems and negative effects on the students in wellbeing, family, education, economical, and social aspects. To this day, the drug issue is still hotly debated in international fora in efforts to identify a solution.

In Malaysia, the drug problem is considered a security problem and was declared as the country's number one enemy. The National Drugs Information (NADI) recorded that between 1988 and 2001, around 223,123 addicts were identified. From this number, an approximate 10% of them were still in school. Even though various prevention measures were coordinated by law enforcement including the government, drug abuse is still at a serious level. This percentage is very worrying as students today are the next generation that will lead the nation in the future. If this problem is not tackled immediately, it is worried that in the future the country cannot move forward in line with the globalisation era.

What are Drugs?

Drugs are psychoactive chemical materials that affect the central nerve system until a user is in a condition of intoxication, addiction, and behavioural problems. Drugs are chemical materials dangerous to individuals that partake in them, as it changed how the mind and body function. Drugs are a special term referring to substances that harms a user's physical, mental, and

emotional health as well as behaviour after use. As a result, a drug abuser becomes addicted and is highly dependent on the substance. Continued drug abuse leads to damage to self, family, society, and country (Galea, Nandi, & Viahov, 2004)

Drug abuse not only covers the mode of action or function of the drug, but also refers to functional disorder and maladaptation due to misuse of the substances. The brain is the main organ that controls the entire function of the body, emotions, and normal behaviour of the individual. Drugs and alcohol could disrupt the original function of the brain and caused interruption in conversation and work performance and leads to destruction behaviour (Bonell, Sorhaindo, Allen, Strange, Wiggins, Fletcher, 2010). Functional disorder is affected by chemical substances and its effects are reflected in the drugs consumed. The personality of drug addicts plays a role in determining if they had misused drugs.

Drug abuse increased among students in recent times and researchers and policy makers paid much attention to understand and prevent this damaging phenomenon. Studies in the United States show drug abuse among students increased in the 1990s before decreasing 2000s. Around one in ten students between 17 and 18 years of age were reported to use drugs. In Australia, in 2002, around 19% of 17 year old students were using drugs for amusement. In a number of European countries, there was an apparent noticeable increase in the number of drug-using students from the 1990s to 2007.

Drug abuse at an early school age is a potential sign towards abuse at the adolescent, youth, and adult stages (Offord & Ogborne, 2000; Schmid, Hohm, Blomeyer, Zimmermann, Schmidt, Esser 2007). In Canada consumption of alcohol, tobacco, cannabis and drugs are illegal. (Adlaf & Ogborne 2005; Hammond, Ahmed, Yang, Brukhalter, & Leatherdale, 2011; Leatherdale & Ahmed, 2010 and Poulin & Elliot, 1997). Restriction on the consumption of these substances especially by minors was due to the fact the use of these substances posed a risk on health and welfare (Nutt, King, Saulsbury & Blakemore, 2007; Rehm, Taylor, & Room, 2006). Therefore, prevention of substance abuse should be a top priority to prevent negative results on the students that are pillars of the nation (Anderson, 2006; Botvin & Griffin, 2007; Leatherdale & Ahmed, 2010).

The Meaning of Drug Dependence

A person is considered dependent on drugs when the use of drugs becomes an important part of daily life, overriding other necessities of life such as eating and drinking. Dependence on drugs is a physical or psychological need and both emerge from continued drug use in certain periods. Two types of drug dependence following continued and frequent use are:

Physical Dependence

Physical dependence is a situation when the addict's body, after ceasing drug use, reveals withdrawal symptoms. Withdrawal symptoms are specific signs in an addict's physical and behavioural condition that come out when they do not use drugs in certain periods. Among signs of physical dependence are stomach-aches, vomiting, diarrhoea, shivering, among other symptoms.

Psychological Dependence

Psychological dependence is a condition whereby addicts are high or crave drugs in order to function normally and find serenity. Drug tolerance increased when the usual doses of drugs consumed no longer provided satisfaction or relief from withdrawal symptoms. Drug doses

have to be increased to achieve the same level of satisfaction and relief. With the build-up of dependence, the body reacts to identifiable signs when drug supply ceased immediately.

Types of Drugs

Opium

Opium serves to depress the central nervous system. Opium comes from the poppy seed that turns from white to brown-blackish in hue. It has a strong odour, is elastic when new and hardens after exposed to air.

Morphine

Morphine is an alkaloid obtained from processing raw opium. In the black market it is known as raw morphine, morphine base, morphine sulphate, or hydrochloric morphine.

Heroin

Heroin is the most abused street drug by addicts in Malaysia. Heroin in its pure form is a bitter white powder that is produced from morphine processing. Heroin is multiple times more potent than morphine. Codeine is a naturally-occurring alkaloid in opium. However, most codeine in the market is produced from morphine. In the medical field, codeine is used to alleviate mild pain and as cough medicine.

Cocaine

Cocaine is a white powder produced from the coca leaves from Peru, Bolivia and Colombia in the Andes Mountains, South America. The "Freebase" cocaine is a cocaine base free of adulterants and smoked in pure form with a special pipe. Crack cocaine is cocaine mixed with sodium bicarbonate in granule form. "Crack" has a purity level of 90% and is very dangerous as it leads to serious addiction in a short time.

Methylenedioxy-Methamphetamine (MDMA)

"Methylenedioxy-methamphetamine" (MDMA) is a mescaline analogue and amphetamine. It is called a "feel good drug" and could increase user tolerance. MDMA pills are usually in icon or logo shapes to meet the taste of young users.

Cannabis/Cannabis

Cannabis is a general term used for all types of drugs obtained from the cannabis sativa plant. This plant originates from hot climate areas such as Asia, Mexico, Africa, and the Middle East. It is a complex substance and contains at least 421 types of chemicals with "tetrahydrocannabinol" (THC) as the main psychoactive compound.

Types of Cannabis

Herbal Cannabis

Herbal cannabis refers to leaf and flower of the "genus cannabis", dried in lumps form. It is similar to tobacco but greenish in hue.

Hashish

Cannabis resin (hashish) is a cannabis flower gathered and produced in lumps, powder, or mixed in wax. The colours vary from light brown to green, dark brown, black.

Hashish Oil

Hashish oil is produced from isolating cannabinoid with solvents. It resembles tar, insoluble in water and becomes solid when exposed to oxygen.

Hallucinogen

Hallucinogens are either pure or synthetic drugs that modify sensory perception. It modifies the visual perception and caused illusions, making it difficult to differentiate reality and illusion. Hallucinogens are controlled substances under the Ministry of Health, LSD, DMT, PCP, mescaline and psilocybin are considered as hallucinogens. Effects of abuse of this substance are difficult to prove. This substance is popular among hippies in the 1960s and 1970s. It is now commonly used by most addicts in Western nations.

Depressants

Depressants also include sedatives and tranquilizers. These substances affect the central nervous system to depress or slow down bodily functions. Examples of sedatives are "barbiturates" while examples of tranquilizers are "erimin-5", "rohypnol," and "valium". "Erimin-5" is a type of sedative often misused by those who abused "club drugs" to help them return to routine life. Heroin addicts also considered "erimin-5" as a heroin substitute with the increase of heroin price in the black market. Rohypnol is such a strong sedative that it is abused not only as club drugs, but as rape drugs by rapists. Rohypnol could cause death when mixed with alcohol.

Alcohol

Alcohol is an intoxicant commonly misused especially by nightclub customers. Alcohol also affects the nervous system by depressing function and reaction. Alcohol with drug abuse leads to side effects such as lost of balance and loss of consciousness. Chemical reactions of alcohol and drug overuse are fatal.

Ketamine

Ketamine is a type of animal anaesthetic often abused. Ketamines used in liquid form is not intoxicating, and caused rapid sleepiness. Ketamine of white powder form is abused by smoking or snorting it for an anaesthetic-like "high" feeling.

Steroid

Steroid products is popular among body-builders. It is a synthetic testosterone hormone substance. Steroids are used by doctors to treat asthma, among other things. Steroids are often abused by athletes worldwide even though new studies show steroids do not cause muscle growth or increase physical strength. Steroid accelerates muscle growth process for body builders. Steroid abuse leads to negative side effects such as liver cancer.

Glue, Petrol, and Inhalants

Even though glue, petrol, and inhalants need not be purchased from the black markets, it also has effects if abused. Sniffing glue leads to permanent brain damage (insanity) in a short time. Frequency in glue or petrol sniffing intoxicates the user and leads to addiction.

Ketum

Ketum or plant of the "mytragynine" species is listed as a psychotropic substance or poison under the Drug Act 1952 and often abused by a number of people in the North and East of Peninsular Malaysia. The ketum plant originated from the Rubiaceae family common in Africa, north and east of Peninsular Malaysia and south Thailand. Ketum leaves have since old been used as traditional medicine as energy boosters for women after childbirth. The leaves are boiled and its water drunk to restore energy, and to expel excess air in the body and treat back pain. However, boiled ketum water are often abused and sold openly to casual users. There are some places where ketum leaves are boiled with mosquito repellents for a stronger "kick" for

the drinker. It is said to cause addiction as it contains mitragynin. Mitragynin is listed in the Third Schedule of Poisons (Psychotropic Substance) Regulation 1989, Poison Ordinance 1952. With that the ketum plant is declared a banned substance in January 2003.

Medicine

Other than anaesthetics and depressants, medicines commonly abused are sedatives, sleeping drugs, and painkillers. Frequent, common and continuous use leads to dependence on these substances.

Factors of drug use among school students

There are many factors linked to drug abuse among students including individual inclination to partake in drugs, as well as family attitude and environment. Previous researchers provided factors contributing to increase in drug abuse among students. Among these factors are school environment (Bond, Butler, Thomas, Carlin, Glover, Bowes, & Patton, 2007; Bonell, Fletcher, & McCambridge, 2007; Maithya, 2009; West, Sweeting, & Leyland, 2004), family problems (Bezuidenhout, 2004), socioeconomic conditions (Liddle, 2005), peer influence (Fletcher, Bonell & Hargreaves, 2008; Foxcroft, Ireland, Lister-Sharp, Lowe & Breen, 2003; Thomas & Perera, 2006) biological and genetic factors (Wiefferink, Peters, Hoekstra, Dam, Buijs, & Paulussen, 2006).

Amusement

The factor that student use drugs for amusement purposes in the short term without consideration for the future. Initially, students merely dabble in drugs. When they tasted pleasure, comfort, and the thrill in drug use, this behaviour is more likely to be repeated and later becomes part of the daily activity. Other than amusement, drug-using individuals feel they could forget their troubles. This is one form of reinforcement for drug users. Study findings conducted supports findings by Greenfield, Brooks, Gordon, Green, Kropp, McHugh (2009).

Out of Curiosity

Curiosity is innate in students since childhood and intensifies during adolescence. This condition makes it easier for them to partake, especially without control from parents, schools, authorities and society. According to Erikson (1968), the adolescent phase is one of identity crisis whereby adolescents in this phase attempts to form a personal identity. At this stage, curiosity is strong, and they wish to find out for themselves the effects of using, and eventually fall into addiction.

Low-Income Family

The socioeconomic situation is also one factor for students using the prohibited substance (Gabhainn, Fotiou, & Vollebergh (2008). Students from low-income family were more likely to be involved in drug abuse. They usually live in disadvantaged areas and grew up in small and uncomfortable houses and they became victims of circumstances (Horwood, 2006). They are also linked to deficiencies in almost all necessities in life such parents' lack of financial sources, lack of parental supervision, education, parental supervision, hygiene, nutrition, employment opportunities, skills, and lack of access to service.

Lack of Parental Support and Encouragement

Students with lack of parental attention found themselves feeling neglected especially when comparing themselves to colleagues with caring parents. They then turn to drugs to suppress their feelings of misery and gloom.

Parental Pressure

According to Labouvie (1986), feeling stressed in a situation leads to a possible increase in students using drugs. Parents that put pressure on their children also cause them to suffer from lack of confidence and feeling of unappreciated. They then look around for friends with the same problems to share their vulnerabilities. The mistake in choosing problematic friends would influence students to act the same.

Drug Addict Parents

The view that drug-addicted parents will associate their children to partake in drug abuse, as referred in (Maithya, 2009; Abdool, 2004; Gikonyo, 2005) is seen as a clear picture. There is a high possibility of a link between addict parents and children. From a different perspective, it could describe the fact that each child with drug-addicted parents and family members is exposed to the risk of drug abuse.

Parent-Child Conflict

Parent-child conflict is also a factor contributing to students using drugs. This is because parents and children often clash in opinions, and children become stressed as a result. As a result, there was an increase in conflict and parent-adolescent relationship becomes estranged (Steinberg & Morris, 2001). This situation pushes children to do conflicting activities due to lack of parental supervision.

Peer Influence and Pressure

School students also use drugs due to peer influence and pressure. To avoid losing friends, they try and get involved in drugs, which then leads to them neglect their studies and participating in unhealthy activities. This is because peers could influence one's behaviour throughout the adolescent phase (Oetting, Edwards, Kelly, & Beauvais, 1997).). When peers form a group with negative attitudes, they practise the same thing to be accepted by the group. They would do out-of-the-ordinary things to attract attention.

Peer pressure is a strong influence among students, as they need the acknowledgement and support of their peers. Peer groups provide the opportunity for students to practise new behaviour and develop necessary social skills for future interaction for the future. In fact, peer influence in drug-use becomes a main factor in attracting students to try drugs and alcohol. This proves that environmental factors such as peers that abuse drugs cause students to be more inclined to become addicts.

Psychosocial Factors

Life pressures that students face today are challenging and more complicated. Common pressures faced include pressures from school, parental pressure, hopes and too high expectations in academic achievements, pressure to succeed in games and sports, pressure to please parents and teachers, and pressures for peer acceptance. This pressure leads students to decide to use drugs to dispel the stress they feel.

Decrease in Self-Esteem among Students

Monshouwer & Vollebergh, (2005) summarises that low self-esteem is a cause of drug addiction. It clearly shows a link between a student's self-esteem and drug abuse. Adolescents are characterised as a period of increase in identity caused by cognitive development. In this process, adolescents look for ways to get attention. Parental attitude and support are indication to children that they are precious and valued. Therefore, parents, schools, and

teachers have to play their part by showing appreciation to students so they do not feel inferior.

Effects on Drug Use on Students

Health Problems

Students addicted to drugs after a long period of time faces problems such as functional failure, mental illness, cancer, et cetera. This is because drugs have toxic contents. According to studies, some ecstasy pills sold contain rat poison and glass fragments. Glass fragments are mixed in drugs to accelerate the effects of drugs on addicts.

Previous studies show students involved in drug use are three times more likely to suffer from depression and go through post-traumatic stress disorder (PTSD). Adolescents that abuse prescription drugs are twice likelier to consume alcohol, five times more partial to cannabis use, 12 times more inclined to heroin, 15 times more likely to use ecstasy, and 21 times more likely to use cocaine compared to adolescents that do not abuse prescription medication.

On the psychological risk factor, studies show that addicts involved in drug abuse are thrice more likely to suffer from depression (Pilowsky, Wickramaratne, Talati, Wisniewski, Fava, 2008).). In fact, addicts that use prescription drugs are twice more likely to consume alcohol, five times likelier to use cannabis, 12 times more partial to heroin, 15 times more inclined to use ecstasy, and 21 times likelier to use cocaine compared to non-prescription drug abusers. Anti-social behaviour, mischief and negative attitudes are also evidently linked to students abusing prescription medication.

Previous studies acknowledged this difference, whereby males are consistently more inclined to use psychoactive stuff to get high, get addicted, with behavioural problems compared to females who are more inclined to use psychotropic stuff as sedatives and pain killers (Choquet, Morin, Hassler, & Ledoux, 2004). This shows both males and females are different in the rationale for drug use and they are inclined to abuse drugs for different reasons (Crawford, & Novak, 2002).

Physical Wellbeing Problems

Physical-wise, addicts grow thin, weak, lethargic, and seem high. They feel dizzy, faintness, and act violent. Furthermore, they feel restless, high, and in pain. It is clear that they will battle with death after exposure to diseases such as AIDS. Among the diseases are meningitis, heart disease, AIDS, Hepatitis B, C, and D, kidney damage, muscle atrophy, and possible paralysis.

Increase in Student Behaviour Problems

Antisocial behaviour, mischievous harassment and attitude are also highly linked to NMUPD among students when they use drugs. In order to get the money necessary to feed their addiction, addicts are pushed to steal, rob, or commit crimes. We then often read cases of house break-ins, snatch-theft, and robbery in the newspapers.

On studies on the link between delinquency and drug abuse: When a student partake in drugs, they act aggressive due to its effects on the brain function (Farrington, Brandon Welsh, 2007). This then leads to multiple problems and they are classified as juvenile delinquency as they are under-aged. Juvenile delinquency is a law referring to breach of law committed by under-aged individuals.

Discipline Problems

Students involved in drug addiction are also linked to mischief and discipline problems that concern authorities, especially parents and educators. Their involvement in unbeneficial activities also lead to discipline problems such as truancy, bullying, and fights that then negatively affect student's academic performance.

Academic Failure

Research shows students abusing drugs is closely linked to decline in academic performance in school (Kurdek, 1992; Shek, Chan & Lee, 1998). This proves that academic performance of students is affected by drug use, leading them to fail academically and deciding to leave school before time.

Rift in Parent-Child Relations

Children involved in drugs clash with their parents, with lack of communication, lack of familial ties, and loose relations with their siblings. Earlier studies prove drug-using students act violent and commit transgressions until they could not be controlled by their parents and family. If this problem persists, it might lead to deviant behaviour. This then causes children to suffer from serious problems and might ruin their future.

Shame on the Family Name

Addicted students also bring shame to the family name. They also burden the family as much time and money is spent to treat them and cause the family to suffer stress from societal stigma, who only sees their children as a social hazard.

Effects on Society

Students involved in drugs also threaten public security with crimes such as robbery, snatch-theft, and other crimes to get money, as they need money to get their fix. Addicts also distance themselves from non-addict friends, and only mix with fellow addicts, drug dealers and criminals. They are then shunned by society.

Threat on National Development and Security

As the number of addicts in our country increases, national development is threatened, as it leads to a decline in human and labour resources. Students involved in drug-use lose interest in studying and leave school earlier, and finds it more difficult to find employment. They also lose interest in working. Students that do not complete school affect national economic growth and later decrease labour output.

Country and society also have to bear a high cost of continued drug abuse. The cost includes providing treatment and rehabilitation of addicts, costs of organising prevention programmes as well as costs from losses from crimes in the country. The costs also include maintaining law enforcement such as increasing the number of police officers, and staff of prison departments, courts, hospitals, and so on. There is also the cost of loss in human and labour capital, as most involved in drug addiction consists of school students.

Steps to Address Drug Abuse among Students

In Britain, drug abuse among 15-17 year old students are reported as being the highest in Europe (UNICEF, 2007). It is estimated that one out of five students 15 years of age use drugs within a month. Therefore, efforts to prevent students should be at a high priority due to its long-term health implications and social development (Donaldson, 2004). In drug treatment and rehabilitation as practised in other countries such as Britain and the United States, the

behavioural and psychosocial approach, especially counselling is among the main methods to treat addicts. Through counselling, a person could be helped to develop daily stress management skills, increasing coping skills, as well as self-mastery in self-adjustment in and problem-solving and later driving them to develop a healthy lifestyle. To that end, it is important to identify the efficiency of counselling programmes in drug rehabilitation centres.

Strengthening Family Institutions

Family plays an important part in addressing this problem. Each unit in the family have to play their respective roles. Parents have to pay attention to their children's actions so they do not mix with friends involved in unhealthy activities and could potentially fall into drug abuse (Brooks, & Rice 2007).

In fact, parents should provide good values to children to allow them to have an identifiable role model in life. According to Patton, Bond, Carlin, Thomas, Butler, Glover (2006). individual values influence said individual's way of thinking, behaviour, evaluation of situations and doing something in life. Values shaped from the environment during childhood carries on to adulthood and applied throughout life. Therefore, parental role is significant to shape their children to become useful humans and avoid them from practising deviant behaviour.

Proper Parental Behaviour for Children

Parenting is a continuous process whereby there are various challenges in educating children. Among the processes include approaches in child-rearing, discipline, alternative child-care, joint parenting, art of parenting and others. Parents have to prepare with knowledge and skills to ensure their children are not involved in any form of social problems. There are studies that prove the influence of different styles of parenting cause students to partake in drugs. Proper parenting styles drive child attitudes in daily life towards a positive feel. Therefore, proper parental styles have to be carried out by each family to ensure a more perfect and ordered family life. This is because adolescents today are different from in previous eras. They are today more exposed to various cultures, technology and a more global environment.

Role of Schools

School is also a factor leading to students using drugs. Most likely, student failure in paying attention to studies and with pressure from teachers and peers cause them to turn to drugs to suppress their feeling of dejection (Bond, Butler, Thomas, Carlin, Glover, Bowes, & Patton, 2007; Fletcher et al., 2007; Nutbeam, Smith, Moore, & Bauman, 1993). Therefore, schools have to provide early education on the harms of drug use to students. This approach is supported by evidence in recent studies, that conclude that changing school environment could decrease drug use, and is an effective complementary to existing approaches and might reduce drug use via promotion of student well-being without drugs, and increasing their confidence (Bond et al., 2004).

Campaigns and Talks in Schools

Campaigns on the dangers of drugs could be held by schools to highlight to students on the dangers of drugs. Talks must be related to law enforcement such as police invited to give talks on crimes related to drug abuse. At the same time, it could open the minds of students to the effects on drug use and the punishment for drug abusers.

Increase in Teaching and Studying in School

Prevention of drug abuse among students are closely related to our efforts to improve on quality and quantity of teaching in schools. If one is involved in drugs, he is not benefiting from high level of education provided in and out of school. Teaching and learning is important in national development and students involved in drugs derail government effort to develop a dynamic and progressive society (Cox, Zhang, Johnson, & Bender, 2007). Therefore, we have to plan a strategy to prevent this plague from infecting the school community, especially among students.

Early Prevention

Primary prevention involves giving help to students so they avoid using drugs. One good approach is to stress on the harms of drug and alcohol abuse. Secondary prevention consists finding dangerous effects of the abused material before any symptoms of addiction emerge. As addiction is a repeatable chronic offence, each student is exposed to the risk of taking and using drugs. Finally, tertiary prevention includes medical treatment of drug abuse and help addicted students receive treatment to overcome their later incapacity.

Law Enforcement

The government plays an important role in eliminating this phenomenon especially among school students. Existing laws relating to drug use have to be enforced so students might know that drug abuse is an offence under the law. Good laws with weak enforcement would not help in eliminating this plague. Therefore, police have to carry out constant inspections to prevent drug dealers intent on smuggling drugs into this country.

Strong Religious Basis

Students with strong religious values are not easily swayed to try drugs. This is because they have the mental and physical strength to say no to drugs. They would also not do anything against the law. According to a study by Bahr et al. (1993) on the importance of religion on adolescents and drug abuse, they found that the religion factor provides a significant link between adolescents and drug abuse. Parker, Aldridge, & Measham, (1998) reports that adolescents that consistently attend religious gatherings were found to have lower social problems compared to those that do not attend religious functions. This shows the important of religion in influencing student behaviour.

Treatment and Rehabilitation Programmes

There are a number of drug treatment and rehabilitation carried out by the government, including:-

Therapeutic Community

Therapeutic Community treatment and rehabilitation programme. It is a psychosocial rehabilitation programme that emphasises on the concept of family and community relations that drive towards behavioural transformation and formation of positive attitude. This therapy is carried out to treat and rehabilitate addicts from their physical and psychological dependence on drugs. Second, it is to bring about change in values, attitudes and behaviour and restructuring addict personality. Third, it is to help addicts to develop and practise a healthy lifestyle and reintegrate addicts into society as normal, useful, and productive individuals.

The Role of 'Role Models', Aftercare, and Peer Pressure

The role of role models, aftercare and peer support is an emphasised element of rehabilitation in this therapy. This element is created via sessions of sharing experience, confrontation, and self-reflection sessions. This serves to addressing the psychosocial needs of residents that desire support, attention and love from family members in facing challenges and pressures that tests their mental endurance.

Physical and Psychosocial Treatment via Various Treatment Input

Physical rehabilitation involves medical and treatment activities, physical rehabilitation and discipline training, and sports and leisure activities. In addition, psychosocial rehabilitation covers counselling and guidance, religious and moral education, vocational skills training, civics education, programmes in reintegrating residents into society, and rehabilitation programmes in the community.

CONCLUSION

In summary, a method of preventing students from being involved in drug addiction is through constant and continued monitoring by schools, teachers and parents, counselling and talk sessions, family and environmental support is important to the students. This should then be followed with preventing them from mixing with friends that use and thus stopping them from being curious about drug use. Students should also have the willpower to challenge the desire to partake in drugs. Even with the many programmes launched, the government also allocated millions in cash in the process of reducing the number of student addicts, but if the students themselves are too timid to say NO to drugs, the government goal of wipe out drugs in 2015 might not be achievable.

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