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Subject Biology

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16. Why is that once a person starts taking alcohol or drugs, it is difficult to get rid of this habit?

Discuss it.

Solution:

Alcohol consumption and usage of drugs has a severe, addictive impact linked with euphoria, rendering a momentary feeling of well-being. Regular intake of drugs can increase the tolerance level of the receptors of the body which furthermore leads to more drug consumption.

17. In your view what motivates youngsters to take to alcohol or drugs and how can this be avoided?

Solution:

There are many factors that are accountable to motivate the youth towards drugs or alcohol. Some of the

initial causes are curiosity, excitement, adventure, experimentation etc. Some switch to consuming drugs

and alcohol to overcome negative emotions such as pressure, depression, stress, frustration etc. in order

to perform fairly well in other streams. Few media such as internet, television, newspaper, movies etc are responsible to endorse to the youth the idea of alcohol. Some more reasons can be unsupportive family structure, unstable relationships, peer pressure can also cause individuals to take up drugs and alcohol.

Some of the preventive measures against the use of drugs and alcohol are as follows:

☒ Motivation from parents and elders to develop a strong will power against it

☒ Awareness about the ill-effects of alcohol should be educated to children by parents. Proper counselling and knowledge regarding the repercussions of alcohol addiction must be carried out.

☒ Parents should take responsibility to monitor the social circle of their children and must advise them against the wrong company

☒ Encourage students to dedicate their energy in other activities

☒ Proper medical and professional assistance should be provided if symptoms of depression and frustration is observed.