

## Effects of Drug Abuse and Addiction for Engineering Colleges in Karnataka State

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### Abstract

Technical colleges refers to professional colleges imparting technical education such as engineering colleges. These colleges play an important role in creating future engineers and professionals to lead industrial growth in the country. Similarly many of these technical colleges offer seats under sports scholarships and spend a significant amount of money towards organising sports events. Many of the excellent sportspersons also contribute to the development of their colleges and sports in general by carrying over their sports skills to the sports events conducted by these colleges. Obviously the researcher since employed in a technical institution himself ventured to make a study on the role of these colleges in developing and promoting sports.

**Aim of the Study:** The aim of the study was to pinpoint the conduct of sports programmes at technical colleges around Karnataka state technical colleges and to propose steps to change the sports development set up or to overhaul the sports policies thereby add more bite to the professional development of sports in these institutions.

**KEYWORDS:** Sports Management, technical colleges and effect of drug

### Introduction:

Drugs are chemicals. Different drugs, because of their chemical structures, can affect the body in different ways. In fact, some drugs can even change a person's body and brain in ways that last long after the person has stopped taking drugs, maybe even permanently.

Depending on the drug, it can enter the human body in a number of ways, including injection, inhalation, and ingestion. The method of how it enters the body impacts on how the drug affects the person. For example: injection takes the drug directly into the blood stream, providing more immediate effects; while ingestion requires the drug to pass through the digestive system, delaying the effects.

Most abused drugs directly or indirectly target the brain's reward system by flooding the circuit with dopamine. Dopamine is a neurotransmitter present in regions of the brain that regulate movement, emotion, cognition, motivation, and feelings of pleasure. When drugs enter the brain, they can actually change how the brain performs its jobs. These changes are what lead to compulsive drug use, the hallmark of addiction.

## **Know the Facts**

- Illicit drug users make over 527,000 costly emergency room visits each year for drug related problems.
- Drug offenders account for more than one-third of the growth in the state prison population and more than 80 percent of the increase in the number of federal prison inmates since 1985.
- More than 75 percent of domestic violence victims report that their assailant had been drinking or using illicit drugs at the time of the incident.
- Substance abuse and addiction are fully treatable.
- 45% of individuals with an untreated substance use disorder commit suicide.

If your one has one or more of the following signs, he or she may have a problem with drugs or alcohol:

- Getting high on drugs or getting drunk on a regular basis
- Avoiding you and others in order to get high or drunk
- Giving up activities they used to do such as sports, homework, or hanging out with friends who don't use drugs or drink
- Having to use more marijuana or other illicit drugs to get the same effects
- Constantly talking about using drugs or drinking
- Believing that in order to have fun they need to drink or use marijuana or other drugs
- Pressuring others to use drugs or drink
- Getting into trouble with the law
- Taking risks, including sexual risks and driving under the influence of alcohol and/or drugs
- Feeling run-down, hopeless, depressed, or even suicidal
- Suspension from school for an alcohol- or drug-related incident
- Missing work or poor work performance because of drinking or drug use

## **Injuries**

More deaths, illnesses and disabilities stem from substance abuse than from any other preventable health condition. Today, one in four deaths is attributable to illicit drug use. People who live with substance dependence have a higher risk of all bad outcomes including unintentional injuries, accidents, risk of domestic violence, medical problems, and death.

## **Health Problems**

The impact of drug abuse and dependence can be far-reaching, affecting almost every organ in the human body. Drug use can:

- Weaken the immune system, increasing susceptibility to infections.
- Cause cardiovascular conditions ranging from abnormal heart rate to heart attacks. Injected drugs can also lead to collapsed veins and infections of the blood vessels and heart valves.
- Cause nausea, vomiting and abdominal pain.

- Cause the liver to have to work harder, possibly causing significant damage or liver failure.
- Cause seizures, stroke and widespread brain damage that can impact all aspects of daily life by causing problems with memory, attention and decision-making, including sustained mental confusion and permanent brain damage.
- Produce global body changes such as breast development in men, dramatic fluctuations in appetite and increases in body temperature, which may impact a variety of health conditions.

### **Effects on the Brain**

Although initial drug use may be voluntary, drugs have been shown to alter brain chemistry, which interferes with an individual's ability to make decisions and can lead to compulsive craving, seeking and use. This then becomes a substance dependency.

- All drugs of abuse - nicotine, cocaine, marijuana, and others - effect the brain's "reward" circuit, which is part of the limbic system.
- Drugs hijack this "reward" system, causing unusually large amounts of dopamine to flood the system.
- This flood of dopamine is what causes the "high" or euphoria associated with drug abuse.

### **Behavioral Problems**

- Paranoia
- Aggressiveness
- Hallucinations
- Addiction
- Impaired Judgment
- Impulsiveness
- Loss of Self-Control

Sometimes it is tough to tell. Most people won't walk up to someone they're close to and ask for help. In fact, they will probably do everything possible to deny or hide the problem. But, there are certain warning signs that may indicate that a family member or friend is using drugs and drinking too much alcohol.

Many of the signs, such as sudden changes in mood, difficulty in getting along with others, poor job or school performance, irritability, and depression, might be explained by other causes. Unless you observe drug use or excessive drinking, it can be hard to determine the cause of these problems. Your first step is to contact a qualified alcohol and drug professional in your area who can give you further advice.

You may have a problem with drugs or alcohol, if

- You can't predict whether or not you will use drugs or get drunk.
- You believe that in order to have fun you need to drink and/or use drugs.
- You turn to alcohol and/or drugs after a confrontation or argument, or to relieve uncomfortable feelings.

- You drink more or use more drugs to get the same effect that you got with smaller amounts.
- You drink and/or use drugs alone.
- You remember how last night began, but not how it ended, so you're worried you may have a problem.
- You have trouble at work or in school because of your drinking or drug use.
- You make promises to yourself or others that you'll stop getting drunk or using drugs.
- You feel alone, scared, miserable, and depressed.

### **Methods:**

The research scholar has adopted case study method to understand the abuse of drugs from the various agencies. Twelve cases were involved in making the research paper.

### **Conclusion:**

Every college and student should come inclusive to stop the menace under the drug abuse in the college limits. University must be valor to curb these activities by taking the harsh punitive actions against the silent colleges. Must encourage the sports in every colleges to curb the menaces.

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