



DRUG ADDICTION – THE PLAGUE OF THE CENTURY

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Abstract: *Drug addiction is one of the most serious global problems affecting millions of people regardless of age, nationality, or social status. It destroys human health, families, and society while contributing to crime, poverty, and unemployment. Young people are particularly vulnerable because of curiosity, peer pressure, and lack of awareness. Governments, educational institutions, families, and international organizations should cooperate to prevent drug abuse through education, legal measures, and rehabilitation programs. This article discusses the causes, consequences, prevention methods, and the legal role in combating drug addiction.*

Keywords: *drug addiction, illegal drugs, youth, crime, prevention, rehabilitation, health, law, education.*

INTRODUCTION

Drug addiction has become one of the greatest challenges facing modern society. It is often called "the plague of the century" because of its devastating impact on individuals, families, and entire nations. Every year millions of people suffer from drug abuse, and thousands lose their lives due to overdose or diseases related to drug use.

Drug addiction is not simply a personal problem. It has serious social, economic, legal, and psychological consequences. Illegal drug trafficking has become an international criminal activity that threatens public security and national development. Therefore, preventing drug addiction requires the joint efforts of governments, educational institutions, healthcare professionals, law enforcement agencies, families, and communities.

What Is Drug Addiction?

Drug addiction is a chronic condition in which a person becomes physically or psychologically dependent on drugs. Addicted individuals continue using drugs despite harmful consequences because they lose control over their behavior.

Common illegal drugs include heroin, cocaine, methamphetamine, ecstasy, and synthetic narcotics. Misuse of prescription medications can also lead to addiction.

Drug addiction affects the brain by changing the way people think, feel, and behave. Over time, addicts require larger doses to achieve the same effect, increasing the risk of overdose and death.

Causes of Drug Addiction





There are many reasons why people begin using drugs. Some of the most common causes include:

- Curiosity and experimentation.
- Peer pressure among teenagers.
- Family conflicts and domestic violence.
- Depression, anxiety, and emotional stress.
- Lack of education about the dangers of drugs.
- Poverty and unemployment.
- Easy access to illegal substances.

Young people are especially at risk because they are more likely to be influenced by friends or social media. Many believe drugs will help them escape problems, but addiction only creates more serious difficulties.

Effects on Human Health

Drug addiction has severe effects on both physical and mental health.

Physically, drugs damage the brain, heart, lungs, liver, and kidneys. Drug users often experience weight loss, weakened immunity, infectious diseases, and poor overall health.

Mentally, addiction leads to depression, anxiety, aggression, memory loss, hallucinations, and suicidal thoughts. Many addicts lose their ability to study, work, or maintain healthy relationships.

Long-term drug use significantly shortens life expectancy and increases the risk of fatal overdose.

Social Consequences

Drug addiction creates numerous social problems.

Families suffer emotionally and financially when one member becomes addicted. Children living in such families often experience neglect and psychological trauma.

Communities also suffer because drug addiction contributes to increased crime, violence, theft, corruption, and homelessness. Many addicts commit crimes to obtain money for drugs.

The economic burden is also enormous. Governments spend billions on healthcare, law enforcement, prisons, and rehabilitation services.

Drug Addiction and Crime

Drug trafficking is closely connected with organized crime. Criminal organizations produce, transport, and distribute illegal drugs across international borders.

Drug-related crimes include:

- Drug production.
- Drug trafficking.
- Illegal possession.





Money laundering.

Violence associated with criminal groups.

Law enforcement agencies around the world cooperate to combat these crimes through stronger legislation, international agreements, and border security measures.

The Role of Education

Education is one of the most effective tools for preventing drug addiction.

Schools, colleges, and universities should provide students with accurate information about the dangers of drug abuse. Educational programs help young people develop critical thinking skills and resist peer pressure.

Teachers can organize seminars, discussions, and awareness campaigns. Students should also participate in sports, cultural events, and volunteer activities that encourage healthy lifestyles.

Knowledge empowers young people to make responsible decisions.

The Importance of Family Support

Families play a crucial role in preventing addiction.

Parents should communicate openly with their children, monitor their behavior, and provide emotional support. A loving family environment reduces the likelihood of drug use.

Parents should also recognize early warning signs, including sudden behavioral changes, declining academic performance, secretive behavior, and loss of interest in normal activities.

Early intervention can prevent addiction before it becomes severe.

Legal Measures Against Drug Abuse

Governments adopt strict laws to reduce drug production, trafficking, and consumption.

Legal systems impose criminal penalties on drug traffickers while encouraging treatment and rehabilitation for addicted individuals. Modern legal approaches combine punishment with public health strategies.

International cooperation is essential because drug trafficking crosses national borders. Countries share intelligence, strengthen border controls, and participate in joint operations against organized criminal networks.

Legal education also helps citizens understand their responsibilities and the consequences of violating drug laws.

Rehabilitation and Recovery

Recovery from drug addiction is possible with proper treatment and support.

Rehabilitation includes medical treatment, psychological counseling, family therapy, educational support, and vocational training. Community support groups also help recovering addicts rebuild their lives.





Successful rehabilitation reduces crime, improves public health, and allows former addicts to become productive members of society.

Society should support rehabilitation rather than stigmatize individuals who genuinely seek recovery.

Conclusion

Drug addiction remains one of the greatest threats to humanity in the twenty-first century. It destroys lives, weakens families, increases crime, and slows economic development. Prevention requires cooperation among governments, educational institutions, healthcare providers, families, and society as a whole.

Young people must understand that drugs never solve problems—they create even greater ones. Education, strong legal systems, healthy lifestyles, and family support are the most effective weapons against this global challenge.

Every individual has a responsibility to promote a drug-free society. By working together, we can protect future generations and build healthier, safer, and more prosperous communities.

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