SUBSTANCE ABUSE AMONG EDUCATED YOUTH: CHALLENGES AND PROBLEMS FACED BY THE FAMILIES IN KARACHI, PAKISTAN

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Abstract

This paper intended to determine the impact of the contributory factor of substance use and its collision on the family of the educated user in Pakistan. This study used a quantitative research methodology for data collection. The target population for this study is based on higher education students at Karachi, Pakistan. The sample size was 316 responses which were analyzed using regression analysis via PLS-SEM. The results have shown that the availability of substances is positive and important with respect to substance use. Peer influence has a positive and significant effect on substance use. Substance use has a positive and significant impact on family avoidance and family conflict. Finally, addictions have a positive and significant impact on the plight of families.

Keywords: Educated Youth, Family Avoidance, Family Distress, Substance Use.

Introduction

Around the world, drug addiction, including alcohol, prescription drugs and illegal drugs, has been identified by the UN Office on Drugs and Crime (UNODC, 2012, 2014). It has also considered as a socio-economic pandemic in the existing literature (Fischer, Keates, Bühringer, Reimer, & Rehm, 2014). Moreover, many research and drugs reports have revealed that it is an international problem (Burns, 2014; Degenhardt et al., 2011). Substance use has been characterized by a persistent inability to carry out social responsibilities in a safe manner in everyday life. Subsequently, the individual faced many challenges in

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work and personal life to manage complex situations, particularly when the need to increase the amount of medication to prevent abstraction (APA, 2013). As a result, substance use has considered being the determinant of mental health issues, social and economic development of individuals, and employment opportunities (du Plessis, Corney, & Burnside, 2013). Studies have shown that substance use has altered people's mental state and social functioning, leading to ineffective decision-making skills and psychosocial uncertainty. (Keyes, Hatzenbuehler, et Hasin, 2011; Marmorstein, Iacono, et McGue, 2012). The impact of the individual user has a greater influence on the relevant members of the family, community, and society socially, psychologically, and economically. (Cranford, Nolen-Hoeksema, & Zucker, 2011; Short, 2010) It had also viewed that the family members has suffered severe psychological distress, social or a financial loss like property destruction, unsleeping nights, impairment of professional career reputation, the physical or psychological abuse of family members, and anger due to lack of protection (D'Souza, Karkada, Somayaji, & Venkatesaperumal, 2013).

The study has the following objective and purpose for assessment.

- To determine the relationship between availability, collusion, and peer influence with substance abuse.
- To determine the consequences of substance use on the distress, conflict, and avoidance of the family of the educated user.
- To determine the consequences of substance use on educated students and what are the educational problems faced by the educated user

There are many kinds of addictions and usage of these substances including the overuse of alcohol can have severe risks and consequences for the users and their families. The brain of young people especially might be specifically more vulnerable to the impact of the use of

substances and is associated with the mental health problems, addiction, and neurocognitive issues that can even last till adult or old age (Welch, Carson, & Lawrie, 2013). The earlier the use of a substance, the more association is found in frequency, dependency, and higher usage in later ages and including mental as well as social harms (Marshall, 2014). The substances have the impact to change the way a person behaves usually. Especially when the drugs are used for nonmedical purposes altering the person's consciousness. It can be called as the drug abuse and illegal usage of drugs (Nessa, Latif, Siddiqui, Hussain, & Hossain, 2008). It is this kind of use of substances specifically that alters a persons' emotional as well as physical condition and leads to abnormality if the repetition occurs (Sajid, Tatlah, & Butt, 2020) where even medical prescription of drugs are used for addiction purposes (Possi, 2018). There have been studies that have assessed the impact that substance use causes including diseases, deficient emotional and physical state, drug abuse, etc. (Marshall, 2014).

In this study, the term substance use refers to illegal drugs, cigarettes, alcohol, or anything that leads him or her towards the addiction to that substance. However, this study has emphasized the impact of availability, collusion, and peer influence on substance use. The study also evaluates the impact of substance use on the distress, conflict, and avoidance in the family of the educated user. The research paper can benefit in various ways as it provides details on substance use and its effect on the family of the user, and how it could increase the distress, conflict, and avoidance among the users from their family. Similarly, this study highlighted the impact of the use and addiction of substance among the Pakistani population where there is a significant gap in studies as past studies have not focused on this topic.

Literature Reviews

Substance use

The word "substance usage" applies to drug or alcohol consumption, which involves things such as tobacco, synthetic narcotics, pharmaceutical medications, inhalants, which solvent (Low, Shortt, & Snyder, 2012). Problems of substance use arise because the use of alcohol or other substances damages you or anyone and it can lead to addictions. Health authorities consider drug usage as jumping the threshold into substance misuse where regular usage creates serious damage, such as safety conditions, illnesses, and inability to meet obligations, diminished discipline, risk-taking, and social difficulties (Tanweer, Batool, Shabbir Chudhary, & Mahmood, 2019). Its use is very harmful when it comes to illegal substances and has placed legal prohibitions on their use (Kabore et al., 2019).

Peer Influence and Substance Use

Peer influence is dealt with the factors related to substance reliance among male drug addicts in Pakistan at drug treatment centers (Mansoori, Mubeen, Mohiuddin, & Ahsan,2018). Much of the substance addicts in this sample were between the ages of 21 and 30 and addicted close friends were present in 87.8% of instances. Ghazal (2019) analyzed the socio-demographic variables prevalent independent patients and determine susceptible populations and risk factors that improve predisposition and drug abuse and indicated that the family disagreements and peer pressure were the key motivational factors for substance abuse. Tanweer et al. (2019) found that the living conditions were affected by peer groups and family behaviors of substance abusers. Van Ryzin, Fosco, and Dishion (2012) focused on social influences on substance use and uncovered that Parental control and a deviant peer in early adolescence was predictive of substance use. Kabore et al. (2019) used the photo-voice method to assess the risks and protective factors associated with substance abuse in Ghana, West Africa and concludes

that peer pressure was a significant factor in substance use.

Availability and Substance Use

Flores, Santos, Makofane, Arreola and Ayala (2017) noted a significant association between availability and consumption of substances use. In another study, Lipari and Jean-Francois (2016) examined the attitudes of college students about substance use hazards and their understanding of substance accessibility, and found that substance availability has been a key factor in substance use. Bouchard, Gallupe, Dawson and Anamali (2018) reviewed the magnitude of the challenges. barriers and availability to assess substance use among adolescents and concluded that the easy availability of drugs has an important impact on substance use. Broman (2016) explored how domestic drugs are present in the home during adolescence, as well as how they affect drug use in teenagers. The accessibility of substances in the household has influenced the use of young adults and their later use of substances in young adulthood. In one study involving 244 pairs of siblings of the same sex, Low et al. (2012) explored the statistical correlations between drug use among older siblings and rivalry between dyadic siblings and collusion with drug use among younger siblings. The study concluded that there is a positive role for collusion and conflict over substance use among young siblings. According to Stuart et al. (2013), substance use is also considered to be part of the group of activities of the issue (e.g., academic failure) that occurs at the same time and promotes antisocial behaviour and, later, the developmental trajectory of delinquency. Laursen et al. (2017) found that the adolescent drinking standards were influenced by both older siblings' and parents' standards.

Substance Use in Educated Youth and Family-Related Consequences

Substance use among the students has become a growing problem in Karachi that directly encounters to the educator-students' interactions.

Jesuraj (2012 research study viewed the impact of substance abuse on families and concluded that substance abuse poses a variety of problems not only for individual users, but also for families and communities. The adverse effects of drug use are tremendous on families. Nayak and Mishra (2018) investigated the impact of tobacco use, among the teenagers in urban slums and found that teenagers had some kind of family tension, more severe social depression, and a feeling of hopelessness. Radebe (2015) noted that families have tolerable illicit drugs in their community has tempted their family members to be curious to experiment, learn the cultural behaviours that predispose them to give up their responsibilities, This makes them unavailable for education or employment

Similarly, in an in-depth study, Easton, Swan, and Sinha (2000) evaluated 105 participants for substance-related disorders and a history of domestic abuse and observed that 37 percent of the respondents recorded had witnessed physical violence in their family history. Elam et al. (2016) observed in bi-directional interactions between impulsiveness and family tension from middle of adolescence and their correlations to teenage drug use and developing adulthood and found that impulsiveness in middle childhood predicted higher family conflict in late childhood, which in turn predicted higher impulsiveness in late adolescents. Adolescent impulsiveness later predicted greater use of substances in developing adulthood. Sigurvinsdottir, Asgeirsdottir, and Sigfusdottir (2020) research explored the associations between sexual assault and family conflicts related to drug use, as well as the protective influence of faith.

Research Methodology

A quantitative approach is known to be highly and effectively implemented into research. (Choy, 2014 & Bryman, 2017). Therefore, this approach has selected a for data collection. The rationale for using this approach was that it helped in gathering such data that gives high

generalizability. Therefore, this study used explanatory purposes and the primary reason is that it helps to study the variables correctly and provides a thorough understanding. Convenience sampling was used to collect data from easily accessible individuals (Sekaran & Bougie, 2016). Furthermore, the researchers used partial least squares path modeling or partial least squares structural equation modeling (**PLS**-PLS-PM, PLS-SEM) for data analysis as a technique. This technique provides more consistency and gives high variance in their result (J F Hair, Christian M Ringle, & Marko Sarstedt, 2011). Furthermore, the main feature of this technique is that it can deal with abnormal or not properly distributed sample size with the same effectiveness and generates high reliable answers (Hair, Risher, Sarstedt, & Ringle, 2019). Therefore, this study has used PLS-SEM via Smart PLS 3.2.8 for data analysis.

The aim of this research was to study the impact of the contributory factor of substance use on consumption and the effects of substance use on the families of educated users in Pakistan. The paper has the following questions:

Q1. How does accessibility, collusion and peer influences affect substance use?

Q2. What are the consequences of substance use on the distress, conflict, and avoidance of the family of the educated user?

Q3. What are the consequences of drug abuse for educated students and what are the educational problems faced by the educated user?

Results and Discussions

This section provides the findings of the study using PLS-SEM comprising algorithms, bootstrapping, and blindfolding techniques. The target population of this study were the students of higher education in Karachi, Pakistan.

The calculation of the sample size for this study was done through Soper (2018) and the expected effect size is 0.30 with a desired statistical power level of 0.95%. The study's latent variables were 7 and the observed variables were 33 and the probability level was 0.05%. Furthermore, the minimal sample size for effect detection was 247 and the final sample size that was collected was 316 responses for data analysis.

Among the 316 interviewees, there were 209 men and 107 women. The age category indicates 83 respondents 18 to 25 years of age, 186 respondents 26 to 37 years of age, 35 38 to 44 years of age and 12 respondents 45 years of age and above. The education category shows that 23 respondents were came from undergraduate, 186 from graduate and 95 respondents were from post-graduate. The marital status category shows that 101 respondents were single, 205 respondents were married, and 10 respondents were divorce/separation. The family structure showed that 110 respondents were from a separate family and 206 were from a joint families.

Table 1: Measurement model

Variables	Items	Loadings	Alpha	CR	AVE
	AVL2	0.860			
Availability	AVL3	0.881	0.859	0.914	0.779
	AVL4	0.907			
	COL1	0.778			
	COL2	0.786			
Collusion	COL3	0.701	0.819	0.871	0.575
	COL4	0.798			
	COL5	0.722			
	FAV1	0.698			
Family Avoidance	FAV4	0.891	0.746	0.848	0.653
	FAV5	0.823			
Family Conflict	FCF1	0.716	0.817	0.879	0.648

	FCF2	0.911			
	FCF4	0.879			
	FCF5	0.690			
	FDS2	0.831			
Family Distress	FDS3	0.880	0.847	0.906	0.763
	FDS5	0.907			
Peer Influence	PRI1	0.923	0.721	0.875	0.777
	PRI3	0.839			
	SUB1	0.736			
Substance Use	SUB2	0.779	0.811	0.876	0.639
	SUB3	0.843			
	SUB4	0.835			

This table has shown the results of the measurement model. The acceptance criteria for this model as given by Hair, Sarstedt, Hopkins, and Kuppelwieser (2014) is that the factor loadings must be higher than 0.70 and values less than 0.40 are not acceptable. On the other hand, values that are in the range of 0.40 and 0.70 can be accepted via convergent validity. Also, the table has values of AVE and CR and their respective thresholds are 0.50 and 0.70 (J F Hair, Christian M. Ringle, & Marko Sarstedt, 2011). The highest value of AVE is (0.779) of availability and the lowest is (0.575) of collusion. The highest value of CR is (0.914) of availability and the lowest value is (0.848) of family avoidance. Hence, this table has successfully shown that the measurement model has been achieved.

Table 2: Fornell and Larcker (1981) Criterion

	AVL	**COL**	**FAV**	**FCF**	**FDS**	**PR**	**SU**
Availability	**0.883**						
Collusion	0.476	**0.758**					
Family Avoidance	0.463	0.585	**0.808**				
Family Conflict	0.606	0.493	0.504	**0.805**			
Family Distress	0.561	0.301	0.720	0.667	**0.873**		

Peer Influence	0.696	0.526	0.405	0.577	0.534	**0.882**	
Substance Use	0.672	0.471	0.499	0.599	0.596	0.614	**0.800**

The threshold of this table as given by Fornell and Larcker (1981) is that bold and diagonal values should be greater in both horizontal and vertical manner as compared to other values. This table has achieved this threshold and therefore discriminant validity has also been achieved using Fornell and Larcker (1981) criterion.

Table 3: Cross loadings

	AVL	**COL**	**FAV**	**FCF**	**FDS**	**PR**	**SU**
AVL2	**0.860**	0.261	0.310	0.434	0.433	0.464	0.631
AVL3	**0.881**	0.517	0.370	0.584	0.477	0.682	0.520
AVL4	**0.907**	0.500	0.543	0.596	0.574	0.711	0.614
COL1	0.463	**0.778**	0.527	0.437	0.261	0.386	0.444
COL2	0.447	**0.786**	0.408	0.447	0.265	0.386	0.372
COL3	0.241	**0.701**	0.324	0.293	0.171	0.510	0.386
COL4	0.219	**0.798**	0.315	0.283	0.053	0.320	0.216
COL5	0.353	**0.722**	0.633	0.351	0.346	0.335	0.256
FAV1	0.360	0.404	**0.698**	0.271	0.358	0.265	0.208
FAV4	0.288	0.459	**0.891**	0.429	0.683	0.226	0.489
FAV5	0.506	0.556	**0.823**	0.478	0.615	0.496	0.430
FCF1	0.328	0.249	0.336	**0.716**	0.545	0.405	0.385
FCF2	0.565	0.374	0.291	**0.911**	0.551	0.595	0.531
FCF4	0.548	0.476	0.438	**0.879**	0.584	0.561	0.607
FCF5	0.491	0.499	0.648	**0.690**	0.475	0.209	0.344
FDS2	0.356	0.177	0.629	0.615	**0.831**	0.205	0.422
FDS3	0.426	0.214	0.635	0.600	**0.880**	0.502	0.483
FDS5	0.635	0.361	0.631	0.553	**0.907**	0.621	0.623
PRI1	0.683	0.515	0.402	0.589	0.567	**0.923**	0.620
PRI3	0.526	0.400	0.300	0.405	0.343	**0.839**	0.439
SUB1	0.765	0.324	0.351	0.504	0.502	0.519	**0.736**
SUB2	0.515	0.259	0.374	0.419	0.438	0.562	**0.779**

SUB3	0.397	0.453	0.518	0.514	0.516	0.404	**0.843**
SUB4	0.436	0.469	0.345	0.464	0.435	0.474	**0.835**

The threshold of this above table is that the bold values must be higher in their constructs than the values in others (Hair, Sarstedt, Ringle, & Mena, 2012). This table has helped and discriminant validity has been achieved via cross-loadings.

Table 4: Heterotrait- Monotrait Ratio (HTMT)

	AVL	**COL**	**FAV**	**FCF**	**FDS**	**PR**	**SU**
Availability							
Collusion	0.553						
Family Avoidance	0.587	0.737					
Family Conflict	0.722	0.591	0.657				
Family Distress	0.632	0.375	0.854	0.816			
Peer Influence	0.874	0.650	0.543	0.698	0.627		
Substance Use	0.787	0.543	0.587	0.708	0.698	0.782	

This above table recommends that values should be below the mark of 0.90 to be included (Henseler, Hubona, & Ray, 2016). The table has helped, and discriminant validity has been achieved using the HTMT ratio.

Table 5: Path Analysis

	Estimate	**Std. Dev.**	**t-Stats**	**Prob.**
Availability -> Substance Use	0.445	0.032	13.879	0.000
Collusion -> Substance Use	0.138	0.068	2.037	0.042
Peer Influence -> Substance Use	0.231	0.067	3.443	0.001
Substance Use -> Family Avoidance	0.499	0.028	17.951	0.000
Substance Use -> Family Conflict	0.599	0.035	16.989	0.000
Substance Use -> Family Distress	0.596	0.051	11.700	0.000

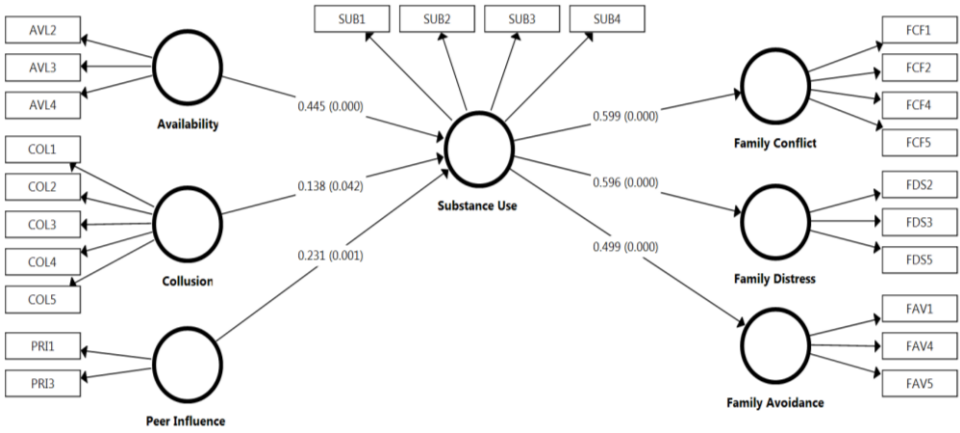
The results showed that availability (0.445, $p < 0.05$) has positive and significant towards substance use. In addition, collusion (0.138, $p < 0.05$)

has positive and significant effect on substance use. Peer influence (0231, $p < 0.05$) has a positive and significant effect on substance use. Substance use (0.499, $p < 0.05$) has a positive and significant effect on family avoidance. Furthermore, substance use (0.599, $p < 0.05$) has a positive and significant effect on family conflict. Finally, substance use (0.596, $p < 0.05$) has a positive and significant effect on family distress.

Table 6: Predictive Relevance

	R Square	R Square Adjusted	Q Square
Family Avoidance	0.249	0.247	0.145
Family Conflict	0.359	0.357	0.215
Family Distress	0.355	0.353	0.250
Substance Use	0.506	0.501	0.296

The variable named family avoidance has been predicted up to (0.249) 24.9 percent, family conflict up to (0.359) 35.9 percent, family distress up to (0.355) 35.5 percent, and substance use has been predicted up to (0.506) 50.6 percent. The Q square has been found to have values more than absolute zero.



Conclusions and Recommendations

This research has uncovered a significant positive relationship between the availability and use of substances use. This finding is also consistent with (Lipari & Jean-Francois, 2016; Morton, 2019). The result indicates that the availability of drugs or medications at home may indicate reasonably easy access to medications for children and youth. Thus, the supply of medicines at home can improve the consumption of medicines among children and adolescents, because of the availability of products at their doorsteps.

Furthermore, research has determined that a significant positive relationship exists between collision and substance use.

This outcome is also endorsed by (Laursen et al., 2017; Low et al., 2012) and concludes that siblings and colleagues are believed to be highly supportive of antisocial behaviours such as drug use. Collusion, or instruction in delinquency, is a joint improvement in criminal behaviour, including violence, theft, and substance use.

Furthermore, the study noticed a significant positive association between peer influence and substance use, which is also promoted by other studies such as Beardslee et al. , 2018;Van Ryzin and Roseth, 2018).The result indicates that peers are more influential than parents in substance abuse among adolescents. Peers can encourage their friends to use drugs and alcohol or tease them because they are afraid to try them, which can lead them to drink and use drugs. Moreover, the study also revealed that there is an important positive connection between substance use and family avoidance.These results are also endorsed by the study of Lewis & Loverich, 2019; Van Ryzin et al., 2012). Results indicate that when drugs start taking precedence over people's lives, their interactions become less important and they lose interest in education, sport, or employment.

They could be abducting family members and events. Individuals who use drugs inappropriately tend to be further away or removed from their communities.

In addition, the study also found a strong positive link between substance use and family conflicts.

These findings indicate that substance use leads to issues such as a tendency to develop a substance use disorder, attachment problems, including increased levels of divorce, abuse and intimacy control, and other psychiatric illnesses such as depression, anxiety, and poor self-esteem . This finding is also supported by (Radcliffe et al., 2019). Likewise, this study also identified a significant positive connection between substance use and family distress.

The result is consistent with (Cénat, Blais, Lavoie, Caron, & Hébert, 2018; Williams, Sottile, Moss, & Clark, 2017) and concludes that every contact that occurs between addicted family members is hostile and complaint-based, Disapproval and other expressions of discontent. The prospects for the household as a whole are clearly unfavourable and constructive action are overlooked.

It seems very vibrant from the respondent's responses that there is an increasing trend

in educated drug use among young people, which is associated with patterns of social change and behavioural expression influenced by peer relationships. An educated individual are recommended here to keenly focus on the side effects of substance use on family distress. This leads to the disruption of the family on which they must resist by utilizing things for the good of the family members. So, when someone is using drugs through some sort of collusion, it leads to family conflict. It harms the financial situation of the family or even family members get irritated by the flavor of alcohol or cigarettes because those individuals who are having this sort of addiction can be short of temper or disrespectful along with the bad language that somehow leads towards the family conflict.

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