

CHAPTER 2

REVIEW OF RELATED

LITERATURE

LITERATURE REVIEW OF ADOLESCENT SUBSTANCE USE

In this chapter, literature relating to adolescent substance use will be discussed. The literature review will be used to identify a relevant theoretical and conceptual framework for defining the research problem, lay the foundation for this study, inspire new research ideas, and determine any gaps or inconsistencies in the body of research. Many studies have investigated the reasons or risk factors involved in substance use among adolescents. Information gathered from previous studies will be used to provide an understanding of the factors that could contribute to substance abuse among adolescents.

The literature review will focus on the following aspects; types of abused substances, prevalence of substance use and abuse among adolescents, theoretical perspectives on the causes of substance use and the effects of substance abuse on health, economic and social aspects. The socio-economic status of the area where the study was conducted and a background of adolescents in that area are also discussed.

TYPES OF ABUSED SUBSTANCES

Alcohol is a central nervous system depressant with effects similar to those of sleeping pills. Larger doses of alcohol distort vision, impair motor coordination and slur speech. Other common physiological changes include damage to the endocrine glands and pancreas, heart failure, erectile dysfunction, hypertension, stroke and caterpillar hemorrhages, which are responsible for the swelling and redness in the face, and especially the nose, of chronic alcohol abusers. Short term abuse of alcohol may affect cognitive performance of alcohol abusing students.

Tobacco is smoked, chewed or ground into small pieces and inhaled as snuff. Nicotine is the addictive agent of tobacco. The most probable harmful components in the smoke from burning tobacco are nicotine, carbon monoxide. Cigarettes discolor teeth, affect skin color and makes breath, body and clothes smell unpleasant. In addition to that, smoking increases heart rate,

constricts blood vessels, irritates the throat and deposits foreign matter in sensitive lung tissues, thus limiting lung capacity. Years of smoking can lead to premature heart attacks, lung and throat cancer, emphysema, and other respiratory diseases. Even moderate smoking shortens a person's life by an average of 7 years.

Cannabis is made from the dried and crushed leaves and flowering tops of the hemp plants. *Cannabis sativa*. It is most often smoked, but it may be chewed, prepared as tea, or eaten in baked goods. The intoxicating effects of cannabis, like those of most substances, depend in part on its potency and the size of the dose. Smokers of cannabis find it makes them feel relaxed and sociable. The short-term somatic effects include bloodshot and itchy eyes, dry mouth and throat, increased appetite, reduced pressure within the eye and somewhat raised blood pressure. The substance apparently poses a danger to people with already abnormal heart functioning, for it elevates heart rate, sometimes dramatically.

Heroin referred to as H[□], Horse[□], or „Hary[□] is produced from morphine by a simple chemical process. It is a white, odorless powder. It is usually injected for a maximum effect, although it can also be sniffed, smoked or taken orally. Heroin affects the central nervous system, causes respiratory depression, nausea and vomiting. In addition to the effects of the substance itself, street heroin may have additives that do not dissolve and result in clogging the blood vessels that lead to the lungs, liver, kidney or brain. This can cause infection or even death of small patches of cells in vital organs.

Cocaine („coke[□], or „snow[□]) is extracted from the leaves of the coca plant. It is available as an odorless, fluffy, white powder. Cocaine can be swallowed, sniffed or injected. It is highly addictive in any form. The main undesirable effects are nervousness, irritability and restlessness, mild paranoia, physical exhaustion, mental confusion, loss of weight; fatigue or depression when „coming down[□] and various afflictions of the nasal mucous membranes and cartilage. Cocaine affects the brain. Users of cocaine become confused, anxious and depressed. Frequent

users of cocaine might experience a „cocaine psychosis“ consisting of hallucinations and delusions among others of insects crawling under their skin. Cocaine increases sexual desire and produces feelings of self-confidence, well-being and fatigability. Ceasing cocaine can take hold of people with as much tenacity as do other addictive substances. Cocaine causes cognitive impairments, such as difficulty paying attention and remembering.

THEORETICAL PERSPECTIVES ON THE CAUSE OF SUBSTANCE USE AND ABUSE

The causes of substance use are complicated and differ among individuals. There are various theories explaining the etiology of substance use disorders. These include developmental theories, biological theories, psychological theories, learning theories, progression theory, economic theories, symbolic interaction theory, social control theory, bonding theory and availability theory.

Developmental theories

Adolescence is a period of physical and sexual development, as well as development of adolescents' thinking, feelings, personal relationships, behaviour and identity. Adolescence is a period of transition, in which individuals seem to be more impulsive, reckless and non-conforming than during other developmental stages of their lives. Adolescence is a time of growth, exploration and increased risk taking. Many adolescents engage in substance use activities which they perceive as acceptable within their peer groups. As a result, risk behaviors including substance abuse during the adolescent years are of major concern because they are associated with the increased risk of injury, interpersonal violence, crime, high risk sexual behavior, suicide, academic difficulties and school drop-out. Consequently, substance abuse can have a major impact on the lives of adolescents.

The development of identity

The establishment of identity is widely viewed as the key developmental task of adolescence, sometimes accompanied by emotional strain as adolescents grapple with the question of who they are and what they want to become. Identities can be based on roles, relationships, status in an organization, or those related to character traits (psychological and behavioral attributes). Adolescents must navigate between traditional expectations and contemporary conditions. According to Erikson (1968), in order to form an identity, all the psychological crises of the previous developmental stages need to be resolved. That means that adolescents must have acquired basic trust, autonomy, initiative and industry to successfully accomplish the tasks required for identity development. Identity development implies that adolescents need to define who they are, what is important to them, and what directions they want to take in life.

Identity confusion

Identity confusion occurs when adolescents are indecisive about themselves and their roles. They cannot integrate the various roles, and when they are confronted by contradictory value systems, they have neither the ability nor the self confidence to make decisions. This confusion causes anxiety, as well as apathy or hostility towards roles or values (Erikson, 1977). The identity confusion could also result in an identity foreclosure or negative identity. Identity foreclosure means that the identity crisis is resolved by making a series of premature decisions about one "identity, based on other's expectations of what one should be. This happens when external demands or role expectations pose a threat to adolescents' identity development. In their confusion, adolescents tend to fulfil roles simply to meet the expectations of others, without truly identifying with these roles. In addition to that, they develop a negative identity. Negative identity means that adolescents form an identity contrary to the cultural values and expectations of society, for example, adolescents who abuse drugs and juvenile delinquent

Disease or biological theories

Disease or biological theories recognize substance abuse as a disease requiring medical treatment. As disease, substance abuse has symptoms and may be acute, chronic or progressive. These theories consider biological and genetic factors that contribute to substance use. According to these theorists, an individual's genetic make up predisposes him or her to substance abuse. Furthermore, people with family members who abuse drugs are more likely to follow suit and it seems substance abuse runs in families. A family history of drug abuse and dependence substantially increases the risk of such problems among members.

Psychological theories

Psychological theories consider the underlying psychological problems within an individual as causing substance abuse. Risk behavior such as substance abuse can therefore be related to individual psychological factors such as self-esteem, locus of control, need for acceptance, anxiety levels, sensation seeking and eagerness to act like adults.

Learning theories

Learning theories hold that substance abuse is a learnt behavior. Social learning theories focus on the interaction between the individual and the environment in shaping patterns of substance use. According to these theories, adolescents abuse substances because they have seen their parents, peers, and other people abuse substances.

Progression theory

Adolescents move from substance use to abuse, taking drugs regularly, increasing amounts to achieve the same effect, and moving on to harder substances. Some theorists argue that

adolescents often begin with the casual use of less serious substances, often referred to as gateway drugs, such as tobacco, alcohol, and dagga and then progress towards more frequent use of more dangerous drugs.

Social control theory

According to social control theory adolescents abuse drugs because there are insufficient social controls to restrict them from using drugs. Most of the adolescents in one study reported that most of the time they are left alone at home because their parents are always busy or away because of their demanding jobs. Thus these adolescents have more freedom to use drugs. An unstable family environment, that is father absence, one or both parents who had immigrated, or death of parents are associated with substance abuse. Thus, family structure along with characteristics of these families seems to account for substance abuse.

Availability theory

According to the availability theory, adolescents use substances because all kinds of substances are readily available. Furthermore, availability theorists point to the fact that the degree to which alcoholic beverages are accessible to people affects the amount and pattern of alcohol use. Alcohol is present in many social settings such as cultural ceremonies and parties.

EFFECTS OF SUBSTANCE ABUSE

Substance abuse has profound health, economic, and social consequences. The negative consequences of substance abuse affect not only individuals who abuse substances but also their families and friends, various businesses and government resources. Substance abuse

and dependence have grave consequences for existing social systems, affecting crime rates, hospitalizations, child abuse and neglect, and rapidly consuming public funds. The exact effect of a substance will depend on the substance used, how much is taken, in what way, and on each individual's reaction. Substances can be extremely harmful and it is relatively easy to become dependent on them.

There is an array of health related harms associated with substance use and abuse. The continued use of substances leads to dependence. The user will continue using the substance despite the physical and psychological harm that may result from it. The physiological or biochemical component of substance dependence usually, but not always, consists of the development of tolerance to the substance, that is increasing amounts are needed to have the required effect and withdrawal symptoms can occur for a number of reasons. The process of substance dependence is a complex one, involving an interaction of biogenetic. The process of dependence entails an uncontrollable urge to satisfy a need and can be said to exist if, as a result of the repetitive use of a substance, there is impairment of functioning, that is physical, emotional and social of the affected individual.

Substance abuse has a negative impact on the economy of the country. This includes a range of problems such as inefficiency, impaired work performance, accidents and absenteeism at a considerable cost to both industry and society. Work productivity declines. For example, 2.5 million workdays are lost due to absenteeism arising from substance related illnesses. Furthermore, the use of substances has a negative impact on the health care system including the depletion of scarce resources available to improve the health of people. Medical resources are wasted and lives are lost in substance-related accidents. High amounts of money is spent in hospitals, on prevention campaigns and in treatment centers for substance dependents. Although most people who abuse substances do not seek professional help, people who abuse alcohol constitute a large proportion of new admissions to mental hospitals and general hospitals. Other costs include repairs to property damaged by addicts, food and accommodation in prisons, transportation of addicts to.

CHAPTER SUMMARY

The literature review provided an understanding of the substances abused by adolescents as well as theoretical perspectives about adolescent substance use. The causes of substance abuse are complex and multifaceted. The data gathered from the literature suggest that substance abuse cannot be caused by a single particular factor, but by a combination of different aspects such as individual, family, peer, cultural and community factors. Furthermore, the literature review also confirmed that substance abuse has a negative effect on the lives of adolescents, society as well as the economy of the country. The literature reviewed in this section helped me to contextualize my research project within an accepted body of knowledge. Furthermore, it provided a good, solid background knowledge. It helped me to refine questions in order to address the aims of the investigation. Furthermore, literature provided a guideline for the research methods and techniques used by others in similar projects and which proved successful. I then adapted the research instruments for use in this study. Those research methods are discussed further in the next section. Finally, literature review, enabled me to evaluate the project more effectively, by comparing and contrasting the results with what is already known.