

'FEEL GOOD' AND 'TO DO BETTER': NATURE AND NUANCES OF DRUG ADDICTION AMONG THE YOUTH OF DARJEELING DISTRICT

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Abstract: Every action is initiated in relation to some specific causes which brings some consequences as well. Therefore, indulgence in drug abuse should have some identifiable causes which initiates an individual into drug abuse culture and gradually lead towards addiction. The field of addiction is already enriched with the findings of different scholars that showcase the association of diverse causes with the issue. The current study attempts to focus on the vital causes that are found relevant in Darjeeling district for drug addiction and to justify the situation researcher cites detailed case histories of respondents concerning their experiences. This paper contains qualitative information of the respondents which explains the sensitivity and vibrancy of the issue in the region under study. The findings of the study suggest that, not only causes are sufficient in leading youth towards the dark path of drug addiction rather, 'concerns' of an individual to achieve an insatiable appetite, a hedonic or psychological pleasure are responsible which results addiction.

Keywords: Drug Addiction; Causes; Concerns; Youth; Darjeeling.

INTRODUCTION

There are plenty of causes to opt for drugs to be consumed and in contemporary times youth constitutes a major category to go for this illegal unhealthy activity. In this paper an attempt has been made to specify the causes and concerns to start and to continue the drug addiction. The study cites specific cases and experiences of users/abusers concerning basic reasons associated with the issue.

Ram, J. (2014) has worked on 'The Historical and Socio-Cultural Factors of Drug Trafficking in Himachal Pradesh with Special Reference to Kullu District' where he tries to portray the immense practice of drug abuse and associating factors that countenance the very behaviour but ignored the recent motivations which deeply connects the subject. On the other hand, Choudhury, S. K. (2004) tries to put a light on the community participation of the pSractice by doing his doctoral thesis on 'Drug Addiction Among the Youths in Calcutta' but fails to address the crucial factors that associates and motivates the practice of drug addiction.

Sarkar, A. (2001) worked on 'Drug Addiction: A Socio-Economic Analysis, A Study Undertaken Among Drug Addicted Persons In and Around the

City of Calcutta' where he laid more focus on the socioeconomic situations of addicts and overlooked the pertinent factors which could be the vital association of major contemporary causes that encourage addicts to be in the arena of drug practice.

Charles, M. and her colleagues (1999) in their seminal work 'Drug Culture in India' beautifully depicted the drug practice as a cultural trait of the mainstream society. Their study inspired the researcher to think and assess the behaviour in a way where causes and concerns of the addicts plays vital performance in leading and keeping youth into the drug related behaviour and practice.

In fact, drug use, abuse and addiction is not a new phenomenon. Most of the research work obfuscate their study by citing their findings and creating a causal relationship with existing struggle, hardships and destitution of life journey without focusing on specific concerns relating to drug taking along with major causes that pushes individuals towards the world of addiction (Sarkar, 2001; Jogot, 2014; Choudhury, 2004). Causes and concerns can be used interchangeably but here in this study we are making use of the terms differently as both the terms signify and offer something different. So, we will note their differences later as our discussion proceeds.

METHODOLOGY

The present study is based on empirical data that were collected from Darjeeling district, West Bengal, India, from the social category of youth. A qualitative approach has been considered in the study and data detailed down through the technique of ethnomethodology 'thick description' of C. Geertz.

The study primarily data collected from drug rehabilitation centres and non-rehabilitation centres (local roaming addicts). A total of 40 respondents have been taken (twenty cases from rehabilitation and twenty cases from non-rehabilitation centres) through purposive sampling method for rehabilitation and snowball for local roaming addicts to extract qualitative data from the region (Darjeeling district) under study. In-depth interview helped to know the experiences on drugs of the respondents. Detailed case histories of respondents have been attached in relation with the specific causes and concerns of the respondents which lead them into the illegal behaviour of drug addiction.

MAJOR CAUSES AND CONCERNS OF DRUG ABUSE

In contemporary society, most of the research suggests that, youth especially indulge themselves in drugs due to their loneliness, high individualism, unemployment, failure, and distorted family relations etc. but none of the studies cited that these drives are not new to societies then why young boys and girls (teenagers) have become an important section who are driving themselves towards drug culture due to the above-mentioned reinforcing causes in contemporary societies. In this part of discussion, we will try to focus on how and why especially teenagers are abstaining themselves from productive activities while treating or retreating to escape from their failure, sorrows and other attached feelings in expressing their indignation to the social system and looking for an alternative in drug culture to be happy.

The motive of differentiating the uses of above-mentioned terms is to invite some of the crucial questions that are associated directly to the topic of study. No such study on addiction questioned or answered that, why the consumption of drugs has become rampant in contemporary societies as drug abuse and addiction was there since the start of

civilizations. Furthermore, it became a recognized social problem in developed countries first but in third world countries especially in India it has been held as a destructive social problem for a few decades 'why is that'? The existing works mostly followed the conclusions of western studies but no one has examined the difference of developments and intentions of global markets that were enabled widely by the new economic policies of India. In the name of modern trends, globalization, automation and the role of ICT that were accepted and approved by the states in countries like India which results in less participation in traditional recreational, cultural, religious etc. activities that directly impacted the traditional value system of Indians as a whole and especially the youth.

The current study tends to explain its findings through the categorization provided by the National Institute on Drug Addiction (NIDA) only to explain the concerns of the abusers in the region under study. Most of the research simply discuss the causes of drug intake along with its impact on the greater society (Choudhury, 2004; Charles, et. al., 1999) but in addition to that the current study is focusing on the identification of major concerns on the basis of which abusers expose themselves in the process knowingly or unknowingly to the side effects of drug taking behavior.

In this paper, we will discuss the causes and concerns of an abuser. Hence, causes and concerns are not synonymously used just because in drug related activity a thin line divides them. 'Causes' are the existing hardships that push one to go for the consumption of drugs but the 'concerns' are the unreal feelings, pleasurable moment created chemically to live a life where nothing troubles them and very importantly, these unreal pleasurable feelings creates a hedonic insatiable appetite which guides young to abuse drug repeatedly. Moreover, abusers' can have 'Me Time' to spend while having drugs. Concerns starts from first intake of drug as it alters the feelings of abuser and produce some unreal pleasure (though seems real for abuser) which creates an appetite to have drugs repeatedly. Those unreal feelings are 'concern' of an addict to have drugs.

So, causes are responsible to make someone think about drug intake but concerns are the aspirations to get some sort of pleasurable feelings which one can have after consumption of drugs and that concern plays a vital role which besots the youth to have drugs repeatedly.

Here, drugs only mediate their feelings from hardship to pleasure. These terms are the two sides of a coin that needs attention to be discussed and the coin is different drugs that give different forms of pleasure which the abusers aspire to. This is the thin line that makes a difference between the terms causes and concerns of the drug consumption

process. There can be many concerns of abusers to take drugs and that can vary from abuser to abuser. We will cite different experiences of abusers to convey and justify the different causes with different concerns in the concerned region under study.

Focus on the Terms 'Causes' and 'Concerns' of Drug Culture:

Existing Causes for Intake of Drugs	Role of Different Drugs	Major Concerns of an Abuser and Addict	Impact on Individual and Society
Existing reality: social anxiety, poverty, poor socialization, love failure, unemployment, family disorganization.	Helps to mediate or convert feelings of hardship, hard reality, failure etc. To pleasure, relaxation, satisfaction.	To feel good, to feel better, to do better.	Individuals become addicted to drugs and the growing rate of addicts initiate social problems in society: rising crime rates, different drug activities, crime, prostitution, drug related activities like, smuggling, peddling.

NIDA has categorized the major causes of drug abuse into four groups which are as follows,

1. To Feel Good.
2. To Feel Better.
3. To Do Better and the last one is,
4. Curiosity and 'Because Others Are Doing It'.

These categories are clubbed to include different similar causes with specific reasons. The current study seeks to borrow the categories but rearrange the categories as the study thinks it to be more convenient to identify and explain major reasons and concerns that are responsible for the growing rate of drug activities in the concerned region under study. In drug culture, participation of youth is a very vital issue and it is growing rapidly by lessening the age group day by day which threatens the future of the societies. Youth category is the base of the current study, hence, the study will be discussing the categorization as a process and will start from the initial stage to the final stage by citing experiences of the abusers and addicts with relevant causes and concerns. The study will be discussing the causes and concerns on the basis of aforementioned categories by rearranging the sequence that NIDA has provided. New arrangement with relevant discussion is as follows-

1. Curiosity and 'Because Others Are Doing It':
Drug abuse and addiction is a burning issue for

research nowadays as it has become an adamant destructive social problem worldwide and India is no exception to that but the worry is the growing participation of Indian teenagers that is exaggerating the precarious future of the young even though several initiatives have been taken by the government. Several researchers find the age group to be vital. Most of the drug taking behavior whether natural or synthetic starts due to teenagers 'curiosity regarding drugs, questions like how it feels and most importantly, they imitate the behavior because others are doing it'. Social learning helps to imprint this imitation to the minds of the young. Here, 'others' may be considered as the existence of an addict member in the family may be parents, may be school or college seniors or neighborhood seniors, and peers etc. who may be the source in drug addiction. Youth in contemporary society indulge themselves in drug consumption at a high rate as they find it very fascinating whatever the related causes and concerns are.

Research showed that, during teenage years most of the abusers start their drug abuse behavior due to their curiosity only to experience the substances for at least once as others are doing it. As we all know, teenage is a vulnerable time of life in which they can be easily get diverted from their productive activities of mainstream society and be lost in the dark inadvertently. This is the reason to

put this point at the beginning of discussion as it appears very significant, initial and also plays a vital role in the addiction world. This point signifies the 'initial stage' where drug indulgence comes into the lives of teenagers and mostly lead them deep into the drug culture.

Although the specified cause guides youth towards substances only to gain experience on consumption of drugs for at least once but there are many factors associating with the above-mentioned cause. We will consider only major factors that are found by the different researches on drug addiction that boost and countenance youth for intake of drugs in contemporary society and clubbed those factors under the above-mentioned cause. Less parental supervision, access to money and freedom, absence of joint family along with traditional recreational spaces, family hitch, fragmented family relations or family disorganization, deviant peers, social media, mass media like movies, web series, loneliness and feelings of alienation that no one loves or cares, role of different cultural festivals, concerts and religious rituals, occasions, educational migration, availability and easy access to drugs, and nightlife trend et cetera are the basic vital factors that pushes youth to have an experience on drugs. Above mentioned factors are clubbed in the concern point of discussion as these factors push youth to be intertwined with drug activities.

Curiosity comes through social learning when youth witness and finds their seniors or peers are having so much of enjoyment and consider them as cool or dominating while they are under the influence of substances. This cool and dominating looking factor fascinates youth to have drug at least for once. This is in this study considered as their 'concern' to look for drugs to satisfy their curiosity (cause) and also, to have drugs as others are doing it, so they can have it as well. Concerns of taking drugs mainly refers to those feelings that are experienced by the abusers after consumption of drugs.

We will cite different experiences of respondents that are collected and detailed during field work. This discussion has its base on the qualitative data collected from the field. We will discuss different experiences in the form of detailed cases accordingly (based on the categorization) with the relevant 'causes' and 'concerns' of taking substances as mentioned by

the respondents. Pseudonym used to refer case respondents.

CASE NO. 1

Robin is a resident of Singimari, Darjeeling. He is 27-year-old and belongs to a family consisting of father, mother and himself. He is the only child of his family. His father is a government servant and his mother is also employed in ICDS (Integrated Child Development Services) scheme. His family is an affluent family in all respects. He was a student of a very reputed school in his area but due to his illegal behaviour he could not complete his high school education.

The respondent was asked to share his experiences regarding his drug addiction and its impact on his life: Robin stated that since his childhood, he was fascinated by seniors who are addicts in and around his neighborhood. He got influenced just because he found them cool and dashing in every respect. He enjoyed watching seniors' activities while they were under the influence of substances and secretly aimed to be like them one day.

Later in his school days he observed that his seniors of school use substances as well just like the seniors' of his neighborhood to get high and this seemed like a form of great enjoyment to him and that made him curious towards drug activity. So, with all courage he decided to talk to seniors of schools and finally, he asked one of his seniors to include him in their group and share the information of their substances that they used to have in school for enjoyment. Since then he started to be with his deviant seniors and started taking the pill (N10) and felt very good. That feeling became his concern to take drugs on a regular basis by visiting drug taking places with seniors.

CASE NO. 2

Minakshe is a 21-year-old girl and a resident of Siliguri Sub-Division. She is a college going girl and belongs to a middle-class family as her father works in the unorganised sector as a salesman and her mother is a housemaid. She is the only daughter and has a 12-year-old brother who is a school student.

In contemporary society, college education is meant to be the time of enjoyment as it showed up in different movies and other mass communication channels. Minakshe was a good student in her school days but when she got admitted to college at the age of 18, she showed lack of interest in education as she got introduced to numerous people of her age (male female both) and for the first time got an opportunity to open up to the outer world.

Minakshe is basically a fun-loving girl aspires to enjoy nightlife culture (visiting bar, pub, disco et cetera) but restricts herself in many cases due to her economic condition. She started giving tuitions to the nursery children and started earning money for her expenses. Meantime, Minakshe has built very good connections with deviant boys and girls as she found them very cool and smart in their appearances in college premises. Her group members invited her to visit pub and bar in and around Siliguri and she went there for the first time. She had alcohol for the first time there and within a few months she regularized herself in visiting those places where she could drink alcohol but she became unable to manage money regularly as her pocket was not permitting to do so. In that crisis, one of her friends suggested her to smoke natural substances as it cost less than alcohol. Hence, she started taking natural substances with other groups who smoke natural substances regularly only to check her expenses on pubs and bars.

She shifted herself from alcohol to natural drug and eventually, shifted again towards synthetic drugs. Now, she needs more money compared to alcohol on a per day basis. Brown sugar costs more compared to alcohol. Moreover, Minakshe has extended her tolerance level so high that she needs six doses of brown sugar per day which needs lots of money daily.

To get her desired drug she used her body (as a sex worker) several times even then she became unable to manage her consumption expenses. She sold many household commodities only to get a drug dose. For now, to reduce her expenses on drugs she started injecting low quality but high-power drugs into her veins. Minakshe mentioned, she is not bothered about anyone (family, neighborhood or friends) but drugs. She needs drugs badly and becomes completely physically dependent on drugs and without drugs she cannot

even move. Curiosity and over excitement has led her towards complete destitution in life.

Curiosity and the trend of night life enjoyment put her in substance use and eventually she started to abuse drugs and at the end she got introduced to brown sugar (Lama) when physical and psychological dependency came in and she became an addict of drugs at the last stage.

2. To Feel Good: Basically, most of the mood-altering substances produce feelings of pleasure which attracts the minds of the users to abuse substances and to get that sort of pleasure again and again, and eventually, one becomes besotted with drug abuse. Hence, that repetition causes addiction and they become dependent on drugs and act obsessively in taking those substances repeatedly. Abusers start producing new reasons continuously only to enjoy and live those moments simultaneously.

A drug always produces and provides pleasure but differs only in relation to the sensations of euphoria one gets after the consumption of different drugs. This means, some drugs produce energy, power, and boost self-confidence etc. and intake of some drugs produces and provides relaxation, satisfaction and peace etc. Some drugs make individuals excited and energetic while others would make them calm and composed. This intake of drugs of particular variety defines what actually the abuser wants to get and that become their 'concern' of in-taking drugs. These concerns countenance individuals to move for drugs. With these concerns, abusers make themselves susceptible to ignore their hardship and struggles for a while. They get what they actually want to get till they are not totally dependent on it. This signifies the second stage of abuse. Once they lose control and become physically dependent on drugs the excruciating struggle of abusers starts on as an addict (final stage).

To feel good is a state of mind of individuals and choices rely on them to opt something as their refreshment only to feel good but when that choice impacts the behavior of the other members of the group, community and society negatively then, that behavior becomes restricted in mainstream society and culture and is considered as a social problem as it navigates others toward such unhealthy illegal activities.

Now, the important question is that, why do teenagers especially and adults in general start drug consumption to feel good by getting some pleasure in contemporary societies in huge numbers instead of focusing on their productive future? In traditional societies, the number of addicts were very few and drug consumption was not treated as a major social problem but why in current societies it is considered a big social problem that has the power to destroy the healthy future of young people. We will be discussing detailed case histories to know more on the issue.

This part is not dealing with the gateway cause and concern for drug abuse of an individual rather this part deals with the continuous in-take of drugs by placing new causes every time by the addicts to get their concerned pleasure repeatedly. This pleasure (concern) chasing mentality of people makes them dependent on drugs and that leads them to addiction which is actually based on the 'pleasure' once they get by abusing drugs of any kind initially.

CASE NO. 3

Nikita is a 21-year-old girl from Siliguri and her family consists of her father, mother and a younger sister. Her parents are working to get a good future for their daughters. Her father is working in the unorganised sector as a driver and her mother is a security guard in a nursing home. She dropped her education while she was in third year in a college due to her illegal drug behaviour. She is now working in a beauty parlour for six months and is a former office employee of a school in Siliguri. Nikita is an abuser of different natural and synthetic drugs and she started her substance abuse with alcohol when she was sixteen-year-old. She started with her friends (only girls) with curiosity to experience for once but repeated consumption excited her to explore different drugs only to feel that first pleasure that she got in her first abuse.

Nikita belongs to a lower middle-class family, a family which is struggling to live a good life. Her parents invest maximum time to earn their bread and butter. Hence, looking after and supervising each and every activity of their daughters become tough for them. This gap of supervision can lead young to enjoy and enhance their freedom in a wrong way. Low parental supervision is one of the causes that play a significant role in drug addiction.

Increasing tolerance with low parental supervision puts people in this sort of behaviour only to revive and enjoy the first experience of substance abuse. She said she loved to taste different drugs as per her convenience to feel the mood alteration chemically and of course to enjoy and to feel good.

She is just 21 years old and has tasted drugs of every kind approximately. She has injected different drugs into her veins to get pleasure of different kind. She mentioned that drugs are very powerful and it has supernatural elements that can alter bad feelings to a fantastic pleasurable one. She takes drugs to feel good.

She is deep into the behaviour now because she has become completely addicted to drugs only to feel good. She did not realize that when she got dependent on drugs physically and for now, drugs became a basic thing in her life. She needs no one (family, friends, neighborhood et cetera) but needs drugs very badly.

Curiosity pushes individuals to taste drugs for the first time but repeated consumption forces people to have different types of pleasures or feelings and finally, drug abusing mentality leads individual deep into addiction which causes physical and psychological dependence on drugs.

CASE NO. 4

This case is about Kala a 27-year-old boy and his drug addiction. Kala is a doctoral scholar in a university and an aspirant of becoming an assistant professor. He belongs to an upper class (economically) family which consists of a father and a mother. He is a single child of his family. His father is a businessman and his mother is in health service. He is a very bright student and also deep into drug addiction behaviour.

Kala started to use drugs just because most of his friends take drugs regularly. He started just because others are doing it. After the first consumption of a specific natural drug, he found himself very relaxed and at peace. He always wanted that sort of feeling but due to his pressure on future career he never enjoyed that kind of relaxation. He was into the 'feel good' situation where no worries are poking him to do or think about his life and career. Hence, drug intake became a regular behavior for him.

To live those 'feel good' moments he tried drugs of different kind. He is from a very affluent family which means he has plenty of money to fulfill his desire on drugs. Hence, he tried drugs of every kind to chase the feeling of 'feel good'. Now, he has started to inject liquid synthetic drugs in his veins.

To have something different chemically (by abusing drugs) leads people into the non-productive activities and that can ruin a bright future of an abuser. Kala is very active in drugs and also focusing on his career as well. Physical dependency is there but still he is managing himself in mainstream cultural life with drugs. It will be unfortunate to say that, in continuation of this illegal behaviour he will be completely in the dark drug culture which has everything unreal but not the bright future in a mainstream society.

3. To Feel Better: In this part, people try to alter their feelings by abusing drugs of different kinds. This section refers to those who are suffering from social anxiety, depression, or stress and people consider that consumption of drugs helps to lessen their feelings of distress. Above mentioned sufferings and hard realities of life lead towards drug abuse and addiction because sufferers consider drug use initially as an alternative to alter their situation. Repeated use of drugs increases tolerance level and then, use becomes abuse unconsciously which eventually leads them toward addiction.

This category is basically a psychological issue but repeated use of drugs starts impacting on the behavior of the user and has a great impact socially which makes it a topic of study in sociology. Initially, people try to avoid the hard realities of life by taking drugs. Hard realities become the prime 'cause' to opt drug but the 'concern' is to alter that reality into something pleasurable. This feeling gives birth to an insatiable appetite and that acts as a trigger to have drugs again and again. Hence, this sort of urge to have unreal reality which puts them in abuse and addiction of different drugs.

CASE NO. 5

Md. Sakibul is a male aged 25 and a resident of Darjeeling district. He lives in a joint family with his parents (father and mother), his uncle, aunt (his father's brother and brother's wife) and their daughter. By education he is a M.Sc. in Chemistry

and now, he is preparing for UPSC (Union Public Service Commission) and WBCS (West Bengal Civil Services) examinations along with Ph. D entrance viva-voce as he has cleared NET (National Eligibility Test).

Sakibul was in a relationship for approximately seven years but face breakup before couple of years. He was about to marry her, hence introduced his love to his parents. After breakup he felt so embarrassed and ashamed that he could not continue his love relation and started blaming himself. It was so painful that he could not focus on his career and other things. He wanted to be an assistant professor but failure in love put him on the wrong track and now remorse his involvement in drug culture each and every moment.

Sakibul mentioned that failure in love was the prime cause which forced him to taste drugs for the first time and eventually get addicted to different drugs. He was asked, how did he get to know that by abusing drugs he can alter his pain to a pleasurable feeling and drugs will bring him strength to forget his pain? He replied his friends were used to drugs (natural and synthetic both) and they influenced and insisted him to consume drugs for his betterment to escape his hard feelings and will feel better.

He already had the habit of smoking cigarette and drinking alcohol. To avoid his pain Sakibul used ganja (Marijuana) for the first time to feel better. His friends who were already in drug consumption passed the information that natural drug could help him to get rid of painful thoughts. Sakibul was trapped by his deviant peers by using his failure in love as he was in a vulnerable state. He became the financier of total drug consumption of his group. After consuming drugs with friends he actually felt better and became calm without thinking about the girl who left him. He said, in reality he was not in his senses to think about anything but to consume drugs again and again.

Within a very short time, Sakibul got introduced to brown sugar and continuing his consumption till today. Sakibul became dependent on drugs and for him, it become a normal diet for everyday which he needed badly to feel better and no longer bothered about his love and its failure. Due to his strong economic background he did not need to commit any of the criminal activities to manage money for the consumption.

This failure in love worked as a gateway in drug culture to feel better but eventually, he started citing new reasons only to consume drugs repeatedly. Continuous consumption behavior gives one an insatiable appetite which will never get satisfied till the last breath of an addict.

Deviant peers (who are already into substance abuse) are playing a significant role in dissemination of drug related activities to the non-deviant peers. This is based on social learning rather than on socialization of an individual. This sort of friend work as a repository of drug related information and as a carrier of drug activities to the next generation. They influence their surroundings (friends, neighborhood) by providing information on drugs and convey their pleasure that they get after consumption of different drugs which lures others to participate in drug consumption. Deviant peers only portray the feelings they get through drugs but hide the addictive nature of drugs and hard struggle behind it which puts beginners in a vulnerable state afterwards.

CASE NO. 6

Ganga is a 26-year-old married woman and a resident of Darjeeling hills. She has a family consisting of a husband and a daughter. Her husband is in the hotel business in Darjeeling and her daughter is seven-years-old. Ganga is a house wife but aspires to be a nurse. She completed her nursing course from a government institution but her husband did not let her join when she got placement in Siliguri. She requested her husband several times but he did not listen to her for once and that broke her heart.

Ganga was a very ambitious girl but her parents firstly gave her marriage forcefully as the groom belongs to a very affluent family. They did not listen to her that time. She was pursuing her nursing course that time and after completion of her course her husband did not let her build her career.

Ganga belongs to a family (after marriage) where consumption of alcohol is frequent and she got used to it as she did not have anything to do except household work. Ganga was frustrated with her life and consumption of alcohol boosted her in every respect. Excessive and regular consumption started creating problems for her as her husband already complained and warned her not to drink alcohol anymore otherwise he would put her in a rehabilitation centre. That time she stopped but

without intoxicant she became frustrated as she always thinking about her failure in career. Soon, she started taking magic mushrooms as it has no smell and also to feel better mentally. Mushrooms led her to explore different drugs as she was getting different pleasurable feelings generated by different drugs and also, she became energetic and refreshed. This was the turn from alcohol to natural drugs. Within three months Ganga got addicted to drugs of different kinds and became physically dependent.

Ganga has increased her tolerance level in a way that mushrooms are no longer generating feelings for her anymore. Then she moved toward synthetic as one of her friends mentioned, N10 capsule and cough syrup are very effective and have no symptoms of getting caught. This was her second turn in drugs from natural to synthetic. She was getting deep into drug behavior slowly and one day her husband caught her with drugs.

Even though she still gets caught by her husband, she continues taking drugs without bothering about him but one day her daughter saw her while she was taking the drug. Drugs usually impact on senses and after consumption she loses her senses. Very next day she became normal and got to know that her daughter was hospitalized as she had swallowed two N10 capsules. She was very serious and was admitted to the intensive care unit of a nursing home.

That day Ganga decided not to take drugs further to feel better and also requested her husband to put her under treatment in a rehabilitation centre as she wanted to be clean from drug behavior. She completed four months of treatment and never got any sort of feeling to have drugs anymore. She said, 'feeling better' is a psychological state of mind and once someone considers drugs to alter their hard realities to pleasure then they become concerned with taking drugs repeatedly and cannot overcome it alone.

She understood that one can alter his/her feelings by doing something productive instead of looking for drugs. Although her husband did not let her do what she aspired to but she could think of anything with which she could stay in Darjeeling only or she could continue her nursing job in Darjeeling but she opted drugs to alter her feeling which put her in so much of struggle and above all her daughter was about to die only for her decision.

4. To Do Better: Last but not the least concern of taking drugs is 'To Do Better' in abuser's respective field of performance. Feelings of get failure or repeated failure or performance pressure for good results makes individuals vulnerable which guides them to opt for drugs to enhance their cognitive or physical strength for a particular performance. Primary concern of taking drugs is to extend their strength chemically which helps some people to perform better and also it helps to escape the performance pressure which automatically culminates to good results. Abusers consider the above justification before consuming the drug. This behaviour is sort of an experiment of abusing drugs before an event but gradual in-take of substances lead people toward addiction or make them dependent on such drugs to perform again and again for the sake of good results.

The prime causes can be clubbed in a way that failure(s) in a particular activity or activities, poor cognitive level, inadequate physical strength, low focus, fear of failure, et cetera are the areas that put people to think about the enhancement of their capacity chemically to perform better. Contemporary societies are now becoming so competitive that people are afraid of failure and that feeling is having enough strength to push people on the wrong track to opt for illegal means to achieve their desired results. Athletes dope themselves to win, students consume drugs to focus on their studies and some people get high before committing any illegal activity (last statement of consuming drugs before committing a crime has been discussed in detail in the part of nexus between drugs and crime).

There are so many instances which could substantiate the fact that, in many cases people are about to intoxicate themselves to enhance their capability and for good performance. Detailed cases will substantiate this last category.

CASE NO. 7

Uttam is a 22-year-old boy from Siliguri who has shared his causes and concerns of illegal drug consumption. He is a building construction worker (marble mistri). His family consists of his mother, wife and a younger brother. His father died a few years back due to some health issues. He stepped into drug behaviour after his marriage just before the pandemic of year 2020.

Initially, before abusing drugs Uttam was already introduced to alcohol. After marriage life turns in a different way as it brings so much responsibility with it. Uttam is liable to earn bread and butter for his family after the death of his father. His mother helps him in some way or the other to maintain family expenses. They have a small grocery shop attached to their house that is run by his mother.

In conjugal life, sexual intercourse and satisfaction are a very important part. Uttam was suffering with both which means he was unable to perform properly during sexual intercourse (performance pressure) and was always thinking that he is failing every time to satisfy his wife sexually. This feeling started to frustrate him because he was unable to share his problem with anyone. Soon he shared his feelings with his friend and got to know that his friend was in the same situation. Hence, his friend suggested to start smoking marijuana as it directly affects the nerving system which automatically helps in sustaining more time during intercourse. His friend said that, he used marijuana for his problem and get good result.

Uttam started smoking marijuana with that particular friend as he is an expert of it. Uttam mentioned, marijuana smoking really helped him to have a good sexual intercourse. Performance pressure pushed him towards drugs to do better. He became a regular smoker of marijuana. He said his wife was very happy with his improvement. Just like the regular consumption one day Uttam got to know that synthetic drugs are more powerful and can enhance the time more than the natural ones. Therefore, he started to abuse synthetic drugs, especially lama (Brown Sugar).

Usually Brown Sugar makes abusers hyper, aggressive and energetic. Dose of drugs needed to be limited. One day during intercourse under the influence of Brown Sugar Uttam tortured his wife physically as she became unable to fulfil the requirements of her husband. Uttam became so aggressive that he beat his wife so hard that one of her hands got broken.

Uttam became physically and mentally dependent on Brown Sugar so much that without brown sugar he was unable to perform. On the other hand, his wife gets scared of doing intercourse while her husband was under the influence of drugs. The situation again started to frustrate but this time both of them were under pressure.

To resolve the problem Uttam has decided to consume drugs together (Uttam and his wife) to have a pleasurable time. This decision put him in a more vulnerable situation in respect of money because the price of brown sugar is very high. Gradual consumption led them to mortgaged their valuable assets (motor bike, gold jewelries et cetera).

Now, Uttam and his wife both became physically dependent on drugs and the interesting part is they became apathetic to sexual intercourse within two years of consumption of Brown Sugar regularly. Performance pressure and urge to have good results pushed Uttam towards the addiction world and now, he is trying to be free from drugs but it seems impossible for him due to his economic condition. 'Struggle for everything is waiting on his doorsteps if he cannot quit the behaviour' as he quoted.

CASE NO. 8

Chiku is a 23-year-old master's student and an inhabitant of the hill region of the district. She is a hosteller of the concerned university where she is pursuing her MSc. She belongs to a very affluent family which consists of father, mother and a younger brother. Her father is an A-grade officer in hills and her mother is an assistant professor in a college. From the beginning she stayed in hostels to complete her education and now, she is about to finish her masters. She aspires to be an assistant professor like her mother. She always gets inspired by her mother. She said her parents did everything that helped her to become a professor. This was her biggest pressure but she never ever shared this with her parents.

She got introduced to drugs and its capabilities which gives strength to focus in her study during her college days. Initially, she started with marijuana to enhance her energy and helped her to study throughout the night.

In the first semester of college, she failed in two honors papers. This was the time when she became vulnerable and considered drugs for better performance. She started with marijuana for her relentless hard work. She knew that drugs help to increase strength chemically and helps to concretize her focus. One of her friends from her neighborhood was already into drugs and she asked for help from her friend to give some of the substance to her as she is aspiring to have. Her

friend used to give substance regularly and gradual intake made her dependent on drugs.

In the second semester she did very well in every paper and she was the topper of the department in that semester. This result motivated her to procure drugs regularly in future days. This was the time when she started and till now, she is on drugs to perform better in her examinations to get a good result.

Now, she is in masters and consumes drugs on a daily basis but the drug has been shifted from natural to synthetic one. As she is staying in hostels so her parents are unaware of the fact that their child is a drug addict.

To do better in examinations she started her drugs abuse which led her to addiction. Chiku said she needs drug every day and now, there are other causes attached to have drugs daily. Without drugs she cannot sleep or eat, even she cannot attend her classes. Without drugs she cannot understand what people are saying to her. She became a complete addict on several drugs. Results are no more concern but the failure is. Now, she is about to maintain her secrecy from everyone that she abuses drugs and obsessed with drugs. Without drugs she cannot move in her life. She mentioned that she wants to be in rehabilitation for treatment but for that she needs to inform her parents first.

CONCLUSION

This is all about the major 'causes' and 'concerns' to be in the drug cultural activities. An attempt has been made to show the major causes associated with major concern by categorizing them in a structural way which was borrowed from NIDA only to explain the cases accordingly. It may be possible that any of the causes and concerns would occur abruptly without maintaining the order of the classification. This summarizes the findings in a way that, there may be many causes exist which lead one towards illegal drug consumption and related activities but in continuation of the behaviour all that matter is their 'concern' to have different drugs repeatedly.

The rising participation of youth in the illegal activity symbolizing the existence of drug culture in the form of night life trend, consumer culture and availability of substances in each and every nooks and corner which triggers youth to be in the modern life.

Development of Information and Communication Technology gives an opportunity to the young that they get to know many things so early and become curious. We have already discussed how curiosity leads individual towards dark side of life.

Furthermore, the information of drug, its availability, consumption, usages et cetera are provided by the differential group members where the victim is belonging to. Peer group works as a push factor in addiction. Drug related information produced and reproduced in society and passed on to the new users, abusers and addicts by the existing ones. It may be for the sake of trade or to

consume together without any expenses, motive can be different but it ultimately disseminating the behaviour rapidly to the youth of the concerned region under study. Deviant peers play a vital role in drug culture and behaviour.

It can be concluded with the findings of the study that offers a nuanced understanding of the major causes of the behaviour by differentiating the vital concerns of the addicts that made them in stay into the illegal unhealthy drug culture. The study tries to answer the basic questions which says 'why and how' addicts consume, continue and persist drug cultural practice in their everyday life.

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