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Behind bar: Drug users a path to recovery

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ABSTRACT

Drug abuse is one of the most serious social problems which is being faced worldwide. It is essential not only to take measures to reduce the supply and demand of abused drugs but also to put into practice a wide range of policies in the areas of criminal, medical, social, economic and welfare policy, etc. This study was designed to acquire the life experience of a drug addict in determining the profile of the respondents, the life of the respondents in using illegal drugs, the effects of the illegal drugs to the respondents, and the coping mechanism of the illegal drug user. The respondents of the study were the 50 illegal drug users under the custody of the Rehabilitation Centre and Bureau of Jail Management and Penology. Findings revealed that the present age of the illegal drug users are still young and still have the chance to change for the betterment. The civil status also plays an important role in engaging in drug addiction, and the respondents who were earning before they were placed in the rehabilitation center and prison shows that they are capable of earning and having the abilities to work. Using illegal drugs not only happen at an early age, but there are also some who were at the stage of their adulthood who started using illegal drugs. Friends and acquaintances can have an increasingly strong influence during adolescence. Mental/emotional, physiological/psychological, family, peers, community, financial, behavioral, and academic were some of the factors that affect the respondents after they used illegal drugs. The respondents often think of how to cope up with the consequences brought to them by using illegal drugs.

Keywords: Drug-users, illegal drugs, experiences, family, rehabilitation

1. INTRODUCTION

Drug abuse is one of the most serious social problems we are now faced with. To cope with the problem, it is essential not only to take measures to reduce the supply and demand of

abused drugs but also to put into practice a wide range of policies in the areas of criminal, medical, social, economic and welfare policy, etc. Judging from the previous results of case reports and evidence-based research carried out throughout the world, the programs for drug-

abuse prevention are only effective when they are mutually combined and integrated [1].

Today, most of the youth easily gets addicted to drugs, they become dependent on various types of mind-altering or stimulating medicines or illegal ones. Addiction often comes hand-in-hand with narcotic effects, whether they are strong or light [2]. It is only a question of time when you get addicted. It gradually destroys all the levels of one's health.

Increasing numbers of social scientists, policymakers, and other social commentators suggest that drug use has become a relatively common form of behavior among young people who accept it as a 'normal' part of their lives [3]. Although there is quite strong empirical evidence that the proportion of young people using drugs at some point in their lives is growing, there is little evidence to support the contention that it is so widely accepted as to be normal.

Strategies on the prevention of drug misuse and the treatment for drug abusers in the respective countries include the enforcement of drug control laws [4]. Drug misuse prevention campaigns, the administration of compulsory treatment for drug abusers, and the extensive use of social resources within the framework of through-care and aftercare.

This study was designed to acquire the life experience of a drug addict in determining the profile of the respondents, the life of the respondents in using illegal drugs, the effects of the illegal drugs to the respondents, and the coping mechanism of the illegal drug user.

2. METHOD AND MATERIAL

2.1. Research Design

The method of research used was the descriptive type of research utilizing the questionnaire technique in collecting and analysing data. The study utilized the descriptive method of researched.

The information gathered from the questionnaire is presented and carefully analysed through the use of different statistical treatments and drawn into tables for easy referral during the interpretation of data.

2.2. Respondents

The respondents of the study were the Fifty (50) illegal drug users who are male only since they are prone in using illegal drugs than female, under the custody of the Rehabilitation Centre in Palayan City, Nueva Ecija and Bureau of Jail Management and Penology in Cabanatuan City, Nueva Ecija.

2.3. Data collecting instrument

Questionnaires were the choice of reaching the targeted population as a result of the relative ease of distribution and return.

It describes the sources of data, the statistical treatment used for analysis and interpretation, and the characteristics of the respondents. The researcher solicited permission from the Rehabilitation Center and Bureau of Jail Management and Penology to sought permission to talk with them regarding the study and the actual conduct of the study. After obtaining the necessary permit form the concerned authorities, the researcher visited the

respondents and personally requested for their cooperation in filling out the research questionnaire to the respondents and they signify for their willingness to cooperate to be part of the study.

2.4. Data analysis

The information gathered from the questionnaire is presented and carefully analyzed through the use of different statistical treatments. These were then drawn into tables for easy referral during the interpretation of data. After collecting the data needed, the researcher checked, classified, tabulated, and analyzed the gathered data with the help of statistical tools.

3. RESULT AND DISCUSSION

3.1. Profile of the Respondents

The observation made from the questionnaire was tabulated and presented in this section. The participants for the study ranged from the age group of 19-50 years old. The result reveals that the majority of the respondents were aged between 27-34 years old (table 1). The present age of illegal drug users shows that they are still young and still have the chance to change for the better [5].

The participants of the study were also segregated on the basis of their gender, to know the status of drug users in the area. The results reveal that more males are prone to using illegal drugs than female respondents (table 2). Despite the fact that the rate of substance abuse and dependence is higher among men than it is

among women, the prevalence rates, especially the more recent ones, indicate that a diagnosis of substance abuse is not gendered specific. Females tend to be more secretive about their abuse, primarily due to the cultural unacceptability of female drug use [6]. Despite the fact that the rate of substance abuse and dependence is higher among men than it is among women, the prevalence rates, especially the more recent ones, indicate that a diagnosis of substance abuse is not gender specific. Females tend to be more secretive about their abuse, primarily due to the cultural unacceptability of female drug use.

It was important to evaluate the marital status of all the respondents to know their social and personal involvement. It has been shown that about 48% of the respondents were single followed by married ones (table 3). The marriage has a positive effect on substance abuse. One study, in particular, showed that the transition from single to married resulted in the greatest decrease in marijuana use within their findings [7-8].

The respondents who were earning before they were placed in a rehabilitation center and prison show that they are capable of earning and having the abilities to work (table 4). Employed respondents, have the greatest number show that the majority of the respondents waste their chance of earning just because of using illegal drugs (table 5) [9].

The religion and its activity can play a vital rule in these activities. This shows that the majority of the respondents were Roman Catholic.

Table 1. The age range of the respondents

Age	Frequency	%	Rank
19-26 years old	11	22%	2.5
27-34 years old	19	38%	1
35-42 years old	9	18%	4
43-50 years old	11	22%	2.5
TOTAL	50	100%	

Table 2. The gender of the respondents

Gender	Frequency	%	Rank
Male	50	100%	1
Female	0	0%	2
TOTAL	50	100%	

Table 3. The civil status of the respondents

Civil Status	Frequency	%	Rank
Single	24	48%	1
Married	20	40%	2
Widow	0	0%	4
Separated	6	12%	3
TOTAL	50	100%	

Table 4. Monthly income of the respondents (before)

Monthly Income	Frequency	%	Rank
P5,000 – below	15	38%	1
P5,001 – P10,000	8	20%	3
P10,001 – P15,000	13	33%	2
P15,001 – above	4	10%	4
TOTAL	40	100%	

Table 5. Occupational status of the respondents

Occupational Status	Frequency	%	Rank
Student	6	12%	2
Employed	40	80%	1
Unemployed	4	8%	3
TOTAL	50	100%	

Table 6. The religion of the respondents

Religion	Frequency	%	Rank
Roman Catholic	32	64%	1
Iglesia ni Cristo	11	22%	2
Other	7	14%	3
TOTAL	50	100%	

Table 7. Highest educational attainment of the respondents

Highest Educational Attainment	Frequency	%	Rank
Elementary undergraduate	1	2%	7
Elementary graduate	5	10%	4.5
High School undergraduate	7	14%	3
High School graduate	19	38%	1
College level	11	22%	2
College graduate	5	10%	4.5
Vocational courses	2	4%	6
TOTAL	50	100%	

Table 8. The number of siblings of respondents

Number of Siblings	Frequency	%	Rank
1-4 siblings	27	54%	1
5-8 siblings	16	32%	2
9-12 siblings	7	14%	3
TOTAL	50	100%	

Religiosity was found to be a strongly protective factor against drug use (table 6). However, more studies are needed to identify the mechanisms by which religiosity exerts this protective influence [10].

The drug users were generally High school graduate, whereas the elementary undergraduate has the least number of respondents (table 7). Studies have revealed significant associations between illegal drug use and a range of measures of educational performance, including lower grade point average, less satisfaction with school, negative attitudes to school, increased rates of school absenteeism, and poor school performance [11].

From this study, it is observed that the individual with fewer siblings had more tendencies to do drugs than others. The result showcase that more than 50% of the respondents were having 1-4 siblings. The individuals with more than 9 siblings were least addicted (table 8). The reason for this can be stated that many people who are dealing with a drug-addicted sibling believe they are helping their sibling to recover. What they are doing is making it possible for the addict to continue his or her harmful behavior with little or no consequences [12].

3.2. Life after using Illegal Drugs

The above mentioned results discussed about the profile of drug addicts and their basic patterns. But it is also important to acknowledge the lifestyle of these respondents.

In general the drug users are somehow or the other are introduced to drug and its world. From this study it is observed that about 52% of the respondents started using drugs at very early age ranging from 13-19 years (table 9). But this was compulsory that the drug use can initiate at early age. Adults ranging 20-26 years were also frequently users. This shows that using illegal drugs not only happens at an early age, but there are also some who were at the stage of their adulthood that started using illegal drugs [13].

There can be various reasons to start using drugs and become serial drug using. Among the listed reason most of the respondents stated that the drug was introduced by their friends and colleagues (table 10). Some reason for opting drugs was Family issue, phase change and curiosity. Friends and acquaintances can have an increasingly strong influence during adolescence [14]. Drug-using peers can sway even those without risk factors to try drugs for the first time.

The drug users use multiple type of drugs on daily basis. The respondents were asked about the choice of drugs they have while using it. Most of the respondents had used “shabu” when

Table 9. Age of the respondent when they start using illegal drugs

Age	Frequency	%	Rank
13-19 years old	26	52%	1
20-26 years old	18	36%	2
27-33 years old	4	8%	3
34-40 years old	2	4%	4
TOTAL	50	100%	

Table 10. Reasons for using illegal drugs

Reasons for Using Illegal Drugs	Frequency	%	Rank
Friends used/were offered by a friend	48	24%	1
Wanted to see what it was like (curiosity)	20	10%	5
To feel better/to stop feeling unhappy	30	15%	2
To take a risk	11	6%	8
To do something exciting	17	9%	6
Family problems	23	12%	4
Work/school/relationship problems	5	3%	9
Traumatic experience	3	2%	11
Influence of media	4	2%	10
To be accepted by others	14	7%	7
To be sociable	25	13%	3
TOTAL	50	100%	

Table 11. Type of illegal drugs used by respondents

Type of Illegal Drugs Used	Frequency	%	Rank
Shabu	47	47%	1
Marijuana	32	32%	2
Rugby	6	6%	3.5
Ecstasy	4	4%	5
Cocaine	6	6%	3.5
Nalbuphine HCl or Nubain	3	3%	6
Opium	1	1%	7.5
Psilocybin or Magic mushroom	1	1%	7.5
TOTAL	50	100%	

Table 12. Source of illegal drugs attained by respondents

Source of Illegal Drugs	Frequency	%	Rank
Pusher	31	37%	1
I had a friend who bought it for me	23	28%	2
My friend or friends offered it to me	14	17%	3
Other adults offered it to me	13	16%	4
I got it from my home without my parent's permission	2	2%	5
TOTAL	50	100%	

Table 13. Number of years under the custody of rehabilitation center or imprisoned

Number of Years	Frequency	%	Rank
Less than a year	12	24%	2
1-3 years	29	58%	1
4-6 years	7	14%	3
7 years	2	4%	4
TOTAL	50	100%	

it comes to the type of illegal drugs followed by “Marijuana” (table 11). There are many illegal drugs that are being abused by our society today [15]. Drugs such as marijuana, meth, and the abuse of prescription medications are on the rise [16]. It is important for everyone to raise their level of awareness in order to reduce the risk of drug abuse or to help someone they care for who is already suffering from drug abuse or addiction.

The illegal drug use is not permitted in countries. The drugs are provided by Drug pushers, motivated by the profits they make, they will say anything to get you to buy their drugs (table 12). They don't care if the drugs ruin life as long as they are getting paid. All they care about is money [17].

The use of illegal drugs leads to arrest of drug users. The study shows that majority of the respondents have been under the custody of a rehabilitation center or imprisoned for 1-3 years (table 13). Due to the overcrowding in jails and the increasing realization that jail does not help rehabilitate drug addicts, those in legal trouble can be given the option of attending a drug rehab program rather than serving prison time [18]. Drug rehab is more constructive for alcohol or drug-related problems because they can attend therapy sessions, have individual time with addiction specialists, and learn how to live a more satisfying life.

3.3. Effects of Illegal Drugs to the Respondents

Mental/emotional effects of drug addiction come from the reason the user is addicted to drugs, as well as the changes that take place in the brain once a person becomes a drug addict (table 14). According to Saah (2005), addiction

involves three main components [19]. These three components include developmental attachment, pharmacological mechanism and social phylogeny. The nature of drug addiction is three-fold: biological, psychological and social. The family dysfunction and disruption, low social class rearing, poor parental monitoring and rampant social drug-use exposure may greatly contribute to an individual's movement from substance abuse predisposition to addiction [19].

While the specific physical and psychological effects of drug abuse and addiction tend to vary based on the particular substance involved, the general effects of abuse or addiction to any drug can be devastating (table 15). Doweiko (2006) stated that primary disease with multiple manifestations in the person's social, psychological, spiritual and economic life [20]. The disease is often progressive, potentially fatal and marked by the individual's inability to control the use of the drug; the person has a preoccupation with chemical use and in spite of its many consequences, develops a distorted way of looking at the world that supports continued use of that chemical [20].

The problematic use of drugs by a family member had many significant and enduring impacts on family dynamics and functioning. Families routinely reported great stress, conflict, and anxiety as a consequence of trying to protect the family member from the dangers and harms associated with drugs, and to limit the damage arising from their behavior towards the rest of the family (table 16). Oshikoya and Alli (2006) in their studies on perception of Drug Abuse amongst Nigerian undergraduates identified

Table 14. Mental/emotional effects of illegal drugs to the respondents

Mental/Emotional Effects	Weighted Mean	Verbal Interpretation
I felt a lack of interest in life.	1.82	Seldom
I had trouble keeping my mind on what I was doing.	2.42	Seldom
I feel scared of being alone.	2.00	Seldom
I always panic, even with simple problems.	2.14	Seldom
Drugs trigger my depression and anxiety.	2.18	Seldom
I thought of committing suicide.	1.34	Never
Thought of running out of drugs terrifies me.	1.78	Seldom
For me, it seems impossible to live without drugs.	1.42	Never
I experience low self-confidence or self-esteem.	2.10	Seldom
I feel relaxed or less tensed when I use illegal drugs.	3.56	Often
Average Weighted Mean	2.08	Seldom

Table 15. Physical/physiological effects of illegal drugs to the respondents

Physical/Physiological Effects	Weighted Mean	Verbal Interpretation
I felt like I was too tired to do things.	2.42	Seldom
Drug use caused me to injure myself.	1.30	Never
I did not feel like eating; my appetite was poor.	3.50	Often
I experience something other than numbness.	1.82	Seldom
Dramatic changes in physical appearance, such as weight loss.	3.84	Often
Drug use interferes with my sleeping or eating.	3.48	Sometimes
I experienced withdrawal symptoms when I try to stop using illegal drugs.	2.90	Sometimes
My ambition decreased since I used drugs.	2.34	Seldom
My self-confidence increases since I used drugs.	3.24	Sometimes
I had the shakes or tremors when not using drugs for a period of time.	1.68	Seldom
Average Weighted Mean	2.65	Sometimes

Table 16. Family effects of illegal drugs to the respondents

Family Effects	Weighted Mean	Verbal Interpretation
Withdrawal from my family.	3.10	Sometimes
Drug use disrupts my family life.	2.90	Sometimes
Drug use makes my home life unhappy.	2.44	Seldom
Drug use makes me care less about my family's welfare.	3.00	Sometimes
My parents complain about my involvement with drugs.	4.40	Often
I had neglected my family because of my use of drugs.	3.24	Sometimes
Drugs caused tension or disagreement with my family.	3.24	Sometimes
I learned to disobey my parents because of drugs.	3.88	Often
I used to spend my time with my friends than with my family.	3.18	Sometimes
My family rejected me because of drug use.	1.98	Seldom
Average Weighted Mean	3.14	Seldom

Table 17. Peers effects of illegal drugs to the respondents

Peers Effects	Weighted Mean	Verbal Interpretation
Withdrawal from my friends.	2.50	Sometimes
I can stop using drugs if I can stop going out with friends using drugs.	2.22	Seldom
I relied on my friends for care and support, thus I had no choice but to join them in using drugs.	2.10	Seldom
My friends accepted me when I used drugs.	2.60	Sometimes
My friends started to avoid me.	2.20	Seldom
I had influenced my friends in using drugs.	2.94	Sometimes
Usually having arguments with my friends.	2.82	Sometimes
Spending more of my time with my friends who give me drugs.	3.70	Often
Using drugs caused me to hurt even my friends.	1.59	Seldom
I had undergone hazing with my friends under the use of drugs.	1.46	Never
Average Weighted Mean	2.41	Seldom

dependence and addiction as one of the major consequences of drug abuse, characterized by compulsive drug craving seeking behaviors are use that persist even in the face of negative consequences [21]. These changes are maladaptive and inappropriate to the social or environmental setting, therefore may place the individual at risk of harm.

Most young people make the decision to take drugs without being forced or tricked. They will choose a peer group because the group is doing things that appeal to them. This could include using drugs. Khantzian & Albanese (2008) stated that as those who are addicted demonstrate difficulty in regulating their emotions, relationships, their sense of self-worth and self-care behaviour [22]. Those who are comfortable with their feelings and emotions find it easier to relate to others since they are more careful of their behaviors (table 17).

The community greatly affects the life of illegal users; the people in the community should help the illegal drug users to understand the consequences that may arise in using illegal drugs instead of avoiding/neglecting them (table 18). Carrabine and Lee, (2009) stated that one way of thinking about these issues and the place of drugs in late modern society is to consider the proposition that drug use has now become a 'normal' part of everyday life. In other words, it is 'non-acquaintance with drugs or drug users that has become the deviation from the norm [23].

The immediate cost of drug use for the user is the purchase of the drugs—the greater the use, the greater the cost. Money spent on drug

purchases cannot be used on other expenses such as rent or mortgage repayments (table 19). As illustrated by O'Mahony (2008): "Many addicts are recruited into the importation/distribution network at a low level, attracted by the promise of relatively small amounts of money or a continued supply of drugs [24]. The time comes when their addiction fueled desperation and the promise of a supply of drugs eases their path into undertaking street level dealing or other tasks useful to major drug dealers such as intimidation, smuggling or debt collection."

Drug addiction can lead to criminal behavior. The use of illegal drugs is often associated with murder, rape, robbery, aggravated assault, burglary, larceny/theft, serious motor vehicle offenses with dangerous consequences, arson, and hate crimes. As highlighted by Taylor *et al.*, (2003: 271) the monitoring and quantifying of drugs and crime is critical to policy development [25]. There is relatively little work that has quantified how much crime is attributable to drug use. Clearly the size of the problem will dictate the level of resources that should be devoted to the problem.

Others believe that drug abuse offers a way to escape from school or work-related stress, financial worries, or relationship problems. Some feel that drugs provide a way to compensate for feelings of shyness or low self-esteem. Sometimes, these drugs act as a substitute for satisfying relationships, educational accomplishments, or self-fulfillment (table 20). Tupper (2008) stated that with the rise in illegal drug use among young people that occurred in most developed countries in the

Table 18. Community effects of illegal drugs to the respondents

Community Effects	Weighted Mean	Verbal Interpretation
I am not given a fair chance to get along in society.	3.10	Sometimes
I felt people disliked me.	2.82	Sometimes
I feel shy in front of other people.	2.46	Seldom
I avoid people who would disapprove of my drug use.	2.44	Seldom
I feel like I am always the center of conversation of other people.	3.08	Sometimes
I am not accepted in our community.	2.58	Sometimes
The people around me don't treat me normally.	2.60	Sometimes
I felt the people around me are avoiding me.	2.38	Seldom
The people around me are scared of me.	2.26	Seldom
The people in our community neglected me.	2.98	Sometimes
Average Weighted Mean	2.67	Sometimes

Table 19. Financial effects of illegal drugs to the respondents

Financial Effects	Weighted Mean	Verbal Interpretation
The cost of drugs caused me to give up buying other things.	3.18	Sometimes
I learned to borrowed money or stolen something in order to buy drugs.	2.42	Seldom
Sold illegal drugs to have my drugs for free.	2.96	Sometimes
I earned a living by begging.	1.70	Seldom
I have stolen drugs or stolen money to buy drugs.	2.40	Seldom
I learned to sell drugs to my friends to earn money.	2.88	Sometimes
I have sold my valuable things to buy drugs.	2.70	Sometimes
I have neglected my family's financial needs just to buy drugs.	2.38	Seldom
I learned to pawn just to have money to buy drugs.	2.44	Seldom
The people in our community neglected me.	3.00	Sometimes
Average Weighted Mean	2.61	Sometimes

Table 20. Behavioral effects of illegal drugs to the respondents

Behavioral Effects	Weighted Mean	Verbal Interpretation
I had damaged things after having used drugs.	1.80	Seldom
I had attacked someone with the intention of seriously hurting them after using drugs.	1.62	Seldom
I had stolen or tried to steal something from someone.	1.82	Seldom
Being arrested or having trouble with the law.	4.18	Often
I had learned to turn to prostitution.	2.06	Seldom
I behave violently when I use drugs.	1.98	Seldom
I use drugs to escape from worries or troubles.	2.60	Sometimes
I had engaged in illegal activities in order to obtain drugs.	2.42	Seldom
I crave a drug at a definite time daily.	2.32	Seldom
My efficiency decreased since I used drugs.	2.42	Seldom
Average Weighted Mean	2.32	Seldom

1960's, the perceived need to scare young people away

from experimentation with these substances again became a prominent issue for education [26]. However, changing attitudes about drugs including increased cross-cultural and historical awareness of human drug use and postmodern sensibilities of tolerance made it more difficult to uphold the arbitrary distinction between

alcohol and drugs defined more through past and legal policy contingencies than through scientific or public health relations.

3.4. Coping Mechanism

Recovering from addiction can be a difficult and taxing process. Certain people are much more susceptible to addiction, as factors such as genetics or environmental issues can make

Table 21. Academic effects of illegal drugs to the respondents

Coping Mechanism	Weighted Mean	Verbal Interpretation
I feel like seeking support from other people.	2.80	Sometimes
I really want to be with my family to help me.	4.26	Often
I think in positive ways instead of looking back to my past.	4.08	Often
I now pay attention to other things I did not do before.	3.94	Often
I think of moving on if given a chance.	4.40	Often
I really want to make changes in my use of drugs.	4.52	Always
I want to be treated medically, like any person with a physical or emotional problem.	2.78	Sometimes
If given a chance, I want to go back to school to finish my studies.	3.40	Sometimes
I want to prove to my family that I can change for the better.	4.64	Always
If given a chance, I want to have a job that will help me recover from my past.	4.70	Always
Average Weighted Mean	3.95	Often

substance abuse much more likely (table 21). Thombs (2006) stated that there are two main clinical features of addiction or substance dependence that are commonly viewed as disease symptoms: tolerance and withdrawal. Drug tolerance is defined as the need to use increasingly greater amounts of a substance in order to obtain the desired effect [27]. Thombs further stated that most of the commonly used psychoactive drugs, such as, alcohol, cocaine and heroin, if used on a regular basis cause the individual to develop tolerance for the substance. An increase in tolerance is an early symptom of dependence. An acute drug withdrawal results when blood or body tissue concentration of a substance declines following a period of prolonged heavy use.

4. CONCLUSION

On the light of the findings of the study, the following conclusions were drawn:

The present age of illegal drug users shows that they are still young and still have the chance to change for the better. Females tend to be more secretive about their abuse, primarily due to the cultural unacceptability of female drug use. The civil status also plays an important role in

engaging in drug addiction, and the respondents who were earning before they were placed in a rehabilitation center and imprisoned shows that they are capable of earning and having the abilities to work.

Using illegal drugs not only happen at an early age, but there are also some who were at the stage of their adulthood who started using illegal drugs. Friends and acquaintances can have an increasingly strong influence during adolescence. Shabu was the usual type of drug used by the respondents, where they bought from pushers.

Mental/emotional, physiological/psychological, family, peers, community, financial, behavioral, and academic were some of the factors that affect the respondents after they used illegal drugs.

The respondents often think of how to cope up with the consequences brought to them by using illegal drugs.

During their dependency on drugs, their health was deteriorated as strongly agree that they are unable to sleep at night and unable to take a bath daily. After rehabilitation, they were able to

go back to their normal lives and were able to perform their daily activities, trust from the family and the community was regained, and since then, they were able to mingle with friends and family.

5. RECOMMENDATION

Based on the findings and conclusions in this study, recommendations have been made.

The term drug addiction covers a wide range of activities. It is important that specific definitions are provided both in statues governing intervention and in research about prevalence and treatment effectiveness.

Social Workers should exert more effort to encouraged them to do more activities, take a more proactive role in their interests, teach effective methods on how to communicate and mingle with others, to think more strategies on how to rebuild their personality, and help the illegal drug users to cope up.

The Local Government Unit, particularly the barangay officials, should monitor the rehabilitated drug dependents and must take action for them to undergo vocational training programs. Drug dependency should be treated as an illness rather than a crime. PDEA must intensify its anti-drugs campaign. PDEA must conduct seminar/symposium on drug education PDEA must conduct surveillance and chase the addicts, pushers, and suppliers.

In the center, they should give proper treatment, especially to those who were using illegal drugs at an early age.

The rehabilitation center and jail officers should be more comprehensive and reliable to ensure

their adequate data systems to track the incidence of these cases, both in using illegal drugs and drug pushing.

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7. CONFLICT OF INTEREST

The authors have declared that there is no conflict of interest.

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