

NEGATIVE IMPACT OF DRUG ADDICTION ON THE LIVES OF YOUNG PEOPLE

Nurmatov Farxat Abdualimovich

Associate Professor of the

Department of Theory of Physical Culture,

Chirchik State Pedagogical University

Abstract

The article briefly describes the negative impact of drug addiction on the lives of young people.

Keywords: Drug addict, substance, person, youth, struggle, consumption, topical

Introduction

One of the most dangerous problems facing humanity today is drug addiction. Drugs cause great harm not only to human health, but also to the development of society, family peace, and the future of young people. Especially among young people, the increase in interest in drugs poses a serious threat to the fate of future generations. Therefore, combating drug addiction is one of the important tasks of every society.

Drugs cause severe harm to the human body. They disable the nervous system, disrupt the functioning of the heart, liver, and other internal organs. As a result, human health deteriorates and life expectancy is shortened.

Drug addiction is usually caused by weak will, lack of self-control, people who are interested in experiencing acute sensations, who are mentally weak and extremely selfish. Defects and shortcomings in the upbringing of young people, imitation and envy of adults who use drugs, unfavorable family conditions (parents being alcoholics or drug addicts), and easy access to or possession of drugs can also cause drug addiction. In people with G., the disease gradually worsens and usually leads to unexpected bad consequences. In drug euphoria, that is, in a state of high spirits, there are 2 stages: a short-term acute emotional stage lasting 1-5 minutes (true euphoria) and a long (1-3 hours) period of relaxation and calm. The short or long duration of these stages depends on the type of drug

taken and the amount consumed. All types of drug addiction in their development lead to the formation of G. syndrome through addiction to drugs. In the development of this syndrome, 3 stages are distinguished: 1) a change in the body's reactivity to the drug and the emergence of a psychological connection; 2) the emergence of a physical connection in the form of a mood (abstinence) syndrome; 3) weakening of all body systems (decreased tolerance, i.e. the inability to tolerate the previous amount of drugs, the chronic continuation of mood, and in some cases the emergence of polynarcomania). A person addicted to drugs begins to use drugs repeatedly and in larger quantities. Later, he becomes unable to do without drugs. In order to get rid of this condition and feel a little better, he again resorts to drugs, and eventually a craving for drugs arises. The body's initial protective reflexes (nausea, vomiting) disappear. During this period, the body's addiction to drugs increases to such an extent that it seems as if these substances have lost their previous effect, and now it wants to take more of the same substance to feel the same euphoria (high) and to spread the mood. If before the drug had some unpleasant effects, then later it seems to "normalize" his condition, the patient feels a little better, his working capacity and spirit seem to be refreshed, and in the end he becomes a real drug addict. If in drug addicts first mental changes (anxiety, mood disorders, memory loss) appear, then physical changes occur - physical dependence syndrome (sweating, heart palpitations, dry mouth, weight loss, trembling of the arms and legs, etc.). If the addict does not take the drug in time, strong mental and physical changes occur in the body, that is, a severe condition characteristic of addiction - a mood syndrome. Addiction occurs in the form of opium addiction (taking opium), morphine addiction, heroin addiction. There are also other types of addiction - narcomania, cocaine addiction, nicotine addiction (smoking), theism (drinking bitter tea) and others. Chronic use of two or more drugs is called polynarcomania. In all types of addiction, the body is poisoned and it is very severe.

Although drastic measures are being taken in our country against drug trafficking and consumption, today the illegal sale of drugs remains one of the most dangerous and urgent problems. Drug dealers continue to try to sell the poisonous killer, using new methods and tricks. They are taking the lives of young people who have not yet formed a worldview and are prone to falling under the influence of others in order to achieve their evil goals.

In addition, drug addiction also has a negative impact on the human psyche. A person who uses drugs loses control over himself, aggression, depression, and mental illnesses occur. Many crimes are also committed as a result of drug addiction.

Drug addiction is a phenomenon related to crime. Firstly, serious intentional crimes are committed in order to obtain drugs or earn money to prevent them. Secondly, crimes are often committed under the influence of drug abuse. The connection between drug addiction and crime is manifested in the commission of criminal acts that occur as a result of illegal use of drugs. In today's globalization process, drastic changes are taking place in various fields of science, technology, and economics, and these changes are encouraging people to improve their knowledge and skills in accordance with the requirements of the time, and to work more on themselves. Some are working in the field of trade, some in the field of IT, some in the field of science and technology, and some in the public services in various directions⁴. We all know that where there is development, crime also develops there. As for the question of who or who commits crimes, we can say that children of families who do not work in the areas mentioned above, do not work on themselves, or at least are financially well-off, or families who are financially disadvantaged, are committing crimes of various levels, and it is very sad that some crimes are committed in a family way. Today, in an era when broad opportunities are being created for entrepreneurship, drug trafficking is also on the rise.

Youth is the future of any society. If the younger generation is healthy and educated, the state will also develop. Therefore, it is important to protect young people from harmful habits.

Often, drug addiction is caused by:

- a bad environment,
- lack of supervision,
- interest,
- the influence of wrong friends.

Parents, teachers and society should work together to prevent such situations. Involving young people in sports, reading and useful activities is important in preventing drug addiction.

The following measures are important in combating drug addiction:

- increasing the legal and medical literacy of the population;

strengthening propaganda work among young people;
increasing sports and cultural events;
creating a healthy environment in the family;
holding preventive conversations in educational institutions.

Activities carried out by state and public organizations also serve to protect young people from this disease.

Youth is the future of any society. If the younger generation is healthy and educated, the state will also develop. Therefore, it is important to protect young people from harmful habits.

Often, drug addiction is caused by:

a bad environment,
lack of supervision,
interest,
the influence of wrong friends.

Parents, teachers and society should work together to prevent such situations. Involving young people in sports, reading and useful activities is important in preventing drug addiction.

The following measures are important in combating drug addiction:

increasing the legal and medical literacy of the population;
strengthening propaganda work among young people;
increasing sports and cultural events;
creating a healthy environment in the family;
holding preventive conversations in educational institutions.

Activities carried out by state and public organizations also serve to protect young people from this disease.

References

- 1.Sh.Sh.Suyunov. Types of fraud crimes committed through computer technology. Republican scientific and practical conference "Pedagogy and Psychology in the Modern World". 9.06.2023
- 11.Sh.Sh.Suyunov. The importance of the investigative action of examining the scene of the incident in identifying the perpetrators of the crime and proving their guilt. Republican scientific and practical conference "Pedagogy and Psychology in the Modern World".

2. Sh.Sh. Suyunov. The concept of the crime of illegal production, acquisition, storage of narcotic drugs, their analogues or psychotropic substances without the purpose of sale // Society and Innovation. –2025. –V. 6. –No. 1/S. –B. 267-277.
3. A.T. Ashirboev. Theoretical and practical aspects of stopping a criminal case in cases where the whereabouts of the accused are unknown. Society and Innovations No. 1 (2024).–2024. –314-320 p.
4. A.T. Ashirboev. The concept and significance of stopping a criminal case. Collection of materials of the international conference on forensic activity: prospects and innovations. T., Academy of the Ministry of Internal Affairs of the Republic of Uzbekistan, 2023. –P. 381-388.