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ADDICTIVE BEHAVIOR AND THE PROBLEM OF DRUG ADDICTION

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Abstract. In the modern era, addictive behavior is considered one of the problems posing a serious threat to human health and societal development. The widespread prevalence of drug addiction among young people places important tasks before psychologists, doctors, and educators. This article discusses addictive behavior, its types, and drug addiction.

Keywords: addiction, addictive behavior, chemical, non-chemical addiction, drug addiction.

Addiction is a person's mental and physical dependence on a specific substance or activity. In this case, a person cannot stop their behavior even if they realize the harmful consequences. The term "addiction" comes from the English word "addiction," which means "dependence, dependence." In psychology, addictive behavior refers to a person becoming excessively addicted to various substances or activities in order to escape internal problems, reduce stress, or achieve temporary pleasure.

Addictive behavior is divided into chemical and non-chemical types. Types of chemical addiction include: drug addiction, alcoholism, and nicotine addiction[2].

Types of non-chemical addiction include internet addiction, gambling addiction, computer game addiction, eating addiction, and disorders.

Drug addiction is when a person becomes mentally and physically dependent on narcotic substances as a result of their regular consumption. Drugs affect the central nervous system, causing a temporary sensation of "lightness," "pleasure," or "high." However, over time, the body becomes accustomed to this substance, and the person increases the dose of the chemical to feel the same as before.

The most dangerous aspect of drug addiction is that it destroys a person's health and psyche. It disrupts family relationships, social life, and economic status. The following factors may be the cause of its occurrence.

Psychological factors leading to drug addiction include depression, severe stress, anxiety, depression, low self-esteem, and feelings of loneliness.

Social factors contributing to drug addiction include an unhealthy environment, family conflicts, lack of supervision, and the influence of friends.

Biological factors that cause drug addiction include rapid addiction due to hereditary predisposition.

- ✓ there are also stages of drug addiction, which include:
- ✓ interest stage: the person is interested in trying the drug;
- ✓ intermittent use: occasional use of the substance begins;
- ✓ the formation of dependence: if a person does not take the substance, they begin to feel unwell;
- ✓ complete addiction: the drug becomes a basic need of a person's life.

Consuming narcotic substances leads to negative consequences. For example, physically, it can lead to heart and liver diseases, a decrease in immunity, impaired brain function, and intoxication of the body.

Psychologically, it affects the occurrence of aggression, depression, memory loss, and mental disorders in the individual. These conditions occur not only in the individual themselves but can also cause various diseases in their subsequent generations.

From a social perspective, this leads to family breakdown, an increase in divorces, an increase in crime, a decrease in academic and work activities, and the isolation of the individual from society.

To prevent the occurrence of the aforementioned situations, it is very important to carry out preventive work to prevent and combat drug addiction. When carrying out prevention, special attention should be paid to:

- ✓ educating youth in a healthy lifestyle;
- ✓ providing them with psychological assistance;
- ✓ greater involvement in physical and mental activities;
- ✓ creating a healthy family environment;

It is necessary to regularly conduct awareness-raising activities and roundtables in educational institutions regarding the harmful consequences of drug addiction.

The treatment of drug addiction is a long and complex process. Treatment is carried out through medical care, psychotherapy methods, rehabilitation centers, and the support of family and loved ones. Increasing motivation, managing stress, and developing healthy lifestyle skills play a crucial role in psychological therapy.

In conclusion, it can be said that addictive behavior, especially drug addiction, is one of the problems that pose a great threat to human health and social stability today. Drug addiction destroys a person physically and spiritually, reducing their quality of life. Therefore, strengthening preventive work among young people, creating a healthy environment, and developing a psychological support system are of great importance.

The fight against drug addiction requires the cooperation of not only medicine but the entire society.

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