

# CHAPTER 1

## Introduction to Drugs and Society

### ■ Chapter Outline

The chapter outline provides you with an organizational guide to the topics and ideas presented in this chapter of the text.

#### **Introduction**

#### **Drug Use**

#### **Dimensions of Drug Use**

Major Types of Commonly Abused Drugs

#### **An Overview of Drugs in Society**

How Widespread Is Drug Abuse?

Extent and Frequency of Drug Use in Society

Drug Use: Statistics, Trends, and Demographics

Current Patterns of Licit and Illicit Drug Use

Types of Drug Users

Drug Use: Mass Media and Family Influences

When Does Use Lead to Abuse?

Drug Dependence

#### **The Costs of Drug Use to Society**

Drugs, Crime, and Violence

Drugs in the Workplace: A Costly Affliction

#### **Employee Assistance Programs**

#### **Venturing to a Higher Form of Consciousness:**

**The Holistic Self-Awareness Approach to Drug Use**

### ■ Key Terms

Define the following terms:

1. **Drugs** \_\_\_\_\_

2. **Insiders/Outsiders** \_\_\_\_\_

3. **Opioids** \_\_\_\_\_

4. **Drug addiction** \_\_\_\_\_

5. **Gateway drugs** \_\_\_\_\_

6. **Licit/illicit/OTC drugs** \_\_\_\_\_

7. **Designer drugs/synthetic drugs or synthetic opioids** \_\_\_\_\_

8. **Equal-opportunity affliction** \_\_\_\_\_

9. **Employee Assistance Programs (EAPs)** \_\_\_\_\_

■ **Fill-in-the-Blank**

1. \_\_\_\_\_ are drugs that result from altered chemical structures of current illicit drugs.
2. The unintentional or inappropriate use of prescribed or over-the-counter (OTC) types of drugs is known as \_\_\_\_\_.
3. \_\_\_\_\_ refers to the need to continue taking a drug to avoid withdrawal symptoms.
4. \_\_\_\_\_ are drug compounds that affect the central nervous system and alter consciousness and/or perceptions.
5. Coffee, tea, alcohol, tobacco, and over-the-counter drugs are all examples of \_\_\_\_\_ drugs. Marijuana, cocaine, and LSD are all \_\_\_\_\_ drugs.
6. \_\_\_\_\_ are new drugs that are developed by people intending to circumvent the illegality of a drug by modifying a drug into a new compound. An example of this kind of drug is \_\_\_\_\_.
7. The \_\_\_\_\_ is the principal federal agency for enforcing U.S. drug laws.
8. Drug testing may be administered in three ways:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

■ **Identify**

1. Identify the three categories of drug users and explain the characteristics of each.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. Identify and describe the five phases of addiction.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_

**3.** Identify the four principal factors that affect drug use and explain each one.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

**4.** Identify the four main characteristics necessary for drug dependence.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

**5.** Identify and define Erich Goode's four types of drug use.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

**6.** Identify five reasons why people take drugs.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

## ■ Discussion Questions

**1.** At what point do you think drug use leads to abuse? When do you think drug use does not lead to abuse?

\_\_\_\_\_  
\_\_\_\_\_

**2.** Why do Americans use so many legal drugs (for example, alcohol, tobacco, and OTC drugs)? What aspects of our society promote extensive drug use? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

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3. What do you believe is the relationship between excessive drug use and crime? Does drug use *cause* crime or is crime simply a manifestation of personality? \_\_\_\_\_

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4. Describe the holistic self-awareness approach to drug use. Discuss your thoughts on this approach and its effectiveness in drug abuse treatment. \_\_\_\_\_

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5. How do you think drug use is different today in comparison to ancient historical times? \_\_\_\_\_

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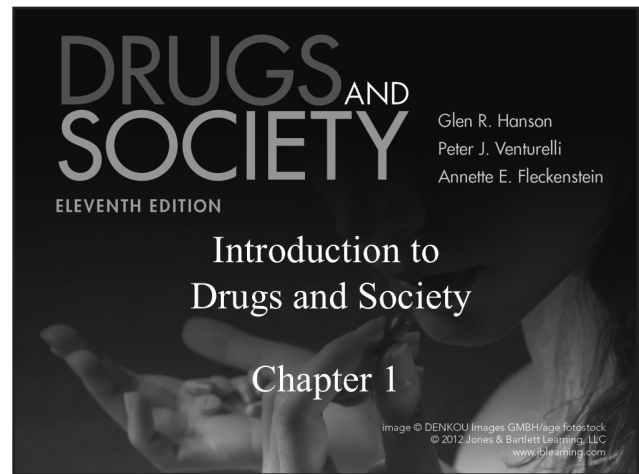
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**Key Concerns**

- What constitutes a drug?
- What are the most commonly abused drugs?
- What are designer drugs?
- How widespread is drug use?
- What is the extent and frequency of drug use in our society?
- What are the current statistics and trends in drug use?

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**Key Concerns (continued)**

- What types of drug users exist?
- How does the media influence drug use?
- What attracts people to drug use?
- When does drug use lead to drug dependence?
- When does drug addiction occur?
- What are the costs of drug addiction to society?
- What can be gained by learning about the complexity of drug use and abuse?

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### Drug Use Causes Three Major Simultaneous Changes in the User

1. The social and psychological basis of the attraction to a particular drug can be explained as feeling rewarded or satisfied from social pressures that have become postponed, momentarily rectified, or neutralized and defined as nonproblematic.
2. Pharmacologically, the nonmedical use of most drugs, alters body chemistry largely by interfering with (affecting) its proper (homeostatic) functioning. Drugs enhance, slow down, or distort the reception and transmission of reality.
3. The desire may satisfy an inborn or genetically programmed need or desire.

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### Drug Use

- Drug users are found in all occupations and professions, at all income and social class levels, and in all age groups.
- No one is immune to drug use, which often leads to drug dependence. Thus, drug use is an *equal-opportunity affliction*.



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### Four Principle Factors That Affect Drug Use

- **Biological, Genetic, and Pharmacological Factors:** What biological and genetic factors exist in the user, and how do the ingredients of the drug interact with the body and the nervous system?
- **Cultural Factors:** How do societal views, determined by custom and tradition, affect our initial approach to and use of the drug?
- **Social Factors:** What are the specific reasons why a drug is taken (e.g., curing an illness, self-medicating, escape from reality, peer pressure, family upbringing, membership in drug-abusing subcultures)?
- **Contextual Factors:** How do physical surroundings (rock concerts, bars, nightclubs, or fraternity and sorority parties) affect the amount of drug use?

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**Major Types of Commonly Abused Drugs**

- Alcohol (ethanol)
- Nicotine (all forms of tobacco)
- Stimulants
  - Major stimulants: amphetamines, cocaine, and crack
  - Minor stimulants: nicotine, caffeine, tea, and chocolate
- Hallucinogens/psychedelics: LSD, mescaline, peyote, and psilocybin (“magic mushrooms”)

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**Major Types of Commonly Abused Drugs (continued)**

- Depressants: barbiturates, benzodiazepines, valium, and alcohol
- Cannabis: marijuana and hashish
- Anabolic steroids: a synthetic form of the male hormone testosterone
- Inhalants/organic solvents: inhalants like gasoline, model glue, paint thinner, certain foods, herbs, and vitamins
- Narcotics/opiates: opium, morphine, codeine, and heroin

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**Designer Drugs/Synthetic Drugs or Synthetic Opioids**

- **Structural analogs** are drugs that result from altered chemical structures of current illicit drugs. It involves modifying the basic molecular skeleton of a compound to form a new molecular species.
- **Designer Drugs /Synthetic Drugs or Synthetic Opioids**
  - New categories of hybrid drugs like Ecstasy and demoral.
  - These relatively recent types of drugs are created as structural analogs of substances already classified under the Controlled Substances Act.

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### Gateway Drugs

- **Gateway drugs** are types of commonly used drugs that are believed to lead to using other more powerful mind-altering and addictive drugs, such as hallucinogens, cocaine, crack, and heroin.
  - Alcohol, tobacco, and marijuana are the most commonly used gateway drugs.

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### Drug Misuse

- **Drug misuse** is the unintentional or inappropriate use of prescribed or over-the-counter (OTC) types of drugs.



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### Six Examples of Drug Misuse

- Taking more drugs than prescribed
- Using OTC or psychoactive drugs in excess without medical supervision
- Mixing drugs with alcohol or other types of drugs
- Using old medicines to self-treat new symptoms of an illness
- Discontinuing prescribed drugs at will and/or against physician's orders
- Administering prescribed drugs to a family member without medical consultation and supervision

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### Dimensions of Drug Abuse

- **Drug abuse** is the willful misuse of either licit or illicit drugs for the purpose of recreation, perceived necessity, or convenience.
  - Drug abuse refers to a more intense misuse of drugs—often to the point of addiction.
  - Also known as *chemical* or *substance* abuse.

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### Erich Goode’s Four Types of Drug Use

- **Legal instrumental use:** Taking prescribed drugs or OTC drugs to relieve or treat mental or physical symptoms
- **Legal recreational use:** Using licit drugs like tobacco, alcohol, and caffeine to achieve a certain mental state
- **Illegal instrumental use:** Taking nonprescribed drugs to achieve a task or goal
- **Illegal recreational use:** Taking illicit drugs for fun or pleasure

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### Drug Use: Statistics and Trends

- **Social Drugs**
  - \$90 billion for alcohol
  - \$51.9 billion for cigarettes
  - \$2 billion for cigars, chewing tobacco, pipe tobacco, roll-your-own tobacco, and snuff
  - \$5.7 billion for coffee, teas, and cocoa
- **Prescription Drugs**
  - \$837 billion worldwide
  - \$234 billion in the United States



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**National Household Survey on Drug Abuse, 2008**

- 205 million Americans used alcohol during their lifetime
- 162.5 million Americans used cigarettes
- 117 million Americans used any illicit drug(s)

**Most commonly used illicit drugs (lifetime use):**

- 41% used marijuana (6.1% used in last month)
- 20.8% used nonmedical use of any psychotherapeutics, such as, pain relievers, tranquilizers, stimulants, or sedatives (does not include OTC drugs)
- 14.7% used cocaine
- 14.4% used hallucinogens
- 14% used pain relievers

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**Drug Use: Additional Findings**

**Age Patterns:** 18–20 age category report the most illicit drug use

**Racial and Ethnic Differences:** (highest rates of use, past month, 2008)

- Two or more races: 14.7%
- Black or African American: 10.1%
- Native American/Alaska Native: 9.5%
- White: 8.2%
- Native Hawaiian or other Pacific Islander: 7.3%
- Hispanic or Latino: 6.9%
- Asian: 3.6%

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**Drug Use: Additional Findings (continued)**

**Gender**

- Males were more likely than females among persons age 12 or older to be current illicit drug users (9.9% vs. 6.3%).
- The rate of past-month marijuana use for males was about twice as high for males as the rate for females (8.1% vs. 4.1%).

**Pregnant Women**

- Pregnant women are less likely to use drugs than similar age women who are not pregnant.

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### Drug Use: Additional Findings (continued)

**Education:** College graduates (5.7%) had the lowest rate of current use, while those who did not complete high school (98.1%) had the highest use of illicit drugs. However, adults graduating from college were more likely to have *tried* illicit drugs in their lifetime when compared with adults who had not completed high school (51.8% vs. 37.7%).

**Employment:** Unemployed persons (19.6%) have a greater tendency to use more illicit-types of drugs than people gainfully employed (8% full-time and 10.2% part-time workers).

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### Drug Use: Additional Findings (continued)

**Geography:** The rate of illicit drug use was 8.5% in large metropolitan counties, 8.1% in small metropolitan counties, and 6.3% in nonmetropolitan counties.

**Criminal Justice:** 33% of state prisoners and 25% of federal prisoners reported that they had committed their offenses while under the influence of drugs. In 2008, an estimated 333,000 prisoners were arrested for drug law violations—20% of state, 52% of federal inmates (Sabol and Cooper 2009).

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### Three Types of Drug Users

- **Experimenters:** Begin using drugs largely because of peer pressure and curiosity, and they confine their use to recreational settings
- **Compulsive users:** Devote considerable time and energy into getting high, talk incessantly (sometimes exclusively) about drug use, and become connoisseurs of street drugs
- **Floaters or “chippers”:** Focus more on using other people’s drugs without maintaining as much of a personal supply

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### Media Influence on Drug Use

- Each year, the alcohol industry more than \$1 billion on advertising (television, radio, print, and outdoor ads) (FTC 2007).
- Drug companies spent \$1.6 billion a year on televised commercials for Viagra, Claritin, Allegra, and other drugs.
- The advertising budget for Budweiser beer exceeds the entire budget for research on alcoholism and alcohol abusers.
- Alcohol companies spent \$4.9 billion on television advertising between 2001 and 2005.
- Since the “Friends Don’t Let Friends Drive Drunk” Ad Council campaign began, 79% of Americans have stopped a friend from getting behind the wheel while intoxicated.

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### Why Are People Attracted to Drugs?

People use drugs as a means to temporarily:

- Experience pleasure or heighten good feelings
- Relieve stress, tension, or anxiety
- Forget one’s problems and avoid or postpone worries
- Relax after a tension-filled day of work
- Fit in with peers or as a rite of passage
- Enhance religious or mystical experiences
- Relieve pain and some symptoms of illness

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### When Does Use Lead to Abuse?

- The *amount* of drug taken does not necessarily determine abuse.
- The *motive* for taking the drug is the most important factor in determining presence of abuse.
- Initial drug abuse symptoms include:
  - Excessive use
  - Constant preoccupation about the availability and supply of the drug
  - Refusal to admit excessive use
  - Reliance on the drug

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### **Drug Dependence**

Both physical and psychological factors precipitate drug dependence:

- **Physical dependence** refers to the need to continue taking the drug to avoid withdrawal symptoms, which often include feelings of discomfort and illness.
- **Psychological dependence** refers to the need that a user may psychologically feel for continued use of a drug in order to experience its effects and/or relieve withdrawal symptoms.

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### **Stages of Drug Dependence**

- **Relief:** Satisfaction from negative feelings in using the drug
- **Increased Use:** Involves taking greater quantities of the drug
- **Preoccupation:** Consists of a constant concern with the substance
- **Dependency:** A synonym for addiction, is when more of the drug is sought despite the presence of physical symptoms
- **Withdrawal:** The physical and/or psychological effects from not using the drug

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### **Costs of Drug Use to Society**

- Illness
- Shortened lifespan
- Broken home
- Fetal alcohol syndrome
- Criminal behavior
- Drugs in the workplace
- Cost of assistance programs (e.g., Employee Assistance Programs [EAPs])

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**Costs of Drug Use to Society:  
Statistics**

- The National Institute on Drug Abuse (NIDA) estimates that the typical narcotic habit costs \$100/day.
- A heroin addict must steal three to five times the actual cost of the drugs to maintain a habit—about \$100,000 per year.
- Three out of four prostitutes in major cities have a serious drug dependency.



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**Drugs, Crime, and Violence**

Regarding the connection between drug use and crime, the following findings can be summarized:

1. Drug users in comparison to non-drug users are more likely to commit crimes.
2. A high percentage of arrestees are often under the influence of a drug while committing crimes.
3. A high percentage of drug users arrested for drug use and violence are more likely to be under the influence of alcohol and/or stimulant-types of drugs such as cocaine, crack, and methamphetamines.

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**Drugs in the Workplace**

- The loss to U.S. companies due to employees' alcohol and drug use and related problems is estimated at billions of dollars a year.
- The National Household surveys found significant drug use in the workplace with 65.6% of full-time workers reported alcohol use within and 6.4% reported marijuana use within the past month. (SAMHSA 2007B).

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**Drugs in the Workplace (continued)**

- Among the 19 major industry categories, the highest rates of past month illicit drug use among full-time workers aged 18 to 64 were found in accommodations and food services (16.9%), construction (13.7%), and arts, entertainment, and recreation (11.6%); (see Figure 1.10).
- The industry categories with the lowest rates of past month illicit drug use were utilities (3.8%), educational services (4%), and public administration (4.1%).

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**Drug Testing**

- Used to identify those who may be using drugs
- Urine, blood screening, or hair analysis

**Duration of Detection /“Cut-Offs” for Urine Analysis:**

- Amphetamines: 24–72 hours
- Cocaine/metabolite: 24–72 hours
- Opiates: 24–72 hours
- PCP: 24–96 hours
- THC/metabolite: 24 hours–3 weeks (depends on frequency of use)

*Note:* Hair analysis 1 to 3 months for all drugs listed above

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**Drug Testing (continued)**

- Approximately 70% of large companies test for drug use; 50% of medium companies and 22% of small companies drug test.
- Over 90% use urine analysis, less than 20% use blood analysis, and less than 3% use hair analysis.
- Most drug using youth do not cease drug use when they begin working.

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