

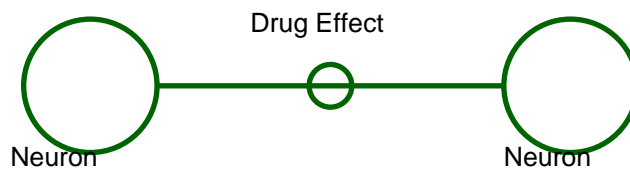
## 5.1.6 Drug Abuse

Drug abuse is the misuse of substances that affect the body and mind. Many drugs damage the nervous system and reduce the normal functioning of the brain and body. Drug abuse can lead to serious health, social, and economic problems.

### 1. Definition of Drug Abuse

Drug abuse is the harmful or excessive use of drugs for non-medical purposes. It affects physical health, mental health, and behavior. People may abuse drugs because of peer pressure, stress, curiosity, or addiction.

**Figure 1: Effect of Drugs on Neurons**



### 2. Commonly Abused Drugs

Some commonly abused drugs include: **Alcohol:** Slows down brain activity and affects judgment. **Tobacco:** Contains nicotine which causes addiction. **Khat:** Stimulates the nervous system and may disturb normal brain function. **Cocaine:** Causes excitement but damages the brain and heart. **Marijuana:** Affects memory, concentration, and coordination.

### 3. Effects of Drug Abuse on the Nervous System

Drug abuse has many harmful effects on the nervous system: Damages neurons and brain cells. Reduces memory and learning ability. Causes poor concentration and confusion. Leads to addiction and dependence. May cause anxiety, depression, or mental illness.

### 4. Social and Economic Problems of Drug Abuse

Drug abuse affects not only individuals but also families and society. It may lead to: Poor academic performance. Violence and crime. Family conflict and separation. Unemployment and poverty. Road accidents and unsafe behavior.

### 5. Prevention of Drug Abuse

Drug abuse can be prevented through: Health education and awareness. Avoiding peer pressure. Participating in sports and positive activities. Strong family and community support. Seeking medical and counseling support when necessary.

### 6. Importance of Avoiding Drug Abuse

Avoiding drug abuse helps people: Maintain good physical and mental health. Improve learning and academic performance. Build positive relationships. Protect the nervous system and body organs. Live a productive and successful life.

### 7. Summary

Drug abuse is the harmful use of drugs. It damages the nervous system and brain. Alcohol, tobacco, khat, and cocaine are commonly abused drugs. Drug abuse causes health, social, and economic problems. Education and awareness help prevent drug abuse.

### 8. Questions and Answers

#### 1. What is drug abuse?

Drug abuse is the harmful or excessive use of drugs for non-medical purposes.

#### 2. Name two commonly abused drugs.

Alcohol and tobacco.

#### 3. How does drug abuse affect the nervous system?

It damages neurons and affects memory and concentration.

#### 4. What social problems can drug abuse cause?

Crime, family conflict, and unemployment.

#### 5. How can drug abuse be prevented?

Through education, awareness, and avoiding peer pressure.

#### 6. Why is tobacco harmful?

Because it contains nicotine which causes addiction.

#### 7. What are the benefits of avoiding drug abuse?

It helps maintain health and academic success.

### **Conclusion**

Drug abuse is a serious problem that affects the nervous system, health, and society. Students and young people should avoid harmful drugs and focus on healthy lifestyles. Understanding the dangers of drug abuse helps people protect their future and live productive lives.