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# Emotional changes and implications for the use of drugs in licit and illicit in education of youth and adults

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**Abstract:** This article discusses the emotional changes caused by the consumption of licit and illicit drugs in people, and the consequences on health and psychosocial aspects. This study demonstrates the influence and role as the drug has on the user to commit crime, which is one of the main problems in our society and to identify what the best policy to be adopted in relation to drugs. In the context of studies of the emotional states of students using drugs, has the purpose to obtain skills to handle everyday situation of the teacher in the classroom. Emotional disorders favor the appearance of some such feelings with, insecurity, anxiety, fear, apathy, depression. These changes may be accompanied by disturbances, which often provoke violence in schools. Being necessary preventive measures in schools about drug use, an educational intervention for both the student and to society, believing that the school has your socializing nature, being a fundamental means for the implementation of drug prevention programs for youth and adults.

**Keywords:** Legal and Illegal Drugs, School, Teacher

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## 1. Introduction

In recent years the use of licit and illicit drugs has increased substantially among young Brazilian population. Among the several factors that point to the growth of the distribution and consumption in the country, the psychosocial context of youth who are looking to escape the harsh reality or search quick, easy and cheap pleasure is.

Drug use is configured as a current problem that is growing every day, and what is perceived is often the unpreparedness of the people to face this situation. However, there are several explanations for the increase in violence in major urban centers of the Brazilian capital, such as social inequality, unemployment and family breakdown, but most of these crimes are related to the use and trafficking of illicit drugs. Therefore, it is important to consider that the drug user to keep their addiction commits thefts and robberies, appropriates objects of his parents' house to exchange for drugs. Prevented from justice charge in drug debt, the dealer takes the law into his own hands, even to the killing addict that does not pay so consumed [1].

The abuse of drugs lawful / unlawful trigger changes in behavior and the human personality generally being detrimental to the social and personal interactions. Within a few symptoms of this change should be highlighted anxiety, aggression and depression, which can lead to a lack of empathy and emotional control, thus increasing the risk of involvement in violent situations. Study by researchers has shown that individuals with psychiatric disorders had a higher incidence of violence when comorbid with abuse or addiction to chemical substances [2].

Therefore, emotions make us unique and our emotional behavior that differentiates us from each other. The nature of our emotions does not depend solely on our brain, but its interaction with the body. So what is going on celebrate mental operations, which influences the body, just as it influences the operations, according to a study by Damasio [3]. However, it is important to emphasize that regardless of the type of emotion that we sense, i.e., panic, joy and pleasure, all of them bring in physiological, psychological and behavioral changes. Moreover, the emotional feelings are expressed more by facial and body language than verbal

language. And like everything that happens in the body, these changes are controlled by the central nervous system, which also controls the behavioral reactions.

Users of drugs such as marijuana, cocaine, crack, ecstasy and alcohol in their reality are seeking to have strong emotional feelings, and always make the use of chemicals, fosters sense of well being. For this, they have to ingest, inhale or inject, in derivations of its own shares in itself become an addict. However, it is understood that drug users are accustomed to the effects of substances, requiring successively increase the dose to get the desired effect. This is known as tolerance, a state that leads the user to consume increasing amounts of the same drug or use stronger substances to achieve the same desired effect.

In this approach, this study aims to provide information about emotional changes and consequences for the use of licit and illicit drugs that may be applied in the school environment, the goal of combating drugs and school violence. Leaving education and the teaching-learning process, which allows addicts to a new emotional and social stability, giving him the means of facing the problem of addiction.

## 2. Theory

### 2.1. *Searches of Emotional Sensations in use Illegal / Illicit Drugs*

The drug is defined in a broad sense as any substance capable of exerting an effect on the body. Drugs called psychotropic or psychoactive, are those that act on the mind alter the senses, induce calm or excitement, potentiate joys, sorrows and fantasies. There is unanimity on the fact that drugs are far from innocuous substances, considering that the indiscriminate use harms and negative consequences, imposing the need to be better understood. Drugs only became a problem with the emergence of the consumer society, which encourages abuse, exaggeration and imbalance [4].

When considering more variables you can about the excessive pursuit of emotional sensations , coexists one more piece in the puzzle of the phenomenon of drug use , mainly , based on the constructs that assess personality traits , which have even offered explanations contribute to understanding of the phenomenon in question . The construct of personality, specifically, sensation seeking, has shown outstanding contributions toward understanding the behaviors permeate delinquency.

Generally, people who use drugs modify their behavior. By affecting the nervous system, causing sensations as already known by most of the population (euphoria, anxiety, great confidence, depersonalization, relaxation, hallucinations, etc.), the user behaves inappropriately, sometimes inconvenient or even dangerous way. Thus, people who are on drugs are broken down by those who do not share their "trips " [5].

Therefore, drug users tend to cluster and ignore the

importance of living with family members and other social groups. Their values become other and they can be led to wrong attitudes, both the sense of "courage "that the drug offers as by the need to consume it. The drugs have varied their action in the body, alcohol, marijuana and tranquilizers inhibit the nervous system and naturally tend to aggravate to anxiety, depression and panic. Are usually given or sought aiming relax or calm your username , however in practice once the effect wears crises tend to worsen again .

Anxiety and stress are normal reactions, but from the moment they begin to cause suffering, can have a disorder. People who have anxiety disorder are afraid to make decisions and think about them all the time

Pleasure is an emotional feeling that is related to the rewards. However, it can produce the compulsion to repeat a behavior excessively, even to the point it causes an addiction, it can be physical or psychological. This is what happens with many vices like drug addiction, game or even the gender [6].

The stimulant drugs like crack, cocaine, and other in turn generate a euphoric state that passengers will have direct effect on the production of adrenaline and other hormones but would instead attack the nervous system so that its effect ceases to weaken further more. No incidence of pathologies such as anxiety, depression, panic or user of these drugs as a side effect already has a state of lethargy intense peaks in drug use following day [7]. The sense of panic with drug use tends to naturally lower the level of awareness generating a potentiating factor for panic attacks that will merge with the extremely frequent paranoid and persecutory processes. Many emotions and biopsychosocial changes lead young people to seek drastic outputs they believe to be the solution unknowingly being caught in traps yourself. Other undergoes changes and remains healthy. Are different ways of coping with emotional feelings.

### 2.2. *Young People and Adults in the Licit / Illicit Drugs in the Ways of Crime*

Increases in violent deaths related to drug trafficking in large urban centers in Brazil are unquestionable. Because it is the substance and unlawful use of trade, is the subject of trafficking and illegal mercancia, like similar situations involving other equally prohibited products, such as trafficking in firearms. Unfortunately the use and abuse of drugs bring many consequences and cause a dependency on people, and take them often to death, in cases of overdose, it may still cause public health problems, such as occurs in infections with HIV and hepatitis, as there are almost always the sharing of needles by users. Another serious issue is caused by the drug user engagement with violence because they cross a dependent, increasingly need this substance, and often commit crimes like theft and robbery to support their habit. And when they can not pay for what was consumed end up being killed in collecting the debt; like being shown in Figure 1 below, another tragic victim

of homicide, drug occurred in August 2012 in the city of João Pessoa in the neighborhood Mandacaru in Paraíba state.



**Figure 1.** Murder of a young caused (reckoning by drugs) for a debt of drugs in the city of João Pessoa Mandacaru district in the state of Paraíba [8].

It should be noted that the distribution of violent deaths in Brazil, however, has well-defined characteristics, which need to be understood if we are to understand the features, speed and quality of public policies to address the problem of violence and civil society responses comes producing over that period.

Moreover, it should be emphasized a factor of great importance and concern in the Brazilian scenario and is the concentration of homicides among young people aged 15 to 24 years, rates are extraordinarily higher than those recorded for the population as a whole [9]. Although there is a strong counter-narcotic, unfortunately many people get this way is to keep living or suitability crime. It is public knowledge and all that drug trafficking is a crime severely convict, and still be treated as a heinous crime, but what we see nowadays, more and more people are getting arrested for this crime, giving the impression that the amount of penalty that can be applied and its complications, is not sufficient to persuade those who only see the profit selling drugs can provide them.

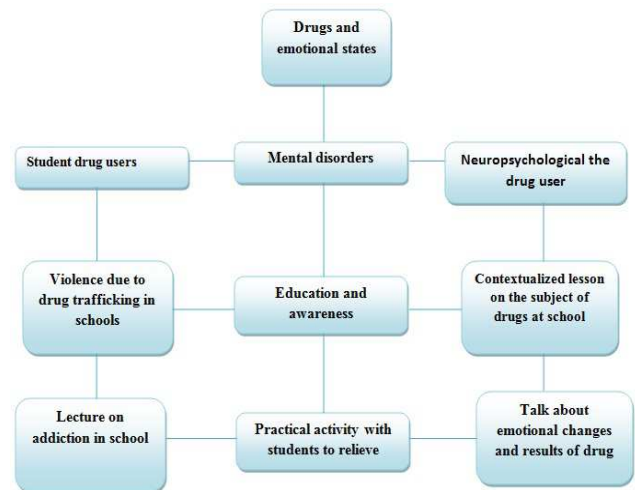
However, we know about the growing drug market, is not surprising, the figure of the old model dealer has changed with the modernity of time. Given the increasing number of drug users, we have seen a new dealer listing to be gaining new adherents, because no longer can call traffickers alone those people who live in slums and hills, but one can find them entered the middle class and upper class, among the students, where the dealer was a young between 16 and 24 years, as student and others who sells illegal drugs in schools.

There is a different view from that in which traffickers were analyzed sociologically as needy and lacking education. Therefore it is of great necessity for everyone who is part of society, and seeks to find strategies and solutions that will complement the counter drugs and criminality.

Education beyond its essential to human development is essential to prevent and reduce crime, effective and efficient policies aimed at education will contribute greatly to the culture of a population growth factor, besides favoring the formation of social ties, and professional quality of life. The state and we should invest in education, because education is essential to living together in harmony and peace only through education will be able to tolerate and respect others, transforming the society in which we live.

### 3. Description Applied Methodology

The theoretical description of the experimental procedures and practices, the study of drug users and their emotional states, had as a field of research students from 1<sup>o</sup>A to 3<sup>o</sup>A series year of high school Youth and Adults. This research project was conducted, State Primary School and Eastern Francisco Campos, the banking district in João Pessoa - PB. Figure 2 below describe methods used in the project carried out with students.



**Figure 2.** Flowchart of theoretical and experimental activities of the emotional changes and consequences for the use of licit and illicit drugs.

The purpose of conducting this project to prevent the use and abuse of drugs in the State School of Primary and Secondary Francisco Campos, came the need to do educational work in this complex and real issue. The project execution will be organized in four phases: 1) Implementation of the project: space and staff, 2) literature search, weekly meetings with teachers, students and school psychologist; 3) Preparation of a schedule of activities and education on drugs, 4) Implementation of the Programmer of Prevention of drug use. This work was conducted during the month of March 2011 to November 2011. In this study of emotional disorders and neuropsychological effects of chemical dependency, worked with classes 1<sup>o</sup> A and 3<sup>o</sup> A. As illustrations of Figures 3 and 4 below in practical activities to prevent drug use.



**Figure 4.** Simulation of an unconscious person (Professor of History / EEEFM-Francisco Campos / JP-CP) who inhaled cocaine in excess, where a student of 1<sup>o</sup> A, providing first aid to a drug user in the terminal state.



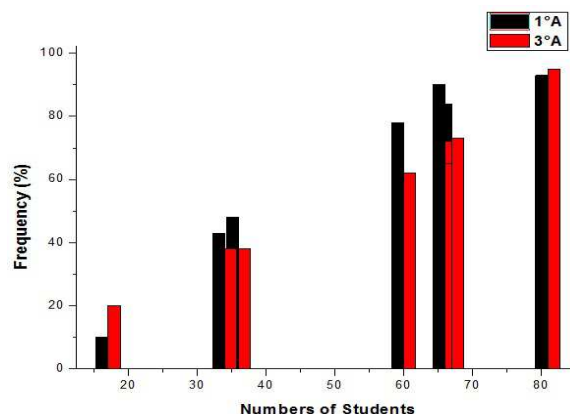
**Figure 5.** Seminar presentation of the students from 3<sup>o</sup>A showing changes of emotional sensations dare to drug abuse.

## 4. Results and Discussion

This research was done a statistical survey of students drug users, non-users and students ; possible to examine the behavior and emotional changes of the questioned students. As the questionnaire, we defined the criteria questions are the same for the two groups, therefore, possible to evaluate the data obtained in the survey. Of the 85 students questioned 44 % were male and 56% female students. The age ranged them at least 18 and at most 49 years. Most students of two classes of 1<sup>o</sup> and 3<sup>o</sup> The A has an average of 40 % between the ages of 26 years and 34 years, 32 % have between 18 to 25 years , 16 % between 40 to 45 years and 12 % are older than 50 years. According to Table 1 and the graph in Figure 5 below, referring to the questionnaire used in the 1st and the 3rd of the EJA, analyze those data relating to drug research.

**Table 1.** Quiz Results applied to drug use.

QUIZ ANSWERS OF STUDENTS THE 1 <sup>o</sup> A AND 3 <sup>o</sup> A	FREQUENCY RESPONSE 1 <sup>o</sup> A (%)	FREQUENCY RESPONSE OF 3 <sup>o</sup> A (%)
Use of illegal / illicit drugs: 20 the students of the 1 <sup>o</sup> A and 3 <sup>o</sup> A the 36 students	48	38
Conflict in the family environment influenced to licit and illicit drugs: 36 the students of the 1 <sup>o</sup> A and 30 students of the 3 <sup>o</sup> A	85	72
Respondents users consume drugs to relieve tension and anxiety: the 1 <sup>o</sup> A 38 students and 28 students of the 3 <sup>o</sup> A	90	65
Users of amphetamines students said they felt euphoria, tremors and insomnia often; are 18 students from 1 <sup>o</sup> A The 16 students and 3 <sup>o</sup> A	43	38
Consumption (of licit and illicit drugs for fun dancing, drinking, tanning, sex): 42 students of the 1 <sup>o</sup> A and the 39 students of the 3 <sup>o</sup> A	93	95
Experienced licit / illicit curiosities by the company of friends or drugs. 35 The students of the 1 <sup>o</sup> A and 25 students of the 3 <sup>o</sup> A	78	62
Do not consume any drugs licit / illicit, 6 students of 1 <sup>o</sup> A and 11 students of the 3 <sup>o</sup> A	10	20
What is the relationship between depression and drug use?: 37 the students of the 1 <sup>o</sup> A and 30 students of the 3 <sup>o</sup> A	84	73
Respondents students approve educational project about drugs in school and experimental activity on combat stress and anxiety: 44 the students of the 1 <sup>o</sup> A and 38 students of the 3 <sup>o</sup> A	100	96



**Figure 6.** Graph the results of the questionnaire on drug use in classes of 1<sup>o</sup> A and 3 bis of the Youth and Adult Education.

### 4.1. Discussion of the Table and Graph

The results of student respondents from both the 1<sup>o</sup>A and 3<sup>o</sup>A classes. The questionnaire showed good approximate statistical results, in relation to consumption of licit / illicit drugs. As already had an expected due to some of the responses idea, the problems of existence of both drug use and trafficking of drugs around school Francisco Campos. We can observe in respect they've experienced or have used drugs (marijuana, tobacco, alcohol, crack, cocaine, smell of lolo and or LSD) found that more than half of the students have already used or are consumers [10]. There are several factors that influence drug use either of these is the biological susceptibility or vulnerability to psychophysiological effects of drugs. There have a percentage of 80 % of the students in both classes , the

motivation of use varies greatly from person to person, plus one of the main problems are the existing family conflicts. Other students mentioned that it was the influence of friends and group peer pressure, the search for new experiences, a weak personality and ingenuity.

In the aspect of emotional changes examined that some students' responses showed a current reality that many people are affected, emotional dependency, sequentially be linked to addiction. And the emotional states of students both in the classroom and with the external physical space had an increase in stress because of the lack of drug use. Causing them own apathy, depression, discouragement and emotional hypersensitivity. Such as anger, irritability, anxiety, panic, loss of immediate memory, difficulty concentrating during lessons in all subjects [11].

Analyzing the responses of the classes of 1<sup>o</sup> A and 3A, was explained almost all of the students interviewed perceive the existence of drugs in all contexts, either within the school or elsewhere because they are open to a world that no only restricted to the school and the family, and that involves a web of social relations in which they share ideas, feelings, experiences, emotions and social values. All students agreed that the school has a key role in preventing drug use.

## 5. Conclusions

- I am shown that licit / illicit drugs is a social problem that is not influenced neither by age nor by social stratum, the drug thrives today, in general, in all social classes, but mainly appears in young people and adults public schools, and universities and among unemployed workers;
- The increase in the crime of murder in the city of João Pessoa denotes that the drug exerts a direct influence on crime, and that crime caused by drugs becomes more violent and difficult to be tackled, victimizing the entire society regardless;
- The results obtained after the completion of learning activities showed trends in the capacity of schooling to argue their opinions, and position themselves directly and work on the project can demonstrate that through programs for the prevention of drug use and treating users should value biopsychosocial aspects of the human being;
- The emotional changes modify the behavior, which in some situations can be considered neuropsychiatric disorders. But it is necessary to produce a stable emotional state and reduces notably the states of anxiety, nervous disorders, stress and depressive processes. For control our emotional state is crucial to our health.

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