PREVENTION OF SUBSTANCE ABUSE

ASSIGNMENT

Course Code: - BSW 130
Total Marks – 100

Note: (i)

(i) Answer any <u>five</u> of the following questions in about <u>500</u> words each.
(ii) **All questions carry equal marks**.

1. Why is it important to study substance abuse and HIV/ AIDS? 20
2. Write a short note on the role of the UN and WHO in the fight against substance abuse. 20
3. Discuss the effect of substance abuse on the family. 20
4. How does abusing drugs/substance increase the risk of STIs and HIV infections? 20
5. Explain the intervention stages for an addict. 20
6. Who are known as 'Mental Health Professionals'? Write about any two of them. 20
7. What is your understanding of empowering communities? 20
8. Write briefly about any three guidelines on talking about sensitive topics, which will be useful to counsellors. 20

1. Why is it important to study substance abuse and HIV/ AIDS?

Ans. Substance abuse and HIV/AIDS are closely connected public health and social problems. Substance abuse means the harmful or risky use of alcohol, tobacco, medicines or other psychoactive drugs. Dependence may develop when a person finds it difficult to control use despite harm. HIV is a virus that attacks the immune system, while AIDS describes the advanced stage of untreated HIV infection. Studying these subjects together helps us understand not only illness but also its effect on families, education, work and community life. For social workers, such knowledge is essential for prevention, counselling and timely support.

Understanding causes and risks

People may start using substances because of curiosity, peer pressure, stress, loneliness, family difficulties or easy availability. Continued use can affect judgement, memory, self-control and physical health. Some people develop dependence and experience withdrawal symptoms when they try to stop. However, substance-use problems are not simply a lack of willpower. Biological, psychological and social conditions interact, so blaming a person rarely solves the problem. Studying the causes helps us identify groups needing support without stereotyping poor people, young persons or any particular community.

The connection with HIV is especially important. Sharing needles, syringes or other injecting equipment can transfer infected blood and transmit HIV. Alcohol or drug intoxication may also reduce the ability to make careful decisions about sexual health. A person may fail to use a condom, may have unprotected sex or may be unable to negotiate safer behaviour. Violence, exploitation and exchanging sex for money or drugs can increase vulnerability further. These risks are not the same for every substance user, and HIV cannot be diagnosed from a person's appearance or lifestyle.