



**UTM**  
UNIVERSITI TEKNOLOGI MALAYSIA

## CHAPTER 10

# COUNSELING OF DRUG ABUSE

## Definition of Drug

Anything of chemical is it natural or fake, whenever it by using by injection or smelling or smoking or eating and it can change a function body, feel or behavioral and individual as the user.

## Criteria of Drug

- Give an effect to nervous system
- Not use for medicinal purposes
- It usage is prohibit
- Get it by illicit
- Involve the sacrifice dependent at physical and psychological
- Increase an immune
- Involve the sacrifice bad at healthy and social function

# Types of drug

## 1. Stimulant

**Natural** : Cocaine, Caffeine, Epinephrine (Adrenalin) and Ephedrine.

**Fake** : Amphetamines (Benzedrine, Dexedrine, Methedrine) and Phenmetrazine (Priludine)

## 2. Depression

**Natural** : Cucarie

**Fake** : Barbiturate, Tranquilizers (Librium, Valium, Methequlone-Mandrax)

### 3. Hallucinogens (the drug damage of heart)

**Natural** : Cannabis, Peyote (Mescaline)  
Hallucinogenic Mushrooms (Psilocybin) and  
Morning Glory Seeds

**Fake** : Lysergic Acid Diethylamine (Lsd),  
Diethylaryetamine (Det), Dimethyitrytamine (Dnt)  
Stp (Dom) and Phencyclidice (Pcp)

### 4. Narcotic (Opiat)

**Natural** : Opium, Heroin, Morfin, and Codeine

**Fake** : Pathidine, Methadone (Dolophine)

## Type of Drug and its effect

- Cocaine Stimulant
- Cocaine, Marijuana, Librium Depression
- Cannabis, LSD, DET (damage of heart)
- Opium, Morphine, Heroin, Codeine Dependent

# Types of Drug Taken in Malaysia

## 1. Opium

- Man has known opium since 4000 B.C.
- Opium originally used for medical purposes.
- Usually taken through smoking, eating and chase.

## 2. Morphine

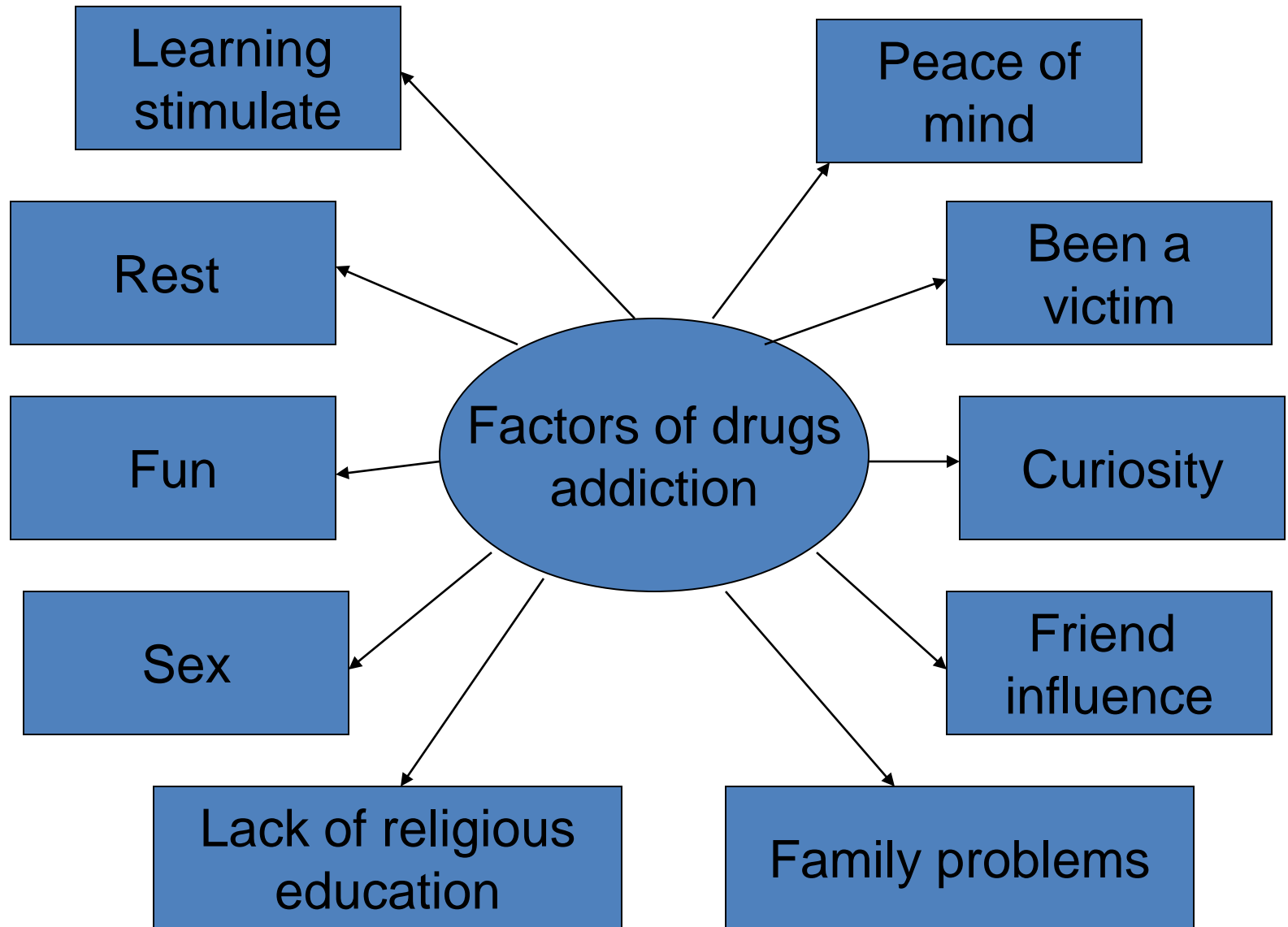
- Produce / extracted from opium.
- Morphine is ten times more powerful than opium.
- Usually taken through smoking, chase and inject.

### 3. Heroin

- Heroin is produced or extracted in 1874.
- Heroin is estimated three or ten times more powerful than morphine.
- Usually taken through smoking, chase and inject.

### 4. Marijuana

- Marijuana or Cannabis is a upper part or the lower from female cannabis tree.
- Usually taken through smoking.





## Factors of Encouraging Drug Addiction

- Family crisis
- Friends influence
- Easily to get drug
- Blocking of psychology needed
- Urbanization and modernization process
- Negative culture influence
- Sexual excitement
- Wrong way of studying
- Relaxing purpose
- Lack of religion study
- Risky life style

## Factors already exist

- Inquiry
- Desire to feel exciting
- Impassioned
- Low personality level
- Low coping skill
- Family addiction model
- Mental problem

## A. Recognized drug addiction

### 1. Physical aspect

- Thin, pale face, dew eyed, dark lip, scare of injection, sneezing, up righting hair, groaning, amnesia, lose appetite, vomiting, unstable body temperature, smelly body, giggling of finger, lip and teeth, passed, unmanageable clothes.

### 2. Psychology aspect

- Irresponsible, selfish, contriver, equivocate, dishonest, cheater, manipulative person, denying, drug first, anti-social, forgetfulness, uncaring, avoid from problem, lack of discipline.

## B. Emotion

- Anxious, demoralize, angry, sensitive, impatient, unsatisfied, lower the dignity of self, doesn't have a confident, unfaithfulness, misunderstood, no desire, give-up, feel hates, dismiss / discharge, distraught.

## C. Behaviours

- always borrowed money, steal, escape without reason, unpromising, always absent from job, feel hard to wake up from slept, lazy to take a bath, talk slowly, always go to toilet, always go to hidden place, spend time together with drug addicts, aggressive, stagger / make an unsteady swaying movement / move clumsily and uncertainly, detach self.

## Physical Arrange

Conditions where a body of drug addict needs drugs for habits physiology process and when the uses of drug has stopped, it can rise an attraction symptom.

## Psychological Arrange

Conditions where drug addict feel crave to use a drug for normal functions and get calm.

## Immune

Immune of body will increase when a dose of drug cannot give satisfy or relieve from pain to overcome an attraction symptom. Dose of drug must be add to get the same satisfy or ease.

## Activities and Programme To Tackle Drug Addiction

Belkin (1975) suggested the activities and program to tackle this problem.

1. **Preventive** – understand the problem, creating a drug education program, and making available to students adequate information.
2. **Therapeutic** – working with drug users and maintaining ongoing patterns of facilitative communication.
3. **Administrative and legal** – Cooperating with system wide efforts, working with the community and maintaining communication and feedback with the law enforcement authorities.

THANK YOU