

Effect of narcotics on the psychological aspect of farm women

ANI BAJAPAI, NEELMA KUNWAR, MAHIMA MISHRA AND PRIYA VASHISHTHA

Accepted : May, 2009

See end of the article for authors' affiliations

Correspondence to:

NEELAMKUNWAR

Faculty of Home Science,
C.S.A. University of
Agriculture and
Technology, KANPUR
(U.P.) INDIA

ABSTRACT

Narcotics are harmful material, which affects the human health and nutrition. Narcotics have some materials, which are totally prohibited to export and import without Govt. license. Narcotic products are widely considered to be a powerful addicting drug. Narcotics additive in many forms increases the risk of many cancers, heart attack, stroke, osteoporosis, diabetes and adverse reproductive outcomes. Narcotics used in the worlds leading cause of death.

Key words : Narcotics, Psychological aspect

Tobacco is commercially available almost everywhere in dried, cured and natural forms. In addition to being consumed as cigarettes and cigars, it can be smoked in a stem pipe, water pipe, or hookah. Tobacco can also be chewed, "dipped" (placed between the cheek and gum), or sniffed into the nose as finely powdered snuff. Many countries set a minimum smoking age, regulating the purchase and use of tobacco products.

An alcoholic beverage is a drink containing ethanol, commonly known as alcohol. Ethanol is a psychoactive drug, with a depressant effect a significant blood alcohol content may be considered legal drunkness and it reduces attention and slows reaction speed. Alcoholic beverages can be addictive. Charas and Ganja are a powerful addicting drug. It is specially used by Aghories and Sadhus. Those are smoked by clay pipe. All these materials are addicting drug and increased many risks.

METHODOLOGY

The study was conducted in Kanpur district. Two blocks Kalyanpur and Bheetargaon were randomly selected. 10 villages were selected out of which 2 blocks. Total 220 farm women were selected in this study area. Dependent and independent variables such as caste, age, dietary pattern and life style were used. The statistical tools S.D. and correlation coefficient were used.

RESULTS AND DISCUSSION

Table 1 shows that distribution of farm women according to occupation and addiction, 62.4 per cent farm women were addicted *bidi* have landless labourers whereas 59.3 per cent farm women have landless labourers have addicted to *surti*. 37.1 per cent farm women were taking *Gutkha* engaged in farming while

28.1 per cent women were taking *chillum* have doing caste occupation. Maximum 48.5 per cent farm women were addicted to alcohol engaged in caste occupation whereas 30.3 per cent women have landless labourers. Alcohol has different forms and can be used as a cleaner, an antiseptic or a sedative. In very small amounts, alcohol can help a person feel more relaxed or less anxious. More alcohol causes changes in the brain, resulting in intoxication.

Table 2 shows that distribution of farm women according to addiction, 80.9 per cent farm women have taking *Gutkha* whereas 41.8 per cent farm women have taking tobacco *paan*. 61.4 per cent women have taking *surti* (khaini) and 56.8 per cent farm women have smoking

Table 1 : Occupation-wise addiction of the farm women

Addiction	Occupation			Total
	Landless labourers	Caste occupation	Farming	
Bidi	78 (62.4)	28 (22.4)	19 (15.2)	125 (100.0)
Surti	80 (59.3)	32 (23.7)	23 (17.0)	135 (100.0)
Gutkha	60 (33.7)	52 (29.2)	66 (37.1)	178 (100.0)
Chillum	12 (37.5)	9 (28.1)	11 (34.4)	32 (100.0)
Alcohol	20 (30.3)	32 (48.5)	14 (21.2)	66 (100.0)

(Figures in parenthesis indicate percentage of respective values)

Table 2 : Distribution of farm women according to addiction

Addiction	Frequency	Per cent
Bidi	125	56.8
Surti	135	61.4
Tobacco paan	92	41.8
Gutkha	178	80.9
Alcohol	76	30.0
Chillum	32	14.5

bidi. Minimum 14.5 per cent farm women have taking *chillum* but major per cent of men have taking *chillum* in rural areas. Women smokers suffer all the consequences of smoking than men of risk various cancers and respiratory diseases. Women aged 35 or under are more likely to smoke before or during pregnancy. There are many reasons women are more likely to smoke including social environment, economic insecurity isolation and stress of care giving and lack of optimism.

Table 3 shows that reasons for taking tobacco by farm women, 30.9 per cent women have a increase work efficiency always while 69.1 per cent women feel relax by taking tobacco, 36.8 per cent women wants to remove stress by taking tobacco in smoking or chewing form. 80.0 per cent women gave the reason for consuming narcotics was work load. They told that they are consuming narcotics due to heavy work load and by consuming they increase their work efficiency and felled relax from home and outside work stress.

Table 4 indicates that feelings of addicted farm women during work, addiction given more comfort to farm women (81.8 %) during work and 17.3 per cent farm

Table 3 : Reasons for taking tobacco by farm women

Reasons	Always	Sometimes	Never	Scores	Rank
Increase work efficiency	68 (30.9)	72 (32.7)	80 (36.4)	1.94	III
To feel relax	152 (69.1)	58 (26.4)	10 (4.5)	2.64	I
Remove stress	81 (36.8)	78 (35.5)	61 (27.7)	2.09	II

(Figures in parenthesis indicate percentage of respective values)

Table 4 : Distribution of narcotics farm women according to opinion

Opinion	Frequency	Per cent
More comfortable	180	81.8
Less comfortable	2	0.9
No difference	38	17.3
Total	220	100.0

women have no feeling during work. Most *bidi* smokers are illiterate and malnourished which makes them more vulnerable to smoking related morbidity and mortality. At the same time, measures should be taken to make *bidi* less harmful and to produce *bidi* by machine to reduce exposure – related toxicity among *bidi* production workers.

Table 5 shows that effects of tobacco on farm women, 54.1 per cent farm women affected by home load due to tobacco while 49.1 per cent women respondents were suffering from work load in different

Table 5 : Distribution of addictive farm women according to work pressure

Work pressure	Frequency	Per cent
Work load	108	49.1
Home load	119	54.1
Domestic violence	38	17.3
Family pressure	13	33.2

activities. 33.2 per cent farm women have feel family pressure while they were taking more tobacco. Stress is a common theme in women's lives. Farm women on low income group are most likely to take up smoking, there are many reasons why women of low income group have taking tobacco in various form social environment, economic insecurity, isolation and stress of care giving, poorer psychological and physical health and lack of optimism and self-esteem.

Conclusion:

Women on low income are most likely to take up smoking; least able to give up smoking; least able to afford smoking and most likely to experience increased material hardship because of their expenditure on tobacco. There are many reason women are more likely to smoke including social environment, economic insecurity isolation and stress of care giving and lack of optimism. Women are consuming narcotics due to heavy work load and by consuming they increase their work efficiency and felled relax from home and outside work stress.

Recommendation:

– Anti-tobacco messages should be included in all health promotion counseling of children, adolescents and young adults.

– The cancer experts committee recommends that smoking begins in adolescence or earlier reduce anti-smoking influence. On this basis it is recommended that steps should be taken aiming to reduce the availability of tobacco products to farm women. Self service displays and vending machines should be withdrawn.

Authors' affiliations:

ANI BAJAPAI AND MAHIMA MISHRA, Faculty of Home Science, C.S.A. University of Agriculture and Technology, KANPUR (U.P.) INDIA

PRIYA VASHISHTHA, Department of Home Science, Krishi Vigyan Kendra, MAINPURI (U.P.) INDIA

REFERENCES

- Abrol, J., Khanna (2002).** The effect of smoking on dietary intake, nutritional status and personality of adult men. *The Indian J. Nutrition and Dietetics*, **39** : 71-80.
- Nzhta Report (2007).** Systematic review of the health effects of modified smokeless tobacco products – Marita Broadstock, http://www.nzhta.chmeds.ac.nz/publications/smokes_tobacco. Pdf.

