

Mass Poppy Plantation and Its Impact on Students' Substance Abuse in Higher Secondary Schools

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Abstract: *The present study attempts to explore the mass poppy plantation and its impact on students' substance abuse in higher secondary schools. From the results of the research, it was found from the responses that mass poppy plantations are one of the reasons behind students engaging in illegal activities like stealing, fraud, drug trafficking, etc. Due to the mass poppy plantation, the price has become cheap and it is easily available in every nook and corner of the district, so it becomes easy to procure by students uses substances. Adolescents are becoming substance abusers due to the desire of the communities to plant poppy. The communities perceive the poppy plantation as a profitable occupation, and their main motive is to make easy money and raise their standard of living. Adolescents begin experimenting with substances simply because they are curious and want to know whether poppy will produce or feeling of pleasure, and try them out of curiosity or satisfy their desire for new sensations. Students working as a daily wagger in the poppy plantation during vacations to earn a pocket money, turn into an abuser because as they continue to work and watch their friends or elders using substances, they continue to work and watch their friends or elders using substances, they are intrigued into tasting and in coursed of time, it becomes an addiction.*

Index Teram: *Poppy, Poppy Plantation, Substance, Substance Abuse and Higher Secondary School.*

Date of Submission: 15-06-2026

Date of Acceptance: 28-06-2026

I. Introduction

Substance abuse refers to a pattern of significant use of any substance or drug or medicine for mood-altering purposes. Substance or drug abuse is the use of a drug in amounts or any methods that are harmful to the individual or others. It is an illness that affects an individual's brain and behaviour and leads to an inability to manage the use of a legal or illegal drug or medication. It is important to understand the concept of substance abuse before we go into further studies of the research. A drug is any chemical substance that, when consumed, alters normal bodily functions and leads to cognitive, affective and behavioural changes. Examples of drugs include alcohol, tobacco, etc. Substance use refers to the consumption of psychoactive substances without experiencing any negative consequences. He or she is doing it for social, experimental or recreational use. Substance Misuse is a situation where a person experiences negative consequences from consuming substances. Substance Abuse is a state where an individual continuously uses it with negative consequences, such as physical, social or legal harm. Harmful use of substances refers to a pattern of drug use or consumption that is already causing damage to health. Drug Addiction is also known as substance use disorder. It is an illness that affects an individual's brain and behaviour and leads to an inability to manage the use of a drug or medication. It hurts the individual who uses it. Its effects are categorised into two types, i.e., Physical effects and mental effects. Using any drug can cause both short-term and long-term physical effects and potential health risks. Short-term effects like deficits in coordination, a quickened heartbeat, nausea and vomiting, potential hypothermia, etc, can occur by using substances, and long-term health consequences can be developed when using substances for an extended time. Health issues like heart disease, stroke, liver disease and inflammation, pancreatitis, digestive problems, cancer of the breast, mouth, throat, liver, colon and so on are the long-term physical effects of substance abuse. When a person uses drugs, a chemical reaction takes place within the brain. Depending on the drug, a user may experience a surge of dopamine, i.e. the happy hormone, which causes an intense wave of euphoria.

The problem of substance abuse in adolescents is becoming a global health concern and is fast assuming alarming proportions in both developed and developing nations. The adolescences are mostly in the higher

secondary stage. Higher secondary schools refer to the education imparted in the eleventh and twelfth standards in schools. It is also known as Senior Secondary in some places. Young people who persistently abuse substances often experience an array of problems, including academic difficulties, health-related problems (including mental health), poor peer relationships, and involvement with the juvenile justice system. Additionally, there are consequences for family members, the community, and the entire society. Declining grades, absenteeism from school and other activities, and increased potential for dropping out of school are problems associated with adolescent substance abuse. Mental health problems such as depression, developmental lags, apathy, withdrawal, and other psychosocial dysfunctions frequently are linked to substance abuse among adolescents. Substance-abusing youth are at higher risk than nonusers for mental health problems, including depression, conduct problems, personality disorders, suicidal thoughts, attempted suicide, and suicide. Marijuana use, which is prevalent among youth, has been shown to interfere with short-term memory, learning, and psychomotor skills. Substance-abusing youth are often alienated from and stigmatised by their peers. Adolescents using alcohol and other drugs also often disengage from school and community activities, depriving their peers and communities of the positive contributions they might otherwise have made. In addition to personal adversities, the abuse of alcohol and other drugs by youth may result in family crises and jeopardise many aspects of family life, sometimes resulting in family dysfunction. Substance abuse is associated with both violent and income-generating crimes by youth. This increases fear among community residents and the demand for juvenile and criminal justice services, thus increasing the burden on these resources. Gangs, drug trafficking, prostitution, and growing numbers of youth homicides are among the social and criminal justice problems often linked to adolescent substance abuse.

Poppy-derived drugs such as heroin, morphine, codeine, etc, are also highly addictive narcotic drugs. Opium can be a liquid, solid, or powder, but most poppy straw concentrate is available commercially as a fine brownish powder. Traditionally the unripened pod is slit open and the sap seeps out and dries on the outer surface of the pod. The resulting yellow – brown latex, which is scraped off of the pod, is bitter in taste and contains varying amounts of alkaloids such as morphine, codeine, thebaine and papaverine. Opium can be smoked, intravenously injected, or taken in pill form. Opium is also abused in combination with other drugs. For example, “Black” is a combination of marijuana, opium, and methamphetamine, and “Buddha” is potent marijuana spiked with opium. The intensity of opium’s euphoric effects on the brain depends on the dose and route of administration. It works quickly when smoked because the opiate chemicals pass into the lungs, where they are quickly absorbed and then sent to the brain. An opium “high” is very similar to a heroin “high”; users experience a euphoric rush, followed by relaxation and the relief of physical pain. Opium inhibits muscle movement in the bowels leading to constipation. It can also dry out the mouth and mucous membranes in the nose. Opium use leads to physical and psychological dependence and can lead to overdose. Poppy has been cultivated tremendously in some parts of Manipur. The poppy plant can be found growing barely a few kilometres from residential areas. Although the Narcotic Drugs and Psychotropic Substances Act, 1985 lists poppy as a contraband substance known for its psychotropic effects, the plant is being extensively cultivated in the interior hill areas of the state. Illegal poppy cultivation for Opium has been in existence for almost a decade, but production has increased manifold in the last few years. Manipur has seen an unprecedented rise in illicit poppy cultivation during the past five years. The cultivation of poppy, locally known as Kaani, has taken over the hilly regions of the state, populated mostly by Schedule Tribes. Substance abuse has become a serious concern which has gripped every faction of the society, including the youth and children, and politicians have resorted to drug trafficking. The tribal villages are lured into poppy cultivation by drug lords primarily to feed the processing plants in western Burma. Proximity to the Golden Triangle, a major drug corridor along with the existence of a porous border and instability brought on by insurgencies, has facilitated the flow of drugs in to the region. The rise in drug trafficking and cases of drug-related problems is associated with the degradation of the social and political fabric of the state. There has also been an immense increase in the use of substances among the youths in this course of time. Therefore, this study wants to find out whether the increase of substance abuse among the youths is the impact of mass poppy plantations in the state.

Poppy Plantation in Manipur

Manipur has seen an unprecedented rise in illicit poppy cultivation during the past five years. Poppy is cultivated mainly in rural areas of Manipur, where people predominantly adhere to jhum cultivation. As land is readily available to jhumias, it is easier to cultivate poppy with other crops. The driving force to cultivate poppy in rural villages is the prevalent poverty, which has its origins in the failure of state machinery, to some extent. Decades of armed conflicts, insurgency problems, and ethnic violence have crippled the state, hitting the economy and in turn the poor, the hardest. Despite the implementation of various rural development programmes, it falls short in delivering to the last mile. Moreover, the desire to provide better education to children and to possess modern appliances and technology has been accorded high priority in today's society. As such, the cultivation of food crops alone came to be insufficient in meeting the needs of rural tribal households. Under these conditions, people struggle to survive and vie for a better source of income. The cultivation of poppy acts like a “magic

potion” for rural households to pull themselves out of poverty, within a short time span. It proves to be rewarding in providing financial and food security and access to credit/loans. As noted by one poppy farmer we interviewed (2019): “People don’t hesitate to lend us money because they know that we will get good returns from selling our crop (poppy).” Moreover, the cultivation has become an agricultural practice of a massive scale, in the rural regions of Manipur. Even those who could get out of poverty, continued to cultivate poppy, to sustain their newfound living conditions. The biggest threat posed by rising levels of illicit poppy cultivation in Manipur is the fact that it could lead to the state being posited as a possible hub for drugs production, rather than just being a spot in the trafficking route. Within the last two and a half years, drugs worth Rs 2,000 crore have been seized and five drug manufacturing makeshift factories were busted (Laithangbam 2020). Heroin and brown sugar remain the two major drugs seized by the NAB. In 2019, in what was regarded as the biggest haul of contraband drugs in the North East, Thoubal district police busted an illegal drug manufacturing factory and seized 184.64 kilograms (kg) of brown sugar, worth Rs 166 crore (Sharma 2019). In another instance, Churachandpur district police busted a factory used for manufacturing brown sugar (Pratibimba 2019). These instances shed light on the thriving business of poppy derivatives like brown sugar and heroin in the state, where drug business runs in crores, currently. The fact that Manipur is no longer only the transit route for illegal drugs lies in the white scratches of flowers in the hills mainly in the districts of Ukhrul, Senapati, Kangpokpi, Kamjong, Churachandpur, and Tengnoupal. The hill areas, inhabited by Scheduled Tribes are being widely used for poppy cultivation --- the unripe seed pod which is used to produce opium. Poppy derivatives like heroin and brown sugar, and the seizure of other contraband substances grab the front-page news frequently and so are its time-to-time destruction. According to government statistics, 14,315 acres of illicit poppy, cultivated mostly in the hills were destroyed by security forces during 2017-2021, in the previous term of the BJP government. under the ‘War on Drugs campaign’ - a drive against illicit drugs. He has also allocated a team of at least 100 police personnel in each district to uproot and destroy poppy plants. “Every drug haul in the Northeast and most in the rest of India is somehow connected to Manipur which is very unfortunate. Despite a massive campaign since 2018, the result is not very impressive. While drug traffickers are being caught by the security, the investigations have fallen short on the real kingpins, most of whom are based in Myanmar,” said Geetchandra Mangang. This expanding illicit economy in interior areas of Manipur has made many communities dependent on the income derived from poppy farming. If one is to examine the case of Afghanistan and poppy cultivation, it reveals that the boom in poppy cultivation leads to an alarming spread of opium addiction across age groups and is usually accompanied by massive destruction of virgin forest and the natural environment. The use of chemical fertilisers to increase the yield also poses a severe threat to the environment. The same situation can occur in Manipur if left unregulated, the consequences of which can be devastating, socially and environmentally. The state government has intervened to check drugs circulation and the unprecedented rise in poppy cultivation, in this scenario.

Poverty, food insecurity, and material aspirations are the major drivers of illegal opium production in Manipur. Some of the other drivers of poppy cultivation are the need for cash to pay for children’s education, housing, and health care. It was observed that none of the farmers cultivated poppy for domestic consumption. it is clear that there is a need to plan alternative livelihoods along with the introduction of development plans in Manipur to support tribal farmers who have resorted to poppy cultivation. It is known that the vast majority of Asian opium poppy farmers grew poppy in order to survive amid poverty and lawlessness (Chouvy 2011). The same is true in Manipur, as it is mainly due to rural poverty and the existing development gaps between hilly areas (rural) and valleys (urban) that contributed to the soaring rise in poppy cultivation (Kipgen 2019). This further asserts the need to address developmental issues and poverty in remote areas. Eradication drives also tend to drive up farm-gate prices, which in turn create stronger incentives for farmers to continue cultivating opium poppy, and also attract newcomers to the industry. Forced eradication does not usually bring about a sustainable reduction in the cultivation of poppy, as it is a one-time, short-term effort. In areas where large-scale illegal opium production is rampant, holistic economic development is the only viable solution to wean people away from poppy cultivation. The counter-narcotic action initiated by law-enforcing bodies should not be resorted to in a hasty manner before economic alternatives are implemented.

Manipur Scenario of Substance Abuse

Manipur is one of the poorest and least developed regions in India. While the principal mode for transmission of HIV infection in India is by heterosexual contact, the prevalence of the disease is also high in intravenous drugs users who share needles and syringes. HIV infection among IDUs first appeared in the north-eastern state of Manipur. Drug abuse was hardly known in the northeastern state of India prior to 1980s though tobacco, alcohol abuse was there. It started rising in the early 1980s with its peak in late 1980s. The geographical proximity of Manipur to Burma (Myanmar) and consequently the Golden Triangle drug trail has made it a major transit route for drug smuggling, with drugs easily available. The increase in unemployment rate combined with

a highly westernised lifestyle of the youth exaggerated the highly usage of drug used in the State. General frustration, family problems, pleasure seeking, curiosity or fun, lack of societal control, and IDU as a fashion

allowed intravenous drug use to emerge as a refuge for the restless youth. Along with this, poor health services, lack of political will and social unrest led to increase in the prevalence of IDU. Those close to the infected face the trauma of diagnosis, community reactions (acceptance, stigma, and discrimination), economic and emotional impact, and reaction of health care workers. Manipur has been contributing a huge portion towards the figure, with our young ones falling prey to drugs and substance abuse menace. Users of inhalants in Manipur and users of codeine-based cough syrups in Mizoram are the third largest number of youths demanding treatment services. Cannabis (ganja) users are the second highest group of treatment seekers in Assam, Meghalaya and Tripura. Heroin use has also made inroads in Assam and Meghalaya. Tripura has lower levels of the abuse of tranquilizers as reflected in the records of addiction treatment centres.

Justification of the Study

Substance Abuse has crippled the life of many people especially the youths of the kangpokpi district. Students make up a substantial population of drug users and are known to use illicit substances as aid in academic efficiency and recreation. Moreover, the rise in Poppy plantation has increase a threat to already conflict-ridden Manipuri society. The seizure of drugs like WY tablets, SP capsule, methamphetamine, poppy derivatives like opium, heroin and brown sugar, and other contraband substances, the value of which runs in crores, have become fixture frontpage news of daily local papers. The land-locked state is not new to poppy cultivation and drugs. It is closed to the 'Golden Triangle' of Drug production- Laos, Thailand and Myanmar.

These highly addictive drugs are pumped back into Manipur's towns and villages where children, some as young as 10 years, are exposed to them. A part of the state population, including youth and children, is gripped by substance abuse. Cases of drug addiction, deaths due to overdose and HIV/AIDS spread due to intravenous drug use are rampant. Keeping all this in view, the investigator chooses this topic study on Mass Poppy Plantation and Its Impact on Students Substance Abuse in Higher Secondary Schools of Kangpokpi District.

II. Review of Related Literature

Alvarez, Irene. (2022) conducted a study on *In the Name of Poppy: Eradication and Counter insurgency in Southern Mexico* and this paper seeks to demonstrate that, in Mexico, the policy of eradication of poppy crops has not only been motivated by its official reason, the anti-drug fight, but also been instrumentalized for the militarization of certain regions for counterinsurgent purposes, that is, to deal with guerrilla activity. Of an empirical nature, this demonstration is based on a mixed methodology, both quantitative and qualitative, as well as on two case studies: the municipalities of Atoyac and Ayutla in the southern state of Guerrero. The main finding of the investigation lies in an anomalous concentration of eradication tasks by the army in both municipalities in the late 1990s and early 2000s, despite relatively marginal drug production. This contradiction finds an explanation beyond the poppy, in the emergence there of two new guerrillas, around the massacres of Aguas Blancas (1995) and El Charco (1998), respectively.

Department of Revenue, Ministry of Finance. Government of India. (2017) conducted a study on Poppy cultivation and found that After India gained independence in 1947, the control over cultivation and manufacture of opium became responsibility of the Central Government with effect from 1st April, 1950. By virtue of the Opium and Revenue laws (Extension of Application) Act 1950, the three Central Government enactments, viz. the Opium act 1857, the Opium Act 1878 and the Dangerous Drugs Act of 1930, became uniformly applicable in all the States of Indian Union. At present the Narcotics Commissioner along with the subordinates exercises all powers and performs all functions relating to superintendence of the cultivation of the opium poppy and production of opium. The Commissioner derives this power from the Narcotic Drugs & Psychotropic Substances Act 1985 and Narcotic Drugs & Psychotropic Substances Rules, 1985. License for manufacture of certain types of narcotic drugs and psychotropic substance as well as permits for export and import of narcotic drugs, psychotropic and controlled substances are issued with the the approval and permission of the Narcotics Commissioner. The Government of India announces the licensing policy for cultivation of opium poppy every year, prescribing, interalia, the minimum qualifying yield for issue of or renewal of licence, maximum area that can be cultivated by an individual cultivator, the maximum benefit that can be allowed to a cultivator for damage due to natural causes, etc. The opium poppy can be cultivated only in such tracts as are notified by the Government. At present these tracts are confined to three States, viz. Madhya Pradesh, Rajasthan and Uttar Pradesh. Mandsaur district of Madhya Pradesh and Chittorgarh and Jhalawar Districts of Rajasthan constitute about 80% of the total area.

III. Objectives of the Study

1. To study how mass poppy plantation has an impact on students' substance abuse in higher secondary schools of Kangpokpi district.
2. To find out whether the students using substances is due to the easily available of poppy plants.

3. To find out whether the communities desires to grow poppy plants have an influence on the student's substance abuse.
4. To find out whether the students use substances in order to satisfy their curiosity to taste the poppy.
5. To find out whether student uses substances because of working as a wage earner in the poppy plantation.

IV. Hypotheses of the Study

1. There exists impact of mass poppy plantation on students' substance abuse in higher secondary schools of Kangpokpi District.
2. There exist students using substances is due to easily available of poppy plants.
3. There exist influences of community's desires to grow poppy plantation on students' substance abuse.
4. There exist the students uses substances in order to satisfy curiosity to taste the poppy.
5. There exist students uses substances because of working as wage earner in poppy plantation.

V. Method of the Study

Method is a style of conducting a research work which is determined by nature of the problems. The present study focuses on a descriptive survey type of investigation. . It confines to the findings of "Mass Poppy Plantation and its impact on students' substance abuse in higher secondary schools of Kangpokpi district".

Population of the Study

In the present study, selected Private and Government Higher Secondary Schools students within Kangpokpi District, Manipur, constitute the population of the study.

Sample of the Study

For the present study, only 120 students were selected from four (4) Higher Secondary Schools of Kangpokpi district, two Government higher secondary schools and two private Higher secondary schools as the true representative proportion of the population.

Tools

After the selection of the objectives, the researcher was to choose suitable tools in order to achieve those objectives. For the completion of the present study, the researcher chose to use a self-developed questionnaire.

Statistical Techniques

Analysis of data for the present study was conducted in conformity with the objectives and hypotheses as formulated by the investigator. After the collection of data, the same was put in tabular form to make the process of analysis easier.

The following statistical techniques are used to analyse and interpret the collected data: Chi-square, Percentage and Pie chart.

VI. Results and Discussions

Table 1 Impact of Mass Poppy Plantation on the Students Substance Abuse

Categories	Observed Frequency	Chi-square frequency	Chi-Square
Strongly agree	29	24	1.04
Agree	44	24	16.67
Undecided	17	24	2.04
Disagree	8	24	10.67
Strongly disagree	22	24	.17
Total	120	120	Obtained=30.59

From table 1, it can be observed that the obtained chi squared value of the data is 30.59. And the table value of chi square at 4 degrees of freedom (df) at 0.05 level of significance is 9.488 and at 0.01 level of significance is 13. 277.Since the obtained chi square value is more than the table value of chi square, the value is highly significant. So, the above stated hypotheses, that is, there exist a significant impact of mass poppy plantation and the student's substance abuse is accepted. That is 60.83 % Of the students are of the opinion that mass poppy plantation has an impact on students' substance abuse.

Table 4.2 Students Using Substances is due to the easy availability of Poppy Plants

Categories	Observed Frequency	Chi-Square frequency	Chi Square
Strongly Agree	40	24	10.67
Agree	36	24	6

Undecided	11	24	7.04
Disagree	10	24	8.17
Strongly Disagree	23	24	0.04
Total	120	120	Obtained=31.92

From table 4.2, it can be observed that the obtained chi square value of the data is 31.92. And the table value of chi square at 4 degrees of freedom (df) at 0.05 significance level is 9.488 and at 0.01 level of significance is 13.277. Since the obtained chi square value is more than the table value of chi square, the value is highly significant. So, the above hypotheses, that is, there exist a significant of students using substances is due to the easily available of poppy plants is accepted. That is 63.33 % of the students are of the opinion that students using substances is due to the easily available of poppy plants.

Table 4.3 Communities Desire to Grow Poppy Plants have an Influence on Students Substance Abuse

Categories	Observed Frequency	Chi-Square Frequency	Chi square
Strongly Agree	33	24	3.38
Agree	38	24	8.17
Undecided	9	24	9.38
Disagree	16	24	2.67
Strongly Disagree	24	24	
Total	120	120	Obtained = 23.60

From the table 3, it can be observed that the obtained chi square value of the data is 23.60. And the table value of chi square at 4 degrees of freedom (df) at 0.05 level of significance is 9.488 and at 0.01 level of significance is 13.277. Since the obtained Chi square value is more than the table value of chi square, the value is highly significant. So, the above stated hypotheses, that is, there exist a significant influence of community's desire to grow poppy plants on students' substance abuse is accepted. That is 59.17% of the students are of the opinion that communities' desires to grow poppy plants have an influence on students' substance abuse.

Table 4 Students Using Substances is due to their Curiosity to taste the Poppy

Categories	Observed frequency	Chi square frequency	Chi square
Strongly Agree	32	24	2.67
Agree	40	24	10.67
Undecided	15	24	3.38
Disagree	13	24	5.05
Strongly Disagree	20	24	.67
Total	120	120	Obtained=22.43

From Table 4, it can be observed that the obtained chi-square value of the data is 22.43. And the table value of chi square at 4 degrees of freedom (df) at 0.05 level of significance is 9.488 and at 0.01 level of significance is 13.277. Since the obtained chi-square value is more than the table value of chi-square, the value is highly significant. So, the above stated hypotheses, that is, there exists a significant number of students using substances is due to their curiosity to taste poppy, is accepted. That is 60% of the students believe that students using substances is due to their curiosity to taste the poppy plants.

Table 5 Students Use Substances because of working as a Wage Earner in the Poppy Plantation

Categories	Observed frequency	Chi-square frequency	Chi square
Strongly Agree	34	24	4.17
Agree	35	24	5.04
Undecided	10	24	8.17
Disagree	14	24	4.17
Strongly Disagree	27	24	.38
Total	120	120	Obtained=21.93

From the table 5, it can be observed that the obtained chi square value of the data is 21.93. And the table value of chi square at 4 degrees of freedom (df) at 0.05 level of significance is 9.488 and at 0.01 level of significance is 13.277. Since the obtained Chi square value is more than the table value of chi square, the value is highly accepted. So, the above stated hypotheses, that is, there exist a significant of students uses substances because of working as a wage earner in the poppy plantation is accepted. That is 57.5 % of the students are of the opinion that students use substances because of working as a wage earner in the poppy plantation.

VII. Conclusions

1. Impact of Mass poppy Plantation

60.83 % of the students in Kangpokpi district becomes a substance abuser because of the unprecedented rise of poppy plantation. It resulted the district into a hub of drug production and surge of drug traffickers dragged the students to easily abuse substances and engages in illegal activities.

2. Easily Available of poppy plants

Due to the mass poppy plantation, the price becomes reasonable and it is easily available in every nook and corner of the district, so it becomes easy to procure by the students also. Hence, 63.33 % of the students become an abuser because of its easy accessibility.

3. Influences of the Communities.

Adolescents becoming substance abuser due to the desires of the communities to plant poppy accounts for 59.17 % as the communities perceives poppy plantation as a profitable occupation and their main motives is to make easy money and raising their standard of living. However, it leads to the degradation of the morals of the students as they took poppy as some ordinary plants which is not harmful for them.

4. Curiosity

Curiosity is one of the major determining factors that drives them into becoming a substance abuser. 60% adolescents begin experimenting with substances simply because they are curious and wanted to know whether poppy will produce a feeling of pleasure and excitement. It is also quite common for the students to hear about the substances on social media, at schools, with friends and also notice their elders using it so they may be curious about the effects of it and try them out of curiosity or satisfy their desire for new sensations.

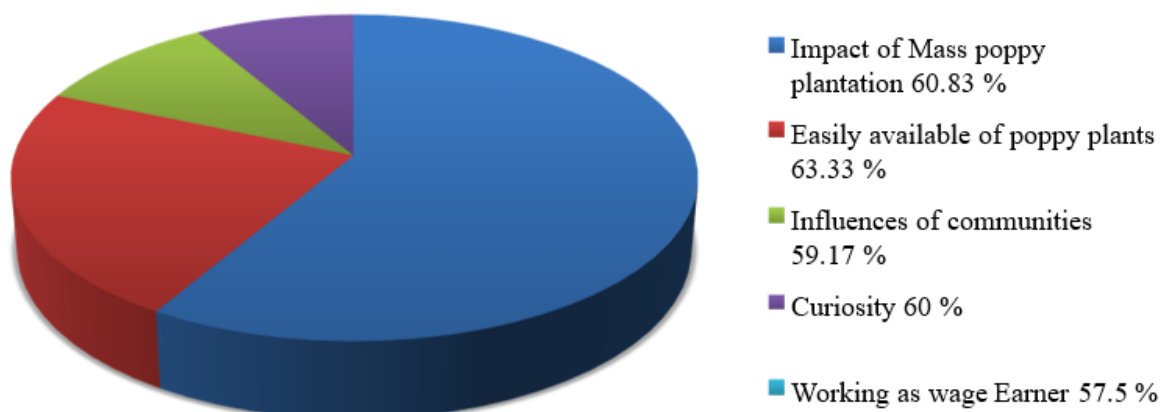
5. Working as Wage Earner

Students working as a daily wager in the poppy plantation during vacations to earn a pocket money, turn into an abuser because as they continue to work and watch their friends or elders using substances, they are intrigued into tasting, and in course of time, it becomes an addiction. 57.5 % of the students are dragged into substance abuse because of working as a wage earner.

Thus, it can be summed up that the general aspects leading to substance abuse among the students of Kangpokpi district is due to mass poppy plantation, easily available of poppy plants, influences of the communities, curiosity and working as a wage earner in the poppy plantation.

Percentage showing the Pie-Chart

Sales



Suggestions

Unprecedented rise of poppy plantation has posed a threat to the society as substance abuse among the students has been increasing at an alarming rate. This led to the destruction of the moral values in the students as well as in the society. So, preventive measures should be taken in such a way that in curb the plantation of the poppy and which in turn will decrease the number of substance abuser.

These measures can only be effective when the society, home and school collectively and cooperatively tackles the problems from different angles. Some of the suggestions are being discussed as follows:

1. For the communities there should be an awareness programmes about the illegality and harmful effects of poppy plantation with the help of the voluntary organizations. It should have further follow up programmes.
2. Follow up programmes should be organized consistently and the leaders of the communities must also participate in organizing the programmes.
3. The communities must encourage formation of self-help groups like groups of ex-users, groups of youth at risk, families of drug users etc
4. Youth groups in the community, who are important role models may be roped in through awareness programmes and also making use of them in turn to spread the message.
5. Observing all important days like international day against illicit drugs and trafficking, Anti-tobacco day, Gandhi Jayanti day etc helps to increase about the problem of substance abuse.
6. Schools can provide public awareness by conducting lectures and other related speeches on the dangers of drug addiction, the actual scenario of drugs in the society and particularly for the youths, the most vulnerable part of the population prone to drug abuse. Lectures by experts during assembly, above all providing insight to the parents through occasional appraisals regarding signs of drugs abusing behavioural symptoms. And the power of the head of the administration should be strengthened to look after the happening around the school.
7. There should be inclusion of the classroom presentation in the form of single or sessions for the awareness of substance abuse. The groups should be formed to discuss such problems with the help of those people who are associated with the control of substance abuse.
8. The school must educate and sensitise the students about the detrimental effects of poppy so that they can, in turn, give the message to their parents.
9. Poor school performance, underachievement, and truancy may be manifestations of substance use so the schools must collaborate with the communities, parents, health care professionals so that the causes for this behaviour can be determined.
10. Life skills training to confront a problem specific focus can be taught to the students so that they can apply it when they face the problem of substance abuse.
11. Parents must talk to their kids about the dangers of substances early before they attain the age of curiosity.
12. Parents need to go beyond and modelling good behaviour and create a positive environment for their children. They have to take time to get to know their children by spending time together, communicating and creating shared experiences.
13. Law enforcement has to be strict. The government agencies should be active and alert.
14. The advertisement of alcohol and tobacco products either through mass media or through hoardings should be banned.
15. The government should publish leaflets, books C D, cassettes, etc in order to conscientize the general public, for which sufficient money should be included in the state budget.

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