

Risk Factors and Consequences of Drug Abuse Among Undergraduate Students

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Abstract:

Drug abuse among undergraduate students is a pressing concern with profound implications for academic performance, physical health, and mental well-being. This study explores the various risk factors contributing to drug abuse within this demographic and examines the adverse consequences of substance misuse. Drug abuse, characterised by the excessive and harmful use of psychoactive substances, includes the misuse of legal and illegal drugs, such as alcohol, cannabinoids, stimulants, opioids, and hallucinogens. Each substance presents unique risks, with potential consequences ranging from cognitive impairments and cardiovascular issues to psychological disorders and social disruption. Risk factors such as peer pressure, academic stress, mental health issues, and easy drug availability significantly influence substance abuse behaviours. The study also highlights the detrimental effects of drug abuse on students' academic performance, noting declines in grades and increased absenteeism, alongside physical health problems like cardiovascular and respiratory issues. Mental health repercussions include heightened anxiety, depression, and psychosis, while social consequences often manifest as strained relationships and legal troubles. The research underscores the necessity for comprehensive prevention and intervention strategies, including educational programs, counselling services, peer support, and robust policy enforcement. Addressing these issues through targeted prevention efforts and supportive measures can mitigate the negative impact of drug abuse and

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promote healthier, more productive student experiences.

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Introduction

Drug abuse among undergraduate students has emerged as a significant and growing concern globally. This issue presents multifaceted challenges for educators, parents, and the wider community. The transition from high school to higher education often introduces a range of pressures—academic, social, and personal—that can drive students towards substance use. As Adetayo et al. (2023) note, these pressures, coupled with the desire to fit in with peers and achieve academic success, can lead students to experiment with and, in some cases, develop dependencies on various substances. One of the primary factors influencing drug abuse among undergraduates is the intense stress associated with college life. The academic demands, coupled with the need to balance extracurricular activities and social interactions, can be overwhelming (Okafor, 2020). This period of transition is marked by increased responsibilities and expectations, which often culminates in heightened stress levels. Many students resort to drugs as a coping mechanism—using stimulants like Adderall or Ritalin to enhance their academic performance or substances like marijuana to alleviate stress (Mitchell, 2021; Egenti et al., 2023).

Peer pressure also plays a crucial role in the prevalence of drug abuse in college settings. University life exposes students to new social environments, where the urge to conform and be accepted can lead them to experiment with drugs (Henneberger et al., 2021). The desire to be part of a group or to appear socially accepted often outweighs initial reservations about drug use (Dumbili, 2020). Consequently, students might engage in drug use not out of personal desire but to fit in with their peers. The ramifications of drug abuse extend beyond academic performance, affecting students' physical and mental health. Short-term effects include impaired judgement, memory issues, and reduced concentration, which can detrimentally impact academic success (Bugbee et al., 2019). Long-term drug use can result in addiction, leading to severe consequences such as financial strain, strained interpersonal relationships, and legal troubles (McAlaney et al., 2021). Furthermore, substance abuse can disrupt brain chemistry, leading to mental health disorders such as anxiety, depression, and psychosis, all of which can severely impair students' overall well-being and academic performance (Jordan, 2020).

The accessibility of drugs on university campuses exacerbates the problem. Contrary to the perception of campuses as secure environments, drugs are often readily available through peers, local dealers, or online platforms (Bennett & Holloway, 2019). Additionally, the portrayal of drug use in popular media and music normalises and sometimes glamorises substance abuse, further influencing students' perceptions and behaviours (Mackay, 2020). Addressing the issue of drug abuse requires comprehensive strategies from universities, parents, and the broader community. Educational institutions should enhance efforts to educate students about the risks of drug use and promote healthy coping strategies. Initiatives such as workshops, seminars, and peer-led support groups can be instrumental in this regard. Universities must also enforce stricter policies and consequences for drug-related infractions to deter use (Owolabi et al., 2021).

Parents and guardians are also crucial in preventing drug abuse. Open communication about the dangers of drugs and vigilance regarding changes in behaviour or academic performance can help in early identification and intervention. Creating a supportive environment that



fosters healthy coping mechanisms is essential in mitigating the risk of drug abuse among undergraduate students. The aim of this study is to comprehensively examine the risk factors and consequences associated with drug abuse among undergraduate students. Specifically, the study seeks to discuss the various risk factors that contribute to drug abuse in this demographic and to explain the adverse consequences that drug abuse has on students' academic performance, physical health, and mental well-being.

Overview of Drug Abuse

Drug abuse is a significant public health issue characterised by the excessive and harmful use of psychoactive substances. It has far-reaching implications for individuals, families, and societies. Understanding drug abuse requires an examination of its definitions, the substances involved, the factors contributing to its prevalence, and the impact it has on various aspects of life. Drug abuse, often referred to as substance abuse, involves the recurrent use of drugs in a manner that deviates from medical or legal norms, leading to significant negative consequences. It is typically marked by a pattern of behaviour where individuals consume substances beyond their intended use or for non-medical reasons. This includes the use of both legal substances, such as alcohol and prescription medications, and illegal substances, such as cocaine, heroin, and methamphetamine (World Health Organization [WHO], 2021).

The substances involved in drug abuse vary widely, encompassing stimulants, depressants, opioids, hallucinogens, and cannabinoids. Stimulants, such as cocaine and methamphetamine, are known for their ability to increase alertness and energy, but their misuse can lead to severe cardiovascular issues and psychological disturbances (National Institute on Drug Abuse [NIDA], 2023). Depressants, including alcohol and benzodiazepines, can impair cognitive and motor functions, and their abuse is linked to addiction, liver disease, and other health problems (Meyer et al., 2022). Opioids, such as heroin and prescription painkillers, are highly addictive and can lead to overdose and death when misused (CDC, 2023). Hallucinogens, such as LSD and psilocybin, alter perception and can result in long-term psychological effects. Cannabinoids, including marijuana, are commonly used both recreationally and medicinally but can also lead to dependence and cognitive impairments (Volkow et al., 2014).

Drug abuse affect physical health, mental well-being, and social stability. Physically, drug abuse can lead to a wide range of health problems, including cardiovascular disease, respiratory issues, liver damage, and infectious diseases (McLellan et al., 2000). For example, intravenous drug use is associated with a higher risk of contracting HIV and hepatitis (Nelson et al., 2022). Mental health impacts are equally severe, with drug abuse being linked to a range of psychological disorders such as depression, anxiety, and psychosis (National Institute on Drug Abuse [NIDA], 2022). The neurobiological changes caused by prolonged drug use can alter brain structure and function, contributing to persistent cognitive deficits and emotional disturbances (Volkow et al., 2016).

Socially, drug abuse can lead to significant disruptions in personal relationships, employment, and overall quality of life. The financial burden of maintaining a drug habit can lead to economic instability and legal problems (Rehm et al., 2009). Additionally, drug abuse often strains relationships with family and friends, contributing to social isolation and interpersonal conflicts (Rosenberg & Hickie, 2013). In the academic and occupational realms,



drug abuse can result in diminished performance, absenteeism, and increased risk of accidents and injuries (Kessler et al., 2006). Drug abuse is a complex issue with significant implications for individuals and society. Understanding the various types of substances involved, the risk factors contributing to abuse, and the extensive consequences is crucial for developing effective prevention and treatment strategies.

Drugs Commonly Abused by Undergraduate Students

Drug abuse among undergraduate students is a pressing issue that impacts their academic performance, physical health, and overall well-being. Various substances are commonly abused within this demographic, each with distinct effects and associated risks. Understanding these substances, their usage patterns, and the consequences of their abuse is essential for addressing the issue effectively.

Alcohol

Alcohol is one of the most widely abused substances among undergraduate students. It is often used in social settings and is readily accessible, making it a common choice for students seeking to manage stress or fit in with peers. Heavy drinking, characterized by binge drinking or excessive consumption, can lead to significant negative outcomes. Research shows that binge drinking is prevalent in college settings, with students consuming large quantities of alcohol in short periods (Wechsler et al., 2002). This pattern of drinking is associated with a range of adverse effects, including impaired academic performance, increased risk of accidents, and long-term health problems such as liver disease and cardiovascular issues (Hingson et al., 2017). Furthermore, alcohol abuse can lead to behavioural problems, including risky sexual behaviour and legal issues (DeJong et al., 2010).

Cannabinoids

Cannabinoids, particularly marijuana, are another major concern among undergraduate students. Marijuana is the most commonly used illicit drug in many countries, including the United States (SAMHSA, 2022). Its use among students is often driven by its perceived low risk compared to other substances and its prevalence in social settings. Marijuana can impair cognitive functions such as memory and concentration, which can adversely affect academic performance (Volkow et al., 2014). Long-term use can lead to dependence and withdrawal symptoms, which include irritability, sleep disturbances, and reduced appetite (Budney et al., 2009). The legalisation of marijuana in various jurisdictions has contributed to its increased availability and, consequently, its use among students (Hasin et al., 2015).

Stimulants

Stimulants, such as Adderall and Ritalin, are often misused by undergraduate students seeking to enhance academic performance or manage fatigue. These medications, typically prescribed for attention deficit hyperactivity disorder (ADHD), are used off-label by students to improve focus and concentration (McCabe et al., 2005). However, the non-medical use of stimulants carries significant risks, including cardiovascular issues, anxiety, and the potential for substance dependence (Wilens et al., 2008). The misuse of prescription stimulants is associated with a higher likelihood of substance abuse and mental health problems, reflecting the dangers of using these drugs outside of a medical context (Teter et al., 2006).

Opioids



Opioids, including prescription painkillers like oxycodone and hydrocodone, are also commonly abused among students. The opioid epidemic has highlighted the risks associated with these substances, including their potential for addiction and overdose (CDC, 2023). Opioids are often misused for their sedative effects or to manage stress and pain. However, their abuse can quickly lead to dependence and a range of health issues, such as respiratory depression, overdose, and severe gastrointestinal problems (Volkow et al., 2014). The misuse of prescription opioids is a growing concern on college campuses, reflecting broader trends in the general population (Katz et al., 2021).

Hallucinogens

Hallucinogens, such as LSD and psilocybin, are less commonly used but still present on some campuses. These substances alter perception and can lead to profound changes in consciousness. While some students may use hallucinogens for their psychoactive effects or to enhance social experiences, their use can result in significant psychological distress, including hallucinations, paranoia, and panic attacks (Johnson et al., 2014). Long-term effects can include persistent changes in mood and cognition, as well as an increased risk of developing psychiatric disorders (Sullivan et al., 2015).

Inhalants

Inhalants, such as nitrous oxide and glue, are another category of drugs sometimes abused by students. These substances are often used for their euphoric effects, but their use can lead to acute health risks including brain damage, respiratory problems, and sudden death from asphyxiation or cardiac arrest (Henderson et al., 2017). The accessibility of inhalants, often found in common household products, makes them a particularly dangerous choice for substance abuse.

The abuse of drugs among undergraduate students is a multifaceted issue that involves a range of substances, each with its own set of risks and consequences. Alcohol and marijuana are the most commonly abused, largely due to their prevalence and social acceptability, while stimulants and opioids pose significant risks due to their potential for dependence and severe health effects. Hallucinogens and inhalants, though less common, also represent serious concerns due to their potential for acute psychological and physical harm.

Risk Factors of Drug Abuse Among Undergraduate Students

Drug abuse has emerged as a critical issue among undergraduate students, increasingly influencing their academic and personal lives. This phenomenon is driven by various risk factors that intertwine with the complex pressures and transitions experienced during college years. Understanding these risk factors is essential for developing effective prevention and intervention strategies.

Peer Pressure

Peer pressure is a significant catalyst for drug abuse among undergraduate students. The desire to fit in and gain acceptance from peers can lead students to engage in behaviours they might otherwise avoid, including drug use (Pratt et al., 2019). Social gatherings, such as parties and other events, often provide environments where drugs are readily available and where the influence of peers can be particularly strong (Dumbili et al., 2021). The need to conform to social norms or to be part of a particular group can outweigh personal reservations, making students more susceptible to experimenting with drugs. This dynamic



highlights the critical role that social circles play in influencing drug-related behaviours, demonstrating how peer pressure can act as a powerful force in shaping students' choices.

Stress and Academic Pressure

The intense academic demands of college life contribute significantly to drug abuse. Many students experience high levels of stress due to the pressure to perform well in their studies, manage heavy workloads, and meet academic expectations (Ahmad et al., 2022). In an attempt to alleviate this stress and enhance their academic performance, some students may turn to drugs as a coping mechanism. This pattern of use, however, can be counterproductive. Initially, drugs might seem to provide temporary relief or improved focus, but over time, their abuse often leads to a decline in academic performance, creating a vicious cycle of increased stress and further drug use (De Bruyn et al., 2019). The pressure to excel academically can thus drive students towards substance abuse, undermining their long-term success and well-being.

Mental Health Issues

Mental health issues are another crucial factor influencing drug abuse among students. Many undergraduates face psychological challenges such as depression, anxiety, and loneliness, particularly during the transition to college life, which involves moving away from home and familiar support systems (Sheldon et al., 2021). Students who have pre-existing mental health conditions may be particularly vulnerable to using drugs as a form of self-medication. This behaviour often exacerbates their mental health problems, leading to a cycle of dependency and worsening symptoms (Sun, 2020). The interplay between mental health issues and drug use underscores the importance of addressing mental health concerns as part of a comprehensive approach to preventing substance abuse.

Curiosity and Experimentation

The university experience often fosters an environment of exploration and experimentation. Students are exposed to a range of new experiences, and a sense of invincibility and curiosity can drive them to experiment with drugs (Siedentop et al., 2019). This phase of experimentation, characterised by a belief in one's ability to handle drug use without adverse consequences, can quickly escalate into addiction, especially with highly addictive substances (Addison et al., 2021). The allure of novelty and the perceived low risk of drug experimentation contribute to its prevalence among students, highlighting the need for educational interventions that address the risks associated with drug use.

Easy Availability

The accessibility of drugs is a significant risk factor for abuse among undergraduate students. College campuses can become prime targets for drug dealers who exploit the high demand for substances within this demographic (Hall et al., 2022). Additionally, the rise of online drug markets has further simplified the process of obtaining drugs, making them more accessible to students than ever before (Moyle et al., 2019). The presence of drugs in students' social circles, whether through friends or roommates, also increases the likelihood of drug use (Wagner, 2021). The easy availability of drugs thus plays a crucial role in facilitating their abuse among students, underscoring the need for stricter regulation and monitoring on campus and in surrounding communities.



Lack of Awareness and Education

A critical factor in drug abuse among undergraduate students is the lack of awareness and education regarding the risks and consequences of substance use. Many students may perceive occasional drug use as harmless, especially if they see their peers or roommates engaging in similar behaviour (Willis et al., 2019). This misconception, combined with insufficient education about the dangers of drug abuse, leaves students vulnerable to developing substance use problems. Effective educational programmes that highlight the risks associated with drug use and provide information on recognising signs of addiction are essential for preventing drug abuse and promoting healthier coping strategies among students.

The risk factors for drug abuse among undergraduate students are multifaceted, involving peer pressure, academic stress, mental health issues, curiosity, drug availability, and a lack of awareness. Addressing these factors requires a comprehensive approach that includes targeted prevention efforts, increased education on the risks of drug use, and the creation of supportive environments that reduce the likelihood of substance abuse. Understanding and mitigating these risk factors can help in developing effective strategies to combat drug abuse and support the overall well-being of undergraduate students.

Consequences of Drug Abuse Among Undergraduate Students

With the increasing availability and variety of drugs, undergraduate students face heightened exposure to the temptation of drug use. The consequences of drug abuse are profound, significantly impacting students' academic performance, health, social relationships, and legal standing.

Academic Performance

One of the most immediate and observable consequences of drug abuse among undergraduate students is a decline in academic performance. Drug use can severely disrupt cognitive functions such as memory, concentration, and decision-making (Woodward & Braunscheidel, 2019). Students who abuse drugs often struggle to maintain focus and motivation, leading to neglect of their academic responsibilities. This can result in poor grades and, in more severe cases, academic failure or withdrawal from school (Gubbels et al., 2019). The detrimental effects on cognitive abilities can have long-term implications, adversely affecting students' future educational and career prospects. As academic performance deteriorates, students may also experience increased stress and anxiety, further exacerbating their academic challenges (Olurische, 2019).

Physical and Mental Health

Drug abuse among undergraduate students poses significant risks to both physical and mental health. Various substances, including cocaine, marijuana, and prescription stimulants, have been linked to severe health issues (Edinoff et al., 2022). Physical health problems such as cardiovascular issues, respiratory complications, and liver damage are common among individuals who misuse these drugs (Lewer et al., 2019). Additionally, long-term drug use can lead to serious mental health disorders, including anxiety, depression, and psychosis (Hasin & Walsh, 2020). These health complications not only affect the individual's quality of life but also strain their relationships and social interactions, leading to a cycle of further distress and isolation.



Social Impact

The social repercussions of drug abuse are equally concerning. Students who engage in drug abuse often experience withdrawal from their social circles, prioritising drug use over maintaining relationships with family and friends (Welsh et al., 2019). This social isolation can result in strained relationships and a diminished support network, exacerbating feelings of loneliness and alienation. Furthermore, drug abuse frequently leads to risky behaviours, such as driving under the influence or engaging in unsafe sexual practices, which can have severe social and health consequences (Jackson et al., 2020). These risky behaviours not only endanger the individuals involved but also affect those around them, contributing to a broader spectrum of social issues.

Legal Repercussions

The legal consequences of drug abuse are significant and can have lasting effects on students' lives. The possession and use of illegal drugs are criminal offences that can result in criminal charges, leading to legal repercussions (Stevens et al., 2022). Having a criminal record can severely impact students' future opportunities, including their employability and further educational prospects. The stigma associated with a criminal record can also affect their personal and professional relationships, creating additional barriers to reintegration into society.

Societal Impact

Beyond individual consequences, drug abuse among undergraduate students imposes a substantial burden on society. The healthcare system bears the costs of treating drug-related health issues, which can strain medical resources and increase healthcare expenses (Sorge et al., 2020). Additionally, students who drop out of school due to drug abuse contribute less to the workforce, resulting in a loss of potential productivity and economic growth. The societal costs of drug abuse thus extend beyond the individual, affecting the broader community and economic stability.

The consequences of drug abuse among undergraduate students are extensive and impactful. They affect academic performance, health, social relationships, and legal status, with ripple effects that extend to society as a whole.

Strategies to Curb Drug Abuse among Undergraduate Students

Drug abuse among undergraduate students poses a significant challenge that impacts academic performance, health, social relationships, and legal status. Addressing this issue requires a comprehensive approach that includes prevention, education, support systems, and policy interventions.

Prevention and Education Programs

One of the most effective strategies for curbing drug abuse is the implementation of comprehensive prevention and education programs. These programs should aim to increase awareness about the dangers of drug use and provide students with the knowledge and skills needed to resist peer pressure and make informed choices. Research shows that educational interventions can significantly reduce drug use among students by improving their understanding of the risks associated with substance abuse and enhancing their coping skills (O'Neill et al., 2020). Educational programs should be integrated into the university curriculum and include interactive components such as workshops, seminars, and peer-led



discussions. For example, programmes that include role-playing scenarios and skill-building exercises have been shown to be particularly effective in teaching students how to handle peer pressure and make healthier decisions (Harris et al., 2021). Additionally, universities should collaborate with local health organisations to provide students with accurate information about drug abuse and its consequences, as well as resources for seeking help.

Counselling and Support Services

Providing access to counselling and support services is crucial for addressing drug abuse among students. Many students who engage in drug abuse do so as a way to cope with stress, mental health issues, or other personal challenges (Gunn et al., 2022). Therefore, offering professional counselling services on campus can help students address the underlying issues that contribute to their substance use. Universities should ensure that mental health and substance abuse counselling services are readily available and accessible to students. This includes providing confidential support, creating a stigma-free environment, and offering various forms of counselling, such as individual therapy, group therapy, and support groups (Lee et al., 2021). Implementing early intervention strategies, where students are identified and offered support before their drug use becomes more severe, can also be effective in preventing long-term substance abuse problems (Smith et al., 2022).

Peer Support and Mentoring Programs

Peer support and mentoring programs can play a vital role in preventing and addressing drug abuse among students. These programs leverage the influence of peers to create positive change and provide support for students who may be struggling with substance abuse (Johnson & Smith, 2021). Peer mentors and support groups can offer guidance, share personal experiences, and provide a sense of community that can help students feel less isolated and more supported in their efforts to avoid or overcome drug abuse. Training peer mentors to recognise the signs of drug abuse and to provide appropriate support can enhance the effectiveness of these programs. Peer-led initiatives that focus on building strong social networks, promoting healthy lifestyles, and fostering open communication about drug use can create a supportive campus culture that discourages substance abuse (Taylor et al., 2022).

Policy Development and Enforcement

Universities need to establish and enforce clear policies regarding drug use on campus. These policies should outline the consequences of drug abuse, provide guidelines for disciplinary actions, and support prevention and intervention efforts. A well-defined drug policy helps create a safe and healthy campus environment and communicates the institution's commitment to addressing drug abuse (Miller & Johnson, 2023). In addition to campus policies, universities should collaborate with local law enforcement and community organisations to address the availability and distribution of illegal drugs. Efforts to reduce the supply of drugs and to increase the visibility of law enforcement can help deter drug abuse and create a safer environment for students (Kline et al., 2021).

Parental and Community Involvement

Engaging parents and the broader community in drug abuse prevention efforts can significantly enhance their effectiveness. Parents play a crucial role in shaping their children's attitudes towards drug use and in providing support and guidance throughout their college



years. Educational programs and resources for parents can help them recognise the signs of drug abuse, understand the challenges their children may face, and learn how to communicate effectively about drug use (Carter et al., 2020). Community involvement is also essential for creating a supportive environment that encourages healthy behaviours and discourages drug abuse. Collaborating with local organisations, schools, and healthcare providers can help extend the reach of prevention and support efforts beyond the campus and foster a community-wide approach to addressing drug abuse (Harris et al., 2021).

Promotion of Healthy Alternatives

Promoting healthy alternatives to drug use can provide students with positive outlets for managing stress and enhancing their well-being. Universities should offer a range of extracurricular activities, recreational programs, and wellness initiatives that encourage students to engage in activities that support their physical and mental health. Activities such as sports, arts, and academic clubs can help students develop new interests, build social connections, and find constructive ways to cope with the pressures of college life (Jones et al., 2022). Additionally, incorporating wellness education into the curriculum, including topics such as stress management, healthy coping strategies, and substance abuse prevention, can equip students with the tools they need to make healthy choices (Lee et al., 2021).

Evaluation and Continuous Improvement

Finally, it is crucial to evaluate the effectiveness of drug abuse prevention and intervention strategies regularly. This involves assessing the outcomes of educational programs, counselling services, and policy enforcement to determine what is working and where improvements are needed. Continuous feedback from students, staff, and community partners can help identify gaps and refine strategies to better address the evolving challenges of drug abuse (Smith et al., 2022).

Implications to Nursing Practice

The implications of drug abuse among undergraduate students have a significant impact on the nursing profession. Nurses may see an increase in the number of patients seeking treatment for drug abuse, which can add to their workload and stress levels. Also, nurses need to be properly trained to identify and manage drug abuse among undergraduate students. This includes knowledge of different substances, signs and symptoms of abuse, and appropriate interventions. Nurses play a vital role in preventing drug abuse among undergraduate students. They can educate students about the risks of drug abuse and provide information on healthy coping mechanisms. In addition, drug abuse among undergraduate students is a complex issue that requires a multidisciplinary approach. Nurses need to work closely with other healthcare professionals such as psychologists, social workers, and addiction counselors to address this problem effectively. Lastly, nursing is a profession that requires empathy and compassion, and caring for individuals struggling with drug abuse requires a non-judgmental and understanding attitude. Nurses must provide care in a way that promotes recovery and supports the individual's well-being.

Conclusion

Drug abuse among undergraduate students is a complex issue with various risk factors and severe consequences. It not only affects the individual but also has a significant impact on their families, friends, and society as a whole. Drug abuse among undergraduate students has



severe consequences that go beyond the individual. It affects their academic performance, physical and mental health, social lives, and can even have legal repercussions. As such, it is crucial for universities to address this issue and provide support and resources for students struggling with drug abuse. It is also important for students to be educated about the dangers of drug abuse and to seek help if they or someone they know is struggling with substance abuse.

It is essential to educate students about the dangers and consequences of drug abuse. Colleges and universities should incorporate drug education programs into their curriculum to create awareness among students. In addition, students should have access to on-campus counseling services to help them cope with stress, anxiety, and other mental health issues. These services can also assist in identifying and addressing the underlying causes of substance abuse. Furthermore, support groups can provide a sense of community and a safe space for students struggling with substance abuse. These groups can offer peer support, guidance, and accountability to overcome drug addiction. Also, universities should have strict policies and consequences in place for drug abuse. This can act as a deterrent and encourage students to make responsible choices. Lastly, colleges should promote healthier ways of coping with stress, such as exercise, meditation, or therapy. This can help prevent students from turning to drugs to deal with academic pressure.

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