



A STUDY ON DRUG ADDICTS IN IMPHAL EAST AND IMPHAL WEST DISTRICTS OF MANIPUR

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ABSTRACT

Drug addiction is a significant global challenge that impacts numerous young individuals, often leading them into this cycle without full awareness. This article constructively explores the various causes of drug addiction, highlights the current conditions of those affected, and assesses their mental and physical health. Furthermore, it discusses practical strategies and solutions for overcoming this issue. The data for this study were carefully gathered from both Imphal East and Imphal West districts, providing valuable insights for effective interventions.

Keywords: drug addicts, youths

INTRODUCTION AND REVIEW OF RELATED LITERATURE

MEANING OF DRUG ADDICTION

According to the United Nations (2005), the use of illicit drugs has increased throughout the globe, and the major world trend is the increasing availability of many kinds of drugs among an ever-widening spectrum of consumers (Rahman, Khanum & Akter, 2021).

Drug addiction is associated with impairment in various aspects of physical, psychological and socio-occupational functioning. Drug addiction is a growing issue in India and the world. The global problem of addiction and drug abuse is responsible for millions of deaths and HIV cases (Singh & Gupta, 2017).

Abudu (2008) conducted a study entitled “Young People and Drug Abuse” that reveals the prevalence of drug abuse among young people, the inherent problems associated with addiction and some reasons why teenagers are more vulnerable to addiction. Despite the known risks associated with addiction, people continue to abuse drugs. Drug abuse causes a lot of hazards among people and society. It results in gang formation, cultism, armed robbery, mental illness, etc. Studies revealed that most of the drug addicts started smoking in their adolescence. As they grow older, they seek new thrills and gradually go into hard drugs. There was an indication that 65% high school students used drugs to have a good time, 54% wanted to experiment to see what it is like, and 20 – 40% used it to alter their moods. It concludes by prescribing some ways of curbing the menace arising from drug addiction.



Rationale for the study

Studying drug addiction among youths is vital for developing a comprehensive understanding of the multifaceted factors influencing substance abuse. This knowledge is instrumental in developing targeted interventions, prevention programs, and policies to address the unique challenges faced by young individuals grappling with drug addiction.

OBJECTIVES OF THE STUDY

1. To study the level of drug addiction and its effects on health.
2. To study the relationship between family and present status.
3. To study the present status and future outlook.
4. To find out the organisers' problems and their suggested measures in order to improve their centres.

HYPOTHESES OF THE STUDY

1. There exists a significant relationship between the level of drug addiction and health conditions.
2. There exists a relationship between family environment and drug addiction.
3. There exists a significant relationship between addiction level and future outlook.

Methodology

The methodology aspect of a research work is concerned with designing the research work. So, the researcher should be careful about the methodology of the research work. If the methodology is wrong, then the whole process of research will be meaningless.

1. Locale of the study
2. Profile of the study
3. Design of the study
4. Definition of the background variables
5. Sample or participants
6. Tools used
7. Procedure for collection of data
8. Procedure for analysis and interpretation of data.



LOCALE OF THE STUDY

The present study will study drug addiction among the youth of Imphal East and Imphal West districts of Manipur. This study is conducted in an Indian socio-cultural setting. The researcher will confine this study to the eastern part of the country, one of the northeast states, Manipur.



Map of Manipur showing Imphal East and Imphal West

PROFILE OF THE STUDY

The data will be collected from 4 rehabilitation centres. Two centres, each from Imphal East and Imphal West District. The present study will refer to the rehabilitation centre. The details of the profile of the study are given here. There are 20 rehabilitation centres in Imphal alone. Out of these, the present study will randomly select 2 centres from IW and 2 centres from the IE district.

The seat capacity of each centre is approximately 30 beds. From each centre, the present study will collect 20/20 inmates' responses, and information will be collected from 4 organisers from



each centre. The researcher will collect data from inmates as well as from organisers of the selected centres.

DESIGN OF THE STUDY

The present study title is Drug Addiction among the youths of Imphal West and Imphal East District of Manipur. In the present study, the researcher will study the present status of drug addiction in these districts. The study intends to achieve these objectives:

Objective 1: To study the level of drug addiction and its effects on health.

Objective 2: To study the relationship between family and present status.

Objective 3: To study the present status and future outlook.

Objective 4: To find out the organisers' problems and their suggested measures in order to improve their centres.

DEFINITION OF THE BACKGROUND VARIABLES

In the present study, two categories of background variables will be used. They are Organisational Variables and Personal Variables. The study will include two organisational and two personal variables.

1. Organisational Variable

- A. Government type
- B. Private type

2. Personal Variable

- A. Below 19 years (Teenagers)
- B. Above 19 years (Adult and Old age)

SAMPLE/ PARTICIPANTS

As we know that in each centre, there are approximately 30 inmates and out of those 30 inmates, the present study will collect data from 20/20 inmates from each centre. So the total number of participants in the present study will be 80 inmates. So, the sample of the study will be 80 inmates and 4 organisers.



TOOLS USED

The tool in the present study will be used keeping in view the objectives of the study.

In this study, only one attitude scale was used as the tool, and it covers all four objectives. The first part of the tool, section B, attitude scale for drug addicts, for knowing their present status, covers all the first three objectives and the last part, section C, of the tool, interview schedule for organisers of the rehabilitation centre, covers the last objective.

PROCEDURE FOR COLLECTION OF DATA

The present study is concerned with four objectives. For achieving all the objectives from 1st to 3rd objectives, the researcher herself will proceed to the practical field and from there she will collect the data personally by using 1 attitude scale (And for achieving the 4th objective, the researcher prepared an open-ended questionnaire and will take responses from the organiser).

PROCEDURES FOR ANALYSIS AND INTERPRETATION OF DATA

The researcher will follow both qualitative and quantitative approaches to data analysis for analysing the data of the present study. The researcher will use statistical techniques like percentages for analysing quantitative data relating to the present study.

The method of data analysis for the study on drug abuse among youth in Manipur involves a systematic approach to derive meaningful insights. The comprehensive method of data analysis ensures a rigorous exploration of drug abuse among youth in Manipur, combining quantitative rigour with qualitative depth to provide actionable insights.

In this study, an attempt has been made to analyse the data. The points to be analysed in this study are:

- To study the level of drug addiction and its effects on health.
- To study the relationship between family and present status.
- To study the present status and future outlook.
- To find out the organiser's problems and their suggested measures in order to improve their centres.



Interpretation of the data of the present study will be done as per the qualitative analysis of data, as well as the use of the above-stated statistics.

In the ever-evolving landscape of substance abuse research, a recent study has undertaken a meticulous exploration of three distinct rehabilitation centres, unravelling a comprehensive panorama of addiction patterns and the subsequent journey to recovery. The study not only quantifies the prevalence of various substances of abuse but also delves into health-wise categorisations, root causes of addiction, familial dynamics, recovery outlooks, and satisfaction with rehabilitation services. This multi-faceted approach provides valuable insights for informed interventions, policy development, and support systems to address the complex and pervasive issue of substance abuse in society.

Substance Prevalence and Health-wise Categorisation:

The data from the study sheds light on the prevalence of different substances of abuse within the sampled population. Heroin emerges as the predominant substance, constituting a significant 55% of reported cases, while both marijuana and alcohol share a prevalence rate of 17.2%. Prescription drugs carve a niche, accounting for approximately 9.8% of total cases. Beyond statistical representation, the research health-wise categorises individuals grappling with addiction. Strikingly, 56.2% exhibit robust resilience, 25% are classified as very strong, 15% as weak, and a minimal 0.37% necessitate constant medication, highlighting the severity of their dependency.

Root Causes of Addiction:

An in-depth analysis of contributing factors reveals that a substantial 73.7% of individuals attribute their entanglement with substances to the pervasive influence of peer circles or friends. Non-supportive family environments account for 16.25% of cases, neglected children constitute 6%, and 3% succumb to addiction without any discernible external influence. This breakdown illuminates the intricate interplay between individual predispositions, social environments, and external influences in the genesis of substance abuse.

Familial Support and Impact on Recovery:

Post-admission to rehabilitation centres, the study emphasises the crucial role of familial support in the recovery journey. A substantial 65% find solace in familial connections, while 16.2% report a stark absence of support. Another 16% navigate sporadic familial support, and 3.7% opt for complete disconnection from their families. These findings underscore the varied nature of family involvement in the rehabilitation process and highlight the isolating experience for those lacking familial support.

Outlook on Recovery:

The research extends its inquiry to the outlook on recovery, revealing that 57% express hope for a successful reintegration into society, while 2.5% perceive no chance of recovery. A significant 40% hold a modest hope for recovery, contributing valuable insights into the mindset of individuals undergoing rehabilitation and fostering a more comprehensive understanding of the recovery process.



Satisfaction with Rehabilitation Centres:

The study culminates in an evaluation of satisfaction with rehabilitation centres, with 62.5% of respondents expressing contentment with the services provided. The positive sentiment indicates satisfaction with support, treatment modalities, and overall experiences within these settings. Importantly, no respondents outright reject satisfaction, though 37.5% remain undecided or neutral in their assessment, suggesting a degree of variability in individuals' experiences and perceptions.

In essence, this comprehensive analysis traverses the intricate realms of substance abuse, rehabilitation, and recovery, offering a nuanced understanding of the multifaceted challenges individuals face. The findings provide a valuable foundation for informed interventions, policy development, and support systems aimed at addressing the complex issue of substance abuse in society. While the study does not explicitly compare government and private rehabilitation centres, it underscores the importance of considering various factors such as substance prevalence, health-wise categorisations, root causes, familial support, recovery outlooks, and satisfaction with services when formulating strategies to address addiction.

In the realm of contemporary research on substance abuse, a nuanced exploration spanning four distinct rehabilitation centres has unveiled a comprehensive panorama of addiction patterns and the subsequent journey to recovery. The data illuminates a stark reality, with heroin emerging as the predominant substance of abuse, comprising a substantial 55% of reported cases. In parallel, both marijuana and alcohol share a prevalence rate of 17.2%, while prescription drugs carve a relevant niche, accounting for approximately 9.8% of the total cases under scrutiny. This quantitative breakdown establishes a baseline for understanding the landscape of substance abuse within the sampled population.

Beyond mere statistical representation, the research delves into the health-wise categorisation of individuals grappling with addiction. Strikingly, 56.2% exhibit a robust resilience against the clutches of addiction, portraying a commendable strength in the face of substance abuse. This is complemented by a contingent of 25% classified as very strong, reflecting an even more formidable ability to resist the allure of drugs. In contrast, 15% are identified as weak, signalling a vulnerability to the potent forces of addiction. At the far end of the spectrum, a minimal 0.37% necessitates constant medication, underscoring the severity of their dependency and the ongoing medical intervention required for stabilisation.

The root causes of addiction are unveiled through a meticulous analysis of contributing factors. A striking 73.7% of individuals attribute their entanglement with substances to the pervasive influence of peer circles or friends. This finding underscores the profound impact of social networks on shaping behaviours and choices related to substance use. In a parallel narrative, 16.25% of cases are linked to non-supportive family environments, painting a poignant picture of the role familial dynamics play in the trajectory of addiction. Neglected children constitute 6% of cases, highlighting the vulnerability of this demographic, while 3% succumb to addiction without any discernible external influence. This nuanced breakdown of causative factors illuminates the intricate interplay between individual predispositions, social environments, and external influences in the genesis of substance abuse.



Post-admission to rehabilitation centres, the study shifts focus to the crucial aspect of familial support and its impact on the recovery journey. A substantial 65% of individuals find solace and reinforcement in their familial connections, emphasising the pivotal role of family as a support system during the challenging process of rehabilitation. However, a contrasting 16.2% report a stark absence of familial support, highlighting the isolating experience that a significant portion of individuals undergo during their journey to recovery. Another 16% navigate sporadic familial support, illustrating the varied nature of family involvement in the rehabilitation process. A noteworthy 3.7% opt for a complete disconnection from their families, signalling a complex array of familial dynamics within the context of addiction and recovery.

The research extends its inquiry to the outlook on recovery, gauging the optimism individuals harbour regarding their potential return to a normal life post-rehabilitation. Encouragingly, 57% express hope for a successful reintegration into society, signalling a positive outlook on the prospects of recovery. On the flip side, 2.5% perceive no chance of recovery, reflecting a bleak sentiment likely influenced by the severity of their addiction or other complex factors. A significant contingent of 40% holds a modest hope for recovery, acknowledging the challenges ahead but maintaining a degree of optimism. This nuanced exploration of recovery outlooks provides valuable insights into the mindset of individuals undergoing rehabilitation, contributing to a more comprehensive understanding of the recovery process.

The study culminates in an evaluation of satisfaction with rehabilitation centres, probing the extent to which individuals find solace and effective support within these facilities. Impressively, 62.5% of respondents express satisfaction with the services provided by the rehabilitation centres, indicating a general contentment with the support, treatment modalities, and overall experience within these settings. In contrast, 37.5% remain undecided or neutral in their assessment, suggesting a degree of variability in individuals' experiences and perceptions of rehabilitation. Importantly, no respondents outright reject satisfaction, emphasising a generally positive sentiment toward the rehabilitation process, albeit with varying degrees of certainty.

In essence, this comprehensive analysis traverses the intricate realms of substance abuse, rehabilitation, and recovery, offering a nuanced understanding of the multifaceted challenges individuals face. The research not only quantifies the prevalence of different substances of abuse but also delves into the health-wise categorisation of individuals, the root causes of addiction, familial dynamics, recovery outlooks, and satisfaction with rehabilitation services. These findings provide a valuable foundation for informed interventions, policy development, and support systems aimed at addressing the complex and pervasive issue of substance abuse in society.

In a comprehensive exploration of rehabilitation outcomes, the intricate narrative woven through the presented data unveils the nuanced landscape surrounding the relative efficacy of government and private rehabilitation centres, intricately interwoven with regional variations in satisfaction levels. From one vantage point, a compelling argument emerges, positing that government rehabilitation centres, grappling with potential constraints in resources, may struggle to instil a sense of better future hope in individuals when juxtaposed with their private counterparts. This viewpoint underscores significant disparities in financial affluence,



individualised care, and overall treatment quality as pivotal determinants shaping the perceived effectiveness of these institutions.

On the contrary, a counter-narrative emerges, asserting that government rehabilitation institutions distinguish themselves by excelling in providing satisfaction to their clients. This perspective suggests that their success may be attributed to a steadfast commitment to principles of accessibility, inclusivity, and holistic approaches, transcending the challenges posed by potential resource limitations. Moreover, a microcosmic examination of Imphal West introduces a local disruption to the overarching narrative, hinting at a higher degree of success in satisfying clients within this specific region, thereby complicating the broader dichotomy between government and private facilities.

This confluence of divergent perspectives underscores the intricate and multifaceted nature of rehabilitation outcomes, necessitating a comprehensive understanding of the dynamic interplay between resource allocation, treatment philosophies, and regional dynamics. Such a nuanced understanding is imperative for formulating effective and context-sensitive strategies in addiction intervention and support, recognising that the success of rehabilitation is an amalgamation of myriad contextual factors that transcend simplistic categorisations and require holistic, adaptable approaches to foster meaningful change and recovery in individuals facing the complex challenges of substance abuse.

Both Imphal West and Imphal East in Manipur, like any other regions, may have their unique strengths and challenges in providing rehabilitation services. Evaluating the efficacy of rehabilitation centres requires a nuanced analysis that considers factors such as the availability of resources, quality of treatment modalities, staff expertise, community support, and individualised care. Making an assertion about the superiority of Imphal West over Imphal East in a single paragraph without a comprehensive understanding of these factors would be oversimplified and could potentially misinform. Each region's rehabilitation efforts should be assessed on their own merits, and any comparisons should be based on a thorough examination of the specific attributes contributing to the success of rehabilitation programs in each locality.

Government rehabilitation centres often have the advantage of more extensive resources and funding compared to many private facilities. This financial backing can enable them to offer a broader range of services, including a variety of therapeutic interventions, medical support, and holistic treatment approaches. The financial stability of government centres may also contribute to a more consistent and sustainable level of care, ensuring that individuals have access to ongoing support throughout their recovery journey.

Moreover, government rehabilitation centres may have a more extensive network of professionals, including psychologists, psychiatrists, and social workers. This multidisciplinary approach can enhance the comprehensiveness of treatment, addressing both the physical and mental health aspects of addiction. The presence of a diverse team of experts allows for a more holistic assessment of individuals' needs, leading to a more personalised and effective treatment plan.

Government rehabilitation centres often operate with a focus on inclusivity, aiming to serve a broad spectrum of the population, including those with limited financial means. This



commitment to accessibility can be particularly crucial in addressing societal disparities in access to addiction treatment. By providing services to individuals who may not have the financial means to afford private facilities, government rehabilitation centres contribute to a more equitable distribution of resources for addiction recovery.

In terms of accountability and oversight, government rehabilitation centres are often subject to stringent regulations and standards set by health authorities. This regulatory framework can ensure a certain level of quality and adherence to evidence-based practices in treatment. Regular audits and evaluations can help identify areas for improvement and maintain a commitment to high standards of care.

Government rehabilitation centres may also be better equipped to handle crises or unforeseen challenges due to their institutional backing. In the face of emergencies or unexpected events, the government's resources and support can play a crucial role in maintaining the continuity of care and ensuring the safety and well-being of individuals in rehabilitation.

However, it's essential to acknowledge that private rehabilitation centres also have their strengths. They may offer more flexibility in terms of treatment approaches, with the ability to tailor programs to the specific needs and preferences of individual clients. Private centres may also be more responsive to changing trends and innovations in addiction treatment, adapting quickly to incorporate new and effective therapeutic modalities.

Private rehabilitation centres often provide a more intimate and personalised setting, with smaller client populations allowing for more individualised attention. This can foster a sense of community and support among clients, creating a conducive environment for recovery. Additionally, the emphasis on privacy in private facilities may be appealing to individuals seeking a more discreet approach to their treatment.

In conclusion, asserting that government rehabilitation centres are universally better than private ones over-simplifies the complex landscape of addiction treatment. While government centres may have advantages in terms of resources, accessibility, and oversight, private facilities offer unique strengths such as flexibility, personalised attention, and a focus on privacy. Ultimately, the effectiveness of a rehabilitation centre depends on various factors, and individuals seeking treatment should carefully consider their specific needs and preferences when choosing a facility. Rather than generalising the superiority of one type of centre, it is essential to recognise the diverse approaches and contributions of both government and private rehabilitation centres to the critical mission of supporting individuals on their path to recovery.

Adapting to the structured and regimented environment of rehabilitation centres can be a challenging yet pivotal aspect of the recovery journey for individuals grappling with substance abuse. The abrupt shift from a life influenced by addiction to one governed by a structured routine can evoke a myriad of emotions and reactions. The structured environment serves as a crucial component in breaking the cycle of chaotic behaviour associated with substance abuse. For many, this transition signifies a departure from the familiar and often destructive patterns of daily life. The strict schedules, group therapy sessions, and adherence to rules may initially feel restrictive, but they play a vital role in providing individuals with a framework for rebuilding their lives. This adaptation process involves navigating the unfamiliar territory of



accountability and discipline, fostering personal responsibility, and cultivating a sense of routine that can be instrumental in the journey toward recovery.

Intense cravings for drugs pose a formidable challenge during the rehabilitation process. The physiological and psychological dependence on substances can lead to overwhelming desires, making it arduous for individuals to resist the allure of drugs. Cravings may manifest as persistent thoughts, physical discomfort, and emotional turmoil, creating a formidable barrier to sustained recovery. The intensity of these cravings can vary based on the type and severity of the addiction, as well as individual differences in coping mechanisms. The rehabilitation environment must equip individuals with coping strategies to manage these cravings effectively. Therapeutic interventions, counselling, and support groups become essential tools in addressing the root causes of cravings, fostering resilience, and empowering individuals to navigate these challenging moments. Acknowledging and understanding the nature of cravings is a crucial step toward developing personalised coping mechanisms tailored to each individual's unique journey to recovery.

Homesickness is a common and poignant emotion experienced by those undergoing rehabilitation. The separation from familiar surroundings, loved ones, and the comforts of home can evoke a profound sense of loss and nostalgia. The yearning for the familiar can intensify feelings of isolation and vulnerability during an already challenging period. Homesickness may be exacerbated by the realisation that the journey to recovery requires a temporary departure from the safety nets of home, friends, and the routine of daily life. Effective rehabilitation programs recognise the significance of addressing homesickness as an integral part of the emotional and psychological challenges individuals face. Creating a supportive and empathetic environment within the rehab centre, fostering connections with peers undergoing similar struggles, and encouraging open communication about homesickness can mitigate feelings of isolation. Additionally, integrating family therapy and involving loved ones in the recovery process can provide a bridge between the structured rehabilitation environment and the eventual return home.

Distress during withdrawal symptoms is an inevitable aspect of the detoxification process from drugs and alcohol. The physical and mental toll of detox can be profound, ranging from flu-like symptoms to intense psychological distress. Withdrawal symptoms are a testament to the body and mind's dependence on substances, and as individuals embark on the path to recovery, they must confront and overcome these distressing challenges. The support and supervision of trained medical professionals are paramount during this phase, ensuring that individuals can manage the discomfort and navigate the process safely. Additionally, psychological support, counselling, and therapeutic interventions play a crucial role in helping individuals cope with the emotional turbulence that often accompanies withdrawal. Creating a compassionate and understanding environment within the rehabilitation centre is essential for individuals to feel secure as they navigate the physical and emotional rigours of detoxification. The careful management of withdrawal symptoms contributes significantly to the overall success of the rehabilitation process, paving the way for individuals to transition into the subsequent stages of recovery with greater resilience.

In conclusion, adapting to the structured environment of rehabilitation centres, managing intense cravings for drugs, overcoming homesickness, and navigating distressing withdrawal

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symptoms are integral components of the intricate journey toward recovery from substance abuse. The rehabilitation process is a transformative experience that requires individuals to confront and surmount these challenges in a supportive and therapeutic environment. Successful rehabilitation programs recognize the multifaceted nature of addiction and tailor interventions to address the unique needs and experiences of each individual. Through a combination of structured routines, coping strategies for cravings, emotional support for homesickness, and comprehensive management of withdrawal symptoms, individuals can embark on a path of healing and transformation, reclaiming their lives from the grip of addiction.

Sustaining client engagement and motivation within rehabilitation centres is a critical aspect of ensuring successful outcomes in the recovery journey. One key strategy involves creating a dynamic and individualised treatment plan that recognises the unique needs and goals of each client. Tailoring interventions to align with personal interests, strengths, and aspirations helps foster a sense of purpose and ownership in the recovery process. Implementing a variety of therapeutic modalities, including group therapy, individual counselling, experiential activities and educational workshops, can enhance engagement by catering to diverse preferences and learning styles. Continuous assessment and adjustment of treatment plans based on clients' progress and feedback further demonstrate a commitment to their individualised recovery journey. Moreover, incorporating peer support and involving clients in decision-making processes regarding their treatment can empower them, reinforcing a collaborative and motivational atmosphere.

Effectively managing crisis situations within the confines of a rehabilitation centre requires a well-structured crisis intervention plan. Crisis situations may arise due to various factors, including relapses, heightened emotional distress, or interpersonal conflicts among clients. A proactive approach involves providing comprehensive training to staff on crisis management, equipping them with the skills to identify warning signs and intervene promptly. Establishing a clear communication protocol and creating a supportive environment that encourages clients to communicate their struggles can prevent crises from escalating. In instances of acute crisis, having an on-site mental health professional or access to emergency services is crucial. Incorporating regular crisis prevention and intervention training sessions, along with debriefing sessions for staff, enhances the centre's overall preparedness and ensures a coordinated response to crisis situations, ultimately fostering a safer and more supportive rehabilitation environment.

The challenge of limited funding is a pervasive issue that many rehabilitation centres face, impacting the scope and quality of services they can provide. To address this constraint, centres must explore innovative ways to maximise their resources while maintaining a commitment to delivering effective and comprehensive treatment. Collaboration with community organisations, leveraging partnerships with local businesses, and seeking grant opportunities can help secure additional funding. Prioritising evidence-based practices that have proven efficacy in addiction treatment allows for a more targeted and efficient use of available resources. Moreover, implementing cost-effective yet impactful interventions, such as group therapy sessions, psychoeducation programs, and vocational training, can stretch limited funds while addressing diverse aspects of recovery. Advocacy for increased public and private



support for addiction treatment services is essential to address the systemic issue of underfunding and ensure that rehabilitation centres can fulfil their crucial role in supporting individuals on their path to recovery.

Facility management in rehabilitation centres plays a pivotal role in creating a therapeutic environment conducive to recovery. Adequate staffing, proper infrastructure, and a focus on maintaining a safe and welcoming atmosphere are fundamental elements of effective facility management. Ensuring a clean and organised living environment contributes to the overall well-being of clients and supports their recovery efforts. Staff training in cultural competence and sensitivity is crucial, as it fosters a more inclusive and supportive atmosphere for individuals with diverse backgrounds and needs. Regular maintenance and updating of facilities, incorporating feedback from clients, and creating spaces that promote relaxation and reflection all contribute to the positive impact of the physical environment on the rehabilitation experience. Implementing efficient administrative processes, from admission procedures to discharge planning, streamlines operations and enhances the overall effectiveness of the centre.

In conclusion, keeping clients engaged and motivated in rehabilitation centres involves a personalised and dynamic approach that recognises the unique needs of each individual. Crisis management requires a proactive strategy, including staff training, communication protocols, and on-site mental health support, to ensure a swift and coordinated response to potential crises. Limited funding challenges can be addressed through creative resource maximisation, evidence-based practices, and advocacy efforts for increased support. Effective facility management encompasses staffing, infrastructure, and a focus on creating a therapeutic environment that supports recovery. By addressing these key aspects, rehabilitation centres can enhance their overall effectiveness, providing individuals with the best possible support on their journey to lasting recovery.

SUGGESTIONS FOR FURTHER RESEARCH

Incorporating feedback from clients within rehabilitation centres is a fundamental practice that enhances the effectiveness and relevance of addiction treatment programs. The first-hand experiences and perspectives of individuals undergoing rehabilitation provide invaluable insights into the strengths and weaknesses of the program. Establishing channels for open and constructive feedback, such as regular surveys, focus group discussions, or one-on-one meetings, creates a collaborative atmosphere where clients feel heard and respected. This feedback loop allows rehabilitation centres to adapt their approaches based on the evolving needs of clients, ensuring that interventions remain responsive and aligned with the diverse challenges individuals face in their recovery journey. Empowering clients to actively contribute to the decision-making processes regarding their treatment fosters a sense of ownership and agency, reinforcing the therapeutic alliance between clients and staff.

The present study provides numerous suggestions for conducting further research relating to the present study area. Some of the suggestions for further research, similar to the present study, are given below:



1. The present study is conducted in the Rehab Centre of Imphal East and Imphal West Districts of Manipur. But this kind of study may be extended to other districts of Manipur.
2. The present study is conducted particularly in Yaipokpa and New Light of Imphal West and Awakening and Divine Life of Imphal East Districts of Manipur. But such studies may be conducted in other rehab centres of the said districts.
3. The present study is conducted particularly among male youths of the above-mentioned centres. But, studies may be conducted on female youths, adolescents and adults.
4. Studies may be undertaken to make youth free from drug addiction.

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