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Drugs and Consciousness Response Paper

According to David G. Myers in his textbook, *Exploring Psychology* eighth edition, addiction is defined as “a compulsive craving for a substance despite adverse consequences and often with physical symptoms...” As I read about drugs and how it affects people’s consciousness I realized that drug addiction involves both illegal and legal users. But what I wanted to know was if people who took drugs *wanted* to become addicted. People who suffer from depression and low self esteem are more likely to get addicted to substances. Given the hard circumstances that these people may face, do they prefer to become addicted to a substance than to face their problems. Is it an excuse for them to use drugs or an explanation as to why they do? The feeling that pain killers, sleeping pills, and stimulants provide goes beyond feeling good. Drug addiction may be a way for some to escape their problems, the problems this system we live in throws at us.

As I thought about this I wanted to know more about the human brain and people’s ability to face social, economic, and world wide problems. Is one human capable of solving issues such as world hunger, violence, and hate we see everyday? Who would have thought that even in New York City there are people who don’t get the proper amount of food they need. Are these issues the cause of our distress and therefore the root cause of drug abuse and addiction. If we were to eliminate all these problems from the world would we even need drugs? The brain is very powerful and if we don’t control it we may drive ourselves crazy thinking about the injustices that happen around the world. By taking drugs we free ourselves from our own

consciousness, giving one a sense of calmness such as when smoking a cigarette or a state of emptiness in our minds that can make us forget about the world.

It's funny how people have invented drugs to *fix* issues such as antidepressants or caffeine but have only worsened the situation of people. I would like to learn more about how to inform people about making good decisions when consuming legal drugs such as painkillers and caffeine, something most college students take, and the risks behind it. There are definitely healthier ways to reduce stress and be awake for a lecture. There are also healthier ways to reduce anxiety, stress, depression, even to deal with a breakup. I agree that living in a city where one cares only for their own benefit can make it hard to stay away from drugs, as we may feel like there are few who care about us or we may feel insignificant in such a big city. New York City, especially, is so quick pace you hardly take time for yourself. That can't be good for one's own mental and physical health. Seeing drugs as a quick fix draws people to consume it and get it over with. Yes, city life has made people ignore their health in order to focus on work. In a study I would like to see if it's true, that new yorkers don't take their health seriously and see if they take legal drugs or live a healthy lifestyle. I would make a survey and take into consideration every borough and neighborhood in New York City.

It is very important to learn about how even prescribed drugs can damage our brain and its functionality in later years. Also, it would be interesting to learn how different neighborhoods and racial backgrounds would respond to how they take care of themselves in their own way. It is said that this plays a major role in drug consumption and abuse. If that's the case, is there a way to make a change in how many people get addicted to drugs, before they get the chance to taste the *freedom* drugs appear to give?

Works Cited

Myers, David G. *Exploring Psychology*. eighth ed., Worth Publishers, 2011.