

## Book Review 'Dadah: Apa Anda Perlu Tahu' (Malay Version)



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### Mini Review

Maintained by the Anti-Drug Task Force from the National Security Council, Prime Minister's Department, this book is provided as a resource for identifying and understanding the drug problem in depth. It explains the aspects of the problem of drug problems, types and ways of detecting drugs, the effects and consequences of drug addiction, how to identify drug addicts, drug addiction problems, mistakes and penalties, how to get help and community involvement in drug prevention. The first chapter explains the problem of drug problems faced by the country, from the start of the drug being introduced to Malaysia to the widespread spread of drugs, from the use of opiates to heroin, from the old society to the young. Chapter Two introduces readers to various types of drugs and hazards including drug designer drugs derived from artificial chemicals, which are no less harmful than opiate drugs. Chapter Three affects drug use on addicts, consequences to self, society and nation. This chapter provides guidance on how to identify and identify individuals taking drugs. Chapter Four presents the steps taken by the Government to control drug problems. It covers Malaysia's overall policy and strategy from prevention, recovery to international strategies. This chapter emphasizes that Government's efforts alone will not be effective in combating drug problems. It requires total commitment from all parties.

Chapter Five describes the role of agencies in the prevention of drugs i.e. from prevention education to law enforcement. This is followed by Chapter Six in relation to laws relating to drug control. Malaysia is one of the countries with the most strict drug laws in the world. This chapter provides an explanation and rationale for a topic that often raises controversy. Chapter Seven presents religious views on drugs. Finally, Chapter Eight describes the role and involvement of bodies internationally, which have links with the efforts to control and prevent drug trafficking in Malaysia. The book will hopefully meet the demands

of those who are hard on getting references to drugs. This book is specifically designed to help speakers involved in distributing and disseminating information about drugs. It is also useful as a reference material for educators, researchers, community leaders, counselors, parents, students, employers, employees, government employees and individuals as well as individuals. In addition, it also provides answers to some concerns about drug problems.

There are two types of dependence on drugs, when they are used regularly and continuously psychic or psychological dependence and physically dependent. Psychic or psychological dependence is a condition where addicts experience cravings or cravings for the use of drugs to function normally and to achieve peace of mind and physical dependence is a condition in which the drug addicts require drugs for the usual physiological processes and if drug use is stopped it will cause symptoms of attraction. Symptoms of attraction are certain signs in terms of the physical and behavioral characteristics of a drug addict being shown when not using drugs, within a certain time. Among the signs of dependence are stomachache, vomiting, diarrhea, trembling and so on. Resistance to drugs is said to increase when the usual dose of drugs is not satisfactory or provides relief from overcoming symptoms of attraction. Drug dosages have to be added to achieve the same level of satisfaction or relief. Endurance improvements do not necessarily apply to someone who is dependent on drugs. Someone relies on drugs when drug use becomes an integral part of everyday life. Drug use over other living needs such as food and beverages, increased resilience, symptoms of withdrawal when not using drugs, desperation or gain to use drugs, especially when trying to reduce or stop using drugs and cannot control the amount and frequency of use and there is an attraction or withdrawal tendency after stopping the use of drugs for some time.



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