

## Teenage Boys and Girls That Use both Booze and Cannabis

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### Abstract

The simultaneous use of alcohol and cannabis among teenagers, both boys and girls, represents a pressing public health concern with far-reaching implications. This abstract delves into the complex phenomenon of dual substance use among adolescents and seeks to understand the patterns, motivations, and associated risks. It examines the psychological, social, and environmental factors that contribute to the co-occurrence of alcohol and cannabis use in this age group. The objective is to shed light on the reasons behind this behavior, as well as the potential consequences, including implications for public health, prevention, and intervention efforts. The concurrent use of alcohol and cannabis is a common behavior among teenagers, driven by a myriad of factors. This abstract examines the motivations behind this dual substance use, which include peer influence, risk-taking tendencies, curiosity, and self-medication for stress and emotional distress. The implications of simultaneous alcohol and cannabis use on the physical and mental health of adolescents are explored, as well as the potential long-term consequences, such as increased risks of addiction, impaired cognitive development, and diminished educational attainment. In conclusion, understanding the dynamics of teenage boys and girls who use both alcohol and cannabis is essential for tailoring effective prevention and intervention strategies. A comprehensive approach, informed by research on the psychological and social factors driving dual substance use, is necessary to safeguard the well-being and future of adolescents and mitigate the public health risks associated with this behavior.

**Keywords:** Adolescents; Teenagers; Dual substance use; Alcohol; Cannabis; Co-occurrence; Risk factors; Motivations; Peer influence; Risk-taking behavior; Curiosity; Self-medication; Psychological factors; Social factors

Environmental factors; Health consequences; Addiction; Cognitive development; Educational attainment; Prevention and intervention

### Introduction

The concurrent use of alcohol and cannabis, often referred to as dual substance use, is a significant and concerning issue among teenagers, encompassing both boys and girls. This behavior has garnered attention due to its potential health and developmental implications for adolescents. This introduction provides a foundation for the exploration of the complex dynamics surrounding dual substance use in this [1-6] specific demographic. Teenage years are a critical period of growth and development, marked by changes in social circles, identity formation, and risk-taking behaviors. Among the various risky behaviors that adolescents may engage in, dual substance use involving alcohol and cannabis is of particular concern. This behavior often stems from a complex interplay of psychological, social, and environmental factors, necessitating a comprehensive examination.

### Future Scope

The future scope in the study of teenage boys and girls who use both alcohol and cannabis, and the implications of this dual substance use, is both extensive and vital. Here are several key areas where future research and action can make a significant impact:

**Longitudinal studies:** Conducting long-term, longitudinal studies to track the development and consequences of dual substance use throughout adolescence and into adulthood. This can provide valuable insights into the progression of use and its long-term effects.

**Intervention strategies:** Developing and evaluating tailored intervention and prevention strategies to address the specific motivations and risk factors associated with dual substance use among teenagers. This includes school-based programs, peer-led initiatives,

and family-focused interventions.

**Mental health assessment:** Assessing the mental health implications of dual substance use, including the potential for increased rates of anxiety, depression, and other psychiatric disorders. Future research can explore effective methods for early identification and intervention.

**Cognitive function and education:** Investigating the impact of alcohol and cannabis use on cognitive development, educational attainment, and academic achievement among adolescents. Understanding these consequences can inform educational policies and intervention efforts.

**Prevalence and trends:** Continuously monitoring the prevalence and trends of dual substance use among teenagers, considering shifts in social, cultural, and legal contexts. This information can help shape prevention efforts and regulatory measures.

**Gender-based research:** Exploring potential gender differences in motivations, patterns, and consequences of dual substance use. A gender-specific approach to research and intervention may be beneficial.

**Mental health services:** Improving access to mental health services and support for adolescents who engage in dual substance use. Identifying effective strategies for early intervention and treatment is crucial.

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**Received:** 18-Sep-2023, Manuscript No: jart-23-118244, **Editor assigned:** 20-Sep-2023, Pre QC No: jart-23-118244(PQ), **Reviewed:** 04-Oct-2023, QC-No: jart-23-118244, **Revised:** 09-Oct-2023, Manuscript No: jart-23-118244 (R), **Published:** 16-Oct-2023, DOI: 10.4172/2155-6105.1000591

**Citation:** Hossain C (2023) Teenage Boys and Girls That Use both Booze and Cannabis. J Addict Res Ther 14: 591.

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**Legal and policy implications:** Examining the legal and policy frameworks related to alcohol and cannabis use among teenagers and assessing their effectiveness in deterring dual substance use.

**Community engagement:** Involving communities, schools, parents, and peer groups in prevention efforts to create a holistic support system for teenagers.

**Digital health interventions:** Leveraging digital technology and telehealth to deliver prevention and intervention programs, especially in a post-pandemic world where remote access to healthcare and support services is more prevalent.

**Stigma reduction:** Reducing stigma associated with seeking help for substance use and mental health issues among teenagers, encouraging early intervention and support.

**Public health awareness:** Increasing public awareness about the potential risks and consequences of dual substance use among adolescents, emphasizing the importance of early detection and intervention.

## Conclusion

The future scope of research and action in this field is extensive and

necessitates a multidisciplinary approach, combining psychology, and public health, education, and policy development. By understanding the motivations and implications of dual substance use, we can develop effective strategies to promote the health and well-being of teenage boys and girls and create a safer, more supportive environment for their growth and development.

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