

## **METHAMPHETAMINE USE AND ITS IMPACT ON THE MENTAL AND PHYSICAL HEALTH OF INDIVIDUALS**

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A trend in the use of Methamphetamine, a highly addictive drug, is currently seen in Sri Lanka. The number of arrests linked to methamphetamine has climbed from 06 to 2073 between 2017 and 2019, according to statistics on arrests that have been reported to the police. In this context, one of the specific objectives of this study, which was conducted to identify the drug use profile of Methamphetamine users, was to identify the health effects of Methamphetamine use on individuals. The research question was how does the usage of Methamphetamine impact the personal health of individuals? In this study, which used mixed research methodology, the data collection techniques such as interviews, observation and case studies were used. In addition, the APA screening tool for Methamphetamine, introduced by the American Scientific Association was used. Colombo and Gampaha districts were selected as the research field and fifty Methamphetamine users were included in the study sample under the snowball sampling method. Individuals represented in the sample were males (n = 48, 96%) and females (n = 2, 4%). Most of the individuals (n = 38, 76%) had faced thinking about increasing the dose used. Participants (n = 28, 56%) reported that they had faced fatigue, dreaming, insomnia, loss of appetite, memory and cognitive impairment. In addition, participants had faced blood pressure, breathing disorders, excessive weight loss and dental problems or infection (n = 23, 46%), extreme stress in the absence of Methamphetamine (n = 15, 30%), chest pain, liver or kidney disorders, blood clotting, hallucinogen or stressful situations (n = 10, 20%), hard to stop Methamphetamine use (n = 11, 22%), thinking of committing suicide in the absence of Methamphetamine (n = 6, 12%) and Methamphetamine overdose (n = 5, 10%). It can be concluded that using methamphetamine has both immediate and long-term physical and psychological impacts on users.

**Keywords:** breathing disorders; drug; fatigue; Methamphetamine; suicide

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