

Understanding Substance Use and Parenting In India: A Narrative Review

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Abstract

Substance abuse remains a pervasive concern globally, impacting individuals, families, and society at large (National Health Survey, 2015). This narrative review dives into the scope of research conducted within the domain of substance abuse and parenting in India. The study's primary objective is to comprehend the existing landscape of research, focusing on the relationship between substance abuse and parenting roles. Recognizing this relationship is crucial for discerning the multitude of challenges faced by both parents and children in such circumstances and formulating effective interventions. The review encompasses various domains, specifically investigating research concerning substance abuse and fatherhood, motherhood, the parent-child relationship, single parenting along with substance abuse and substance abuse and personality traits of parents. Examining Indian studies from the past two decades, 15 studies were identified from databases like PubMed, PubMed Central, National Library of Medicine Catalogue, and ResearchGate published post-2005. Keywords like "Substance Abuse by Fathers in India," "Substance Abuse by Mothers in India," "Substance Abuse and Parenting in India," "Substance Abuse by Single Parents in India," and "Substance Abuse and Personality of Parents in India" were used. The search strategy involved leveraging Google Scholar to systematically explore these databases and journals using the keywords. Through this exploration, insights into the challenges faced by parents grappling with substance abuse and the ensuing impact on children's well-being will be brought to light, contributing to the development of targeted interventions and support systems tailored to the Indian socio-cultural landscape.

Keywords: substance, substance abuse, parenting, personality.

Substance Abuse is a pervasive issue with profound implications for society, families, and people (National Health Survey, 2015). Substance Abuse presents serious parenting difficulties in the area of family dynamics, impacting parents as well as children. It is essential to comprehend this intricate relationship in order to recognize the particular difficulties that families encounter and to create efficient solutions that promote their welfare (Ahmad et al., 2009).

Substance abuse includes the misuse of prescription pharmaceuticals, alcohol, and illegal drugs, with usage patterns that range in frequency and severity. A variety of behaviors, including caregiving, discipline, communication, and emotional support, are all part of parenting, which is crucial to a child's growth. Parent-child relationships can be strained when substance addiction and parenting collide, which can have a detrimental effect on emotional availability, trust, and attachment. Children who experience such disturbances may face long-term emotional, behavioral, and developmental problems, such as trouble in academic excellence and an elevated risk of substance misuse in later life (Woolf & Maisto, 2007).

The relationship between substance abuse and parenting takes on new aspects in India due to the country's cultural, social, and economic background. Families dealing with substance abuse are also impacted by social standards, stigma, joint vs nuclear family arrangements, and restricted access to mental health supports. Although this intersection has been the subject of much global research, there are few thorough studies that concentrate on the Indian population (Suchman et al., 2013).

This narrative review aims to investigate how substance abuse and parenting in India, looking at important factors like the type and degree of substance use, parenting styles, the quality of parent-child relationships, and protective factors that could lessen adverse effects. This review attempts to synthesize previous studies in order to bridge the information gap, draw attention to the particular difficulties Indian families confront, and provide culturally suitable strategies for helping children and their parents who are struggling with substance abuse.

Aim

The aim of this narrative review was to understand substance use and parenting in India.

Method

Analysis was done on literature available concerning substance abuse in relation to fatherhood, motherhood, single parenting, and parent-child relationships in the Indian context. Studies that were published between 2005-2024 were taken from PubMed, PubMed Central, National Library of Medicine Catalogue and Research Gate. The term used for screening comprised of the variables relating to the study design such as “Substance Abuse by Fathers in India”, “Substance Abuse by Mothers in India”, “Substance Abuse and Parenting in India”, “Substance Abuse by Single Parents in India”, “Substance Abuse and Personality of Parents in India”. Furthermore the search was restricted to the studies that were examining parental personality traits and substance abuse along with those which were published in English or translated into English. Peer-reviewed articles, academic research studies, and reports were also included. In order to address the issue appropriately it was made sure not to include researches which are conducted outside of India, Grey literature, including unpublished manuscripts, dissertations, and opinion-based articles, and studies lacking substantial relevance to the selected domains. Articles were obtained that yielded 25 results. After the removal of duplicates, an overall search gave 19 hits. The references in each of the articles selected from the preliminary search were also reviewed to select the article that further highlighted and gave a much more meaningful and depth understanding of the topic. In this Review, 15 research studies were included. A cumulative total of approximately 10,228 parent participants, aged between 25-60 years. This narrative review exclusively incorporates studies that adhere to the following criteria (1) Studies conducted between 2005 and 2024 that focus on the Indian population, (2) Research addressing substance abuse in relation to fatherhood, motherhood, single parenting, and parent-child relationships in the Indian context, (3) Studies examining parental personality traits and substance abuse, (4) Published in English or translated into English, (5) Peer-reviewed articles, academic research studies, and reports (Figure 1).

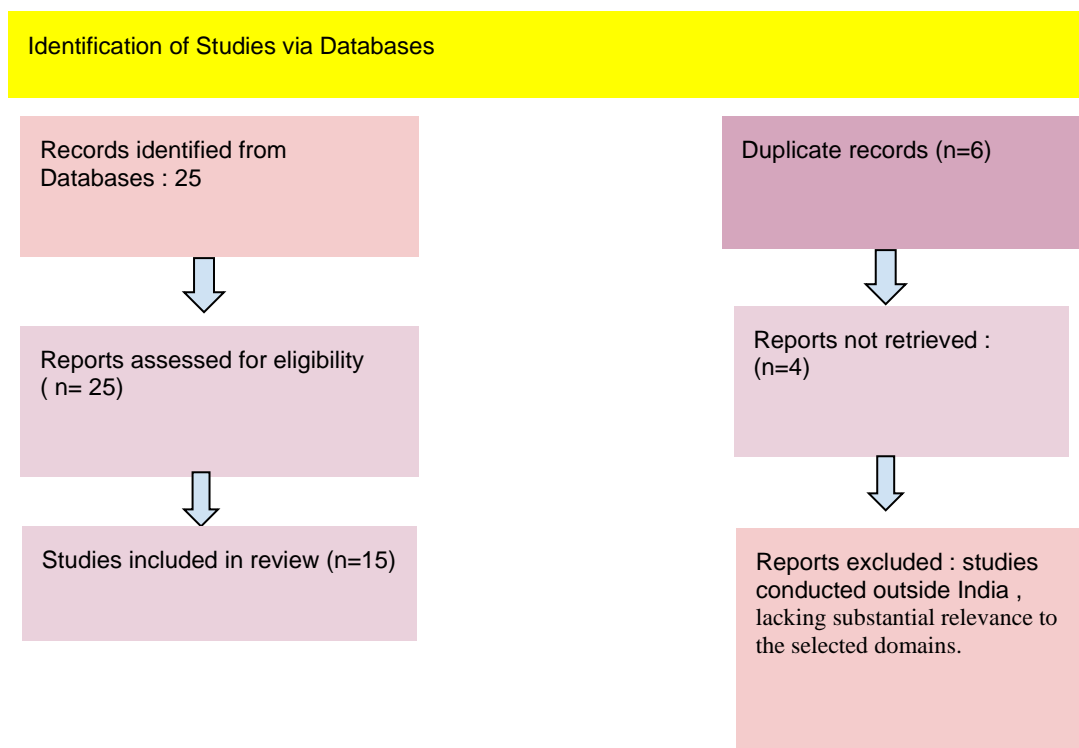


Figure 1: Identification of studies via databases .

Categories of Substance Abuse

Both legal and illicit substance abuse disorders are becoming more common throughout adolescence and early adulthood. These diseases typically begin in late childhood or early adulthood (Zhang et al., 2017). Substances that are typically abused include :

1. Alcohol
2. Opioid (heroin , fentanyl , prescription painkillers)

3. Stimulants (Cocaine , Methamphetamine)
4. Depressants (Benzodiazepines , barbiturates)
5. Hallucinogens (LSD , Psilocybin mushrooms)
6. Cannabis (Marijuana)
7. Anabolic steroids
8. Inhalants (Solvents , aerosols , grass , tobacco)
9. Prescribing drugs if taken in a manner or dose other than prescribed .

According to the research findings there were suggestions that Parenting techniques and behaviors were greatly impacted by substance abuse, which resulted in diminished caregiving skills, inconsistent discipline, and decreased emotional availability. Neglect and instability were fostered by parents who struggled with substance use because they were less likely to interact positively with their kids. According to the studies, parent-child relationships were strained in households where one or both parents used substances. Youngsters expressed sentiments of lack of support, emotional instability, and neglect. Substance abuse by parents also raised the likelihood of adverse childhood experiences (ACEs), which had a detrimental effect on the psychological and emotional health of the children (Mansharamani et al. (2022).

Parenting in India is greatly impacted by substance abuse, which has a number of detrimental effects on the relationship between parents and children as well as the general development of the latter. According to empirical research, substance addiction interferes with parental duties by making it more difficult to offer emotional support, firm discipline, and a caring environment. A research where it was found that substance-abusing parents frequently find it difficult to sustain positive relationships with their kids, which can result in emotional neglect and behavioral issues in their children (Dandona , 2019). Additionally, children of substance-abusing parents are more likely to experience psychological problems such anxiety, despair, and low self-esteem in addition to academic challenges, Furthermore, it was found that Substance misuse by parents is also linked to a higher risk of domestic violence and instability in the home, which exacerbates the children's vulnerability at home (Sharma et.al. , 2021).

Parenting Practices on Substance Abuse

The findings indicates that parents' substance abuse and intensity have a substantial impact on their capacity to carry out their parental responsibilities. Substance abuse frequently exhausts emotional and mental reserves, which results in poor judgment and a lack of active parental involvement. Effective parenting is further hampered by the prevalence of financial instability and heightened domestic disputes, which foster an atmosphere of disorder and neglect (Dandona , 2019)

Impact of Substance Abuse on Parent- Child Relationship

As per the studies it is found that substance abuse erodes the relationship between parents and children, resulting in a breakdown of communication, trust, and emotional ties. Children in these types of homes frequently experience emotional detachment or neglect from their parents, which leads to behavioral problems and makes it harder for them to develop stable bonds. Children's psychological health is greatly impacted by these tense connections, thus early intervention is essential. Additionally it was found that specific personality traits like impulsivity or emotional instability can often exacerbate the challenges of parenting while battling addiction (Dhaka & Geirises, 2019).

Substance Abuse and Single Parenting

Substance abuse combined with single parenting creates unique and difficult difficulties. People with addictions who are single parents—especially mothers—frequently experience increased financial, emotional, and societal constraints that make it harder for them to give their children the care they need. Research shows that substance-addicted single parents are more prone to engage in neglectful behaviors, which forces their kids to take on caregiving obligations like watching over younger siblings or running the household too soon. Furthermore, the lack of a co-parent adds to the load, resulting in uneven child care and emotional instability. Additionally, studies show that children from these kinds of homes are more likely to have adverse childhood experiences (ACEs), which can cause psychological and physiological problems that last a lifetime (Chavda & Nisarga, 2023).

Prevalence Rate of Substance Abuse in India

Substance abuse remains a significant public health concern in India, affecting a substantial portion of the population across various age groups. According to the “Magnitude of Substance Use in India 2019” survey, approximately 14.6% of individuals aged 10 to 75 years are current alcohol users, with 5.2% classified as alcohol dependents. Cannabis use is reported by about 2.8% of the population, equating to roughly 31 million individuals, with 0.66% experiencing cannabis-related problems. Opioid use is prevalent among 2.1% of the population, with heroin (1.14%), pharmaceutical opioids

(0.96%), and opium (0.52%) being the most commonly used substances. Notably, inhalant use, with an overall prevalence of 0.7%, is more common among children and adolescents (1.17%) than adults, highlighting a concerning trend among the youth. These statistics underscore the widespread nature of substance use across the country, necessitating comprehensive public health strategies to address and mitigate the associated health and social challenges (Ministry of Social Justice and Empowerment , 2019). People who use substances in harmful and dependent pattern (i.e. suffering from Substance Use Disorders) are in need of help. It is thus important to understand as to what extent people who need help are able to access the same. Among people dependent on alcohol who tried quitting, about 25% (or about 2.6% of the total alcohol dependent individuals) reported receiving any help / treatment. Among those who received help / treatment, the largest category of source of help was ‘spiritual / religious help’ (33%) followed by a ‘government doctor or health facility’ (25%). A very small proportion (21%) of those who received any help or treatment reported receiving admission / hospitalisation for their alcohol use problems. Just about one in 38 people with alcohol dependence has received any treatment. Only about one in 180 people with alcohol dependence has receive inpatient treatment / hospitalisation for help with alcohol problems. About 36% of those admitted report having received inpatient treatment from a general government hospital (the most common setting for hospitalisation). The proportion reporting admission to a government de-addiction centre (23%) or an NGO de-addiction centre (7%) are very small (Ministry of Social Justice and Empowerment , 2019).

Discussion

The Review provides the comprehensive examination of the existing body of literature on the Substance Abuse and Parenting in India . This topic elicits considerable interest , and the reviewed studies collectively reveal that there is a significant effect of substance abuse in India and it is a growing concern with a wide ranging effects on individuals , families and society . Firstly a systematic search was conducted across multiple databases including PubMed , PubMed Central , National Library of Medicine Catalogue and Research Gate . Keywords such as “Substance Abuse by Fathers in India” , “Substance Abuse by Mothers in India” , “Substance Abuse and Parenting in India” , “Substance Abuse by Single Parents in India” , “Substance Abuse and Personality of Parents in India” were used to locate relevant studies . The search was restricted to the Studies that were examining parental personality traits and substance abuse along with those which were published in English or translated into English . Peer-reviewed articles, academic research studies, and reports were also included . In order to address the issue appropriately it was made sure not to include researches which are conducted outside of India , Grey literature, including unpublished manuscripts, dissertations, and opinion-based articles , and Studies lacking substantial relevance to the selected domains. Once the studies were selected , key data points were extracted and categorised based on the themes such as the parent and child relationship , substance abuse and single parenting , substance abuse and parenting , substances abuse and personality of parents in India . This categorisation helped in synthesising the findings for a comprehensive discussion .

The following table summarises the key characteristics of the studies reviewed in this research , it outlines the study type , the sample size , the methodology used and primary findings . it provides a clear overview of the breadth of the research included in the review , offering insights about how substance abuse affects parenting and child development in India .

Table 1.1 Details of each article included after review in the manuscript

Study Author(s)	Year	Sample Size	Methodology	Primary Findings
Carla S. Stover, Melissa Carlson, Sarika Patel, Raquel Manalich	2018	Review of 22 studies	Narrative Review	It was found that father being exposed to substance abuse have a major impact on the psychological condition of the children in the family
Grace M. Barnes, Alan S. Reifman, Michael P. Farrell, Barbara A. Dintcheff	2005	506 Adolescents	Longitudinal Study	Using growth-curve longitudinal analysis, results show that parenting significantly predicts adolescents' initial drinking levels (intercepts) as well as their rates of increase in alcohol misuse (slope). This study provides evidence that effective parenting is an important factor in preventing alcohol misuse.
Sanjay Kumar	2006	179 women	Qualitative study	that misuse of drugs has a serious impact on women as mothers, wives, and sisters of misusers, but this aspect has not been adequately addressed.
Ahluwalia, H., Chand, P. K., &	2020	8 experts in the field of	Qualitative study	The results revealed the need to include cognitive-behavioral coping-skills training and relapse-prevention

Suman, L. N.			addiction		strategies, along with sessions to address emotion dysregulation, women's health, and parenting skills.
Sandeep Kadu	Sitaram	2022	246 children	Cross Sectional Study	It was found that in slum area 87% children were drug abusers, among which 83% were boys and 17% were girls. A high correlation of substance abuse was found with increasing age. Most abused substance among them was Tobacco, Alcohol, Inhalants, Sedative and opium.
M. Phani Surendra K. Mattoo & Debasish Basu	Prasant,	2006	493 people	Observational , case-control study	First-degree relatives of opioid-dependent males were more likely to have a psychiatric disorder than those of normal controls [adjusted odds ratio (OR) 4.47; 95% confidence interval (CI) 1.97-10.11; P<0.001], especially for opioid use disorders in the brothers (adjusted OR 6.55; 95% CI 1.44-29.88; P=0.015) and for alcohol use disorders in the fathers of the probands (adjusted OR 5.64; 95% CI 2.39-13.24; P<0.001). Other disorders (major depression, chronic psychosis and obsessive compulsive disorder) did not have significant aggregation in the first-degree relatives of opioid-dependent subjects.
Anita Chopra, Anju Dhawan, Hem Sethi, Devinder Mohan		2008	4411 fathers paired with 6884 offspring	Survey Method	Offspring of alcohol using fathers are a risk group for alcohol use. There is a need for interventions that address parent alcohol use to mitigate the risk for alcohol use in male offspring.
Nancy Whitesell, Janette Beals, Christina M. Mitchell, Spero M. Manson, R. Jay Turner	Rumbaugh	2009	2927 American Indian	Descriptive Epidemiological Study with A Longitudinal Design	The risk of substance-use disorder associated with early adversity was explained partially by early initiation of substance use. Three types of adversity (major childhood events, traumas, and witnessed violence) were associated with early onset of substance use and increased risk of substance-use disorder. Gender and tribe were also related to variation in both early substance use and substance-use disorder.
Sarkar, Patra,	Siddharth;	2016	Review of 28 studies	Narrative Review	Substance use places quite a burden on the family, both psychologically as well as in terms of resources. Nonetheless, family members provide motivation, emotional support, and practical help during the treatment of substance use disorders and hence need to be engaged in the therapeutic process. Finally, the changing family structure and family dynamics in India might influence the in the future both the effect of substance use disorder on the family, and the familial resource available for treatment.
Monali Nikita Waghmare1 , Priya Waghmare1 , Mamata Vaitage1 , Shiwani Umate1 and Vaishali Tendulakar	Walke1,	2021	100 parents and 100 children	Descriptive and Cross Sectional Design	the results highlight a significant portion of children perceiving parental substance abuse, with a higher proportion of mild to severe abuse reported by children compared to parents. Additionally, children's psychosocial behavior aligns with typical emotional responses for their age.
Pankil Anupama Srivastava	Dhandal	2019	100 people (50 substance abusers and 50 non abusers).	Cross Sectional Study	It was concluded that substance abusers have lower self-esteem and poorer relationship with their parents as compared to non-abusers.
Justin P. Shanuga J. Cherayi	Jose,	2020	4133 Alcoholic Parents	Survey Method	The study shows that parental alcohol misuse and various forms of abuse (emotional, physical, psychological) significantly contribute to worsening children's internalizing and externalizing disorders, behavioral issues, and ADHD symptoms. Additionally, a lower living standard negatively affects children's mental health, with

				alcohol-related issues playing a significant role in the development of these disorders.
Mishra , R., & Sharma,	2016	Review of 18 studies	Narrative Review	shown that children of single parents who suffer from substance abuse (particularly alcohol) are at a higher risk for mental health disorders such as depression, anxiety, and conduct disorders. This is largely due to emotional neglect, inconsistent discipline, and the stress experienced by the single parent.
Himanshu Mansharamani, Bhavika Mansharamani, Prakash Behere, Amit Nagdive and Deepak Mansharamani	2022	Not specified	Review of Relevant Studies	The study finds that children of alcoholics (COAs) face significant stress and abuse, hindering their development during critical years (6-15). This constant exposure to physical, emotional, and sexual abuse affects their mental health, requiring early detection and intervention to prevent long-term psychological harm.
Sandeep , Sohini Roy , Dimpi Mahanta , Dinesh Kumar Gupta	2024	Not Specified	Narrative Review	Concluded that Parents must actively educate children about the dangers of drug use. The goal is to regulate substance use before it becomes a disorder, using psychoeducation and prevention to reduce risk.

The reviewed studies collectively indicated a strong correlation between substance abuse and adverse parenting outcomes , including compromised parent child relationship , impaired emotional availability , and developmental challenges for children . Moreover , specific challenges faced by single parents with substance abuse issues emerged as a significant theme The Reviewed studies collectively underscore the pervasive impact of substance abuse on family dynamics , revealing key patterns and implications .

Substance Abuse and Fatherhood

Substance abuse amongst fathers significantly affects their roles as caregivers and role models . A research by (Stover et al., 2018) emphasizing on the impact of fathers being exposed to substance on their family and children found that fathers being exposed to substance abuse have a major impact on the psychological condition of the children in the family . Fathers with substance abuse also exhibit difficulty in regulating their emotions . Another study by (Barnes et al., 2000) emphasized on the relationship of fathers being exposed to substance abuse and the chance of their children having substance later in life found a positive strong correlation as parenting significantly predicts adolescents initial drinking levels as well as their alcohol misuse . It also found that fathers abusing substance have a detrimental impact on the later lives of the children . A study by (Rumbaugh et. al . , 2009) found that the major reason for engaging in substance abuse was found to be Major childhood events , traumas and witnessed violence in family during childhood wich lead to the initiation of substance abuse , even gender and tribe were also related to variations in both early substance abuse and substance use disorder .Additionally a study done by (Prashant & Basu , 2006) found that First-degree relatives of opioid-dependent males showed higher rates of psychiatric disorders, particularly opioid use disorders in brothers and alcohol use disorders in fathers, indicating significant familial aggregation of substance abuse.

Substance Abuse and Motherhood

Mothers struggling with substance abuse face unique challenges due to their traditional caregiving roles . A Research by (Kumar , 2006) revealed that the misuse of drugs has a severe impact on women as mothers . It was also mentioned that this issue has not being addressed adequately and needs more attention in order to have more interventions . It was also found that mothers with substance abuse issues often struggles with stigma , guilt , which exacerbates their psychological distress , and hinder their parenting abilities . A study by (Ahluwalia et al., 2020) have suggested intervention programmes tailored to maternal needs , such as therapy , focused on enhancing emotion regulation and maternal bonding , are essential to mitigate these adverse effects .

Parent - Child Relationship

The parent - child relationship suffers significantly in families affected by substance abuse . A research by (Chopra, 2008) found that offspring of alcohol using fathers are a risk group for alcohol use and their is a need for interventions that address parent alcohol use to mitigate the risk for alcohol use in male offspring . It was also found that children in these households are at an increased risk of emotional and behavioural disorders , including anxiety , depression and ADHD . Another study by (Sarkar&Patra,2016) found that Substance abuse places quite a burden on the the family members especially on children both psychologically as well as in terms of resources . Nonetheless family members provide motivation , emotional support and practical help during the substance abuse disorder treatment .But inconsistent discipline , emotional neglect strains relationships and can lead to disruptive attachment patterns . Additionally a research done by (Walke et. al . , 2021) found that a significant portion of children perceiving parental substance abuse , with a higher proportion of mild to severe abuse reported by children compared to parents . Furthermore , children's psychosocial behaviour aligns with their typical emotional response for their ages .

Furthermore , in a study by (Mansharamani , 2022) it was found that the children of alcoholics (COAs) face significant stress and abuse , hindering their development during their critical period(6-15 years) . This constant exposure to physical , emotional and sexual abuse affects their mental health requiring early detection and interventions to prevent long term psychological harms . A study done on slum areas of India found that 87% of children were found to be drug abusers , with boys 83% significantly outnumbering girls (17%) . Substance abuse increased with age, and the most abused substances included tobacco, alcohol, inhalants, sedatives, and opium. These findings suggest that factors like parental neglect, lack of supervision, and exposure to substance abuse within the family may contribute to this behavior. Gender differences point to varying levels of monitoring, while older children face greater peer influence. Strengthening parent-child relationships and implementing community interventions can reduce such vulnerabilities (Kadu , 2022). There were similar findings in the study by (Dhanda et. al . , 2019) where it was found that individuals who engage in substance abuse tend to have lower self-esteem and poorer relationships with their parents compared to non-abusers. These findings highlight the detrimental impact of substance abuse on the parent-child bond, which may further perpetuate emotional and psychological challenges within the family dynamics . Following that in a research by (Josh & Cherayi

, 2020) found that parental alcohol misuse and various forms of abuse (emotional, physical, psychological) significantly contribute to worsening children's internalizing and externalizing disorders, behavioral issues, and ADHD symptoms. Additionally, a lower living standard negatively affects children's mental health, with alcohol-related issues playing a significant role in the development of these disorders.

Substance Abuse and Single Parenting

Single parents dealing with substance abuse face compounded challenges , including , financial stress , social isolation , and an inability to provide consistent care . A research by (Mishra , Sharma , 2016) highlighted that children of single parents with substance abuse disorders are at higher risk of developing conduct disorders , emotional neglect , and poor academic performance . The dual burden of parenting and substance dependence exacerbates these issues , underscoring the need for support systems that address both addiction and parenting challenges .

Substance Abuse and Personality of Parents

Parental personality traits play a significant role in the dynamics of substance abuse and its impact on parenting. Studies suggest that parents with traits such as impulsivity, low emotional stability, and high neuroticism are more likely to engage in substance abuse, which further impairs their parenting abilities. For instance, (Chopra et al. ,2008) found that parents with certain maladaptive personality traits struggled to maintain consistent discipline and emotional availability, creating an unstable environment for their children. Interventions aimed at addressing these personality factors, alongside substance use treatment, can enhance parenting outcomes.

Future Implications

Presently , there is a global escalation in the prevalence of drug and alcohol abuse , resulting in both enduring and immediate ramifications (Mansharamani et al., 2022) , The findings of this review highlights the profound effects of substance abuse on parenting in India and its subsequent impact on children and family dynamics . There are certain recommendations that pave the way for several future implications like Customized programs can help with the special difficulties faced by parents who abuse drugs, include enhancing parenting abilities, fostering closer emotional ties, and reducing negative impacts on kids . By including psychoeducation in preventive measures, parents may better comprehend the effects of substance abuse and give their kids coping skills, which will lessen the prevalence of substance abuse throughout generations.To address the wider repercussions of substance abuse , family-centered policies are crucial. These policies should include financial aid for impacted families, counseling services, and inexpensive rehabilitation. Furthermore, Reducing psychiatric problems in families of substance abusers can be achieved by educating mental health

practitioners about early screening and preventive therapy. Specific strategies for fathers and mothers can improve caring and emotional control by addressing the particular difficulties that each faces as a result of substance abuse. In order to provide accessibility and relevance for a wide range of individuals, interventions must be flexible enough to adjust to cultural and socioeconomic situations (Ahluwalia et al., 2020). Strategies to stop the spread of substance abuse within families might be guided by research on the effects on different generations. Current knowledge gaps can be filled and more effective interventions can be informed by longitudinal research and investigation of resilience variables in children from substance-abusing families.

Limitations

It is important to recognize a number of limitations even though this narrative evaluation offers insightful information about the relationship between substance abuse and parenting. Dependence on pre-existing literature raises the possibility of biases, especially in diverse environments like India, where there may be an overrepresentation of particular geographic areas or an under exploration of cultural subtleties. The cross-sectional nature of several of the examined studies made it difficult to establish a causal relationship between substance abuse and parenting results. Furthermore, it is difficult to generalize results due to variations in methodology, sample sizes, and definitions of substance addiction among research. Our comprehension of the long-term effects on parents and children is further limited by the lack of longitudinal data. Finally, there are important gaps in the narrative due to the under-examined emotional, social, and economic difficulties surrounding substance-abusing single parenting. Future studies can address these limitations to offer a more thorough and nuanced knowledge of this urgent problem.

Conclusion

This narrative review emphasizes how substance abuse has a significant impact on parental roles, the relationship between parents and children, and families' general well-being. The results underscore the complex obstacles encountered by parents who are battling substance abuse, such as compromised parenting, disturbed family relationships, and elevated vulnerabilities for children's behavioral and mental health issues. The necessity for focused solutions is highlighted by themes like substance abuse and fatherhood, motherhood, single parenting, personality types, and other topics that show different but related consequences. In addition, the analysis highlights systemic problems that worsen the situation in India, such as socioeconomic inequality and restricted access to mental health resources. To lessen the impact of substance addiction on parenting and promote healthier family situations going forward, it will be crucial to give priority to evidence-based therapies, strong policy frameworks, and community involvement.

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