

Doing Auto Ethnographic Drugs Research: Some Field Observations

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Abstract

Auto ethnographic research is a qualitative research approach that combines personal experiences with cultural analysis to explore a particular phenomenon. Conducting auto ethnographic research on drug use can provide unique insights into the subjective experiences, social contexts and cultural dynamics surrounding drug consumption. Here are some potential field observations one might make during auto ethnographic drug research. As an auto ethnographer, you can observe and document your own experiences with drug use. This may include recording your thoughts, feelings and sensations before, during and after drug consumption. Pay attention to the effects of the drug on your physical and mental state, as well as any changes in perception or behaviour. Auto ethnographic research on drugs can provide valuable insights into the complex and multifaceted nature of drug use, shedding light on the subjective experiences, cultural meanings and social dynamics surrounding drug consumption. However, it is important to approach this research with sensitivity, critical self-reflection and ethical considerations to ensure the responsible and ethical dissemination of personal experiences related to drug use.

Keywords: Auto ethnographic • Drug • Drug consumption

Introduction

Observe the social contexts in which drug use takes place. This might involve documenting the settings, situations and social dynamics surrounding drug consumption. Consider the people involved, their relationships and the norms and rituals associated with drug use. Pay attention to how drug use is facilitated or constrained by social factors. Explore the cultural meanings and symbolism associated with drug use. Document any rituals, symbols, or language used within drug-using communities. Consider the historical, social and cultural factors that influence the perception and use of drugs. Reflect on how these cultural meanings shape individuals experiences and identities. Pay attention to the interactions and relationships that emerge in drug-using contexts. Observe how drug use affects social dynamics, communication patterns and interpersonal connections. Document any changes in behaviour, mood, or communication styles among individuals under the influence of drugs. Take note of the short-term and long-term impacts of drug use on individuals, communities and society [1].

Literature Review

This may involve observing physiological effects, changes in cognitive functioning, emotional responses and potential risks or harms associated with drug use. Reflect on the consequences of drug use and how they intersect with broader social issues such as addiction, mental health and public policy. Auto ethnographic research on drugs involves using personal experiences and cultural analysis to explore the phenomenon of drug use. This approach combines the researcher's subjective experiences and reflections with an analysis of the broader cultural and social contexts in which drug use occurs. Here are some

key considerations and steps to conduct auto ethnographic research on drugs. Determine the specific aspect of drug use that you want to explore. It could be a particular drug, a specific social setting, the experiences of a particular group of individuals, or the cultural meanings and practices associated with drug use. Engage in self-reflection and introspection to understand your own experiences with drugs. Document your thoughts, feelings, motivations and the impact of drug use on your life. Be honest and open about your experiences while considering your biases, limitations and personal interpretations [2,3].

Discussion

Situate your personal experiences within the broader cultural and social contexts of drug use. Explore the historical, social and political factors that shape drug cultures and practices. Analyse the influences of media, popular culture and social norms on drug use and its representations. Familiarize yourself with existing literature on drug use, drug policy and relevant sociocultural theories. This will provide you with a theoretical framework to analyse and interpret your experiences and contextualize them within existing knowledge. Analyse your personal experiences using qualitative research methods and analytical tools. This could involve coding and categorizing data, identifying themes and patterns and making connections between your experiences and the broader cultural, social and psychological dynamics related to drug use. Write reflexively about your experiences and observations, employing an authentic and personal narrative style [4].

Reflect on your own positionality, biases and potential impact on the research process. Engage in critical self-analysis and consider the ethical implications of sharing personal experiences. Seek feedback and engage in peer review processes to ensure rigor and quality in your research. Share your work with other researchers, academics, or mentors who can provide constructive feedback and help refine your analysis. Prioritize ethical considerations throughout the research process. Protect the privacy and confidentiality of individuals involved in your research, including yourself. Obtain informed consent if you plan to include other individuals' experiences. Adhere to ethical guidelines and consider potential harm and risks associated with sharing personal drug-related experiences. Auto ethnographic research involves self-reflection and critical analysis of one's own experiences and biases. Reflect on your own role as a researcher and how your personal background, beliefs and values may influence your observations and interpretations. Engage in reflexive writing to analyse your positionality and reflect on the insights gained from your observations. Remember that conducting

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auto ethnographic research on drug use requires careful ethical considerations. Ensure that your research adheres to ethical guidelines, protects participants' privacy and confidentiality and prioritizes their well-being. Consider seeking guidance from ethics committees or experienced researchers in the field [5,6].

Conclusion

In conclusion, conducting auto ethnographic research on drugs involves combining personal experiences with cultural analysis to gain insights into the subjective experiences, social contexts and cultural dynamics of drug use. Field observations in this type of research may include documenting personal experiences, observing social contexts, exploring cultural significance, analysing interactions and relationships and examining the impact and consequences of drug use. It is important to approach this research with reflexivity, ethical considerations and engagement in peer review processes. Auto ethnographic research on drugs can provide valuable insights into the complex nature of drug use, contributing to a deeper understanding of the subjective and social dimensions of this phenomenon.

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Conflict of Interest

No potential conflict of interest was reported by the authors.

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