



ALCOHOLISM, ITS EFFECT AND MANAGEMENT

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ABSTRACT

Alcoholism, its effects and Management is true mirror of the society where most of the people use it to feel free, relaxes, to show as a big man and when are in trouble. The main objectives of the research are to find out types, causes of using alcohol and its management. It is a descriptive and analytical research where only secondary data are used. It is found that both soft and hard types of alcohol have been using in our society for a long time. Physical, social, biological and personal causes are responsible for using alcohol. So far as its effects are concerned, physical, psychological, personality and social effects are main. I have suggested some of the remedial methods on it.

KEYWORDS: Alcoholism , true mirror , Physical, social, biological.

INTRODUCTION

The word alcoholism is derived from alcohol. The etymological meaning of alcoholism is drunkenness.

Alcoholism is the state of using alcohol regularly, periodically and a large volume by a person. In absence of it there is difficult to be in usual activities. It is also known as [AUD]Alcohol use disorder. According to Cambridge advanced learner's dictionary the condition of being unable to stop drinking too much alcohol, often causing you to be unable to live and work in society is alcoholism. The state of alcoholism goes gradually passing different stages. Somebody uses alcohol occasionally and lower volume of alcohol. They are not supposed to be alcohol addicted. Some uses alcohol in order to get relief from stress, and bad relation seen in their family life. They are also not supposed to be alcoholics but some people gradually increase the volume of alcohol and decrease its duration. They are the alcoholics. Alcoholism in a modern age is being developed as a tradition. It a common drink in western culture. People of eastern culture are also making it popular and common drinks. In every formal party, feast and festivals the use of alcohol is being common and fashion.

The addiction and over use of alcohol is disturbing our social norms and values, family customs and culture and breaking down family relation. Not only this the over use of it has been affecting mental and physical health of the users. It leads mental tension, stress, anxiety, emotional disorder and inviting dangerous illness like cancer etc. It is making negative effect in relation, damaging financial condition. and increasing the number of suicide among users. Considering the bad effect of alcoholism, I have made a deep analysis and research on it which I think can be generalized among the alcohol users in different parts of the world.

METHODOLOGY:

The research is designed as a descriptive and qualitative in nature s. Especially secondary data are used in the research. They are



analyzed, interpreted and tabulated. It aims to generalize its outcomes to whole alcoholics.

OBJECTIVES:

The main objectives of this research are to find the types, effects, causes of using alcohol and its management.

- **Types of alcohol**

1. Soft type

The following brand are found under soft type of alcohols.

1.1 Beer :

Beer is most common soft drink in the world. It is also known as lady drinks. It is generally made with grain like barley or a blend flavor with hops. There is low percentage of alcohol in beer about 9% only.

1.2 Cider:

Cider is a popular drink just like beer having ABV 1.2% to 8.5%. It is also made with fruits and juice specially from apple. Thus it is also known as apple cider and apple wine. It is also used as energy drinks. Generally, female pubescent and children are using it.

1.3 Mead:

It is more than a soft drink. as it contains ABV from 8 to 20 % it is also made from various fruits spices and grains. But mead made from fermenting honey with water is very popular.

1.4 Pulque:

It is made with a honey water. it is popular among women.

1.5 Wine :

It popular soft drink having ABV 9 to 16 %. It is made from fruits like grapes, plums, and apple.

2. Hard drinks

The following brand are found under hard type of alcohols.

2.1 Vodka:

Vodka is a common and popular hard drinks in the different parts of the world. There are different brands of vodka. It is 30 to 40% ABV. American brand rectified spirits ever clear is about 96% ABV. Most of it is made from fermented grains like rice, corn, wheat and sugar.

2.2 Gin:

It is made from natural alcohol having fermented mixture of malt, corn, rye, molasses. It is distilled with a combination of different herbs and spices.

2.3 Baijiu:

It is a cocktail drinks having 32 to 39% alcohol in it. It is made from mainzhu, Daquelaohao, Baijiu, stgermain, orange juice and lime juice

2.4 Tequila:

It is a cocktail and an alcoholic drink. It is made from the blue agave plant. It contents 31 to 55% alcohol in it.

2.5 Brandy:

whiskey is made from fermented fruits and juice having 30 to 60 % alcohol.

2.6 Whiskey:

It is one of the strong drinks having 45% alcohol in it and made from fermented grain mass.

2.7 Soju:

It is a popular cocktail drinks in Korea having 16 to 53% alcohol in it is made of rice, wheat, barley and potatoes.

3. Why people use alcohol?

People use alcohol for different causes. Among them some of the main causes are:

3.1 Physical causes

- For relax
- To have good emotion
- To remove stress
- physiological satisfaction
- Uncontrolled behavior directed them
- Negative attitude
- For body demand

3.2 Social causes

- Socio cultural status
- Occupation forced
- society
- Economic factor
- Politics
- High officials

3.3 Biological causes

- For relax
- For happiness
- Body conditioned
- Body sweating if not
- Giddiness if not
- Bodily function depend on it
- It works as re enforcer

4. Effect of alcoholism

- Effect on family and society
- Family breakdown
- Misrelation
- Loss of money property
- Loss of trust
- Violent
- Anger

- Poor eating
- Neglect of personal hygiene

4.1 Psychological effect

- Pathological intoxication
- Delirium tremens (DTs)
- Acute hallucinosis
- Korsakoff psychosis
- physical effect
- Red appearance in face
- Flushed
- Blurred vision
- Heart disease
- High blood pressure
- Liver damage
- Muscles cramps
- Malnutrition
- Birth defect
- Sexual dysfunction
- In fertility
- Brain damage

4.2 Personality effect

- Mental inhibitions
- Effect on decision making
- Effect on self evaluation
- Maladjusted

5. Risk factor in alcoholism

- Male more than 15 drinks per week
- Female 12 drink
- More than 2 drinks per day

6. Stages of alcoholism

6.1 First stage

It is the beginning of alcoholism people use alcohol as a cultural and social norm. They use it occasionally. There is no side effect of alcohol except immediate reaction.

6.2 Second stage

Repetition of alcohol again and again, brings sometimes abnormal behaviours.

Features

- ❖ Sneaking drinking
- ❖ Pre occupation with drinking
- ❖ Gulping drink
- ❖ Amnesia
- ❖ Guilt feeling
- ❖ Still they are normal

6.3 Third stage [Severe stage]

It is a critical phase. There is not control in taking alcohol. Duration of drinking is short and volume is more.

Features

- ❖ Aggressiveness
- ❖ Persistent remorse
- ❖ Loss of control
- ❖ Deterioration
- ❖ Breaking social norms and values
- ❖ Sickness

6.4 Fourth stage:

It is a last stage of alcoholism. It is also known as a chronic stage. It is very serious and dangerous where the alcoholics will be helpless and fully addicted, can't work and even stand without alcohol. The person takes alcohol as a part of his life.

Features:

- ❖ Mental disorder
- ❖ Alcoholic psychosis
- ❖ Compulsion to drink
- ❖ Psycho-motor inhibition
- ❖ Acceptance of complete defect
- ❖ Ethically tremor

7. Treatment /Management

- Limit drink
- Medical treatment
- Aversion therapy
- Psycho social therapy
- Primary care
- Counseling
- Self help
- Humanitarian method
- Suppressive method
- Use 3D while drinking [diet, dilute and duration]

CONCLUSIONS:

Alcoholism is a totally bad habit in common people. It brings physical, mental, psychological, and personality defect in human beings. If we pay attention on it, we can have some management to be free from the bad effect of it.

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