

# ALCOHOLISM



# INTRODUCTION

- *Alcohol is a natural substance formed by the reaction of fermenting sugar with yeast spores. There are different kinds of alcohol but the kind found in alcoholic beverages is ethyl alcohol- a colorless, intoxicating and inflammable liquid. It has no nutritional value but it produces feelings of sedation, euphoria, intoxication and finally, unconsciousness.*

# MEANING OF ALCOHOLISM

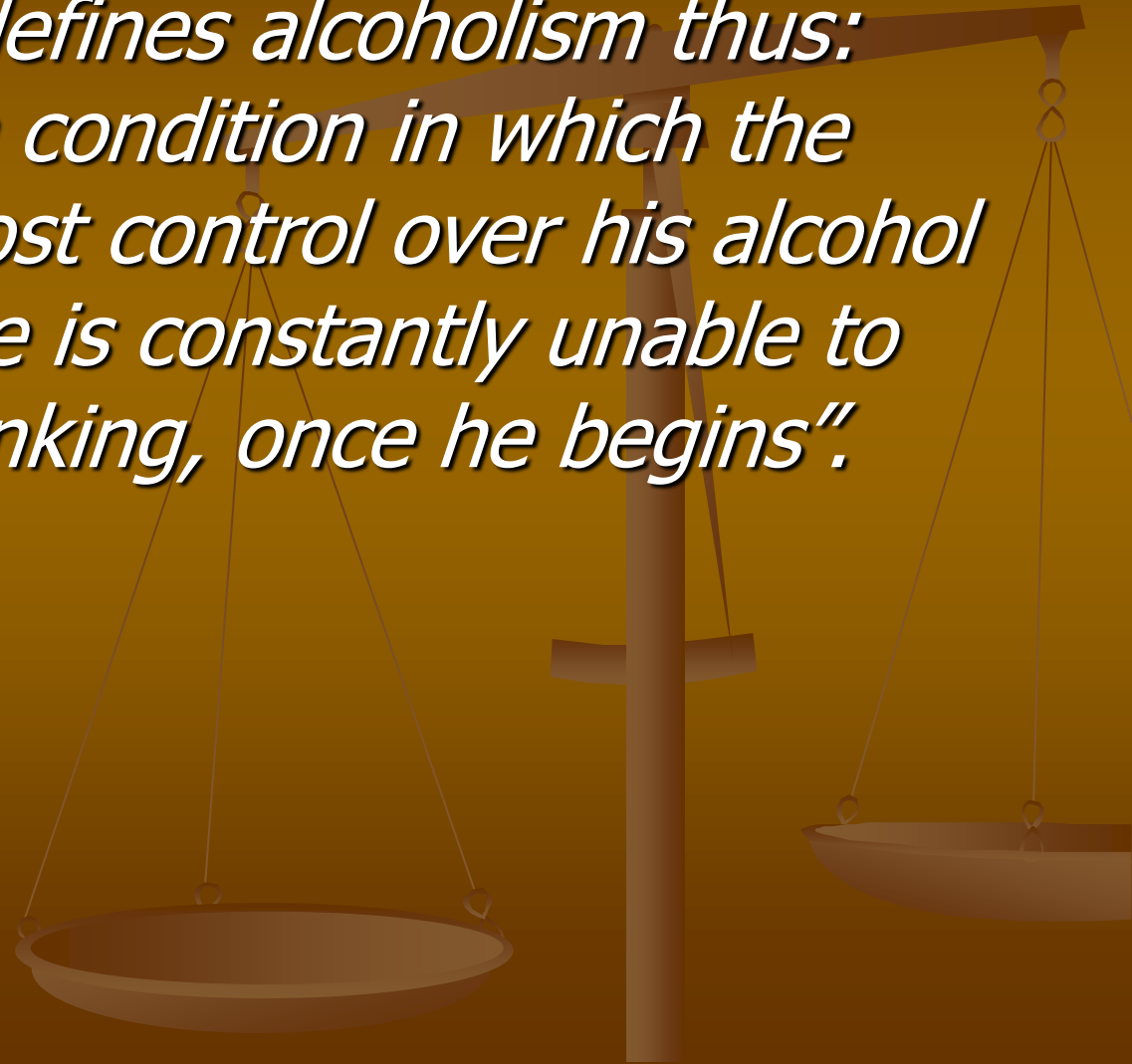
- *The English word 'Alcohol' has its origin from Arabic words - 'Al-Kohl' which means 'finely ground antimony used as eyeliner'. It is important to recognize that alcohol has been used in human society since its beginning. Alcohol has been related with positive religious symbolism. It is used in sanctification of birth, puberty, marriage and death and is associated with 'good health' and nutrition. Societies have suppressed or prohibited the use of alcohol, because of its associated problems.*

# DEFINITION OF ALCOHOLISM

- *According to Keller and Efron, "Alcoholism is a chronic illness.... Characterized by repeated drinking of alcoholic beverages to an extent that exceeds customary dietary use or in compliance with the social custom of the community and that interferes with the drinker's health and social or economic functioning".*

# Definition of Alcoholism

- *E. H. Johnson defines alcoholism thus:  
"Alcoholism is a condition in which the individual has lost control over his alcohol intake in that he is constantly unable to refrain from drinking, once he begins".*

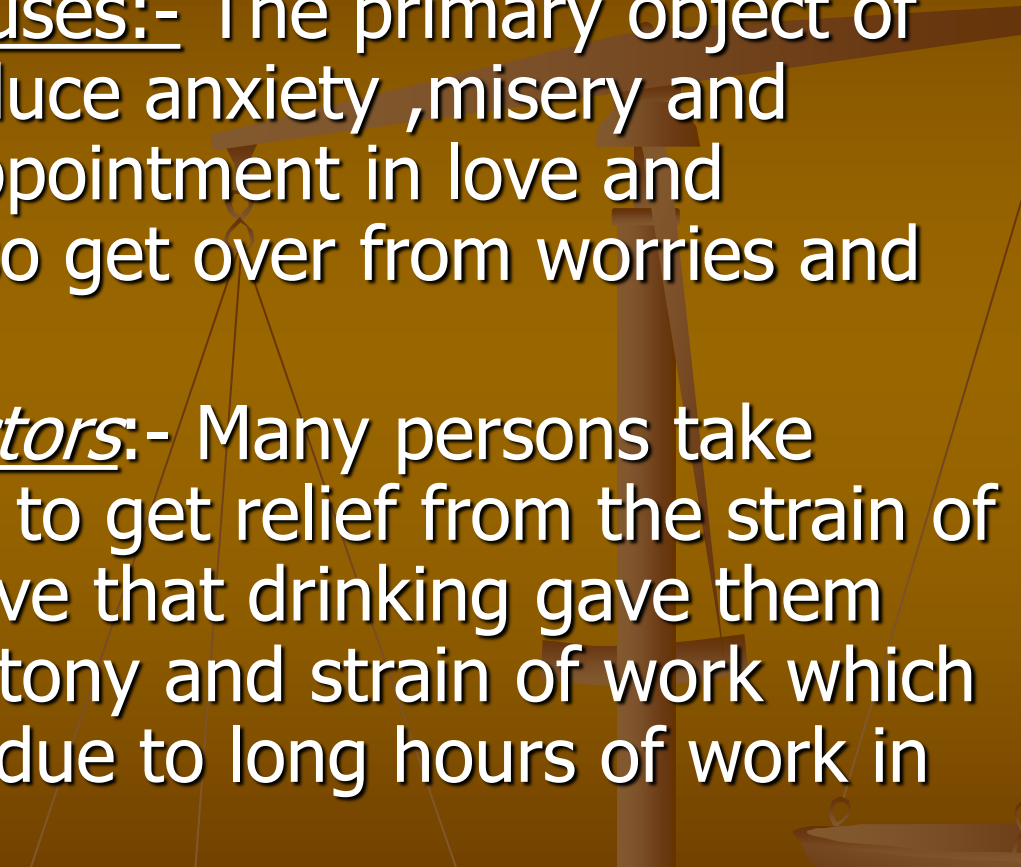


# CAUSES OF ALCOHOLISM

*It is apt to quote Robert Strauss to know the causes of alcoholism. He says, "alcoholism symbolizes many kinds of social pathology and a tendency for problems to beget problems".*

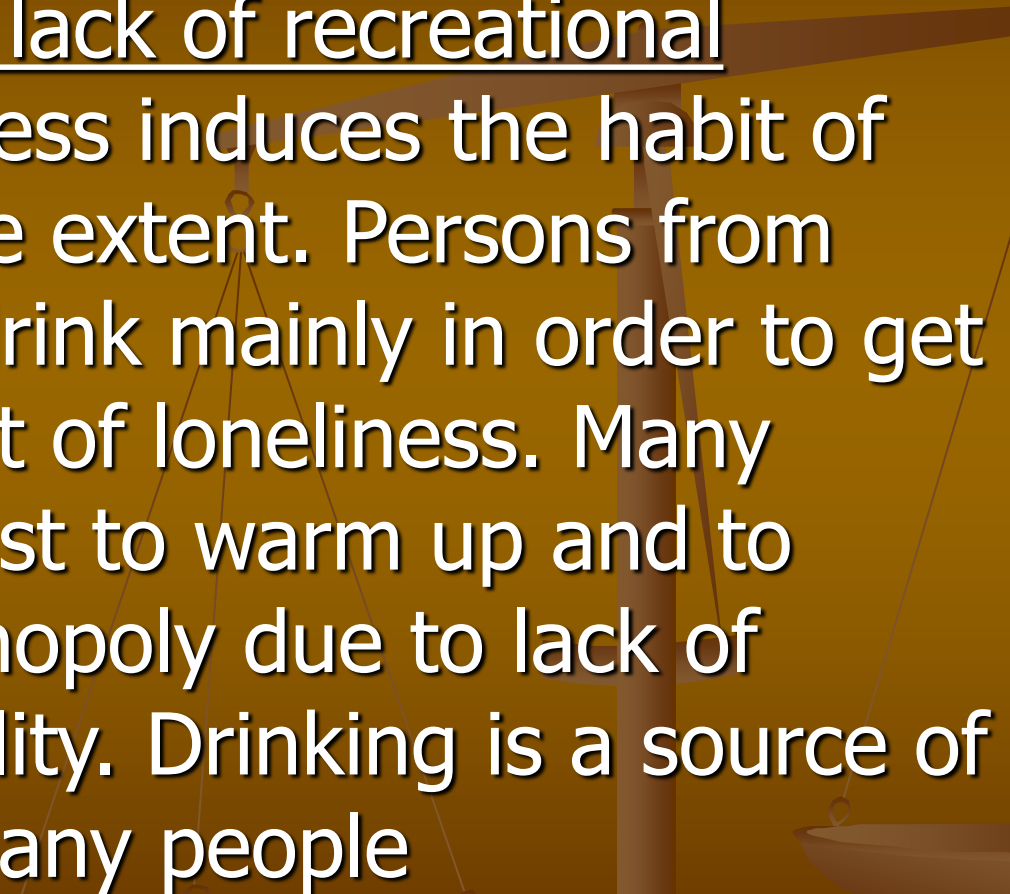
- *Socio-cultural Factors*
- *Psychological Factors*
- *Hereditary Factors*

# The main causes

- 1) Psychological causes:- The primary object of drinking is to reduce anxiety ,misery and frustration ,disappointment in love and marriage and also get over from worries and tensions
  - 2) Occupational factors:- Many persons take drinking in order to get relief from the strain of work. They believe that drinking gave them relief from monotony and strain of work which they experience due to long hours of work in factories
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# Causes

3) Loneliness and lack of recreational facility:- Loneliness induces the habit of drinking to some extent. Persons from broken homes drink mainly in order to get over the thought of loneliness. Many persons drink just to warm up and to reduce the monopoly due to lack of recreational facility. Drinking is a source of recreation for many people





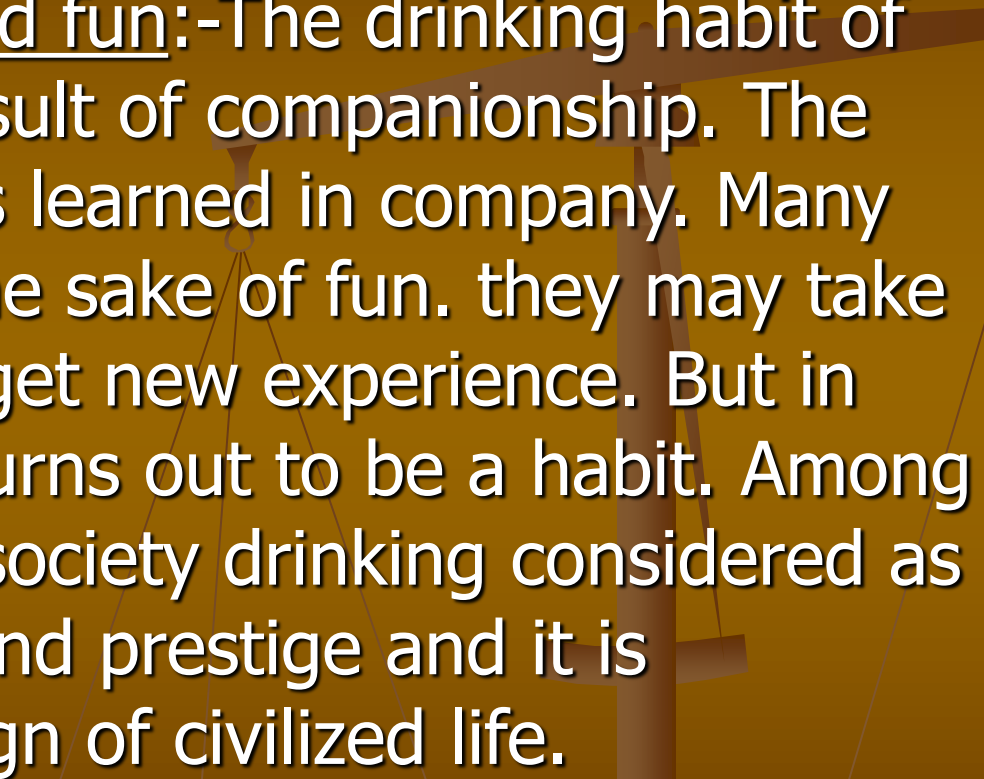
# Causes

4) Ignorance:-is the main cause of drinking habit of a large number of people. These people are ignorant of evils of drinking. They are at the false notion that drinking give them strength, courage and vigor with which they can pursue their labour.

5) Nerves defect:-Many people believe that the consumption of alcohol revitalizes nerves system. They are the born drunkards who's neurological heritage is such that they are unable to face reality. Alcoholism is a source of inspiration for many people like actor, artist ,play writers.

# Causes

6) Companionship and fun:-The drinking habit of many people is result of companionship. The habit of drinking is learned in company. Many people drink for the sake of fun. they may take alcoholic drink to get new experience. But in course of time it turns out to be a habit. Among the sophisticated society drinking considered as a mark of status and prestige and it is considered as a sign of civilized life.



# Causes

- 7) Promotin of business:-It is a practice among the business magnet to arrange party for promoting business. The invitees of this party are mostly distributor, agent and potential customer.
- 8) Urbanisation:-Urbanistion and mechanization of life along with material mindedness which modern civilization brought has also been responsible for the increase in drinking. The concentration of wealth, desire for luxurious life are the factors which encourage the rich people in cities to drink. Moreover urban areas provides more chances and facilities for drinking .

# Causes

9) Social inadequacy:- Many persons are unable to face the hard realities of life.eg.the loss of job, loss of business, sudden death of any member of the family, disappointment in love unhappy marriages etc. On such occasions people drink to forget their worries and sorrow.

10) Costomary practices:-Among the tribal and certain caste drinking is a customary practice on festive occasion and social gatherings.

# EFFECTS OF ALCOHOLISM

*Alcoholism has serious consequences on the individual, alcoholic's family and on society. Alcoholism has killed more people, sent more victims to hospitals, generated more police arrests, broken up more marriages and homes and cost the industry and society more money. The financial drain imposed on the economy by alcoholism is great which comprises losses to industry from absenteeism, lowered work efficiency and accidents and to the alcoholic from reduced income and the cost of treatment.*

*The specific effects of alcoholism are:*

- *Effects on the alcoholics*
- *Effects on alcoholic's family*
- *Effects on society*

# Effects

## Effects on the Alcoholics :

*The first person to be affected by alcohol is its consumer. Alcohol has serious physiological and physiological effects vary according to the alcohol content of a drink and the drinker's tolerance. Alcohol has depressant effects on the central nervous system. That is why the drinker feels its effects.*

*There are glandular effects too. The hormonal secretion from the adrenal gland is different in alcoholics.*

*The psychological effects include effects on overt behaviour, affecting the alcoholic's perception, reaction time, process of learning, memory, reasoning and problem solving and effects on emotional reactions such as fear anxiety, tensions and hostility.*

*Excess alcohol modifies individual's relationship with others. Under the influence of alcohol the individual may become talkative. His conversation may become vulgar, he may*

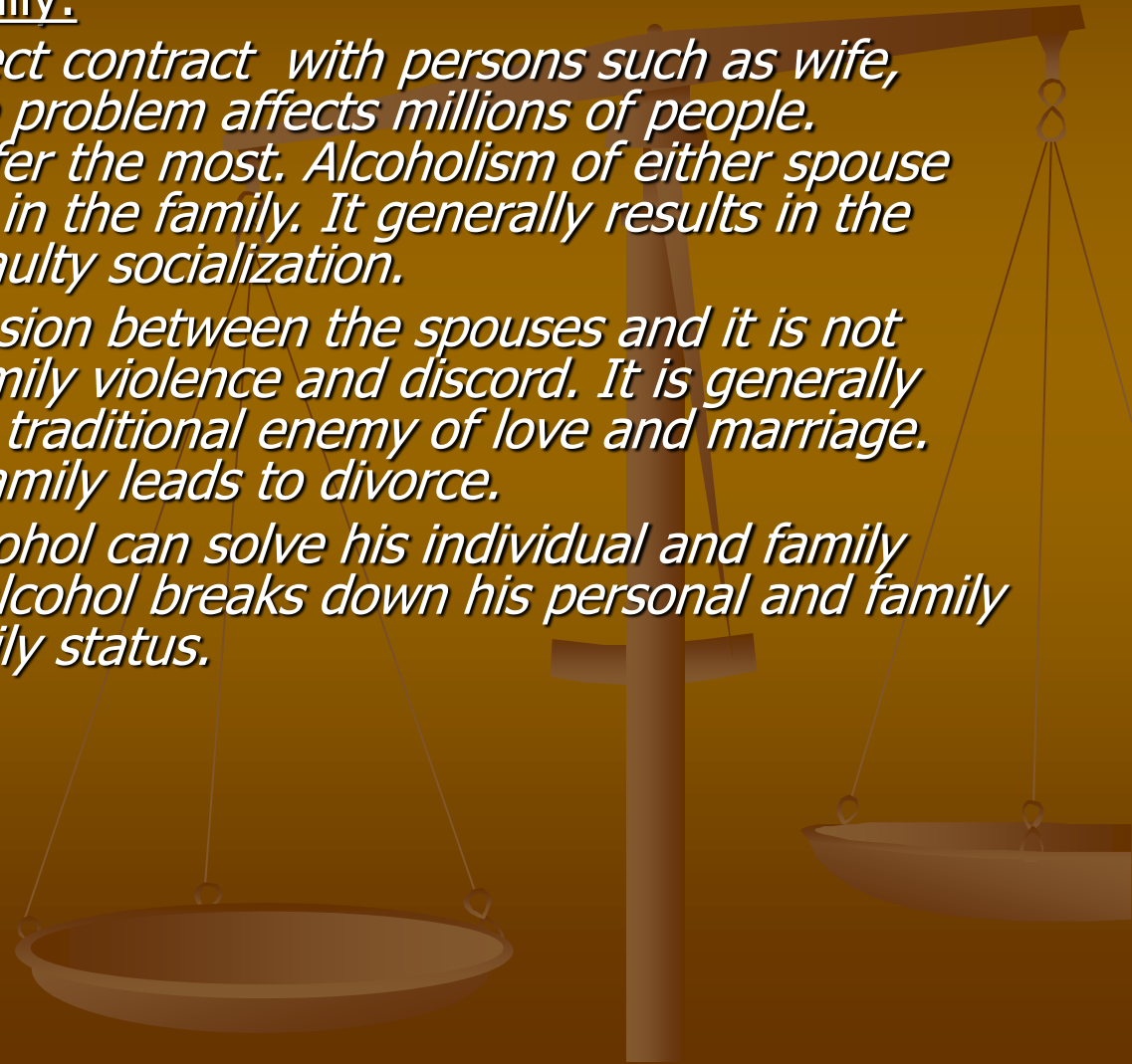
# Effects

- Effects on Alcoholic's Family:

*Since alcoholics have direct contact with persons such as wife, children and siblings; the problem affects millions of people. Families of alcoholics suffer the most. Alcoholism of either spouse would cause disturbance in the family. It generally results in the neglect of children and faulty socialization.*

*Alcoholism leads to tension between the spouses and if not controlled it results in family violence and discord. It is generally said that liquor has been a traditional enemy of love and marriage. Constant friction in the family leads to divorce.*

*A drinker thinks that alcohol can solve his individual and family problems, but in reality alcohol breaks down his personal and family life and weakens his family status.*



# Effects

- Effects on society:

*Alcoholism creates problems in all parts of a social system. Though the sale of alcoholic beverages brings revenue to governments ; the consequent loss from alcohol- related problems, drunken driving and consequent vehicle accidents; alcohol-related cost of maintaining the criminal justice system, rehabilitation, prevention and education, research on alcohol related problems and the cost of social welfare programmes, is greater than the former.*

*Problems such as thefts, bribes, wife beating and suicides are surely Alcohol related. Studies on suicides point out that the rate of suicide is 50 times higher among alcoholics.*

*Alcoholism also affects the economy. The cost of problem alcoholism may be measured in terms of loss of efficiency of workers, accidents and injuries, wasted time, faulty decision making. These would cost the economy and society billions of rupees.*