

Alcohol dependency in young adults

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ABSTRACT: This research paper is about the alcohol dependency in young adult. The consumption of alcohol is very common nowadays some people drink to look cool and some drink in order to forget about the alcohol but in any ways the consumption of alcohol is not good for the health. It is a disorder of the continuous use of alcohol or regular basis drinking in which the person is not able to control the desire of drinking alcohol even when the individual wants to. Consumption of alcohol is very dangerous to health it not only physically harms you but also harm you mentally and even socially. The consumption can cause liver related diseases, cancer of mouth, throat, liver, breast etc., can damage brain, ulcer and other gastrointestinal problem. The alcohol abuse has four stages that are – Risk stage, Early stage, Middle stage, End stage.

KEYWORDS: Alcohol dependence, substance abuse, alcohol disorder, alcohol, alcoholism, genetic, gene

I. INTRODUCTION

Alcohol a very common substance that is consumed in day to day life in western culture and as usual like many other cultures are influenced by lifestyle of western culture, many of them think drinking of alcohol as an lavishing lifestyle. Although even in Indian culture drinking was present as a “madira”, but drinking regularly can be contagious to health and can cause many health problems that can be fatal and also leads to addiction. There is very popular saying in India “jaanhai tho jahanhai” it means if there is life then there is a hope or in other words we can also say that the life has to be consider more valuable than anything else, because only if you survive then only you can have world. Nothing has to be matter in front of life. This alcoholism or habit of drinking regularly can take away someone’s life. So the person has to be more precautions about their health and has to quit drinking for their own good health or for avoiding the any danger or fatal disease to their health.

Alcohol dependence

Alcohol dependence is a disorder of regulation of alcohol use arising from repeated or continuous use of alcohol. {According to ICD-11(2018)}

Edwards (1986) has described an ‘alcohol dependence syndrome’, which consists of a number of Elements that characterize the clinical picture of Dependence on alcohol. Among the signs and Symptoms of the alcohol dependence syndrome are tolerance and physical dependence, as well as Alcohol-seeking behaviour and awareness of a Compulsion to drink alcohol (**Edwards, 1986**).

This continuous use of alcohol or regular basis drinking in which the person is unable to control his desires for alcohol has described as alcohol dependency syndrome. In this alcohol abuse or alcohol addiction can be separated in three the alcohol dependence can be mild, moderate or severe. The habit of drinking regularly can be easily and quickly developed but only some can control their alcohol addiction.

Causes of alcohol dependence syndrome

There is no scientifically proven causes or any studies to prove the causes of this alcohol dependence syndrome, most of them are mostly the combination of these factors.

1. Genetics – Genetics always play a crucial role in many of disorder
2. Early childhood traumatic events – For an individual their childhood phase is very important because many of the disabilities only arise when there is a trouble childhood
3. Most common reason is drink to relieve the stress or relive the emotional pain.

There are also many other factors which can also leads to alcohol dependence are

- Often consume the alcohol or start drinking at very early age
- Experienced any type of trauma like physical or sexual abuse
- Having alcoholism in your family’s history.

- Suffering from mental health issues like depression, anxiety or post-traumatic stress disorder (PTSD)

Above we talk about the causes now there are also many symptoms of alcohol dependence

Signs and Symptoms of alcohol dependence syndrome

- ❖ Regularly hangover
- ❖ Blacking out – Not remembering the events that happened
- ❖ Spontaneously drinking when it causes distress to you and harm to others
- ❖ Feeling irritable and bad tempered when not drinking
- ❖ Consuming alcohol more and more longer than you planned
- ❖ For drinking alcohol giving up the opportunity or activities
- ❖ Getting into trouble after drinking like drunk driving, falling etc.
- ❖ Problems with relationship due to drinking problem
- ❖ Problems in work, school or any other organizations
- ❖ Having no control on ability to control the drinking or stop the drinking when you have had enough
- ❖ Spending more and more time in drinking
- ❖ Thinking of quitting the drinking or minimize the quantity of the drink but unable to do that

Vital elements of the alcohol dependence syndrome

- Strong internal drive to use alcohol
- Impaired ability to control use of alcohol
- Increasing priority given to use alcohol over other activities
- Persistence of use despite harm or negative consequences
- Subjective sensation of urge or craving to use alcohol
- Increase Tolerance to the effects of alcohol

The vital elements of dependence are usually conspicuous over a period of at least 1 year/12 months but the recognition may be made if alcohol use is continual (daily or Almost daily) for at least 1 month.

Stages of alcohol abuse

At risk stage – It is when the person drinks socially or occasionally or drinks to relieve stress or to feel good, in this stage only person get alcohol tolerated

Early stage – Start thinking about the alcohol a lot and also drink secretly and start experiencing blackouts.

Middle stage – Drinking of alcohol start getting out of control and also start causing trouble in day to day life including the school, workplace, relationships etc. Damages to the organ can be easily seen in the tests.

End stage- By only the name we can guess it is a last and the final stage for the drinkers, there organ are showing complications and now the death is near. They only see drinking now, only drink, excluding the food intake. Taking health and happiness casually they now only want to drink.

Consequences of dependence on alcohol

- Alcohol psychosis- Alcohol hallucinosis, person may experience the similar symptoms of schizophrenia
- Liver related disease- Cirrhosis, Liver fibrosis, Alcohol-related hepatitis, fatty liver disease etc.
- Pancreatitis- Painful inflammation in the pancreas that often requires hospital care
- Cancer- mouth and throat, voice box, esophagus, colon and rectum, liver & breast.
- Ulcers and gastrointestinal problems- ulcers and bleeding, heartburn and acid reflux, swelling, such as esophagitis, gastritis, and duodenitis
- Immune system dysfunction- In this continuous consumption of alcohol decrease the number of immune cell and it increases the risk of infection.
- Brain damage and accidents
- Malnourishment and vitamin deficiencies
- Osteoporosis- It refers to decrease in bone density.
- Heart disease and cardiovascular health- Hypertension (high blood pressure), congestive heart failure and heart attacks
- Other- May lose job, lose life in accident or due to disease related to consumption of alcohol, lose family (alcohol cause conflict between family), lose social recognition

Diagnosis criteria according to the DSM 5

- A. A problematic pattern of alcohol use leading to clinically significant impairment or anxiety, as shown by a minimum of two of the following, occurring within a 12-month period:
 1. Alcohol is often taken in larger amounts or over a longer period than was intended.

2. There is a persistent desire or unsuccessful efforts to cut down or control alcohol use.
3. There is a lot of time spent in activities necessary to obtain alcohol, use alcohol or recover from its effects.
4. Craving, or a strong desire or urge to use alcohol.
5. Recurrent alcohol use resulting in a failure to fulfil major role obligations at work, School, or home.
6. Continued alcohol use despite having persistent or recurrent social or interpersonal Problems caused or exacerbated by the effects of alcohol.
7. Important social, occupational, or recreational activities are given up or reduced because of alcohol use.
8. Recurrent alcohol use in situations in which it is physically hazardous.
9. Alcohol use is continued despite knowledge of having a persistent or recurrent Physical or psychological problem that is likely to have been caused or exacerbated By alcohol.
10. Tolerance, as defined by either of the following:
 - a). A need for markedly increased amounts of alcohol to achieve intoxication or desired effect.
 - b). A markedly diminished effect with continuing consumption of the same alcohol dosage.
11. Withdrawal, as manifested by either of the following:
 - A. The characteristic withdrawal syndrome for alcohol (See Criteria A and B of The criteria set for alcohol withdrawal, pp. 499-500).
 - B. Alcohol (or a chemical that is similarly linked to it ,like a benzodiazepine) is taken to Relieve or avoid withdrawal symptoms

II. METHODOLOGY

The research is conducted on the “Alcohol dependency in young adults “

In this research we see how much a young adult is dependent on alcohol, and at what extent he/she is acceptable by his / her drinking.

Standard for taking into consideration the studies for this research.

Types of participants

Eligibility criteria were used to get the valid result on the research for what we have defining the criteria, for this only the person who drink mostly on regular basis and the age is have to be from 18 to 25 years . These trials including all the young adults from 18 to 25 years of age and has to drink alcohol/ consume alcohol mostly on the regular basis , the participants have to be fulfilling the criteria. Then only they can fill the test.

Type of test used in the research

In this research, the questionnaire that is used is already developed by Selzer, 1971 “Michigan Alcohol Screening Test” {MAST}.It contain 24 items and in this we have two options ‘yes’ or ‘no’ in which the subject has to choose only one option from yes or no .

This MAST(Michigan alcohol screening test) is specifically designed for screening of the alcohol problem in general people. It is the oldest and the most accurate test to evaluate the heavy drinking among general people. Question in this MAST(Michigan alcohol screening test) questionnaire is related to the patients self-evaluative of social, vocational, and family problems very often syndicate with heavy drinking. The MAST is a straightforward, test that you may score yourself to determine wheather you have a drinking issue.

This MAST (Michigan alcohol screening test) is the most suitable test for the research .

Type used in collection of data

There are numerous type and ways to collect the data for the research. We have to choose the one or more than one method according to the requirement of the research data collection. The method that I have used in this research is survey method.

The survey can be collected by many means , like digitally and physically to gather both qualitative and quantitative information from the subject.

In physical survey we collect the data by making hard copy of questionnaire and give them to the eligible subject . In digital or online survey we made questionnaire digitally in goggle form and send the link to the subject who are eligible to fill the form .

By the physical survey method I collected the following data from the eligible participants.

III. RESULT&DISCUSSION

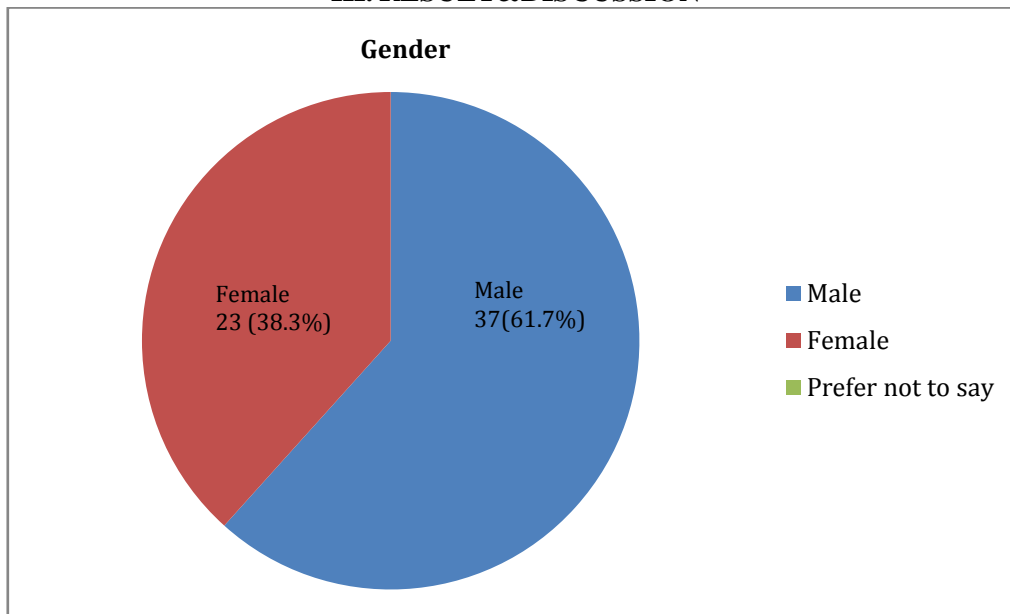


figure -1

In figure 1 it shows , the male candidates are more than female candidates and even in india alcohol is mostly consumed by the male itself.

The consumption of alcohol by females affect them more because the female produce smaller quantities of an enzyme, which helps in

breakdown of alcohol in body. Hence the female suffer more with alcohol related diseases by consuming alcohol.

These following Questions demonstrate the result

Q2. Have you ever awakened the morning after some drinking the night before and found that you could not remember a part of the evening?

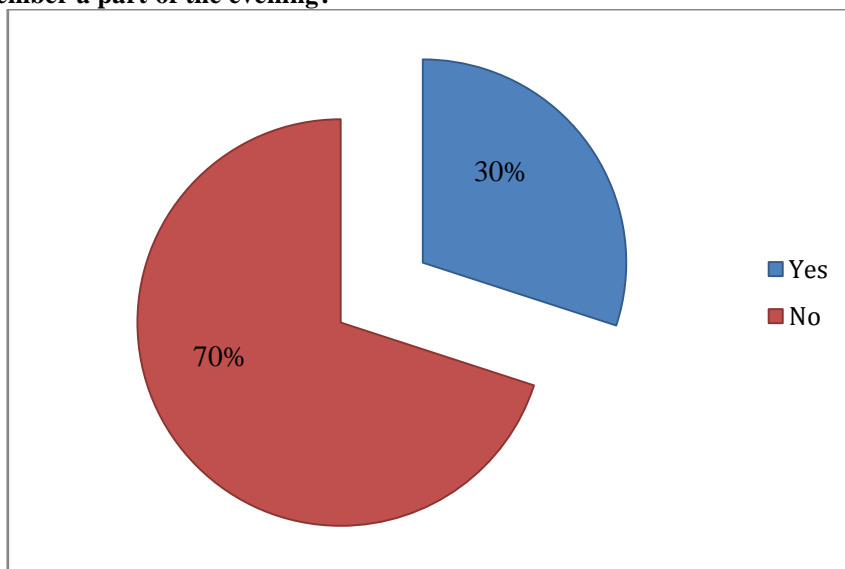


Figure-2

Q10. Has drinking ever created problems between you and a near relative or close friend?

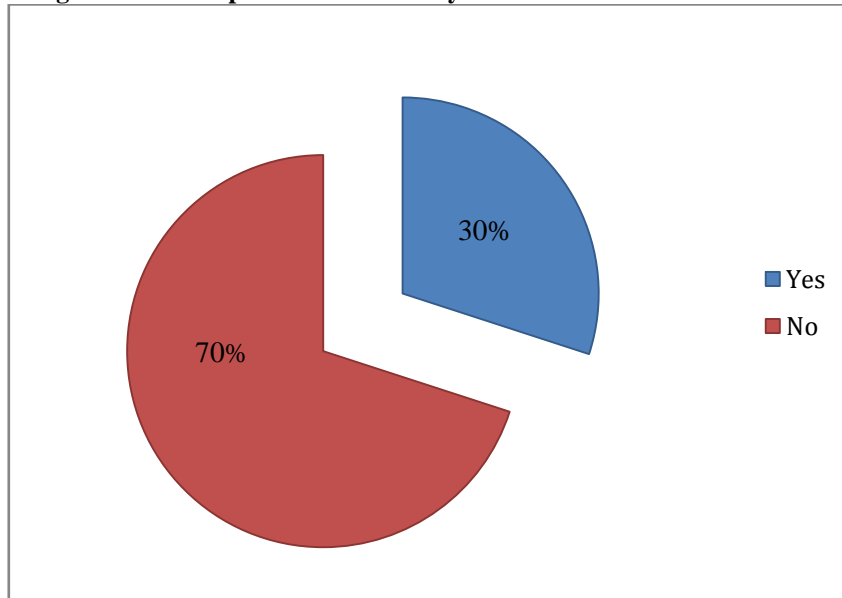


Figure-3

[Result table]

Alcohol consumption	N	Mean	Standard Deviation	T- score
	60	7.24	11.214951682595	4.892162

In this research study the purpose is to find the dependency of alcohol in young adults with the help of (MAST) Michigan alcohol screening test .

It contains 24 questions related to the alcohol consumption, with the research we find that The mean of the research is **7.24** which states that young adult people are very dependent on the alcohol and they are in the need of the proper comprehensive substance use disorder evaluation by a professional health care .

The standard deviation.-11.214951682595
 And the t score is -4.892162

These statically deviation states that the two - tailed p value is less than 0.0001

Hence p value is -0.000061

The t value is - 4.892162

With the following sample that we've collected by using MAST (Michigan alcohol screening test) we get to know that the result is significant at $p < 0.05$ (P= 0.000061)

This is a major issue that needs to be addressed recommended for them to get a proper evaluation by a professional Medicare

The results also be demonstrated by the Question that is stated in the MAST test.

In question 2“**Have you ever awakened the morning after some drinking the night before and found that you could not remember a part of the evening?**”

It states that the 30% of the individuals have say yes , means they forget about the last night due to the consumption of the alcohol and this forgetting of the before night can cause the delirium in the young adults

In question 10“**Has drinking ever created problems between you and a near relative or close friend?**”

Due to the consumption of alcohol it also create chaos in the close relationship or between the relatives or any other dear person related to the alcohol dependence person

In this 30% of them choose yes , the participants found difficulty in coping with the relationship along with the consumption of the alcohol

IV. CONCLUSION

The present research study clearly states that the young adults are fully dependent on the alcohol they consume the alcohol even knowing

about the dangerous series health condition that can be caused by the alcohol abused and not only affecting the body but also the relationship with other people. It is highly recommended that they need a comprehensive Alcohol syndrome disorder evaluation by the professional health care.

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