

ALCOHOLISM, A SERIOUS PROBLEM OF HUMAN BEHAVIOR

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Abstract:Widespread propaganda of legal, economic and other measures aimed at protecting human health from the negative effects of alcohol and tobacco products is relevant. This article discusses the negative impact of alcohol and tobacco products on the body.

Key words: alcohol, morbidity, alcoholism, alcoholic liver cirrhosis, mental retardation.

In modern times, the problem of alcoholism has become serious, every year millions of people on earth die due to the serious consequences of alcoholism. In alcoholics, the rate of diseases is two to three times higher, and death from somatic diseases is three to four times higher.

Due to all these reasons, the life expectancy of alcoholics is reduced by an average of 12-18 years.

As a result of heavy drinking, all internal organs are damaged, especially the most common diseases include: alcoholic cirrhosis of the liver, alcoholic cardiomyopathy, atherosclerosis of cerebral blood vessels, encephalopathy and mental retardation in the future, as well as a number of other diseases caused by alcohol poisoning.

In addition, alcoholism destroys relationships in the family, society, and the state, which not only damages the country's health fund and lowers the level of population health, but is also considered a scourge against society. Of course, chronic drinking, from all points of view, also leads to extremely dangerous consequences for the body, and explaining and justifying alcoholism is generally not logical.

In particular, adolescents and young people, people about to start a family, men and women during childbearing, pregnant women, people with chronic diseases, people who have had liver disease, and others generally should not consume alcoholic beverages.

The issue of alcohol consumption is very complex and controversial. Unfortunately, despite extensive media campaigns about the dangers of alcoholism, vodka and other alcoholic beverages, this disease is not decreasing, but rather its number is increasing.

It has been known since ancient times that "the forbidden fruit always tastes sweet," so we should approach this delicate issue with extreme caution and try to change our attitude and behavior towards alcohol. It is necessary to clearly distinguish between alcoholism (abstinence) and regular alcohol consumption.

Alcoholism is a disease that is rehabilitated in specialized medical institutions for the treatment of mental illnesses.

Occasional (episodic) alcohol consumption can be triggered by certain traditions, holidays and other events, coping with stress or fatigue, and other reasons.

Who can guarantee that seemingly harmless occasional drinks will not become chronic later? Ibn Sino wrote in his teachings: "Wine is the enemy of a drunkard, it is useful to drink it in small quantities, even against poisoning, but in large quantities it is poison. It is permissible for intelligent people to drink it, but it is forbidden for fools." Medical advice: "Wine (oil, wine)" is a medicine in small quantities, but in large quantities it becomes poison."

Studies over the past decade have shown that small amounts of pure natural red wine have a positive effect on the cardiovascular system in terms of preventing atherosclerosis, reducing the amount of high-density lipoproteins in the blood and preventing the accumulation of cholesterol on the walls of the coronary arteries.

High doses of alcohol disrupt the heart rhythm, negatively affect the heart muscle, and can cause acute heart failure. The amount of alcohol consumed is measured in ml of pure alcohol.

It is necessary to introduce the concept of "culture of alcohol consumption" in society, each person must determine for himself that if he decides to drink, he must know that drinking in general is very dangerous for health, not hard drinks, but a very small amount of pure light wine with friends and relatives can be drunk for a good mood.

A person should always be in a healthy relationship with his health, try to maintain and strengthen it in a conscious manner. To do this, doctors should study the behavior of people prone to alcoholism, the reasons and mechanisms of drinking, eliminate them, and influence them to positively change their lifestyle.

1. Causes of a person's spiritual poverty: inability to study; low level of education of parents; lack of social activity and support; narrowness and instability of the circle of interests; lack of spiritual need and desire; lack of clear ideas and ideas about choosing a profession; lack of ability to work; lack of motivation to shape behavior; avoidance of making responsible decisions; giving up promising life opportunities.

2. Disruption of the social microenvironment: incomplete family; family alcoholism; negative spiritual atmosphere and amorality of those around them; low level of education, knowledge of parents, and improper upbringing.

3. Individual-biological characteristics of the person: genetic predisposition to alcoholism and mental illnesses; severe somatic diseases and various neuroinfections in early childhood; organic disorders of the brain; mental immaturity and mental infantilism....

4. Neuropsychiatric or individual-psychological anomalies of a person include various diseases: neuroses, psychopathies.

Even if in mild alcoholism the person's mental state, moral and spiritual views are not completely disturbed, a lifestyle (behavior) characteristic of an alcoholic is formed, that is, the goal and excuse for living in this way is to find and drink alcohol every day.

Alcoholic lifestyle (behavior) is a method of satisfying the pathological need for alcohol, which is repeated in various situations. Alcoholism becomes the main driving force of life. Alcohol is not without reason compared to a "green snake", imperceptibly entering a person's body, gradually eating away his conscience, honor, shame and pride.
How does the process of alcoholism develop and take shape?

The first stage, which lasts from 1 to 6 years or more, depending on the amount of alcohol consumed, develops dependence on alcohol and a constant desire to drink. Gradually, mental and physical performance deteriorates, and conflicts arise in the family and at work due to the loss of qualities such as responsibility, duty, and efficiency. During this period, if specific measures aimed at changing behavior are taken, it is possible to stop drinking alcohol.

The second stage is a period of heavy drinking, with aggressiveness alternating with a depressive-depressive state, and a person's thoughts becoming scattered and unable to control how much they drink. This state can last for 10-20 years.

A person loses weight, his physical and mental abilities are depleted, his moral character deteriorates, his creative abilities disappear, he gets tired easily, he loses interest in work, his

memory deteriorates, his professional skills fade, he becomes rude, irritable, impressionable and quarrelsome.

One of the leading signs of the second stage is the appearance of abstinence syndrome - this condition is expressed in the manifestation of severe somatovegetative and mental disorders during wakefulness, which pass after consuming the next dose of alcohol (hangover).

Modern approaches to the prevention of alcoholism are based on two different strategies:

1. Reducing risk factors leading to alcoholism;
2. Strengthening factors that reduce the tendency to alcoholism.

It is known that some life situations prevent or, on the contrary, increase the risk of alcohol consumption. All factors that lead to alcohol consumption are considered risk factors. Situations that reduce alcohol consumption are called protective factors.

Throughout life, a person encounters a number of risk factors and protective factors, and the more risk factors there are, the greater the likelihood of developing alcoholism. There is no single factor that leads to the development of alcoholism.

The fight against alcoholism consists of a set of multifaceted measures aimed at preventing the disease and creating conditions for positive behavior change. aimed at forming a healthy lifestyle.

To combat alcoholism, it is necessary to have a complex impact on all socio-living conditions, together with education. If people have high goals in life, if living conditions and socio-cultural needs satisfy them, and if the rules of trade in alcoholic beverages are observed, the development of alcoholism will automatically decrease, all of which will become a population algorithm and be directed to target groups.

Alcoholism and drug addiction pose a threat to the intellectual and spiritual potential of this country. Therefore, modern moral and theological approaches to combating alcoholism are aimed at forming a person who takes responsibility for his health, is spiritually mature and has positive character.

This basic standard is the basis of all target groups, this standard can be effectively used in the formation of positive behavior in the fight against alcoholism.

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