

Chronic Alcoholism and Drug Abuse Behavior: A Menace to Society- A Research Study

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Abstract

Background: The present study was conducted to assess chronic alcoholism and drug menace in adults.

Materials & Method: The present study was conducted on 1026 subjects which were screened in the department. A questionnaire was given to all and response was recorded.

Results: Out of 1026 subjects, male were 650 and female were 376. 340 male and 48 female were alcoholic and 126 male and 15 female were using drugs. The difference was significant ($P < 0.05$). 210 subjects were below 30 years of age and 319 were above 30 years of age, living standard was low in 410 and medium in 119, education standard was upto high school in 290 and graduation in 239, 380 subjects were married and 149 were unmarried. The difference was significant ($P < 0.05$).

Conclusion: Authors found that age more than 30 years, low living standard and low education level were risk factors for alcoholism and drug usage among adults.

Key words: Alcoholism, Drug, Education

Introduction

In the recent years there has been rapid proliferation of city bars and nightclubs and people are fast shedding their inhibitions about alcohol as a lifestyle choice.¹ This has led to fears of an undocumented rise in alcohol abuse not only among poorer classes but also in other sections of the society.² Having recognized the problem, the ministry of health has called for a policy that will regulate sales and the pricing of alcohol which many experts believe, may not be enough to curb the problem. The increasing use of alcohol and its drink-related problems has already emerged as a major public health concern in India and which needs to be addressed. A large majority of male drinkers meet criteria for hazardous alcohol use, defined as patterns of use that increase risk for harmful consequences for the user or others. Data from different Indian states indicate that 35% to 65% of all current drinkers meet criteria for hazardous alcohol use.³

Illegal drug economy plays a prominent role in national decisions made. Fortunately, cost-effective measures targeting drug abuse treatment are available. This fact increases motivation to conduct studies in order to improve interventions compatible with cultural issues.

Various countries have taken measures at society level to change knowledge and attitude of the society toward illegal drugs. These interventions aimed to prevent illegal drug abuse. Usually, focus of these interventions was teenagers and the youth, as these age groups are at more risk of drug abuse due to less information regarding this problem.⁴ The present study was conducted to assess chronic alcoholism and drug menace in adults.

Materials & Method

The present study was conducted in the department of Community medicine. It comprised of 1026 subjects which were screened in the department. All were informed regarding the study and written consent was obtained. Ethical clearance was obtained prior to the study.

Data such as name, age, gender etc. was obtained. A questionnaire was given to all and response was recorded. Results thus obtained were subjected to statistical analysis. P value less than 0.05 was considered significant.

Results

Table I Distribution of subjects

Total- 1026		
Gender	Male	Female
Number	650	376

Table I shows that out of 1026 subjects, male were 650 and female were 376.

Table II Prevalence of alcoholism and drug usage

Parameters	Male (650)	Female (376)	Total	P value
Alcoholism	340	48	388	0.01
Drug usage	126	15	141	0.02
Total	466	63	529	

Table II shows that 340 male and 48 female were alcoholic and 126 male and 15 female were using drugs. The difference was significant ($P < 0.05$).

Table III Risk factors for alcoholism and drug usage

Variant	Parameters	Number	P value
Age	<30 years	210	0.05
	>30 years	319	
Living standard	Low	410	0.01
	Medium	119	
Education	upto high School	290	0.12
	Graduation	239	
Marital status	Married	380	0.01
	Unmarried	149	

Table III shows that 210 subjects were below 30 years of age and 319 were above 30 years of age, living standard was low in 410 and medium in 119, education standard was upto high school in 290 and graduation in 239, 380 subjects were married and 149 were unmarried. The difference was significant ($P < 0.05$).

Discussion

Alcoholism does not only impacts the drinker but also their families and communities and making things worse, it makes it more critical to assess for prevention and intervention efforts. Despite the public health crisis and harmful consequences alcoholism represents, there is inadequate recognition of alcohol misuse as a public health issue in India. Information on screening measures is critical for prevention and early intervention efforts.⁵

Drug abuse, as a psychological-social-biologic issue, in adolescents is one of the most critical issues for countries nowadays. This problem involves new chemical drugs (e.g. crack and ecstasy) besides traditional ones (e.g. opium and marijuana).⁶ In Iran, even though there is no official report about drug abuse, clinical observations in drug addiction consultation centers and medical centers for drug addiction rehabilitation show that addiction to new psychoactive drugs in adolescents has a high prevalence. Nowadays, instead of traditional single-factor approach to the etiology of drug abuse, multifactorial and interactive causal approaches are considered as the etiology of drug abuse. The latter factors assess related factors to drug abuse.⁷

It has been noted in different studies that drug abuse is affected by knowledge and attitude toward drugs. To change a behavior, at first knowledge and attitude toward that particular behavior should be corrected. Iran has more than 15 million adolescent and young people and is considered the youngest country in the world. There are few studies in this age group about their knowledge and attitude toward drug abuse, while attention to these views can help them guide to safer behaviors.⁸ The present study was conducted to assess chronic alcoholism and drug menace in adults.

In present study out of 1026 subjects, male were 650 and female were 376. We found that 340 male and 48 female were alcoholic and 126 male and 15 female were using drugs. The difference was significant ($P < 0.05$).

Khushabi et al⁹ included 157 adult male in the study. The mean age of the study participants was 37.20

years. The prevalence of alcoholism among the study participants was 35.7%. Among them only 4.5% who presented with symptoms of chronic alcoholism had taken treatment. Reasons for not taking treatment for alcoholism among study population were mainly due to their family problems (55.2%).

We found that 210 subjects were below 30 years of age and 319 were above 30 years of age, living standard was low in 410 and medium in 119, education standard was upto high school in 290 and graduation in 239, 380 subjects were married and 149 were unmarried. Farhadinasab et al¹⁰ found current use of alcohol to vary between 19.6% and 27.8% amongst the 50+ age group. Community survey carried out in Mumbai, which was restricted to males aged 45 years or over had found the use prevalence decreased rather rapidly in higher age groups (from 21.5% in the 55–59 age group to 5.7% in the 85+ age group). Alcohol consumption was 51.43% among adult males aged 30 years and below and 31% among the 30 years and above age group which was found to be statistically significant (p=0.027).

Conclusion

Authors found that age more than 30 years, low living standard and low education level were risk factors for alcoholism and drug usage among adults.

Conflicts of Interest: The author declare that there is no conflict of interest regarding the publication of this paper.

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Ethical Clearance: Ethical clearance has been taken from Institutional Ethical Committee

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