To Determine How Drinking Too Much Alcohol Affects a Family and the Community

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ABSTRACT

According to Loomis and O'Malley (2009), one of the most significant threats to the public's health in the United States is the abuse of alcohol by young adults attending college. 59% of full-time college students consume alcohol on a regular basis, 39% engage in binge drinking, and 13% are considered heavy drinkers, as reported by the National Survey on Drug Use and Health (2015) conducted by the Center for Behavioral Health Statistics and Quality. When compared to those of other ages, young adults between the ages of 18 and 25 had the highest rates of heavy episodic drinking (4/5 drinks for women/men per sitting drank by 38%). (Substance Abuse and Mental Health Services Administration, 2017). College students who drink alcohol are more likely to suffer a variety of unfavourable outcomes, such as lower academic performance, increased risk of sexual assault, increased likelihood of developing alcohol use disorders (AUDs), and increased risk of unintentional injury (Smyth, 2017). Heavy drinking can hamper crucial aspects of growth, such as academic accomplishment and job development. It can also hinder brain development and learning (Boden & Fergusson, 2011). These effects may raise the likelihood of substance dependence throughout a person's lifetime, in addition to the risk of other unfavourable health and societal repercussions.

Keyword: Alcohol, Growth, Drinkers, Academic, Repercussions

INTRODUCTION

All citizens should have access to a free existence that allows them to enjoy their loved ones, friends, and leisure activities. Such a universal concern cannot be used as an example of international objectives. The social life of a country is more than just the sum of its people's aspirations and ideals. The welfare of its residents is just one of the goals the country has, which has a life of its own. As the year 2000 draws near, humankind is facing hitherto unheard-of dangers to its survival and well-being. Future growth has been hampered by the latter part of this century's inability to take decisive action.

The globe now has a 5 billion-person population. 1.2 billion people reside in industrialised nations, whereas 3.8 billion live in developing nations. In terms of both growth rates and the absolute population increase, the effects of this worldwide rise will differ greatly within and within the regions. Nearly everywhere, social systems are likewise in turmoil or decline. The poor get poorer and the rich get richer according to current trends, which also apply to the people. The stability of societies is threatened by these widening gaps, with unpredictable results. Additionally, the social fabric is being torn apart practically everywhere due to violence, human rights violations, drug misuse, AIDS, and other issues.

Social problems are various addiction-related behaviours or conditions that many society members find disagreeable, undesirable, or intolerable. These members acknowledge and agree that in order to lessen and finally eliminate the probability of these issues, appropriate policies, programmes, and services are required. Although there are some issues unique to India due to differences in culture, social structure, and other historical and political factors, the Indian system has already been modified and the country's social problems are not significantly different from those in other civilised nations.

Actually, there is a lack of direction about this misuse problem in our developing society, which is why we are unsure on how to handle or regulate it. Currently, there are many problems, including drug addiction, high population growth, poverty, and illiteracy. Drug users faced discrimination from their families and the general public during these difficulties. Addicts feel uneducated and abandoned by their family members and the societal environment because of the lack of social, psychological, and emotional support provided by these groups.

Drug addicts are frequently perplexed by their circumstances, making it difficult for them to know where to turn for assistance. Family members feel helpless because they don't know what resources are accessible for such issues. It is not merely an alcohol or drug problem; rather, it is one of the most significant socio-psychological issues that our society is currently dealing with. Drug addiction is destructive to the entire society and its advancement in addition to the addict. Its effects might have harmful repercussions and modifications on the addict's mind and body because it is spreading throughout the entire planet like a plague.

STATEMENTS OF THE PROBLEM

The importance of understanding the factors that pose significant risks for developing problematic alcohol use was researched and discussed in a variety of published works. There is evidence to suggest that the demographics, psychological factors, environmental factors, social conditions, and economic conditions all have a role in the development of alcohol dependence. In addition, it has been demonstrated that coping methods are responsible for determining the manner in which difficulties are addressed, which is a crucial factor in the process of overcoming negative addictive behaviours among alcohol dependents. It was shown that the willingness and enthusiasm to bring about changes in unhealthy behaviours had an impact on the decisions of alcohol dependence to seek the appropriate therapy. In addition, it is essential for the current line of research to concentrate on the many therapeutic techniques in order to treat, cure, and rehabilitate those individuals who are at risk for harmful alcohol intake. When dealing with the disease of alcoholism, different concerns have been brought to light in the perceptions of burden of care among family members and significant others. These issues have been brought to light when families are coping with alcohol dependence.

REVIEW OF LITERATURE

Cheryl R. Tieman offers a unifying perspective as an epilogue to the viewpoints, discoveries, and conclusions presented throughout this volume by doing a thorough analysis of what has developed through multiple generations of drug crime study. She points out that in the 1800s, addicts were patients who were legally given prescriptions or were legally purchasing "medicines" containing addictive drugs in her essay, "From Victims to Criminals to Victims: A Review of the Issues." According to Patel, Parikh, and Soni's study, "A Comparative Study of Adjustment Patterns of Drug Addiction," non-smokers had noticeably improved emotional, social, personal, and overall adjustment compared to smokers. There were no discernible variations in family adjustment between the groups. The study "A study of adjustment of university research researchers in relation to their values and socio-economic status" by Mohan and Kaur measured adjustment using Bell's Adjustment Inventory (1993), values using Study of Values (1960), and socio-economic status using Singh's socioeconomic scale (SES). The study's findings are as follows: a) The relationship between adjustment and religious values was found to be negative; b) the relationship between adjustment and socioeconomic status (SES) was discovered; c) faculty differences (science, arts, professional, and language faculty) were found to be significant for home adjustment, emotional adjustment, total adjustment, theoretical values, and socioeconomic status; d) sex was discovered to be a significant predictor of health adjustment and emotional total adjust; Student drug abuse is number six (1993) Chandigarh-based Arun Publishing House Pvt. Ltd. published and printed the work of author Dr. Anu Singh Lather.

The book offers a comprehensive overview of the drug problem in modern culture. It is based on empirical investigation and provides a comprehensive impression of how drug users view their parents' behaviour. The personality of the drug user at the time of beginning or continuing their drug abuse is also profiled on a solid foundation.

The author made a few interesting discoveries, including the following: a) Spending quality time with children rather than quantity is important in preventing drug abuse; b) the vulnerable age group is between 17 and 22 years; c) drug- or alcohol-using grandparents and brothers appeared to have a positive influence on the young minds; d) a domineering father had a negative impact on the drug-using son while continuing to play a positive role in that son's life.

Objectives Of The Study
1. The purpose of this study is to ascertain the prevalence of alcoholism in connection to the psychological, social, economic, and demographic risk variables involved.
2. To determine how drinking too much alcohol affects a family and the community in which they live.

RESEARCH METHODOLOGY

Every civilization today is dealing with severe issues and challenges, such as illiteracy, poverty, rapid population increase, and drug addiction. It is now necessary to conduct methodical, intellectual study to determine the causes of these issues as well as potential solutions. As a result, research methodology is now considered to be an essential component of social research, and it is understood that there are many possible approaches to identifying and solving social problems. The definition of research according to the Advanced Learner's Dictionary of Current English is "a

careful investigation enquiry especially through search for new facts in any discipline of study." The blueprint for all types of study, research methodology guides the researcher along different paths, increases the validity of the research, and makes it more objective.

The main focus of social work research is a methodical inquiry into the issues that professional social workers, social work agencies, and the community encounter as they relate to social work functions. The most significant area of social work research focuses on the concepts, theories, and theories that underlie social work methods and skills. It also examines how social workers relate to and treat their clients on various levels through interpersonal relationships and therapy while operating within the institutional framework of social agencies.

Data Collection Tools
The most crucial and crucial part of any research is the data gathering, which yields the answers to the research questions. Data collecting tools are the most crucial and important part of any study. Data collecting depends on tools.
In social research, a variety of tools, including an interview schedule, a questionnaire, an observation guide, and more, are used to gather data from respondents. In the current study, data on respondents' personal information, socioeconomic background, social adjustment, rehabilitation, and the effects of social work were gathered using an interview schedule that the researcher had created. With the use of pertinent questions, influence the respondents' behaviour. The researcher also had the chance to interact with the respondents and thoroughly address their issues in this way.

For the purpose of gathering data, the researcher employed her observational guide. Through this, the researcher gathered general data on respondents' practises as well as information on social adjustment and their rehabilitation.

RESULTS AND DATA ANALYSIS

Table No.6.1: Age & Sex Of The Respondents

Age Group (In Years)	Sex		Total	Percentage
	Male	Female		
Less than 20 years	6	-	6	2
20-30 years	81	-	81	27
30-40 years	120	-	120	40
40-50 years	78	-	78	26
More than 50 years	15	-	15	5
Total	**200**	**0**	**200**	**100**

Table No. 4.1, which includes data gathered from respondents on their age and sex, reveals that the majority of respondents (40%) are in the 20–30–year age range, followed by those in the 40–50–year age range (26%) and those older than 50 years (26%) and younger than 20 years (2%).

Religion And Caste Of The Respondents
The word "religion" denotes a person's belief in activities involving collective rituals, communal trust, and communication that spring from a common conviction. Castes are hereditary structures of power in society, including social, cultural, and political occupations and endogamies. The individual's living style, values, morals, and personal upbringing are also governed and constrained by religion and caste.

Thus, it is essential to investigate the respondents' caste and religion in order to assess their lifestyle choices and behavioural patterns. The respondents' caste and religion are shown in Table.

Table No.6.2: Religion And Caste Of The Respondents

Religion		Number of the Respondents	Total	Percentage
Hindu	General Caste	129(43%)	252	84
	Other Backward Caste	75(25%)		
	SC/ST Caste	96(32%)		
	Sub Total	**252**		
Muslim		36	36	12

Sikh	3	3	1
Christian	9	9	3
Total	**300**	**200**	**100**

All responders were asked a question regarding their faith. The table reveals that among Hindus, the prevalence rate was the highest. 84% of the respondents identify as Hindu, with 43% belonging to the general population, 25% to other backward castes, and 32% to scheduled castes. The remaining responders (12%), who are Muslim, 3% Christians, and 1% Sikhs, all practise their own religions.

Educational Status Of The Respondents

In determining a person's living circumstances, attitude, behaviour, and values, education is crucial. The better a person's living situation and comprehension of society, the more educated they are. Education improves a person's understanding and knowledge of different social, cultural, economic, and personal issues. So, the level of schooling was investigated.

The educational status of the respondents is shown in Table No.4.3, which shows that the majority of them, or 24%, have completed junior high school. This is followed by 23% of them who are literate, 13% of them who have passed intermediate exams, 12% of them who have completed primary and high school, 10% of them who are illiterate, 5% of them who have graduated, and only 1% of them who have completed postgraduate work.

Table No.6.3 Respondent's Peer Group At Present

Responses	Before Intervention	After Intervention
Yes	54 (36%)	79 (53%)
No	96 (64%)	71 (47%)
Total	**150**	**150**

MENTAL STATUS AFTER DRUG DE-ADDICTION

The impact of social work intervention on respondents' assessments of their mental health following drug addiction is shown in Table. Following social work intervention, the responses regarding respondents' positive mental status following drug de-addiction increased from 48% to 71%, followed by respondents' normal mental status following drug de-addiction decreasing from 49% to 28%, and respondents' negative mental status following drug de-addiction decreasing from 3% to 1%.

Table No.6.4 Mental Status After Drug De-Addiction

Responses	Before Intervention	After Intervention
Positive	72 (48%)	107 (71%)
Negative	5 (3%)	1 (1%)
Normal	73 (49%)	42 (28%)
Total	**150**	**100**

Willing Interest To Restart Normal Life After Treatment

The responses to the question of whether or not drug users are interested in resuming their normal lives following treatment are shown in Table. After social work involvement, 99% of respondents indicated that they are interested in returning to their regular lives after treatment, with only 1% of respondents indicating that they are not. The responses from earlier were 93% and 7%, respectively.

CONCLUSION

The most challenging portions of any research study are the introduction and conclusion; nevertheless, even if the body is typically simpler to write, it still needs a framework. The introduction acts as a bridge to get our researchers from

their daily lives to the scene of our analysis, and the conclusion can act as a bridge to return our readers, academics, and upcoming researchers to their regular lives.

The researcher might condition a personal point of view when the data they have gathered support it. A conclusion is a declaration of fact that should be composed of words, statistics, or statistical measures weaved into a meaningful statement. The recommendations are based on the study's findings and include a thorough explanation of the suggested course of action based on the importance of the findings.

Every social science research project aims to learn more about social reality, especially from the perspective of bringing about further improvement. In order to give upcoming researchers the chance to gather their thoughts on the subject at one time, it becomes necessary for the researcher to deliver their findings. Additionally, it becomes vital to make recommendations on ways to make the situation better. Extensive explanations of this discovery have been given in earlier chapters. In light of it, the researcher would like to make some suggestions. Following the study, the following results were drawn:

The researcher discussed the significance of social adjustment in the lives of drug users and its rehabilitation in Chapter 1 (Introduction). The researcher provided appropriate tables to explain the drug's impacts on intoxication and negative health effects. The researcher then concentrated on the warning signs and symptoms of drug addiction as well as their social adjustment, causes, and treatment options. The chapter discusses the current situation regarding drug users and their drug addiction, Indian and international laws against drug abuse, and how drug rehabilitation aids users of drugs.

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