

Crisis of addiction

Sociology



Crisis of Addiction Crisis of Addiction Continuous engagement in unhealthy habits or substances that cause negative impact on one's life leads to addiction. Habits such as smoking, drug abuse, alcohol abuse and gambling may take time before the full effects of their negative consequences are experienced. A crisis of personal tragedy, emotional disturbance, or a condition that leads to an abrupt decisive change may lead to an addiction (Jellinek, 1962). Moreover, an addiction, in most cases, is a coping mechanism of dealing with emotions of anxiety and depression. A crisis is often a necessary circumstance that it takes to reveal an addiction. If the negative impacts are not considered enough of a crisis by a person to call for an immediate change of habit, then one is most likely continue with it (Jellinek, 1962).

Alcohol is the most common substance of addiction among people of all ages ranging from youngsters to adults in all regions across the globe. It therefore gives the best picture of crisis of addiction. The harmful use of alcohol is a global problem which compromises both individual and social development. Alcohol is easily accessible to the young populace of between the age of 15 and 29 years (WHO, 2011). There is evidence from the younger generation that the popularity, range and availability of inexpensive alcoholic beverages have increased (WHO, 2011).

Alcohol addiction has several stages. The behavioral character of a person taking alcohol is progressive as is the persons tolerance to alcohol. As the person begins to use alcohol, it is socially motivated and he or she experiences psychological relief. Afterwards, it becomes a means of psychological get away from problems and tensions. Next, they drink heavily but not always in public. Lastly, the person enters a phase where they lose

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all control; once they take the first drink, they cannot stop. This is a characteristic of crisis of addiction (Jellinek, 1962).

Likewise, alcohol, like any other substance, has effects not only to the self but to the family and to the society as well. It results to physical, health and psychological problems for the individual. For the family and the society, it results in dysfunctional individuals who are not capable of being productive members of the society (Jernigan, 2001).

References

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