

# Essay on drinking alcohol

[Health & Medicine](#), [Alcoholism](#)



Drinking alcohol is not considered a taboo or deviation from social norms in many cultures. In some cultures consuming alcohol on social events is also looked down upon. In some instances, individuals are unable to determine whether drinking alcohol has developed into a disorder. Alcoholism is the term used to describe behavior when individuals consume alcohol uncontrollably. This disorder often has a negative impact upon the drinker's health, and personal and social relationships. According to medical specialists, alcoholism is a disease which requires proper care, attention, and treatment. Psychologists and psychiatrists refer to this condition as; alcohol abuse, alcohol dependence, and alcohol disorder. Drinking alcohol on a social basis may not be considered as a danger to the individual's health or social relationships. But if this drinking problem gets out of control without the individual being aware or crossing the line it may have disastrous effects upon the individual's lifestyle as a whole.

In order to ensure alcoholism does not affect one's lifestyle and personal and social relationships people who consume alcohol on a regular basis need to be conscientious. They should be able to identify when this habit starts causing a problem. If detected on an early stage, similar to any other disease, it may be controlled by taking corrective measures. However, if this problem is recognized too long after it has affected the individual then it may become even more difficult to cure the person. Alcohol abuse may be the stage to recognize that alcohol consumption is interfering in the person's lifestyle. At this stage, the individual may not be completely dependent upon consuming alcohol but they have a certain urge to consume it in large quantities. According to a study in the US, 30 percent of individuals have

reported as suffering from alcoholism at some point in their lives.

Furthermore, a study conducted in Canada concluded that 1 in 25 deaths were a result of excessive alcohol consumption.

The genetic and environmental factors have a combined affect in determining whether the person will be an alcoholic or not. Even though, some researchers disregard genetics as having any impact upon the causes of becoming an alcoholic, studies have proved otherwise. If a person has a family history of alcoholics and he/she begins consuming alcohol at an early age then they ignite their genes and are more likely to become alcoholics later in life. People who have the genes of alcoholism are also more likely to consume alcohol at an early age, which in-turn increases their chances of becoming dependent upon alcohol. Environmental factor such as severe childhood traumatic experiences increases the chances of people becoming addicted to drugs or alcohol. If these children do not get the adequate family and peer support they turn to drugs as a retreat.

One of the major factors of alcoholism is the ease in availability of alcohol. People begin by consuming beer, which is the world's most popular beverage after water and tea. Drinking beer exposes the individual to the pleasurable feeling that is obtained from the consumption of alcohol. However, this feeling may only be experienced by non-alcohol drinkers. In order to experience a more intense sensation, people turn towards consuming alcohol. This eventually leads to the individual becoming addicted to this sensation; hence, alcoholism develops. Another factor for alcoholism is linked to psychiatric disorders including; schizophrenia, depression, or anxiety disorders. People who suffer from any of these psychological

disorders are more likely to be addicted to alcohol probably as a means of staying in a trance rather than deal with the reality. These individuals are reluctant to deal with their social environment and that is the governing reason for them being addicted to alcohol. Every individual's body reacts differently to the consumption of alcohol. People whose body's react to the use of alcohol in a longer time develop greater chances of being addicted to alcohol and then suffering from alcoholism. Furthermore, alcoholism may even develop due to peer pressure. An individual may initially consume alcohol as a result of peer pressure. This social habit may turn to a dangerous addiction; thus, affecting the individual's life with the problem of alcoholism.

Alcoholism has an effect upon the individual's social, personal, and health. Moreover, the effects of alcoholism may be either short-term or long-term. Short-term effects may be more related to the individual's health including; slurred speech, drowsiness, diarrhea, headaches, breathing difficulties, distorted vision and hearing, impaired judgment, unconsciousness, anemia, blackouts to name a few. These may be overlooked by the individual who is affected as temporary and if proper attention is not given to the causes of these health conditions then the person eventually becomes an alcoholic. However, this does not suggest that alcoholism affects the health in the short-term only. It has a double fold negative impact upon the individual in the long-term and may cause serious accidents, alcohol poisoning, sexual problems, and nerve damages to name a few. Apart from the negative impact upon health, alcoholism also affects the person's social and personal life. The individual may not have complete consciousness or presence of

mind and this condition may lead to violent behavior at the workplace or in the home. Families break-up due to excessive consumption of alcoholism by either or both of the parents. This has a negative impact upon their offspring who also become more prone to alcohol consumption later in life.

The individual may go to work under influence from alcohol consumption. This could lead to violent or deviant behavior at the workplace and eventually result in job loss. If a person loses his/her job due to excess of alcohol consumption, it may lead to poverty in the long-run. Treatments centers for alcoholics are expensive in most parts of the world; therefore, the individual may never be able to come out of this state as a result of poverty. This not only affects the individual but puts pressure upon the country as a whole. For welfare countries it puts strain upon the budget of the country as the state has to provide for the well-being of the unemployed. Apart from this, the individual who consumes excessive alcohol may lose his/her social group. People do not want to interact with alcoholics majorly because of the repulsive behavior they portray. Therefore, isolation from one's social group may even lead to depression and feelings of seclusion that further enhance the person's dependence upon alcohol.

If alcoholism is diagnosed and treated at the correct time it may be overcome and the individual may lead a normal life after they have recovered. However, family and peer support is important for this individual, so that he/she can overcome this disease and have a group to depend upon when required. If alcoholism is not controlled or treated it may have disastrous affects a discussed above. In today's world, due to the increased

awareness about alcoholism and its cures people may be able to fight alcoholism in a more effective way.