

The negative impacts of alcohol and drug abuse on humans

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



Alcohol and drug use have been one of the common health-related threat globally over the years. From statics done by different scholars' data shows that the most affected group are the youth in the society. (Flanagan, 2013), ascertains that young people mostly get involved in drug abuse for a varied reasons in that it they become the pulling factor of addition in their future lives. Some of the major contributing factors include: frustrations, peer pressure and poverty that result to individual negative impact towards alcohol and drug abuse. With heavy alcohol consumption, one is associated with poor judgment, halucination and addiction.

Livingston et al. (2012) alludes that health linked issues are of major concern when it comes to drug abuse in general. To curb this menace, various strategies and policies have been implemented over the past few years. The approaches are mainly to target the youths and addicts in the society by indulging them in extra-curricular activities to keep them off this hook linked to the social aspects to avert addiction problem. This can also be positively influence by construction of rehab centers where the affected group of individuals is educated on ways to stop taking alcohol and harmful drug substances. In this case, the approaches target groups in that the outcomes delivered in most situations are minimal and the efforts of alcohol and drug abuse eradication becomes difficult as they focus on self-emotion on the degree of influence in their consumption (Gray, 2010).

According to Treeby, & Bruno (2012), drug abuse can be minimized mainly through personal realization of self-emotions. Gray (2010), alludes that majority of the affected people face self-denial in that it leads to drugs abuse

and alcohol consumption to boost their confidence. Livingston et al.(2012) affirm that low self-esteem related feeling diverges from the goal of eradicating or minimizing drug abuse by acting as motivating factor to people to use alcohol to the maximum with an aim of countering individual negative experiences. Various interventions are used to quantify the level of success attained by this methodology of drug abuse minimization.

Through the observation of the behavioral changes amongst the youths using drugs, interviewing counselors into this field may give valid data in which an insight of self- identity emotions is enhanced thus a reduction in alcohol consumption and drug addiction. According to Treeby, & Bruno (2012), the majority confined to this menace consult specialists whom they believe can alleviate them from this indulging issue. Families of alcoholic consumers are the major people who get affected by their misconduct thus motivated to seek regular consultation from professionals and therefore standing a chance fight this problem.