

Bio-psycho-social effect and treatment of alcohol

Psychology



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The paper “ Bio-Psychosocial Effect and Treatment of Alcohol” is a wonderful version of a term paper on psychology. Alcoholism is a broad word for problems with alcohol and is usually used to mean obsessive and uncontrolled consumption of alcoholic beverages, generally to the harm of the drinkers’ health, personal relationships, and social status. A lot has been written about alcoholism and how affects the drinkers mental status, personal relationships, mood, and job performance. Nevertheless, it would be hazardous to lose sight of the reality that alcohol in alcoholic drinks is ethanol, the same material that can power vehicles. Without doubt, alcohol is noxious to the human body; it really can kill faster, as with alcohol poisoning, or above the course of countless years, as with cirrhosis. Alcoholic drinks consist of water, ethanol, and sugar, and they are considered as empty-calorie drinks since they do not contain fundamental body nutrients (Eskapa, 2009). Modest drinkers of alcoholic beverages, those who observe a strict drinking habit, which includes drinking not more than two beers per day, time and again have difficulty receiving the suitable amount of fundamental nutrients from their food diet and required not to get calories from the alcohol. Nevertheless, a large set of rabid alcoholics suffer from malnourishment moreover for the reason that they fail to observe a reasonable diet for the indispensable nutrients the body requires to survive. In most cases, many alcoholics often suffer from primary and secondary malnourishment. Conversely, when the liver metabolizes alcohol, the enzyme involves usually produce toxins. The toxins obstruct the right metabolism of other important nutrients of the body. Excessive alcohol intake precipitates liver cirrhosis. Further, alcoholism can lead to Hepatitis. The most efficient treatment of liver disease is liver transplantation (Eskapa, <https://assignbuster.com/bio-psychosocial-effect-and-treatment-of-alcohol/>

2009.

Obviously, when a majority of people think about the repercussions of alcohol, they only think of the impact that alcohol has on the body, such as liver damage. But there varied psychological impacts upon the body that a lot of people have no whereabouts. In most cases, the psychological impact of alcohol is much more detrimental and excruciating than the effects that many people know about. Alcohol is a depressant, therefore, it causes mild depression. Further, when it begins moving in the system, it will reduce the activity within the nervous system of the brain. For this reason, while one is drinking alcohol, he/she starts noticing that they are beginning to have more feelings of depression. Moreover, the other psychological side effect of alcohol is anxiety. For this reason, as one consumes copious amounts of alcohol one starts to become stressed from the effect of the drug. At times, one develops feelings of discontent and restlessness. Further, excessive consumption of alcohol can lead to personality changes. Ideally, alcohol can make massive personality damage; when one is drinking a beer or two of his/her usual personality traits starts dramatically (Doherty, 2010).

As one become gravely dependent on alcohol, one begins to become slowly obsessed with drinking. This obsession with alcohol usually leads to the loss of interest in other things in one's life; for this reason, one starts focusing on only how they are going to get another drink. Taking large amounts of alcohol somehow leads to denial issues. For instance, one when is told by his relatives or close friends that he/she is drinking too much tends to refute their claims by all possible means he can.

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There is no doubt that many people abuse alcohol with the view that it will make them feel better about themselves. But in most cases, the abuse of alcohol tends to negatively affect the abuser's traits. Greater than before petulance, poor reasoning and judgment are various ways that alcohol damages the human traits and relationships by and large. It has been proven by researchers that the abuse of alcohol is the basis of more than 40 percent case of grave domestic abuse. Alcoholism is aligned with vocal and physical abuse of the wife and children. In any case, children who are brought up with alcoholic parents perform poorly at school and are predisposed to higher rates of depression.

There are those people who use alcohol as an apparatus to assist them to relax and/or to relieve some stress. Perhaps they use alcohol with a view to feeling better in tautly tense family situations. Others use alcohol to rise above their social fears, and the number of people who abuse alcohol and who are grappled with social phobia is amazingly high. The detrimental impact of alcohol abuse is not only limited to the person abusing it, but also to those who the abuser has fond relationship with. Workplace absenteeism has remarkably been associated with alcohol abuse. Also, the high crime rates in a certain neighborhood have been linked to alcohol abuse. Fatal automobile accidents have associated with alcohol abuse.