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Alcohol has been used for various kind of things throughout the history. Alcohol can be used as stimulant or anesthetic in medical fields as well as other uses in social communities. With suitable amount of usage, it can help to promote positive emotion and relaxes the body of the consumer. This is where the problem of alcohol abuse arises. People become abusive of alcohol because of stressful urban lifestyle and believe that alcohol can help them to relieve from stress. In reality, excessive use of alcohol will only bring bad effects on consumer. Alcohol abuse not only harm the individual's health, but also affects their ability to act properly in their social life. Alcohol is known as the world most famous 'drugs' as it can cause addiction by making consumer to become dependent on it. First of all, alcohol abuse can cause lot of health problem. Alcohol does a lot of things in our body and we are not fully aware of it. Alcohol are said to increase the risk of cancer and cardiovascular disease. Besides, people who always drink will usually experience fatigue, headache which decrease the productivity at work. However, people who practices binge drinking, by drinking large unit of alcohol in one go, are said to have even serious health problem than people who drink a little alcohol frequently such as pancreatitis, nerve damage, liver damage, kidney damage or even death. There are also some immediate health problem that caused by alcohol abuse. For example, people who are drunk are prone to car accidents, drowning, suicide or any other unintentional injuries. Plus, they may also practices risky sexual behavior, including unprotected sex or with many partner can result in sexual transmitted disease or unintended pregnancy. Pregnant woman who drink will also cause their child to have permanent organ damage or mental birth

defects. Alcoholism can also cause a lot of social issues. A lot of people argue that alcohol can trigger violence and impulsive behavior. Although it is yet to be proven. There are a lot of cases that related to violence after drinking. Alcohol abuse parents are responsible for child abuse or maltreatment. They tend to become very bad tempered and will most likely to abuse the children physically even though they only did some small mistake or get mad when they cannot fulfill their alcohol needs. Besides, parents who drink will also most likely to neglect their children. They don't care about anything about their children and forgets the responsibility on the children because they are hung over. All of these can cause severe impact on children who live this kind of family environment physically or mentally. In addition, alcohol abuse can also cause any other social problems like unemployment, anxiety or depression which ruins person life so they tend to become homeless and helpless. This problem seems to be worst with young ladies. Young ladies who are drunk are vulnerable to rape or attack. What causes alcohol abuse? One of the factor that causes alcohol abuse is by peer influence. Drinking alcohol become socially acceptable for teenagers nowadays. Teenagers will drink alcohol because of the pressure by their peers. Teenagers who have fun together in the club will drink in order to conform in their ethnic groups. Some will drink a lot because they saw their peer drink more than they do and they are expect to drink more in order to ' catch up' with their peers. Same applies to adults that are forced to drink because their work requires them to do so. These can slowly causes them to be addicted to alcohol if it is done frequently. Another cause of alcohol abuse is because of the easy accessible of alcohol. They can be easily found because they are sold in

many places. Alcohol can be easily obtained from minimarkets or shops at relatively low prices. There are also no age requirements for buying alcohol. That means people with any age gain access to alcohol. These can induce alcohol abuse on not only adults but on teenagers as well. Besides, there are also a lot of beer pubs that provides alcohol to the customers. Pubs provides relaxing and comfortable environment for the customer and alcohols are sold at fairly reasonable prices to encourage people to drink. When alcohol are easily get from anywhere, people will most probably to abuse it. The same reason why smokers in our country keep on increasing years by years. Therefore, actions must be taken in order to overcome alcohol abuse problems. Government must put in the effort to reduce the rate of alcohol abuse in the country. The government can increase the price of alcohol. This action can reduce the purchases of alcohol to some point because alcoholic will not be able to buy more alcohol than they did before, thus changing their drinking habit. Besides, government should also restrict people who are age 21 or below to buy alcohol and only sell alcohol in the places where only adult can enter, pub etc. to greatly reduce the alcohol abuse in teenagers. Government also can organize awareness campaign to induce a sense of awareness into everyone about the consequences of abusing alcohol. Plus, family and friends also plays an important role in overcoming the alcohol abuse. Alcoholic needs the support from their family or friends to quit drinking. This may take a lot of time and effort for them to quit so friends and family are require to be patient. Don't ever force them to quit but offer them with help instead. Bringing them for medical treatment or talk to them more frequently and help to understand their situation. They will finally stop

when they feel that they had done the wrong thing. Don't expect alcoholics to quit drinking by themselves because they needed the support and caring from their loved ones. In conclusion, alcohol abuse in this country must be stopped. Alcohol abuse will not only bring negative effects on their health but also on their career and family. Everyone should play their part to help to overcome alcohol abuse because it ruins a person's life and it is never too late to help those people. Drinking cannot help you to escape your problem because in the end of the day, the problem is still there and you will have to face it. Drinking alcohol once in a while should not be a problem but the amount of intake must be controlled or it will turn into alcohol abuse.