



## A Study on Alcoholic Person's Behavior, Health and Socio-Demographic Aspects

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### ABSTRACT

Drinking is a social evil. Drinking habit destroys man. Many states are under the grip of drug addiction. Alcohol abuse and alcohol dependence are major problems around the world and is among the most destructive habits to cause psychiatric disorders because the impact of excessive alcohol use can have on user's lives and those of their families and friends. Heavy drinking associated with vulnerability to injury and becoming violent with Partner. Organic impairment, brain shrinkage and negative health are the expected outcomes of alcoholism. Some behavioral effects of alcoholism are generalized i.e. aggression, rape and murder. There are consequences for family members, the community and the entire society too. Alcohol affects Central Nervous System which alters a person's feeling, thought process and behavior. Present study is undertaken to see the effect of alcohol on person's behavior, health and socio-demographic aspects.

**Keywords:** Alcohol, Behavior, Health.

### INTRODUCTION

Alcohol and drug use has been practiced in modern groups for many years. People initially use it for social charm, social entertainment and party items but gradually they became all pervasive. An individual held captive by these intoxicants which deteriorates him physically, financially and socially. A Japanese saying illustrated that first the man takes the drink; then the drink takes a drink; then the drink takes the man. Many famous personalities like Michael Jackson, Whitney Houston, Mike Tyson, Meena Kumari, Rajesh Khanna died due to alcoholism. Alcoholism refers to the dependence on alcohol to the extent that seriously interferes with life adjustments (Carson *et al.*, 2021)<sup>1</sup>. Approximately 20per cent of the total national expenditure for health is spent for alcohol. Alcohol abuse

and dependence are linked to physical, as well as behavioral impairments. Its role in behavioral mal adaptation is very powerful.

Many Colleges and universities are dealing with ‘binge drinking’. Recent evidence suggests that effects of alcoholism include behavioral effect, Lack of self control, primitive and emotional incardination, confused sensation and perception behaviour, increased catalysis for suicidal tendency, murder, rape, violence, motor in coordination, confused sensation and perception<sup>2</sup>.

Number of incidents daily reported in the newspapers that a drunked man killed his friend, father, neighbor or wife. Many alcoholics do sexual abuse. Nirbhaya incident in Delhi and Jessica Lal Murder are such example. Reasons for alcoholic addiction may vary from person to person. Alcohol addiction can be followed by biological, psycho-social factors, personality factor, stress, and tension reduction, marital and other intimate relations<sup>3</sup>. Most maladjustment people do not drink. Sufficient data in the literature suggests that in certain individuals, alcohol reduces the magnitude of response to stressful situations<sup>4</sup>.

Alcoholic Person is not only physically dependent but also develops powerful psychological dependence. Excessive drinking is so destructive that it takes total life adjustment of an individual. Cultural factors play important role in reducing tension and the degree of stress as well as the attitude towards drinking but the problem is that our culture has become dependent on alcohol as a social lubricant. The present paper is an attempt to work on this problem.

## METHODOLOGY

**Objective of the study:** The aim of the study is to assess the impact of alcohol on behavior, health and its socio-demographic aspects of alcoholic people.

**Sample:** This study is conducted on 60 alcoholic persons from Kurukshetra District.

**Tools Employed:** Structured Clinical Interview technique is employed with the help of a test constructed by Dr. Sabharwal & B.R. Chauhan, consists of 37 items related to assess the impact of alcohol on behaviour, health and socio demographic aspects.

## RESULTS AND DISCUSSION

**Table 1: Anthropometric profile**

Drinking/Current	Age (Year)
Drinking age of alcoholic person	20yrs-40yrs
Current age of alcoholic person	23yrs-55yrs

Table 1 is showing that the current age of alcoholic person is 23 yrs-55yrs and the drinking age is found to be 20yrs-40 yrs.

**Table 2: Socio Demographic Profile**

Education		
Education	N-60	Percentage (%)
8 <sup>th</sup> to 10 <sup>th</sup>	26	43.33
12 <sup>th</sup>	15	25
Graduation	17	28.33
Post Graduate	02	03.33
Occupation		
Occupation	N-60	Percentage (%)
Farmer	09	15
Job	18	30
Business class	09	15
Labour class	18	30
Students	06	10
Income Group		
Income Group	N-60	Percentage (%)
Low Income	30	50
Middle Income	24	40
High Income	06	10

Table 2 reveals that the percent intake of alcohol was 43.33 per cent in low educational status person (8<sup>th</sup> to 10<sup>th</sup>) followed by graduates (28per cent) and 12<sup>th</sup> grade (25 per cent) person respectively. In post graduate group 3.33percent persons have alcoholic habit. Among different occupation labor class (30 per cent) and job doing person (30 per cent) have high alcohol consumption. It is also clear from the above data that 50percent of people belong to low Income group and 40 percent of middle-income group consume more alcohol.

**Table 3: Impact of Alcohol on Behavioral and Health Aspects**

Sr. no	Parameter	Response	Subjects (N=60)	Percentage
1.	Is Drinking solution of all problems of Life?	Yes	29	48.33
		No	31	51.67

2.	Drinking habit is addiction/obsessed behavior.	Yes	52	86.67
		No	08	13.33
3.	Do you know the harmful drinking effect on health?	Yes	55	91.67
		No	05	08.33
4.	Do you want to Rehabilitate?	Yes	41	68.33
		No	19	31.67
5.	Do you feel warmth & Mental Relaxation after drinking?	Yes	60	100
		No	Nil	0
6.	Is Alcohol helpful in coping with stress?	Yes	58	96.67
		No	02	03.33

Table 3 shows that 48.33 percent of the respondent thinks that drinking is the solution of all problems of life. About 86.67 per cent of the respondent believes that alcohol is addictive. Alcohol has harmful effect on health is responded by 91.67 percent of the subjects. The Percentage of Alcoholic Person who wants to rehabilitate is 68.33 percent. The entire respondent (100 percent) feels that alcohol give warmth and mental relaxation. Near 96.67 percent of the respondents feel that alcohol is helpful in coping with stress. According to Saran *et al.*, (2017)<sup>5</sup> alcohol generates general feelings of warmth, well-being, and expansiveness; as a result, the individual begins to show affection towards his family and friends.

**Table 4: Impact of Alcohol on Socio-demographic aspects**

Sr. no	Parameter	Response	Subjects (n=60)	Percentage (%)
1.	Do you think drinking is a social evil?	Yes	53	88.33
		No	07	11.67
2.	Does it have effect on your Economy?	Yes	50	83.33
		No	10	16.67
3.	Is there any adverse effect on personal relationship?	Yes	58	96.67
		No	02	03.33
4.	Is there adverse effect on social relationship?	Yes	56	93.33
		No	04	06.67
5.	Is there any adverse effect on family environment?	Yes	58	96.67
		No	02	03.33

Table 4 reveals the impact of alcohol on socio-demographic aspects. The Percentage of respondents who feel that drinking is a social evil is 88.33. Among the studied group, 83.33 percent of the alcoholic person thinks that alcohol affects our economy adversely. A total 96.67 percent of the respondent thinks that it affects our personal relationship and only 3.33% alcoholic think that there is no effect on our personal relationship. Table 4 also shows that alcohol has adverse effect on social relationship which is revealed by 93.33 percent of the respondent and 96.67 percent think that it affects family environment too. The results are also supported by Kumar *et al.*, (2019)<sup>6</sup> who also reveals that alcohol consumption is related to the socio-cultural aspect of a person.

### CONCLUSION

The Purpose of the present research paper is to study the impact of alcohol on alcoholic person's behavior, health and its socio-demographic aspects. The present investigation suggests that the alcohol is a social evil which adversely affects nearly all sections of the society which are exposed to it. It shattered our family, personal relationship, economic condition, mental health, physiological health as well as social health.

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