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# Alcohol Consumption and Risk Factors of Alcohol User's

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## Abstract

Alcohol abuse can cause various physical side effects, including cirrhosis of the liver, pancreatitis, epilepsy, polyneuropathy, alcoholic dementia, coronary illness, nourishing insufficiency, peptic ulcers and sexual brokenness, and can eventually be fatal. Other physical impacts incorporate an expanded danger of creating cardiovascular sickness, malabsorption, alcoholic liver illness, and disease. Damage to the central nervous system and peripheral nervous system results from sustained alcohol consumption.

**Keywords:** Alcohol abuse, Risk, Factors, Alcoholic.

## Introduction

Substantial alcohol utilization brings about diminished testosterone levels in the blood. Alcohol likewise debilitates the capacity of the testicular Sertoli cells that assume a significant function in sperm development. In the pituitary organ, alcohol can diminish the production, release, and additionally activity of two hormones with basic conceptive functions, luteinizing hormone and follicle-animating hormone. At last, alcohol can interfere with hormone creation in the hypothalamus [1]. Studies in men suggest that light-to-moderate alcohol intake is related with a decrease in overall mortality, due fundamentally to a diminished hazard of coronary disease. In women, light-to-direct alcohol utilization is related with a diminished death rate, but this apparent survival benefit is largely limited to women at greater risk for coronary heart disease [2].

Three intoxicated women (aged 27 to 44) were studied during periods of extreme ketoacidosis and dehydration. In two, these occurrences have been recurrent. Just prior to entry, a rise in alcohol intake was accompanied by anorexia, vomiting, dehydration and hyperpnea [3]. Alcoholic ketoacidosis may occur in persons who have persistent alcohol dependence and recent history of binge drinking. While alcoholism may raise the risk of liver cancer, studies have shown that mild alcohol intake (1) for women and (2) for men does not dramatically impact type II greatly.

The most frequent cause of death of alcoholics is from cardiovascular complications. There is a high risk of suicide among pathological alcoholics, which increases the longer a person drinks. This is thought to be due to alcohol inducing biochemical distortions in brain chemistry, as well as psychological alienation. Suicide is also very prevalent with teen

substance dependence, with 25 per cent of teenage suicides linked with alcohol abuse. About 18% of alcoholics attempt suicide, and study has shown that more than 50% of all suicides are linked to alcohol or substance dependency. The number is higher among youth who participate in 70% of suicides with alcohol or drug abuse.

## Review of Literature

Alcohol users and non-users have been used for ascertaining personality differentials of users and non-users (Lewis and Osberg, 1958[4]; Gendreau and Gendreau, 1973[5]; Dhillon and Pawah, 1981[6]; Khantzian and Khantzian, 1984[7]). So in most of the studies, the focus was very limited and samples used were inadequate. Therefore, a necessity may arise for a systematic investigation covering a larger sample from occasional alcohol users and regular alcohol users (addicts). In order to have a comparative estimate, a controlled sample of non-users is also needed. The present study has been made keeping these considerations in view.

So far as methodologies are concerned, most of the studies conducted in western societies, are conflicting in nature. It may be mentioned here that different investigators have used different methods to explore the factors associated with the alcohol abuse. Some have used college and university students, others youth in general and still others clinical samples. Thus, the studies conducted in Western societies are generally not comparable with one another as they differ in several respects, namely, sample studied, tools and measures employed, etc. Moreover, studies conducted in western societies may or may not be applicable to Indian society due to socio-cultural considerations. Although a number of uni-dimensional and multidimensional tests have been used to explore the factors associated with alcohol abuse, variables covered so far cannot be said to be exhaustive. Thus more and more systematic studies are needed before any conclusion could be drawn about the personality characteristics of the occasional and regular alcohol users. The present investigation is a modest attempt in this direction and purports to examine the role of a number of personality factors as measured through the Cattells' 16 PF Questionnaire in the alcohol addiction among college youth. Alcohol abuse, commonly known as alcoholism, is an addictive disorder. It is characterised by a compulsive and uncontrolled intake of alcohol despite its negative effects on the health, relationship and social status of the drinker. Like other drug addictions, alcohol is a therapeutic treatment.

## Method of the Study

The survey comprised of 300 male college students, drawn evenly from three categories, namely casual users of alcohol (N=100), habitual users of alcohol (N=100) and non-users (N=100). They were all men who were enrolled in medical and engineering colleges in the city of Patna. In this way, an effort was made in terms of their age (20-30 years) and social status to balance the three classes of respondents.

## Results and Discussion

### Tough-minded Vs Tender-minded

In order to test the hypothesis that habitual and occasional alcohol users would be tender-minded and non-users would be tough-minded, relevant statistics have been used (cf. Table no. 1 and 2). The findings reveal that habitual users, occasional users and non-users differ statistically in terms of their mean scores on Tough-minded vs Tender-minded trait of personality ( $F=31.80$ ,  $df=2/297$ ,  $p$  less than .01).

**Table 1. Analysis of Variance of Scores of the Three Groups**

Source	Df	SS	MS	F	p-value
Between	02	316.71	158.35	31.80	.01
Within	297	1477.73	4.98		
<b>Total</b>	<b>299</b>	<b>1794.44</b>			

Significantly to differentiate between the three groups under study. Thus further analysis is needed to compare habitual vs occasional alcohol users, habitual vs non-users and occasional vs non-users. Relevant statistics have been summarized in table 2.

**Table 2. Comparison of Habitual users, Occasional users and Non-users in terms of their Mean Score (N=100 in each group)**

Groups	Mean	SD	t-matrix		
			a	b	c
a) Habitual	5.72	2.08	-	.18	6.32*
b) Occasional	5.77	2.18		-	6.50
c) Non-users	3.95	2.07			-

\*  $p$  less than .01

It is obvious that both habitual a alcohol users ( $X=5.72$ ) and occasional alcohol users ( $X=5.77$ ) have scored statistically higher mean (showing tender-minded) than non-users ( $X=3.95$ ). The comparison of habitual users with non-users and occasional users with non-users has yielded t-ratios of 6.32 and 6.50, respectively. Both the t-values are significant beyond .01 level of confidence. However, habitual and occasional alcohol users have been found to be identical in terms of their mean scores on tough-minded vs tender-minded trait of personality ( $t=.18$ ,  $df=198$ ,  $p$  greater than .05). Our hypothesis formulated in respect of alcohol addiction and found to be in the expected direction. Since high scores are indicative of tender-minded and low scores of tough-minded, it can be said that habitual and occasional alcohol users are tender-minded and non-users are tough-minded. However, further studies of similar nature are needed to arrive at conclusive result.

## Trusting vs Suspicious

In order to test the hypothesis that habitual and occasional alcohol users would be more suspicious as compared to their non-user counterparts, raw data of the three groups have been subjected to statistical analysis. Table 3 presents the ANOVA result.

**Table 3. Analysis of Variance of Scores of the Three Groups**

Source	Df	SS	MS	F	p-value
Between	02	208.32	104.16	32.86	.01
Within	297	941.41	3.17		
<b>Total</b>	<b>299</b>	<b>1149.73</b>			

The result shows that habitual and occasional alcohol users and non-users differ significantly in terms of their scores ( $F=32.86$ ,  $df=2/297$ ,  $p$  less than .01). This indicates that trusting vs suspicious trait is a significant bipolar trait in making differentiation between groups under study. Thus data necessitate further comparison across the groups, namely, habitual users, occasional users and non-users.

**Table 4. Comparison of habitual users, Occasional users and Non-users in terms of their Mean Scores (N=100 in each group)**

Groups	Mean	SD	t-matrix		
			a	b	c
a) Habitual	6.37	1.53	-	1.24	5.85*
b) Occasional	6.63	1.51		-	6.81*
c) Non-users	4.79	2.18			-

The findings as presented in table 4 reveal that occasional alcohol users ( $X=6.63$ ) have scored slightly higher than habitual alcohol users ( $X=6.37$ ). However, the difference between the two means is not significant beyond chance ( $t=1.24$ ,  $df=198$ ,  $p$  greater than .05). The comparison of mean scores of habitual alcohol users with non-users ( $X=4.79$ ) has yielded a significant trend ( $t=5.85$ ,  $df=198$ ,  $p$  less than .01). Similarly, occasional alcohol users have scored significantly higher than non-users ( $t=6.81$ ,  $df=198$ ,  $p$  less than .01). Since high scores indicate suspicious trait and low scores trusting, it can be said that habitual and occasional alcohol users possess suspicious type of personality whereas non-users can be trusted. Thus our expectation that habitual and occasional alcohol users would be more suspicious as compared to their non-users counterparts is upheld by the present finding. Keeping in view the capsule description as detailed in the manual, it can be said that the non-users tend to be free from jealous tendency. They are adaptable, cheerful, concerned about other people, and good team workers. In sharp contrast, alcohol users tend to be mistrusting and doubtful. They are more involved in their own ego and are more interested in internal mental life. They are less concerned about other people. The present study, however, suggestive not conclusive. It may be mentioned in passing, that this study is based on questionnaire method which

reportedly suffers from several limitations. Perhaps some other methods of scientific data collection like case study and in-depth interview need to be used to arrive at better result.

## Conclusion

To conclude, some of the personality factors as used in the present investigation are more relevant in understanding the personality characteristics of alcohol users. It may be mentioned that the present study would help preparation of a personality profile of habitual and occasional alcohol users. In such light it would be possible to provide them psychological assistance so that they may be saved from health hazards. The findings of the present study may be treated with caution as they are based on limited sample and one culture. Many more cross-cultural and interdisciplinary studies need to be conducted. It requires a team work to tackle this problem which is affecting adversely on a huge masses of the third world. While the government of India is taking comprehensive steps to control and prevent alcohol abuse, the management and care of alcohol addicts has traditionally been the responsibility of the family, society, welfare institutions, voluntary organizations and each and every responsible person of society. They all should make a joint effort to prevent and control the drug problems. In spite of some methodological limitations, the present study, however, would be a valuable addition to the existing literature on alcohol abuse in India.

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