



## A SURVEY CONDUCTED TO COLLECT THE DATA REGARDING THE HABIT OF CONSUMPTION OF ALCOHOL IN RAMPUR RURAL AREA

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### ARTICLE INFO

### ABSTRACT

#### Key Words

Consumption,  
prevalence,  
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Reduction of excessive alcohol consumption still remains a significant challenge to the actions in scope of public health. The aim of this study is to prevent the prevalence of alcohol consumption and to estimate the occurrence of risky drinking among rural areas. Binge drinking a pattern of drinking where a male consumes five or more drinks in a row, or a female downs at least four drinks in a row can lead to the same health risks and social problems associated with alcoholism. The more you drink, the greater the risks. Binge drinking, which often occurs with teenagers and young adults, may lead to faster development of alcoholism. If you have alcoholism or you have a problem with alcohol, you may not be able to cut back or quit without help. Denying that you have a problem is usually part of alcoholism and other types of excessive drinking.

### INTRODUCTION

Alcoholism is a chronic and often progressive disease that includes problems controlling your drinking, being preoccupied with alcohol, continuing to use alcohol even when it causes problems, having to drink more to get the same effect (physical dependence), or having withdrawal symptoms when you rapidly decrease or stop drinking. If you have alcoholism, you can't consistently predict how much you'll drink, how long you'll drink, or what consequences will occur from your drinking. It's possible to have a problem with alcohol, even when it has not progressed to the point of alcoholism. Problem drinking means you drink too much at times, causing repeated problems in your life, although you're not completely dependent on alcohol. Binge drinking — a pattern of drinking where a

male consumes five or more drinks in a row, or a female downs at least four drinks in a row — can lead to the same health risks and social problems associated with alcoholism. The more you drink, the greater the risks. Binge drinking, which often occurs with teenagers and young adults, may lead to faster development of alcoholism.[1]

### SYMPTOMS

Alcoholism signs and symptoms include those below. You may:

- Be unable to limit the amount of alcohol you drink
- Feel a strong need or compulsion to drink

- Develop tolerance to alcohol so that you need more to feel its effects
- Drink alone or hide your drinking
- Experience physical withdrawal symptoms — such as nausea, sweating and shaking — when you don't drink
- Not remember conversations or commitments, sometimes referred to as a "black out"
- Make a ritual of having drinks at certain times and become annoyed when this ritual is disturbed or questioned
- Be irritable when your usual drinking time nears, especially if alcohol isn't available
- Keep alcohol in unlikely places at home, at work or in your car
- Gulp drinks, order doubles or become drunk intentionally to feel good, or drink to feel "normal"
- Have legal problems or problems with relationships, employment or finances due to drinking
- Lose interest in activities and hobbies that used to bring you pleasure.[2]

**CAUSES:** Alcoholism is influenced by genetic, psychological, social and environmental factors that have an impact on how it affects your body and behaviour. The process of becoming addicted to alcohol occurs gradually, although some people have an abnormal response to alcohol from the time they start drinking. Over time, drinking too much may change the normal balance of chemicals and nerve tracks in your brain associated with the experience of pleasure, judgment and the ability to exercise control over your behaviour. This may result in your craving alcohol to restore good feelings or remove negative ones. [3]

## **MATERIAL AND METHOD**

The present study was done in rural area of Rampur like Singan Khera, Benazeer. This was prospective randomized study conducted during the period of FEB 2019 to April 2019 including the people aged below 20 to above 30 years. First of all

I prepare the questionnaire about the factors associated to the cause of provoking alcoholism in rural area people and distributed to them.

**From table 1,** after analyzing the questionnaire, the result is found for aged 15-20 years of children we found shocking data as 60% of student below 20 years consume alcohol. They started consumption of alcohol shortly as 24 % of people and 32% of people start as before one year. 35% of student started alcohol consumption for the reason of curiosity and 20% of student started alcohol consumption that adult influences. 32% of people said that they take 3-5 days a week and 20% of people said that on special occasion. Most of the people experienced memory loss after taking alcohol 52% of the people is becomes alcoholic because of family history. Most of the people 10%, 10%, and 7% suffered from cirrhosis, hallucinations and anemia respectively.

**From table 2,** after analyzing the questionnaire, the result is found for aged 20-25 years of children we found shocking data as 68% of this year's consume alcohol. They started consumption of alcohol shortly as 24 % of people and 37% of people start as before one year. 37% of student started alcohol consumption for the reason of curiosity and 29% of student started alcohol consumption that adult influences. 34% of people said that they take 3-5 days a week and 20% of people said that on special occasion. Most of the people experienced memory loss after taking alcohol 50% of the people is becomes alcoholic because of family history. Most of the people 10%, 12 and 7% suffered from cirrhosis, hallucinations and anemia respectively.

**From table 3,** after analyzing the questionnaire, the result is found for aged 25-30 years of children we found shocking data as 70 % of this year's consume alcohol.

Table 1

Age 15 -20years	YES	NO				
Consumed alcohol	60%	40%				
Ever consuming alcohol	30 %	70%				
Start consuming Alcohol	More than 10 years	Shortly	Before one year	Before ten years	Before five years	
	25%	2%	25%	15%	15%	
Reason for starting alcohol consumption	Pressure	curiosity	You feel like it	Adult's influence		
	30%	2%	20%	30%		
Last time you socialized drink	None	One hour	2-3 hours	4-5 hours	<5 hours	
	60%	5%	0%	10%	45%	
How often you drink?	Everyday	3-5 days a week	Once in a week	Only on weekends	On special occasions	
	15%	35%	30%	25%	10%	
Drink during that time	0	1-2	3-4	5-6	7-9	<9
	0	40%	45%	30%	0%	10%
Quit drinking	60%	40%				
Experienced Memory loss	55%	45%				
Drive after drinking	70%	30%				
To feel good function	10%	90%				
Alcohol problem in your family	70%	30%				
Pain either physical or emotional	35%	65%				
Trouble at work because of drinking	45%	55%				
Feel guilty about your drinking	05%	95%				
Cirrhosis	10%	90%				
Hallucination	30%	70%				
Aneamia	40%	60%				

**Table 2**

Age 20-25 years	YES	NO				
Consumed alcohol	65%	35%				
Ever consuming alcohol	62 %	48%				
Start consuming Alcohol	More than 10 years	Shortly	Before one year	Before ten years	Before five years	
	0.5%	20%	35%	15%	09%	
Reason for starting alcohol consumption	Pressure	curiosity	You feel like it	Adult's influence		
	20%	35%	25%	20%		
Last time you socialized drink	None	One hour	2-3 hours	4-5 hours	<5 hours	
	30%	0%	25%	20%	25%	
How often you drink?	Everyday	3-5 days a week	Once in a week	Only on weekends	On special occasions	
	20%	35%	30%	20%	25%	
Drink during that time	0	1-2	3-4	5-6	7-9	<9
	0%	30%	50%	30%	0%	0%
Quit drinking	20%	80%				
Experienced Memory loss	40%	60%				
Drive after drinking	60%	40%				
To feel good function	10%	90%				
Alcohol problem in your family	50%	50%				
Pain either physical or emotional	25%	75%				
Trouble at work because of drinking	45%	55%				
Feel guilty about your drinking	20%	80%				
Cirrhosis	10%	90%				
Hallucination	05%	95%				
\Aneamia	05%	95%				

**Table 3**

Age 25-30 years	YES	NO				
Consumed alcohol	65%	35%				
Ever consuming alcohol	25 %	75%				
Start consuming Alcohol	More than 10 years	Shortly	Before one year	Before ten years	Before five years	
	15%	2%	40%	15%	10%	
Reason for starting alcohol consumption	Pressure	Curiosity	You feel like it	Adult's influence		
	10%	2%	40%	30%		
Last time you	None	One hour	2-3 h	4-5 hours	<5 hours	

socialized drink	45%	0%	10%	30%	15%	
How often you drink?	Everyday	3-5 days a week	Once in a week	Only on weekends	Special occasions	
	30%	20%	15%	15%	20%	
Drink during that time	0	1-2	3-4	5-6	7-9	<9
	0%	20%	30%	35%	10%	05%
Quit drinking	20%	80%				
Experienced Memory loss	35%	65%				
Drive after drinking	60%	40%				
To feel good function	70%	30%				
Alcohol problem in your family	20%	80%				
Pain either physical or emotional	60%	40%				
Trouble at work because of drinking	70%	30%				
Feel guilty about your drinking	25%	75%				
Cirrhosis	35%	65%				
Hallucination	20%	80%				
Aneamia	30%	70%				

**Table 4**

Age above 30 years	YES	NO				
Consumed alcohol	25%	75%				
Ever consuming alcohol	45 %	55%				
Start consuming Alcohol	More than 10 years	Shortly	Before one year	Before ten years	Before five years	
	20%	25%	25%	20%	10%	
Reason for starting alcohol consumption	Pressure	curiosity	You feel like it	Adult's influence		
	20%	30%	25%	25%		
Last time you socialized drink	None	One hour	2-3 h	4-5 hours	<5 hours	
	40%	10%	15%	20%	15%	
How often you drink?	Everyday	3-5 days a week	Once in a week	Only on weekends	On special occasions	
	20%	30%	30%	10%	10%	
Drink during that time	0	1-2	3-4	5-6	7-9	<9
	0%	20%	30%	20%	30%	0%
Quit drinking	40%	60%				
Experienced Memory loss	70%	30%				
Drive after drinking	20%	80%				
To feel good function	25%	75%				
Alcohol problem in your family	20%	80%				
Pain either physical	80%	20%				

or emotional						
Trouble at work because of drinking	75%	25%				
Feel guilty about your drinking	30%	70%				
Cirrhosis	55%	45%				
Hallucination	65%	35%				
Aneamia	60%	40%				

They started consumption of alcohol shortly as 24 % of people and 37% of people start as before one year. 37% of student started alcohol consumption for the reason of curiosity and 28% of student started alcohol consumption that adult influences. 34% of people said that they take 3-5 days a week and 24% of people said that on special occasion. Most of the people experienced memory loss after taking alcohol 50% of the people is becomes alcoholic because of family history. Most of the people 10%, 12 and 9% suffered from cirrhosis, hallucinations and anaemia respectively.

**From table 4**, after analyzing the questionnaire, the result is found for aged above 30 years of people we found shocking data as 68%of this year’s consume alcohol. They started consumption of alcohol shortly as 29 % of people and 37% of people start as before one year. 37% of student started alcohol consumption for the reason of curiosity and 29% of student started alcohol consumption that adult influences. 30% of people said that they take 3-5 days a week and 20% of people said that on special occasion. Most of the people experienced memory loss after taking alcohol 50% of the people is becomes alcoholic because of family history. Most of the people 16%, 12 and 8% suffered from cirrhosis, hallucinations and anaemia respectively.

### CONCLUSION

The recent study revealed that the consumption of alcohol is easily available

to the children aged below 20 years. They don’t know about the hazards of the alcohol. They take alcohol for their life style. We have concluded that the alcohol beverages are taken by aged people like 20-30 years want to quit the consumption. We have found that 70% of the people suffered from the disease like cirrhosis, hallucinations and anaemia.

### REFERENCES

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