

Consumption of Alcohol and Bringing Awareness

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Abstract

Background: Alcohol consumption is widespread among preteens and teens. A recent survey from the “Substance Abuse and Mental Health Service’s National Household Survey on Drug Use and Health” reported that about 28% of young people between the ages of 12 and 20 said that they had a drink in the last month, more than 18% of the young people in that age group said that they were binge drinkers (i.e. they had five or more drinks in one sitting) and 6% said that they were heavy drinkers.

Alcohol consumption is associated with a wide range of adverse health and social consequences, both acute (e.g. traffic deaths, other injuries) and chronic (e.g. alcohol dependence, liver damage, stroke, cancer of mouth and esophagus). Alcohol problems, both those of individuals and those that affect society at large, continue to impose staggering social and economic burdens. In addition to negatively affecting health, a wide range of social ills including domestic violence, child abuse, fires and other crimes against individuals such as rape, robbery and assault have been linked to alcohol misuse.

Methodology: According to the survey that we have conducted the main aspects where, the average intake of alcohol and their social behavior when they have consumed alcohol and bringing awareness among the people about the adverse effects of alcohol consumption.

Result: According to the survey that we have conducted on college students. 70% of people are under the age group above 18, majority of the students started consuming alcohol out of curiosity i.e., 55% and few tried out of peer pressure. Whereas 85% of students say that they didn’t face any social and family problems i.e., social problems such as getting violent or aggressive after consuming alcohol or causing any disturbance to the public. 30% of students say that they started consuming alcohol due to depression whereas 70% disagree with this answer. 20% of students say that they drink for more than 5 hours whereas 30% say that they drink for an hour whereas the remaining say they don’t consume alcohol. 85% of students say that they can keep a control on their drink i.e., they are able to stop drinking when they want. Majority of the students say that they consume alcohol on weekends.

Conclusion: The conclusion of the survey that we conducted on the college students. Finally we end in saying that alcohol consumption beyond a limit can destroy your social life and personal life. Anything beyond limit disturbs your life style at certain point of time you regret about your addiction to alcohol. Even the peer pressure also leads to this situation. Our main thesis was to bring awareness among the students about alcohol consumption; we have got the positive feedback from the students by the surveys we have conducted. Finally I conclude by saying “Every form of addiction is bad, no matter whether the narcotic be a, cool or morphine”

“Herb is the healing of nation, alcohol is the destruction”.

Keywords: Alcohol consumption; Addiction; Substance Abuse.