

EFFECT OF SUBSTANANCE ABUSE ON PHYSICAL HEALTH OF ADOLESCENTS

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Abstract - Alcoholism is a detrimental and dangerous human act. Particularly it remains very alive among teenagers. Adolescent is a period where young people grow from an infant to a mature infant.(Sturmhöfel & Swartzwelder, 2004).Alcohol is the world third largest risk aspect for illness and contributes to 4% of the worldwidetrouble of sickness(Rehm, 2011). It is reasonably true that 2,5 million deaths are caused per year from alcohol with 9 percent of deaths in the age group between 15 and 29 because of alcohol consumption (WHO, 2018). Alcohol causes bereavement and disability. Consuming alcohol gives a danger of developing physical health problems among adolescent. The physical problems like cancers, cardiovascular diseases, eye irritation, body pain, severe head ache, hand shivering, sleeplessness and nervous system damage. The present study tried to investigate physical hazards of adolescents due to alcohol consumptions.

Key Words: Alcohol, Adolescent, Physical Problems, Well being

Introduction

Adolescence is a period of rapid physiological , psychological and social growth and a significant age for embracing alcohol consumption. Alcohol, tobacco and other substance use and violence are significant issues that generally start in adolescence(Sturmhöfel & Swartzwelder, 2004). Alcoholism is a cruel form of alcohol exploitation and involves the

incapability to handle drinking behaviour. It is generally referred as alcohol utilizes disorder. It is ordered as mild, moderate and severe. All type has a variety of symptoms and can root to injurious side problems(Rehm, 2011). Usually extreme use affects the function of the brain and causes patience, which means that more time is required to increase the amount of alcohol consumed to achieve the effect. Excessive long-term use of alcohol can result in reliance, which means when people stop drinking, there are physical signs like sleep disorders, tetchiness, nervousness, insecurity, impatience, annoyance, sweat, stomach ache and body pain(Corrao, Bagnardi, Zambon, & Vecchia, 2004).Alcohol-related behaviour in teenagers is influenced by intrapsychic factors, friends, attitudes of adults towards alcohol(McCarthy&et al, 2005).“It is the period between the onset of puberty and the assumption of adult roles, is a time of particular vulnerability to alcohol use and its consequences for a variety of developmental reasons, some specific to the individual and others related to the biological and behavioural changes produced by youth itself. It is a moment when the developing intellect may be particularly vulnerable to long-term negative effects from alcohol use”(Brown SA,& et al,2002). It is consequently important to find out the physical problems by consuming alcohol.

Review of Literature

“The contribution of other risk factors to disease, such as tobacco use, low physical activity and overweight/obesity only emerged in mid-to-late adulthood. These findings suggest that public health strategies should focus on child and adolescent health, and that adolescent drinking should be given priority” (Gore *et al.*, 2011).”The adolescent brain undergoes profound neuro-developmental change, in turn influenced by genetic, environmental and sex hormonal factors” (Arain *et al.*, 2013). “Glutamatergic neurotransmission is predominant and the maturation of neural circuits facilitates social-emotional development” (Nelson *et al.*, 2005). “At

the same time puberty manifests itself in outward bodily change. Adolescents with attention deficit hyperactivity disorder appear to have an increased risk of drug use disorders but the evidence for an association with AUDs is mixed” (Molina and Pelham, 2003). “Parental knowledge may confer a protective effect in relation to alcohol use in adolescents with ADHD” (Walther *et al.*, 2012). “Once all rats became adults, those who had been given alcohol during adolescence showed more impairment on a memory task than those who had been given alcohol only as adults” (White *et al.*, 2000).

Methodology

The present period the majority of the adolescents are consuming alcohol at least once in their life time. This stage makes the individual to attempt and practice more things. In this stage most of the youngsters were involving themselves into many problems such as crime, substance abuse etc, in this case the adolescents were easily get addicted to alcohol. As underage consuming of alcohol makes the person to go through problems like stress, tension, frustration, anger etc. Though they have the problems they believe that alcohol gives extra comfortableness for their living. So the researcher wants to find out the problems faced by adolescent. In this paper, the researcher has discussed about how alcohol affects adolescent physical health, brain development etc, The study was conducted in Kumanthapuram, Sivagiri Taluk., Tamil Nadu India. Data was collected with the help of interview schedule by using simple random sampling. collected data were analysed and interpreted with the support of SPSS.

Result and Discussion

Alcohol is a dangerous form of drinking disease which makes the person one who consumes alcohol to get attraction towards the taste. Consuming of alcohol makes the person to

experience happy at the moment and they believe that alcohol gives more pleasure, happiness and confident. At the same time the same alcohol will gives more physical problems such as blindness, cancer, liver problem, eye irritation, sleeplessness, tension, body shivering etc. The earlier alcohol use is initiated during childhood or adolescence, the larger the risk for a variety of unpleasant consequences. The study found that 57 percent of the respondents have secondary education and 43 percent of the respondents are having diploma , but 36.7 percent of the respondents were unemployed. The study revealed that, 76.7 percent of the respondents were easily involving fights while consuming alcohol and have feeling flushed after drinking alcohol. Majority (90 percent)of the respondents have muscular tension and 83.3 percent of them getting asleep much. 86.7 percent of the respondents cannot act quickly and 83.3 percent of the deaden the pain. The study evidenced with the response of 83.3 percent, they felt laziness and 43.3percent of them cannot think quicky. Most (86.7percent) of the respondents felt inefficient after alcohol consumption and 83.3percent of the respondents were get sick often. The study revealed with opinion of 60.0 percent, they are not getting adequate amount of sleep and they are having head ache (86.7 percent); body pain (80.0 percent) and eye irritation (43.3 percent). The study further revealed that, 63.8 percent of them have body shivering and 73.3 percent of them have restlessness. According to the opinion of 26.7 percent of the respondents felt obesity and 66.7 percent of the respondents having stomach ache often . only 6.7 percent of felt heart disease; 3.3 percent of them found early symptoms of cancer; 3.3 percent have blood pressure and 3.3 percent have liver disease. Habitual usage of alcohol leads to many problems. Peer consent is a powerful societal recompense for adolescents and is connected with far above the ground of self respect and social aptitude. Having associates who drink develops the possibility that adolescent persons will drink too.

Conclusion

Adolescent persons are also influenced by their friends. Having elder friends and spending extra time with drinking friends are as to support excessive drinking. When they consume alcohol, they feel flushed and relaxed. In the early stage of consuming alcohol makes the youth to get acceptance from their peer circle. Most of the adolescents drink alcohol as social drink and they make their peers also to consume alcohol. This early addiction makes them to continue their process until they get dangerous problems like liver damage, shivering, head ache, trauma, obesity etc. From this study the researcher has found that adolescent has many physical problems due to alcoholism and the researcher also has given suggestions to improve his physical health. Such as the respondents should reduce the practice of daily drinking and they should change their drinking habit as much as possible. They should slowly develop the habit of meditation and yoga, they should intake more nutritious food than fast foods, they should do exercise daily, they should develop self control and the researcher also has suggested the respondents do more physical activity and to perform sports activity. From this the researcher has concluded that if some of these suggestions are taken up by the youngsters they can lead a healthy as well wealthy life.

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