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ALCOHOLISM: A HARMFUL LIFESTYLE TO HEALTHFUL LIVING IN NIGERIA

BABA, Dare Abubakar (Ph.D)
Department of Health Promotion and Environmental Health Education, Faculty of Education, University of Ilorin, Nigeria.
abubakaroni@gmail.com ; Baba.da@unilorin.edu.ng

Abstract

Alcoholism is a behavioural deficit as well as harmful lifestyle habit resulting from excessive consumption of alcohol beverages. It is harmful pattern of living adopted by alcoholic person to modify moods and emotional state of the abusers. This review critically appraises alcoholism as a harmful lifestyle to healthful living. The review examines meaning of alcohol, types of alcohol as well as alcoholism. This paper also delves into the determinants of alcohol intake by people in the society. The appraisal x-ray in detail Alcoholism: A Harmful lifestyle to health living in Nigeria. It was concluded from the review that excessive consumption of alcohol beverages has devastating effects on physical, physiological, psychological, and socio-economic wellness of its abusers. Based on this conclusion, the paper recommended that health educators and health counselors should mount campaigns against consumption of alcohol beverages. Also, government should make an enabling laws and edicts to impose serious sanction(s) on consumption of hard liquor or alcohol beverages.

Keywords: Alcoholism, harmful, lifestyle, health, healthful, living.

Introduction

Human being indulges in different lifestyles that are harmful to their health and wellness. Some of these harmful lifestyles include intake of alcohol, Cigarette smoking sexual promiscuity among others. Alcoholic intake is one of the highly rank social vices common to young and old adult in different walks of life.

The consumption of alcohol continues to increase due to the permissive nature of our society. Babatunde (2004) reiterated that despite the traumatic effects of intake of alcohol to man's health, it remains most preferred form of drug use by many adults which make them feel good and satisfy their pleasure. It is a mood modifier that catalyses an individual enjoyment and pleasure. Alcohol intake is a despicable act of deteriorate and alter an individual body chemistry.

The rates by which people consume alcohols have reached an alarming state and call for urgent action. Marja (2004) noted that the issue of alcohol intake and abuse generate public debate and controversy because of the belief about its harmful effects on people's health and wellness. It is in the light of these beliefs that the paper review alcoholism as harmful lifestyles to healthful living.

Meaning and Types of Alcohol Beverages

Alcohol beverages are chemical compound derived from fermentation of different plant sources such as fruits and grains by extraction of their end products. The major constituents of alcohol beverages are ethanol and methanol. Udoh Fawole, Ajala, Okafor, and Nwana (2002) asserted that alcohol is a chemical compound composed of varying parts of carbon, hydrogen and

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oxygen. Alcohol Advisory Council of New Zealand (2012) posited that alcohol is the ingredient found in beer, wine and spirits which cause drunkeness. Alcohol According to the team of experts is formed when yeast ferment and breaks into different forms of sugar without oxygen from many foods stuff.

Alcohol beverages as earlier stated, appear in different forms and compounds from variety of foods and other plant produce. Babatunde (2004) Stated that the beverages alcohol is scientifically known as Ethyl Alcohol or Ethanol which is usually produced by fermentation or distillation of fruit, vegetables or grains. The expert emphasized that alcohol is any of the chemical compound consisted of Alkyl made of carbon and hydrogen, and oxygen in a prescribed proportion.

Alcohol beverage is a mood modifier that often exerts change in the body chemistry to reduce tension and emotional problem experience by some people. Alcohol as earlier stated appears in different forms revolving round locally extracted alcohol and imported wine/alcohol.

Udoh, Fawole, Ajala, Okafor and Nwana (2002) and Babatunde (2004) identified and summarized different types of alcohol beverages as follows:

- locally produced alcohol beverages such as local gin (Ogogoro), oguro, emu and burukutu derived from plant products and tree such as palmoil tree, guinea corn, millets and so on;
- brewed lager beer and light beer are highly concentrated level of alcohol. This group consists of Star, Harp, Stout, Guilder, Skol, Champion, Club Beer, and so on;
- table and fortified wine which contain considerable element of alcohol. This group includes dubonnet. Raphael wine, black horse to mention a few of them. This is one of the most highly concentrated alcohol products globally;
- the spirit is related to the table and fortified wines because of their level of concentration and mode of action in the body, examples include whisky, brandies and so on.
- It is not easy to define the term alcoholism because of different uses to which people subjected alcohol. The rate or level of alcoholic intake further make the term difficult to describe. Some people consume alcohols in a mild enough form that prevent or hide it's prolong effects from non-users.
- Alcoholism is a behavioural term referring to a chronic and severe intake of alcohols to the point of deteriorating the body system leading to serious physical, physiological, social and psychological problems on users, Marja (2004) simply conceived alcoholism as a process by which people abuse alcohols to the extent of causing serious health and health related problems.
- Alcoholism is a behavioural deficit as well as harmful lifestyle resulting from inherent influence welded by alcohol on some factors within an individual such as physical, physiological, social and psychological on the normal body function. The state at which an individual persistently take alcohol without regards for its adverse effects on normal body function(s) is known as "Alcoholism". Babatunde (2004) noted that the term "Alcoholism" is chronic behavioural disorder resulted from excessive and undue intake of alcohol which alter body function.
- Alcoholism from the foregoing is a condition affecting an individual taking alcohol in large quantity without regard for the damage it might cause. Excessive intake of alcohol cause lot of damages to the body systems and that is why alcohol abusers are often refers to as alcoholic and such act as alcoholism. The common clinical symptoms often

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presented by the person abusing alcohol include loose drinking, shivering, excessive sweating, incoherent statement, dilated pupils, vomiting, cursing people, wretch dressing, buying on credit and so on (Alcohol Advisory Council of New Zealand, 2012). Udoh et al (2002) noted that some of the features common to alcohol abuser include tattered dressing, swearing and cursing people, selling of personal belonging for purpose of more alcohol and so on.

- The term "Alcoholism" is a devastating condition that often resulted into serious health complications and terminal health problem. Alcoholism is addictive lifestyle which often very difficult to stop by the abusers after being commence (Marja, 2004). Grinfed, Goldenberge, Segre and Chadi (1999) asserted that alcohol is known to cause dependency among people that have tendency to become alcoholic or those expose to depression and stress, frequent use and motivation for alcohol consumption.
- In a nutshell, alcoholism is a term often used to describe persistent and excessive intake of alcohol without consideration for its harmful effects or consequences. This is habitual condition that involves intake of one or more of alcohol beverages profusely leading to development of grave syndrome. Alcoholism is a condition associated with severe deficiencies such as brain impairment, physical debilitation, behavioural deficit and soon. World Health Organization (2010) posited that alcoholism is a brand term for a problem with alcohol intake by habitual drinkers. It is used to describe compulsive and uncontrolled consumption of alcohol beverages usually to the detriment of drinker's health, personal relationship and personality. Hence, it is regarded as a lifestyle and habit resulted from excessive dependence on alcohol by people.

Determinants of Alcohol Consumption and Absorption in the Body Systems

Persistent alcohol consumption is a lifestyle and behavioural pattern that often resulted from need to cushion the effects of life challenges and demands. There are many factors of life challenges and demands. There are many factors responsible for consumption of alcohol by people from different works of life. These factors range from self inflicted consumption, motivated consumption to natural consumption habits and behaviour. The rate by which people consume and absorb alcohol into the body system varies with different prevailing situations and conditions, Baba (2000), Babatunde (2004) and Udoh et al (2002) identified the following factors as determinants of the level of alcohol intake and absorption to the body;

- the rate at which people consume alcohol is determined to a large extent by their state of mind. Some people often result into drinking of alcohol to suppress the emotional problems. This set of people hinged their action on the principle of drink alcohol to forget your sorrow which in actual fact a temporary antidote for mood suppression.
- the body tolerance determines the rate of alcohol absorption by the people. This has to do with weight of an individual, the body chemistry, individual differences and so on. Some habitual drinkers can absorb considerable number of beers, wine, spirits and so on than the casual or occasional drinkers. This is because their physiological body processes is adaptive to the consumptions.
- the taste preference is another determinant and motivating factor for alcohol consumption among people of different age groups. Some alcoholic people will tell you that they prefer bitter mood modified drink with low sugar while some often settle for sweet one.

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The taste preference of alcoholic person often determines the level of body tolerance to consume more alcohols.

- The strength and chemical composition of the alcohol(s) taken by people determine the rate at which they consume and absorb them. The concentration of alcohol in alcohol beverages determines the extent to which people absorb them. Alcohol beverages that contain pure alcohol chemical constituents are often more intoxicated than those non-alcoholic ones.
- the competitive state and rate of alcohol intake by habitual drinkers or alcoholic people is also one of the determinants of alcohol consumption. The rate of consumption and absorption is usually high in a situation when alcoholic people compete drinking of alcohol beverages. This tends to be worse when faster hard liquor involve in the competition.
- the availability of alcohol beverages during relaxation times is another determinant. Some habitual drinkers or alcoholic people drink excess alcohols on the pretence that it is surplus. This can be likened to opportunistic drinking among associate drinkers. This is situation paves ways for the highest level of alcohol intake and absorption.
- the drinking experience and pattern determines the rate and quantity of alcohol beverages consumed and absorbed to the body systems. Some alcoholic people understand their individual differences and always put that into consideration when drinking. This is to say that some alcoholic people knows their limits and will not exceed that point no matter the prevailing situation.
- the metabolic system of alcoholic people is one of the determinants of alcohol intake and absorption to their body system. The faster the digestive process of alcoholic person(s) the higher is their alcohol consumption and absorption level. Alcohols absorption are quicker, faster and easier for drinkers consuming digestible than those that take hard and non-digestible foods.

Effects of Intake of Alcohol to People Health and Wellness

It is a truism that health is wealth and necessity of life. The state of people health and wellness is determined by the total and harmonious functioning of the three dimensions which include physical wellness, mental wellness and social wellness. The health of people is affected by some risk factors and harmful lifestyles such as alcoholism, smoking, sexual promiscuity, sedentary lifestyle and so on. Alcoholism as a lifestyle habit affects the health of alcoholic people leading to different disease and problems (Harald, 2001).

The persistent consumption of alcohols whether hard or soft liquor in moderate or severe form has devastating effects on health of the drinker. The consequence of consumption and absorption to the body systems are enormous ranging from physical, mental, physiological to social debilitations. The effects of alcohol in take and abuse are classified as follows:

i. physical debilitation: Excessive consumption of alcohol by habitual or alcoholic person can lead to physical problem(s) or physical malfunction of the body system. Alcohol Advisory council of New Zealand (2012), Wiese, Shiplack and Brown (2002) posited that intake of too much alcohol concentrated beverages has much debilitating effects and consequences on the health conditions of the consumers. The experts identified some of the physical debilitations as follows:

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- heavy alcohol intake results into painful condition of the bones in the body and death of the tissues supporting it (oesteonecrosis).
- excessive intake of alcohol often lead to shrinking of the muscles supporting and protecting the bones of the body.
- too much consumption of alcohol lead to bones condition known as oesteoporosis resulting from heavy use of alcohol that interferes with absorption of calcium and bone formation.
- Excessive alcohol consumption often leads to injuries and impairment from different types of accidents. Majority of habitual drinkers end up losing their legs, hands, amputated and disable because of accident or injury after heavy drinking.

ii. physiological effects of intake of alcohol to the body system; long time consumption of alcohol beverages effects on the physiological process of the body system.

Some of the physiological effects of prolong consumption of alcohols according to Babatunde (2004); Ken, Chambless, Doring, Filipak, Stieber (1997) and Naik and Suresh (2013) are as follows:

- it increases dilation of the blood vessels supplying vital organs of the body systems leading to abnormalities in the blood and low haemoglobin blood estimation.
- severe and heavy alcohol consumption reduces body immunity as a result of reduction in the volume of white blood cells contained in the blood estimations;
- heavy drinking of alcohol exerts effect on the excretory organs such as the kidney, liver, pancreas and so on, causing liver chirosis, hepatitis, hypoglacaemia, dehydration due to loss of essential nutrients and fluid in the body, vision problems, malnutrition and so on.
- heavy drinking has devastating effects on the lungs leading to acute respiratory infections such as pneumonia, tuberculosis and so on.

iii. psychological effects of alcohol consumption to the body system: Excessive consumption of alcohols by habitual alcohol drinkers has adverse effects on their mental well being. Schuckit (2005): Wiese, Shiplak and Brown (2009) and Brust (2005), Oscar-Berman and Marinkovic (2003), and Charness (2010),

- Heavy alcohol intake results to mood disorders, depression, anxiety and psychosis leading to changes in personality, distorted sense of reality and delusion:
- There may be loss of memory during the period of heavy drunkness or heavy alcohol consumption. The loss of memory may be initially temporary, but continuous or perpetual consumption for a long period of times can lead to severe loss of memory;
- chronic and heavy alcohol use and consumption can damage the brain and nerves of the alcoholic person. This is often resulted from deficiency of vitamin B1 (thiamine in a diet or because of alcohol action on thiamine absorption (reduction of thiamine absorption);
- excessive intake of alcoholic for a long period of times can lead to severe and chronic distortion in thoughts, damage of cerebellum leading to poor coordination of vital body organs and balance.
- loss of balance and coordination resulted from damage to the cerebellum often make walking or body movement difficult at a later stage.

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Socio-Economic Effects of Alcohol Consumption to the Body System.

Alcoholism is linked to harmful socio-economic consequences on the heavy drinkers, the people within the place of drinking or environment and overall economic productivity. Alcoholism as a harmful lifestyle behaviour and habit according to Boffeta and Garfuikel (1990); Bonnie and O'connell (2004); Guillermo and Gustavo (2014) Babatunde (2004) have the following socio-economic effects on the heavy drinkers, relatives and the society at large:

- Alcoholic person always looks disorganized and dirty. Heavy alcohol drinkers dressed carelessly and roughly. They often disregard their own personality and dignity;
- Domestic violence that often resulted into broken homes and loss of valuable friends and relatives is one of social effects of alcoholism. Some habitual drinkers got divorced by their wives because of the violence that they usually lease on them. The drinkers are often abandoned by their co-workers' friends, family members, and associate because of their violent acts
- Heavy alcohol drinkers often end up dropping out of schools and have poor academic records. Some of them absent themselves from schools and later asked to withdraw from their academic programme(s);
- It has the social effects of indulging in social vices such as highway robberies, pick-pocketing, kidnapping, raping, murder and so on. Alcohol as mood modifier often aid unruly actions and behaviour as well as pursue of an individual dire needs. This is to say that alcohol is an ignition that pushes alcoholic person to some of the nefarious activities ravaging our society today;
- Heavy intake of alcohols by some habitual drinkers, account for the high rates of accidents on the highways, in the industries, at homes and so on.
- Alcoholism often leads to loss of job and earnings. Some alcoholic persons have loss their job despite their technical know-how and intelligence. This is often due to their heavy drinking during the working hours and perpetual late resumption to work.
- Alcoholism as habit and lifestyle affect the production and the income of the abuser. The earning capacity of alcohol abuser is often low because of the reductive of the productive hours wasted on consumption of alcohol. Alcoholic abuser end up borrowing money and begging for foods to feed themselves and their families;
- Alcoholic persons often sell their personal belonging and properties for buying alcohols and settling their outstanding debts with their customers. In some instances, alcohol abusers become homeless, malnourished, find it difficult to feed their families and relatives. The health of alcoholic persons started failing and eventually result to death.

Conclusion

The finding from this review and appraisal above show that alcoholism as a behavioural deficit from alcohol consumption has devastating effects on health and wellness of people. Alcoholism is a lifestyle habit that affect physical, physiological, psychological and socio-economic standard within the society. Excessive and habitual intake of alcohol usually leads to serious complications and deteriorating effects on wellbeing of the alcohol abusers and addicts. Alcohol, as a behavioural modifier, exerts much effect on almost all the facets of alcoholic people or abusers lives. Based on the outcomes of the appraisal above, the following recommendations were made;

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- Health Educators should mount heavy campaign against consumption of alcohol beverages;
- Government should make enabling law to impose serious sanctions on consumption of hard liquor / alcohols by the habitual drinkers or alcohol addicts.
- Health workers should try as much as possible to identify and address some of the inherent psychosocial factors exerting effects on the alcohol abuser;
- Governments at all level should encourage industries producing alcohol beverages to indicate and incite clearly inscription of harmful effects of alcohols on healthful living on their products.
- Government should enact road traffic rules preventing alcoholic persons from driving when drunk or drinking when driving.
- Health counsellors should endeavour to gives health counselling on coping strategies for emotional problems affecting people that often lead to abuse of alcohol beverages.

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