

## To Assess Chronic Alcoholism and Drug Menace in Adults: An Institutional Based Study

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### ABSTRACT

**Background:** Alcohol use disorder (AUD) is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. The present study was conducted to assess chronic alcoholism and drug menace in adults.

**Materials and Methods:** The present study was conducted to assess chronic alcoholism and drug menace in adults. It comprised of 540 subjects which were screened. Demographic Data such as name, age, gender etc. was obtained. A questionnaire was given to all, and responses were recorded. Results thus obtained were subjected to statistical analysis. P value less than 0.05 was considered significant.

**Results:** In the present study total participants were 540 in which 305 were males and 235 were females. In the study 143 male and 25 female were alcoholic and 111 male and 14 female were using drugs. Table III shows that 145 subjects were below 30 years of age and 148 were above 30 years of age, living standard was low in 175 and medium in 118, education standard was up to high school in 180 and graduation in 113.

### INTRODUCTION

Alcohol consumption has been an accepted social practice since time immemorial. However, its abuse is considered as world's third largest risk factor for disease and disability. It is a causal factor in 60 types of diseases, injuries, and a component cause in 200 other entities.<sup>1</sup> Globally, 6.2% of all male deaths are attributable to alcohol, compared to 1.1% of female deaths.<sup>1</sup> Alcoholism does not only impacts the drinker but also their families and communities and making things worse, it makes it more critical to assess for prevention and intervention efforts. Despite the public health crisis and harmful consequences alcoholism represents, there is inadequate recognition of alcohol misuse as a public health issue in India.<sup>2,3</sup> This has led to fears of an undocumented rise in alcohol abuse not only among poorer classes but also in other sections of the society.<sup>4</sup> Having recognized the problem, the ministry of health has called for a policy that will regulate sales and the pricing of alcohol which many experts believe, may not be enough to curb the problem. The increasing use of alcohol and its drink-related problems has

**Conclusion:** The present study concluded that age above 30 years of age, low living standard, low education level were risk factors for alcoholism and drug usage among adults.


**Keywords:** Chronic Alcoholism, Drug, Substance Use.

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already emerged as a major public health concern in India and which needs to be addressed. A large majority of male drinkers meet criteria for hazardous alcohol use, defined as patterns of use that increase risk for harmful consequences for the user or others. Data from different Indian states indicate that 35% to 65% of all current drinkers meet criteria for hazardous alcohol use.<sup>5</sup> The present study was conducted to assess chronic alcoholism and drug menace in adults

### MATERIALS AND METHODS

The present study was conducted to assess chronic alcoholism and drug menace in adults. It comprised of 540 subjects which were screened. All were informed regarding the study and written consent was obtained. Ethical clearance was obtained prior to the study. Demographic Data such as name, age, gender etc. was obtained. A questionnaire was given to all, and responses were recorded. Results thus obtained were subjected to statistical analysis. P value less than 0.05 was considered significant.

**Table 1: Distribution of subjects**

Gender	N(%)
Males	305(56.48%)
Females	235(43.51%)
Total	540(100%)

**Table 2: Prevalence of alcoholism and drug usage**

Parameters	Male	Female	Total	p-value
Alcoholism	143	25	168	< 0.05
Drug usage	111	14	125	
Total	254	39	293	

**Table 3: Risk factors for alcoholism and drug usage**

Variable	Number	p-value
<b>Age</b>		< 0.05
<30 years	145	
>30 years	148	
<b>Living standard</b>		
Low	175	
Medium	118	
<b>Education</b>		
Upto high School	180	
Graduation	113	

## RESULTS

In the present study total participants were 540 in which 305 were males and 235 were females. In the study 143 male and 25 female were alcoholic and 111 male and 14 female were using drugs.

Table III shows that 145 subjects were below 30 years of age and 148 were above 30 years of age, living standard was low in 175 and medium in 118, education standard was upto high school in 180 and graduation in 113.

## DISCUSSION

Alcoholism is one of the major public health problems in both developed and developing countries.<sup>6</sup> The 32nd World Health Assembly declared that "problems related to alcohol and particularly to its excessive consumption rank among the world's major public health problems and constitute serious hazards for human health, welfare and life".<sup>7</sup>

In the present study total participants were 540 in which 305 were males and 235 were females. In the study 143 male and 25 female were alcoholic and 111 male and 14 female were using drugs. Table III shows that 145 subjects were below 30 years of age and 148 were above 30 years of age, living standard was low in 175 and medium in 118, education standard was upto high school in 180 and graduation in 113.

Khushabi et al included 157 adult males in the study. The mean age of the study participants was 37.20 years. The prevalence of alcoholism among the study participants was 35.7%. Among them only 4.5% who presented with symptoms of chronic alcoholism had taken treatment. Reasons for not taking treatment for alcoholism among study population were mainly due to their family problems (55.2%).<sup>8</sup>

According to Hemraj et al, in their survey found that there were 61% subjects who had reported use of any drugs in any form in their lifetime. But only 58.43% individuals reported about such use in the last 30 days. Further, the weighted prevalence forever drug use during lifetime was 63.7% and during last 30 days was 61.2%. These findings might be due to large sample size and different study setting.<sup>9</sup> Mohan et al., found current use of alcohol to vary between 19.6% and 27.8% amongst the 50+ age group.<sup>10</sup> Community survey carried out in Mumbai, which was restricted to males aged 45 years or over had found the use prevalence decreased rather rapidly in higher age groups (from 21.5% in the 55–59 age group to 5.7% in the 85+ age group).<sup>11</sup>

## CONCLUSION

The present study concluded that age above 30 years of age, low living standard, low education level were risk factors for alcoholism and drug usage among adults.

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