

## MANIDHANAHEYAM FREE IAS ACADEMY – TNPSC GROUP II & IIA

### UNIT – I-BIOLOGY

#### Alcoholism and Drug Abuse

The physical and mental dependency on alcohol, smoking and drugs is called addiction. The addictive potential of these substances pulls an individual into a vicious cycle leading to regular abuse and dependency. This is of serious concern because abuse of tobacco, alcohol or drugs produce many harmful effects in an individual, to the family and even to the society. This dangerous behavior pattern among youth can be prevented through proper guidance.

#### 1. Drug Abuse

Drugs are normally used for the treatment of disease on advice of a physician and withdrawn after recovery. A person who is habituated to a drug due to its prolonged use is called drug addict. This is called drug addiction or drug abuse.

A drug that modifies the physical, biological, psychological or social behaviour of a person by stimulating, depressing or disturbing the functions of the body and the mind is called addictive drug. These drugs interact with the central nervous system and affect the individual physically and mentally.

#### Types of Drugs

There are certain drugs called psychotropic drugs which acts on the brain and alter the behaviour, consciousness, power of thinking and perception. They are referred as mood altering drugs.

#### Drug Dependence

Persons who consume these drugs become fully dependent on them, they cannot live without drugs. This condition is referred as drug dependence.

Physical and mental dependence Dependence on the drug for normal condition of well being and to maintain physiological state.

Psychological dependence is a feel that drugs help them to reduce stress.

#### Behavioural Changes of Drug Users

Adverse effects of drug use among adolescents are

1. Drop in academic performance, absence from school or college.
2. Lack of interest in personal hygiene, isolation, depression, fatigue and aggressive behaviour.
3. Deteriorating relationship with family and friends.
4. Change in food and sleeping habits.
5. Fluctuation in body weight and appetite
6. Always looking out for an easy way to get money for obtaining drugs.
7. Prone to infections like AIDS and Hepatitis-B.

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### **Drug De-addiction**

Management of de-addiction is a complicated and difficult task. The path to recovery of drug addicts is long and often slow. Family members, friends and society on the whole have a very important role to play.

1. **Detoxification:** The first phase of treatment is detoxification. The drug is stopped gradually and the addict is helped to overcome the withdrawal symptoms. The addict undergoes severe physical and emotional disturbance. This is taken care by specific medication.
2. **Psychotherapy:** Individual and group counselling is given by psychologists and counsellors. The treatment includes efforts to reduce the addict's stress, taught new ways to solve everyday's problems, adequate diet, rest and relaxation.
3. **Counselling to family members:** Social workers counsel family members in order to change the attitude of rejection so that the addict is accepted by the family and the society.
4. **Rehabilitation:** They are given proper vocational training so that they can lead a healthy life and become useful members of the society.

### **2. Alcohol Abuse**

The consumption of alcohol is a social evil practiced by the wealthier and poorer sections of the society. The dependence of alcohol is called alcoholism and the addict is termed as alcoholic. It is called alcohol abuse. Drinking of alcohol impairs one's physical, physiological and psychological functions.

#### **Harmful Effects of Alcohol to Health**

1. Nerve cell damage resulting in various mental and physical disturbances
2. Lack of co-ordination of body organs
3. Blurred or reduced vision, results in road accidents
4. Dilation of blood vessels which may affect functioning of the heart
5. Liver damage resulting in fatty liver which leads to cirrhosis and formation of fibrous tissues
6. Body loses its control and consciousness eventually leading to health complications and ultimately to death

#### **Rehabilitation Measures for Alcoholics**

1. **Education and counselling:** Education and proper counselling will help the alcoholics to overcome their problems and stress, to accept failures in their life.

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2. **Physical activity:** Individuals undergoing rehabilitation should be channelized into healthy activities like reading, music, sports, yoga and meditation.
3. **Seeking help from parents and peer groups:** When a problematic situation occurs, the affected individuals should seek help and guidance from parents and peers. This would help them to share their feeling of anxiety, wrong doing and get rid of the habit.
4. **Medical assistance:** Individual should seek help from psychologists and psychiatrists to get relieved from this condition and to lead a relaxed and peaceful life.
5. **Alcohol de-addiction and rehabilitation programmes:** are helpful to the individual so that they could get rid of the problem completely and can lead a normal and healthy life.

