

# Effects Of Alcoholism In Vellore District – A Study on Socio-Economic and Health Factors influencing Alcohol Consumption

C. Prakasam<sup>1</sup>, Dr. C. Dhandapani<sup>2</sup>

<sup>1</sup>Ph.D. Research Scholar, Department of Economics, Periyar University, Salem

<sup>2</sup>Professor & Head, Department of Economics, Thiruvalluvar University, Serkkadu, Vellore

## ABSTRACT

Alcoholism is one of the significant health and social issues everywhere in the world and additionally, it is a family infection and those near the alcohol-subordinate individuals are as profoundly influenced by it. Alcohol is a general issue and it is an incredible general health concern. Alcohol utilization is the most dangerous factor for ailment and inability in the center salary nations and the third-most noteworthy reason for death on the planet. An alcohol-subordinate individual faces an assortment of issues, for example, health, mental, family and society in the cause. Alcohol issues are exceptionally associated with per capita utilization so decreases in utilization can prompt declines in alcohol issues. Since alcohol is an economic product, alcohol refreshment deals are delicate to costs, i.e., as costs increment, demand decreases, and visa-versa. The cost can be impacted by tax collection and effective punishments for unseemly deals and advancement exercises. Such arrangement estimates influence even hefty consumers, and they are especially effective among youngsters. In places like Vellore District, individuals were seriously influenced by alcohol step by step. Subsequently, the analyst felt it basic, to discover the variables which impact the Socio-Economic and Health Effect of Alcoholism

## Keywords

Alcoholism, Alcohol-dependent

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## Introduction

The expanding creation, conveyance, advancement and simple accessibility of alcohol combined with the changing estimations of society have brought about alcohol-related issues rising as a significant general health worry in India. Without reasonable alcohol strategies and with the conviction that alcohol incomes can be utilized for the advancement of society, the issue has disturbed further. While incomes acquired yield just transient gains, the effect and misfortunes emerging out of expanded alcohol use stay to torment society as a drawn-out marvel.

Alcoholism is one of the significant health and social issues everywhere in the world and likewise, it is a family illness and those near the alcohol-subordinate individuals are as profoundly influenced by it. Alcohol is an inclusive issue and it is an extraordinary general health concern. Alcohol reliance is described by conduct, psychological and physiological manifestations including "a powerful urge to take the medication (alcohol), challenges in controlling its utilization, persevering in its utilization notwithstanding destructive outcomes, a higher need given to tranquilize use than to different exercises and commitments, expanded to the student and now and then a physical withdrawal state".

Alcohol utilization is the most dangerous factor for sickness and handicap in the center pay nations and the third-most elevated reason for death on the planet. An alcohol-subordinate individual faces an assortment of issues, for example, health, mental, family and social in starting point. Individual results of alcohol reliance incorporate injury, viciousness, peptic and gastric ulcers, dangerous sex, and unexpected passing, organ frameworks disappointment, cirrhosis of the liver and poor healthful status of the family. Alcohol Families of alcohol-subordinate people additionally experience the ill effects of undesirable labor.

Family is the essential unit of the network. At the point when the top of the family burns-through alcohol, the family is upset. In Indian culture, to run the family, the spouses rely upon their husbands. Henceforth when the husband becomes an alcohol subordinate, he dismisses his family and the spouse needs to assume his part in the family. The effects of hurtful drinking spread more extensive than the individual devouring alcohol, frequently affecting companions, family and associates before any negative health results can be distinguished in the consumer. The effects can be as harmful to the family concerning individual drinking, with youngsters being the most influenced.

## Socio-Economic and Health Effect of Alcoholism

Socially freak practices like avoiding home, fleeing from home, enjoying betting and other addictive practices were almost multiple times higher among clients. These are transcendently social issues bringing about demonization and segregation of families at the network level. The prompt aftermath is the disturbance of family ties and conjugal disharmony. This wonder is accordingly a marker of the carelessness of the family by the client. In the subjective investigations, it was uncovered that a fundamental degree of frailty continued in these families prompting numerous other circuitous unfriendly effects.

As far as work, numerous alcohol-clients had missed going to work, regularly obtained cash from partners and companions, had indicated helpless profitability and confronted an absence of regard from managers and associates. A considerable lot of them were cautioned by their bosses about their risky drinking rehearses, which additionally brought about successive contentions and fights with their managers and associates, consequently

disparaging the person. Further, the expansion in borrowings (multiple times more among clients) had come about in there is a more prominent economic weight on the individual while denying the relatives of fundamental thing needs.

A significant number of the homes with an alcohol client likewise experienced issues in running the everyday exercises of the family unit, as the accessible assets were spent on alcohol instead of on essential needs. This has an incredible mental effect on other relatives. Thusly, this prompts an upsetting passionate and mental state among relatives, which thus influences their degree of joy and mental soundness.

### Need And Importance Of The Study

Alcohol issues are exceptionally associated with per capita utilization so decreases of utilization can prompt abatements in alcohol issues. Since alcohol is an economic ware, alcohol drink deals are touchy to costs, i.e., as costs increment, demand decreases, and visa-versa. The cost can be impacted by tax collection and effective punishments for wrong deals and advancement exercises. Such strategy estimates influence even weighty consumers, and they are especially effective among youngsters. Substantial consumers and those with alcohol-related issues or alcohol reliance cause a noteworthy portion of the issues coming about because of utilization. Be that as it may, in many nations, most alcohol-related issues in a populace are related to hurtful or perilous drinking by non-subordinate 'social' consumers, especially when inebriated. This is especially an issue of youngsters in numerous locales of the world who drink with the expectation of getting inebriated. In India family use of alcohol changes between 30-45 percent of their pay. Alcohol abuse is one of the principal enemies of youngsters in India today. In any case, its genuine effect is on the social and relational intricacies that underlie its networks. Aggressive behavior at home and the worsening of destitution have made alcohol abuse the absolute most significant issue for ladies in India. A large portion of the families have on the streets because alcohol inebriated their husbands and now they are underwater traps. In numerous poor and working-class families, advancement occurring, on one hand, their children are turning out to be laborers in moneylender's homes.

In places like Vellore District, individuals were seriously influenced by alcohol step by step. Does this suggest a conversation starter of why such an expansion in the level of utilization of alcohol regardless of deficient money related/pay bunches in this region? The scientist felt it basic, to discover the variables which impact the Socio-Economic and Health Effect of Alcoholism. So this experimental examination is done in the investigation zone.

### Statement Of The Problem

In Western Europe, there is where more youngsters are going to alcohol at a more youthful and more youthful age. This pattern is additionally crawling into India; more young people are beginning to drink alcoholic refreshments at a previous age, for example, long term olds are drinking. More than 50% of the age group 25-35 years consumes

consistently and many are toasting overabundance. Of the apparent multitude of legitimate and illicit medications, alcohol is by a long shot the most generally utilized by youngsters, and as indicated by a public overview many are routinely toasting abundance. Conceivably because of the advancement of the Indian market. A few unfamiliar organizations have considered India's expanding economic advancement and have gone into joint endeavors with Indian organizations.

At this point, certain questions are raised and they are,

- What are the reasons for consuming alcohol by the people in Vellore district?
- What are the cause and effects of consuming alcohol by the respondents?
- What are the steps to be taken to stop or reduce the consumption of Alcohol?
- What are the remedial measures to overcome from the consumption of alcohol?

In this contest, this present study aims to examine the causes of alcoholism and the socio-economic and health effects of alcoholism in Vellore district.

### Objectives Of The Study

The major objectives of the study are,

1. To study the social, economic and health status of the sample respondents in Vellore District.
2. To find out the reasons for consuming alcohol by the respondents in Vellore district.
3. To study and examine the socio-economic and health effects of alcoholism in Vellore district.
4. To find out various steps to be taken to stop or reduce the consumption of Alcohol.
5. To compare the demographic variables with status, reasons and effects of consumption of alcohol in the study area.
6. To offer suggestions for the betterment of alcohol-users to overcome alcohol and enjoy natural health.

### Research Methodology

This examination is directed utilizing both diagnostic and unmistakable sort of approach. This investigation fundamentally relies on essential and auxiliary information.

#### Study Area

The Survey is directed among the individuals in Vellore locale.

#### Sampling Size and Design

The essential information was gathered through a very much figured meeting plan. Helpful Sampling Method is applied for gathering essential information from the respondents in Vellore region. The scientist coursed 100 meeting plans for Vellore region and all the meeting plans were appropriately gotten. Subsequently, the example size of the examination is 100.

## Secondary Data

Secondary information was gathered from Journals, Magazines, Publications, Reports, Books, Dailies, Periodicals, Articles, Research Papers, Websites, Annual reports of Social Organizations, Manuals and Booklets.

## Questionnaire Design

The essential information was gathered through a very much detailed meeting plan. The respondents are approached to offer their input identifying with socio-economic and health status and purposes behind the utilization of alcohol. The poll is isolated into 3 sections. The initial segment of the Questionnaire involves the Demographic profile of the example of respondents with discretionary inquiries. The subsequent part incorporates socio-economic and health purposes behind the utilization of alcohol with Likert's five-point scale. The third part incorporates the social, economic and health effects of utilization of alcohol with Likert's five-point scale.

## Scaling Technique in the Questionnaire

The poll utilized includes both discretionary sort and Statements in Likert's 5 point scale. The reactions of these segments are gotten from the individuals of Vellore area on the 5 point scale, which goes as follows:

5 – Strongly concur, 4 – Agree, 3 – Neutral, 2 – Disagree, 1 – Strongly Disagree.

## Tools utilized for Data Analysis

The gathered essential information was investigated by utilizing the SPSS (Statistical Package for Social Sciences, Version. 20). The Statistical apparatuses utilized for getting results are Simple Percentage Analysis and One-example t-test.

## Limitations Of The Study

This empirical study is conducted only in Vellore district. Therefore the findings of the study may not be suitable for other districts and the results may not be generalized. This study is conducted on the perceptions of alcohol-users alone, but it does not include the perception of the other stakeholders.

## Analysis And Discussion

**Table 1** Demographic Variables

Demographic Variables		Frequency	Percentage
Gender	Male	94	94%
	Female	06	06%
	Total	100	100%
Age	19-30 Years	52	52%
	31-50 Years	38	38%
	Above 51 Years	10	10%
	Total	100	100%
Marital Status	Married	45	45%

Educational Qualification	Unmarried	55	55%
	<b>Total</b>	<b>100</b>	<b>100%</b>
	Below 10 <sup>th</sup> Std	45	45%
	Graduate	28	28%
	Post Graduate	10	10%
Family Type	Illiterate	17	17%
	<b>Total</b>	<b>100</b>	<b>100%</b>
	Joint Family	30	30%
	Nuclear Family	50	50%
	Single	20	20%
	<b>Total</b>	<b>100</b>	<b>100%</b>

**Table 2** One-Sample Statistics – Social Reasons

S. No.	Statements	N	Mean	Std. Deviation	Std. Error Mean	t value	Sig. (2-tailed)
1.	Special Occasions such as Festival and family function	100	3.48	1.431	.066	37.783	.000
2.	Friends' compulsion	100	3.81	1.343	.061	45.658	.000
3.	Unfortunate Death of a Family Members	100	3.76	1.435	.066	42.010	.000
4.	Unattainable goal or situation	100	3.72	1.390	.064	42.751	.000
5.	Tension in the regular work	100	3.71	1.394	.064	42.448	.000
6.	Dissatisfaction at work place	100	3.76	1.444	.066	41.798	.000
7.	Misunderstanding with Spouse or Family Members	100	3.40	1.352	.062	38.767	.000
8.	Unexpected losses or low income	100	3.77	1.538	.070	39.315	.000
9.	Alcohol Gives confidence or Moral support	100	3.94	1.458	.067	43.991	.000
10.	Alcohol keeps the body warm in winter and cold conditions	100	3.72	1.398	.064	42.478	.000

It is found that all the mean values are greater than 3 in particular ranging from 3.40 to 3.94 with their respective standard deviation. It is also analyzed that the t-values 37.783, 45.658, 42.010, 42.751, 42.448, 41.798, 38.767, 39.315, 43.991 and 42.478 are statistically significant at 5% level and significantly greater than the test value 3 at 5% level of significance. Therefore it is concluded that the respondents strongly agreed that they are consuming alcohol for the above social reasons. It is clear that social reasons strongly influence the consumption of alcohol in Vellore District.

**Table 3** One-Sample Statistics – Economic Reasons

S. No.	Statements	N	Mean	Std. Deviation	Std. Error Mean	t value	Sig. (2-tailed)
1.	Additional Income with the regular Income	100	3.01	1.172	.054	37.502	.000
2.	Hard work / Over Time	100	3.52	1.274	.058	43.112	.000
3.	Big success or achievement	100	3.73	1.368	.063	43.505	.000

4.	Work culture /Fashion	100	3.86	1.510	.069	41.399	.000
5.	Unexpected/casual income from Lottery, Betting, game show, gambling	100	3.69	1.386	.063	42.392	.000
6.	Got new job	100	3.81	1.362	.062	45.130	.000
7.	Promotion increment	100	3.66	1.478	.068	39.291	.000
8.	Punishment at work place	100	3.57	1.368	.063	40.959	.000
9.	Compulsion by friend and co- worker	100	3.70	1.455	.067	40.602	.000
10.	First day of salary	100	3.45	1.319	.060	40.548	.000

It is found that all the mean values are greater than 3 in particular ranging from 3.01 to 3.86 with their respective standard deviation. It is also analyzed that the t-values 37.502, 43.112, 43.505, 41.399, 42.392, 45.130, 39.291, 40.959, 40.602 and 40.548 are statistically significant at 5% level and significantly greater than the test value 3 at 5% level of significance. Therefore, it is concluded that the respondents strongly agreed that they are consuming alcohol for the above economic reasons. It is clear that the economic reasons moderately influence the consumption of alcohol in Vellore District.

**Table 4** One-Sample Statistics – Health Reasons

S. No.	Statements	N	Mean	Std. Deviation	Std. Error Mean	t value	Sig. (2-tailed)
1.	Reduces the deep sorrow and mental tension	100	3.34	1.403	.064	36.447	.000
2.	Relief from physical pain	100	3.88	1.471	.067	42.810	.000
3.	Gives more stamina and energy	100	3.93	1.404	.064	45.581	.000
4.	Gives physical fitness to the human body	100	3.95	1.464	.067	44.042	.000
5.	Gives moral support to overcome the critical situation	100	3.95	1.401	.064	45.965	.000
6.	Alcohol gives refreshment and recreation	100	3.54	1.311	.060	42.358	.000
7.	Used to massage over a surface of painful muscle regions, it relieves deep-seated pains	100	3.61	1.521	.070	37.508	.000
8.	Excellent preservative as seen in homeopathic drugs preparations	100	3.34	1.268	.058	40.363	.000
9.	Excellent antiseptic, disinfectant and sterilizing agent	100	3.30	1.282	.059	39.184	.000
10.	Alcohol intake can make the person less sensitive to physical pain during an injury or accident	100	3.50	1.239	.057	44.071	.000

It is discovered that all the mean qualities are more prominent than 3 specifically going from 3.30 to 3.95 with their standard deviation. It is additionally examined that the t-values 36.447, 42.810, 45.581, 44.042, 45.965, 42.358, 37.508, 40.363, 39.184 and 44.071 are measurably huge at 5% level and fundamentally more prominent than the test esteem 3 at 5% level of importance. Hence, it is presumed that the respondents unequivocally concurred that they are

burning-through alcohol for the above health reasons. Health reasons profoundly impact the utilization of alcohol in Vellore District.

### Major Findings

It is gathered that 94% of the respondents in Vellore region are male, 4.4% are female. It is clear that 52% of the respondents are in the age gathering of 19 to 30 years, 38% are in the age gathering of 31 to 50 years and 10% are in the age gathering of 51 and above age gathering. It is discovered that 45% of the respondents are hitched and 55% of the respondents are unmarried in the examination zone. It is discovered that 45% of the respondents are concentrated up to tenth Std., 28% are with UG capability, 10% are with PG capability and 17% are uneducated people. It is discovered that half of the example bunch lean towards a Nuclear family though 30% of the example bunch favors a Joint family and 20% of the respondents living freely.

- It is presumed that most of the respondents emphatically concurred that they are burning-through alcohol for social reasons. Social reasons unequivocally impact the utilization of alcohol in Vellore District.

- It is discovered that most of the respondents emphatically concurred that they are devouring alcohol for economic reasons. The economic reasons decently impact the utilization of alcohol in Vellore District.

- It is discovered that most of the respondents emphatically concurred that they are devouring alcohol for the above health reasons. Health reasons profoundly impact the utilization of alcohol in Vellore District.

### Suggestions

Considering the abovementioned, the accompanying proposals and suggestions are made:

- Addiction anticipation projects ought to be actualized through schools and universities. Catch them youthful is the thought behind this program.

- For the network, there ought to be mindfulness programs, which ought to be directed with the assistance of intentional associations. It ought to have additionally followed up programs.

- For the addicts, there ought to be adequate treatment habitats. The people group pioneers should take activities to send the addicts to these treatment habitats. At the point when they return after treatment, they ought to be minded well by their family and society.

- The Law requirement is to be exacting. Government offices like the police extract division and so forth should be dynamic and caution. The counter defilement cell should oversee the unholy nexus among specialists and alcohol mafia.

- Honour can be initiated for the best enemy of an alcoholic dissident.

- The alcohol strategy of the legislature ought to be adjusted.

### Conclusion

This investigation has been attempted to survey the socio-economic and health-related effect (both immediate and



backhanded) of alcohol use in an example populace living in Vellore area. Plus, accessible Indian and worldwide writing has been surveyed to recognize what exercises can be realized. The effects of alcohol rely upon a few inside and outside impacts. At the cultural level, accessibility, availability, moderateness and adequacy affect alcohol use. The visual and print media assume a major function regarding illuminating, featuring and coordinating individuals' qualities and thinking measures. The frameworks of law, legal executive and government assistance figure out what is worthy and what isn't adequate in each general public. Socio-social ascribes of friend bunch impacts, the excitement joined to alcohol use and changed mentalities of society all have majorly affected the section of alcohol and its expanding levels of utilization, in the public eye. The family assumes a significant function as far as social, economic and social qualities. These impacts can have both a positive or negative effect on creating standards and qualities inside the family. At the individual level age, sex, economic well-being, physiological ascribes, healthful levels, the movement being performed by them, their mental status and mindfulness, decide how much an individual beverage and what effect it has on them and others.

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