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RESEARCH ARTICLE

TOBACCO & ALCOHOL, THE SOCIAL THREATS.

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Abstract

From the ancient times, several distracting and negative impulses adapted by the society willingly or unwillingly; whose damaging influences still continues, like tobacco, alcohol and other many addictive materials are capable of destroy the entire nature. More dangerously, these things are readily promoted by different governmental and non-governmental organizations for their monetary benefit, in exchange of individual and social health and productivity. These must not be allowed in any form, just because of their short-term virtual benefit in exchange of long-lasting damage. These damaging habits along with faulty one-sided interpretation of behaviors and thought are endorsed within our life by different personals and organizations for their benefit only; which we are continuously carrying with us blindly and unknowingly. Till today's date, we are proudly serving as the carriers of these habits and contributes a major part in these disharmonious procedures. Theories and stories regarding these habits (mythological and modern scientifically) are plan fully designed to justify their non-sense ideologies regarding these, but those are ultimately hopeless and worthless. Among many harmful materials common are tobacco, alcohol and cannabis. The purpose of this research work is to provide thorough scientific information to the common mass regarding their false understandings. Until and unless we are designed our lifestyle correctly by removing all of the damaging influences, the future of the entire nature will surely be drowned under deep darkness of disease, destruction and suffering. In this extensive study, we have selected three most common addictive materials for study, those are **1. Tobacco 2. Alcohol and 3. Cannabis**. After the study, we have observed the alarming effects of these materials. The modern way of living has become so unhealthy, whimsical, diseased and drug-dependent as that is based on false virtual pillars.

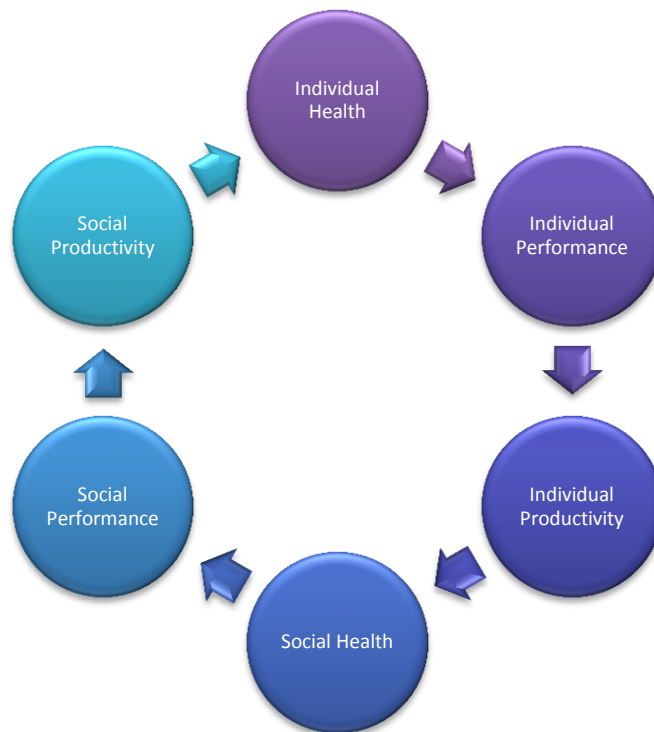
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Introduction:-

Nature is the balanced state, where all the elements exist harmoniously and perform their functions adequately, under a fixed principle. Among the natural living world, humans are most complicated species and developed also. Humans gradually improved themselves through the paths of evolution and established as the ruling species of the nature. But during this procedure, they had harmed the nature enormously. At first, they have damaged the environment for their development, but along with this, they have adopted several destroyable practices also which harm themselves directly or indirectly. Humans are the foremost species who feel the importance to form a society

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for the purpose of existence. But along with the time, they have formed several different boundaries around themselves and has started to fight with each other; by this process, humans have established themselves as a selfish, injurious, heartless species. In this addiction to harm others, they also started to injure themselves ignorantly by adopting different addictions, worthless practices, injurious habits and e.t.c. The human race is now subdivided into enumerable narrow sections on the basis of land, religion, language and e.t.c.; up to this, the scenario may be considered as tolerable and manageable. But, after this the degradation of social morality and unity falls to that extent, where they have become blood-thirsty of each other. But most funny thing is, during this phenomenon as they have injured the nature a lot, automatically they have started to be drowned under different harmful practices; as a result of which today's so-called advanced and modern world is living under the dump of diseases. These practices includes faulty lifestyle, unhealthy food-habits, injurious thoughts, addictions, half-hearted knowledge, ignorance, selfishness, unhealthy competitions, over individualistic attitude, arrogance, unscientific usage of drugs, miss-interpretation of several factors, disbelief, disrespect and e.t.c. Among these our point of discussion will be confined within the boundary of '**Addiction**'. Among different addictive substances, we will confine our discussion within two vastly distributed substances, which are '**tobacco**' and '**alcohol**'. Our objective of study is to provide thorough information about the damages done by these addictive substances, in different extents. All social awareness programs provide partial information about the damages, under a cover of regular routine. Taking of addictive materials must not be the choice of an individual or freedom of an individual; it is a matter of social interest. One can say easily that, how can a person's habit become a matter of social interest? The answer is, every thing which are the parts of this nature are bound to perform their individual work for the nature, which are collectively counted as the 'social productivity'. That is why every elements of this nature are of equal importance, whatever may be their status. So, it is the responsibility of entire society, to promote healthy living not through media, rather through everyone's acceptance and performance. Before any detailed discussion, all have to habituated with this 'Concept of Equality' at first. Endorsement of over-individualistic nature is one of the culprits of this social degradation and social destruction.



Individual & Social Interrelationship:- Addiction:-

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Addiction affects neurotransmission and interactions within reward structures of the brain, including the nucleus accumbens, anterior cingulate cortex, basal forebrain and amygdala, such that motivational hierarchies are altered and addictive behaviors, which may or may not include alcohol and other drug use, supplant healthy, self-care related behaviors. Addiction also affects neurotransmission and interactions between cortical and hippocampal circuits and brain

reward structures, such that the memory of previous exposures to rewards (such as food, sex, alcohol and other drugs) leads to a biological and behavioral response to external cues, in turn triggering craving and/or engagement in addictive behaviors.

Materials & Methods:-

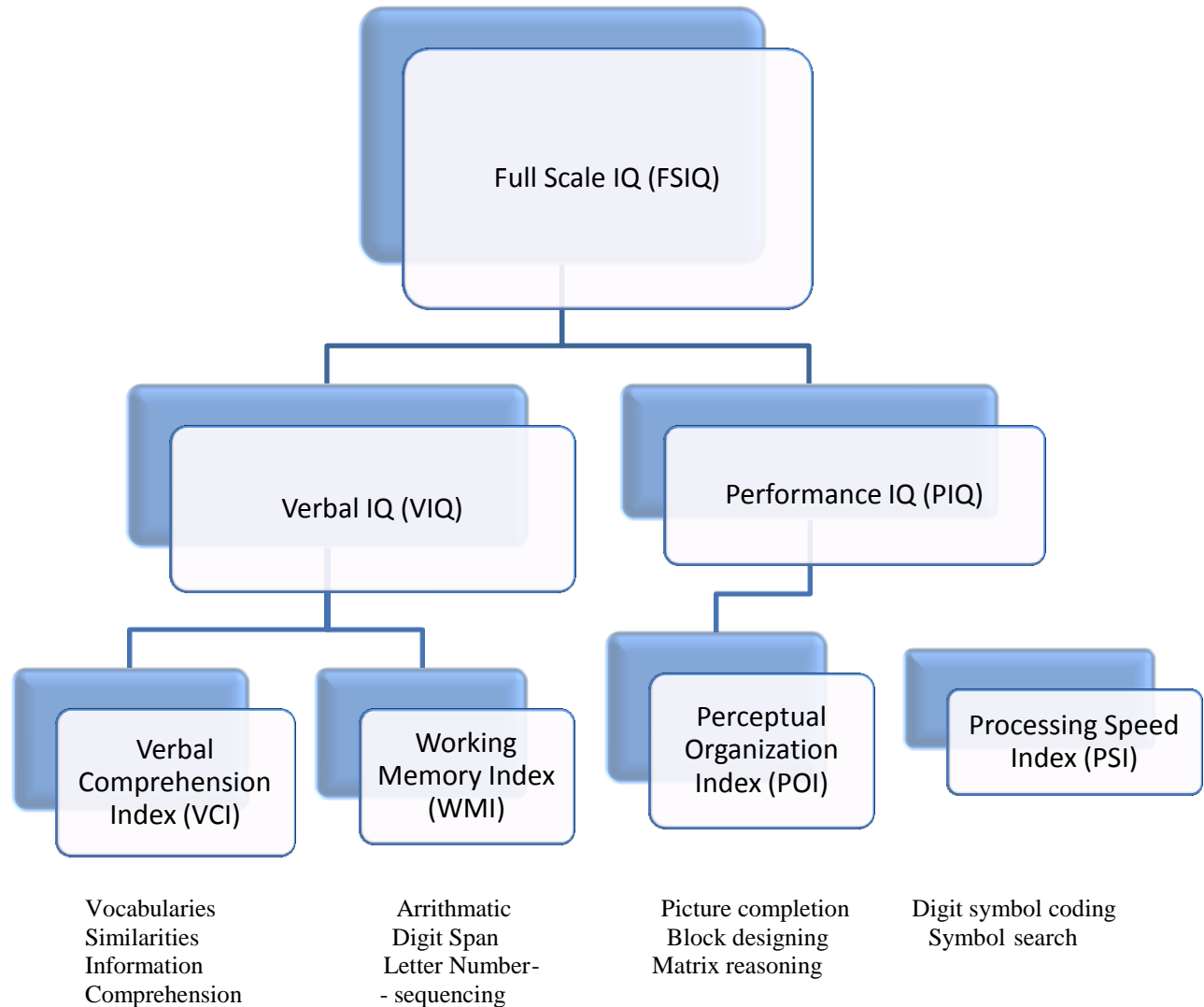
We have taken persons of different age groups, sex groups, religions and occupations and grouped them under three broad categories, those are:

GROUPS	Substance Used
Group- 1	Not take any abusive substance
Group-2	Tobacco only
Group-3	Alcohol only
Group- 4	Tobacco and alcohol both

Then these groups are again sub-divided under different sub-categories, according to their period of intake of those addictive substances.

GROUPS	PERIOD OF CONSUMPTION
Gr. 2a, 3a & 4a	Consume very occasionally (once in 6 months to 1 year)
Gr. 2B, 3B, & 4B	Once in Month
Gr. 2C, 3C, & 4C	Every day in minimum quantity
Gr. 2D, 3D, & 4D	Every day in moderate amount
Gr. 2E, 3E, & 4E	Every day in huge quantity

To judge their intellect, productivity and performance, we have designed different formats of questionnaire, duties and events. This study is based on WAIS-IV along with their ability to physical labor. The Wechsler test is done with the help of "wechsler-test.com".



Test For Wechsler-Adult Intelligence Score (Wais)-Iv Proforma:-

Their performance is noted as per WAIS-IV repeatedly in a regular interval. Along with their performance, their mental and physical parameters, like anger, concentration, restlessness, concentration, fear, anxiety, dependency, sleep, memory, emotional state, appetite, blood pressure, pulse rate, blood sugar e.t.c., are also our materials of record.

To judge their creative potential we have designed several creative season of poem, music, narration, debate, drawing etc. Along with their performance and skill, the objective of study is their evaluation of anger, anxiety and fear also, during the period of intoxication and in their normal course of time both. Next part of study is the study of a particular parameter of an individual subject who have become addicted day by day. Degree of anger and anger evaluation are done according to the Adolescent Anger Rating Scale (AARS) and Clinical Anger Scale (CAS).

Another point of note is 'Anxiety'. Degree of anxiety is measured according to the 'Hamilton Anxiety Rating Scale (HARC)' and the interpretation is as follows: a score of 17 or less indicates mild anxiety severity. A score from 18 to 24 indicates mild to moderate anxiety severity. Lastly, a score of 25 to 30 indicates a moderate to severe anxiety severity.

Findings:-

Anger & Tobacco:-

Findings are displayed as per the graphical representation.

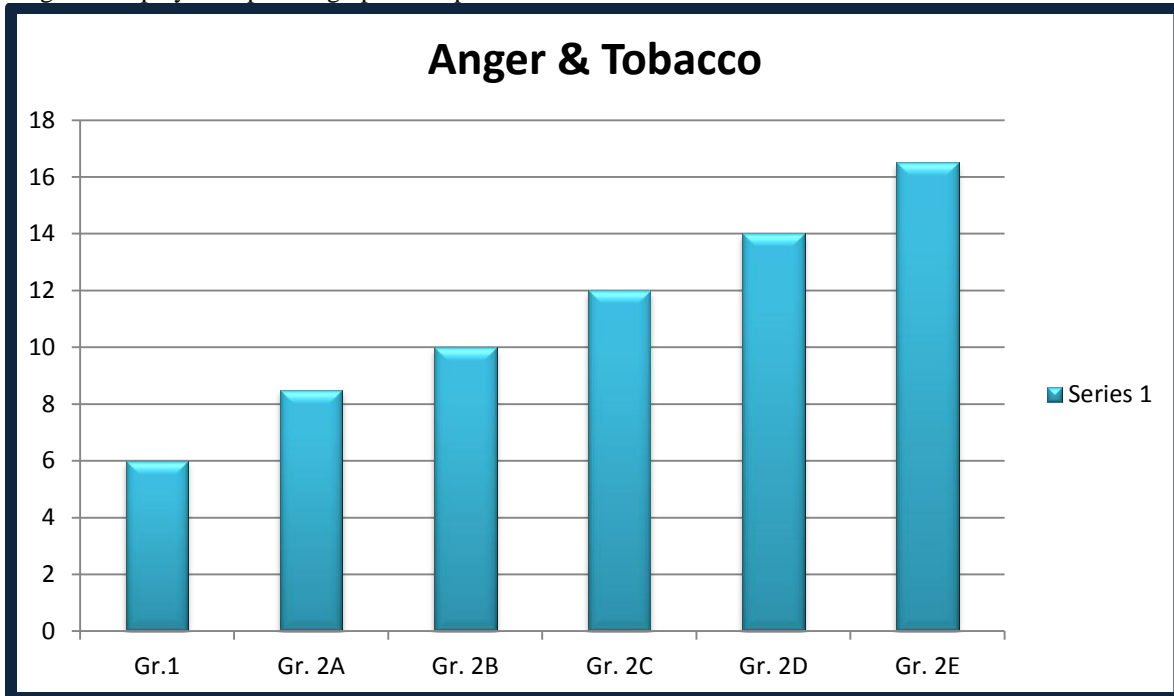


Chart 01:-These levels of anger are noted during a casual time in a day; general findings not depend on any particular stimulus; general reaction.

Anger & Alcohol:-

Data which are given here are not taken during the phase of intoxication. These are the findings which are noted in the regular course of time in a day.

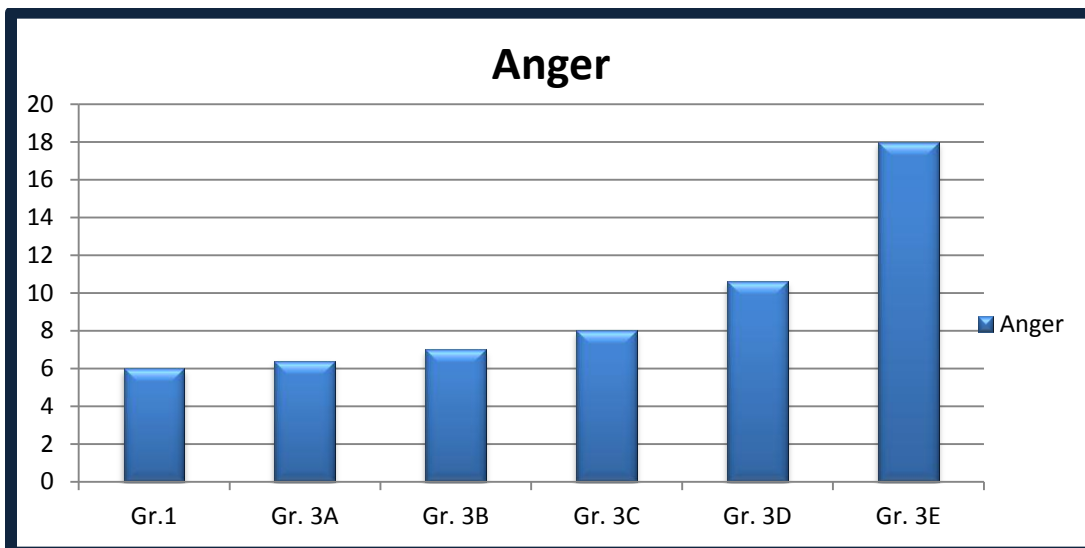


Chart 02:-These levels of anger are noted during a casual time in a day; general findings not depend on any particular stimulus; general reaction.

Following graphical presentation demonstrating the level of anger during the phase of intoxication, for those persons who are taking alcohol regularly.

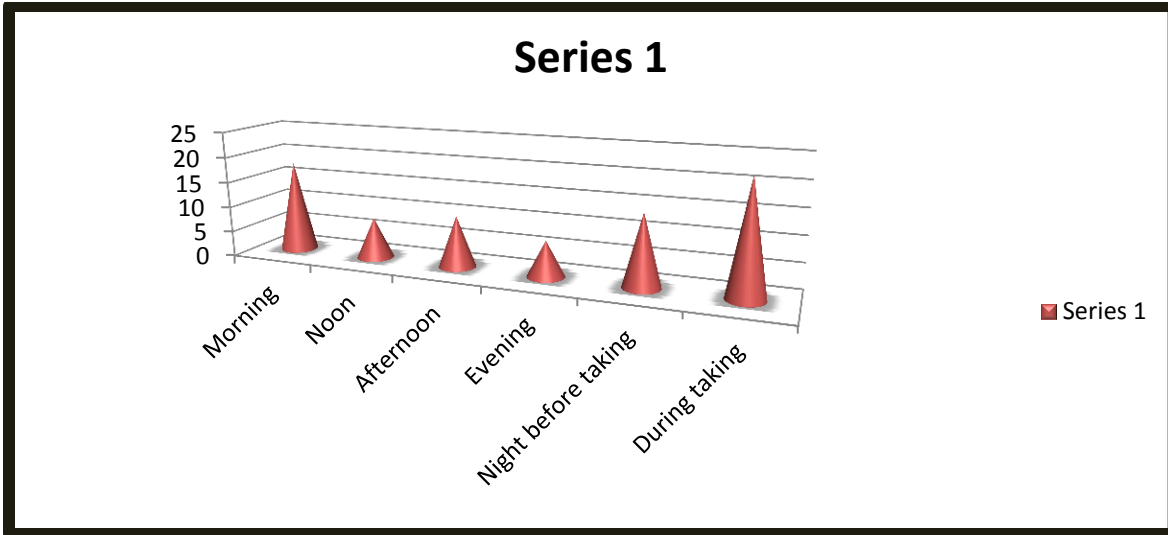


Chart 03:- (Fluctuating)

Comparison of anger between Group 2E, 3E, & 4E in different phases in a day:

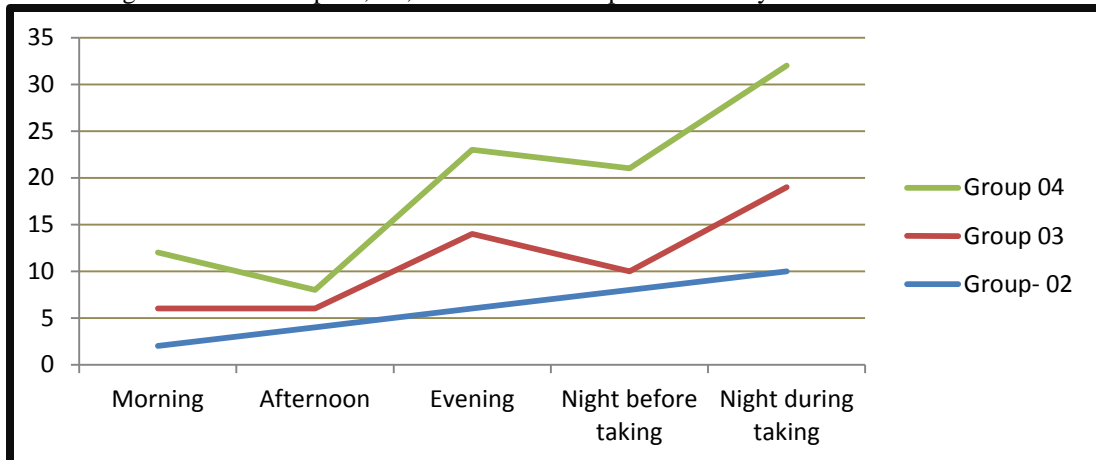


Chart 04:-

Anxiety & Tobacco:-

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints, and ruminaton. Following data are taken during a casual working time of a day randomly. Few data are taken during different phases of a day time and some comparative studies are done before, during and after the intoxication.

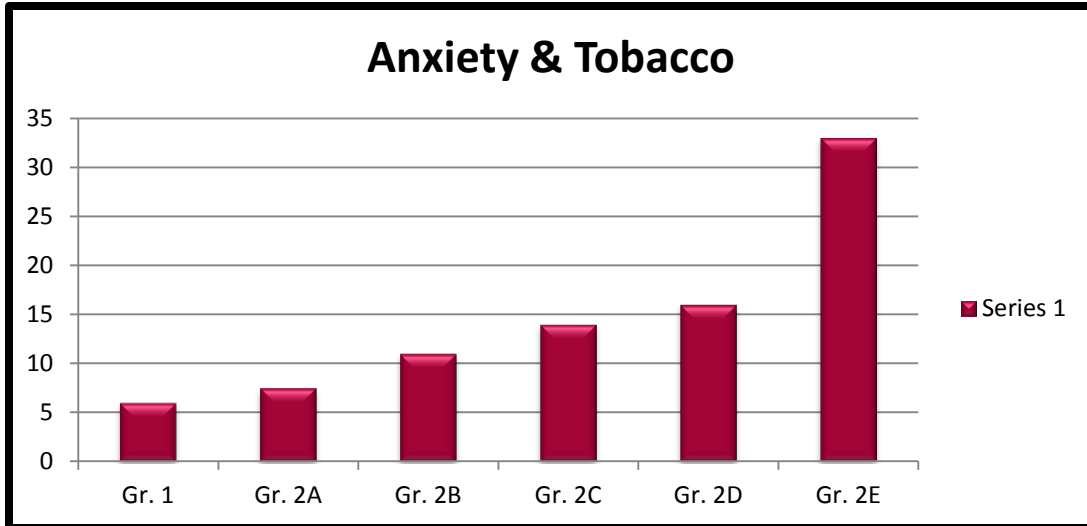


Chart 05:-These levels of anxiety are noted during a casual time in a day; general findings not depend on any particular stimulus; general reaction.

Anxiety & Alcohol:-

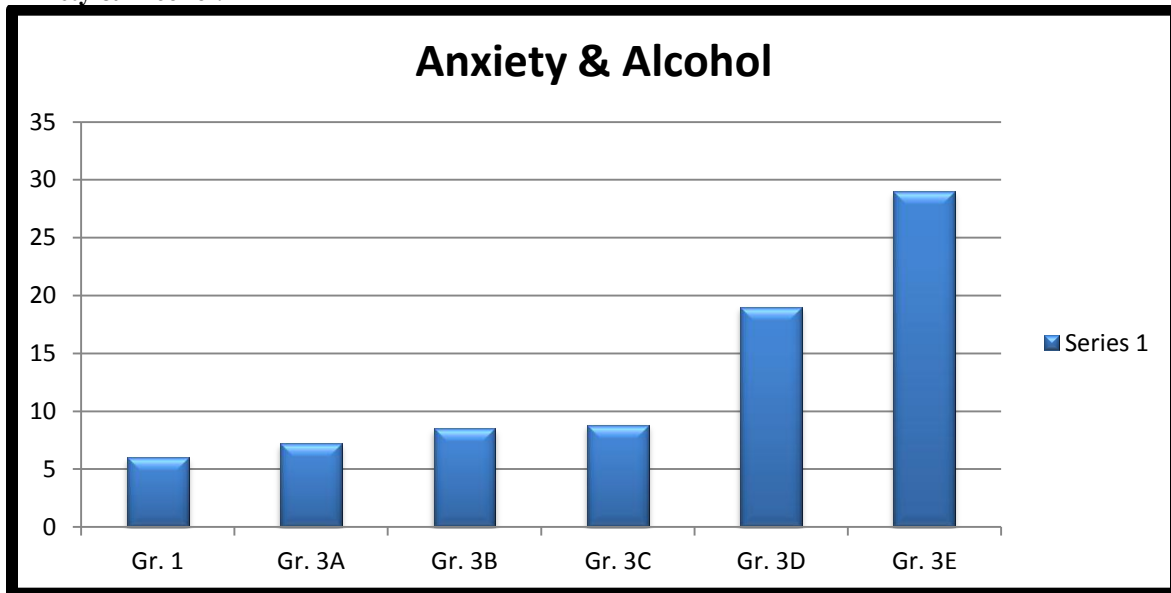


Chart 06:-These levels of anxiety are noted during a casual time in a day; general findings not depend on any particular stimulus; general reaction.

Anxiety & Group 4:-

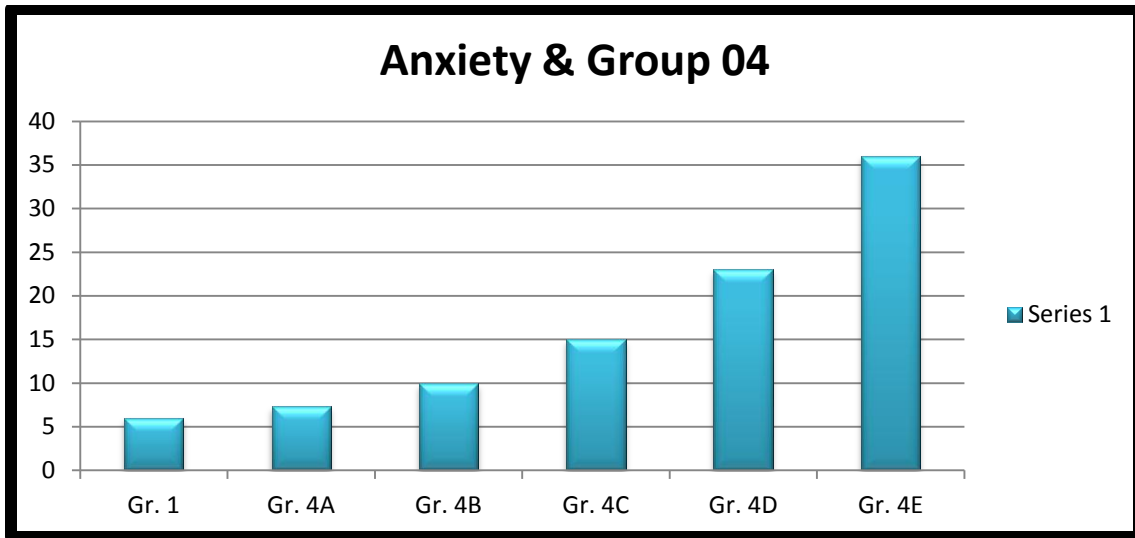


Chart 07:-These levels of anger are noted during a casual time in a day; general findings not depend on any particular stimulus; general reaction.

Comparative Representation of Degree of Anxiety between Group 1, 2, 3, & 4:-

To study the level of anxiety against a particular stimulus we designed different situations and circumstances. On the basis of the reactions of the control we have concluded to the following data. Inherited tendency of anxiety are excluded at the very beginning.

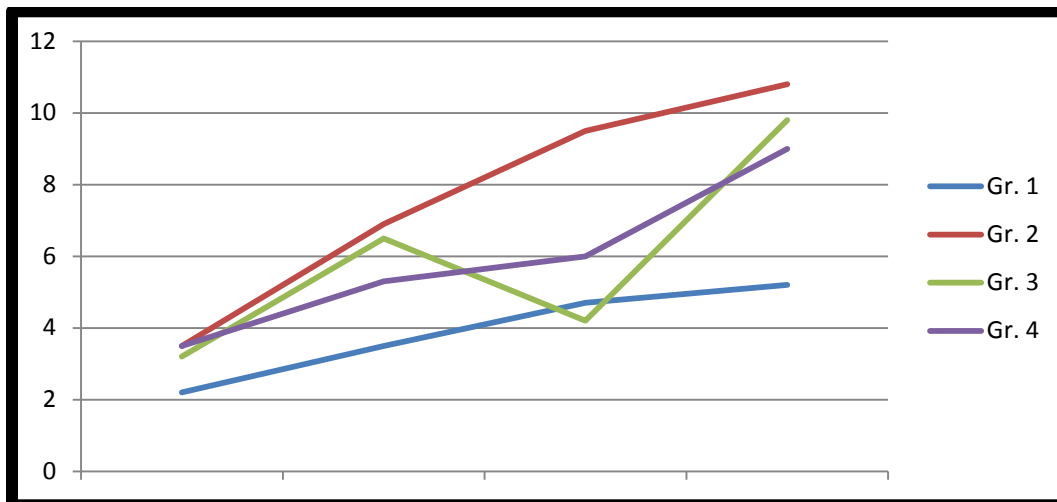


Chart 08:-Level of anxiety against a given stimulus in different groups

Cause of Anxiety in Group 1:-

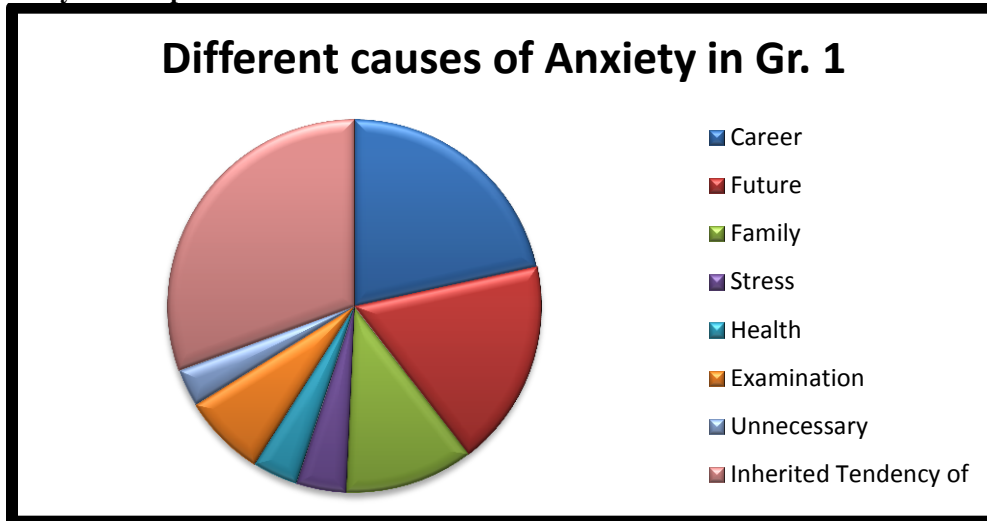


Chart:-Comparative Presentation between Different Groups According to Different Causes of Anxiety:

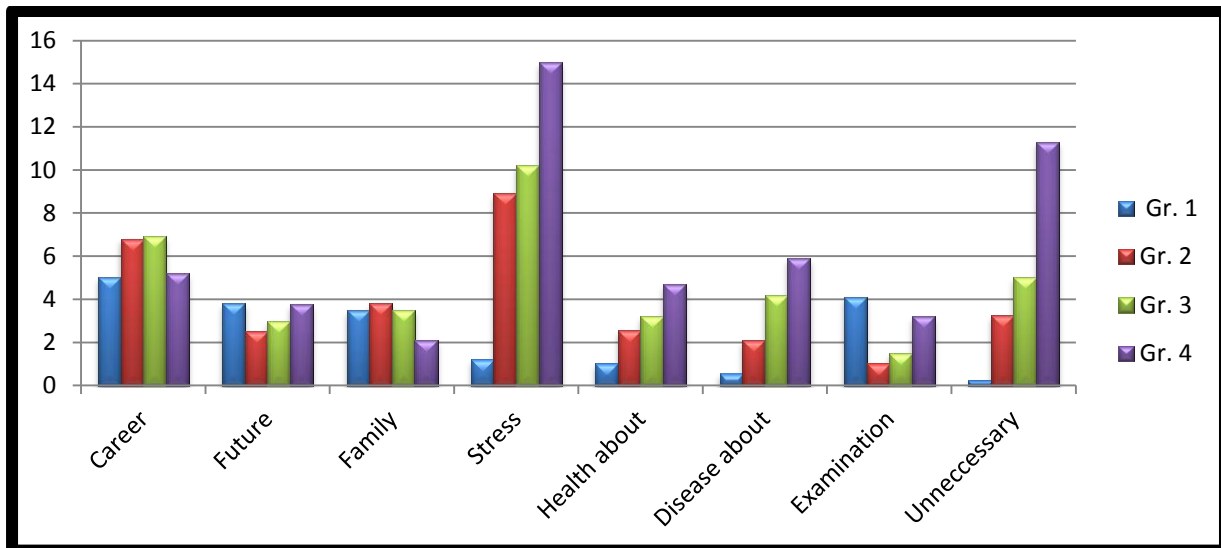


Chart 10:-Intellect & Tobacco:

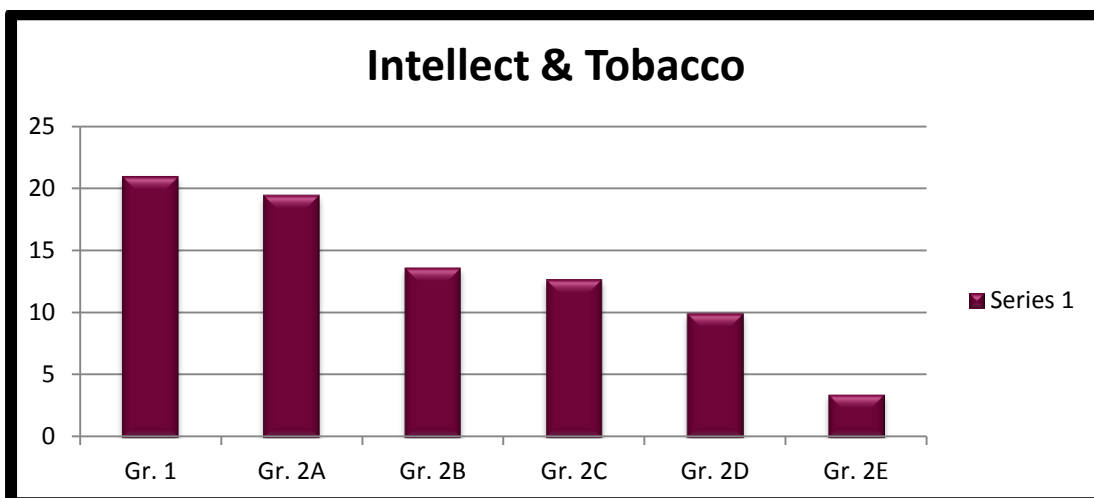


Chart 11:-This measurement of intellect is done in a particular group of people of age group 18 to 24

Following chart is drawn on the basis of data taken in a collection of people in different years (5 years data) in comparison with data taken in people devoid of tobacco and alcohol both.

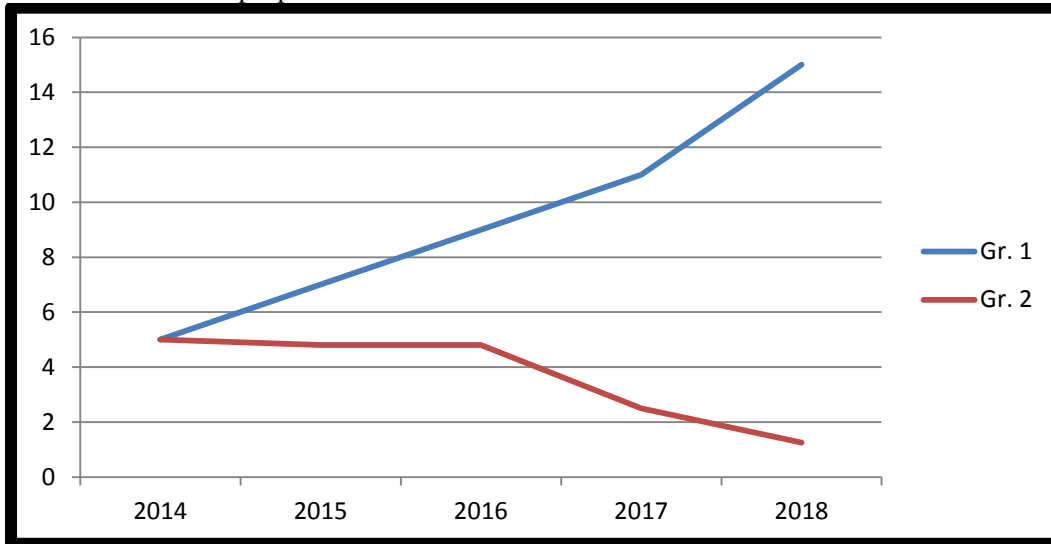


Chart 12:-Intellect & Alcohol:

This study reflects the effect of alcohol on intellect in different periods of time. This study includes both current and past data. This study also includes a comparative presentation of intellects between group 1 and group 3.

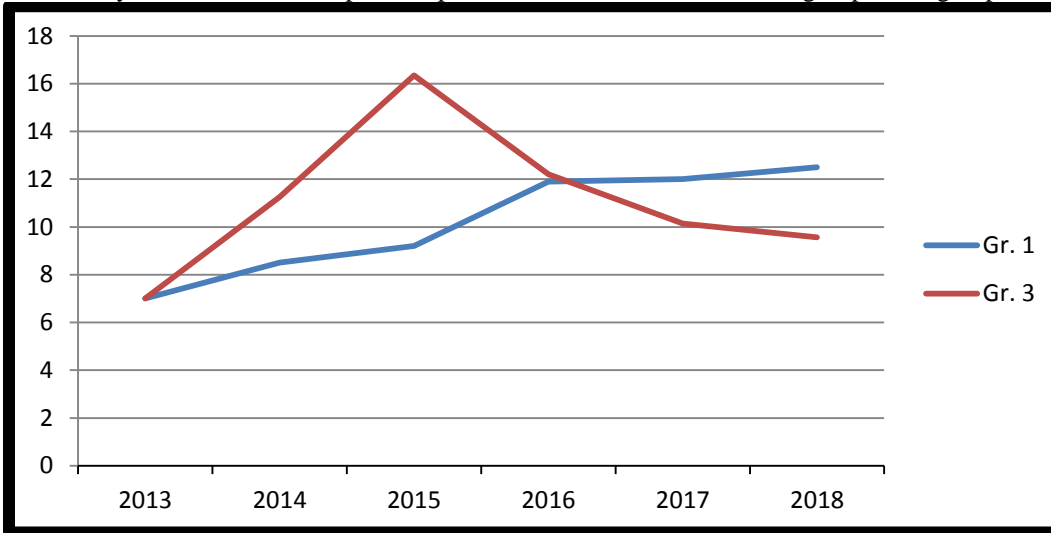


Chart 13:-Comparison between the groups of non-addicted and alcoholics.

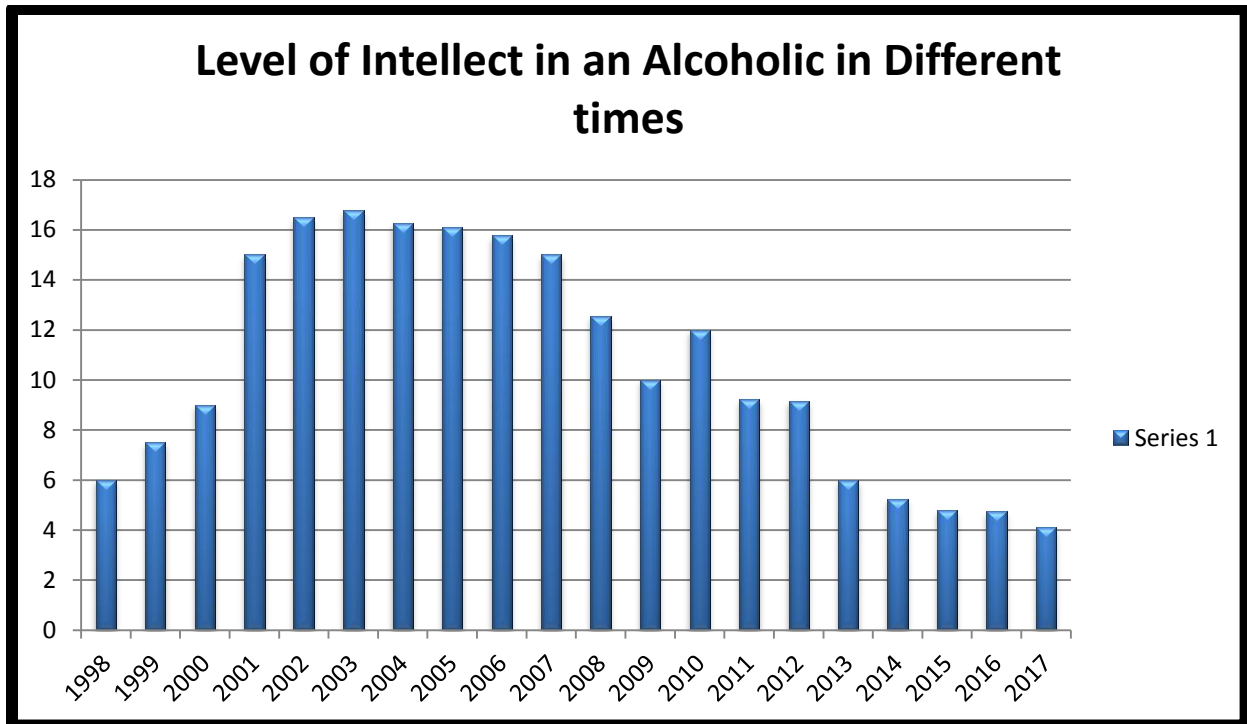


Chart 14:-

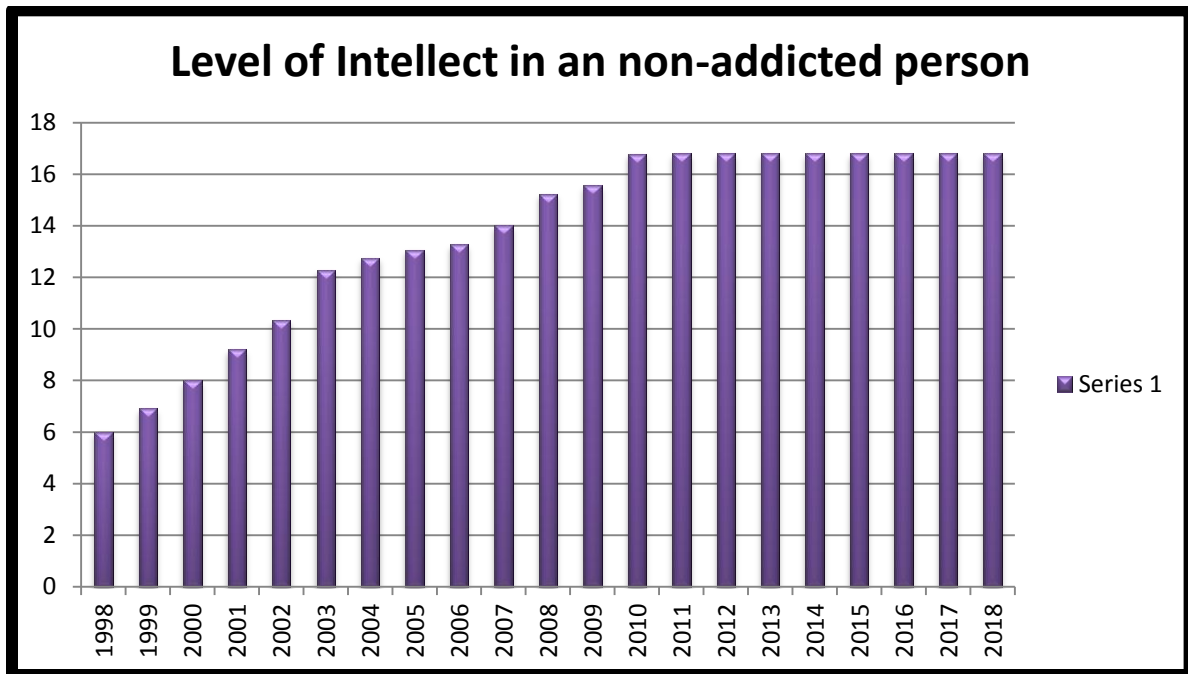


Chart 15

Smoking & Other Physical problems:-

Generally, people promotes the interrelationship between smoking and cancer, but there are multiple pathological conditions existed, having close and direct relationship with the tobacco.

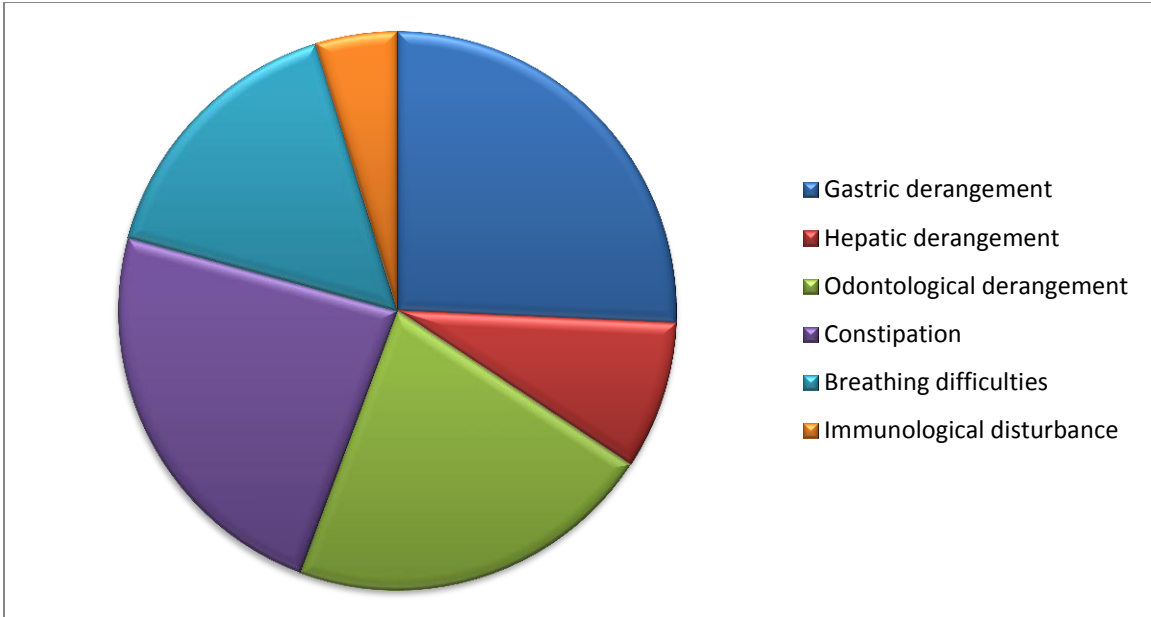


Chart 16

Alcohol & Other Physical Problems:-

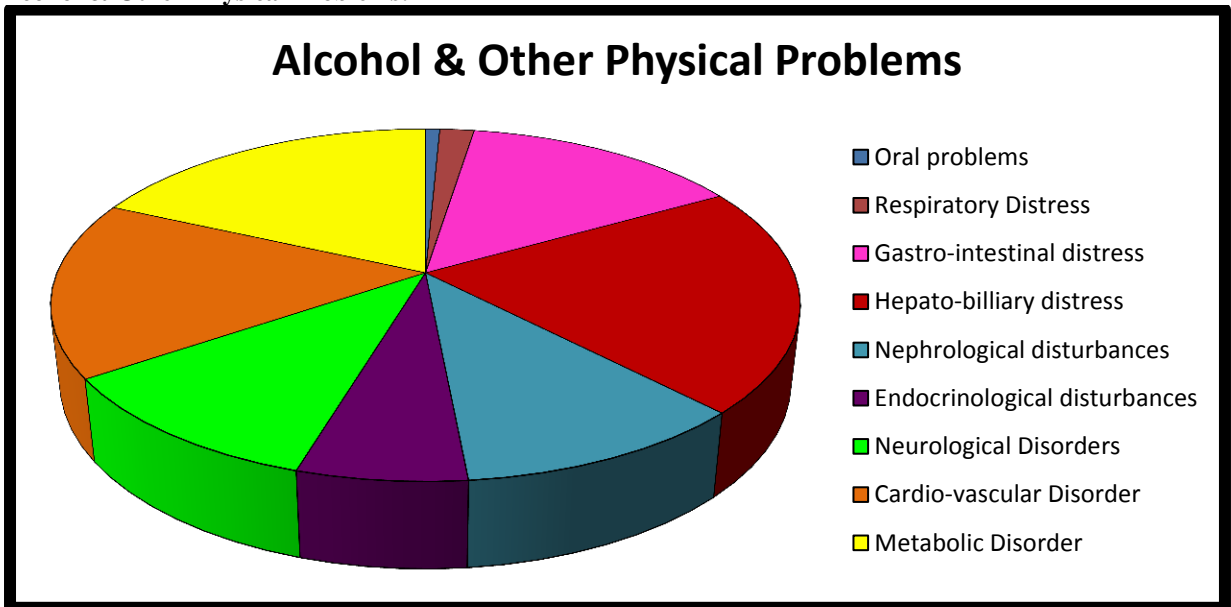


Chart 17:-Comparative study of Sexual urge between a Non-addicted group and Group under the influence of Alcohol

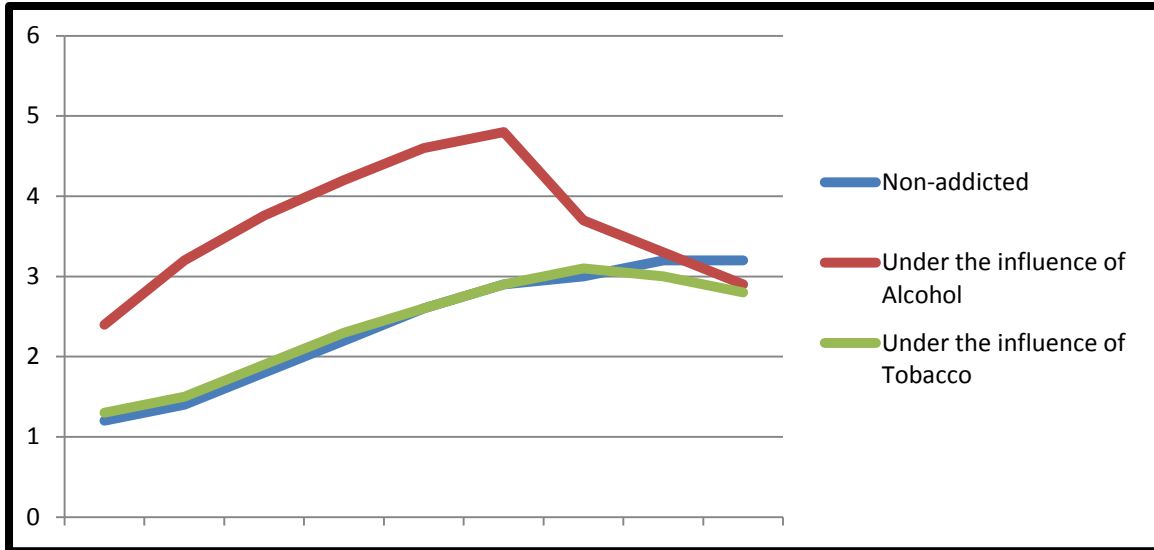


Chart 18:-Graphical representation of Sexual arousal during the phases of Sexual act between three groups.

Cause of Substance Abuse:-

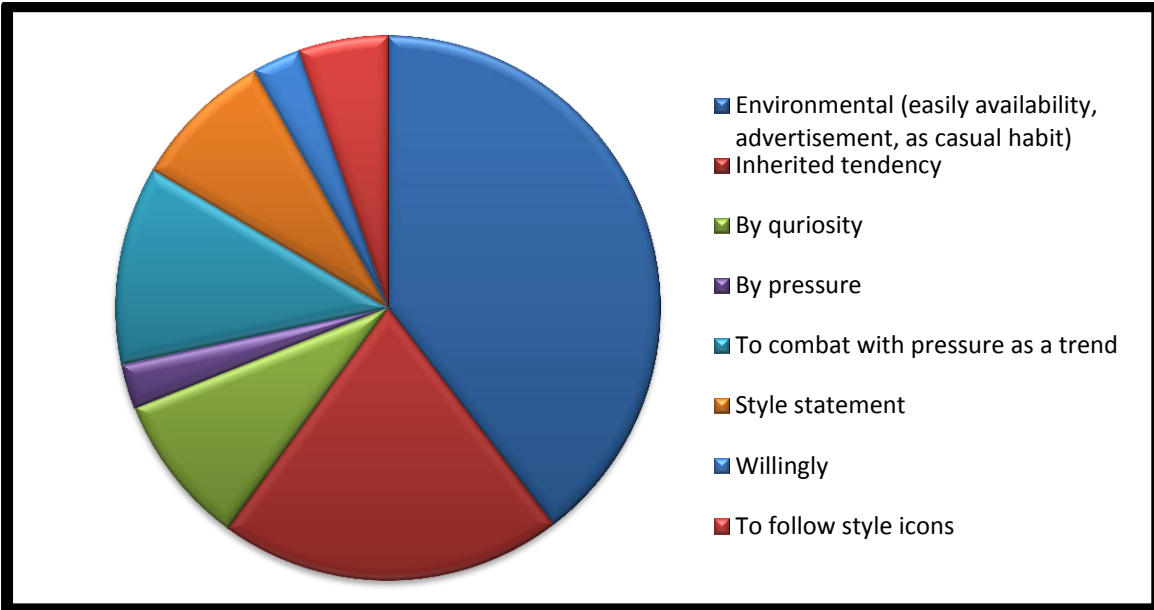


Chart- 18

Discussion:-

Addiction or better to say taking of the abusive materials must not dependent upon the individual choice of anyone. Although as per the law, taking of abusive materials is absolutely depended on individual choice, but strictly speaking that, this is a fallacy and directed by cheap business purposes. Human psychology is very difficult to understand, but not impossible. Here we have demonstrated different chronological study result and inter-relationships, which clearly able to describe about the severity of the abusive materials intake in acute and chronic stages. From this study, it is clear that today’s dangerously addicted world is the well- decorated gifts of our seniors and as a collective result gross deterioration take place in mind and body both. In Chart 16 & chart 17 one can able to understand about the effects of substance abuse. Among the effects of substance abuse, maximum are commonly overlooked by us as physiological phenomena, but maximum of those are indicating features of this substance abuse. The effects which are commonly advertized by the media, are the most fatal one and few in number. But there are many more pathologies arises due to these substance abuse. There are many effects of substance abuse which transforms into the next generations as an inherited feature. Substance abuse is one of the major causes of this

degraded psycho-somatic status of nature. If one go through the aetiologies of substance abuse, he/she can easily find some stunning information. Chart- 18 shows major causes of substance abuse, where maximum space occupied by the cause 'environmental', then 'inherited', then 'combat with the pressure as a trend', then 'as a curiosity', then 'copying their style icon'.

Environmental tendency comprises of i) easily availability ii) as a statement of freedom iii) as casual habit iv) by observing many abusers around.

Inherited is somewhere related with the role of smoking gene grossly. Inherited habits play a duel role and give a confusing manifestation. Person, whose parents are smoker, they shows a feature of aversion to the abusive substances at first, then they got addicted and become habitual abusers.

Curiosity also plays an important role in the addiction. Common trend of mind is what you oppose to perform, there is a strong affinity aroused for that job. So, promoting the pictures of effects of substance abuse on the packets of that particular substance and showing 'injurious for health' captions in the films are nothing but the promotion of those curiosities in human mind.

So, in the conclusion we can say, substance abuse can't be one's choice or depended upon freedom. One have that preedom to live their in a healthy manner, but they does not have that right to damage themselves actively or passively.