

Women Liquor Consumption Habit and its Impact on Social Group

Deepa Pandey

Amity University, MP, Gwalior
E-mail: deepapandey30@gmail.com

Abstract—*Sometimes it's simply forgotten that Alcohol is an addictive substance. The square measure glass of wine with a meal, a brew after work is socially acceptable. There are government pointer that indicate the most alcoholic units per week that are safe to consume .However issues occur when drinking to excess or drinking as a solitary activity and eventually the person finds that they cannot get to sleep at midnight while not a drink or perhaps a bottle of wine or hard drink or they can not face the day while not having a couple of glasses of wine, spirits or brew before they leave the house. Alcohol is extremely and a few people will monitor their consumptions however others realize it very tough, which might lead to the requirement for alcohol to require over their lives.*

If alcohol becomes a major part of someone's life there are obviously going to be some effects on that person's life in particular the financial cost, a cost to physical health and the psychological impact including relationships. Although light-to-moderate drinking among women is associated with reduced risks of some cardiovascular problems, strokes, and weakening of bones, such levels of drinking also are associated with increased risks of breast cancer and liver problems, and heavy drinking increases risks of hypertension and bone fractures and injuries. Women's heavy-drinking patterns and alcohol use disorders are associated with increased likelihood of many psychiatric problems, including depression, posttraumatic stress disorder, eating disorders, and suicidality, as well as increased risks of intimate partner violence and sexual assault, although causality in the associations of drinking with psychiatric disorders and with violence remains unclear.

Keywords: *Alcohol, depression, relationships, drinking and consumptions etc.*

Introduction

Alcohol is a socially acceptable, legal drug that is consumed by the majority of Americans without problems to themselves or others (Milgram xiii)." Misuse of alcohol can lead to alcoholism, one of the most widespread and complex problems in America. The reasons some people become dependent on alcohol and others do not are unknown. Alcohol is probably the most widely used recreational drug in the world. The production of alcohol is the result of the fermentation of plant products such as fruit grains. Gin, Vodka, Whiskey, and other hard liquors, require a further process known as distillation. The active chemical ingredient

in beer, wine, and other alcoholic beverages is ethyl alcohol. Ethyl alcohol is a potentially addictive drug and a depressant of the central nervous system (Kestler 6).Alcohol acts as a sedative and as an aesthetic, reducing nerve transmissions and impulses to the central nervous system. This depresses mental, motor, and vital functions such as pulse rate, respiration, and blood pressure (Kestler 6). Intoxication varies greatly from one person to the next depending on his/her blood alcohol level. The speed of consumption can cause the blood alcohol level to rise. Other factors including body weight, emotional state, tolerance to alcohol, amount of time over which drinking takes place, and the amount of food in the stomach can also influence the blood alcohol level (Kestler 7).

Alcohol use disorder (which includes a level that's sometimes called alcoholism) is a pattern of alcohol use that involves problems controlling your drinking, being preoccupied with alcohol, continuing to use alcohol even when it causes problems, having to drink more to get the same effect, or having withdrawal . Alcohol presents yet another health challenge for women. Even in small amounts, alcohol affects women differently than men. In some ways, heavy drinking is much more risky for women than it is for men.

With any health issue, accurate information is key. There are times and ways to drink that are safer than others. Every woman is different. No amount of drinking is 100 percent safe, 100 percent of the time, for every woman. With this in mind, it's important to know how alcohol can affect a woman's health and safety. Alcoholism is widely viewed as a major social problem due to its diverse effects that not only impact on an individual drinker, but also on the society as a whole.

This is particularly because the damaging effects of alcoholism are directly linked to many social evils which may affect individuals otherwise not related to the drinker. According to Wells and Graham (34), the society normally pays a heavy price for alcoholism in the form of traffic accidents, family or domestic problems, health issues and medical expenses and interpersonal violence.

One of the major social consequences of alcoholism is its potential negative impacts on the family. Studies suggest that alcoholism is behind a significantly high percentage of the instances of domestic violence including physical or verbal abuse of spouses or children, and is responsible for the break up of many marriages. For example, intoxicated events can have lasting consequences in the family through domestic violence. In addition, money spent on buying alcohol particularly by heavy drinkers may divert scant economic resources that could have otherwise been used for the benefit of the family. It is also worth noting that children living in the family with an alcoholic normally have higher rates of depression, lower grades and frequently feel socially isolated.

Another important damaging effect of alcoholism to the society is related to its link with higher rates of violent crime and conflicts in neighbourhoods. Generally, the consumption of alcohol particularly at higher levels is widely considered to be a significant risk factor for violence and crime. Recent statistics indicates that the offenders in a majority of violent crimes are more likely to be under the influence of alcohol than any other drug.

Lastly, there is also a clear connection between alcohol abuse and a majority of automobile accidents. This is particularly attributed to the diverse negative effects of alcohol on poor judgment of individuals. For example, as a depressant, alcohol usually slows down the brain and the body's responses. On the other hand, intoxicated individuals also have an increased tendency to take risks. Combined, the two factors significantly increase the likelihood of accidents on our roads.

Women's drinking patterns are different from men's – especially when it comes to how much and how often they drink. Women's bodies also react differently to alcohol than men's bodies. That means women face particular health risks from alcohol. Women who drink beyond moderate levels can face a variety of health risks. For women, this level of drinking is above the recommended limits published in the Dietary Guidelines for Americans, which are issued jointly by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services. (The Dietary Guidelines can be viewed online at www.nutrition.gov.) The Dietary Guidelines point out that drinking more than one drink per day for women can increase the risk for motor vehicle crashes, other injuries, high blood pressure, stroke, violence, suicide, and certain types of cancer.

Risks from Alcohol Consumption:

Drinking and driving: It doesn't take much alcohol to impair a person's ability to drive. The chances of being killed in a single-vehicle crash are increased at a blood alcohol level that a 140-lb. woman would reach after having one drink on an empty stomach.

Medication interactions: Alcohol can interact with a wide variety of medicines, both prescription and over-the-counter. Alcohol can reduce the effectiveness of some medications, and

it can combine with other medications to cause or increase side effects. Alcohol can interact with medicines used to treat conditions as varied as heart and blood vessel disease, digestive problems, and diabetes. In particular, alcohol can increase the sedative effects of any medication that causes drowsiness, including cough and cold medicines and drugs for anxiety and depression. When taking any medication, read package labels and warnings carefully.

Breast cancer: Research suggests that as little as one drink per day can slightly raise the risk of breast cancer in some women, especially those who are postmenopausal or have a family history of breast cancer. It is not possible, however, to predict how alcohol will affect the risk for breast cancer in any one woman.

Fetal Alcohol Syndrome: Drinking by a pregnant woman can harm her unborn baby, and may result in a set of birth defects called fetal alcohol syndrome (FAS).

Another risk of drinking is that a woman may at some point abuse alcohol or become alcoholic (alcohol dependent). Drinking four or more drinks on any given day OR drinking eight or more drinks in a typical week increases a woman's risk of developing alcohol abuse or dependence. Women are more vulnerable than men to alcohol's effects, even after drinking smaller amounts. Women in many different cultures enjoy drinking alcohol for a variety of reasons—to celebrate a special occasion, help them feel more sociable, or simply to unwind with family and friends. While many are able to drink responsibly, alcohol use does pose unique risks to all women. While men are more likely to drink alcohol than women, and to develop problems because of their drinking, women are much more vulnerable to alcohol's harmful effects.

Heavy drinking can lead to increased risk of health problems such as liver disease, brain damage, and breast cancer. Women are as likely as men to recover from alcohol dependence, but women may have more difficulty gaining access to treatment. Women who drink more than light to moderate amounts of alcohol (more than about 7 drinks a week) are at increased risk of car accidents and other traumatic injuries, cancer, hypertension, stroke, and suicide. In addition, drinking at an elevated rate increases the likelihood that a woman will go on to abuse or become dependent on alcohol. Exercise, diet, hormones, and stress: keeping up with all the health issues facing women is a challenge.

Stress and Drinking

Stress is a common theme in women's lives. Research confirms that one of the reasons people drink is to help them cope with stress. However, it is not clear just how stress may lead to problem drinking. Heavy drinking by itself causes stress in a job and family. Many factors, including family history, shape how much a woman will use alcohol to cope with stress. A woman's past and usual drinking habits are important. Different people have different expectations about the effect of alcohol on stress. How a woman handles stress,

and the support she has to manage it, also may affect whether she uses alcohol in response to stress.

Consequences of Unsafe Drinking

- The number of female drivers involved in alcohol-related fatal traffic crashes is going up, even as the number of male drivers involved in such crashes has decreased. This trend may reflect the increasing number of women who drive themselves, even after drinking, as opposed to riding as a passenger.
- Long-term health problems from heavy drinking include liver, heart, and brain disease; suppression of the immune system; and cancer.
- Because women are more likely to become pregnant in their twenties and thirties, this age group faces the greatest risk of having babies with the growth and mental impairments of fetal alcohol syndrome, which is caused by drinking during pregnancy.

Women and Drinking Problem

- Fewer women than men drink. However, among the heaviest drinkers, women equal or surpass men in the number of problems that result from their drinking. For example, female alcoholics have death rates 50 to 100 percent higher than those of male alcoholics, including deaths from suicides, alcohol-related accidents, heart disease and stroke, and liver cirrhosis.

A woman's genetic makeup shapes how quickly she feels the effects of alcohol, how pleasant drinking is for her, and how drinking alcohol over the long term will affect her health, even the chances that she could have problems with alcohol. A family history of alcohol problems, a woman's risk of illnesses like heart disease and breast cancer, medications she is taking, and age are among the factors for each woman to weigh in deciding when, how much, and how often to drink.

Alcohol misuse among women in modern life has been a major public health and social issue in recent decades. At that time, it was noted that while nearly all women (92%) drank sometimes, 'just over 70% of women drank less than 5 units a week... (fewer) than 1% had over 35 units', which is commonly regarded as a hazardous level of consumption by today's standards.^[2]

Subsequent governments focused their attentions on encouraging sensible drinking among the population. But the rise of alcohol misuse among women gathered apace, mainly attributed to cultural and socioeconomic changes, the increased availability of alcohol in the off-trade, and advertising campaigns run by the alcohol industry targeting women whose lifestyles were influenced by such factors.

As a result, survey data showed that in 2010, a greater proportion of women (3%) now consume alcohol to the same hazardous levels than was the case in the 1970s and 80s.

Women in the workplace

The culture of drinking to excess also made its way into the workplace, where marked changes in attitudes and behaviour towards alcohol saw women in various professions taking advantage of the increased number of opportunities to drink than open to previous generations. The ubiquity of drinking in some workplaces and professional settings has been noted.^[7] Furthermore, with the number of women in work at historically high levels, and the gender pay gap narrowing over recent decades, the notion of women sharing a drink with colleagues after work has become more socially acceptable.^[8]

It is for reasons such as these that the workplace has had an important influence on female drinking habits; GLS statistics show that in 2011, women in managerial and professional positions in particular not only consumed more units of alcohol than the average female, but also drank more frequently during the week. The OLS in 2014 noted a higher proportion of women in employment drank in the week prior to the survey than women who were unemployed or economically inactive (60% vs 39% and 44% respectively).

Women and education

The link between status and consumption appears to go further than the drinking habits of female high-fliers. There is evidence to suggest an association between education and consumption levels. A 2010 study based on the drinking habits of individuals born in 1970 found that the more educated women are, the more likely they are to drink alcohol on most days and to report having problems due to their drinking patterns. The relationship is stronger for females than males.

The authors offer a set of explanations for the positive association between education and drinking behaviours:

- A more intensive social life that encourages alcohol intake;
- A greater engagement into traditionally male spheres of life, a greater social acceptability of alcohol use and abuse;
- More exposure to alcohol use during formative years;
- Greater postponement of childbearing and its responsibilities among the better educated, and smaller underreporting

Conclusion

Women are drinking more alcohol than ever before, and the long-term upward trend shows little sign of abating. It has also been observed that gender may also impact alcohol addiction treatment experiences. The negative health and social consequences have drawn the attention of the medical profession, the criminal and justice system, and politicians in recent years. Non Governmental Organisations working in the field of alcohol policy have stressed the importance of all

parties working together to develop a coherent strategy to combat harmful drinking among women.

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