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On the Harmful Effects of Strong Drinks

Dosmetov Seidahmet Gulmetuli, Bekturov Davron Kholtursinovich

saidaxmeddosmetov01@gmail.com

Assistants of the Almalyk branch of the Tashkent State Technical University, Almalyk, Uzbekistan

Abstract:

The article deals with questions about the harmful effects of strong drinks on the human body, especially on the body of the younger generation from the point of view of warning young people about the negative consequences of strong drinks. The problems associated with the use of strong drinks and the issues of their negative impact on the health of the human body are also investigated.

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INTRODUCTION

In addition to smoking, bad habits include the use of strong drinks - the consumption of alcohol. At the present stage, the study of the mechanisms of the influence of strong drinks on the human body, as well as the likelihood of irreversible changes in the functioning of the human body with the regular use of large doses of strong drinks, is a popular topic of scientific research. In this regard, we believe that the study of the problem of the influence of strong drinks on the human body is very relevant today.

One of the most consumed strong drinks is beer. But the strangeness of the situation is that reading about the dangers of beer is horrified and outraged more often by those who do not drink beer or drink it, in principle, rarely and little. The same people who have already been struck down by an insidious disease not only do not read, do not know, are not interested, but do not recognize the term "beer alcoholism". Of course - are they alcoholics? They, every day or every other day, not at work, in the evening, alone, to good music or a pleasant TV show, empty bottle after bottle of their favorite beer, and then calmly fall asleep - do they drink? And, in fact, what is the harm of beer here?

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of large doses of alcoholic beverages, is a popular topic of scientific research. In this regard, the study of the problem of the influence of alcohol on the human body is very relevant today. In this regard, we want to clarify the harmful effects of strong drinks, in particular about beer. It is no secret that beer, considered a pleasant drink to quench your thirst, is the first step towards serious alcoholism, which has ruined many worthy and talented people. Can the harm of beer really lead to alcoholism - a serious disease that is difficult and expensive to treat, which does not always go away completely, often returning along with all its chimeras - hard drinking, a hangover, physical and mental degradation.

LITERARY RESEARCH

In the last century, some countries tried to increase the production and advertising of beer, thinking that by switching to beer, people would still be less addicted to strong drinks. But the result turned out to be just the opposite - in parallel with the increase in beer consumption, the curve for the consumption of strong drinks went up and the harm of beer (which, as it turned out, only increases the alcoholic appetite) thus played its role. It turned out that light alcohol does not replace strong alcohol, but, on the contrary, complements it. This turned out to be especially bad for the unsteady, vulnerable and unstable psyche of adolescents who want to assert themselves in the company at all costs.

Currently, the consumption of alcoholic beverages in the world is characterized by huge numbers. The whole society suffers from this, but first of all, the younger generation is at risk: children, adolescents, youth, as well as the health of expectant mothers. After all, alcohol has a particularly active effect on the unformed body, gradually destroying it. The harm of alcohol is obvious. With the systematic use of alcohol, a dangerous disease develops - alcoholism.

In myths, legends and fairy tales of the ancient world - wine, intoxication, revelry appear everywhere. Drunkenness flourished, and it was followed by its constant companions - debauchery, crimes, serious illnesses. The history of the manufacture and use of intoxicating drinks goes back thousands of years, this tradition continues today, because there are such occasions for drunkenness: commemoration, holidays, meetings, seeing off, christening, wedding, divorce, frost, hunting, New Year, International Women's Day, recovery, housewarming, success, award, etc.

For the first time, the term "chronic alcoholism" was used in 1849 by the Swedish physician and public figure M. Huss [1] (M. Hüss), who designated the totality of pathological changes that occur in the human body during prolonged, immoderate use of alcoholic beverages. For a long time, however, no distinction was made between drunkenness (binge drinking) and alcoholism (a disease). In the 19th and early 20th centuries, alcohol addiction was generally called dipsomania, but now the term has a different meaning.

According to L.D. Miroshnichenko [2], with the systematic use of alcohol, a dangerous disease develops - alcoholism. Alcoholism is characterized by a loss of control over the amount of alcohol consumed, an increase in alcohol tolerance (an increase in the doses of alcohol required to achieve satisfaction), an abstinence syndrome, toxic damage to organs, and memory lapses for individual events that occurred during the period of intoxication.

At the suggestion of the World Health Organization [3], in the International Classification of Diseases (ICD-10), alcoholism is designated as a "dependence syndrome" (F10.2), included in the heading "mental and behavioral disorders caused by alcohol use" (F10), and in the American DSM-5 classification as "alcohol use disorder" or "alcohol use disorder".

According to the author [4], modern civilization is characterized by a significant increase in the

number of diseases, which are based on vicious human inclinations. These include smoking, alcoholism, drug addiction, substance abuse, AIDS, hepatitis and other diseases. The distribution and use of alcohol, tobacco, drugs and their ever-increasing popularity among young people lead to an increase in the number of infectious and oncological diseases, as well as dementia and degradation of the human personality.

In the work of the authors [5], it was noted that recently people have increasingly begun to worry about the cause of the death of mankind as a result of global epidemics and pandemics. Evidence of this is the large number of deaths from bird flu, which began in Asia and spread around the world quite quickly. It is also worth remembering SARS in 2003. Paradoxically, technological progress, in particular the global transport system, has caused the rapid spread of diseases around the world and the death of millions of people. If people can not cope with such infectious diseases, then the world's population can be drastically reduced.

Alcoholism is one of the most serious problems faced by countries around the world. At one time, W. Gladson [6] believed that alcoholism and such social phenomena as famine, plague and war lead to self-destruction of the human personality. It should be stated that this problem is especially relevant at the present stage, since it has a detrimental effect on the health of the population, especially on the health of the younger generation and not only on its moral and spiritual development, but also on society as a whole. Alcoholism is a voluntary madness, causing harm to oneself and society. No wonder alcoholism is considered one of the types of deviant behavior.

A particularly pronounced effect is observed with the action of alcohol intoxication on the cardiovascular system. For example, the effect of alcohol consumption on the development of hypertension has a direct dose-dependent effect, while being the same for both men and women. A similar dose-response relationship exists between alcohol consumption and atrial fibrillation. Alcoholism has a similar effect on the development of ischemic strokes [8].

Alcohol consumption has specific effects on the liver and pancreas, as evidenced by the existence of disease categories such as alcoholic liver disease, alcoholic cirrhosis, alcohol-induced acute or chronic pancreatitis [9].

Today, according to a number of studies and observations, scientists have come to the conclusion that almost 75% of those suffering from alcohol addiction are people with a certain genetic predisposition. Unfortunately, any reasons that led to this outcome are difficult to eliminate. Depending on the individual characteristics of the body and the human psyche, alcoholism is a disease that often becomes incurable.

METHODOLOGY

The fact that beer alcoholism exists is finally recognized. And it comes not even faster, but rather, more imperceptibly than ordinary, vodka alcoholism. A clear craving for vodka still makes a person, at least sometimes in a moment of sobriety, get scared, looking at himself from the outside, to realize that he is moving towards the abyss. And the harm of beer is precisely in the fact that those who are fond of only beer are calm for themselves - well, what is beer, nothing serious, just to quench their thirst in the heat. And they do not notice that the amount of beer drunk increases from time to time, and in order to experience similar sensations, more and more intoxicating drink is required. Then its degree rises by switching to more and more strong varieties. Well, later the quantity turns into quality, and instead of a

bucket of beer, a bottle of vodka is already drunk, which itself is often accompanied by the same beer.

But the body doesn't really care where to get alcohol from - from beer, wine, vodka, whiskey - for it there is only the amount of ethyl alcohol of different quality taken orally. Much is also said about the value of beer as a food product. However, in the process of beer production, all useful substances are consumed by fermenting bacteria for their own needs, and practically nothing useful remains in beer. Only one thing is true from what the defenders of the beer ceremony say - it is impossible to experience the total harm of beer and drink beer to death.

Why is beer so dangerous for teenagers? Well, firstly, because it is easier for teenagers to take the first step towards drinking it with it, with beer - and this step is being taken by an increasing number of young people, in all countries of the world, and they receive the harm of beer in all its evil manifestations. In order to walk around drinking vodka after school, you still need to step over a lot - this is not for beginners. And with beer - it's easy and simple. And since the psyche of adolescents is more mobile, the foundations of life are only being formed, the habit, and then alcoholism, comes faster.

Beer, according to many doctors working in the relevant field, is no less aggressive drink than vodka. After excessive intake of beer, the level of aggression also increases significantly, which contributes to fights and showdowns. And attempts to relax, relieve this tension often lead teenagers to promiscuous sexual relationships that occur without the necessary responsibility for the consequences. And this leads to unplanned pregnancies, again leading to quarrels, aggression and the desire to get drunk. Thus, the circle is closed. The harm of beer is obvious.

No wonder alcoholism is considered one of the types of deviant behavior. An alcoholic does not follow moral standards - he can beat his own children. An alcoholic also violates legal norms by thoughtlessly committing crimes. So it is easier to prevent disease than to cure it, it is better to explain to young people what the use of strong drinks leads to.

Research scientists have proven that in boys and girls alcoholism as a severe, difficult to treat disease arises and develops four times faster than in adults. The destruction of personality also occurs much faster. It is worth repeating that when girls and boys drink wine, all organs are affected, but the central nervous system is especially vulnerable, memory drops sharply, psyche, control over their actions is reduced. Alcohol is very dangerous for the younger generation, especially for girls, because their body is more easily exposed to drugs during the growth period. Drinkers (especially girls) under the influence of alcohol become cheeky, talkative, unrestrained, not critical enough of their behavior. In a drunken state, the girl loses her shame, her feminine dignity, she is prone to frivolous behavior. The consequences of drunkenness are tragic.

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The quickest and most destructive effect of alcohol is on brain cells, while, first of all, the higher parts of the brain suffer. Quickly delivered by the blood stream to the brain, alcohol penetrates the nerve cells, and is destroyed, as a result of which the connection between different parts of the brain is upset. Alcohol also affects the blood vessels that carry blood to the brain. From the beginning, they expand,

and blood saturated with alcohol rapidly rushes to the brain, causing a sharp excitation of the nerve centers. This is where the overly cheerful mood and swagger of a drunk person comes from.

Scientists have found that under the influence of alcoholic beverages in the cerebral cortex, after increasing excitation, a sharp weakening of inhibition processes occurs. Each new portion of alcohol paralyzes the higher nerve centers more and more, as if connecting them and not allowing them to interfere in the chaotic activity of the sharply excited parts of the brain. The cerebral cortex ceases to control the work of the lower, so-called subcortical areas of the brain. That is why an intoxicated person, as it were, loses control over himself and a critical attitude towards his behavior. Losing restraint and modesty, he says and does things that he would not say and would not do in a sober state.

What we in everyday life complacently call intoxication, in essence, is nothing more than acute alcohol poisoning, with all the detrimental consequences that follow from this. It is good if, after a certain time, the body, freed from the poison, gradually returns to its normal state. Scientists have found that alcohol introduced into the body is not immediately excreted from there, and a certain amount of this substance continues its harmful effect on the organs for 1-2 days, and in some cases more.

Drinking alcohol during pregnancy can lead to negative consequences for the developing brain of the fetus, which will later be expressed in the physiological, cognitive and behavioral aspects of the personality. The harm of alcohol is manifested in the fact that in the most severe cases, a complex of symptoms develops, known as fetal (fetal) alcohol syndrome. Дети с фетальным алкогольным синдромом часто имеют пороки развития внешних органов, а также обычно медленнее растут и развиваются по сравнению со здоровыми детьми. Объём их головного мозга может быть меньше нормы, при этом у таких детей также меньше мозговых клеток (в том числе нейронов), чем у других. Нейронные клетки мозга у детей с фетальным алкогольным синдромом не способны нормально функционировать, что приводит к расстройствам когнитивных функций и различным отклонениям в поведении.

It is worth noting that the disease of alcoholism on a nervous basis, as a rule, is incurable for women. The female psyche is more sensitive, the emotional load in the usual volume is perceived much harder. As a rule, in the absence of universal support from relatives, friends and others, alcohol becomes the only “helper”.

Today, the issues of universal education, reduction of maternal, infant, child morbidity and mortality, increasing life expectancy of people, are being successfully solved all over the world. The directive and regulatory documents adopted in recent years by the government of the Republic of Uzbekistan are evidence of the care of the state, aimed at fostering a healthy lifestyle not only for the general population, but also for the younger generation.

CONCLUSION

Alcohol dependence is a problem of modern society, which not only does not know how to solve problems differently, but does not even want to perceive this problem as such. For most people around alcohol is the norm, tradition, habit, but not a disease. Perhaps that is why today we need to think about the alcohol danger that threatens all of humanity. Alcoholism, as experts from the World Health Organization emphasize, is a big threat to public health on a global scale.

In conclusion, we want to note that the main weapon in the fight against strong drinks is reliable and

timely information. At the same time, it is necessary that every person be aware of the dangers of alcohol, in particular, the dangers of strong drinks, which cause great harm to the human body. Under the influence of strong drinks, almost all physiological processes in the body are disrupted, and this can lead to serious illnesses.

Thus, early exposure to beer as a low-alcohol, supposedly prestigious drink as a result turns out to be a big disaster for many teenagers in the near and not very bright future. In this regard, we urge young people: Do not drink beer! Take care of yourself and the health of your loved ones!

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