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Alcoholism Reflection

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Alcoholism Reflection

The course has provided significant benefits and awareness about my health behaviors. With the increase in several people affected by alcohol consumption without their knowledge, the section on alcoholism has provided essential insights into understanding how alcohol is consumed in the body and whether a person is influenced by alcohol. The majority of the population, especially in college and universities, do not recognize that alcohol is a drug and is a prerogative in taking many lives worldwide. Nevertheless, people are different, and thus, the effects of alcohol consumption will be varying from individual to individual. The course section has provided vital information, especially during the screening test, that made me realize some individuals can limit themselves when drinking. Others have a challenge in controlling their alcohol use.

Alcohol is a readily available product because it is sold in almost every part of the world. Although people may take different alcohol varieties such as beer, wine, or liquor, people have not realized the effect they involve themselves in. Alcohol products have been around my life ever since I was a child. I have been raised in a family where my father consumes alcohol, making it available around me. However, I have never tasted alcohol until I joined high school. Drinking alcohol is part of individuals' lives, including mine, and is considered socially acceptable to many cultures, especially the present generation full of globalization. Wang et al. (2020) claimed that alcohol is the most addictive substance; however, many people are not concerned about it because they do not realize the problem.

To realize if someone has an alcohol drinking problem, they must pass through specific tests, which I had not discovered before this course. Before the course, I knew taking alcohol is not a problem because I did not recognize if consuming alcohol can interfere with my life. First,

an individual is supposed to pass through a test that will rate them based on specific scores and know if they have a problem. In the course study, I passed through a cut-annoyed-guilty- eye (CAGE) screening test. The CAGE screening test is a questionnaire that comprises four questions to weigh if an individual is alcohol dependent (Choe et al., 2019). The questions have been considered to ensure they are less conspicuous than directly asking people if they have a challenge with alcohol. I learned about CAGE in the course and thus tried it to check if I have a problem; luckily, based on the test, I do not have a problem with alcohol consumption.

Alcohol can be a challenging problem before one identifies it because individuals are not always aware of their challenges. Therefore, after involving in the CAGE screening tool, I was also engaged in the Audit screening test to realize if I have a problem. According to Audit Screen (n.d), the audit comprises ten questions, and the probable reaction every question is scored from 0-4 with the exclusion of questions nine and ten that have reactions of zero, two, and four. The same source added that the range Audit score ranges from 0-40, where zero designates an abstainer which is an individual that has never had a challenge with alcohol. Furthermore, the score of 1-7 recommends low-risk alcohol use while 8-14 propose perilous and detrimental alcohol consumption. When someone has at least fifteen scores, they have a chance of depending on alcohol (Liskola et al., 2018). Based on my scores on Audit screening scores, I obtained six scores which made me realize I have a low alcohol consumption risk.

Individuals involved in alcohol consumption can get significant effects on their life. Although alcohol has effects on individuals' body, their life is also affected a lot. For example, their relationship with friends and families is affected. Many people with the problem of drug or alcohol abuse do not have a stable family because they tend to spend more of their incomes on alcohol than supporting the family. According to Tadros & IMFT (2019), alcohol could make

individuals fight and affect their kids' relationships. Through the course, I learned that an organization helps alcoholic individuals recover from drinking and become responsible members of society as well as help other people.

Al-Anon has focused on designing strategic questions to realize if an individual is troubled by someone consuming alcohol. I am not always affected much when someone close to me takes alcohol; however, I worry about them taking the drink and blaming their companions' behavior. By following the Al-Anon guidelines, Dockendorf (2018) claimed that if someone answers yes to at least three questions of the twenty provided, they need help and the organization is willing to help them.

People take alcohol for different reasons. One needs to realize the reason for taking alcohol to control themselves from the act or get help where appropriate. Moreover, before a person reduces taking alcohol, they will need to start by changing the behavior, making them drink alcohol. The section of the course has made me realize the reason why I take alcohol. The first reason I discovered made me take alcohol is to improve the enjoyment of individuals and occasions. During events, alcohol is used as an enhancement, ensuring that people are active and enjoy. Nonetheless, happiness is just for a limited time.

Another reason that makes me take alcohol is for compliment and enjoyment of food. In the environment in which I have been raised, almost every individual is involved in taking drinks during occasions. Therefore, when I reached twenty years of age, I started to bring alcohol to compliment other people around me. Also, the final reason is to allow me to relax after a long day. Wang et al. (2020) claimed that alcohol makes a person feel happy and aggressive.

Consequently, when someone is exhausted, they tend to go and take alcohol to enhance their energy. On most occasions, I call my friends and take a drink together to improve the fun experience. Similarly, when I am nervous about a social situation, alcohol can assist me in relaxing.

The course has presented important information that has opened my mind concerning different types of alcohol. Alcohol content plays an essential role in understanding how the drink can affect an individual. Tadros & IMFT (2019) stated that high alcohol content increases the body and mind's effect. Although an individual may not be using alcohol frequently, they can also experience short-term effects. Reflecting on my case, I do not drink regularly; the course has made me realize that the toxic content I consume is substantial and can result in significant challenges in my life. Nevertheless, those taking alcohol frequently can have severe effects such as skin flushing. However, those who do not regularly take, such as me, can have short-term effects such as trouble concentrating, loss of critical judgment, and increased blood pressure.

Alcohol maintenance also plays an essential role in making an individual stay safe. Through the course, I realized that different types of alcohol have varying maintenance rates. Seungduk & Aeree (2018) emphasized that after consuming alcohol, it goes directly to the stomach and the small intestine, quickly absorbed into the blood. Moreover, the liver plays an essential role in eliminating alcohol from the blood through metabolism. While the liver eliminates ninety-five percent, the other five percent comes out of the body through other means such as sweat, urine, and breath.

Nevertheless, I realized that the maintenance rate of beer is 2.3 hours and that of wine is 2.7 hours. The maintenance rate is the time required to metabolize a given drink. Therefore, when I take beer with twelve alcohol content, to get the maintenance rate, I will need to take 2.5

and multiply by the proof of drink and volume of liquor, then divide them by the body weight.

However, when alcohol is taken in excess, an individual will require to stop drinking and provide time. The time needed is based on the number of drinks taken multiplied by the maintenance rate because the maintained rate is calculated based on one drink.

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