

Alcohol Addiction among Young Adults and Psychological Practices in Treatment and Preventions

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ABSTRACT:

Alcohol addiction among young adults has turned into a greater public health concerns over the years that add incredibly to morbidity throughout internationally. The present paper planned to critically and fundamentally evaluate the psychosocial theories to explain why few people develop an alcohol addiction and behavioral implications of those theories for reducing the harm related to alcohol addiction.

The alcohol was discovered centuries ago through its normal event in rotting organic product or aging dishes of grain in which air-borne yeasts and common sugars combine [1]. Despite the fact that the alcohol discovery might be coincidental, people quickly figured out purposefully to produce it. Alcoholic drinks got to be common in major aspect of all cultures. Alcoholic beverages were used in medicine, everyday drinks as part of social festivals and celebrations as means for spiritual practice and conflict resolution. These events are testing periods to an individual's development of social and emotional competency. Individual's identity and environment relies upon number of risk factors can produce different effects. Worldwide, WHO researchers report that men are more likely to use alcohol than woman. Around the world, it is estimated around 1.4% of the total population are suffering from alcohol addiction disorder. Alcoholic beverages were used in medicine, everyday drinks as part of social festivals and celebrations as means for spiritual practice and conflict resolution. Various hypotheses have been proposed through many years and every proposal seems like to bode well in some ways. In any case, every hypothesis has additionally been appeared to be lacking in clarifying all situations. the impression that alcohol addiction is chronic and progressive physical disease that can be incurable and deadly. It is the conviction under this model that after drinking alcohol first time, the basic disease symptoms is activated in the body. The alcohol drinking disease leads them to drink more alcohol till it put an end to them emotionally, physically and spiritually. It is said that there is no cure of it but the person stops drinking; the effects of the alcohol addiction disease can be controlled. This is very basic

perspective acknowledged by many medical psychiatrists across the world. All researches and experts who trust in the disease model to an extent agree that social, environmental and psychological factors are important components in developing alcohol addictive behaviors. Numerous research demonstrates that learning in gathering and groups greatly effects on the increase of dangerous drinking behavior pattern. Individuals develop drinking habits for certain reasons that is because their past and present environment. The individuals who see generally uncontrolled drinking with the goal of inebriation figure out how to drink. Individuals are additionally modeled by the results of drinking. Individuals keep on behaving in certain ways on the off chance that they get positive outcomes for the conduct. However, psychological factors contribute significantly to addiction recovery. The goal in psychological methods in addressing addiction recovery is to encourage within self, a desire for change. One way is to guide the person to accurately weigh the positive and negative effects of their addiction. For change to take place The therapist will ask them to conduct an experiment to see if this notion is true and as they discover that it isn't, the cravings will subside. Despite beliefs and expectations heavily influencing our perspectives, many are not aware of the extent of it. Kaminer et al. completed randomized control experiment comparing between CBT

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