

SERIOUS PROBLEMS OF HUMAN BEHAVIOR AND THEIR SOLUTIONS

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Abstract: In this article, the author discusses alcoholism, a serious problem of human behavior. Widespread promotion of legal, economic and other measures aimed at protecting human behavior from the negative effects of alcohol and tobacco products is one of the current urgent problems.

Keywords: alcohol, disease severity, alcoholism, alcoholic cirrhosis of the liver, mental retardation.

Nowadays, the problem of alcoholism has become serious, every year millions of people on earth lose their lives due to the serious consequences of alcoholism. The rate of alcoholic diseases is two to three times higher, and death from somatic diseases is three to four times higher. Due to all these reasons, the life expectancy of alcoholics is reduced by an average of 12-18 years. Heavy drinking damages all internal organs, in particular, the most common diseases include: alcoholic cirrhosis of the liver, alcoholic cardiomyopathy, atherosclerosis of the cerebral vessels, encephalopathy and mental retardation, as well as a number of other diseases that occur as a result of alcohol poisoning.

In addition, alcoholism destroys relationships in the family, society, and the state, which not only destroys the country's wealth and reduces the level of health of the population, but is also considered a scourge against society. Of course, chronic drinking, from all points of view, leads to extremely dangerous consequences for the body, and explaining and justifying alcoholism is generally not logical. In particular, adolescents and young people, people about to start a family, men and women during childbearing, pregnant women, people with chronic diseases, people with a history of liver disease, and others should not consume alcoholic beverages in general.

The issue of alcohol consumption is very complex and contradictory. Unfortunately, despite extensive media propaganda about the harmful effects of alcoholism, vodka and other alcoholic beverages, this disease is not decreasing, but rather its number is increasing per capita. It has long been known that "ripe fruit always tastes sweet," so we approach this delicate issue with extreme caution and try to change our attitude and behavior towards alcohol. It is necessary to clearly distinguish between alcoholism (drunkenness) and periodic consumption of alcohol.

Alcoholism is a disease that is rehabilitated in specialized mental health facilities. Occasional (episodic) alcohol consumption can be triggered by certain traditions, holidays and other events, stress or fatigue, etc.

No one can guarantee that seemingly harmless periodic drinking will not later become chronic. Ibn Sina in his teachings: "Wine is the enemy of a drunkard, drinking it in small quantities is beneficial, even against poisoning, but in large quantities it is poison. Drinking it is allowed for intelligent people, forbidden for fools." Medical advice: "Wine (wine)" is a medicine in small quantities, but in large quantities it becomes poison."

Studies over the past decade have shown that small amounts of pure natural red wine have a positive effect on the cardiovascular system in terms of preventing atherosclerosis, increasing

the level of high-density lipoproteins in the blood and preventing the accumulation of cholesterol in the walls of coronary arteries.

High alcohol intake disrupts the heart rhythm, negatively affects the heart muscle, and can cause acute heart failure. The amount of alcohol consumed is measured in ml of pure alcohol.

It is necessary to introduce the concept of "culture of alcohol consumption" in society, each person must determine for himself, if he decides to drink, he must know that drinking in general is very dangerous for health, not strong drinks, but a very small amount of pure light wine with friends and relatives can be drunk for pleasure. A person must always be in a relationship with his health, consciously try to preserve and strengthen it. To do this, doctors must study the behavior, reasons, and mechanisms of people prone to alcoholism, eliminate them, and influence them to change their lifestyle in a positive direction.

1. Causes of a person's spiritual poverty: inability to study; low level of education of parents; lack of social activity and encouragement; narrowness and instability of the circle of interests; lack of spiritual need and passion; lack of clear ideas and imagination regarding the choice of profession; lack of suitability for work; lack of motivation to shape behavior; avoidance of making responsible decisions; loss of promising life opportunities.
2. Disruption of the social microenvironment: incomplete family; family alcoholism; negative psychological environment and immorality of those around them; low level of education, poor education of parents, and improper upbringing.
3. Individual biological characteristics of a person: hereditary predisposition to alcoholism and mental illness; severe somatic diseases and various neuroinfections in early childhood; organic brain disorders; mental underdevelopment and mental infantilism.
4. Neuropsychiatric or individual mental anomalies of a person include various diseases: neuroses, psychopathies.

Even if a person's mental state and moral and spiritual views are not completely destroyed in mild alcoholism, a typical alcoholic lifestyle (behavior) is formed, that is, the goal and excuse for living in this state is to find and drink vodka every day. An alcoholic lifestyle (behavior) is a method of satisfying a pathological need for alcohol, which is repeated in various situations. Alcoholism becomes the main driving force of life. Alcohol is not without reason compared to a "green snake", it enters a person without noticing, gradually eating away at his conscience, honor, shame and pride. How the disease of alcoholism develops and is divided into the following stages.

The first stage, which lasts from 1 to 6 years or more, depending on the amount of alcohol consumed, develops dependence on alcohol and a constant desire to drink. Gradually, mental and physical performance deteriorates, and conflicts arise in the family and at work due to the loss of such qualities as responsibility, duty, and executive power. During this period, it is possible to stop drinking alcohol if specific measures are taken to change behavior.

The second stage is a period of heavy drinking, when aggression alternates with a depressive-depressed state, the mind is scattered, the person cannot control how much he drinks, this state can last 10-20 years. The person loses weight, his physical and mental capabilities are depleted, there is a moral breakdown of the personality, loss of creative abilities, rapid fatigue, lack of

interest in work, memory loss, professional skills fade, the person becomes rude, capricious, impressionable and irritable.

One of the leading signs of the second stage is the appearance of abstinence syndrome - this condition is expressed in the manifestation of severe somatovegetative and mental disorders during wakefulness, which pass after the next dose of alcohol is consumed (hangover).

Modern approaches to the prevention of alcoholism are based on two strategies:

1. Reducing risk factors leading to alcoholism;
2. Strengthening factors that reduce the tendency to alcoholism.

It is known that some life situations prevent or, on the contrary, increase alcohol consumption. All factors that lead to alcohol consumption are considered risk factors. Situations that reduce alcohol consumption are called protective factors.

Throughout life, a person encounters a number of risk factors and protective factors, and the more risk factors there are, the greater the likelihood of becoming an alcoholic. There is no single factor that leads to the development of alcoholism.

The fight against alcoholism is a multifaceted set of measures aimed at preventing the disease and creating conditions for positive behavioral changes, forming a healthy lifestyle.

To combat alcoholism, it is necessary to have a comprehensive impact on all socio-economic conditions, including education. If people have high goals in life, if their living conditions and socio-cultural needs are satisfied, and if the rules of alcohol trade are observed, the development of alcoholism will automatically decrease, all of which is a population algorithm and is directed at target groups. Alcoholism and alcoholism are considered a threat that undermines the intellectual and spiritual potential of this country.

Therefore, modern and theological approaches to combating alcoholism are aimed at forming a person who takes responsibility for his own health, is spiritually mature and has a positive attitude. This basic standard forms the basis of all target groups, and this standard can be effectively used in the formation of positive attitudes in the fight against alcoholism.

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