

Factors, Leading To Chronic Alcoholism

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Annotation: In the study, to examine the prevalence of chronic alcoholism in the Republic of Uzbekistan and to reveal its risk factors. According to the results obtained, the analysis of the data level of the patients showed that the main part of them was higher and secondary special education. The maximum number of patients was 40-59 years old, the average age was 43,2. It was found that the most frequent alcoholic drink of patients was this beer and acute spironolactone (vodka). Among the daily consumed drinks, beer is preferred, this is the most common drink, it is consumed no more than 1 times a week. Most of the respondents said that the reason for drinking alcoholic beverages has become such a tradition (44,5%). 20.0% of patients, that is, 1 out of every 5 people, insisted on drinking alcohol to raise the mood, excessive psychoemotional stress caused 30.4% of the respondents to drink alcohol. Most patients know that drinking alcohol-containing drinks can cause health problems in the future.

Key words: alcoholism, risk factors, alcohol dependence, prevalence

Relevance of the problem: According to the World Health Organization (WHO), every year in the world there are about 3,3 million cases of death caused by alcoholism, which accounts for 5,9% of all causes of death. More than 200 diseases and injuries occurred as a result of excessive consumption of alcohol, 5,1% of the total global volume of diseases and injuries is attributable to the effects of alcohol [1,4,8,9].

During the current economic conditions and health reform period, alcohol dependence is one of the most urgent medical and social problems, which leads to the emergence of various diseases, disproportionate behavior, disputable situations in the family and workplace. It is known that alcoholism and alcoholism are one of the main causes of production injuries. Among people who drink alcohol excessively, the number of deaths for various reasons is 2 - 4 times more than in the general population. The degree of death is associated not only with injuries, but also with diseases caused by excessive alcohol intake. As a result of this, in the first place, diseases of the cardiovascular and gastrointestinal systems develop. It is also caused by specific diseases of alcoholism: cirrhosis of the liver, cardiomyopathy, psycho - emotional psychoses, degradation of the individual, etc. [2,3].

Despite the fact that measures aimed at combating alcoholism, promoting a healthy lifestyle among the population, the problem of alcoholism remains relevant in our Republic, as in the whole world. Alcoholism and alcohol consumption hinders the development of any society and civilization as a whole [5,7]. The social consequences of alcoholism and alcoholism are very wide and have a negative impact on many aspects of society. Medical and demographic consequences are manifested in a decrease in the level of health of the population, an increase in morbidity, premature death of the population, a violation of families and neglect of children, which in turn leads to an early surrender of children to drinking.

Purpose of the study: To study the prevalence of chronic alcoholism in the Republic of Uzbekistan and to reveal its risk factors.

Material and research methods: To study the prevalence of chronic alcoholism in the Republic of Uzbekistan, special accounting documents of the state statistics office (2013-2018 yy) were used.

In study of the factors, which led to alcohol dependence, patients were used in the case where questionnaire survey method was used. In order to determine the nature of the risk factors that cause the occurrence of the disease and its position among each other, we divided them into certain groups of factors: biological factors, social status, data and factors related to labor activity, home conditions, nutrition, rest, factors related to physical activity, harmful habits and family interaction.

A total of 300 patients with chronic alcoholism were involved in the drug dispensary of Karakalpakstan region by random selection for the study of lifestyle, quality of life and risk factors leading to the disease. Patients, who were involved in sociological research, were treated at the drug dispensary of the Republic of Karakalpakstan, taking into account the living conditions of the population, social and environmental factors.

The results obtained and their discussion: according to the official data of the state statistics office, the level of incidence of the population of the Republic with chronic alcoholism has an unchanged

trend in 2013-2018 years, including in 2013, when it amounted to 18.1 per 100,000 population, in 2018 the figure is 18.7 (table).

Table The level of the population of the Republic with chronic alcoholism (compared to 100000 population)

Suspicion	Chronicalcoholism						Changin g(+,-) 2013-2017	Changin g v %
	2013	2014	2015	2016	2017	2018		
RepublicOfUzbekistan	18,1	17,1	16,0	18,1	21,0	18,7	0,6	3,3
RepublicOfKarakalpakstan	22,3	18,2	18,5	26,2	24,3	20,3	-2,0	-9,0
Andijan	7,5	7,2	6,0	9,4	10,3	14,0	6,5	86,7
Bukhara	17,1	17,4	18,0	16	23,8	25,6	8,5	49,7
Jizzakh	21,0	24,9	25,2	22,6	20,6	13,7	-7,3	-34,8
Qashqadarya	17,1	21,7	21,3	21,7	30,7	23,0	5,9	34,5
Navoi	23,3	27,4	22,6	22,1	38,8	21,6	-1,7	-7,3
Namangan	9,0	9,0	6,5	7	8,6	10,0	1,0	11,1
Samarkand	26,2	16,8	20,0	24,2	28,6	19,0	-7,2	-27,5
Surkhandarya	27,2	20,0	20,5	19,2	22,7	28,6	1,4	5,1
Syrdarya	24,7	24,0	22,0	25,7	25,7	18,1	-6,6	-26,7
Tashkentregion	12,3	12,0	10,4	12,4	12,1	12,2	-0,1	-0,8
Fergana	15,2	16,7	16,0	19,1	18,6	18,4	3,2	21,1
Khorezm	17,1	23,5	21,5	25,5	28,5	28,1	11,0	64,3
TashkentCity	25,0	20,1	8,1	14,5	18,0	14,6	-10,4	-41,6

The prevalence rate of the disease in the regions is uneven, and if it has a tendency to increase in Andijan, Khorezm, Kashkadarya, Fergana regions, Jizzakh, Samarkand, Navoi regions have a tendency to decrease, but these indicators can not reliably show the prevalence of chronic alcoholism among the population. To study the prevalence of alcoholism among the population, the incidence (incidence and structure) of the population with chronic alcoholism, it is expedient to study the primary health care facilities of the population by conducting medical examinations among the population, as well as by conducting in-depth analysis of the causes of death[6].

In order to investigate the cause and effect of alcoholism among patients with chronic alcoholism, we included patients treated at the drug dispensary of Kashkadarya region in the questionnaire. According to the results of the analysis of patients in terms of age, 60,1% of the respondents correspond

to patients aged 40-59 years, the second largest group is people aged 18-39 years (38.6%). Respondents in theengkichikguruh 60-year-olds, they accounted for 1.7% of the population.

The level of knowledge of the individual is one of the decisive factors affecting the formation of the attitude to the abuse of alcoholics and, in particular, the increase in dependence on Alcoholism. According to the data level, 44,8% of respondents have higher or incomplete higher education; 40,9% have secondary special education; 14,4% have only secondary education.

According to the marital status, more than half of the respondents (64,4%) are officially registered in marriage, 4,0% are married in civil marriage, 18% are not married, 13,6% are divorced.

"What kind of alcohol do you prefer?"82,2% of respondents said that if beer or vodka were answered, 32,9% said that wine, if Champagne was designated, 7,5% of respondents said they would have difficulty responding.

In the study of the prevalence of alcoholism, it is important to determine the frequency and amount of drinks consumed.

Among the daily intake of alcohol grass, respondents prefer beer (9,5%). In addition, beer is the most common drink, which is consumed 1 times or more per day (45,5%). At the same frequency, 16,4% of strong alcohol (vodka) is consumed by respondents. However, 25,9% of respondents received alcohol 1-3 times a month, while 23,3% were abused 1-5 times in six months. Dry wine and champagne wines, as well as home-made alcoholic beverages, are not particularly popular among respondents. One third (27,9%) of respondents consume alcoholic beverages of this category 1 - 5 times in six months.

The results of the analysis of the volume of alcohol consumed regularly by respondents showed that 8,4% of respondents found that they consume more than 1 liter of all types of alcohol per day, (of which beer – 5,8%). In the dose" from 500 ml to 1 liter " - 44,0% (beer from this – 28,0%). The majority of patients (92.6%) believe that the optimal dose of alcohol is 200-500 ml.. In this amount, beer is consumed 31,9%, dry wine, champagne-25,3%. The third place is occupied by strong drinks (21,4%)(vodka, cognac, etc.). In addition, in some cases, patients have insisted that they mix different types of alcohol in order to avoid the intoxicating effect.

Analysis of the data obtained allows us to conclude that the consumption of strong alcoholic beverages among patients in the Narcological dispensary is widespread with a frequency of from 100ml - 500 ml (51%) 3 times a month in the amount (42,3%), or 1 or more per week. For themselves, the optimal dose is from 200 to 500 ml, that accounts for -21,9%, up to 1 liter -28, 0%, more than one liter – 5,8% of respondents noted. 25,5% of respondents consumed wine and champagne wines in the amount from 200 to 500 ml.

"Why do you drink alcohol?"on the question " " quot; the following answers were recorded: to improve a bad mood – 19,9%; to improve a good mood-13,8%; for stamina — 28,2%; to increase

confidence in myself - 4,2%; to facilitate communication with others -14,6%; to spend time - 3,7%, to eliminate stress – 30,0%.

44,5% of respondents insisted on drinking because it became a tradition to drink alcohol. 20,0% of respondents (that is, every fifth patient) reiterated that the cause of alcohol consumption is to eliminate the bad mood. It was noted that excessive psychoemotional stress was the reason for the use of 30,0% alcohol.

"Did you think you were overly drunk on?" for the question the following results were obtained.": 5,0% of the respondents answered negatively; 35,9% answered that such a situation was once; 51,0% said that I was drunk several times; 8,1% of the respondents said that it was difficult to answer or do not remember. Despite the fact that 70.0% of patients are treated in a Narcological dispensary or registered in a dispensary, it is believed that the dose of alcohol consumed is not excessive.

Excessive drinking of alcohol occurs, as a rule, under the influence of the social environment of a person. "With whom do you usually drink?", the following answers to the question were received. Most of the respondents said that they drink alcohol with friends (76,9%); in a campaign with relatives – 39,2%; with unfamiliar people – 10,1%; alone drinkers accounted for 15%. Consequently, one of the most important reasons for the appearance of alcohol abuse and abuse, dependence on it, is the customs of this microcosmical environment.

When analyzing the answers to the question of the risk of alcohol consumption to health, the majority of respondents (89,0%) know that excessive alcohol consumption is detrimental to health. Almost one-third (31.2%) of the patients had problems communicating with others, problems with work and study were recorded to 33.9%. 40,6% of respondents regard that this may affect the health of future children.

Thus, the majority of patients are aware that alcohol abuse can bring about health related problems. However, this awareness is not sufficiently understood.

Conclusions:

1. The level of the population of our republic with chronic alcoholism has an unchanged trend in 2013-2018, including in 2013, when it accounted for 18.1 per 100,000 population, in 2018 the figure is 18.7.
2. 60,1% of patients undergoing treatment at the Narcological dispensary are patients aged 40-59 years, the second largest group is people aged 18-39 years (38.6%). Among the respondents, the smallest group is people over the age of 60, they account for 1,7%.
3. Among the alcohol consumed daily by the respondents, beer prevails (9,5%). In addition, beer is the most common drink, which is consumed 1 times or more per day (45,5%). At the same frequency, 16,4% of respondents to strong alcoholic beverages (Vodka) are excluded from the study. However, 25,9% of

respondents received alcohol 1-3 times a month, while 23,3% were abused 1-5 times in six months. Dry wine and champagne wines, as well as home-made alcoholic beverages, are not particularly popular among respondents. One third (27,9%) of respondents consume alcoholic beverages of this category 1 - 5 times in six months.

4. One of the most important reasons for the appearance of alcohol abuse and abuse, dependence on it, is the traditions of this microsocial environment. Most patients are aware that alcohol abuse can bring about health related problems. However, this awareness is not sufficiently understood.

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