

Syllabus

3.1 Abuse of Alcohol, Tabacco and Drugs and the effects of abuse on Individual, Family and Community.

3.2 Effects of Alcohol, Tabacco and Drugs on Sportsperson.

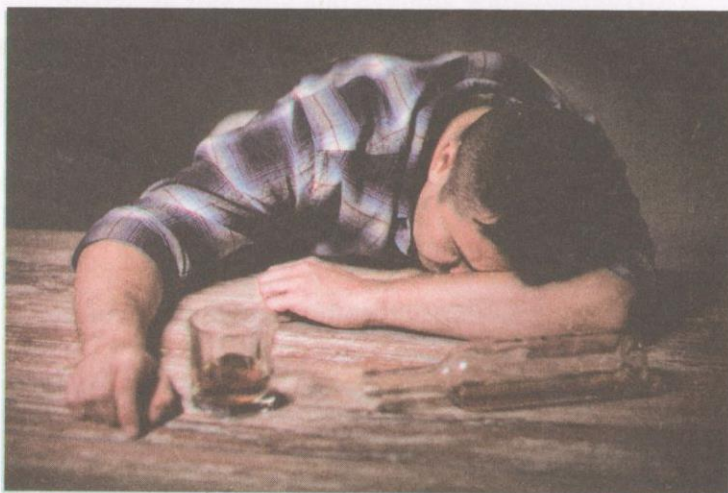
3.3 Eating habits that cause obesity and its effects on health.

3.4 Prevention of Obesity.

3.1 ABUSE OF ALCOHOL, TABACOO AND DRUGS AND THE EFFECTS OF ABUSE ON INDIVIDUAL, FAMILY AND COMMUNITY.

Alcohol Abuse

Alcohol abuse is a serious problem. It is a pattern of drinking too much alcohol too often. It interferes with your daily life. You may be suffering from alcohol abuse if you drink too much



alcohol at one time or too often throughout the week. It also is a problem if you can't stop drinking and it harms your relationships. It can cause you to be unable to function at work and in other areas of your life.

It can lead to physical dependency on alcohol, or alcoholism. Too much alcohol at one time also can lead to alcohol poisoning. One alcoholic drink is defined as 1, 12-ounce bottle of beer; 1, 5-ounce glass of wine; or 1.5 ounces of 80-proof distilled spirits (such as whiskey, rum, or tequila).

Symptoms

- (i) You have tried stopping for a week or more, but can't make it past a few days.
- (ii) You can't stop drinking once you start.
- (iii) You recognize you need to stop or cut back.
- (iv) You are unable to perform at work or home when you are drinking.
- (v) You feel guilty after drinking.
- (vi) Others are telling you that you have a problem.
- (vii) You feel annoyed by criticism of your drinking.
- (viii) You have a drink in the morning to get yourself going after drinking too much the night before.
- (ix) You have physically hurt someone else or yourself after drinking too much. This could be due to accidents or violence.
- (x) You hide your drinking or your alcohol.
- (xi) You have blackouts and memory lapses after drinking too much.
- (xii) You are depressed.
- (xiii) You are getting traffic or driving tickets while under the influence of alcohol, (xiv) Your drinking is interfering with your relationships,
- (xv) Your hands are shaking.

Short-term Effects of Alcohol Abuse

Depending on how much is taken and the physical condition of the individual, alcohol can cause :

- (i) Slurred speech
- (ii) Drowsiness
- (iii) Vomiting
- (iv) Diarrhea
- (v) Upset stomach
- (vi) Headaches
- (vii) Breathing difficulties

- (viii) Distorted vision and hearing
- (ix) Impaired judgment
- (x) Decreased perception and coordination
- (xi) Unconsciousness
- (xii) Anemia (loss of red blood cells)
- (xiii) Coma
- (xiv) Blackouts (memory lapses, where the drinker cannot remember events that occurred while under the influence)

Long-term Effects of Alcohol Abuse

Binge drinking and continued alcohol use in large amounts are associated with many health problems, including :

- (i) Unintentional injuries such as car crash, falls, burns, drowning
- (ii) Intentional injuries such as firearm injuries, sexual assault, domestic violence
- (iii) Increased on-the-job injuries and loss of productivity
- (iv) Increased family problems, broken relationships
- (v) Alcohol poisoning
- (vi) High blood pressure, stroke, and other heart-related diseases
- (vii) Liver disease
- (viii) Nerve damage
- (ix) Sexual problems
- (x) Permanent damage to the brain
- (xi) Vitamin B1 deficiency, which can lead to a disorder characterized by amnesia, apathy and disorientation
- (xii) Ulcers
- (xiii) Gastritis (inflammation of stomach walls)
- (xiv) Malnutrition
- (xv) Cancer of the mouth and throat

Alcohol abuse treatment

If you are the one suffering from alcohol abuse, the first step is recognizing you need help. Many studies show that people struggling with alcohol abuse can benefit from some form of treatment. However, everyone is different. Not all treatments work the same for every person. The sooner a person seeks treatment, the better the outcome.

Behavioral therapy can be used to treat alcohol abuse. Therapy can take the form of support groups, counseling, or a combination of the two. Some prescription medicines can treat alcohol abuse by helping people stop or reduce their drinking. As with all medicines, some might cause side effects.

Once you have found a treatment that is effective for you, it's important to stick to that treatment. Also, it's helpful to avoid situations that involve a lot of alcohol.

Substance Abuse

Substance abuse is when you take drugs that are not legal. It's also when you use alcohol, prescription medicine, and other legal substances too much or in the wrong way.

Substance abuse differs from addiction. Many people with substance abuse problems are able to quit or can change their unhealthy behavior. Addiction, on the other hand, is a disease. It means you can't stop using even when your condition causes you harm.

Commonly Abused Drugs

Both legal and illegal drugs have chemicals that can change how your body and mind work. They can give you a pleasurable "high," ease your stress, or help you avoid problems in your life.



Heroin

This illegal drug is the natural version of manmade prescription opioid narcotics. Heroin gives you a rush of good feelings at first. But when it wears off, everything slows down. You'll move and think more slowly, and you may have chills, nausea, and nervousness. You may feel a strong need to take more heroin to feel better.

Cocaine

This drug speeds up your whole body. When you use cocaine, you may talk, move, or think very fast. You may feel happy and full of energy. But your mood may then shift to anger. You may feel like someone is out to get you. It can cause you to do things that don't make sense.

Using cocaine for a long time will lead to strong cravings for the drug.



Marijuana

A growing number of states have legalized medical uses of marijuana. A handful of states also allow recreational pot. But in most states, it's still illegal.

Marijuana can make you feel silly and laugh for no reason. Or you may feel sleepy and forget things that just happened. Driving while high on pot is just as dangerous as drunk driving. And heavy marijuana use can leave some people "burned out" and not think or care about much.

Cigarettes and Other Tobacco Products

You may not think of these as drugs. But tobacco has a chemical called nicotine that gives you a little rush of pleasure and energy. The effect can wear off fast and leave you wanting more. You can abuse and get addicted to the nicotine in cigarettes, just like other drugs.

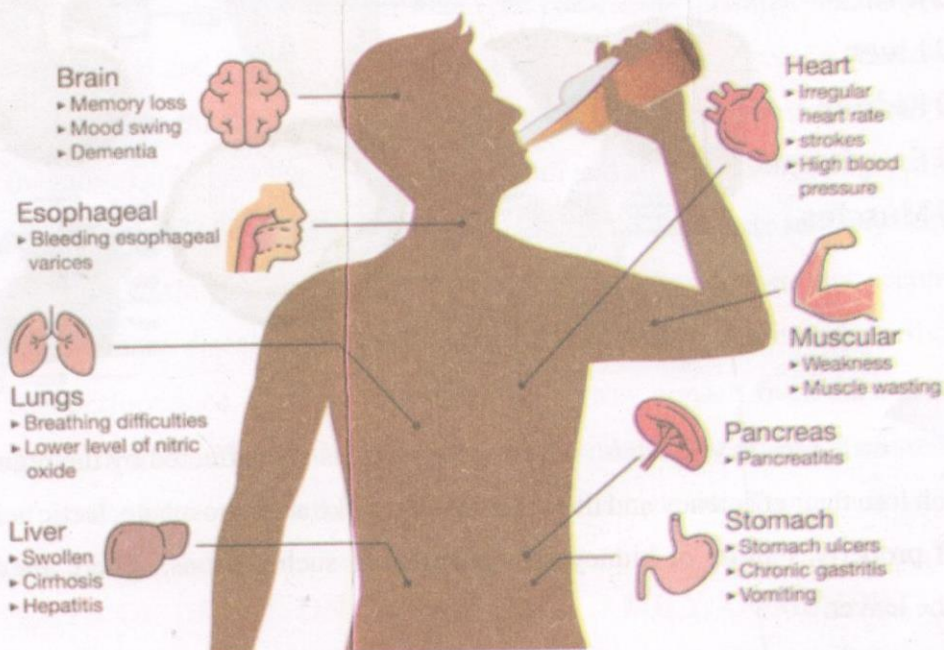
3.2 EFFECTS OF ALCOHOL, TABACCO AND DRUGS ABUSE INDIVIDUAL, FAMILY, COMMUNITY AND ON SPORTSPERSON.

EFFECT OF ALCOHOL ON INDIVIDUAL, FAMILY COMMUNITY

The alcohol which is taken by human beings is called ethanol or ethyl alcohol which is obtained by fermentation and distillation process and is made from the decomposition of rice, wheat, grapes, barley etc. Alcohol is a drug and it is classified as a sedative, tranquillizer, hypotonic or anesthetic which depends upon the quantity of consumption. In today's life the habit of taking alcohol is increasing

more rapidly than before. The sports person are also under the influence of alcohol. Doctors suggest alcohol as medicine if it is taken in desirable quantity which has good results on health. But if it is taken unlimited then it has bad effects on the health which effects the various systems of the body like nervous system, circulatory system, respiratory system, digestive system, muscular system etc. The nervous system becomes excited and If there is excess then it makes the person unconscious. It has following effects on individual, family, community and sports, person.

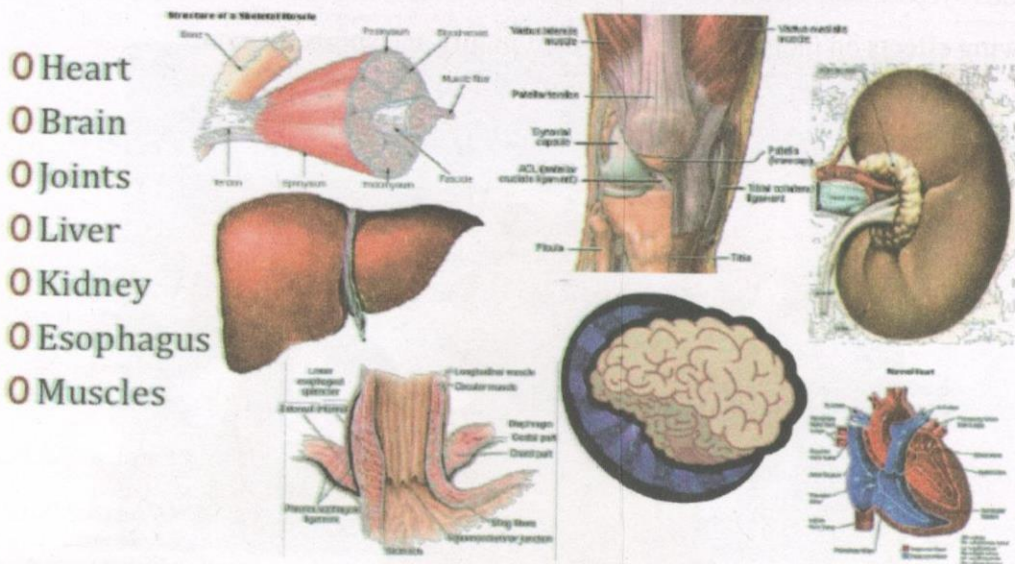
Symptoms and Effects of Alcoholism



(i) Effect on Nervous System : By the regular drinking of alcohol in large quantity, affects the nervous system of the individual or sports person which weakens the brain and nerves. The nerves which are weakened do not have proper control on muscles. Reaction time also increases but concentration power and neuro-muscular coordination decreases which also affects the sports performance and decreases tremendously.

(ii) Effect on Digestive System : The digestive system of individual or sports person also affected by the regular drinking of alcohol due to which the membrane of digestive organs becomes fatty. Alcohol also retarded the production of digestive juice, which helps in the process of digesting food properly. The intake of food is also reduced which also reduces the energy level of individual or sports person and the performance of sports person starts decreasing.

(iii) Effect on Muscular System : Regular consumption of alcohol also affects the muscular system of the individual sports-person,. The extension and contraction capacity of muscles also decreases and the muscles cannot exert maximum force. The strengths of the cardiac muscles also decreases which affects the performance of the sports person.



(iv) Effect on Excretory System : Excretory system is also affected by the regular taking of alcohol which lose their efficiency and the waste products like acid phosphate, lactic acid etc:are not disposed off properly. Failure of kidneys are common in such persons.. There are also chances damage of the leaver.

(v) Economic Loss : We know that the alcohol is very costly product. If the individual is got addicted, it causes great loss of money which brings poverty.

(vi) Increases Crime : Alcohol is directly; related with the crime. When a person is in drunken condition, he commit crimes and the possibility of sex crime is maximum as it increases sexual the desire.

EFFECT OF TABACCO ON INDIVIDUAL, FAMILY, COMMUNITY AND SPORTS PERSON

(i) Smoking Have Affects on Vision : The smoking of cigarette constantly irritates the eyes and leads to several defects in the eyes. The water from the eyes is started and the inflammation is also there. Due to this the eyes fall a prey to many diseases.

(ii) Causes Effects on Will Power : Smoking reduces the will power of an individual. He is unable to take the decisions when ever it is necessary.

(iii) Wastage of Money : The cost of cigarette pack is about Rs. 40. A person who utilize a packet of cigarette in a day he unnecessarily loose Rs. 40 and in a month he utilize Rs. 1200 which is the extra burden, on ones pocket which is a wastage of money and of no use

Smoking also reduces the playing efficiency of sports persons as it is very harmful and have unavoidable effects on the nervous system of a sports person. With this the playing efficiency is reduced and the standard of the game starts falling. To achieve the high level of performance in games and sports the sports persons keeps himself away from the bad habit of smoking Smoking habit also affects the respiratory system which has bad effects on lungs and the presence of carbon dioxide in the blood and muscles is more as compared to normal person, The excess quantity of carbon dioxide causes the fatigue and the sports person is not able to perform well. The smoking has also bad (negative) affects on heart, digestive system and all other body parts. With the presence of harmful substances the heart of individual becomes weak and there are so many skin, diseases due to smoking and the waste products which are produced in our body are not accumulated properly which causes so many diseases. The sports person can. not concentrate on the activity and unable to give his best performance. If the sports person keep away himself from the bad habit-of smoking cigarette keeps him fit and gave the good performance and enjoy a great life in the society.

Thus from the above we see that smoking badly affects the health of a individual, sports person. society also.

EFFECTS OF DRUGS ON INDIVIDUAL, FAMILY, COMMUNITY AND SPORTS PERSON

Any substance that when taken by the living organism, it may modify one or more of its function is called drugs i.e. these are life saving and if taken in excess or with out prescription of an expert can cause harm to the human being. The drug abuse is defined as self administration of a foreign substance into one's own body for non-medical reasons, in quantities and which impair individuals ability to function efficiently and it may result in social, physical or emotional harm. In sports the abuse of drugs is as old as sports itself. In Greece the sports person take drugs to boost their performance in sports. There are three main reasons for taking drugs by sports person i.e. as a pain killer, for recreation and to boost their performance as so many top ranking players do. Due to the use of drugs many players died and other got bad affects on their health. There-are five type of drugs which are mainly used by sports persons and other also.

Anabolic Steroids : With the use of anabolic steroids the sports person build their muscles tissues due to which the size of the body increases and gets more strength. These anabolic steroids are taken in the form of tablets or injections. In fact these are having very harmful effects. The hair of the individuals liver gets damaged, breast is enlarged. The females who takes these anabolic steroids also have bad effects like gaining the characteristics of males such as growing of hairs on face deepening of voice, baldness and irregular menstrual cycle etc. Male sports person after taking these drugs for a long duration sterile. With the help of these drugs one can gain speed, strength for a smaller period. That's why these drugs are mostly used by sprinters, jumpers, throwers and weight lifters.

Amphetamines : It is a stimulant drug and also known as pep pills and affects mainly the central nervous system (CNS) which controls the unconscious activities. The sports persons mainly takes amphetamines as this reduce the rate of respiration, increases the heart rate, the blood pressure increases and hunger decreases. It also delay fatigue and the person remains in conscious state. The bad effect is that it increases the body temperature and harms circulatory system also It also creates tension and stress. It gives endurance and delay fatigue. The performance is also increased that's why sports person uses this type of drugs. It is used mainly by long distance runners In the lone run the working capacity of the individual or sports person decreases even for a simple work.

Beta Blockers : Beta blockers are those drugs which reduces the blood pressure The heart rate is also reduced by these drugs. That's why the sports person use these type of drugs. These drugs are used mostly in games like shooting, archery and diving etc. The bad affects of these beta blockers is that it damages the liver.

Diuretics : Diuretics are body weight reducing agents. These are mostly taken by judo players, wrestlers, boxers and weight lifters. With the use of these type of drugs the strength of the muscles decreases and some times spasm may occur. It also reduces the amount of potassium and sodium in the body which leads to dehydration and also have affects on kidney.

Human Growth Hormone (H.G.H) : These are that substances which are secreted by pituitary glands. This type of hormone helps to make the tendon and ligaments more strong. This type of hormone also makes the cheeks bones soft due to which the tissues of the face are swollen up and the cheeks bones become wide and irregular. This type of hormone is taken by throwers, jumpers and body builders etc.

All the above named drugs no doubt increases the performance of sports person but it has bad affects if these drugs are taken for a longer time or on regular basis. In the beginning it shows good result but later on the performance, strength, speed endurance, ability, agility, concentration etc. are reduced. It has also bad affects on the various systems of the body like digestive system, muscular system, circulatory system, respiratory system, nervous system etc. These systems may stops working if these drugs are administered regularly as a result of which the sports person or individual may die.

3.2 EFFECTS OF ALCOHOL, TABACCO AND DRUGS ON SPORTSPERSON.

EFFECTS OF ALCOHOL ON SPORTSPERSON.

There is a great deal of research on the effects alcohol has on sporting performance and recovery. As a result, alcohol is not considered to be a performance-enhancing substance. Its effects depend upon a number of factors, including how much and how fast one drinks, the individual's size, how much food is in the stomach and, of particular importance to sportspeople, how close alcohol has been consumed to engaging in physical activity.

The effects of alcohol are directly related to the concentration of alcohol in the blood; however, the effects vary among individuals and even in the same individual at different times.

Few athletes use alcohol before exercise as the negative effects of alcohol on performance are well known and include :

- Lack of balance and steadiness
- Reduction in reaction time
- Impaired hand-eye coordination
- Loss of fine and complex motor skills
- Decrease in decision-making effectiveness.

Unfortunately the effect of binge drinking after exercise is not appreciated fully by many athletes. It is believed that athletes who binge drink after a practice or a game may subsequently have an impairment of athletic skills for as long as 14 hours. Hangovers can result in symptoms of headaches, nausea, diarrhoea, fatigue, dehydration, and body aches that can also diminish athletic performance. Excessive alcohol consumption following exercise is likely to :

- interfere with speedy rehydration
- delay repair of soft-tissue injuries
- disturb regular sleep patterns
- sustained during exercise

- interfere with the general recovery process.

In addition to the direct physical effects, binge drinking after exercise may :

- distract you from carrying out appropriate recovery strategies to help the body refuel and rehydrate
- relax your attitude towards less
- desirable food choices
- increase your risk of violence or being involved in a brawl, leading to adverse publicity
- place you at risk of serious injury or death
- increase your risk of other drug use. Research suggests that exercise performance is impaired during the 'hangover period' following a binge drinking session.

EFFECTS OF TABACCO ON SPORTSPERSON.

Tobacco is far less likely to be used by those who wish to play sport at any level, purely due to the impact that smoking has on sporting performance and health in general. Two major components of cigarette smoke carbon monoxide and nicotine have particularly negative effects on exercise.

Carbon monoxide reduces the amount of oxygen being carried to the muscles and other parts of the body. Nicotine suppresses the ability to reach the maximum heart rates required for maximum performance In addition, research shows:

- * during endurance tests smokers give up earlier due to fatigue, exhaustion, shortness of breath or leg pain
- in endurance runs smokers run slower
- the more cigarettes smoked, the worse the performance
- smokers perform worse than nonsmokers in tests of muscle endurance
- * smoking is detrimental to fitness, even in relatively young, fit individuals

3.3 EATING HABITS THAT CAUSE ABESITY AND ITS EFFECTS ON HEALTH.

Eating Habits : Eating habits plays an important role in making a person obese e.g.

(i) Excess Eating : We seen that there are some individuals who are the habit of taking excess quantity of food. Due to which they get more calories than their requirement. The excess calories which are taken are burnt by hard work or physical exercises or physical work. If this not done then the individual starts becoming obese.

(ii) Frequently Eating : Frequently eating also increases the supply of calories. The individuals who are having this type of habits are started becoming obese in die later stage.

(iii) Food With Rich Carbohydrates : Taking of excess carbohydrates in the shape of rice, sweets, toffee, chocolates, potatoes and other sweet food products also causes obesity, Because the amount of carbohydrates which is taken in the above mentioned items is excess than the requirement of our body due to which the weight of the body increases and the person starts becoming obese.

(iv) Eating While Reading or Watching T.V. : Now a days the individuals are indulged in a bad habit of taking the meals while reading or watching T.V which is a bad habit from the health point of view. While at the time of taking meals they have the concentration on watching TV or reading news paper/ magayinc. In this situation they take more amount food which increases the intake of calories. The intake of extra calories is deposited in the shape of fats in the body and the individual starts becoming obese.



(v) Fatty Food Stuffs : Taking of excessive fatty food stuffs in the meals is a bad habit. The fast food and junk foods like pizza, burger, pastry, chocolates, noodles and cold drinks are full of fats which increases the intake of calories and the weight of the body is increases. By taking these types of food the individual starts becoming obese.

(vi) Intoxicants And Drugs : Now a days the taking of intoxicants and drugs has become a tradition in the society just like alcohol, tobacco, opium, morphine, heroin, sedatives, steroids etc. By taking these drugs or intoxicants the individual becomes habitual. When the individual is under the influence of these drugs or intoxicants has not control over nervous system and the individual did not know how much he .had eaten. Due to which there is over eating takes place and the person starts becoming obese.

3.4 PREVENTION OF OBESITY.

Obesity can be prevented with the following measures i.e. diet and exercise :

Diet Related Preventive Measures : There are the measures which are related to diet. The emphasis is laid down upon the reduced intake of calories, which are as follows :

(i) Avoid Fatty Foods : One should have to avoid taking fatty food in the diet if he wants to prevent front obesity.. As the number of calories in the fats is maximum. The excess quantity of calories is stored in the body, which causes obesity. That's why avoid fatty foods, if your wants to remain fit and fine slim and trim and do physical exercises regularly.



(ii) Avoid Junk And Fast Food : One has to avoid taking junk and fast food such as pizza, burger, chips, cookies, pastry, chocolates and cold drink etc. as these have also maximum number of calories in them. If one wants to prevent from obesity then the intake of such food stuffs is avoided.

(iii) Avoid Over Eating : Over eating can also invites obesity that means one has to take food or eat food according to the requirement of the body. Suppose if the individual requires 2000 calories per day and the individual takes 2100 calories. The 100 calories which are taken in excess can remain unused or un-burnt in the body which causes the obesity. So avoid over eating to prevent obesity.

(iv) Do Not Eat Frequently : Frequently eating or regular eating habit is also bad and it can cause obesity. Due to regular eating one can take extra calories and therefore become obese. So, avoid to eat frequently or regularly.

(v) Avoid Rich Carbonhydrated Food : For the prevention of obesity avoid taking carbonhydrated food. As the carbohydrates are necessary for our body for giving energy to the body, take it in proper quantity. For this try to avoid sugar, rice, potatoes, toffee, chocolates and other sweets.



(vi) Do Not Skip Meals : Skip mean miss. Don't skip the meals such as breakfast, lunch and dinner. If it is skipped then next time the meal which is taken is doubled in quantity or over eating is there which leads to obesity. In fact the skipping of meals increases the hunger/appetite which results in greater food consumption next time, which leads to obesity. So avoid skipping of meals and take it in regular intervals and at proper time also.

(vii) Intake of Low Calorie Diet : Obesity can be prevented by taking low calorie diet also. The food which is taken having all the constituents in proper quantity which is nutritious.

EXERCISE**❖ Very Short Answer Type Questions :**

1. Mention any one effect of abuse of Alcohol on an individual.
2. Define Eating Habits.
3. How tobacco is not good for health ?
4. What is meant by obesity ?
5. Explain any one way for preventing obesity.

❖ Short Answer Type Questions :

1. What are effects of abuse of Alcohol ?
2. Explain the effects of Alcohol, Tobacco and Drugs on Sportsperson.
3. What are the eating habits that cause obesity ?
4. What are effects of obesity on health ?

❖ Long Answer Type Questions :

1. What are the effects of Alcohol, Tobacco and Drugs on individuals, family and community ?
2. What are effects of Alcohol, tobacco and drugs on Sportsperson ?
3. What is obesity ? What the methods to prevent it ?