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Undergraduate assignment feedback form

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The Harm of Indulging in Excessive Drinking

Word Count: 1500

Respected Provost and Ms Wu, good afternoon! My name is Wang Xinyu, The topic I would like to share today is The harm of indulging in excessive drinking.

My presentation will be divided into four parts. The first part is introduction. The second part is What harm excessive drinking can bring to human beings. The third part is how could people prevent excessive drinking and the final part is the conclusion.

I. Introduction

Whether in modern times or ancient times, the harm caused by excessive drinking to human beings can not be underestimated. First of all, the biggest victims of excessive drinking actually are the drinkers themselves.There are many negative effects on drinkers' physical health. In *The Treatise on Response and Retribution* (太上感應篇), it is said that 'To act lewdly and disorderly while drunk or under influence 嗜酒悖亂' This shows that if a person does not abstain from drinking, it will not only affect his or her health, but will also cause them to become mentally disturbed and act in the wrong way towards others, even causing serious damage to their interpersonal and family relationships. For all mentioned above, this presentation will analyse the harmful effects of excessive drinking step-by-step and offers solutions to the problem.

II. What harm excessive drinking can bring to human beings

First of all, I would like to make it clear that drinking is different from excessive drinking, drinking is not harmful to human beings, excluding juvenile group of course, but if people do not restrain themselves and allow themselves to drink excessively, that will be harmful for them. So What are the harms of excessive drinking to people? I would like to analyse these harms from two aspects, one to the alcoholics themselves, the other is to others around alcoholics .

According to *Social work individual case analysis of alcohol problems —as an individual case in alcoholics of A village* written by 包通拉嘎, 'In recent years,the number of alcoholics in China has been a rising trend. Early as five years ago, the alcoholics of our country has more than 5 billion people, and the filing of events that related to accident due to alcoholism had four million every year in our country,and the death toll of at least ten million people.According to the report of WHO in 2012, about 330 million people accident accrued or disease, because of excessive drinking,this Situation were very serious more than the death which is because of tuberculosis ,violence and AIDS,accounting for the total number of deaths is 5.9%, Equal to Ten seconds every ten seconds one person died from drinking.The Social problems because of Alcoholism were Increasingly prominent,and it will bring lots of negative influences to Individuals and families.'[1] Nowadays, many people like to drink, hoping to anesthetize themselves through alcohol. Many people need to socialise and drink every night because of their work, which puts a lot of pressure on their health . Some young people also like to drink heavily and live in fantasy all day long. The damage to health caused by excessive drinking is incalculable. Some doctors pointed out that long-term drinking can lead to alcohol addiction, which will cause many damages to human's health. 1. damage to the heart, such as arrhythmia, cardiac hypertrophy and heart failure; 2. It can damage liver function and greatly increase the likelihood of infectious hepatitis, in addition to cirrhosis and fatty liver disease. 3. damage to the nervous system, which can cause impaired consciousness, alcoholism and damage to nervous system function; 4. damage to the stomach, many alcoholics show signs of weight loss and often have stomachache, this is because alcohol can make stomach acid which will lead to inability to digest, stomachache and diarrhoea. 5. damage to the eyes, which can cause blindness. In *Ganyingpain Huibian* 感應篇彙編, there are two stories that can serve as a wake-up call. The first story is that during the Song Dynasty, there was a minister named Su Yi Jian, who became a top scholar at a young age and later became a minister of the Ministry of Rites, but later died of blood in his urine and contracted a disease due to excessive drinking. The second story is that in ancient times, there was a man named Wang Quan, who was an official in the imperial court. But later, he died of a broken navel because he was

[1] Baotong Laga, *Social work individual case analysis of alcohol problems—as an individual case in alcoholics of A village.* (MD thesis, Inner Mongolia Normal University, 2015).

drunk. From this it can seen that it's incredible how much physical damage long-term excessive drinking can do to human beings.

Excessive drinking will not only cause harm to oneself, but also cause many negative effects and even harms to those around you, family even the society. Because excessive drinking will destroy the mental system, alcoholics will not only go crazy, but also have a lot of crazy behaviors, such as anti-social behaviors, causing social safety hazards, and affecting their family and the society negatively. Excessive drinking is extremely harmful to society, as it is a pathological or abnormal behaviour that can constitute a serious social problem. Alcoholics often use excessive drinking as an important way of giving vent to their strong psychological potential caused by internal conflicts and psychological contradictions. Alcoholics often use alcohol as a way of eliminating their worries and alleviating feelings of emptiness, timidity, guilt and failure. drunks may endanger social security and expose us to theft, murder, divorce, domestic violence etc. This is not sensational, as up to 4 million cases of alcohol-related offences are filed in China every year. For example, the drunk driving we usually hear about is a kind of drunken behavior that is harmful to others. The stimulation of alcohol when drinking makes people excited and they drink too much without realising it. When alcohol reaches a certain concentration in the human blood, a person's ability to react to the outside world and control ability will decrease and so does their ability to handle emergencies. For drink drivers, the more their blood with alcohol, the greater the chance of a crash. According to a 2008 World Health Organisation accident survey, around 50-60% of traffic accidents are related to drink driving, which has been ranked as the leading cause of death in car accidents. In China, tens of thousands of traffic accidents are caused by drink driving every year; and more than 50% of the accidents resulting in fatalities are related to drink driving, which is a shocking hazard and has become the number one ‘killer’ of traffic accidents. The harmful effects of excessive drinking on others are not only seen in social problems, but also in family relationships. Alcoholics often have trouble controlling their behavior and emotions, which can lead to fights and domestic violence. ‘In the United States,50% of domestic disputes are caused by alcohol,65% of child abuse cases are related to alcohol consumption, and 40% of the divorce rate is related to alcohol consumption. 32% of the divorce cases in China are related to

alcohol consumption.'[2] As we can see, Excessive drinking is a harmful to both oneself and others.

III. How could people prevent excessive drinking

How to prevent over drinking? When we want to solve a problem, we must first identify the root cause. Mostly speaking, the root cause of alcoholism is not alcohol, but the indulgence in desires and the obsession with what we like, which can be manifested in alcoholism, smoking, overeating, workaholism and in internet addicts. Our desires and attachment are the root causes of all kinds of chronic diseases, maladies and even sudden death. But in this era of extreme materialism, one thing we have no shortage of is desire. However, there is nothing wrong with desire, just as there is nothing wrong with wine itself. It can be used to celebrate with people, to improve manners and relationships, to improve blood circulation and to ease the mood, and in some cases to cure diseases. However, when used in excess, it can be fatal. The point is, whether we are being self-indulgent and addicted to something. Therefore, what we need to do is not eliminating external substances, but reflecting on ourselves, to break and let go our cravings and attachments, and not to become addicted to anyone or anything in the external world, which is the key to avoiding harm and leading a happy life.

Besides, we should know a habit or mindset cannot be formed overnight. Lao Tzu once said, 'Do not show those desired things, so that the people's hearts will not be disturbed.' If we know we will inevitably develop strong desires and impulses, and may then lose our control and do something bad when we are tempted, we must properly distance ourselves from the temptation to avoid doing things that we will regret.

IV. Conclusion

To sum up, it can be seen that the family of the social cell is affected by the alcoholism of family members, which destroys the purpose of the family. At a macro level, alcoholism undermines public order, affects social security, challenges the benign operation of society, reduces the efficiency of social operation, and increases

[2] Trans. by myself with reference to Baotong Laga, *Social work individual case analysis of alcohol problems—as an individual case in alcoholics of A village.* (MD thesis, Inner Mongolia Normal University, 2015).

the cost of social progress. In short, alcoholism has a clear anti-functional effect on the benign development of individuals, families and societies. We must be careful.

Bibliography

Thesis (Chinese)

Baotong Laga, *Social work individual case analysis of alcohol problems —as an individual case in alcoholics of A village.* (MD thesis, Inner Mongolia Normal University, 2015).