

# EFFECTS OF ALCOHOLISM ON HEALTH & SPORTS PERFORMANCE

Mr. Rohit

Assistant Professor

Indus College of Education, Rohtak

## ABSTRACT

*Today alcoholism is a world-wide problem and alcohol addiction is definitely on the rise all over the country. Unlike a decade ago when alcohol was taboo, today there is a social sanction in favor of alcohol consumption. The number of outlets selling alcohol has multiplied all over the country. Unfortunately, the present day alcohol user is comparatively 10 to 15 years younger than the earlier users and has many more reasons or occasions to consume alcohol. Hospitals are getting flooded with patients with alcohol-related liver diseases which keep on straining the already exhausted resources of the families and society. It is well known fact that all alcoholic drinks contain chemical ethanol which makes people drunk and heavy drinking is still in blood next day too which affects our body and mind. In the modern time, women are also getting habit of drinking alcohol. That is why alcohol is one of the most widely used drugs in India. The present paper aims at to focus the fact that alcoholism affects our health and performance in sports also.*

## INTRODUCTION

It is true that beers, wines and spirits contain ethylic alcohol; the variation in their strength is due to differences in the relative proportion of water and alcohol; spirits, for instance, contain much more ethylic alcohol than beer. It is the ethylic alcohol which produces the symptoms of drunkenness common to all kind of the presence of various other alcohols, ethers, and extractives present in the material from which the beverages are made, as in the case of wine and whisky or added to the ethyl alcohol, as in the case of gin may be different.

It may therefore lead to beriberi, pellagra, and other diseases resulting from an inadequate diet. Delirium tremens is thought to be due to vitamin starvations and the toxic effects of alcohol. Alcohol has certain drug and poison effects not present in the other classes of food. Hence, although in the strictly limited sense alcohol can be called a fuel food, it is neither a necessary nor desirable one. What happens when alcohol is taken into the body? About one-fifth of it passes directly into the circulatory system from the walls of the stomach, and the remainder is absorbed from the small intestine. No digestive changes take place with alcohol. Once in the blood stream, it passes rapidly into other tissues and organs, moving always toward cells with low alcohol concentration.

## **EFFECTS OF ALCHOLISM**

Drinking alcohol increases your chances of having an accident of some sort or doing stuff you would regret the next day, stick with mates who will look out for you. Alcohol is the most common date rape drug. Be wary of getting drunk with someone that you don't know very well. Alcohol can be addictive. If you drink regularly you will build up a tolerance to it and you will need more and more to get the same effect. The you get really nasty withdrawals when (and if) you stop. Long term drinking can damage your heart and your liver, and it really messes with your head.

Moderate use of alcohol can enhance celebrations or special times. Research shows that very low levels of use may actually decrease some health risks; however, always remember that alcohol is a chemical substance that affects an individual's physical and mental behaviors. In our nation again this of alcoholism is enjoyed by either people of highly wealthy families or people of very poor families. Some consider it as a status symbol while for some it is an important mean to escape from tensions and worries of the life.

Today, in our nation, women are provided various rights which were not there in the earlier times. With these, they have got entered into those areas and fields which were considered to be one male dominated earlier. As the power of women has increased to considerable extent, tensions and worries which they feel in their life have also increased. This can be considered one of the major reason that why women are also getting the habit of drinking alcoholism. Alcoholism is considered to be more serious and harmful for women as they have to give birth to children. If during pregnancy, women drink alcohols to higher extent then new born baby can get affected by various diseases. A disorder called Fetal Alcohol Syndrome or FAS is associated with alcohol consumption during pregnancy. Alcohol consumed during the first trimester poses the greatest threat to organ development, exposure during the last trimester, when the brain is developing rapidly, is most likely to affect child's development. Alcohol can also be passed to a nursing baby through breast milk, for this reason, most physicians' advice nursing mothers not to drink for at least four hours before nursing their babies.

If a large quantity of alcohol is taken, a state of intoxication or drunkenness arises. This varies in individuals from excitement, garrulity and impulsiveness to depression, misery and confusion. It may pass into a condition of coma or unconsciousness. Most often the intoxicated person ultimately falls asleep and wakens with a headache and stomach upset. An emetic of sodium bicarbonate in warm water may be given to empty the stomach and should be followed by copious drinks of water. In the morning, a Seidlitz powder should be taken and aspirin will generally relieve the headache. If there is coma, medical advice should be sought. It will probably be necessary to wash out the stomach and treat any respiratory or heart failure. Long continued excess of alcohol leads to well recognized symptoms. The chronic alcoholic is plethoric with mottled complexion. Lips and hands tremble. He is prone to attacks of fidgets.

The eyes are watery. Appetite is poor. He never takes breakfast in the morning. There is gastric catarrh and excessive freedom of bowels. The liver becomes hardened or cirrhotic and the kidneys are impaired in function.

## **STRENGTH, SPEED, POWER AND ENDURANCE**

Several major review articles have concluded that alcohol has no beneficial effects on events characterized by maximal force development for short periods of time, such as laboratory tests of muscle strength and short term muscular endurance and both laboratory and field tests of speed. In several studies alcohol actually impaired performance in tests of strength, power and speed. In prolonged aerobic endurance events, major physiological variables such as heart rate and oxygen consumption during submaximal and maximal exercise do not appear to be affected by alcohol, and, in general, neither is performance on tests of aerobic endurance. However, some investigators have reported a detrimental effect on performance in 800 and 1500 m races.

## **ALCOHOL HAVING NO NUTRITIVE VALUES**

It is a misconception that doctors even prefer alcohol, Alcohol having its own harms and bad effects on human body. It decreases the sensitivity. Alcohol directly affects the human nervous system but it is not at all a stimulant. In fact it slows down the body movements and even alcoholic person loses the general body balancing capacity. It taking of very small quantity of Alcohol may cause big disorder to human body. It is unfortunate that in the developing society well advanced younger boys and girls are alcoholic addicted. Due to its effects on nervous control of human body, Alcohol is purely categorized as a drug, which may cause serious consequences.

## **CONCLUSION**

Now concluding the debate we can say that alcohol can be any kind of beer, liquor, shots or wine. Alcohol is a depressant drug; some people call these "downers." Alcohol has the same side effects as other depressants. Because it is so easy to find, it can be much more deadly. That is why frequent use or misuse of alcohol should be avoided. It is an assumed fact that life of an alcohol addict person is never free from complication. Alcoholism develops the phases of depression and excitement. It leads to unconsciousness. Such person always remains psychologically disturbed. It can also damage our liver and various types of cancer. It may have both short and long term effects on our health. A sportsperson should not use alcohol. It is regarded as a drug which affects a sportsperson mind and body and decreases his efficiency in the sports. Most of the researchers in the sport psychology have proved its negative effects on human mind and body for a long time. Its biological effects have also been proved through different researches. Furthermore, it has no nutritive value. Therefore, we should avoid the frequent use or misuse of it in our daily life and sports.

## **REFERENCES**

1. Ahlawat, Ravinder Pal, Health and Nutrition, KhelSahitya Kendra, New Delhi, 2011, p. 207
2. Gupta, M.C., Physical Fitness and Health, KhelSahitya Kendra, New Delhi, 2012, p. 209
3. Rathee, B.S. and Others, Our Health is in Our Hands, KhelSahitya Kendra, New Delhi, 2008, p. 111
4. Thakur, J.K. and Aneja, O.P., Teaching Health Education, KhelSahitya Kendra, New Delhi, 2012, p. 279
5. Somerville, George, (Ed.), Encyclopedia of Health Education, Friends Publication, New Delhi, 2006, p.27.
6. Thakur, J.K. and Aneja, O.P., op.cit, pp.284-86.
7. What effect does alcohol have on sports performance?/ Article/
8. <http://www.uhs.uga.edu/aod/athletic-perofrmance.html>
9. Nathial, Mandeep Singh, Physical Education, KhelSahitya Kendra, New Delhi, 2009, p.p.171-72