



MECHANISMS FOR IMPROVING THE PROCESSES OF SOCIAL REHABILITATION OF PEOPLE WITH ALCOHOL DEPENDENCE

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Article history:	Abstract:
Received: October 24 th 2021 Accepted: November 24 th 2021 Published: December 30 th 2021	It was in this article that the author tried to implement mechanisms for improving the processes of social rehabilitation of people suffering from alcohol addiction. He also explained the origin of alcoholism, the concept of alcoholism and its essence, as well as the causes of its occurrence.
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Alcoholism is one of the most common social problems of our time, since alcoholism leads not only to impoverishment, not only to poverty of people subject to addiction, but also to increased crime, the destruction of families, a decrease in the potential of these individuals, as well as to their alienation from society. It should be noted that today more and more people with alcohol dependence appear from among young people and women. These are people of different professions, including the intelligentsia. Depressing statistics of accidents that occur due to excessive consumption of alcoholic beverages. The World Health Organization provides the following statistics characterizing alcoholism as a social problem: 3.3 million deaths occur annually, which is 5.9% of mortality. Harmful alcohol consumption is the cause of health disorders associated with diseases and injuries. 5.1% of various diseases are caused by alcohol. Alcohol consumption leads to death or disability in the early stages of life. Among people aged 20-39, approximately 25% of deaths are alcohol-related. There is a direct relationship between alcohol consumption and a number of mental and behavioral disorders, other non-communicable diseases and injuries. Also recently, a link has been established between alcohol consumption and infectious diseases such as tuberculosis, HIV, AIDS. In addition to health problems, alcohol consumption leads to many different socio-economic problems.[1]

The reasons given above require the public to develop effective mechanisms for the social rehabilitation of people with alcohol dependence. Despite the fact that alcohol has always been present in a person's life, its excessive consumption has always been condemned by society. On a stone slab found in Egypt, there was an inscription: "Do not ruin yourself when you sit in a pub, do not lose your mind and do

not forget your vows." After the Prophet Muhammad (s.a.v.) imposed a ban on alcohol, it was not produced in Muslim countries for 12 centuries and was not consumed. Drunkenness is still a socially condemned phenomenon today, although, entering the twentieth century, humanity has already managed to get acquainted with drugs and the consequences of its use. [2]

Wine drinking was also condemned by many ancient philosophers: Homer, Herodotus, Polemon, Theocritus. However, there was a small amount of vivid and consistent condemnation of drunkenness in ancient Greek literature. According to M. Montaigne, even among the Stoics there were those who advised drinking sometimes. Aristotle expressed his bewilderment about the laws of Pittacus, which stated that for an offense committed while drunk, the legislator provides for a punishment greater than for those committed sober. The philosopher believed that drunks should be condescending to themselves. The ancient Egyptians also had the god Osiris, which is an analogue of the god Dionysus (the god of winemaking). Wine was considered the tears of God. In ancient India, there was a special drink "soma", which represented the squeezed period from the plant, subsequently filtered, mixed with water, milk and barley. After the defeat, during the sacrifice, they drank "soma" and watered with the sacred moisture of the "luminous Agni".[3]

Currently, alcoholism is a social disease that needs to be combated. Alcoholism is a progressive disease defined by a pathological craving for alcoholic beverages, the development of withdrawal syndrome when stopping alcohol consumption, and in far-reaching cases - persistent somatoneurological disorders and mental degradation. Like many other addictions, alcoholism is medically defined as a curable



disease. Currently, the term "alcoholism" is quite common. For the first time it was introduced into use by M.Huss in 1849, although much later it was changed to the concept of "alcohol abuse". In the XX century, in professional and scientific research, the term "alcoholism" covers both alcohol abuse and alcohol dependence. Despite the debate among experts about whether alcoholism should be considered a disease, the National Institute on Alcohol Abuse and Alcoholism recognizes alcoholism as a disease. There are several factors that affect a person and play a special role in the formation of alcohol dependence. These are biological, social, and psychological factors.[4]

1. Biological factor. These factors include both genetic and acquired biological characteristics of an individual, which largely determine the nature of their alcohol consumption, the pattern of intoxication and the time required for the formation of dependence. These include:

- family burden of alcoholism;
- unnatural forms of reaction to single alcohol consumption;
- innate features;
- the general level of tolerance of the body and the picture of intoxication.

It can be noticed that the reaction to alcohol varies from person to person. Some people's mood worsens, a headache appears, while others' mood rises.

At the moment, the role of hereditary predisposition to chemical dependence is beyond doubt. According to various data, the probability of alcoholism in children of alcoholics is from seven to fifteen times higher than the average for the population.

2. The social factor. The social factors influencing the formation of addiction are quite multifaceted. These include the peculiarities of a person's upbringing and education, marital status and material wealth.

Drinking traditions also play a special role in the formation and development of alcoholism. If constant alcohol consumption is a common occurrence in the family, then this cannot but affect the child. Also, a person can start constantly drinking alcohol if all his surroundings are close, relatives, colleagues, etc. At the moment, society "reproduces itself" traditions, customs, prejudices and customs associated with the consumption of alcoholic beverages, setting them as a norm, eventually getting the result – widespread drunkenness and alcoholism.

Incorrectly chosen job, lack of interest in work, family troubles - all this can provoke alcohol abuse and the possible development of alcoholism in the future.

The low level of the general culture of society is also one of the social factors of alcoholism in minors. Due to the lack of skills for full-fledged leisure activities, a "pastime problem" arises - alcohol turns out to be their companion, thereby making up for the lack of acceptable ways and means of spending their own leisure time.[5]

Professions associated with risk to life, severe stress and tension can be a factor for the emergence of alcohol dependence. These include ambulance workers, intensive care workers, police officers and firefighters. With the help of alcohol, people try to forget about what happened, try to relax.

3. Psychological factor. A person's inability to self-actualize, build good relationships and family is one of the psychological causes of alcohol addiction, people are stressed because of low-paid work, because of the disorder of their personal life.

People predisposed to excessive alcohol consumption are characterized by the following features: inability to express their feelings, increased excitability in interpersonal relationships, the desire to be better than others in everything, feelings of guilt or self-pity, weak immunity to frustration, emotional immaturity. In such people, it can be used as a means to reduce the "pain of existence". Gradually, alcohol begins to displace and replace the other possible sources of a positive state.

A person who does not recognize individuality in himself seeks to identify with any group or collective, for the self-satisfaction of a sense of identity with certain ideals or ideas. This helps a person to get rid of the constant feeling of anxiety and anxiety.[6]

Alcoholism can lead to many diseases such as amnesia, cirrhosis of the liver, alcoholic encephalopathy, alcoholic indurative pancreatitis.

Social rehabilitation of people with alcohol dependence is an important factor in combating this phenomenon. We believe that the social rehabilitation of people with alcohol dependence is a complex of socio-medical, psychological, legal measures aimed at restoring human functioning.

Today, the problem of rehabilitation of people with alcohol addiction is not only medical work, but also specialists in other fields, including social workers. It should be noted that the social rehabilitation of people with alcohol dependence should take place not only with a specific individual, but also with his reference group. There are various methods of social rehabilitation of people with alcohol dependence. One of the most common methods is social adaptation. This method is aimed at restoring the socio-psychological state of a person. These include occupational therapy, physical education, collective trainings, etc.



The main psychosocial methods include:

1. Individual consultation, legal assistance.
2. Functioning of therapeutic groups, socio-therapeutic activities and psychological consultations;
3. Conducting social events.[7]

Rehabilitation includes the following stages of integration:

1. The client's recognition of the problem of alcoholism.
2. The emergence of the client's desire to get rid of this problem.
3. Partnership of the client with the rehabilitation team.
4. Readaptation (return to family responsibilities).
5. Motivation for new achievements and success.

Structurally, the rehabilitation processes of people suffering from alcohol addiction are divided into 3 interrelated blocks:

1. The previous block of the main rehabilitation program.
2. The main rehabilitation program.
3. The block being implemented, after the completion of the main rehabilitation program.

People suffering from alcoholism problems can get advice in a variety of structures. These include special counseling centers, helplines, commissions for minors, educational institutions, medical institutions, both specializing and not specializing in the treatment of people with alcohol dependence, public organizations, mutual aid groups, the media. Rehabilitation of patients with alcoholism can be carried out both in inpatient and outpatient settings. To provide assistance, printed materials containing information about alcoholism should be prepared. In the process of rehabilitation of persons suffering from alcoholism, the following principles are applied:

1. Voluntary consent to participate in rehabilitation activities. This principle presupposes the establishment of the consent of the rehabilitation center with a person suffering from alcohol addiction or his guardian. If he has not reached the age of majority. With consent, a document is supposed to be signed, which clearly shows the rights and obligations of the parties.

2. Stopping taking psychotic active substances. This principle should form the motivation of a person suffering from alcoholism not to drink alcoholic beverages.

3. Confidentiality. All participants in the rehabilitation process should not disseminate information about the problems of a person undergoing rehabilitation. This is possible only with the consent of this person.

4. Systematic rehabilitation measures. This principle involves carrying out educational, educational, medical, legal work, and also requires the participation of specialists of various profiles in the rehabilitation process.

5. Stages of the rehabilitation process. The stages are based on the needs of a person suffering from alcohol addiction. The following stages of rehabilitation are distinguished:

- initial stage, entry into the rehabilitation program;
- expanded stage;
- the final stage, exit from the rehabilitation program.

6. Positive orientation of rehabilitation processes. A person suffering from alcoholism needs to form a positive image of himself and his environment. Any, even the smallest achievements in the rehabilitation process should be encouraged.

7. Responsibility. It is necessary to gradually create conditions for making an independent, responsible decision of a person to stop drinking alcohol.

8. Inclusion of other persons in rehabilitation. This means that, as mentioned above, family members and close people can be included in the rehabilitation process.

9. Reorganization of the living environment and the formation of a rehabilitation environment. It is supposed to support acceptable behavior. The rehabilitation process itself requires the creation of a special environment that has a beneficial effect on the person undergoing rehabilitation.

10. Differentiated approach to rehabilitation. It is necessary to approach each client in his own way, based on his needs and inclinations.

Based on the versatility and complexity of the rehabilitation processes of people suffering from alcohol addiction, in our opinion, it is necessary to pay attention to the implementation of the following mechanisms:

1. Improvement of the regulatory framework for the rehabilitation of persons with alcohol dependence.

2. Training of rehabilitation specialists who are able to apply not only medical, but also sociopsychological components in the process of rehabilitation of people with alcohol dependence.

3. Creation of mutual assistance groups. As the experience of developed countries has shown, it is the formation of mutual assistance groups that is a key factor in the process of rehabilitation of people suffering from alcohol addiction.

4. Implementation and support of projects aimed at the preparation of videos "Life without alcohol".



5. Strengthening of research work aimed at identifying the causes, specific features, as well as effective methods of combating alcohol addiction.

It seems that the implementation of these mechanisms in the future will contribute to minimizing alcohol dependence in Uzbekistan.

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