



Alkohol – alkoholizam – alkoholičar

Alcohol – Alcoholism – an Alcoholic

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Apstrakt

Reč alkohol (*al-gohlu*) je arapskog porekla i pripisuje joj se više značenja: *vrlo fin* ili *onaj koji pali, žari*. U govoru, kada kažemo alkohol, mislimo na etanol (C₂H₅OH), koji nastaje u procesu alkoholnog vrenja iz voćnih šećera.

Alkoholizam je bolest koja nastaje zbog nekontrolisane i redovne upotrebe alkoholnih pića. Alkoholičar je osoba koja nije u stanju da kontroliše pijenje alkohola.

Alkoholizam se ispoljava tako što osoba gubi kontrolu nad uzimanjem alkoholnih pića, što dovodi do zavisnosti, narušavanja fizičkog i psihičkog zdravlja. I pored narušavanja zdravlja, osobe koje su postale alkoholičari imaju poteškoće u porodici, na poslu, i uostalom sa samim sobom.

Apstinent (osoba koja ne pije već jedno vreme alkohol) ako popije čašicu alkohola, ne može stati na toj jednoj čašici. Posle prve popijene čaše alkoholnog pića ne može da stane, već se vraća nazad u zavisnost od alkohola. Zbog toga se ta prva čaša zove fenomen prve čaše. Ta jedna čaša traži ostale, tj. da se pijenje nastavi. I zbog ove činjenice lečeni alkoholičar ne sme više ni čašicu alkohola da popije.

Faze razvoja alkoholizma:

– *Faza primarnog kontakta* traje do primarnog kontakta s alkoholom, koji najčešće dolazi u srednjoj adolescenciji.

– *Faza eksperimentisanja* znači da se lica povremeno odaju piću, ali umereno i s granicom. Eksperimentišu se i alkoholom i svojim granicama. Ovo je, uglavnom, faza na kojoj se većina ljudi zadržava, jer se zadovolje nakon izvesnog broja ovakvih eksperimenata i mnogi ne prelaze u sledeću fazu.

– *Faza integrisanog pijenja* označava da je alkohol uklopljen u stil života. U težnji da bude prihvaćen i u svojoj želji za pićem neosuđivan od strane sredine, osoba bira sebi slično društvo. Počinje redovno da odlazi u kafane ili na različita mesta gde je konzumacija alkohola uobičajena pojava kako bi pio s društvom. Ipak, u ovoj fazi, osoba je i dalje sposobna da normalno izvršava svoje obaveze i da socijalno funkcioniše. Neki se na ovome zadrže.

– *Faza ekscenog pijenja* podrazumeva da takva osoba često i mnogo pije. Od ranog jutra kad ustane, pa za vreme boravka na poslu, u kući i sl. Ne bira se ni mesto, ni vreme, a i ne vodi se računa o količini unetog alkohola. U ovom slučaju je zavisnost očigledna i nedvosmisleno narušava socijalne odnose, kvalitet života i normalno funkcionisanje individue.

– *Faza malignog alkoholizma* karakteriše se priključenju alkohola u čovekov način života. Individua zdravstveno, društveno, psihički i fizički propada, gubi posao i porodicu i ljudi počinju da je preziru. Takva osoba ne može da živi bez alkohola, zavisnost prerasta u opsesiju, a celokupni kvalitet života se degradira.

Abstract

The word alcohol (*al-gohlu*) is of Arabic origin and is ascribed to several meanings: *highly flammable*, and *burning*. In speech, when we say alcohol, we mean ethanol (C₂H₅OH), which is produced in the alcoholic fermentation process from fruit sugars.

Alcoholism is a disease caused by the uncontrolled and regular use of alcoholic drinks. An alcoholic is a person who is unable to control their drinking.

Alcoholism manifests itself when a person loses control over the consumption of alcoholic beverages, which leads to addiction, and harms physical and mental health. In addition to impairment of health, people who have become alcoholics have difficulties in the family, at work, and in general with themselves.

If an abstinent (a person who has not drunk alcohol for some time) drinks a glass of alcohol, they cannot stop at that glass. After drinking the first glass of alcohol, they cannot stop but return to alcohol addiction. This is why that first cup is called the first cup phenomenon. After that one glass they are looking for more, that is to continue drinking. And because of this fact, the addict under treatment is not allowed to drink even a glass of alcohol.

Stages of development of alcoholism:

– *The stage of primary contact* lasts until primary contact with alcohol, which most often occurs in middle adolescence.

– *The experimentation stage* means that people occasionally indulge in drinking, but in moderation and with a limit. He experiments with alcohol and his limits. This is generally the stage where most people stay because they get satisfied after a certain number of such experiments and many do not move on to the next stage.

– *The stage of integrated drinking* means that alcohol is integrated into the lifestyle. To be accepted and not judged by the environment in their desire to drink, a person chooses similar company. They regularly start going to pubs or different places where alcohol consumption is a common occurrence in order to drink with the company. However, at this stage, the person is still able to carry out their duties normally and to function socially. Some dwell on this.

– *The stage of excessive drinking* implies that such a person drinks often and a lot. From the early morning when they get up, then during their stay at work, at home, etc. Neither the place nor the time is chosen, and the amount of alcohol consumed is not taken into account. In this case, the addiction is obvious and unequivocally disrupts social relations, quality of life, and normal functioning of the individual.

– *The stage of malignant alcoholism* is characterized by the inclusion of alcohol in a person's lifestyle. The individual deteriorates healthily, socially, mentally, and physically, loses their job and family, and people begin to despise them. Such a person cannot live without alcohol, the addiction turns into an obsession, and the overall quality of life decreases.

