



EFFECTS OF EXOGENOUS PSYCHOLOGICAL EFFECTS ON ALCOHOL CONSUMPTION DURING THE COVID-19 PANDEMIC

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Abstract:

On January 30, 2020, the World Health Organization (WHO) declared Covid-19 an international emergency due to the continued spread of the disease around the world. On March 15, 2020, it was announced that the first case of infection with the Covid-19 virus was detected in Uzbekistan. Due to the pandemic, Uzbekistan decided to introduce an enhanced quarantine procedure for the first time on March 24. In addition to reducing the spread of Covid-19, social distancing measures have also had unintended consequences in society. The Covid-19 pandemic has linked alcohol consumption to psychosocial factors such as social isolation, anxiety and depression, as well as insecurity.

Keywords: Covid-19, alcohol, psychosocial factors, anxiety and depression

INTRODUCTION

The COVID-19 pandemic has led to a number of restrictive measures in the community, including quarantine measures, social distance, and voluntary isolation [1, 3, 6]. Staying home during the COVID-19 pandemic can have a major impact on mental health and psychoactive substance use behaviors among the population [4, 5, 8]. Preliminary studies on the effects of the COVID-19 pandemic and alcohol restriction show that changes in alcohol abuse occurred during the pandemic, but this led to an overall increase in consumption. did not come [2, 7, 9]. Natural or environmental disasters are often associated with mental and behavioral disorders such as depression, anxiety, and psychoactive substance use [10, 12, 13]. Recent literature, especially among young people, has shown that anxiety, depression, sleep disorders, alcohol consumption, and mental well-being are lower than normal [11, 14, 15, 16]. Changes in physiological stress increase the risk of alcohol consumption [20, 21, 22]. Extensive pandemic-related conditions or mental health vulnerabilities can affect changes in alcohol consumption, especially psychoactive substances to





overcome the challenges posed by pandemic-related abnormal conditions can be used [17, 18, 24].

The Purpose of the Study

To study the effects of social and psychological factors on alcohol consumption during the COVID-19 pandemic.

Research Methods

The study was conducted on the basis of the Samarkand Regional Narcology Dispensary and the Samarkand City Multidisciplinary Polyclinic on the basis of anamnestic data after the period of the pandemic COVID-19 in 2020-2021 on the basis of a survey of 140 participants. The subjects were divided into two groups. The Samarkand Regional Narcological Dispensary (ICD-10) selected 80 patients who were and are being treated for F10.2 stage 2 alcoholism. The control group was selected from the anamnesis of 60 individuals who consumed (epizootically) alcoholic beverages during holidays and weddings. The mean age of the participants ranged from 24 to 52 years, 33.67 ± 5.35 years. Research methods include socio-demographic (marital status), occupational status during quarantine (work at home, regular job and unemployed), and loss of financial income. The frequency and amount of alcohol consumption was assessed using an adapted version of the Alcohol Use Disorders Identification Test (AUDIT), with scores ranging from 1 (never) to 5 (daily); quantity (min = 1; max = 5). Participants reported that they drank alcohol during quarantine alone, with a partner, with online friends, or with friends outdoors, and that they had more time to spend almost time with friends due to boredom. drinks were consumed due to stress or for recreation and other surveys were conducted.

Research Results

11.25% of the main group of respondents were unmarried during their lifetime, 25% were divorced or did not live together, 63.75% were married (90% of them had children under 18), 10% had no children or all children were 18 older than In the control group, 10% were unmarried, 5% were divorced, and 85% were married (95% had young children under 18).

When the occupational situation (domestic work and unemployment) was checked during quarantine, the following indicators were found in the groups. In the main group, 20% of respondents were forced to work from home. 20% of regular work remained unchanged (those engaged in agriculture and animal husbandry). 60% of patients reported being separated from work or source of income. An inspection of





the control group revealed the following changes. 38.3% were forced to work from home, 33.3% were out of regular work, and 28.4% were out of work or source of income.

In the main group, the amount of drinking did not change in 30%, but the frequency changed, in 60% the amount and frequency increased in parallel, and decreased by 10% (due to financial difficulties). Depending on the frequency of drinking, 30% in the main group at least 2-4 times a week, 40% almost every day, 30% every day. When the method of use was studied, 10% consumed alcohol with a partner, 60% alone and 30% with friends outdoors (in violation of quarantine rules).

In the control group, 50% of drinking did not change, but the frequency changed, increased by 30%, and decreased by 20%. According to the frequency of drinking, 32.95% never consumed alcohol, 29.5% once a week, 31.25% 2-4 times a week, 6.3% almost every day. When the use was studied, 20% consumed alcohol with a partner, 30% with friends, 40% alone and 10% with outdoor friends.

In the main group, 50% of those who believed that alcohol consumption increased during quarantine had more time to relax than alcohol, 40 percent said they had more time than before, and 10 percent said they spent time with friends. explained that they drank for. In the control group, 48.33% had more time than before, with 30% citing boredom and 21.67% worried about a pandemic.

Those who believed that individuals who worked at home during quarantine caused an increase in alcohol consumption accounted for 80% in the main group and 60% in the control group.

During the COVID-19 pandemic, the presence of children under the age of 18 at home was found to increase alcohol consumption by 60% and 50%, respectively, in both groups.

Conclusion

In summary, the socioeconomic challenges and changes observed in the COVID-19 pandemic had a significant impact on alcohol consumption levels. The main reason for the increase in alcohol consumption in the main group of patients, ie patients with alcoholism, was the presence of young children in the family, the need to stay at home and work at home, rest, loss of income. Alcohol consumption also increased significantly in the control group. The main reasons for this are changes in work schedules, such as working at home, having children under the age of 18, and increased anxiety during boredom and pandemics.





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