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THE MORAL CONSEQUENCES OF ALCOHOL CONSUMPTION

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Abstract:

This article analyzes the spiritual and moral crises, the weakening of national values, and the damage caused to the social environment as a result of the increase in alcohol consumption in society.

Keywords: Alcohol consumption, spiritual damage, moral crisis, family institution, national values, social environment, upbringing, spirituality policy, Uzbekistan.

Аннотация:

Ушбу мақолада жамиятда алкоголь маҳсулотлари истеъмолнинг ортиши натижасида юзага келадиган маънавий ва ахлоқий инқирозлар, миллий қадриятларнинг заифлашуви ҳамда ижтимоий муҳитга етказиладиган зарарлар таҳлил қилинади.

Калит сўзлар: Алкоголь истеъмоли, маънавий зарар, ахлоқий инқироз, оила институти, миллий қадриятлар, ижтимоий муҳит, тарбия, маънавийт сиёсати.

Аннотация:

В данной статье анализируются духовные и моральные кризисы, ослабление национальных ценностей и ущерб, наносимый социальной среде в результате роста потребления алкогольной продукции в обществе.



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Ключевые слова: Потребление алкоголя, духовный ущерб, моральный кризис, институт семьи, национальные ценности, социальная среда, воспитание, политика духовности, Узбекистан.

During the years of independence, combating alcoholism and promoting a healthy lifestyle became one of the strategic priorities of Uzbekistan's social policy. During this period, a comprehensive legal and regulatory framework was established, and systematic measures aimed at ensuring social stability were implemented. In particular, the development of prospective cooperation with international organizations, including the **World Health Organization (WHO)** and other international institutions, as well as the implementation of joint projects to preserve the nation's gene pool, created favorable conditions for the institutional and international recognition of reforms in this field.

On **9 December 1992**, Uzbekistan adopted the Law "**On the Compulsory Treatment of Patients Suffering from Chronic Alcoholism, Drug Addiction, or Substance Abuse**" [1]. The law established compulsory treatment for patients suffering from chronic alcoholism and drug addiction within specialized healthcare institutions of the national healthcare system. It also stipulated mandatory treatment for individuals whose alcohol or drug addiction resulted in disturbances of public order or infringed upon the rights of others. The legislation emphasized that responsibility for implementing compulsory treatment should be shared by healthcare institutions and law enforcement agencies [2].

The fight against alcoholism and alcohol abuse represents an important strategic task aimed at protecting public health, ensuring economic stability, and strengthening the moral foundations of society. From a medical and social perspective, alcoholism is defined as a pathological dependence resulting from the regular consumption of alcoholic beverages, adversely affecting an



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individual's physical health, work performance, and social functioning. Scientific research indicates that the continuous consumption of alcohol leads to destructive cellular changes throughout the human body. In particular, severe alcohol intoxication has been scientifically proven to cause the destruction of approximately **20,000 nerve cells**, while in extreme cases it may even result in sudden death [3].

For many years, Uzbekistan has implemented a comprehensive set of administrative, legal, and medical measures to combat alcoholism. The Law of the Republic of Uzbekistan "**On the Compulsory Treatment of Patients Suffering from Chronic Alcoholism or Drug Addiction**" entered into force on **25 December 1992**. Subsequently, the Cabinet of Ministers approved regulations governing specialized medical and preventive institutions under the Ministry of Health responsible for the compulsory treatment of individuals suffering from chronic alcoholism and drug addiction [4].

The Government also addressed issues concerning the establishment of specialized treatment facilities, the allocation of appropriate premises, and the provision of adequate financial and material resources necessary for their effective operation. According to numerous researchers, alcohol consumption causes various physiological and psychological changes within the human body [5]. Intoxication represents a deterioration of an individual's mental state resulting from the introduction of substances that significantly affect brain function [6].

Alcohol consumption primarily damages the human nervous system and contributes to the development of numerous acute and chronic mental disorders. Even relatively small quantities of alcoholic beverages impair an individual's motor coordination and cognitive functioning. Such individuals often experience intense emotional instability, which may arise even without external provocation. Their capacity for self-control and objective perception of surrounding events



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gradually deteriorates. They frequently become arrogant, boastful, irritable, and aggressive, sometimes initiating physical confrontations without any apparent reason and displaying violent behavior toward others.

The extent and severity of alcohol-induced changes vary depending on the quantity of alcohol consumed and the individual's physical condition, including fatigue, exhaustion, and emotional stress. Medical research has likewise emphasized that the depth and manifestation of these changes are closely associated with both the amount of alcohol consumed and the physiological condition of the individual at the time of consumption [7].

At the global level, alcoholism, tobacco addiction, drug abuse, and other harmful habits that negatively affect the nation's gene pool, human health, and future generations have become increasingly widespread. International experience clearly demonstrates the necessity of promoting healthy lifestyles among the population, fostering personal responsibility for health, and legally restricting the consumption of alcoholic beverages and tobacco products through effective legislation.

From the very first years of independence, Uzbekistan has attached particular importance to strengthening public health, promoting healthy lifestyles, protecting motherhood and childhood, ensuring the physical and psychological development of the younger generation, encouraging mass participation in sports, and expanding children's sports as essential components of national social policy. From a medical perspective, alcoholism is defined as a chronic disease resulting from the continuous and excessive consumption of alcoholic beverages. More broadly, it encompasses the wide range of harmful consequences that excessive alcohol consumption has on human health, work capacity, moral values, family life, and the overall well-being of society. Alcoholism affects virtually every sphere of both individual and social life. Under the influence of alcohol,



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individuals often lose their sense of responsibility toward society and the state, making them more likely to engage in hooliganism, criminal behavior, and other unlawful acts.

Alcohol abuse also causes substantial economic losses by reducing labor productivity, undermining workplace discipline, increasing absenteeism due to illness, and, in severe cases, leading to premature death. Intoxicated individuals frequently lose their balance, experience impaired concentration, and become unable to accurately assess their surroundings, significantly increasing the risk of accidents and injuries.

Furthermore, alcohol consumption primarily damages the human nervous system and contributes to the development of numerous acute and chronic psychiatric disorders. Even relatively small quantities of alcohol impair both motor coordination and cognitive functioning. Individuals under the influence of alcohol often experience heightened emotional instability that may arise without any external provocation. They gradually lose self-control and the ability to objectively perceive reality. Such individuals may become arrogant, boastful, irritable, and aggressive, often initiating physical confrontations without any apparent reason and displaying violence toward others.

It is particularly noteworthy that a substantial proportion of criminal offenses are directly or indirectly associated with alcohol abuse. Studies indicate that **approximately three out of every four violations of the law are committed by intoxicated individuals or are directly linked to excessive alcohol consumption.** This finding highlights that alcoholism is not merely a medical or social issue but also a significant legal, economic, and moral challenge requiring comprehensive preventive measures, effective public awareness campaigns, and consistent enforcement of legal regulations.



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