

## BAD HABITS AS A FACTOR DESTROYING HUMAN HEALTH

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### Abstract:

In this article, harmful habits and the changes caused by their influence on the human body, as well as their prevention, are disclosed.

**Keywords:** Alcohol, balance, attention, perception of the environment, coordination of movements, intoxication, nicotinism, tobacco smoke, drug addiction and addiction, psychoactive substances

### Introduction

Many habits that people acquire during their school years and which they then cannot get rid of throughout their lives seriously harm their health. These habits lead to the rapid consumption of all the reserves of the human body, its premature aging and the acquisition of various diseases. This, first of all, should include smoking, drinking alcohol and drugs, and pathological craving for gambling (gambling addiction).

Alcohol (alcohol) is a narcotic poison. A dose of 7–8 g of pure alcohol per 1 kg of body weight is lethal for humans. According to WHO, alcoholism claims about 6 million lives annually. Taking even small doses of alcohol reduces performance, leads to fatigue, absent-mindedness, and makes it difficult to correctly perceive events. Impairments in balance, attention, perception of the environment, and coordination of movements that occur during intoxication often become the cause of accidents.

Intoxication, accompanied by a weakening of inhibitions, loss of a sense of shame and a real assessment of the consequences of the actions committed, often pushes young people into casual sex. They often result in unwanted pregnancy, abortion, and infection with sexually transmitted diseases. According to statistics, 90% of infections with syphilis and about 95% with gonorrhea occur while intoxicated.

Conceiving while drunk is fraught with great danger for the unborn child. Surveys have shown that a third of women who drink alcohol have premature babies, and a quarter have stillborn babies. Of the 100 epileptic children examined, 60 had parents who drank alcohol, and 40 out of 100 mentally retarded children had parents who were alcoholics.

Even in ancient times, humanity struggled with alcohol abuse. In China and Egypt in the second millennium BC, drunkards were subjected to harsh and humiliating punishments.

Ferocity is inseparable from an addiction to wine, because hops harm the sound mind and harden it; people become irritable, so that the slightest insult infuriates them, and their souls become ferocious from incessant drunkenness.

Tobacco smoking (nicotinism) is a bad habit that involves inhaling smoke from smoldering tobacco and is a form of substance abuse.

The active principle of tobacco smoke is nicotine, which almost instantly enters the bloodstream through the alveoli of the lungs. In addition to nicotine, tobacco smoke contains carbon monoxide, hydrocyanic acid, hydrogen sulfide, carbon dioxide, ammonia, essential oils and a concentrate of liquid

and solid combustion products called tobacco tar. The latter consists of about a hundred chemicals, including radioactive isotopes of potassium, arsenic, and aromatic polycyclic hydrocarbons – carcinogens.

The mouth and nasopharynx are the first to come into contact with tobacco smoke. The temperature of the smoke in the mouth reaches about 50 – 60 °C. To introduce smoke from the mouth and nasopharynx into the lungs, the smoker inhales a portion of air. The temperature of the air entering the mouth is approximately 40 °C lower than the temperature of the smoke. This temperature difference leads over time to the appearance of microscopic cracks in the enamel of the teeth, so the teeth of smokers begin to decay earlier than those of non-smokers.

Toxic substances contained in tobacco smoke enter the gastric mucosa with the smoker's saliva, which often leads to gastric and duodenal ulcers. Smoking is the cause of the development of chronic bronchitis. In the lungs of a smoker, tobacco smoke saturates the blood with carbon monoxide, which, combining with hemoglobin, excludes some of it from the breathing process. Oxygen starvation occurs, as a result of which the heart muscle suffers first of all.

The main destructive effect on the human body when smoking is nicotine. This is a strong poison: the lethal dose for humans is 1 mg per 1 kg of body weight, i.e. about 50 - 70 mg for a teenager. Death can occur if a teenager immediately smokes about half a pack of cigarettes.

Nowadays, smoking has become deeply ingrained in the lives of many people and has become an everyday occurrence. Around the world, about 50% of men and 25% of women smoke. According to experts, smoking addiction is a type of drug addiction: people smoke not because they want to smoke, but because they cannot quit the habit. It's true that it's easy to start smoking, but it's very difficult to quit smoking. In Russia, unfortunately, the number of smokers has increased by about 14% over the past 10 years.

Drug addiction and substance abuse. Since the beginning of the 90s. Since the last century, the international drug mafia considers Russia as a new vast market for the sale of narcotic drugs. Day by day this is becoming more and more alarming: in recent years, the number of drug addicts in the country has increased approximately 3.5 times. The geography of drug addiction is expanding, the range of narcotic and psychotropic substances in circulation and the number of drug addicts are increasing. In the Russian Federation, narcotic substances include morphine, caffeine, heroin, promedol, cocaine, nervitin, ephedrine, hashish (anasha, marijuana), LSD, ecstasy and some others.

Drug addiction and substance abuse develop gradually. At first, the use of psychoactive substances is usually associated with a desire to simply try and begins with isolated cases, then becomes more and more frequent and, finally, systematic. The period of occasional single use is the beginning of the disease, and the transition to regular use of drugs or toxic substances indicates the emergence of dependence, i.e., a disease.

Every person has a pleasure center in the brain, which provides him with a good mood, reacting to certain actions and processes. Solved a difficult problem - pleasure, met with friends - again pleasure, had a delicious lunch - again pleasure. A person feels this state thanks to the special regulatory substances present in his body - neurotransmitters. In their composition, neurotransmitters are psychoactive substances. Their concentration in the body is negligible. They provide the natural pleasure that a person experiences as a result of his life activities.

A completely different picture occurs after the artificial introduction of psychoactive substances (nicotine, alcohol, drugs) into the body:

- 1) the body does not regulate the amount of artificially administered substances, an overdose may occur;
- 2) artificially introduced psychoactive substances weaken the body and make it more susceptible to various diseases;
- 3) the ability to enjoy natural behavior decreases;
- 4) the body gradually gets used to psychoactive substances and can no longer do without them.

Initially, the attraction to the drug manifests itself at the level of mental dependence: the drug is needed to restore a normal mental state. If you do not take it, you will be in a bad mood, increased irritability, decreased performance, and obsessive desires will appear. Then the attraction begins to manifest itself at the level of physical dependence: without a dose of the drug, a person experiences a disorder in the functioning of the nervous system and internal organs. With the advent of physical dependence, a person's behavior and life interests begin to change.

The person becomes unrestrained, embittered, suspicious and touchy. He becomes indifferent to the fate of his loved ones and to his own fate. Gradually, the drug addict's body breaks down and becomes physically decrepit. Its protective forces weaken, as a result of which infectious and non-infectious diseases develop.

Experts note that the first drug use most often occurs at 11–13 years of age, but sometimes occurs at 8–10 years of age. Drugs bring huge profits, for which drug traffickers are ready to do anything. Therefore, a whole series of myths have been created to promote drugs:

- drugs are classified as “serious” and “non-serious (mild)”;
- they make a person free, help solve life's problems;
- an erroneous opinion is formed - even if you try a drug, you will not become a drug addict, but you will be able to overcome the habit and stop using it at any time.

Taking drugs is not a way to get away from problems, these are new, more complex and terrible problems.

Prevention of drug addiction should be aimed, first of all, at preventing the first use of a psychoactive substance, at developing in a person a firm attitude in life: in any situation and under any conditions, to prevent drug use. Experience shows that in adolescence the desire to take drugs arises only in the company of peers. This can happen on the street, at a disco, at a concert of a popular music group, when you want to be like everyone else, cheerful, relaxed, and forget about all your problems.

The main rules for preventing the use of psychoactive substances are formulated in four “No!”

Rule one: constantly develop a firm “No!” taking any narcotic and toxic drugs in any dose, in any environment, in any company: always just “No!”

The second rule: developing the ability to enjoy useful daily activities (good studies, sports, outdoor activities), which means a firm “No!” idleness, boring and uninteresting life, idleness.

Third rule: the ability to choose friends and comrades is of great importance; third “No!” to those peers and that company where taking drugs is commonplace; To do this, you need to overcome your shyness, respect your opinion and not be influenced by others.

Fourth rule: a firm “No!” their timidity and indecisiveness when offered to try a drug.

Along with chemical addictions, non-chemical addictions are also possible, for example, gambling, computer, overeating, extreme types of recreation, professional activity (workaholism), excessive personal physical or psychological improvement.

Early identification of risk factors plays a major role in the prevention of addiction. For example, a technique for identifying the risk of gambling addiction can help identify a tendency to gambling.

Symptoms of a pathological gambler (the presence of four or more symptoms indicates the development of gambling addiction as a disease):

- a) great absorption and preoccupation with the game;
- b) strong excitement during the game and the desire to increase bets;
- c) difficulties when trying to control or interrupt the game;
- d) anxiety and irritability when it is necessary to limit bets or interrupt the game;
- e) play as the main way to get away from problems or cheer up;
- f) persistent attempts to win back after a loss;
- g) attempts to hide the degree of one's true involvement in the game by deceiving others;
- h) committing illegal actions to finance the game (forgery, deception, theft, embezzlement);
- i) the emergence of a real possibility of losing a place of study, work, good relationships with close friends and relatives due to gambling; narrowing your circle of contacts and interests;
- j) the need to re-borrow money to pay off existing debts from the game.

Active recreation in nature, physical education and sports, expanding and deepening one's knowledge, preparing for professional activity and creating a strong, prosperous family are the best means for preventing addiction to psychoactive substances.

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