



# Effect Of Alcoholism On Suicidal Behaviour: A Review

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## ABSTRACT

Alcoholism is correlated with a tolerable risk of suicidal behavior. Individuals with alcoholism who try or complete suicide are characterized by major depressive episodes, stressful life events, especially interpersonal difficulties, poor social support, living alone, high aggression, negative effect hopelessness, severe alcoholism, comorbid substance specifically cocaine abuse, serious medical illness, suicidal communication, and preceding suicidal behavior. This paper focuses on explaining the relationship between alcohol and suicidal behavior. All individuals who have strong alcoholic consumption tend to commit suicide. Alcohol affects our mental health and it offers psychiatric disorders and there is a high risk of suicide. Increasing risk of suicidal behavior may be pointed to social withdrawal, failure of social bonds, and social marginalization which are common sequences of untreated alcohol abuse and dependence. Alcohol is a depressant that changes the elegant balance of chemicals in our brains. Drinking alcohol slows down the brain processes in the central nervous system and can mess with what our brain needs to do to keep up good mental health. Most people hardly rely on suicide. The main reason behind suicide is an increased rate of alcohol consumption. They believe alcohol is a self-medication. Today the generation is suffering from anxiety, mental illness, psychiatric disorders, depression, etc., so they consume alcohol to get relief and to forget the worst situations. Alcoholism has the power to destroy a person who has no history of health issues. Alcohol may give temporary relief from suicidal intentions. Mostly people exploit alcohol at higher risk for depression and suicide. Alcohol reduces shyness and affects a person's capacity to think clearly.

**Key Words:** - Alcoholism, suicidal behavior, psychiatric disorder, alcohol, suicide.

## 1. INTRODUCTION

Drinking alcohol has a main effect on social behavior such as increasing aggression, self-disclosure, sexual adventure someness, and so on. Alcohol damages the information processing needed to discourage response impulses which means the capacity to predict negative consequences of the response to remember inhibiting standards and so on. Alcohol impairment will make a social response greater or excessive when the reaction is influenced by inhibiting. Alcohol's damage to inhibitory extracting allows instigating pressures more affect the response, increasing its hugeness. For many people drinking alcohol is not a thing more than an enjoyable way to relax. People with alcohol use disorders drink to overconsumption endangering both themselves and others. Suicide is the act of taking one's own life on motive. Suicidal behavior is any action that could be a source for a person to die, such as a drug overdose. Suicide in children and adolescents is a vital public health

issue. The second leading cause of death is suicide. It mostly explains that today children are facing depression, loneliness, etc. because of the increasing use of social media, video games, etc., and for that, they depend on drugs, and alcohol for the motivation of their friends. This leads to them overthinking and results in suicidal behavior. Sometimes it is finalized in suicide also. Suicidal behavior encloses a spectrum of behavior from suicide attempts and preliminary behaviors to accomplish suicide.

Alcohol and suicide have a fatal close relationship. Individuals with suicidal thoughts often go around to alcohol and alcohol-expanding suicidal thoughts. This is infrequently one reason behind a person's death by suicide, it has been established that nearly 1/3 of suicide deaths have been linked to alcohol consumption. Many people suffer from anxiety or other mental illness, some kind of mood or personality disorder. Most people depend on alcohol in an attempt to forget their problems. The incurable use of alcohol makes someone suffer, dependent, and in the end an addiction. Alcohol may provide short-term relief from suicidal ideation. Alcohol worsens the symptoms of many mental health conditions such as Bipolar Disorder, Borderline Personality Disorder, and depression all of which can lead to suicide. Average use lies at one end of a range that moves from alcohol abuse to alcohol dependence.

### **1.1 ALCOHOL ABUSE: -**

Alcohol abuse is a drinking pattern that results in notable and repeated adverse consequences. Alcohol abusers may fail to fulfill major school, work, or family responsibilities. They may have drinking-related legal problems such as replicate arrest for driving while intoxicated. They may have relationship problems linked to their drinking.

### **1.2 ALCOHOL DEPENDENCE**

Scientifically known as alcoholic dependence they have lost well-founded control of their alcohol use. It doesn't matter what kind of alcohol someone drinks or how much. Alcohol-dependent people are often powerless to stop drinking once they start. Alcohol dependence is distinguished by tolerance and withdrawal symptoms may include nausea, sweating, nervousness, irritability, shock, hallucinations, and convulsions.

Even though severe alcohol problems get the most public recognition, even mild to average problems cause substantial damage to individuals, their families, and the community. According to the National Institute on Alcohol Abuse and Alcoholism {NIAAA}, 62% of adults in the USA aged 18 and more have an alcohol disorder. Drinking alcohol has multiple causes with genetic, psychological, physiological, and social factors all playing a crucial role. Not every individual is equally affected by each principal effect of alcohol. For some alcohol abusers, psychological characteristics such as carelessness, low self – esteem and a need for consent prompt inappropriate drinking. Some individuals drink to manage with a medicate emotional problems. Social and environmental factors such as peer pressure and the early accessibility of alcohol can play key roles. Indigence and physical abuse or sexual abuse also increase the odds of enlarged alcoholic dependence.

Genetic factors make some people mainly endangered due to alcohol dependence. Once people start drinking unreasonably, the problem can preserve itself. Heavy drinking can cause physiological changes that make more drinking, the only way to keep away from irritation. Individuals with alcohol dependence may drink partly to lower or avoid withdrawal symptoms. Short-term effects include memory loss, headache, and blackouts. Long-term problems related to heavy drinking include stomach disease, heart problems, cancer, brain trauma, serious memory loss, and liver cirrhosis. Heavy drinkers also noticeably increase their chances of dying from automobile accidents, homicide, and suicide.

Even though men are much more likely than women to evolve alcoholism, women's health hurts more, even at lower levels of utilization. Drinking problems also have a very negative influence on mental health. Alcohol abuse and alcoholism can aggravate existing conditions such as depression or create new problems such as serious memory loss, depression, or anxiety. Women who drink during pregnancy run a significant risk of damaging their features.

## **2. SUICIDE AND SUICIDAL BEHAVIOUR**

Suicide is the action of proceeds one's own life on purpose. Suicidal behavior is an activity that could cause a person to die because of taking overdose of drugs or alcohol.

## 2.1 CAUSES

Suicide and suicidal behavior generally occur in people with one or more of the following

- Bipolar disorder
- Borderline personality disorder
- Depression
- Drug or alcohol use
- Post-traumatic stress disorder
- Neurosis
- Physical, sexual, or emotional abuse
- Stressful life issues such as serious personal or relationship problems

People who venture to take their own lives are often trying to get away from a situation that seems unbearable to deal with. Many who experienced suicide are seeking relief from

- 1) Feeling abashed, blamable, or like a burden to others
- 2) Feeling like a victim
- 3) Feeling of nonacceptance, loss or loneliness

Suicidal behavior may occur when there is a situation or event that the person found extremely great level such as

- i. Aging [older people have the greatest rate of suicide]
- ii. Death of a loved one
- iii. Drug or alcohol use
- iv. Psychological trauma
- v. Serious physical sickness
- vi. Joblessness or financial issues

Possibility factors for suicide in teenagers include

- Approach to gun
- Family member who died a suicide
- History of hurting character on purpose
- History of being neglected or misuse
- Living in communities where there has been at least one eruption of suicide in young people
- Romantic breakup

While men are more likely than women to die by suicide, women are doubly prone to attempt suicide. Most of the suicide attempts will not result in death. Many of these trials are done in a way that makes liberation possible. Some people try to suicide in a way that is less probably to be lethal such as poisoning or overdose. Men are more appropriately choose violent methods such as shooting themselves.

Suicide, suicidal ideation, and suicidal attempts are crucial troubles for people who abuse alcohol, as alcohol use can lead to impaired judgment, reduced inhibitions, and being spontaneous. Suicide is death brought about by behaviors you grasp to die. Suicidal attempts are certainly injurious behaviors that are deliberated to cause death but eventually do not and suicidal ideation contains planning for or otherwise examining suicide. Suicide is a consequential global health issue and one of the biggest avoidable causes of death in the United States. According to the World Health Organization [WHO], close to 8 lakh people perform suicide each year around the world. Based on the National Survey on Drug Use and Health around 4% of adults had important thoughts of suicide.

Acute alcohol intoxication occurs in 30-40% of most suicide attempts. Suicide and alcohol abuse are both combined issues that develop as a result of a wide range of factors that can vary by solitary circumstances. Besides the contribution factors such as reduced inhibitions and deficient judgment have a high risk of suicidal behavior that could increase psychological damage and hostile behavior. Alcohol can also damage cognition leading to individuals giving up healthy coping strategies. People who have co-occurring mood disorders and fight against alcohol abuse may have a relatively increase risk of suicide than those people who have no mental health issues and this risk may become more noticeable with age. The relationship between Alcohol Use

Disorder [AUD], the diagnostic term used for alcoholism and suicide appears a remarkable relationship between suicide attempts and suicidal ideation.

People who exploit alcohol are at a higher risk for depression and suicide. Evidence recommends that people who have alcohol use issues are more likely to encounter suicidal thoughts, suicide attempts, and death due to suicide.

### 3. DEMOGRAPHY ON ALCOHOL USE AND SUICIDE

Drinking alcohol has been associated with several suicide and suicidal attempts. The detection of alcohol misuse or dependence is associated with a suicide risk that is 10 times faster than that in the general population. The medical treatment after suicide attempts, and alcohol use disassay were found to be a remarkable factor with acute alcohol intoxication. Alcohol intoxication is involved in 22% of all suicide deaths.

### 4. INTERRELATION BETWEEN SUICIDE AND ALCOHOL

Alcohol leads to decreased obstruction and affects a person's capacity to think clearly. As a result, people may be more likely to act on their concepts, including those that might be linked to suicide or self-injury. Alcohol also affects mood which can make people more vulnerable to experiencing suicidal thinking. The mixture of worse mood, nonnegative thinking, and lower self-control means that people are more likely to act on suicidal beliefs when they are drinking. Some studies showed that many people who died by suicide have a history of both alcohol misuse and depression. In some cases, people may try to use alcohol to self-medicate mental health symptoms.

The substance abuse and mental health services administrate recommends that people should be aware of both the risk and protective factors that enlarge the risk of suicide among people who misuse alcohol. Some of these risk elements are

- ✓ Academic problems
- ✓ Intimidate and pen rejection
- ✓ Family's different opinion
- ✓ Other mental health conditions
- ✓ Preceding suicide attempts
- ✓ Social withdrawal
- ✓ Trauma

Some components reduce the risk of suicide and help people work toward regaining from alcohol use disorders. Such elements include

- ⇒ Virtual mental health and substance use treatment
- ⇒ Evolving coping skills, including those that foster flexibility, self-esteem, and persistence
- ⇒ Social support and connection with family and friends
- ⇒ Community collaboration
- ⇒ A confident outlook
- ⇒ Cultural and religious faith that discourages suicide

According to the Substance Abuse and Mental Health Services Administration, particular programs that support life skills training have been exhibited to help people from both suicide and substance abuse. Recognizing and treating alcoholism is a critical factor in suicide prevention. A failure to identify certain alcohol-related disorders can result in both increased misery and temporality of those at risk of suicide.

### 5. TREATMENT FOR ALCOHOLISM

Behavioral approaches to nursing alcoholism should also embrace certain therapeutic factors including social skills training, goal setting, and education on worsen prevention. Evidence-based outlooks used to treat alcoholism include

### i. BRIEF INTERVENTIONS

These are short-term and time-limited offers where a counselor gives personalized feedback about your habits and possibilities and helps you identify goals for treatment, so you can set up a plan to stop drinking.

### ii. COGNITIVE BEHAVIORAL THERAPY

This form of therapy can be applied in either one or small group makings. Its goal is to help people identify unfit thoughts, feelings, and behaviors that can contribute to difficult patterns of drinking. They aim to help people spread healthier thoughts and coping skills so they can better reduce drinking behavior or keep away from a relapse in the future.

### iii. MOTIVATIONAL ENHANCEMENT THERAPY

There is a short-term therapy to increase a person's motivation to stop drinking. People work with an analyst to discuss the advantages and disadvantages of looking for a treatment, develop confidence, form a treatment plan to stop drinking, and build the skills required to stick with it.

### iv. MARITAL AND FAMILY COUNSELING

Family members and spouses are also concerned by a person's drinking. It is important to incorporate them as a part of a complete treatment program. Marital and family counseling goals were to strengthen and restore relationships. It's also been concluded to help maintain temperance.

## 6. ALCOHOL DEPENDENCE AND SUICIDE

Alcohol dependence is a principal risk factor for suicidal behavior. It has been recommended that lifetime impermanence due to suicide in alcohol dependence is as high as 18%. Effective factors that are assumed to increase the risk for suicide among individuals with alcohol dependence are hostility and alcoholism severity, which constitute mainly externalizing constructs, and negative affect and depression which represent mainly internalizing constructs. Main depressive episodes and stressful life incidents particularly interpersonal difficulties developed a thought as precipitating factors. Individuals with alcohol dependence who finalize suicide are characterized by major depressive episodes, stressful life events mainly interpersonal difficulties, poor social support, living alone, high impulsivity, negative affect, depression, severe alcoholism, serious medical illness, suicidal communication, and previous suicidal behavior. Partner-relationship separation is strongly linked with suicidal behavior in individuals with alcohol dependence. There may be a wide social characteristic related to social stress that is linked with a high variety of stress-related behaviors including heavy alcohol use, divorce, and suicide.

There are a few different possible relationships between alcohol dependence and suicide, alcohol use may influence each other. Alcohol use may not itself affect suicide but may complicate another element that affects suicide or alcohol use and suicidal behavior may each be concerned by some third factor without themselves being directly damaged for example alcohol dependence and suicide may be demonstrations of the same underlying disorder. The combination of alcohol and depression dependence often leads to suicidal behavior. Shyness and hostility are strongly implicated in suicidal behavior. Constructs associated with aggression and impulsivity consult additional risk for suicidal behavior in people with alcohol dependence. Acute alcohol is interrelated with suicide. Suicide completers have a high rate of positive blood alcohol. Impaired people are more likely to attempt suicide by utilizing more lethal methods. Alcohol may be dominant in suicides among individuals with no preceding psychiatric history.

Alcohol dependence is a prime risk factor for suicidal behavior. Mood disorder is a powerful risk component for suicide among problem drinkers as age increases. All individuals with alcohol use disorders should be evaluated for suicide, especially at the end of a bender or in the very early phase of cancellation. Middle-aged and older men with alcohol dependence and mood disorders are at extremely high risk.

## 7. CONCLUSION

Alcohol is not a normal thing. While it carries implications of pleasure and sociability in the minds of many harmful significance of its use is distinct and widespread. Alcohol takes an expensive duty on lives and communities, especially in developing countries and its offering to the overall burden of disease is predicted to increase in the future. To decrease the harm caused by alcohol, policies need to take into account certain situations in different societies. Suicidal behavior represents a serious public health problem for adolescents. Biological, psychological, social, and cultural factors begin to play a role in the development of adolescent suicidality. Suicidal behavior may be determined by extreme sadness or mood changes, depression, mood problems, sudden calmness, discontinuation from other people, and personality adjustment. Suicidal behavior is associated with an increment risk for developing epilepsy. Suicidal behavior includes complete suicide, attempted suicide and suicide ideation and such behavior may be observed to be an indicator of insufficient methods or application of guarding of patients by the mental health services within any particular region. Suicidal behavior is always calculated, and conscious and represents emotional feelings with a strong affection for strong, aggressive self-destructive acts. Antidepressants can be favorable in many conditions and can decrease suicidality in some patients. Suicide is often avoidable and the efforts to stop it may happen at that individual, relationship, community, and society level.

## ACKNOWLEDGEMENT

First of all, thanks to almighty God for complete our work smoothly. And thanks to my dear faculties for helping us and thank you so much to all my co – authors for cooperate with me and support to compile this work.

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