



## Impact of Risky Alcohol Consumption and Heavy Episodic Drinking

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### INTRODUCTION

Heavy episodic drinking is outlined because of the proportion of adults (15+ years) who have had a minimum of sixty grams or a lot of pure alcohol on at least one occasion within the past thirty days. Consumption of 60 grams of pure alcohol corresponds about to six customary alcoholic drinks. The (appropriately weighted) range of respondents (15+ years) who according to drinking 60 grams or more of pure alcohol on at least one occasion in the past 30 days. The whole number of participants (15+ years) responding to the corresponding question(s) in the survey and abstainers. Serious episodic drinking is part of the key indicators which give data concerning the patterns of alcohol consumption in a given country. A lot of specifically, it identifies the proportion of the population that consumes high levels of alcohol on single occasions and consequently highlights the population which notably encompasses a higher risk of experiencing alcohol-related acute hurt however conjointly developing chronic health complications.

### DESCRIPTION

Risky alcohol consumption and serious episodic drinking by folks will have negative effects on their children. At present, very little is thought regarding these sorts of alcohol consumption among parents in several elements of the world. Additionally to the harmful consequences for the drinking individual, excessive alcohol consumption also can hurt the person's environment, particularly shut relatives and friends. The negative consequences of maternal alcohol consumption throughout the physiological condition and parental alcohol consumption during childhood and adolescence on child development are studied several times in the past, with a specific target the kids of alcohol-abusing parents. Adolescents belong to a gaggle that usually reacts notably sensitively to disturbances in their relationships with reference persons; this may result in negative long-run consequences for the children and young people. Studies show that children of alcohol-abusing folks themselves develop an addiction to alcohol or another substance a lot of often, that they suffer more frequently from

psychological disorders, and their educational performance is more frequently less than among youngsters whose parents don't abuse alcohol.

Less is thought regarding however children and adolescents are laid low with parental alcohol consumption that doesn't essentially quantity to drug abuse or dependency. Studies have come back to the conclusion that sure parental alcohol consumption patterns, e.g., Risky Alcohol Consumption (RAC) and serious episodic drinking (HED) are often related to harmful outcomes for children, reminiscent of high alcohol consumption in later life and physical abuse. Furthermore, it was discovered that adolescents who have seen their oldsters under the influence of alcohol are a lot of seemingly to drink alcohol than teens that haven't seen their parents drunk. A study from the Federal Republic of Germany showed that frequent alcohol consumption by the oldsters of 12-year-old children is completely related to serious episodic drinking by youngsters in young adulthood. Explanations for these associations embody parental role modelling and alternative parenting factors which will be laid low with alcohol consumption.

### CONCLUSION

To date, solely few studies have targeted the prevalence and correlation of parental alcohol consumption patterns and supported definitions of drinking that don't essentially quantity to abuse or addiction. Thus, this study aims to estimate the proportion of mothers and fathers who lives on the side of kids and adolescents and exhibit RAC or HED. In addition, the study aims to explain the sociodemographic characteristics of risk teams to spot beginning points for target group-specific preventive measures.

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### CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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