

International Scientific-practical Conference
“Alcohol in the Culture: Traditions and Present Trends”

The Dark Side of Alcohol Use **(harmful alcohol use and social exclusion)**

Ilona Tamutienė
Vytautas Magnus University, Lithuania

Research is a part of the project Social Exclusion and Social Participation in Transitional Lithuania (VP1-3.1-SMM-07-K).

Research problem

Alcohol consumption fulfils the function of social integration and maintenance of social relations, because it encourages relaxation and socializing

(Social and Cultural Aspects of Drinking 1998 p. 28).

How do some people develop harmful drinking habits and became social excluded ?

“I was left all alone without health, family, job, money or home.”

(Man, age 32).

Aims of this presentation

Aims of this presentation are to analyse social interaction between drinker and others with whom he or she is in relation when performing such social roles as a parent, partner, son, daughter, employee, student, friend or citizen, and identify the main factors influencing the process of social exclusion.

Method

- Research is based on literature review and 17 **qualitative interviews** with alcoholics (12) and their family members (5). The interviews were conducted during May-June in 2013, in Lithuania.
- **Quantitative survey** of 1000 respondents in April-May in 2014.

What is social exclusion?

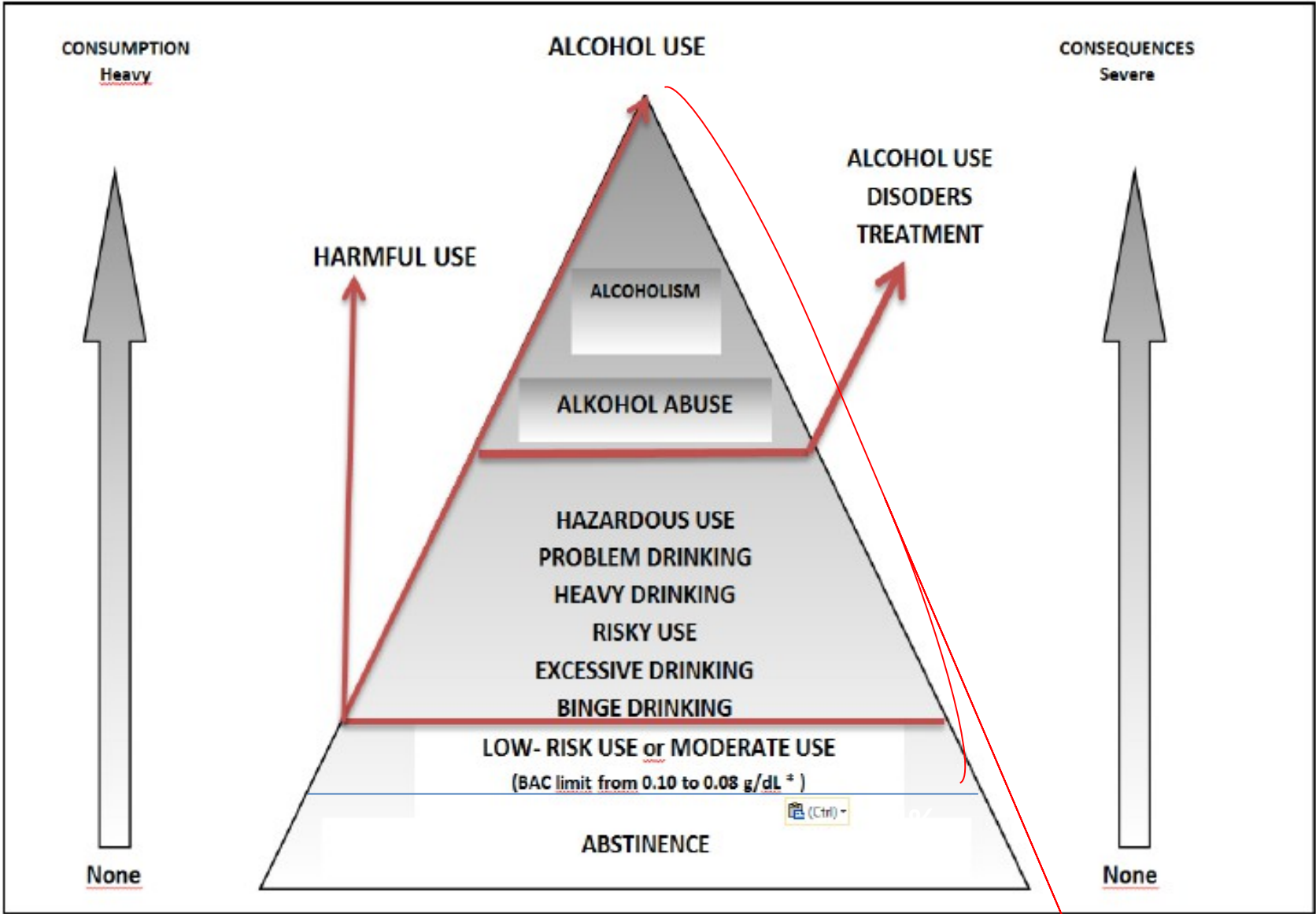
- A person is considered to be socially excluded *“if he or she does not participate in the main activity processes of the society he or she lives in”* (Burchardt 2000: p. 32),
- **Social exclusion** is mainly manifested in the dimensions of consumption, production, politics and **social interaction** (Burchardt et al 2002).

In this presentation social exclusion

will be analysed within **the dimension of social interaction**, arguing that social exclusion is not only a product of public opinion and limited opportunities for participation, but also a **process of social interaction in which social exclusion is constructed with the participation of the prospectively excluded person and the included ones.**

What is harmful alcohol
use?

Alcohol use and related mordability



The lowest risk is associated with an average of 10g of alcohol per day for men and less than 10g of alcohol per day for women (as an example, one can of beer has 13g of alcohol; 100 ml of wine has approximately 9.5g of alcohol; 35 ml of a distilled spirit at 40% has 11g of alcohol). (WHO, 2010p.12)

[http](http://whqlibdoc.who.int/publications/2010/978924159)

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Harmful alcohol use to whom?

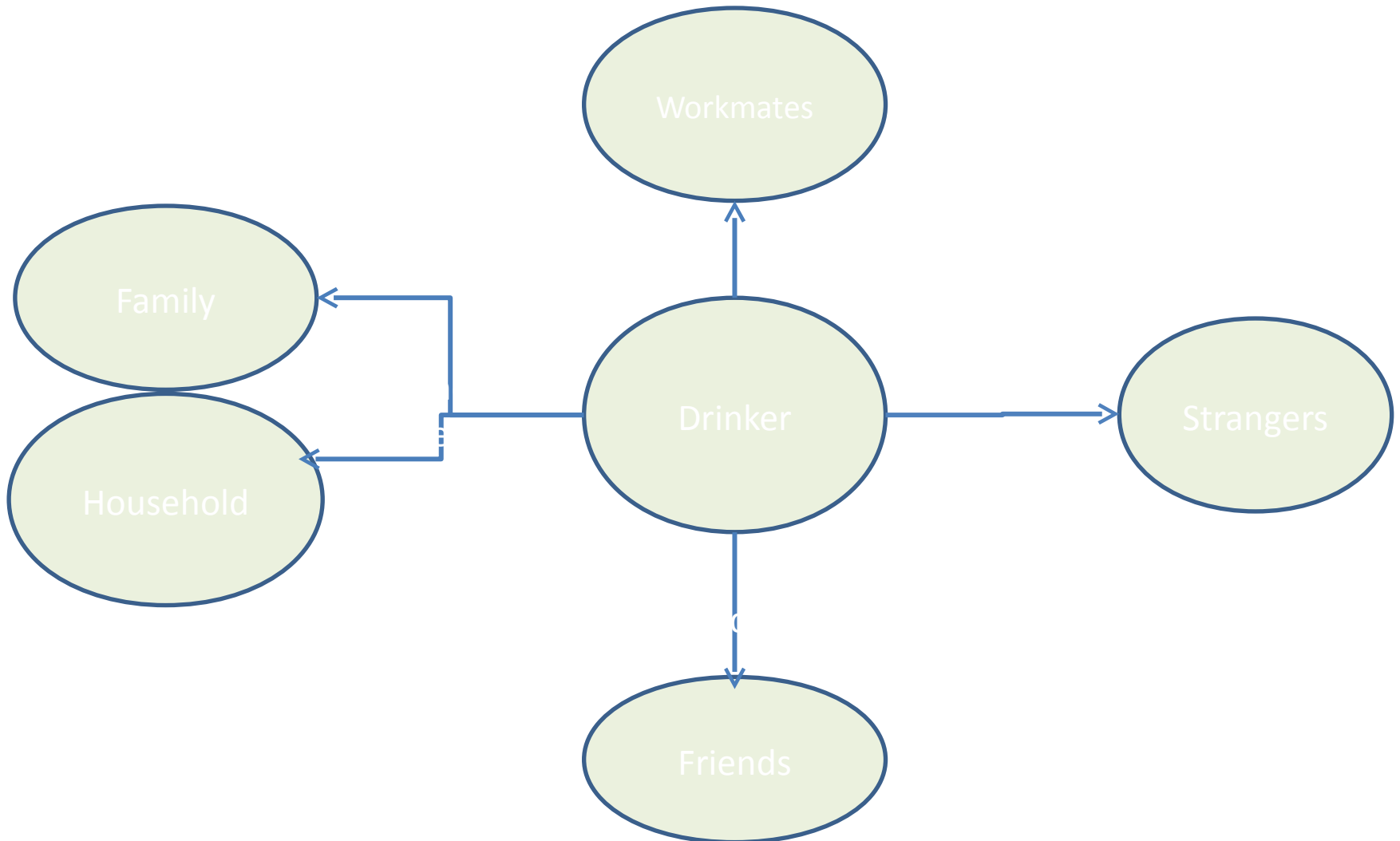
Alcohol harm to the drinker's health is well documented in biomedical perspective.

We have research evidence on alcohol use and violence to others (public and private)

We have little to say how the drinking impinged on major areas of the drinker's life.

R.Room et al (2010) propose conceptual model how to study harmful alcohol use and social harm to others

The drinker's impact on others- main types of relationships (R.Room et al)



Harm could be understood or not

- **Researcher:** *“What about the children, if the father and the mother want to relax?”.*
- **Respondent:** *“You know, I used to stay alone with the children. There is money. If there isn’t, I borrow some. Money is not a problem. I: “Children, we will party in the kitchen, you go to another room. There’s food in the fridge, because you need to eat”. We partied nicely for three days, while children were in the other room”.*

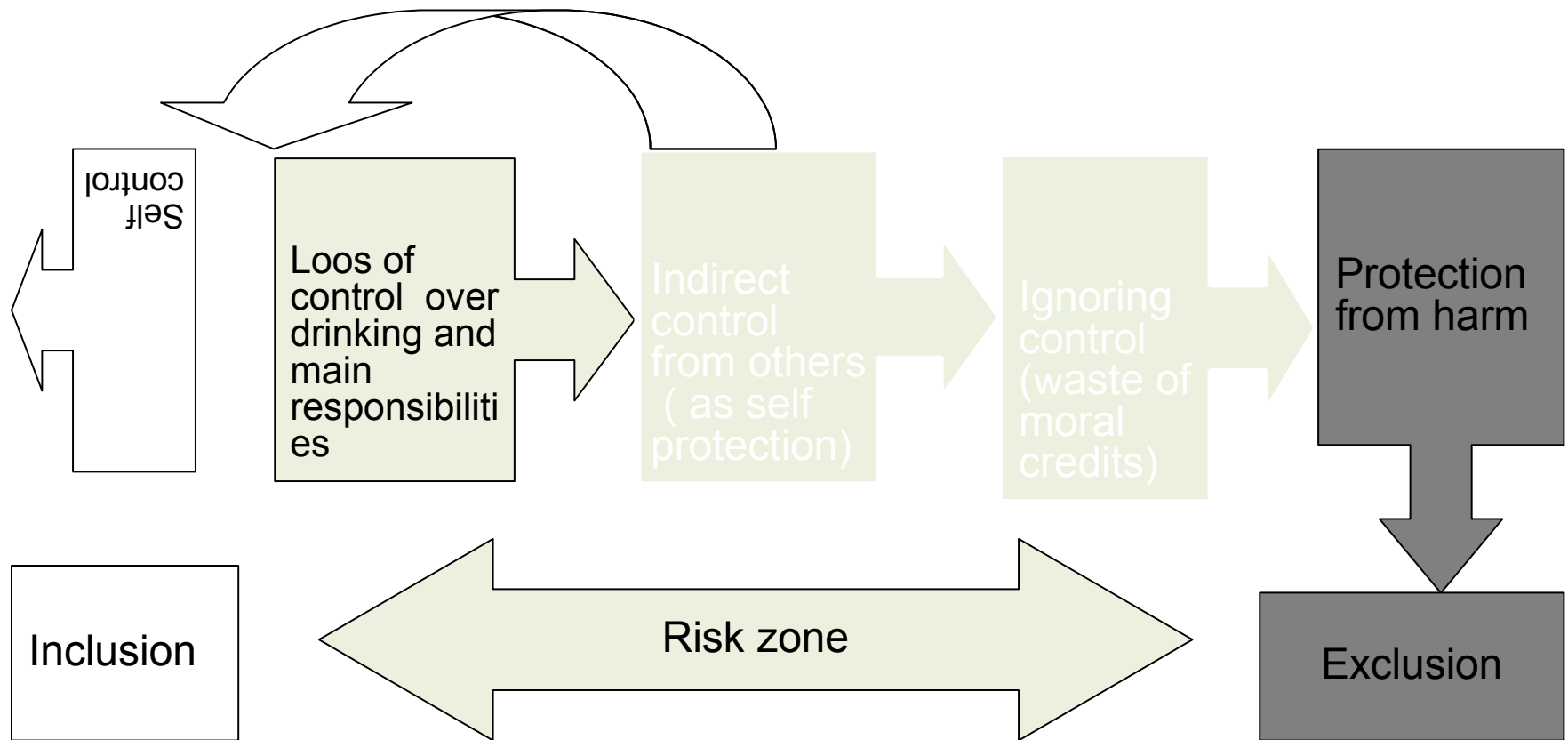
Social interaction in case of harmful alcohol use

1. Loss of self-control when drinking
2. Failure to perform main social roles (harm to others)



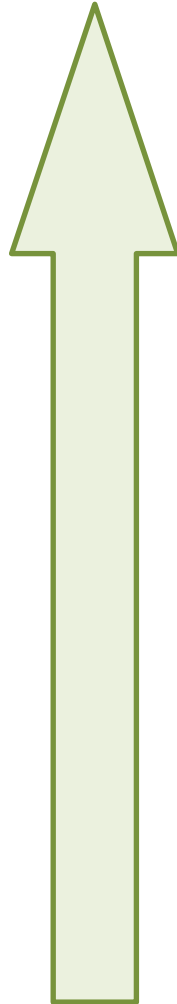
Informal and formal control
Interaction takes harmful and controlling character

Self-Control, and Control as Substitutes



Intensity of control

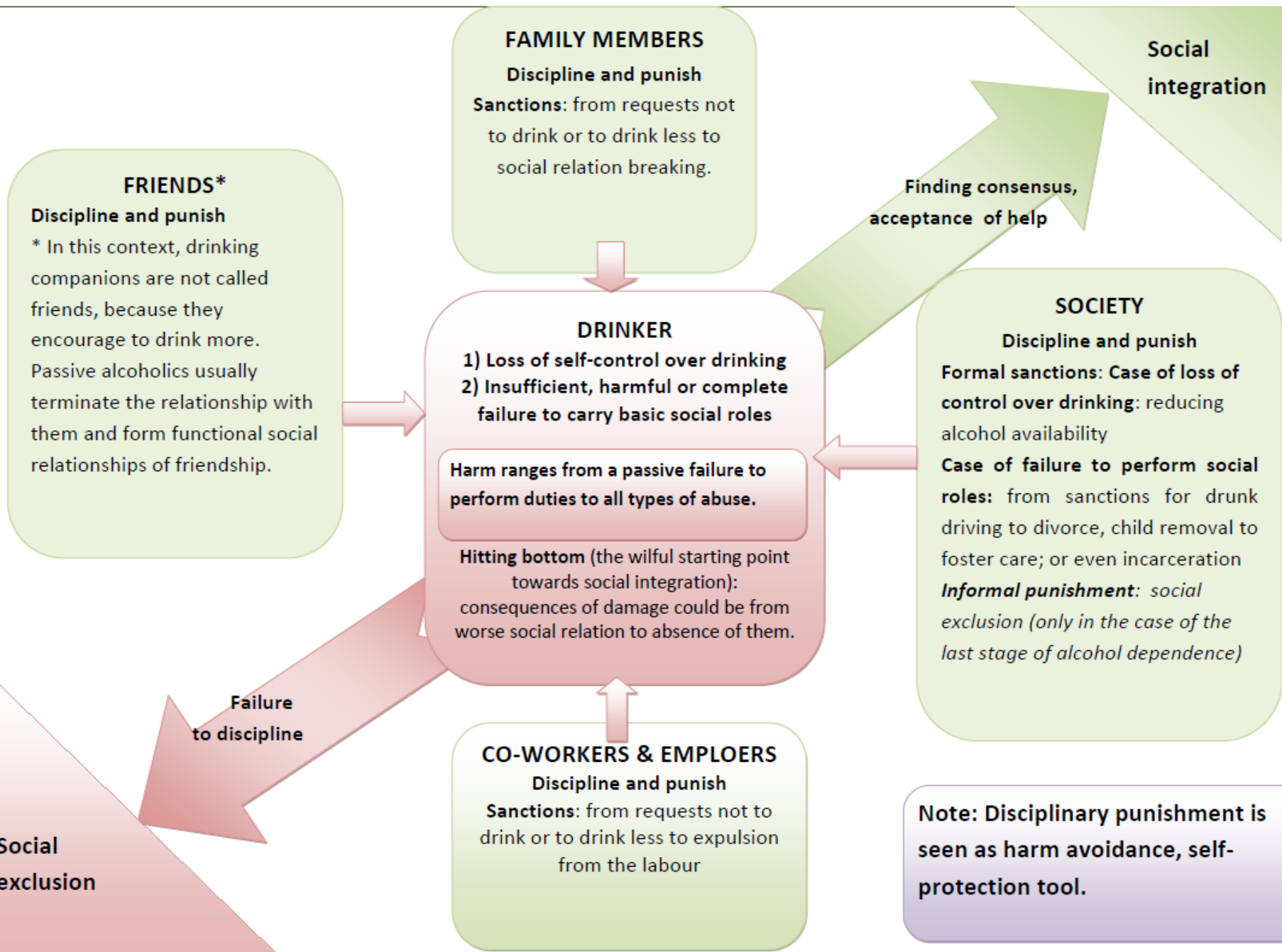
High intensity



Low intensity

“And when you live with a man, you see that he drinks. You try to talk, to spill those bottles out, empty the pockets. I had even started beating him, but then I saw that nothing came out of it. For example, I used to lock him up at home, I’d go to work and lock the door. I tried to protect him from the first shot that way. Nothing helped. I divorced him and he is falling down.... at least my life is not destroyed”.

Construction of social exclusion in the cases of harmful alcohol use



Discussion

- The analysis of the research data proposes that the theoretical framework of harm caused by alcohol suggested by Room and others (2010), which is centred on the drinker and the persons associated to him by the main social roles, is of special importance to the consequences of harmful alcohol consumption and their connection to the construction of social exclusion and inclusion.
- We receive significant information on how

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Thanks for your attention!

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