

Reasons that induce driving while intoxicated young adult

Abstract

Alcohol consumption is one of the leading causes of death, disease and accidents. Driving a vehicle under the influence of alcohol, causes a great risk, to do because this is needed for the coordination of all the senses and is known that spirit you reduce the responsiveness of the brain. In this analysis, some of the young adult Reasons that induce driving while intoxicated is described. It is evident that alcohol causes feelings of power, superiority and freedom, which favors the young adult run the risk of driving while intoxicated endangering Their own physical integrity and of third persons not to mention property damage.

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Mini review

Consumption of alcohol is a major cause of mortality, morbidity and avoidable accidents in Mexico. According to the Ministry of Health 32 million Mexicans consume alcoholic beverages. This represents approximately a third of the nearly existing population in the country, which means that a health problem is present and growing, that does not exempt any place, age range and social group.¹

This scenario justifies the analysis of statistics related to alcohol consumption, to ascertain the exact problems generated with the reasons that border young adults to increase the consumption of alcohol.¹ It is noteworthy that various consequences caused by the consumption of alcohol, for example, in Physiologically can mention cirrhosis, digestive disorders, cardiovascular diseases and mental; As for family problems are violence, abandonment, poverty, and social problems associated with disability, absenteeism, poor work effectiveness and behaviors of high risk as disturbances of public order, driving while intoxicated, accidents, and homicides.²

Currently liver cirrhosis is one of the pathologies associated with alcoholism; not to mention the cerebro-vascular diseases and mental disorders, especially depression, and some personality disorders; that increase the morbidity and mortality especially among young people. These, by the characteristics of his youth characteristics and accessibility to alcoholic beverages are easy to distribute and drinking white; even though there are prohibitions imposed by law, such as related to the sale of beverages containing alcohol in commercial establishments, which provides a schedule from 4:00 to 6:00 pm for the holidays until 5:00 pm for Sundays. This measure certainly has no impact on young people because when they acquire drinks plan to meet on days and times allowed.³ A turn is important to note that

young people have the belief that meet their peers drink alcohol has no negative consequence.

Is registered nationwide pattern of consumption in total almost 27 million Mexicans between 12 and 65 years and have a drink consumption frequency ranging from less than once a month and everyday.²

It is also important to note that the effects on the body caused by alcohol depend on the amount ingested by the person, and frequency of alcohol consumption, particularly among young people consuming. In response, the young can develop addictive behavior that will bring negative personal, family, work and emotional impact; for this reason being located within the phenomenon called "alcoholism."⁴ However, it is interesting question about risky behavior that has the young when consuming alcoholic beverages, one of those behaviors is driving a vehicle while intoxicated.

Under pressure from these influences that has the young and the various changes that alcohol produced in the body as euphoria "Wanting to continue the revelry, to seek maximum sensations that produce ecstasy,⁴ does not assess the impact of their actions such as driving while intoxicated. For this reason it is necessary to analyze this very common phenomenon in the population and determine the motives that lead young adult to make this risky practice turn as nurses propose actions within families to prevent the young lead in state drunk, in order to prevent complications related to alcohol that impairs health of the youth, family and society.

In some individuals who consume alcohol abusively, there may be a syndrome known as deletion, in which; the person awake conscious, but cannot remember something that happened the previous night drunk, this creates a source of stress and exhaustion,⁵ since not

remember what happened is worried about not really know what happened and/or damage caused, to the point of feeling confused and guilt feelings that are likely to lead to have even more difficulties contribute to an emotional imbalance, causing problems that can interfere with their bio psychosocial being, and this in turn will alter the circle family.

Adding this number of factors is more likely to occur more easily car accidents as a result of driving while intoxicated, such events, directly affects the social and occupational functioning of the individual, because once that happens the accident, also depending on the damage it has caused, you will face charges imputed, socially and legally.

Young adults who drink alcohol experience various emotions, from a state of euphoria or drowsiness to drunkenness, passing the disturbing mental disturbances, some experience violence, sadness, guilt, irritability, poor appetite and weight loss.⁶

When consumption is constant, the young presents micturition syncope and unspecific hypothermia subsequently develop lesions in the central neurons and cerebral hypoxia and spectacular manifestation of delirium tremens.⁷ All these agents have a huge impact on the body of the adult, and gradually alcohol is creating dependency and this makes consumption more frequently and in greater quantities, which predisposes if handled in state drunk, all these manifestations are potentially affected, not only by actual consumption but by the consequences that over time develops an addiction to alcohol.

This dependency syndrome in young people who consume alcohol, occurs when they seek to reduce sharply the usual intake of alcohol, causing the presence of psychological or physical symptoms; within the former are anxiety and compulsiveness that often is associated with drinking alcohol go up to extreme measures. Physical dependence is related to time or prolonged use of alcohol and is manifested in the subject by sweating, upset stomach disorder, coordination and changes in the state of consciousness and mood.⁸

Meanwhile young alcoholic family experiences feelings of fear, confusion, anger and guilt stemming from the unpredictable behavior of the alcoholic. Parents are constantly concerned to learn that children leave vehicles and probably back when, they are drunk. In conducting the analysis of the reasons that induce young adult driving while intoxicated, it is considered the family as a central axis that can act effectively and in a timely manner to prevent such conduct risk.⁷

It is said that alcohol is a substance that when ingested; reduces the capacity of reaction in the brain and mobility of the person, this causes reactions in the subject consume alcohol and drive while intoxicated, are much slower, perception also decreases and there is of course fatigue and a number of issues associated with amnesic disorders are characterized primarily by one symptom of memory disorder. All this makes the person is less likely to be able to avoid the accident because of the state that is under his body and reducing their capacity to act effectively and timely.

The young adult drinking and driving while intoxicated, experience a range of feelings of power, superiority, freedom and fun, yet to change behavior resulting from these feelings, it is necessary that young adults themselves feel and express their desire to stop drinking and be made aware of the repercussions of driving while intoxicated and future may be people and successful professionals that society demands.

The main reasons that incites young to drink are

- a. Perception of seeing a way to “be glad”, “reach point”: This facilitates the coexistence and socialization to treat more people with whom we would not be able to interact if you were sober
- b. Social pressure, sometimes produced from advertising: This is because young adults often feel the need to drink alcohol to please the members of a certain group and thus be accepted by them.
- c. Disinhibition, overcoming shame, because thanks to the disinhibitors effects of alcohol, young adult dares to perform acts that make you feel free and without fear of ridicule or be judged by others.
- d. Imitate and express issues of adulthood without the alcohol, the young man would not dare to make such conduct.
- e. Sense of superiority, which possibly gives security.
- f. Think and feel grown.
- g. Feeling responsible for his actions even when drunk.
- h. be independent

It is also important to recognize that young motivated by the need to consume alcoholic beverages does not analyze the consequences of their actions to continue drinking. One of the situations present in the young drunk at the end of “party” or “blowout”; is the need to keep drinking, which puts him behind the steering wheel in order to get drinks or simply follow the environment elsewhere, risking his life and that of others, regardless of the consequences.⁹

It is noteworthy that the shared belief among different groups of young people who consume alcohol, is that driving while intoxicated, do not prove that alcohol has negative consequences, thus commitments during the weekend and interpersonal relationships They intensify, and it is precisely these days when accidents because of alcohol increases.

A study was conducted in the municipality of Celaya G to. To determine the young adult who handles drunk, it was a qualitative study where three categories were found. The first category called dialectical perspective among young people driving while intoxicated, and is described as “young adults in that state experience a range of feelings of power and superiority that makes them believe that everything can and nothing bad can happen to them, expressed also feel influenced by their friends, because they invite you to go for more intoxicants, to continue the party, when handling feel like walking them an emotion, that is, they feel the adrenaline through your body losing notion of the dangers and damages brought about by the handle in that state”.

The second category defined: The need for partnership and tolerance past and present life of the young, this young demonstrated that lead inebriated by “the influence of friends, sense of freedom and fun that taking alcohol they feel safer to socialize and do things or do when sober acts that they are difficult to do, and they do not realize the serious consequences, both psychological health as this can bring”.

Denominate the third category: personal, family and professional success based on his rehabilitation, this describes young adults have

thoughts and desire for his habit of being alcoholics and drunk driving change; stop doing so and thus they can be successful, professionals and the fact that drinking and driving, does not adversely affect their lives “people.

For the above stated it can be inferred that currently the high number of young adults drinking and driving while intoxicated,¹⁰ has been increasingly noticeable mainly because the number of accidents recorded traffic, representing one of the main causes of death among young people.^{11,12}

Accidents occur regardless of age and often mortally affected others by the carelessness of drunk drivers. Leaving large consequences at personal, family, social and federal.

This problem where alcohol consumption is related to driving is in increasingly younger ages, producing a change in behavior to become a habit in them, which causes the “dependence syndrome alcohol” is developed. Characterized in people by the need to drink continuously to maintain a certain amount of alcohol in the body preventing the symptoms of said dependency or achieve a desired effect. A consequence of this youth feel they are superior to everyone and feel invulnerable to the consequences it brings driving while intoxicated, believing somehow that nothing can happen to them what they want is to keep taking, carried away by the friends, in order to feel accepted and fit into the group that at the moment coexist. Unaware your body begins to deteriorate causing irreversible damage to major organs of the body.

The act of drinking and driving while intoxicated is a serious problem that must be taken into account in this way to prevent large consequences such as accidents involving the individual, family and society while looking for strategies to make this socially accepted habit is diminishing.

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Conflicts of interest

The authors declare there is no conflict of interest.

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