



The effects of Alcohol and Tobacco in the body: EU regulations and laws regarding their usage.

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Methodology:

This paper is a result of many researches and analyzes of reports, documents, articles, and studies that have given me a deep insight into the effects of Alcohol and Tobacco on the body as one of the main concerns of public health issues nowadays. Also, studying and comparing the legislations of different countries regarding the use of alcohol and tobacco, helped me to make a deeper analysis of where the countries with the biggest problems stumble, and what they need to improve. My methods include research from various reliable sources such as: EU Council & Commission, WHO, EUROSTAT, NIAAA, CDC, PHI, Google Scholar, and other internet reliable sources.

Introduction

In the current context of public health, preventing the harmful effects that Alcohol and Tobacco have on the body is a big concern. Unhealthy lifestyles are the biggest cause of preventable diseases worldwide. Thus, Tobacco and Alcohol as one of the top 10 risk factors for death and disability in the world, have become the focus of public health. The impact of these two substances on chronic diseases, and the high consumption rates among young people are evident and undeniable. Despite the numerous projects, awareness programs and prevention policies undertaken, generations after generations continue to use these deadly products. The comparison of different regulations and laws of EU countries is of particular importance, for supporting preventive policies that focus on unhealthy and addictive behaviors, specifically on detrimental tobacco and alcohol usage. So, this paper aims to well elaborate the effects of tobacco and alcohol on the body, analyze EU policies regarding their usage, and recommend appropriate preventive measures.

The increased consumption rates of Alcohol and Tobacco

The consumption of Alcohol and Tobacco has been identified as one of the major risk factors for the global burden of disease and continues to have a growing trend day by day. Regarding the high scale of consumption, the WHO European Region compared to other regions, has proportionately higher levels of burden of disease attributable to alcohol use (WHO, 2019). So, based on the WHO, European Countries respectively Latvia, Austria, Czech Republic, France, and Bulgaria are on the top of the rank regarding alcohol and tobacco usage (WHO; Peter Anderson, Lars Møller and Gauden Galea, 2016). For example, according to the latest statistics published by Eurostat, one in twelve adults in the EU consumes alcohol every day (Eurostat, 2021). In 2019, 8.4% of the adult group population consumed alcohol daily, 28.8% within all age groups consumed weekly, and 22.8% within people aged between 25-34 consumed monthly (Eurostat, 2021). As for smoking, the Balkan region of Europe counts the highest smoking rates. Based on 2019 statistics from Eurostat, 18.4% of the EU population aged 15 years or more smoked daily. Across the EU Member states, on the top of the countries with largest cigarette smokers were Bulgaria with 28.7%, Greece with 23.6%, Germany and Croatia with 21.9% (Eurostat, 2021). All these data reflect the widespread of alcohol and tobacco in different countries and ages.

Alcohol and Tobacco effects on the Immune System

The link between alcohol and tobacco consumption has an adverse implication on the immune system related to short or long-term effect. Firstly, daily alcohol abuse can suppress someone's immune system by making it more vulnerable to infections caused by bacteria and viruses. For example, regular drinkers are more predisposed to be affected by diseases like pneumonia and tuberculosis compared with people who do not drink very often (Cassell, 2020). Also, researchers have found that one episode of binge drinking can slows somebody's ability to ward off infections, even up to 24 hours after getting drunk (NIH, 2021). Secondly, smoking harms the immune system and can make the body less successful at fighting diseases. Cigarette contains more than 7,000 chemical compounds, many of which can interfere with the immune system (CDC, 2016). For example, new data found that smoking is a cause of rheumatoid arthritis, an autoimmune disease in which the immune system attacks the joints by causing swelling and pain. different studies have shown that people who drink are more likely to smoke Thus, alcohol and tobacco used together or alone can lead to serious high-risk health complications since people who drink are more likely to smoke.

Alcohol and Tabaco effects in the cardiorespiratory system and brain

The excess consumption of alcohol and tobacco for a prolonged period of time causes dangerous diseases in the cardiorespiratory system and brain damage. Firstly, drinking alcohol can cause higher-heart rates and higher blood pressure as short-term effects, while excessive drinking for a long period of time, can cause complications such as weakened heart muscles, irregular heartbeat and continues episodes of tachycardia (NIH, Alcohol Alert, 2021). For example, alcohol drinkers have a higher risk for CVD, such as cardiomyopathy, arrhythmia, ischemic stroke, and an increased risk of 14% for hemorrhagic stroke (Klatsky, 2016). Alcohol overdose has intense effects on the brain, by obstructing chemical signals within neurons, thus causing impulsive behavior, poor memory capacity and impaired motor skills. For instance, binge drinkers are more predisposed to experience blackouts and appear difficulty remembering major factors of various events (NIH, 2021).

Secondly, smoking is another element that harm the cardiorespiratory system and normal brain function. Cigarettes contain a higher level of nicotine, which affects the constriction and

narrow blood vessels. This limits the amount of blood that steam through body organs, by increasing the risk for coronary and cerebrovascular events. For instance, based on a report in 2020 from WHO, 20% of coronary heart diseases are among smokers and people exposed to smoking. (WHO, 2020). Prolonged exposer to nicotine can have enhanced effects on cognitive behavior. As a result, age-related brain volume decrease and smokers risk for dementia increase. For example, based on a study done by McGill University in Canada, smokers compared to non-smokers have a tighter cerebral cortex, which is an element of the brain that is important for thinking skills like memory and learning (Kar, 2015). These results suggest that smoking accelerates the normal thinning of the cortex that occurs with age. So, both alcohol and tobacco consumed for a long period of time, have adverse effects regarding cardiorespiratory system and brain functions.

EU Regulations for Alcohol and Tobacco

Alcohol and Tobacco are major public health and social concerns across Europe, so continuously EU and European countries have taken various measures and reforms to adopt new regulations regarding their consumption and restriction. For example, The “European Alcohol Action Plan” and “European Alcohol Charter” are the first two action regarding alcohol usage that are taken in the European level (WHO, 2016). Regarding tobacco and smoking, the “WHO Framework Convention on Tobacco Control” is the first convention negotiated under the supervision of WHO, aimed to restrict the Tobacco and smoking effects on public health (FCTC, 2003). Nowadays, most countries in Europe have a legal age (18 years old) for buying alcohol and tobacco, and three other countries have a legal age between 16 and 17 (EPHA, 2011). With regard to the usage of alcohol and smoking in public areas, Europe Latvia is the only country that prohibits the consumption of alcohol in public areas. While almost all European countries have enacted laws that prohibit smoking in closed public spaces, among these Ireland, Greece, Bulgaria, Malta, Spain and Hungary have the most restrictive laws regarding smoking in enclosed public environments (EPHA, 2011).

However, even in Europe countries differ from each other regarding the restrictions and regulations for alcohol and tobacco. For example, I considered Lithuania among the countries that have the most restrictive laws regarding alcohol consumption. Lithuanian alcohol policy includes: an increased tax for all alcohol products; a minimum age of 20 for alcohol consumption and legal purchasing; a ban of alcohol advertisements in TV, radio, social media; and limited hours for

buying alcohol (MOVENDI, 2021). Otherwise, Austria is considered among the countries with most lenient laws regarding alcohol usage. In Austria the minimum legal age to consume and buy alcohol is 16 for beer and wine, and 18 for other stronger drinking. Furthermore, relating to smoking Ireland is considered the first country in the world that in 2004 implemented laws prohibiting smoking in the public areas, including indoor public spaces, healthcare and educational centers, bar-restaurants and public transport. Also, under the “Public Health Act” it has also prohibited Tabaco advertisement in all supermarkets, street monitors, TV and radios (Karlsson, 2016). On the other hand, Bosnia and Hercegovina is one of the countries that has the most lenient smoking laws in Europe. Smoking laws in Bosnia allow citizens over the age of 15 to buy tobacco and allows smoking in almost all enclosed public areas with very rare restrictions (Pacini, 2020). Thus, Bosnia & Hercegovina is considered as one of the favorite countries for smokers’ lovers.

Alcohol and Smoking Laws in Albania – Implementation Problem

In Albania, despite the adaptation of various reforms and laws to improve the situation, the consumption of Alcohol and Tobacco is widespread throughout the country. For example, based on the World Bank Report in 2018 it was registered a rate equal to 29.2% of tobacco usage in country rank. While, based on the Public Health Institute publications for 2016, the prevalence of alcohol consumption increases with age, from teenagers 63% to young adults 77% (ISHP, 2020). Albanian government has taken various initiatives to enact new laws regarding this problem, but the latest and the most important was Law No. 9518, date 18.4.1006 “On the Protection of Minors from Alcohol Use” and Law No. 9639, date 6.11.2006 “On Health Protection from Tobacco Products”. According to these two laws, respectively Article 7 of Law No. 9518 and on Article 7 of Law No. 9639, has been set a minimum legal age of 18 for legal purchase and usage of Alcohol and Tobacco. Also, in 2006 smoking in public areas such as bar-restaurants, healthcare and educational institutions, indoor places and public transport was banned¹.

However, even though the law and policies that regulate smoking and alcohol issues are well elaborated in the paper, when it comes to their implementation the situation stagnates. In reality it is very obvious that the competent institutions and bodies do not exercise their duty properly, and almost in most restaurants, bars, and public areas there are people who smoke

¹ Law No. 8639, date 6.11.2006 “On Health Protection from Tabaco Products.”

randomly. Also, in every small market or tabbачino anyone despite the age, can easily buy a bottle of alcohol or a pack of cigarettes. Nevertheless, a change in the situation was observed with the coming in power of the new government led by the Socialist party. New reforms and administrative actions were taken for the implementation of field measures in every public area where smoking is prohibited by law. Thus, with these actions taken, many bar-restaurants, or other public subjects were fined for not respecting the anti-smoking measures. So, from 2019 and after, smoking in public subjects has been significantly reduced but still further improvements are needed in both anti-smoking and alcohol measures.

Recommendations

Despite the fact that European region has taken different steps, new reforms, and laws to prevent negative effects of alcohol and smoking on public health, there are still recommendations needed and steps to be taken. Regarding the harmful effects in someone's body it is recommend to drink not more than the moderate recommended dose one per day for women, and two per day for men. Also, in my opinion it is important to undertake comprehensive public campaigns that raise awareness among young people about the harmful effects of alcohol and tobacco. In terms of legal aspects, for states with more lenient laws it is important to have a stricter enforcement of field measures, to regulate and precisely define who, when and where someone can legally buy or use alcohol and tobacco products. Furthermore, increasing prices and taxes for tobacco and alcohol products is one of the most important steps to reduce their mass purchase. It is also recommended for all countries to undertake anti-smoking laws which promote protective measures such as defending minors and stimulating endeavors to give up smoking, by attaching to cigarettes packs warning pictures. Also, it would be recommendable to strength corporation between EU and Regional level like Balkan Countries to install a network of key points for preventing alcohol and smoking harmful effects as a public health issue.

Conclusion

In conclusion, alcohol and tobacco harmful effects will remain an essential social concern for as long as it continues to threaten the lives of many people worldwide and the wellbeing of public health. In my opinion, it is with greatest importance to undertake immediate and coercive measures in support of preventive policies regarding alcohol and tobacco regulations. Considering

the great risk that these two substances has for our body and for public health, it would be advisable to increase public awareness through sensibilization campaigns and rehabilitation programs that include all vulnerable age groups towards this problematic issue. Also, it is essential that every country should update its legislation in force so to be coherent with the concrete concerns of its country problematics. However, I think that good laws and policies are not enough to give solution to the situation but the proper implementation in practice of this laws and the application of field measures would enable a concrete solution to this issue. So, changing the reality now with smaller and concrete steps, will pave the way for a healthier world for future generations.

Abbreviations:

WHO – World Health Organization

EU – European Union

CDC – Centre for Disease Control and Prevention

PHI – Public Health Institute

NIAAA – National Institute on Alcohol Abuse and Alcoholism

CVD – Cardiovascular Disease

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Impact of income inequality on disparities between women and men.



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Table of Contents

- 1. Introduction..... 3**
- 2. Body paragraphs..... 3**
 - 2.1 Income Inequality Case..... 3*
 - 2.2 Equal Pay for Equal Work..... 4*
 - 2.3 Gender Pay Gaps..... 5*
 - 2.4 Women Education..... 5*
 - 2.5 Entrepreneurship..... 6*
- 3. Conclusion..... 7**
- References..... 8**

1. Introduction

In most groups, discussions about income disparity is still a hot topic. The matter has become so contentious that experts are debating whether each women and men may make specific decisions as a result of socioeconomic constraints. Approaching the discrepancies in the economic structure between both the genders from the median pay that men and women bring home at the end of the month is the most agreeable viewpoint. According to Miller, this paradigm of comparison between men and women is either restricted or nonsensical, given that both genders have distinct qualities that determine the scope of their assignments and effect their remuneration. Men, by nature, choose to work in professions with the highest average salary and have a culture of working longer hours each day. Women, tend to work the shortest hours since they must leave work much sooner to attend to other family tasks, restricting their opportunities for better remuneration. Women, on the other hand, have the greatest rate of absenteeism and have the most job breaks.

2. Body paragraphs

2.1 Income Inequality Case

Given the distinctions between men and women in their particular talents, it would be foolish to explore the differences that inform men and women's diverse professional choices. The practice of averaging pay and awarding both men and women at work has been a highly misleading manner of informing public policy without necessarily explaining all that pertains to this typical income disparity (The Gender Wage Gap And A Solution To Income Inequality, 2020).

According to several researches, men and women have obvious differences that impact their work performance; this explains for the disparity in income. Variables that account for these inequities are frequently found in available statistical analysis that investigates this scenario. Much of the research in this topic shows that gender disparity is at the forefront of shaping economic inequality, favoring males. As researches point out, several researchers have shown that the disparity between men and women when it comes to profession choices is due in part to societal imbalances or social pressures on the feminine gender. As long as women are kept out of high-

Impact of income inequality on disparities between women and men.

paying occupations, men, on the other hand, are still discouraged from making decisions at work, particularly when it comes to selecting job pleasure above compensation.

The entire truth about gender-based income disparity tackles these concerns clearly in the Gender Pay Gap report by providing archetypical case situations (GPP). The paper investigates the salary disparity between men and women in the service industry in the United States. The paper demonstrates how well the gender factor impacts women in all walks of life, ages, and educational levels, but that little can be done to close the gap (The monitor, 2014).

2.2 Equal Pay for Equal Work

According to The Gender Wage Gap as well as a Solution to Income Inequality if a woman has to take time off, her partner should be given the same opportunity. The author believes it is past time for the word "maternity leave" to be abolished in order to end the social stigma of women in the workplace; instead, a phrase such as "parental leave" should be used then both the parents of the unborn can be considered equal. Weeks ago, controversy has been erupted in Washington, with President Barack Obama emphatically highlighting what he described as a national humiliation — the reality that American women continue to face discrimination. The underlying topic was that women in most service industries in America earned somewhat less than their male colleagues (I Declare The Gender Pay Gap To Be A Truly Dead And Gone Issue, n.d.).

According to Shear and Lowrey (researches), women earn 76 cents on the dollar compared to a dollar earned by males. In order for women in America to compete with their male peers, they will have to work an additional 60 days to equal the already skewed economy. A recent empirical study also finds that technology advancements have had a significant role in the present rise in wage disparities among full-time workers. The influence on income disparities might also be a reflection of how technological advancements may affect the need for medium-skilled workers by diminishing their need in the labor force; statistics reveal that women have performed poorly in this area. Furthermore, in the event when demand moves and labor does not respond, it is clear that technological advancements lower the earnings of medium-skilled workers (Politics, n.d.).

Impact of income inequality on disparities between women and men.

Women must be taught in production, management, technical advancements, and systems that ensure manufacturing safety and quality in order to supplement their salary in order to realize the objectives of gender equality.

2.3 Gender Pay Gaps

President Barack Obama in its governing, sent some shockwaves across the country when he announced a plan to close the salary inequalities between men and women. Many employees would be willing to share knowledge, making it easy to have a unified workforce, according to proponents of these developments. The idea of ordering federal contractors to give their employees information about the salary structure will be an optimistic entirely directed at trying to solve the wage gap, as so many employees would be willing to share their experiences, making it easy to have a unified workforce, according to proponents of these developments. The presidential directive was to ensure shared pay information, as according to researche web pages, is part of the Obama administration's larger attempt to address the myriad issues women experience in the service industry in America. As the Democrats continued to campaign for a national referendum on the PayCheck Fairness Act, the Senate added to this cry for decency in the American service industry. As a result, these changes are part of a bigger plan to accelerate service sector improvements in the United States (I Declare The Gender Pay Gap To Be A Truly Dead And Gone Issue, n.d.).

The President Obama has pushed for the applicability of this lease to all government contractors in the United States. To achieve gender equality, it is necessary to create a system in which both men and women partake equally in the allocation of influence and power in need to have equal access to good employment, health, and education, and, most importantly, equal pay. What will effectively close down gender-based economic gaps is how society approaches these difficulties (The monitor, 2014).

2.4 Women Education

Despite the significant increase of educational options internationally, women continue to obtain inferior education in comparison to males, not just in the United States but also in a number of emerging nations. Nonetheless, there is compelling evidence that female child education

Impact of income inequality on disparities between women and men.

benefits society as a whole. The significant correlation between a woman's education, following work, and income is a living example. There is little question that well-educated women have fewer children, who have a greater chance of surviving infancy and so leading a healthier life, with the possibility of obtaining a better education, gaining a better career, and earning a higher salary. When women are denied an education, their families, children, and society suffer as a result, since this is reflected in their pay ranges (The Gender Wage Gap And A Solution To Income Inequality, 2020).

Everyone in the broad society benefits when women are appropriately educated. Why, therefore, do women continue to fall behind males in terms of income in American society? At the present, our first priority should be to investigate how academic decisions are taken across the board. This should be accomplished by examining the costs and advantages that influence how much more the government invests in female education. Girls' future employability can be increased by 10% to 20% if they pay a subsidized cost for secondary schools and college education. Furthermore, data shows that the resources within women's control are spent on home spending, which helps children and society as a whole. We've seen situations in the past where our If women are given the same possibilities that males pursue with such zeal, they have done exceptionally well. In 2012, for instance, over 80% of new lending money and grant applications included genders in their current projects, and the response was overwhelmingly positive - evidence that women have matured and can always take advantage of opportunities when they arise (The monitor, 2014).

2.5 Entrepreneurship

Policy assimilation, capacity training, and institutional assistance, among other activities, can promote women's engagement in the productive sectors, particularly as entrepreneurs. It is undeniable that in today's culture, poverty is frequently associated with women. According to the United Nations, women and girls account for three-fifths of the world's poor; their poverty rate is higher than that of males due to evident gender inequities in a variety of sectors, including income. Women's empowerment is a reaction that aims to increase women's active engagement in income-generating activities, with a strong emphasis on entrepreneurship. This initiative should strive to

Impact of income inequality on disparities between women and men.

provide women with a stable income and a wage that is comparable to that of their male colleagues in the service industry.

It is claimed that this may be accomplished amicably through corporate development initiatives that address gender imbalances at diverse workplaces. Women's latent human capital may be effectively unlocked by improving their access to credit, business funding, and the ability to get equal salary pay. According to research, worldwide progress toward gender equality is lacking because most women are officially barred from free market economics (The Gender Wage Gap And A Solution To Income Inequality, 2020).

3. Conclusion

Women's empowerment is likely one of its most commonly mentioned societal goals in the pursuit of gender equality. Gender equality, on the other hand, has the same influence on women's empowerment as social progress. It is obvious that attaining gender-based economic equality will be impossible without bridging the gap between men and women in terms of capabilities, control over resources and possibilities, and lessened sensitivity to discrimination, significantly in relation of career guidance and pay scales. Gender-based economic equality is a complex notion that will take time to achieve. As a result, adopting it is a noble task that all sectors of the economy in America must undertake. The process of women empowerment, as defined by the definition, is a force to be reckoned with. Even though women's empowerment is a complicated undertaking, it is a multi-faceted process that is intended to lead to economic independence for mankind. In order to empower women on a large scale, a holistic intervention that incorporates multiple aspects of this model is essential.

Impact of income inequality on disparities between women and men.

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Why are Teenagers Depressed?

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Why are teenagers depressed?

Abstract

The research paper will focus on topics such as the reasons that can make teenagers experience sadness, what they think and how they feel. Also, it will be described what are effects and the consequences of depression to teens and how harmful they can be for their mental health. At the end of research paper there are recommendations about the treatments that teenagers could use to overcome depression. The objective of my research paper is to analyze the real reasons why teenagers can develop feelings of worthlessness and hopelessness. During my research I used the literature to collect some information necessary to make me end up to the result of the research paper. The data and the information collected prove that some of the causes of teen depression could be childhood trauma, difficulties in school and brain chemicals.

Introduction

Depression is one of the toughest mood disorders that cause a persistent feeling of sadness and loss of interest. Especially, depression in teenage years is a common phenomenon because it is a weird period of changes in every child. It is really necessary for me to make a research in this field, because I want to understand which could be the actual reasons that lead a teen to experience depression. Actually, the objective of my

research is to gather information in order to end up in a clear result about the reasons of teen depression. My research question is “Why are teenagers depressed? During my research paper I studied different articles and one of them was the Medical Care from JSTOR, which discusses the treatments of depression in adolescents. The 3 important topics that will be discussed in this research are the reasons, the effects and the treatment of teen depression.

Reasons of teen depression

To begin with, early childhood trauma is one of the main reasons that lead teenagers to face depression. According to Cappeliez, childhood trauma such as physical abuse, sexual abuse, parental domestic violence and loss of a close person, could lead teenagers to depression(Cappeliez, 2017). Teenagers may be affected by events that threaten their safety or the safety of their parents and caregivers. At a specific vulnerable period in a human’s life when ones brain and behavior is still developing, abuse could affect a kid on both personal and biological level. That’s not to say that everyone who was abused in her/his early life will necessarily end up to depression, but those people are more likely and have high risk of suffering from depression.

Secondly, brain chemicals could cause depression to teenagers through abnormal chemicals. When the chemicals are impaired the function of nerve receptors can lead to depression. As Palkhivala refers, chemicals play an important role in the brain and he said that if neurotransmitters are lower than normal level, then they can lead to feelings of sadness, emptiness, worthlessness and helplessness(Palkhivala, 2019). For instance, serotonin is a type of neurotransmitter, which regulates sleep, helps appetite and inhibits

pain, and some depressed teenagers have reduced serotonin transmission. Also, another type of neurotransmitter is norepinephrine, which can raise blood pressure, can trigger anxiety and be included in some kinds of depression. Dopamine is important for movement and it plays a role on how people perceive reality. Problems with dopamine can also lead to psychosis.

Difficulties in school, low performance and exam stress and pressure could lead young people to depression. According to Forman, exam stress, high school requirements and being bullied at school could make teenagers feel even worse about them and experience depression(Forman, 2019). Many young people faced difficulties, because of their desire to learn and challenges presented by the school. Furthermore, there are young people that are so stressed and feel anxious about their future academic career, they are worried, and they believe that they will not achieve their goals because of the tough educational system that they have. Additionally, there are a lot of teenagers that have been bullied in school and they tried to “fit in” and develop friendly relationships through their school years. This situation makes teenagers feel that they are different from their peers and that they do not belong to a group.

Consequences of depression to teenagers

Depression could lead teenagers to substance abuse. Young people have the tendency to become addicted to things such as drugs, alcohol, etc. According to Thapar, substances can be abused by teenagers who suffer from depression as a way to reduce their symptoms(Thapar, 2010). Especially, alcohol is a depressant of the central nervous systems and it tends to trigger depressions symptoms. Actually, the use of substance is a

solution of desperations, as it is quite sure that substance abuse will make negative effects and the symptoms of depression worse. Teenagers have the incorrect belief that through drugs or alcohol they would achieve to escape their problems and negative emotions and to feel better. The only thing that teenagers can do through substance use is to turn into full-blown addiction and to lose the entire control of themselves.

Young people who suffer from depression can attempt suicide. There are cases in which teens cannot cope with the pain of sadness and they do not have the strength and the courage to overcome the problems that they face. According to Tracy, the majority of suicide attempts come from teenagers who experience depression (Tracy, 2016). Most teens with depression think about suicide and a significant percentage of 15%-30% of them go and make a suicide. It is common nowadays to feel stressed, disappointed and sad, but sometimes depression lasts longer and it becomes too heavy. In that case it is possible to develop major depression, also called clinical depression. Teenagers with major depression are more vulnerable to make a suicide. Teenagers end up in suicide, because they experience loss of happiness and pleasure and they have negative thoughts and sense of worthlessness and hopelessness

Treatment of depression

Cognitive Behavioral Therapy can help teens to overcome depression. According to Meredith, CBT identify the emotions and what a teen thinks that make life more difficult (Lisa S. Meredith, 2010). Also, CBT is short term and focuses on helping patients that face a specific problem. During the treatment, teenagers will learn to identify and change their thought patterns that could influence them in a negative way. Furthermore,

CBT focuses on changing the thoughts that we do automatically that are crucial for the mood and the perspective that teenagers have for life.

In some cases antidepressants can be efficient to deal with depression. It is rarely the first option, but can be helpful and necessary for some teens. Sometimes chemical imbalances in the brain could cause depression. If the depression is considered too heavy and severe, then antidepressants may be a solution in conjunction with psychotherapy. The brain chemicals called neurotransmitters send messages to nerve cells. Thus, antidepressants could prevent the brain chemicals from being absorbed into the cells.

Conclusion

To conclude, depression is a severe mental disorder in which teenagers are prone to this. Young people may experience depression, because of early childhood trauma, brain chemicals and problems in school. The effects are tough because they can make teenagers addicted to substances and to lead them to death by making a suicide. Teenagers should ask for help and not to try to escape their problems by treating them on their own. They can begin with Cognitive Behavior Therapy and if they suffer from major depression to communicate with the psychiatrist for antidepressant use. However, teenagers should never give up, they have to believe in themselves and to be brave. They should believe that they can achieve being happy and they are worthy of happiness.

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Insomnia, it's causes and it's solution.

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Abstract

This thesis has the purpose to make us understand insomnia in a psychological aspect by, finding its cause, how it can affect our lives and what is the solution to this problem. We see that sleep is a deeply connected part of our life and lack of it can become harmful to us in many ways be either mental or physical. It is to be understood that sleep is essential to our ability to perform both cognitive and physical tasks most adequately and also be engaged fully and functionally in life. However, we should analyse insomnia symptoms so we can conclude different but effective solutions.

The focus of this research is to:

- Understand the symptoms and causes of this sleep disorder.
- Analyse and reach its solutions and prevention.

Methodology

Since insomnia, as I mentioned above, is a widely spread phenomena, so it is its information. Different books, articles and surveys were evaluated to put together correct and precise information.

By all the gathered information it results that this sleep disorder is harmful but yet very common among genders and ages, though some distinguishment can be made about women and older ages that are more likely to experience it.

Keywords: Insomnia, sleep disorder, stress, sleep deprivation, medication, and prevention.

Introduction

First, we should understand the definition of insomnia and how it can happen.

According to “National Sleep Foundation” insomnia is a word coming from Latin which means “no sleep” and it is the inability either to fall or stay asleep. By this, we understand the feeling of not waking up fully rested and not getting the right amount of sleep that our body requires to function fully. Insomnia can either be acute, meaning the duration is shorter or chronic which means experiencing it for months to years. According to the National Center for Sleep Disorders Research at the National Institutes of Health, about 30-40% of adults say they have some symptoms of insomnia within a given year, and about 10-15% of adults say they have chronic insomnia. As we know that every night our body goes to 4 stages of sleep and our body temperatures lower muscles relax heart rate and breathing start slowing down. In the REM category, we experience the process of what we know as a dream. So when an individual cannot experience these stages and are sleep deprived their neurotransmitters level together with stress hormones are affected, bringing thinking and emotional deregulation and brain damage.

How many individuals are being affected by insomnia?

About 30% of adults have proven to have insomnia and about 10% have it severe enough to cause daytime problem, but the percentage of adults having chronic insomnia is lower, about 10% according to “American Academy Of Sleep Medicine”(2008). It is seen that the rate of having insomnia is higher on individuals and about 30% of all population has sleep deprivation. A 2002 NSF Poll found that 63% of women (versus 54% of men) experienced symptoms of insomnia at least a few nights per week. 68% of adults ages 18 to 29 report experiencing symptoms of insomnia, compared with 59% of adults ages 30 to 64, and only 44% of people over the age of 65 according to “National Sleep Foundation”.

What are some theories why insomnia happens?

The causes of insomnia can vary from a situational factor or a long term factor.

The most common psychological causes of insomnia are anxiety, depression and stress that are mostly responsible for chronic insomnia because after some time this becomes a full circle. You are depressed about something causing you to be sleepless and after this situation is repeated you start getting anxious about the tough of not falling asleep, adding more anxiety and stress than before. Of course, such strong emotions such as anger grief or even bipolar disorders together with trauma are responsible.

Expect the emotion part, the medical problem or illness is also proven to contribute in insomnia and some worth mentioning are asthma, Parkinson diseases, cancer and chronic pain and because of this health-related issue comes the medications that may be used in the good of some illness but can cause insomnia such as antidepressants, corticosteroids, thyroid hormones and other forms of contraceptives.

Not to be forgotten is that even though insomnia is a sleep disorder, it can be caused by different sleep disorders like sleep apnea, restless legs syndrome and circadian rhythm disturbances.

Worth mentioning is that sometimes insomnia does not have a specific cause, for example people experience insomnia even without having the aforementioned problems, they just wake up frequently during the night and fall asleep easier. Women and older adults are more likely to suffer from insomnia, as well as people who are unusually thin or are depressed (Bains, 2006; Henry et al., 2008; Karlson et al., 2013).

How can insomnia be cured or prevented?

To cure and prevent insomnia first we should analyse insomnia symptoms. According to “American Academy Of Sleep Medicine” some warning of insomnia can be fatigue, bipolar signs, feeling irritated, anxious before sleep time, being disorganized and distracted. Together with these symptoms, some health-related ones can be present such as tension, headaches loss of memory and lack of concentration. All these symptoms have a contribution to lowering the performance on work or school environments.

According to the American Association of Retired Persons (AARP), some medications can be used to cure insomnia, such as corticosteroids. Statins or even Xanax that helps with anxiety and insomnia too. But we should understand that prescription pills about insomnia can be helpful temporarily but cannot be a full-time relief except for the cases that doctors and psychologists say so. It is best to think of pills as a last resort and try the more natural way of helping to decrease insomnia until it fades away completely. According to “HelpGuide” cognitive-behavioural therapy is seen as an effective way of dealing with insomnia, CBT deals with removing negative thoughts, emotion and patterns behaviour. And a study at Harvard Medical School found that CBT was more effective at treating chronic insomnia than prescription sleep medication—but without the risks or side effects.

Some ways to fight insomnia or prevent it is to change the lifestyle. From lowering the intake of caffeine or alcohol, integrating yourself in more physical activities as your body loses more energy and making you fall asleep faster and deeper. Some tips related to sleep hygiene may make a difference such as regular sleep and wake schedules, usage of the bedroom only for sleep and not spending too much time in it. Removing all lights and electronic devices at least one hour before bed and trying

relaxation therapy such as meditation breathing exercises that also help with anxiety and panic attacks.

Conclusion

Lastly, we can say that this research provides precise information related to insomnia causes and solutions together with some ways of preventing it along the way. Even though statistics show insomnia as a very frequent psychological problem it is necessary to understand its importance and to not let this sleep disorder advance more. We should understand that insomnia is a “modern problem” and it is affecting different ages even, teenagers. This common sleep disorder can advance to more problems that may have a tragic ending. Even if we label medicines or sleep hygiene as a cure for insomnia it is to be understood that everybody is different. What may work as a cure for 80% of the population may not work for the rest. The difference lays on hormones, organism, past trauma and of course mental stability. What we can all agree wholeheartedly is that choosing consultation and medical usage only when needed, by the order of the medical knowledge can be classified as a solution to this problem. Also, physical activity which helps in releasing the tension and lowering the stress level is recommend for everyone dealing with insomnia.

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