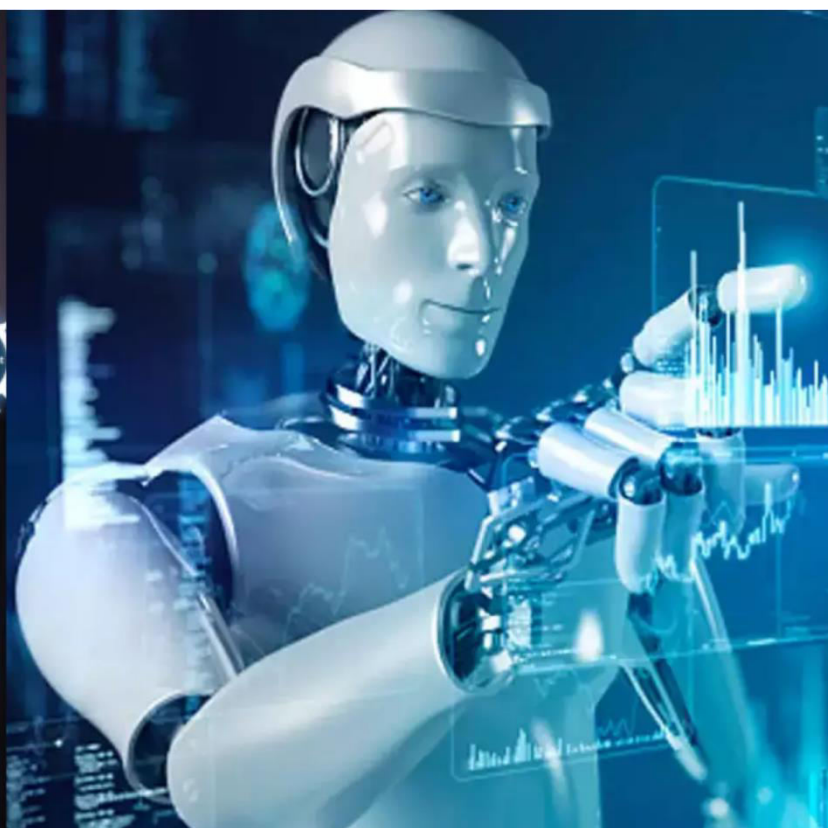




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# Impact of Alcoholism on Scheduled Caste Population in Thoubal District of Manipur

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**ABSTRACT:** This study explores the impact of alcoholism on the Scheduled Caste (SC) population in Thoubal district of Manipur, focusing on the socio-economic and health-related consequences. Alcoholism has emerged as a serious concern in the region, leading to increased domestic violence, deteriorating health conditions, loss of productivity, and disruption of traditional social structures. The research reveals how alcohol abuse exacerbates poverty, hinders educational attainment, and weakens community resilience among SC communities. Through qualitative and quantitative data collected from local households, the study highlights the urgent need for targeted intervention programs, awareness campaigns, and community-based rehabilitation efforts to address the growing issue. This paper examines the multifaceted impact of alcoholism on the Scheduled Caste (SC) population in Thoubal District of Manipur, a region that presents a unique socio-cultural and economic context. Despite the prohibition laws in Manipur, the consumption of alcohol—particularly locally brewed liquor—continues to persist, affecting vulnerable communities disproportionately. The Scheduled Castes, who already face systemic marginalization, bear the compounded burden of alcoholism, which exacerbates poverty, ill health, domestic violence, school dropouts, and social alienation. Through field-based observations, interviews, and secondary data analysis, the study explores how alcoholism not only undermines individual health and family welfare but also impedes the broader socio-economic development of the community.

**KEYWORDS:** Alcoholism, Scheduled Caste, Thoubal, Manipur, Socio-economic impact.

## I. INTRODUCTION

Alcoholism has emerged as a critical social and public health issue in the Thoubal district of Manipur, particularly affecting the Scheduled Caste (SC) population. This community, already grappling with socio-economic marginalization, faces intensified challenges due to alcohol abuse, including deteriorating health, financial instability, and family disintegration. The lack of awareness, limited access to rehabilitation services, and prevailing social stigma further exacerbate the problem. Understanding the impact of alcoholism on the SC population in Thoubal is essential for formulating targeted interventions and policies aimed at promoting social equity and community well-being. Alcoholism is a growing concern across various sections of society, but its impact is particularly severe among marginalized communities such as the Scheduled Castes in India. In Thoubal District of Manipur, despite the state's prohibition laws, alcohol consumption remains prevalent, especially among economically weaker groups. The Scheduled Caste population, already facing historical and structural disadvantages, is further affected by the social, economic, and health-related consequences of alcoholism. This paper aims to examine the root causes and effects of alcohol abuse within this community, shedding light on how it hinders their overall development and deepens existing inequalities. The study also seeks to explore the gaps in support systems and the need for effective, culturally relevant intervention

### Effects of Alcoholism Abuse on All Age Group

Alcoholism abuse impacts individuals across all age groups, causing a wide range of physical, psychological, and social problems. Among children and adolescents, it often leads to neglect, emotional trauma, and a higher risk of substance use in later life. Youths engaging in alcohol abuse face academic failure, risky behaviour, and long-term health consequences. Adults commonly experience job loss, domestic violence, and chronic health issues such as liver disease and mental health disorders. For the elderly, alcohol misuse can worsen existing medical conditions, lead to isolation, and increase the risk of falls and cognitive decline. The widespread impact of alcoholism disrupts family structures and hinders the overall development of communities.

## II. LITERATURE REVIEW

Several studies have highlighted the widespread impact of alcoholism across different age groups. Research by the World Health Organization (WHO) emphasizes that alcohol abuse is a leading risk factor for disease and disability globally, particularly affecting youth and working-age adults. Studies in India, including those by the National Institute of Mental Health and Neurosciences (NIMHANS), show that early exposure to alcohol among adolescents often results in long-term dependency and behavioural issues. Research on family health dynamics reveals that alcoholism among adults leads to economic hardship, domestic conflict, and adverse effects on children's education and emotional well-being. For the elderly, studies indicate increased vulnerability to health complications, accidents, and social isolation due to alcohol misuse. Overall, the literature confirms that alcoholism remains a multi-generational issue requiring age-specific prevention and rehabilitation strategies. The existing literature on alcoholism in India largely focuses on its prevalence among marginalized communities, including Scheduled Castes, and its deep-rooted link to poverty, illiteracy, and social exclusion. Scholars such as A.R. Desai and B.V. Shah have emphasized how structural inequalities push these communities towards substance abuse as a form of escape from socio-economic hardships. While studies on alcoholism in Northeast India highlight the widespread consumption of illicit liquor despite prohibition laws, there remains a noticeable gap in research specifically addressing the Scheduled Caste population in Manipur, particularly in districts like Thoubal. Thoubal District, with its small but significant Scheduled Caste population, presents a unique context where caste-based marginalization intersects with issues like unemployment, inadequate access to healthcare, and weak enforcement of prohibition. This review reveals that while broader patterns of alcoholism among SC communities are documented, detailed studies on its impact in local settings such as Thoubal are scarce. The absence of targeted literature underscores the need for focused research, as attempted in this paper, to understand the specific vulnerabilities and consequences faced by the Scheduled Castes in Thoubal due to alcoholism.

1. **Youth and Adolescents:** Studies indicate early exposure to alcohol increases the risk of addiction, poor academic performance, and engagement in risky behavior (NIMHANS, WHO).
2. **Adults:** Research highlights that adult alcoholism contributes to health problems, job loss, and domestic violence, deeply affecting family stability and economic well-being.
3. **Elderly:** Literature shows alcohol abuse in older adults worsens chronic illnesses, leads to cognitive decline, and increases social isolation and accidental injuries.

### Need and Significance of the Study

Understanding the effects of alcoholism across all age groups is crucial for addressing its widespread impact on individuals, families, and communities. In regions like Thoubal district, where socio-economic challenges are already prevalent—especially among marginalized groups such as the Scheduled Castes—alcohol abuse further deepens poverty, health issues, and social disintegration. This study is significant as it aims to highlight age-specific consequences, inform targeted interventions, and support policy-making focused on prevention, awareness, and rehabilitation. By shedding light on the multi-generational impact of alcoholism, the study contributes to building healthier and more resilient communities. The Scheduled Caste population in Thoubal District of Manipur remains one of the most socially and economically vulnerable groups, facing persistent challenges such as poverty, discrimination, and limited access to education and healthcare. Alcoholism further compounds these issues, leading to deteriorating health, family breakdowns, and hindered community development. Despite the serious consequences, there is limited research focused specifically on how alcoholism affects this group within the unique socio-cultural context of Thoubal. Therefore, this study is significant as it aims to fill that research gap, provide insights into the root causes and impacts of alcoholism, and offer data that can inform policymakers, social workers, and community leaders in designing targeted interventions to support the Scheduled Caste population and reduce the harmful effects of alcohol abuse.

### Objectives of the Study

The primary objective of this study is to examine the social, economic, and health-related impacts of alcoholism on the Scheduled Caste population in Thoubal District of Manipur. It aims to identify the key factors contributing to alcohol consumption within this community, such as unemployment, poverty, and social stress. The study also seeks to understand the consequences of alcoholism on family life, education, and community well-being, with a special focus on the experiences of women and children. Additionally, it intends to assess the availability and effectiveness of support systems, such as awareness programs and rehabilitation services, and to suggest practical measures for reducing alcohol abuse and its associated harms among the Scheduled Castes in the district.

1. To examine the impact of alcoholism on different age groups within the Scheduled Caste population in Thoubal district.
2. To identify the physical, psychological, and social consequences of alcohol abuse across age categories.
3. To assess the socio-economic factors contributing to alcohol consumption in the community.

**Research Questions of the Study**

1. How does alcoholism affect different age groups within the Scheduled Caste population in Thoubal district?
2. What are the major health, social, and economic consequences of alcohol abuse in these age groups?
3. What factors contribute to the prevalence of alcoholism in the Scheduled Caste community?
4. What strategies can be implemented to reduce alcohol abuse and support affected individuals and families?

**Population and Sample of the Study**

The population of the study includes members of the Scheduled Caste community residing in Thoubal district, Manipur, across various age groups—adolescents, adults, and the elderly. A purposive sampling method is used to select a representative sample of approximately 100 individuals, including alcohol users, their family members, and local health workers. This sample helps in gaining diverse perspectives on the impact of alcoholism and understanding the social, economic, and health-related challenges faced by the community.

**Sample of the Study**

The sample of the study consists of 100 individuals from the Scheduled Caste community in Thoubal district, Manipur. It includes a mix of adolescents, adults, and elderly persons affected directly or indirectly by alcoholism. The sample also involves family members and local health workers to provide a broader understanding of the issue. A purposive sampling method is used to ensure relevant and meaningful data collection related to the impact of alcohol abuse across different age groups.

**III. RESEARCH METHODOLOGY**

This study employs a qualitative research methodology supported by limited quantitative data to explore the impact of alcoholism on the Scheduled Caste population in Thoubal District, Manipur. Primary data was collected through field visits, interviews, and informal discussions with affected individuals, families, community leaders, and local health workers. A purposive sampling method was used to identify participants from Scheduled Caste households where alcohol-related issues were prevalent. Secondary data sources, including government reports, census data, and existing literature on alcoholism and marginalized communities, were also reviewed to provide context and support analysis. The study focused on understanding the lived experiences, social consequences, and institutional responses to alcoholism in the District.

It follows a qualitative and descriptive research methodology to explore the impact of alcoholism on the Scheduled Caste population in Thoubal district, Manipur. Data is collected through interviews, questionnaires, and focus group discussions with affected individuals, family members, and health workers. Purposive sampling is used to select 100 participants from various age groups. The collected data is analysed thematically to identify common patterns, causes, and consequences of alcohol abuse, helping to draw meaningful conclusions and suggest appropriate interventions.

**Major Findings of the Study**

1. **Widespread Impact across Ages:** Alcoholism affects all age groups in the Scheduled Caste community, with youth showing early signs of addiction, adults facing health and financial problems, and elderly individuals experiencing worsened medical conditions and isolation.
2. **Family and Social Breakdown:** Alcohol abuse leads to frequent domestic conflicts, neglect of children, and the weakening of family bonds, contributing to social instability in the community.
3. **Economic Hardship:** Many families suffer from reduced income due to alcoholism-related job loss and medical expenses, pushing already vulnerable households further into poverty.
4. **Lack of Awareness and Support:** There is limited awareness about the harmful effects of alcohol and a lack of accessible rehabilitation services, making recovery difficult for affected individuals.

**Suggestions of the Study**

1. **Awareness Campaigns:** Conduct regular community-based awareness programs about the harmful effects of alcohol, especially targeting youth and families.
2. **Rehabilitation and Support Services:** Establish accessible and affordable de-addiction center's and counselling services in Thoubal district, with special focus on the Scheduled Caste population.
3. **Education and Youth Engagement:** Promote educational and skill development programs to prevent early exposure to alcohol and keep young people engaged in productive activities.
4. **Policy Intervention:** Implement stricter regulations on alcohol availability and strengthen community monitoring through local bodies and NGOs.
5. **Family and Community Support:** Encourage family involvement in recovery processes and build support networks to help affected individuals reintegrate into society.

**IV. CONCLUSION**

The study highlights that alcoholism poses a serious threat to the well-being of the Scheduled Caste population in Thoubal district, affecting individuals across all age groups. It leads to physical and mental health issues, economic hardship, family breakdown, and social instability. The lack of awareness, support systems, and effective intervention further worsens the situation. Addressing this issue requires a combined effort from the government, community, and civil society through education, rehabilitation, and policy action. Effective implementation of these measures can help reduce alcohol abuse and promote healthier, more resilient communities. The study reveals that alcoholism has a significant negative impact on the Scheduled Caste population in Thoubal District, affecting health, family stability, education, and economic conditions. Key contributing factors include poverty, unemployment, social stress, and easy access to illicit liquor despite prohibition. Women and children are found to be the most vulnerable indirect victims. The lack of effective awareness programs, rehabilitation services, and community support further worsens the situation. The study emphasizes the urgent need for targeted, culturally sensitive interventions and stronger policy enforcement to address the root causes and consequences of alcoholism within this marginalized community.

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