



Alcohol in the Perspectives of Health and Social Sciences

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Abstract. Alcoholic beverages (miras) are a form of consumption that has various negative impacts on individual health and the social order of society. From an Islamic perspective, alcohol consumption is strictly prohibited because it can damage the mind, disrupt physical and spiritual health, lower morality, and cause social chaos. This study aims to examine the phenomenon of alcohol consumption from a health and social science perspective through a literature study approach. Data were obtained from various sources such as books, scientific articles, and relevant research reports, then analyzed descriptively and qualitatively. The results of the study indicate that from a health aspect, alcohol contains ethanol which is toxic and poses a high risk to vital organs such as the liver, heart, and brain. Long-term consumption can cause organ dysfunction, cognitive decline, and alcohol dependence that require medical and psychological intervention. Meanwhile, from a social perspective, alcohol is one of the main triggers for increasing deviant behavior, violence, crime, and conflict within families and society. This phenomenon is exacerbated by shifts in cultural values that have begun to normalize alcohol consumption. Therefore, synergy between education, public policy, and spiritual approaches is needed to reduce the negative impact of alcohol in society.

Keywords: Alcohol; Dependence; Ethanol; Public health; Social behavior

1. Background

Alcoholic beverages (miras) are a form of consumption that has generated much controversy and negative impacts on various aspects of life. Consuming alcohol will harm themselves and others (Rumambi et al., 2024). Furthermore, from a religious perspective, particularly in Islam, alcohol is strictly prohibited because it is considered detrimental to human reason and morals. Alcoholic beverages (miras) have caused a shift in societal values; something previously viewed negatively by both law and religion is now considered normal and acceptable (Aprellia et al., 2024).

In Islamic teachings, alcoholic beverages are categorized as khamr (unlawful) (Doni et al., 2024). This prohibition is based not only on their impact on individuals but also on their potential social harm. From a social perspective, alcohol is a major cause of increased crime, traffic accidents, and decreased social productivity.

Meanwhile, health science views alcohol as an addictive substance that can cause organ damage, psychological disorders, and even death. Alcoholic beverages (miras) are drinks containing ethanol or alcohol in certain concentrations, which, when consumed, can affect bodily functions, particularly the central nervous system. Excessive alcohol consumption is known to cause various negative impacts on physical and mental health, such as liver damage (cirrhosis), heart problems, decreased brain function, and even alcohol addiction or dependence (Basyaridin, et al., 2024).

Given the complexity of the problems caused by alcohol, it is important to examine it more deeply from various perspectives. This will provide a clearer understanding of alcohol from an Islamic perspective and its implications from the perspective of health and social sciences.

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2. Theoretical Study

In Islamic teachings, alcoholic beverages (miras) or khamr are strictly prohibited because of their damaging effects on the mind and can lead to other sinful acts [6]. Khamr in the Islamic sense includes all types of intoxicating drinks, whether derived from grapes, dates, or other substances. Islam views reason as an important gift that must be protected, because reason is the main means for humans to distinguish between good and bad, and in carrying out worship.

The prohibition against alcohol is explained in several verses of the Qur'an, which gradually emphasize its prohibition:

يَسْأَلُونَكَ عَنِ الْخَمْرِ وَالْمَيْسِرِ قُلْ فِيهِمَا إِثْمٌ كَبِيرٌ وَمَنَافِعُ لِلنَّاسِ وَإِثْمُهُمَا أَكْبَرُ مِنْ نَفْعِهِمَا وَيَسْأَلُونَكَ مَاذَا
لَكُمْ بِالْحَمْرِ قُلْ لَكُمْ تَنفِكُورُونَ ۗ قُلِ الْعَفْوَ كَذَلِكَ يُبَيِّنُ

"They ask you about wine and gambling. Say: 'In both there is a great sin and several benefits for humans, but the sin of both is greater than the benefit'" (Al-Baqarah: 218).

Islam not only prohibits the consumption of alcohol, but also prohibits its production, sale, serving, and even assisting in its use (Ab Ghani & Ismail, 2010). In a hadith narrated by Tirmidhi, the Prophet cursed ten groups involved in the affairs of alcohol, including those who press, sell, buy, and serve it.

3. Research methods

The approach in this research uses a literature study, which utilizes various sources such as books and literature as research data. The data is then read, recorded, and analyzed. A literature study is a series of activities that include collecting literature data, reading, recording, and processing research materials (Zed, 2008). The steps in this method include using documents from various sources, including scientific journals and relevant books. After the data is collected, a critical analysis is conducted and presented descriptively to produce precise and accurate conclusions.

4. Results and Discussion

Alcohol According to Islamic Views

Alcoholic beverages have long been a part of various cultures around the world. However, in Islam, the presence of alcohol is seen as a serious threat to the lives of individuals and society (Sari et al., 2023). Islam strictly forbids all forms of alcohol consumption due to its negative impacts on reason, health, morals, and social order. The prohibition on alcohol did not come all at once. Allah revealed this prohibition gradually, in accordance with the psychological and social conditions of Arab society at that time. Initially, the Quran stated that although there are benefits in alcohol, its harm far outweighs its benefits (Surah Al-Baqarah: 219). Then came the prohibition against approaching prayer while intoxicated (Surah An-Nisa: 43). Finally, Allah revealed a verse explicitly forbidding alcohol in Surah Al-Ma'idah, verse 90.

Islam highly values reason because it allows humans to distinguish between good and evil and understand religious teachings. Alcohol is considered a substance that damages the function of reason, causing a person to lose self-control (Paramesti, et al., 2025). When reason is clouded by the influence of alcohol, it is easy to commit reprehensible acts such as swearing, violence, adultery, and even murder. In addition to damaging the mind, alcohol also damages the soul and body. Many serious illnesses arise from excessive alcohol consumption, such as liver disorders, nervous system damage, and heart disease. Alcohol is also a major cause of traffic accidents and crime.

Islam not only prohibits drinking but also forbids any involvement in the production, distribution, and transaction of alcoholic beverages. In a hadith narrated by Ibn Majah and Tirmidhi, the Prophet Muhammad (peace be upon him) said: "The Messenger of Allah cursed ten people regarding alcohol: the one who squeezes it, the one who asks to be squeezed, the one who drinks it, the one who carries it, the one who is brought to him, the one who pours it, the one who sells it, the one who consumes the proceeds, the one who buys it, and the one for whom it is bought." This hadith shows that Islam not only prohibits consumption but also prohibits all forms of economic and social activities related to alcohol (Alfiansyah, et al., 2022).

Islam emphasizes that alcohol is detrimental to human nature. Alcohol use can impair common sense, leading to other sins such as adultery, theft, or murder. It can also damage social relationships, including family and community relationships, weaken faith, and distance individuals from worship (Sumadi et al., 2024). Therefore, Islam views alcohol consumption not only as an individual issue but also as a threat to morality and public order.

a. Alcohol in the Perspective of Health Sciences

Alcohol is a psychoactive substance and a depressant that can reduce central nervous system function. In the medical world, alcohol is categorized as a hazardous substance that can damage various organs if consumed excessively and over the long term. Although in some cultures alcohol is considered part of a lifestyle, medically, its negative impacts far outweigh any perceived short-term benefits.

One of the most serious effects of alcohol consumption is liver damage. The liver plays a crucial role in filtering toxins, including alcohol, from the body (Sholikhah, 2020). However, continued alcohol consumption can lead to permanent liver damage, including fatty liver disease, alcoholic hepatitis, and even cirrhosis. In addition to liver damage, alcohol also damages the nervous system, causing impaired coordination, memory loss, and impaired thinking.

Furthermore, alcohol consumption is also closely linked to an increased risk of mental disorders, such as depression, anxiety, and sleep disorders. Alcohol dependence, or alcoholism, is a serious mental disorder that requires specialized treatment (Dirman, 2023). Furthermore, alcohol consumption is often a trigger for domestic violence, traffic accidents, and criminal activity due to the loss of self-control when intoxicated.

From a public health perspective, alcohol poses a serious burden because it increases morbidity and mortality. The World Health Organization (WHO) notes that millions of people die each year from diseases directly related to alcohol consumption. Therefore, education and prevention regarding the dangers of alcohol are crucial to maintaining individuals' quality of life and creating a healthier and safer society.

In health science studies, alcoholic beverages (miras) have very serious impacts on health (Suryadi & Novtalya, 2024). The main component in liquor, ethanol, is toxic when consumed in excessive amounts or over long periods of time. The immediate effects of alcohol consumption can include disruption of the central nervous system, leading to loss of motor coordination, decreased consciousness, and behavioral disturbances.

Long-term alcohol use can cause various health problems. Some of the diseases that can arise from excessive alcohol consumption include brain tissue damage, liver dysfunction, digestive system problems, glandular disorders, muscular system disorders, heart damage, and an increased risk of cancer (Noya, 2022).

b. Alcohol in Social Perspective

Alcoholic beverages (alcohol) are a social issue that continues to be a concern in various countries, including Indonesia. From a social perspective, alcohol not only impacts the individual who consumes it but also negatively impacts the surrounding environment (Leto & Yusuf, 2024). Alcohol consumption is often associated with deviant behavior, violence, and disturbances of public order. In society, alcohol can create social unrest by causing a loss of self-control and increasing the potential for conflict.

One of the most prominent social impacts of alcohol is the increase in crime. Many cases of domestic violence, fights, theft, and even murder occur due to the perpetrator being under the influence of alcohol. When someone is drunk, their ability to think rationally is drastically reduced, making them prone to impulsive actions that endanger themselves and others. This undoubtedly undermines the social fabric and the sense of security within the community.

Furthermore, alcohol consumption also impacts family relationships and social life. Alcoholics often experience decreased productivity, job loss, and loss of trust from family and society. In the long term, this can lead to poverty, child neglect, and the breakdown of social bonds that should be the foundation of community life. Children who grow up in an environment where alcohol use occurs are also at high risk of adopting similar lifestyles.

From a social policy perspective, many governments have implemented regulations restricting and monitoring the distribution of alcohol. This is done as a form of social protection and an effort to prevent moral decay and maintain social harmony. Education, law enforcement, and community outreach are crucial steps in mitigating the social impact of alcohol. Therefore, collective awareness to reject alcohol consumption and abuse needs to be continuously instilled to create a healthy, safe, and dignified social environment (Yerkohok, 2020).

5. CONCLUSION AND SUGGESTIONS

Conclusion

Alcoholic beverages (miras) are dangerous substances with widespread negative impacts, from a religious, health, and social perspective. From an Islamic perspective, alcohol is strictly forbidden because it can corrupt the mind, lead people into sin, and disrupt the moral order of society. Islam also prohibits all forms of involvement in the production, distribution, and consumption of alcohol. From a medical perspective, alcohol contains ethanol, which poses a high risk to the body. Alcohol consumption can cause damage to organs such as the liver, heart, and brain, as well as increase the risk of chronic diseases and mental disorders. Furthermore, alcohol can also lead to dependence that is difficult to overcome without appropriate medical and psychological treatment. Meanwhile, from a social perspective, alcohol contributes to the increase in various social problems such as violence, crime, traffic accidents, and domestic conflict. The shift in values in some communities, which have begun to view alcohol as normal, presents a serious challenge that must be addressed through education, supervision, and firm policies .

Suggestion

Based on the studies that have been presented, there needs to be cooperation between various parties including the government, religious leaders, educational institutions, and the community to provide a correct understanding of the dangers of alcohol and to create an environment that supports a healthy lifestyle and is in accordance with moral and religious values.

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