

Stop Alcohol for Family's Prosperity and Income Generation



Mr. Sung Yoeun has reduced alcohol consumption since 2011 and now, as of 2013, he has completely quit. He has better health than before. He is stronger and can work to support his family and go fishing. Sometimes, his wife goes out to do some business and he cooked for the entire family. Every month he has earned at least 100,000 riel (25 USD) and his children earned 200,000 riel (50 USD), so there was totally 300,000 riel (75USD) per month to support their living. His family living condition is better now than before. The communication in the family is also better because they can talk together without fear, especially his wife and children. His wife, **Ms. Khum** said “I am very proud and happy with my husband’s attitude change. This is what every family needed,”

When he consumed alcohol, he got bad health and illness because of his chest, hands and legs was shaking, his stomach scratched, throat dried, and had high blood pressure. So his family paid much money for his treatments and buying medicines. His wife and children were unhappy and angry with him and the communication was not good in the family. In that time he earned 30,000 riel (7.50 USD) or 20,000 riel (5USD) per day, but he spent 10,000 riel (2.50 USD) for alcohol drinking. His family had no happiness because they were concerned about his health. He said “now I never use domestic violence against my children and wife”.

Mr. Sung Yoeun, 68 years old, a farmer, living in Tomnob Chhrey village, Toek Thla commune, Seresouphon municipality, Banteay Meanchey province, he has 7 family’s members include 3 sons and 2 daughters that the other 3 got married. Before he was a worker for rice mill/rice huller, but now he dropped his work. He started to drink alcohol since he was 28 or 30 years old. He told that “before I keep alcohol with me every time, even I go out somewhere”.

After he got information related to the negative impact of alcohol from radio and PDP-Center’s training, he spent one night considering reducing and quitting alcohol consumption, He told his wife that he decided to stop drinking but his wife didn’t believe him. In the morning, he had eaten one plate of rice and drank two or three glasses of hot water so he gets the sweat and felt better. Two or three days after, he felt it was very difficult for him and he wanted to drink again, but he tried to forget it and eat something. Finally, he completely quit alcohol earlier this year.

He recommends that everyone quit drinking because it is harmful to the health. It is not helpful for health. He continued that alcohol destroys properties, makes one squander money and affects one’s health. He also said to others who want to quit to learn from his case.