

Psychology study

/wɪðˈdrɔːəl/ - with-draw-al

Withdrawal

(1) (noun) a method of birth control in which coitus is initiated but the penis is deliberately withdrawn before ejaculation; (2) (noun) avoiding emotional involvement; (3) (noun) a retraction of a previously held position; (4) (noun)

Tip: you can create your own flashcards by adding this video to favourite list

Withdrawal is a psychological and biochemical process that occurs when a person stops using a chemical substance—such as some prescription medications, illegal drugs, alcohol, or nicotine—or stops an addictive behavior.



CHEMICAL WITHDRAWAL

The effects of withdrawal vary greatly with the chemical substance. Withdrawal can last anywhere from a few hours to a few weeks, and some drugs have markedly more severe effects of withdrawal than others. Withdrawal from heroin, for example, can be so severe that it requires hospitalization, while withdrawal from nicotine usually only causes minor physical discomfort. The length of time a person has used a substance coupled with the amount used can also affect the severity of withdrawal symptoms.

Withdrawal symptoms will vary depending on what bodily system the substance acts upon; some common effects of withdrawal include:

- Sleeping disturbances such as vivid dreams, insomnia, or hypersomnia
- Stomach problems such as constipation, diarrhea, or vomiting
- Shakiness, lethargy, or tremors
- Racing heart and sweating
- Muscle pain and headaches
- Severe, pronounced chemical cravings

PSYCHOLOGICAL WITHDRAWAL

Psychological Withdrawal

- **Psychological withdrawal** consists of actions that provide a mental escape from the work environment. (“warm-chair attrition”)
 - **Daydreaming** - when an employee appears to be working but is actually distracted by random thoughts or concerns.
 - **Socializing** - verbal chatting about non-work topics that goes on in cubicles and offices or at the mailbox or vending machines.
 - **Looking busy** - intentional desire on the part of the employee to look like he or she is working, even when not performing work tasks.
 - **Moonlighting** - using work time and resources to complete something other than their job duties, such as assignments for another job.
 - **Cyberloafing** - using Internet, e-mail, and instant messaging access for their personal enjoyment rather than work duties.

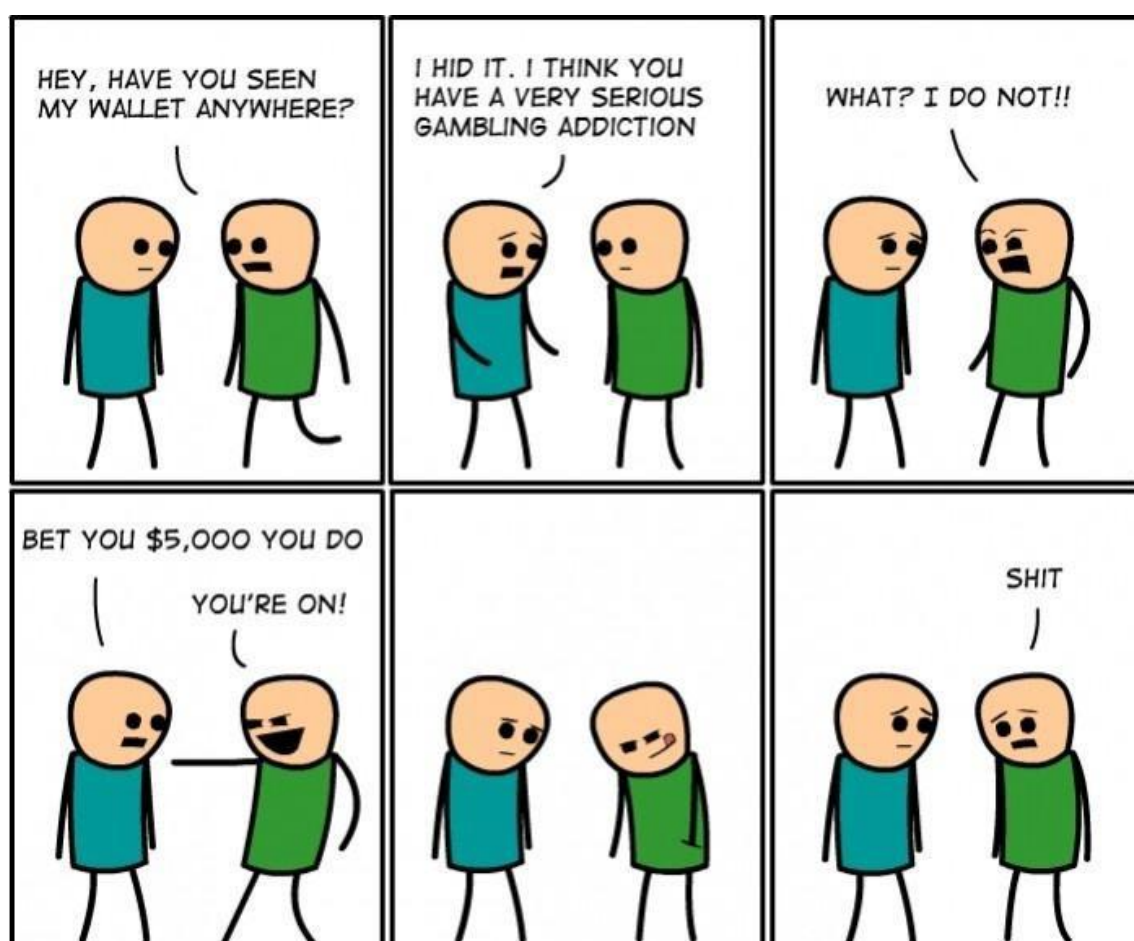
Psychological withdrawal includes the psychological effects of ceasing to use an addictive substance, and it can also occur when someone quits a habit such as compulsive shopping or gambling. Addictions often serve as psychological crutches that help people cope with stress, and when this crutch is removed, the symptoms can include:

- Extreme irritability, weepiness, restlessness, and anxiety
- Depression
- Difficulty concentrating or engaging in everyday tasks
- Grieving the loss of the addiction
- Feelings of being unfulfilled
- Extreme difficulty avoiding the addiction

Withdrawal behavior is characterized by the tendency to avoid the unfamiliar, either people, places, or situations. Though withdrawal, or avoidance, can be the result of a temperamental tendency toward inhibition to unfamiliar events, anxiety over the anticipation of a critical evaluation, or a conditioned avoidant response, often called a phobia, can produce withdrawal. These are three different mechanisms, each of which can mediate withdrawal behavior.

Withdrawal behavior is typically seen in children. The withdrawal or avoidance that is seen in the preschool years is, most of the time, due to a temperamental bias that makes some children uncertain over unfamiliar events. During later childhood, withdrawal or avoidance occurs due to very specific events, like lightning, animals, insects, or foods. At this point, withdrawal is usually not the result of a temperamental bias, but more often is due to conditioning experiences in which the child had a painful or frightening experience in association with the event he avoids.

A small group of children who appear withdrawn may have serious mental illness, including schizophrenia or autism. However, these are relatively rare illnesses and therefore the average child who appears withdrawn will probably not be afflicted with these problems.



To be continued

Газета подготовлена старшим преподавателем кафедры английского языка Акулич Ю.Е. и студентами групп СП-14.