

[Home](#) > [Journal](#) > [Social Sciences & Humanities](#) > [PSYCH](#)
[Indexing](#) | [View Papers](#) | [Aims & Scope](#) | [Editorial Board](#) | [Guideline](#) | [Article Processing Charges](#)
[PSYCH](#) > Vol.3 No.7, July 2012



Proposal to Prevent Alcohol Dependence Using Purpose in Life/*Ikigai* to Mimic the Chemical Effects of β -Endorphin

PDF (Size: 87KB) PP. 534-536 DOI: 10.4236/psych.2012.37078

Author(s)

Riichiro Ishida

ABSTRACT

Purpose in life (PIL)/*ikigai* is a social attitude based on the concept that, " every person has a need to establish meaning in life" . Comfort and pleasure are related to the secretion of neurotransmitters such as serotonin, dopamine and β -endorphin. Drinking alcohol can also trigger emotions and cause the secretion of β -endorphin. Persons, who have an inner sense of satisfaction, do not need or want to induce comfort and pleasure by using alcohol or morphine. The primary chemical structures of β -endorphin and morphine are similar. Therefore, it is possible that helping people to achieve PIL/*ikigai* could strengthen psychological and/or physical defenses against alcohol dependence.

KEYWORDS

 Purpose in Life/*Ikigai*; Alcohol Dependence; Pleasure; Anxiety; β -Endorphin

Cite this paper

 Ishida, R. (2012). Proposal to Prevent Alcohol Dependence Using Purpose in Life/*Ikigai* to Mimic the Chemical Effects of β -Endorphin. *Psychology*, 3, 534-536. doi: 10.4236/psych.2012.37078.

References

- [1] Boning, J. (2009). Addiction memory as a specific, individually learned memory imprint. *Pharmacopsychiatry*, 42, 66-68. doi:10.1055/s-0029-1216357
- [2] Brodal, P. (1998). *The central nervous system* (2nd ed.). New York: Oxford University Press.
- [3] Brown, M., Keynes, R., & Lumsden, A. (2001). *The developing brain*. New York: Oxford University Press.
- [4] Cannon, W. B. (1939). *The wisdom of the body*. New York: WW Norton and Company.
- [5] Chaouloff, F. (1989). Physical exercise and brain monoamines: A re- view. *Acta Physiologica Scandinavica*, 137, 1-13. doi:10.1111/j.1748-1716.1989.tb08715.x
- [6] Comings, D. E., & Blum, K. (2000). Reward deficiency syndrome: Genetic aspects of behavioral disorders. *Progress in Brain Research*, 126, 325-341. doi:10.1016/S0079-6123(00)26022-6
- [7] Costa-Pinto, F. A., & Palemo-Neto, J. (2010). Neuroimmune inter- actions in stress. *Neuroimmunomodulation*, 17, 196-199. doi:10.1159/000258722
- [8] Crumbaugh, J. C., & Maholick, L. T. (1964). An experimental study in existentialism: The psychometric approach to Frankl' s concept of noogenic neurosis. *Journal of Clinical Psychology*, 20, 200-207. doi: 10.1002/1097-4679(196404)20:2<200::AID-JCLP2270200203>3.0.CO;2-U
- [9] Dalayeun, J. F., Norès, J. M., & Bergal, S. (1993). Physiology of beta- endorphins: A close-up view and a review of the literature. *Bio- medicine & Pharmacotherapy*, 47, 311-320. doi:10.1016/0753-3322(93)90080-5
- [10] Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95, 542-575. doi:10.1037/0033-2909.95.3.542

- [Open Special Issues](#)
- [Published Special Issues](#)
- [Special Issues Guideline](#)

[PSYCH Subscription](#)
[Most popular papers in PSYCH](#)
[About PSYCH News](#)
[Frequently Asked Questions](#)
[Recommend to Peers](#)
[Recommend to Library](#)
[Contact Us](#)

Downloads:	247,433
------------	---------

Visits:	545,816
---------	---------

[Sponsors >>](#)

- [11] Dragon, N., Seidah, N. G., Lis, M., Routhier, R., & Chrétien, M. (1977). Primary structure and morphine-like activity of human beta-end-orphin. *Canadian Journal of Biochemistry*, 55, 666-670. doi:10.1139/o77-096
- [12] Esch, T., & Stefano, G. B. (2010). The neurobiology of stress management. *Neuro Endocrinology Letters*, 31, 19-39.
- [13] Gianoulakis, C., Krishnan, B., & Thavundayil, J. (1996). Enhanced sensitivity of pituitary beta-endorphin to ethanol in subjects at high risk of alcoholism. *Archives of General Psychiatry*, 53, 250-257. doi:10.1001/archpsyc.1996.01830030072011
- [14] Ishida, R. (2008). Correlation between social desirability and autonomic nervous function under goal-oriented stress (mental arithmetic) with consideration of parental attitudes. *The Autonomic Nervous System (Tokyo)*, 45, 242-249 (in Japanese).
- [15] Ishida, R. (2011). Enormous earthquake in Japan: Coping with stress using purpose in life/ikigai. *Psychology*, 2, 773-776. doi:10.4236/psych.2011.28118
- [16] Ishida, R. (2012). Purpose in life (ikigai), a frontal lobe function, is a natural and mentally healthy way to cope with stress. *Psychology*, 3, 272-276. doi:10.4236/psych.2012.33038
- [17] Ishida, R., Okada, M., & Bando, T. (2004). Relation between level of purpose-in-life and the autonomic nervous function under a mental stress. *Niigata Igakkai Zasshi*, 118, 333-339 (in Japanese).
- [18] Kraut, R. (1979). Two conception of happiness. *The Philosophical Review*, 88, 167-107. doi:10.2307/2184505
- [19] Levinthal, C. F. (1988). *Messengers of paradise: Opiates and the brain*. New York: Doubleday.
- [20] Lu, L., Gilmour, R., Kao, S. F., Weng, T. H., Hu, C. H., Chem, J. G., Huang, S. E., & Shin, J. B. (2001). Two ways to achieve happiness: When the East meets the West. *Personality and Individual Differences*, 30, 1161-1174. doi:10.1016/S0191-8869(00)00100-8
- [21] Mathon, D. S., Kamal, A., Smidt, M. P., & Ramakers, G. M. (2003). Modulation of cellular activity and synaptic transmission in the ventral tegmental area. *European Journal of Pharmacology*, 480, 97-115. doi:10.1016/j.ejphar.2003.08.097
- [22] Masaoka, Y., Onaka, Y., Shimizu, Y., Sakurai, S., & Homma, I. (2007). State anxiety dependent on perspiration during mental stress and deep inspiration. *The Journal of Physiological Sciences*, 57, 121-126. doi:10.2170/physiolsci.RP000607
- [23] Morales-Mulia, M., De Gortari, P., Amaya, M. I., & Méndez, M. (2012). Activity and expression of enkephalinase and aminopeptidase N in regions of the mesocorticolimbic system are selectively modified by acute ethanol administration. *Journal of Molecular Neuroscience: MN*, 46, 58-67. doi:10.1007/s12031-011-9623-2
- [24] Nagai, M., Wada, M., & Sunaga, N. (2002). Trait anxiety affects the papillary light reflex in college students. *Neuroscience Letters*, 328, 68-70. doi:10.1016/S0304-3940(02)00373-7
- [25] Nakata, Y. (2006). Nounai-bussitsu kara nani wo manabuka? In: NPO Hojin Nou no seiki suisin kaigi