



E-ISSN: 2706-9575
P-ISSN: 2706-9567
IJARM 2020; 2(2): 311-313
Received: 09-10-2020
Accepted: 17-11-2020

Nirmala Rajesh
Assistant Professor,
Department of Human
Physiology, Srinivas Institute
of Medical Sciences,
Mangalore, Karnataka, India

Alcoholism awareness among 1st phase medical students and its prevalence

Nirmala Rajesh

DOI: <https://doi.org/10.22271/27069567.2020.v2.i2d.527>

Abstract

The present study comprised a total of 450 college students, including persons of both genders. The study participants were enlisted by their voluntary assent and subsequent submission of written agreement. Essential demographic information, such as name, age, and gender, was recorded. Data collection was facilitated through the administration of a questionnaire.

Keywords: Alcoholism, medical, students

Introduction

Alcohol is a comprehensive phrase that encompasses a variety of substances. More precisely, the scientific designation for an alcoholic beverage is ethanol or ethyl alcohol, usually known as alcohol. It has been present since ancient times in the many forms of soma, sura, and kalika. It served as a means to foster self-assurance, courage, and faith during the eras of Sutra, Gupta, post Gupta, Mughal, and British governance [1]. Alcohol is a powerful and harmful chemical that has a direct impact on various physiological systems in the body. It induces sedation by inhibiting the function of the central nervous system. Alcohol consumption can range from causing slight fatigue and relaxation to causing substantial impairment of motor skills, speech, confusion, and severe drunkenness. The magnitude of these effects is directly proportional to the amount of alcohol consumed. Overindulging in alcohol can result in unconsciousness, respiratory system failure, and potentially fatal outcomes [2].

Multiple variables that influence the likelihood of alcohol intake among college students encompass age, gender, social milieu, stress levels, emotional well-being, genetic predisposition, urbanisation, westernisation, curiosity, and peer pressure [3]. This problem presents a substantial and perhaps life-endangering hazard to the individual college student, while also adversely affecting their family and community in various manners. Alcohol consumption throughout college has detrimental impacts on academic achievement, physical well-being, sexual conduct, aggression, property destruction, public conduct, driving, intentional self-harm, and motor vehicle collisions. The involvement of college students in alcohol-related conduct is disconcerting [4].

The World Health Organisation (WHO) estimates that over 140 million people worldwide suffer from alcohol consumption. According to a study published in the Archives of General Psychiatry, almost 30% of Americans had issues associated with alcohol. According to the data, 17.8% of the population exhibits alcohol misuse, while 12.5% shows alcohol dependency [5]. The present study sought to assess the level of comprehension pertaining to alcoholism among medical students.

Materials and Methods

The study encompassed a cohort of 150 university students, comprising persons of both genders. The study participants were selected based on their voluntary agreement and submission of written consent.

Essential demographic information, such as name, age, and gender, was recorded. Data collection was facilitated through the administration of a questionnaire.

Information regarding alcoholism was recorded.

Furthermore, with the questionnaire, the students were given a Likert scale to evaluate their

Corresponding Author:
Nirmala Rajesh
Assistant Professor,
Department of Human
Physiology, Srinivas Institute
of Medical Sciences,
Mangalore, Karnataka, India

understanding and measure their overall degrees of concurrence and discord. Lectures were given to enhance the students' understanding. Both the first and final scores

were evaluated.

Results

Table 1: Sex ratio

Male	Female
65	85

Table 2: Prevalence

Male	Female
21	08

Table 3: Comparison of awareness on alcohol and its effects in male and female participants

Questions:	Male	Female
Did you feel you will get addicted to alcohol	02	01
Had an educational lecture solely dedicated to alcohol consumption	07	04
Consumption of moderate amount of alcohol is beneficial to health	06	08
Safe quantity of alcohol consumption	04	04
Felt it was safe to drive after consumption of alcohol knowing that they're not drunk	05	00
Felt that the government is doing enough to reduce alcohol consumption	21	02
Felt that it is exceptionally difficult to quit alcohol	19	07
Felt that the most serious consequence of alcohol consumption is the hangover one experiences next morning	04	06
Felt that alcohol increases sexual drive	04	04
Sat in a vehicle driven by someone under the influence of alcohol	05	05
Got into an argument or fight after consuming alcohol	03	02
Missed lecture to drink or due to a hangover	07	07
Driven a vehicle under influence of alcohol	07	06
Felt that binge drinking only on weekends is a better alternative to drinking in moderation throughout week	07	04
Desire to quit alcohol consumption	04	05

Table 4: Likert's scale analysis of pre and post lecture series

Pre - scores	Post - scores	Sig
19.83±1.27	44.95±1.78	Highly sig

Discussion

Alcoholism is a medical disorder characterised by significant impairment caused by excessive and prolonged consumption of alcohol beyond the acceptable limits. An individual may experience impairment if they encounter difficulties in the operation of their physical body, their mental well-being, or their capacity to engage with others. The age group of 16 to 25 exhibits the highest incidence of alcoholism among their demographic. The elevated prevalence of alcoholism among adolescents can be ascribed to several variables, including the pervasive accessibility of alcohol and drugs, the impact of religious impulses, the growing urbanisation of the population, and the genetic susceptibility to alcoholism. Commonly utilised substances include alcoholic beverages, whisky, cocaine, cannabis, arrack, nicotine, and various other substances. The numerical representation of the value is six. A study was undertaken in 1981 and 1988 to assess the alcohol consumption patterns among high school students in Perugia, Italy. The study focused on students in the ninth grade (14-15 years old) and thirteenth grade (18-19 years old). Initially, wine held the highest level of popularity as a beverage. However, within a span of seven years, there was a noticeable decline in the quantity of wine being consumed. Although beer consumption remained steady, it remained at a lesser level compared to wine consumption. Alcohol use among students in grades 9 and 13 experienced a slight decline [7]. A clear correlation was noted between students engaging in drunken behaviour and an uptick in the

percentage of those who engage in excessive alcohol use. By employing multivariate analysis, it was demonstrated that there is a positive association between alcohol consumption and both sexual behaviour and smoking. Conversely, it was discovered that there is a negative correlation between the father's educational achievement and their knowledge of the health hazards associated with alcohol addiction [8]. The objective of this study among college students was to ascertain the extent of understanding pertaining to alcoholism. Vieira conducted a correlation study to examine the association between the age of initial manifestation of a problem, alcohol consumption patterns, and the resulting issues. A total of 1,999 children, ranging from fifth to eleventh grade, willingly and anonymously took part in the research to constitute the sample. The inquiry revealed several significant discrepancies. Individuals who started drinking at a younger age had a higher level of alcohol consumption per drinking session (p = 0.013) and a more frequent occurrence of episodes of intoxication (p = 0.05) throughout their drinking habits. A correlation was found between the age at which persons initially consumed alcohol and their subsequent consumption of tobacco (p = 0.017) and other substances (p = 0.047) [9].

Conclusion

College students had a substantial level of alcohol usage, with a notable proportion of them displaying harmful alcohol dependency. The desired outcome will not be attained without the implementation of further endeavours. Adolescents can be consistently motivated by utilising outlets specifically designed for young people, such as social media and FM radio. These channels also facilitate the artistic dissemination of messages that are appropriate

for the intended audience.

References

1. Wilke DJ, Siebert DC, Delva J, Smith MP, Howell RL. Gender differences in predicting high-risk drinking among undergraduate students. *J Drug Educ.* 2005;35(1):79-94.
2. Kumagai Y, Yamazaki K, Kimura H, Nihon. Drinking behavior of female among students and stress related problem drinking. *A Rukoru Vakubutsu Igakkar Zasshi (Article in Japanese).* 2002;37(1):57-66.
3. Gonzalez VM, Bradizza CM, Collins RL. Drinking to cope as a statistical mediator in the relationship between suicidal ideation and alcohol outcomes 89 among underage college students. *Psychol. Addict Behav.* 2009;23(3):443-51.
4. Singleton Jr RS, Wolfson AR. Alcohol consumption, sleep, and academic performance among college students. *J Stud Alcohol Drugs.* 2009;70(3):355-363.
5. Zakletskaia LI, Mundt MP, Balousek SL, Wilson EL, Fleming MF. Alcohol impaired drinking behavior and sensation - seeking disposition in a college population received routine care at campus health services centres. *Accid Anal Prev.* 2009;41(3):380-386.
6. Randolph Me, Torres H, Gore-Felton C, Lloyd, Mc Garvey EL. Alcohol use and sexual risk behaviour among college students: Understanding gender and ethnic differences. *Am J Drug Alcohol Abuse.* 2009;35(2):80-84.
7. Moreira TC, Belmonte EL, Vieira FR, Noto AR, Ferigolo M, Barros HM, *et al.* Community violence and alcohol abuse among adolescents: A sex comparison. *J Pediatr (Rio J).* 2009;84(3):244-250.
8. Epub May 23 33. Lloyd - Richardson EE, Lucero ML, Dibello Jr, Jacobson AE, Wing RR. The relationship between alcohol use, eating habits and weight change in college freshmen. *Eat Behav.* 2008;9(4):504-508.
9. Vieira DL, Ribeiro M, Laranjeira R. Evidence of association between early alcohol use and risk of later problems. *Rev Bras Psiquiatr.* 2007;29(3):222-227.