

ALCOHOLISM AMONG STUDENTS

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Research Scholar, Himalayan University, Itanagar, Arunachal Pradesh, India.**Research Supervisor, Himalayan University, Itanagar, Arunachal Pradesh, India.*DOI: <http://doi.org/10.47211/idcij.2023.v10i01.018>**ABSTRACT**

Alcoholism among students can also lead to long-term consequences such as liver damage, mental health disorders, and strained relationships. Educational institutions, parents, and healthcare providers need to work together to raise awareness, provide support, and implement preventive measures to address alcoholism among students. Alcohol abuse among students is a prevalent issue with far-reaching consequences. It not only affects the individual's health but also impacts their academic performance, relationships, and overall well-being. Understanding the root causes, effects, and preventive measures of alcohol abuse among students is crucial in addressing this complex problem. By promoting healthy coping mechanisms, encouraging open communication, and offering counseling services, we can help students make informed choices and develop a healthier relationship with alcohol.

Key Words: alcoholism, students alcohol addiction, alcohol drinking, alcohol awareness.

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INTRODUCTION

Alcohol abuse within student populations can result in various lasting effects, including liver impairment, psychological issues, and interpersonal difficulties. It is essential for schools, families, and healthcare professionals to collaborate in educating, supporting, and establishing preventative strategies to combat student alcoholism. Through the promotion of positive coping mechanisms, fostering transparent dialogues, and providing counseling resources, we can empower students to make educated decisions and cultivate healthier attitudes towards alcohol consumption. Alcohol abuse among college students refers to unhealthy alcohol-drinking behaviors by college and university students. While the legal drinking age varies by country, the high amount of underage students who consume alcohol has presented many problems and consequences for universities.

In 2007 one young adult in two has entered university education in Western countries and this proportion is likely to increase in the future [Organisation for Economic Co-operation and Development, 2009].

Many of these young students will be exposed to substantial changes in living arrangements and social activities. This kind of transition is often associated with an increase in heavy and risky alcohol use [Schulenberg JE, Maggs JL, 2002].

High alcohol consumption among university students is an increasingly documented health concern in many countries. (E.R. Weitzman et al, 2005)

Alcoholism among students is a growing concern that affects not only their academic performance but also their physical and mental health, relationships, and overall well-being. Students are vulnerable to alcoholism due to various factors such as peer pressure, stress, curiosity, and the desire to fit in. Easy access to alcohol, lack of parental supervision, and inadequate coping mechanisms further exacerbate the problem. Alcoholism can lead to poor academic performance, memory loss, mood swings, and increased risk of addiction, accidents, and sexual assaults.

To date, most reports have been from the USA and have shown excessive alcohol use among college students, including binge drinking (a drinking style characterized by a high number of drinks per occasion) and heavy episodic drinking (a drinking style characterized by high consumption periods). (M. D'Alessio et al, 2006)

Alcohol use has been associated with injuries, unplanned and unprotected sex, sexual aggression, fighting and violence, property damage, and drinking and driving, thus posing a problem for students involved in heavy drinking and for those around them.

High-volume alcohol consumption and risky single-occasion drinking (RSOD) drinking are the leading causes of injury and death among university students and young adults. They are associated with personal adverse consequences, such as academic failure, unintended pregnancy, sexually transmitted diseases, property damage, and criminal consequences that jeopardize future job prospects. In addition, there are second-hand consequences for fellow students, ranging from disrupted study and sleep to physical and sexual

Alcohol use among college students occurs irrespective of students' academic disciplines, as studies have shown alcohol use across all fields of study. (E. Karam et al, 2007)

Analyzing patterns of heavy drinking among university students is crucial because they tend to engage in riskier alcohol consumption than their non-university peers. However, these findings are almost exclusively based on research among university students in the US and Canada.

REVIEW OF LITERATURE

Stock C, Mikolajczyk R, Bloomfield K, Maxwell AE, Ozcebe H, Petkeviciene J, Naydenova V, Marin-Fernandez B, El-Ansari W, Krämer A, 2009 conducted a study on Alcohol consumption and attitudes toward banning alcohol sales on campus among European university students. Results: The highest prevalence of drinking alcohol more than once per week was reported in Bulgarian (males 46%, females 64%) and Spanish students (males 59%, females 64%). Among those students who drank alcohol (n=3170), problem drinking (CAGE score >1) was found in 24% of males and 13% of females. Male gender, depressive moods and a low importance of good grades at university were risk factors for drinking alcohol more than once per week as well as for problem drinking. There were substantial country differences in the proportion of students who would support a ban of alcohol sales on campus (23% in Denmark, 88% in Poland). Support for a ban was higher among female students and among students who drank alcohol once or less per week.

Rehm J, Mathers C, Popova S, Thavorncharoensap M, Teerawattananon Y, Patra J, 2009 Global burden of disease and injury and economic cost attributable to alcohol use and alcohol-use disorders. Results: The net effect of alcohol consumption on health is detrimental, with an estimated 3.8% of all global deaths and 4.6% of global disability-adjusted life-years attributable to alcohol. Disease burden is closely related to the average volume of alcohol consumption, and, for every unit of exposure, is strongest in poor people and in those who are marginalized from society. The costs associated with alcohol amount to more than 1% of the gross national product in high-income and middle-income countries, with the costs of social harm constituting a major proportion in addition to health costs.

Werner MJ, Greene JW. Problem drinking among college freshmen, 1992 conducted a study on Problem drinking among college freshmen. Results: Students were 50% male with a mean age of 17.9 years. In the past month, 17% had drunk on 10 or more occasions, and 18% had binged on 6 or more occasions. CAGE scores of 2 or greater were obtained by 21% and PBDS scores of 3 or greater by 29%, reflecting high risk for problem drinking. High-risk CAGE and PBDS scores were associated with frequent drinking and bingeing. Student reports of parental problem drinking were not associated with high risk for problem drinking. Intent to join a fraternity or sorority (the Greek system) was associated with frequent drinking, bingeing, and high-risk CAGE and PBDS scores. Approaches to screening for problem drinking which emphasize attitudes and beliefs may be useful. The Greek system appears to be attractive to high-risk students and should be a focus of prevention programming.

One of the primary reasons students turn to alcohol is to cope with stress. The pressures of academic workload, social expectations, and personal challenges can lead students to seek solace in alcohol. However, this coping mechanism often exacerbates the issues rather than resolving them. Excessive alcohol consumption can impair cognitive functions, leading to poor decision-making, decreased academic performance, and even risky behaviors.

Moreover, alcohol abuse among students can have serious health implications. Prolonged heavy drinking can result in liver damage, cardiovascular issues, neurological disorders, and increased susceptibility to mental health conditions such as depression and anxiety. These health risks not only impact the student's present well-being but can also have long-term consequences that extend beyond their college years.

In addition to health concerns, alcohol abuse among students can strain relationships with peers, family, and academic institutions. Excessive drinking can lead to conflicts, misunderstandings, and isolation from support networks. It can also contribute to a negative environment within educational institutions, affecting the overall campus culture and student well-being.

To address alcohol abuse among students effectively, a multi-faceted approach involving educational institutions, parents, healthcare providers, and the students themselves is essential. Schools can implement awareness campaigns, provide access to counseling services, and create a supportive environment that promotes healthy coping mechanisms. Parents play a crucial role in educating their children about responsible drinking habits and fostering open communication about alcohol-related issues.

Healthcare providers can offer screening, intervention, and treatment programs tailored to students struggling with alcohol abuse. By collaborating and coordinating efforts, these stakeholders can work together to create a comprehensive support system for students dealing with alcohol-related challenges.

CONCLUSION

Alcohol abuse among students is a complex issue with significant implications for health, relationships, and academic success. By understanding the underlying causes, effects, and preventive measures associated with alcohol abuse, we can work towards creating a supportive and informed environment that empowers students to make healthier choices and develop positive relationships with alcohol. In conclusion, alcoholism among students is a pressing issue that demands attention and action. It can have severe consequences on their academic, physical, and mental well-being, as well as their relationships and future prospects. By acknowledging the risk factors and warning signs, we can work towards prevention and early intervention. Educational institutions, parents, and healthcare providers must collaborate to provide support, resources, and guidance to help students develop healthy habits and coping mechanisms. Together, we can empower students to make informed choices and create a safer, healthier environment for them to thrive. Timely action can save lives. Through collaborative efforts and targeted interventions, we can address alcohol abuse among students and promote a culture of well-being and responsibility within educational settings.

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