

**A STUDY TO ASSESS THE RISK FACTORS AND CONSEQUENCES OF ALCOHOL CONSUMPTION AMONG ADOLESCENTS****R.AJITHA NANCY RANI*¹**¹ *Department of psychiatric, sree balaji college of nursing, Bharath university, India***ABSTRACT**

Alcoholism is the recent trend among college students. Peer pressure, stress, depression are some factors that drive these students to practice this social evil. Under intoxication, consequences are grave. Drunk and driving, road traffic accidents, legal issues, antisocial activities are some of them, that have proved alcoholism a public menace. The present study aimed to assess the risk factors and consequences of alcohol consumption among adolescents. The study was carried out in the selected college of Chennai. Total 60 samples were included for data collection. A questionnaire was prepared comprising of a set of 14 questions covering the main objective of the study. Findings concluded that social gatherings and peer pressure are major factors that prompt students to consume alcohol. Emotional stress and academic stress are other factors. The consequences observed are family problems and health issues. Findings concluded that more than 25% of the subjects consume alcohol due to social gathering, peer pressure, academic stress and emotional stress. Also, more than half of those consuming alcohol are involved in road traffic accidents and other familial problems.

KEYWORDS: Alcoholism, Risk for alcohol, Life style adoptions, emotional stress**R.AJITHA NANCY RANI**

Department of psychiatric, sree balaji college of nursing, Bharath University, India

***Corresponding author**

INTRODUCTION

Alcohol consumption is the trend among college students. to some it's a lifestyle adaptation while some are just victims to peer pressure.¹ According to a study, youth strive for acceptance by their peers. They want to fit in and often choose peer groups whose values and behaviours are similar to their own.²If drinking is a typical activity for these groups, they are much more likely to drink. Academic stress, emotional turmoil is other factors that force a college student to consume alcohol³There are some who are social drinkers. Studies have shown that those who had taken alcohol showed higher positive response to sociability Parent's alcoholism also plays a greater role. Studies have shown that youth are more likely to drink alcohol when at least one of their parents has a history of alcoholism and alcohol use but the consequences are grave especially in long-term alcohol users.⁴ Despite legal litigations there has been a high prevalence of drunk and driving (DAD) among college students. According to a study done by KMC in Coimbatore,25% of the college students have met with road traffic accidents under the influence of alcohol and there's a rising trend of college students being, involved in legal issues, fights with family and friends ,antisocial activities etc under the influence of alcohol. In this study an attempt was taken to assess the risk factors and consequences of alcohol consumption among adolescents.

MATERIALS AND METHODS

The study was performed in a selected college of Chennai. Students present at the day and time of visit were covered. A questionnaire was prepared comprising of a set of 14 questions covering the main objective of the study. These students were asked to fill the questionnaire irrespective of their gender or whether they consume alcohol or not. The sample size was 60 students and the sampling method used was purposive sampling. The responses were calculated & tabulated, with regard to alcohol consumption the inclusion criteria were students who understands English and students who were available at the time of data collection, the exclusion criteria includes the students whom are sick and who are not willing to participate in this study.

RESULTS

Out of 60 subjects, it was found that 53 % (32 subjects) do consume alcohol and out of those subjects, 29.91% of the subject's parents consume alcohol and 1.3% did not attempt the question. Also, it was found that 4.17% had friends that consume alcohol and 54% did not attempt the question. Of all the factors that prompted subjects to drink alcohol, the factors in order were: social gatherings (25 %) peer pressure (23%), emotional stress (22%).

Table 1
Factors for alcohol consumption

Sl no	components	no	percentage
1.	social gathering	15	25%
2.	life style adoptions	8	13%
3.	academic stress	10	17%
4.	peer pressure	14	23%
5.	emotional stress	13	22%

Graph 1
Factors for alcohol consumption

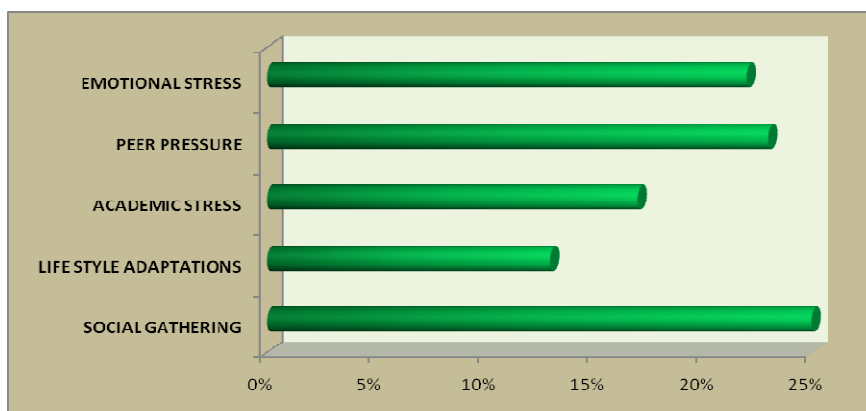
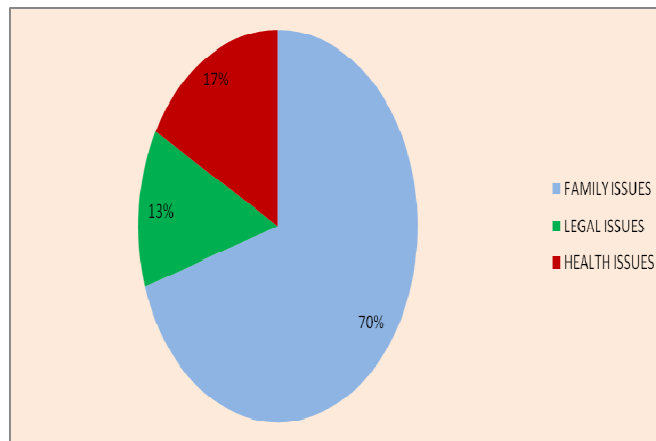


Table 2
Problems due to alcoholism

sl no	components	no	percentage
1	family issue	42	70%
2	legal issues	8	13%
3	health issue	10	17%

It was found that 70 % had been involved in family issues and 17 %have health problems as a consequence of alcohol consumption and 13% have legal issues

Graph 2
Problems due to alcoholism



DISCUSSIONS

Social gatherings and peer pressure were stated to be prior contributing reason for prompting intake of alcohol for this study. The other factors for intake of alcohol were found to be emotional stress (22%) and academic stress (17%). This finding is contrary to the popular belief that parents with drinking habits are the major predisposing factor for alcoholism among youngsters. According to American Academy of psychiatry familial negligence is the major risk factor for alcoholism as well as drug abuse. The possible explanation of this study

states that Person consuming alcohol admits that they drive after drinking involved in RTAs or other legal issues.

CONCLUSION

According to our study, more than 55% of the subject's that consume alcohol do so due to peer pressure, academic stress and emotional stress. Also, more than quarter of those consuming alcohol are involved in road traffic accidents and other legal issues, as well as having familial problems.

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