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Assessment of knowledge about alcoholism among college students

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Abstract

Background: Alcohol is a group of substances; the technical name of alcohol beverage is ethanol or ethyl alcohol, popularly known as alcohol. The present study was conducted to assess knowledge about alcoholism among college students.

Materials and Methods: 258 college students of both genders were selected and a questionnaire was used which comprised of family income, literacy status of parent, area of living, type of family, family history of alcoholism etc. was recorded. Knowledge regarding alcoholism was recorded.

Results: Out of 258, males were 148 and females were 110. Family income <5000 was seen in 30, 5000-10000 in 128 and >10000 in 100, type of family was nuclear in 98 and joint in 160, place of living was rural in 105 and urban in 153, family history of alcoholism was seen in 120 and education level was illiterate in 58, primary in 140 and high in 60. The difference was significant ($P < 0.05$). There was significant difference in knowledge level among students based on family income, type of family, place of living, family history of alcoholism and education ($P < 0.05$).

Conclusion: Knowledge level was low among students with low family income, those living in rural area, low education level, nuclear family and with no family history.

Keywords: Alcohol, knowledge, family history

Introduction

Alcohol is a group of substances; the technical name of alcohol beverage is ethanol or ethyl alcohol, popularly known as alcohol. It was present even in early period in the form of soma, sura, kalika. It was used to get confidence, courage and faith during the periods of Sutra, Gupta, post Gupta, Mughal and British ^[1] Alcohol is a direct multisystem toxin which produces a sedative effect by depressing the central nervous system. Depending on the amount of alcohol ingested, the effect can range from feelings of mild sedation and relaxation to a serious impairment of motor function, speech, confusion and severe intoxication that can result in coma, respiratory failure and death ^[2].

Alcoholism in college life is identified due to some risk factors including age, gender, social environment, stress, emotional health, genetic predisposition, urbanization, westernization, curiosity, peer pressure ^[3]. It is a major life threatening problem affecting the individual college student, his family and society in numerous adverse ways. Alcohol consumption in the college life results poor academic consequences, alcohol-related health problems, unprotected sexual problems, violence, property damage, public drunkenness or driving, suicides, motor vehicle crashes. In that it is a distressing thing when the college students indulge in alcohol behaviour ^[4].

The WHO estimates that about 140 million people throughout the world suffer from alcohol dependence. Archives of General Psychiatry reported that approximately 30% of Americans suffered from alcohol consumed disorders, including 17.8% with alcohol abuse and 12.5% with alcohol dependence ^[5]. The present study was conducted to assess knowledge about alcoholism among college students.

Materials and Methods

The present study comprised of 258 college students of both genders. Enrolment in the study was done after they agreed and gave their written consent.

General information such as name, age, gender etc. was recorded. A questionnaire was used which comprised of family income, literacy status of parent, area of living, type of family, family history of alcoholism etc. was recorded.

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Knowledge regarding alcoholism was recorded. Results were subjected to chi-square test for statistical analysis. P value less than 0.05 was considered significant.

Results

Table 1: Distribution of patients

	Total- 258	
Gender	Males	Females
Number	148	110

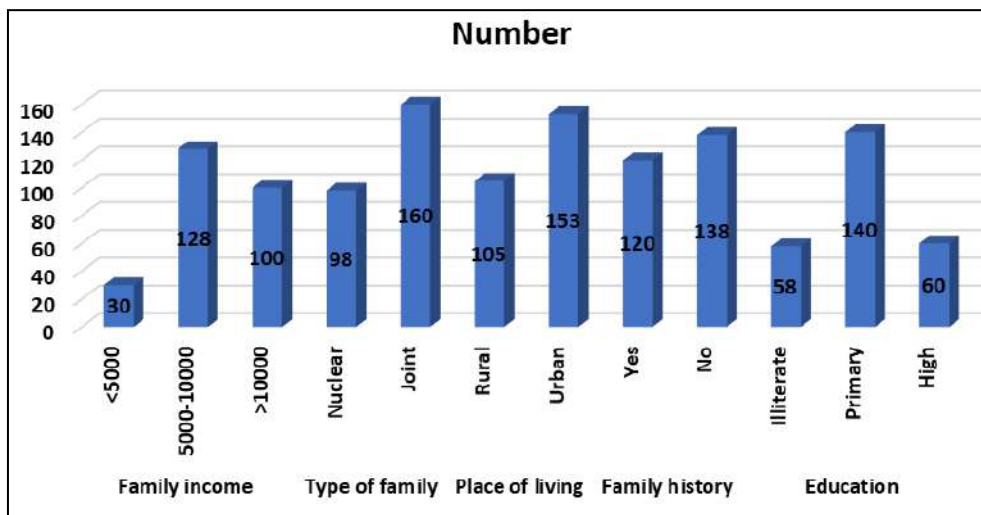
Table I shows that out of 258, males were 148 and females were 110.

Table 2: Demographic profile

Variables	Parameters	Number	P value
Family income	<5000	30	0.04
	5000-10000	128	
	>10000	100	
Type of family	Nuclear	98	0.02
	Joint	160	
Place of living	Rural	105	0.05
	Urban	153	
Family history	Yes	120	0.14
	No	138	
Education	Illiterate	58	0.02
	Primary	140	
	High	60	

Table II, graph I shows that family income <5000 was seen in 30, 5000-10000 in 128 and >10000 in 100, type of family was nuclear in 98 and joint in 160, place of living was rural in 105 and urban in 153, family history of alcoholism was

seen in 120 and education level was illiterate in 58, primary in 140 and high in 60. The difference was significant ($P < 0.05$).



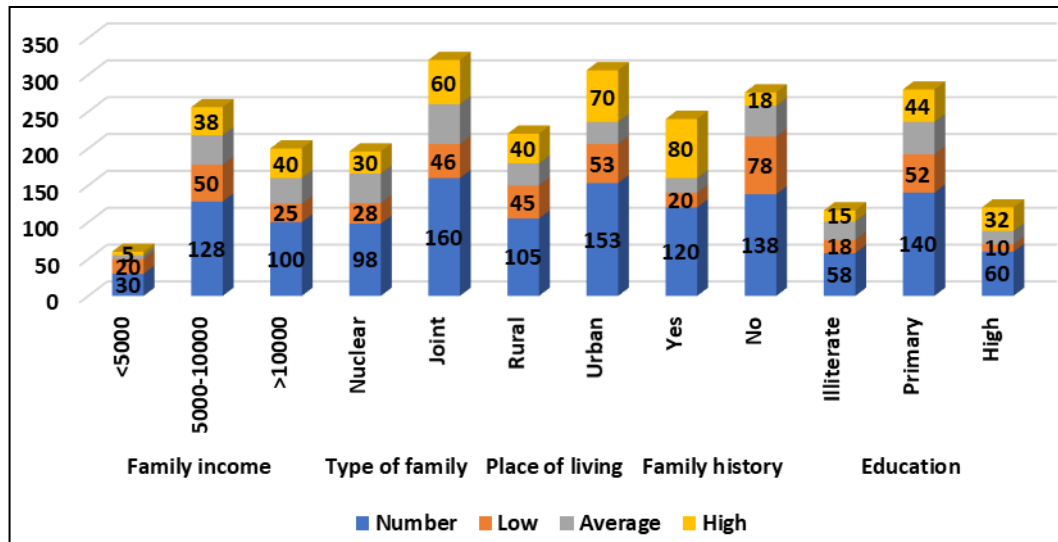
Graph 1: Demographic profile

Table 3: Assessment of knowledge level

Variables	Parameters	Number	Low	Average	High	P value
Family income	<5000	30	20	5	5	0.01
	5000-10000	128	50	40	38	
	>10000	100	25	35	40	
Type of family	Nuclear	98	28	40	30	0.03
	Joint	160	46	54	60	
Place of living	Rural	105	45	30	40	0.01
	Urban	153	53	30	70	
Family history	Yes	120	20	20	80	0.04
	No	138	78	42	18	
Education	Illiterate	58	18	25	15	0.05
	Primary	140	52	44	44	
	High	60	10	18	32	

Table III, graph II shows that there was significant difference in knowledge level among students based on

family income, type of family, place of living, family history of alcoholism and education ($P < 0.05$).



Graph 2: Assessment of knowledge level

Discussion

Alcoholism is an illness characterized by significant impairment that is directly associated with assistance and excessive use of alcohol. Impairment may involve physiological, psychology or social dysfunction. The peak age of alcoholism is seen between the ages of 16 to 25 years. Alcoholism in adolescents is due to easy availability of alcohol and drugs, religious reason, rapid urbanization, genetic vulnerability etc. Commonly using drugs are alcohol, whisky, cocaine, cannabis, arrack, nicotine etc.⁶ The prevalence of alcohol consumption among 9th (14-15 years old) and 13th grade (18-19 years old) high school students in Perugia, Italy, was investigated in 1981 and 1988. Wine was the most popular beverage, although its use declined in the 7 year period. Beer consumption remained stable, but it was at a lower level than wine. Overall, alcohol consumption showed a slight decline among both 9th and 13th graders ^[7]. The proportion of excessive drinkers increased, and a growing phenomenon of drunkenness among students was observed. Alcohol consumption was positively associated with sex and smoking and negatively associated with father’s education and knowledge of the health hazards of alcohol abuse by multivariate analysis ^[8]. The present study was conducted to assess knowledge about alcoholism among college students.

In this study, out of 258, males were 148 and females were 110. Vieira in their study a correlation was conducted to investigate the relationship between age of onset, alcohol consumption patterns and related problems. A sample of 1,990 5th to 11th grades of schools was participated voluntarily and anonymously. The results showed the significant differences. Those who started earlier consumed more drinks per occasion ($p=0.013$) and had more drunkenness episodes ($p=0.05$). A relationship between the age of first alcohol use and the use of tobacco ($p=0.017$) and other drugs ($p=0.047$) was observed ^[9].

We found that family income <5000 was seen in 30, 5000-10000 in 128 and >10000 in 100, type of family was nuclear in 98 and joint in 160, place of living was rural in 105 and urban in 153, family history of alcoholism was seen in 120 and education level was illiterate in 58, primary in 140 and

high in 60. A cross-sectional study was conducted to estimate the prevalence of major depressive disorder (MDD) with alcohol related problem (ARP) among 2658 students in 6 colleges in Osun state, Western Nigeria. The findings indicated that the students with ARP are significantly more at risk of depressive disorders than those without ARP ^[10].

We found that there was significant difference in knowledge level among students based on family income, type of family, place of living, family history of alcoholism and education ($P < 0.05$). A national survey was conducted to investigate the relationship between age of onset of first intoxication and the development of alcohol dependence among 525 Southwest California (SWC) Indian adults residing on contiguous reservations. By means of survival analyses and con and logistic regression the results supported that early onset of intoxication was significantly associated with both shorter time and increased prevalence of alcohol dependence ^[11].

A prospective study was conducted to assess the short-term and unintended long-term consequences of binge drinking among a national probability sample of 1972 college students. The results indicated that the binge drinkers were 18 comparatively more likely than non-binge drinkers to experience one or more alcohol related problems ^{SS12]}.

Conclusion

Authors found that knowledge level was low among students with low family income, those living in rural area, low education level, nuclear family and with no family history.

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