

Original research article

**A STUDY OF PREVALENCE AND EVALUATION OF
ALCOHOLISM AWARENESS AMONG MEDICAL
STUDENTS**

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Abstract

Alcohol is a collective term for a collection of compounds. The specific word for alcoholic beverages is ethanol or ethyl alcohol, commonly referred to as alcohol. The current investigation aimed to evaluate the level of understanding regarding alcoholism among medical college students.

Keywords: Alcoholism, medical, students

Introduction

Alcohol is a collective term for a collection of compounds. Specifically, the precise term for an alcoholic beverage is ethanol or ethyl alcohol, commonly referred to as alcohol. It existed since ancient times in the form of soma, sura, and kalika. It was employed to instill confidence, bravery, and belief during the eras of Sutra, Gupta, post Gupta, Mughal, and British rule ^[1]. Alcohol is a potent toxic substance that directly affects multiple systems in the body. It induces a sleepy effect by suppressing the activity of the central nervous system. The impact of alcohol use varies depending on the quantity consumed, ranging from mild sedation and relaxation to significant impairment of motor skills, speech, confusion, and severe drunkenness. In extreme cases, excessive alcohol intake can lead to coma, respiratory failure, and even death ^[2]. Risk variables associated with alcoholism in college life include age, gender, social environment, stress, emotional health, genetic susceptibility, urbanisation, westernisation, curiosity, and peer pressure ^[3]. This issue poses a significant and potentially fatal threat to the individual college student, as well as having negative impacts on their family and society in other ways. Alcohol drinking throughout college has detrimental effects on academic performance, health, sexual behaviour, violence, property, public behaviour, driving, suicides, and motor vehicle accidents. It is concerning when college students engage in alcohol-related behaviour ^[4].

According to the World Health Organisation (WHO), over 140 million individuals worldwide are afflicted with alcohol dependence. The Archives of General Psychiatry published a study indicating that almost 30% of Americans experienced alcohol-related problems. This includes 17.8% with alcohol abuse and 12.5% with alcohol dependence ^[5]. The current investigation was undertaken to evaluate the level of understanding

regarding alcoholism among medical students.

Materials and Methods

The current study consisted of a total of 750 college students, encompassing individuals of both genders. Enrollment in the study was conducted subsequent to their agreement and provision of written consent.

Basic demographic data, including name, age, and gender, was documented. A questionnaire was administered to collect data.

Data pertaining to alcoholism was documented.

Results

Table 1: Sex ratio

Male	Female
421	329

Table 2: Prevalence

Male	Female
231	119

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

Question	YES		
	Male	Female	Total
Did you feel you will get addicted to alcohol	119	49	168
Had an educational lecture solely dedicated to alcohol consumption	231	38	269
Consumption of moderate amount of alcohol is beneficial to health	134	76	210
Safe quantity of alcohol consumption	156	63	219
Felt it was safe to drive after consumption of alcohol knowing that they're not drunk	121	73	194
Felt that the government is doing enough to reduce alcohol consumption	145	102	247
Felt that it is exceptionally difficult to quit alcohol	76	22	98
Felt that the most serious consequence of alcohol consumption is the hangover one experiences next morning	126	19	145
Felt that alcohol increases sexual drive	173	82	255
Sat in a vehicle driven by someone under the influence of alcohol	46	28	74
Got into an argument or fight after consuming	38	22	60

alcohol			
Missed lecture to drink or due to a hangover	107	82	189
Driven a vehicle under influence of alcohol	21	18	39
Felt that binge drinking only on weekends is a better alternative to drinking in moderation throughout week	122	29	151
Desire to quit alcohol consumption	31	28	59

Discussion

Alcoholism is a medical condition marked by substantial impairment that is directly linked to the excessive and prolonged consumption of alcohol. Impairment might encompass physiological, psychological, or social problems. The highest prevalence of alcoholism is observed among those aged 16 to 25 years. The prevalence of alcoholism among adolescents can be attributed to factors such as the widespread availability of alcohol and drugs, religious motivations, fast urbanisation, and genetic susceptibility. Frequently utilised substances include alcohol, whisky, cocaine, cannabis, arrack, nicotine, and others. The number is 6. An investigation was conducted in 1981 and 1988 to determine the frequency of alcohol consumption among high school students in Perugia, Italy, namely those in the 9th (14-15 years old) and 13th grade (18-19 years old). Wine was the predominant beverage, however experiencing a decrease in consumption over the course of 7 years. The consumption of beer remained constant, albeit at a lesser magnitude compared to that of wine. Alcohol consumption exhibited a marginal decrease among both 9th and 13th graders ^[7]. There was a rise in the percentage of individuals who consume alcohol excessively, and a noticeable trend of students engaging in intoxicated behaviour was noted. Through multivariate analysis, it was determined that alcohol intake had a positive correlation with engaging in sexual activity and smoking. Conversely, it had a negative correlation with the level of education attained by the father and their awareness of the health risks connected with alcohol addiction ^[8]. The current investigation aimed to evaluate the level of understanding regarding alcoholism among university students. In their study, Vieira did a correlation analysis to examine the association between the age at which a problem begins, patterns of alcohol usage, and the resulting issues. A total of 1,990 students from 5th to 11th grade voluntarily and anonymously participated in the sample. The results indicated notable disparities. Individuals who initiated drinking at an earlier age had a higher consumption of beverages per occasion ($p=0.013$) and a greater frequency of bouts of drunkenness ($p=0.05$). An association was found between the age at which individuals first used alcohol and their subsequent use of tobacco ($p=0.017$) and other substances ($p=0.047$) ^[9].

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