

Original research article

Alcoholism awareness among 2nd year medical students

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Abstract

Alcohol is a comprehensive phrase encompassing a group of chemicals. The precise term for alcoholic beverages is ethanol or ethyl alcohol, generally known as alcohol. The present investigation sought to assess the comprehension level pertaining to alcoholism among students enrolled in medical college.

Keywords: Alcoholism, medical, students

Introduction

Alcohol is a comprehensive phrase encompassing a variety of chemicals. More precisely, the specific name for an alcoholic beverage is ethanol or ethyl alcohol, which is generally known as alcohol. It has been present since ancient times in the forms of soma, sura, and kalika. It was utilised to foster assurance, valour and conviction during the periods of Sutra, Gupta, post Gupta, Mughal and British governance ^[1]. Alcohol is a highly strong and poisonous toxin that has a direct impact on several systems within the body. It causes drowsiness by inhibiting the function of the central nervous system. The effects of alcohol use differ according on the amount ingested, ranging from mild drowsiness and relaxation to substantial impairment of motor skills, speech, confusion, and severe intoxication. Severe alcohol consumption can result in unconsciousness, respiratory failure, and potentially fatal outcomes ^[2].

Factors contributing to the risk of alcoholism in college life encompass age, gender, social milieu, stress, emotional well-being, genetic predisposition, urbanisation, westernisation, inquisitiveness, and peer influence ^[3]. This problem presents a substantial and potentially lethal danger to the individual university student, while also causing adverse consequences for their family and community in other ways. Engaging in alcohol use throughout college has adverse consequences on academic achievement,

physical well-being, sexual conduct, aggression, property damage, public conduct, driving ability, self-inflicted fatalities and motor vehicle collisions. It is disconcerting when college students partake in alcohol-related conduct ^[4].

The World Health Organisation (WHO) reports that more than 140 million people worldwide suffer from alcohol abuse. A study published in the Archives of General Psychiatric revealed that about 30% of Americans encountered issues associated with alcohol. Specifically, 17.8% of individuals exhibit alcohol abuse, whereas 12.5% display alcohol dependency ^[5]. The present investigation was conducted to assess the comprehension level pertaining to alcoholism among medical students.

Materials and Methods

The present study comprised a total of 150 college students, including persons of both genders. The participants were enrolled in the study after they agreed and provided written consent.

Essential demographic information, such as the individual's name, age, and gender, was recorded. Data was collected by the administration of a questionnaire.

Information regarding alcoholism was recorded.

Results

Table 1: Sex ratio

Male	Female
71	79

Table 2: Prevalence

Male	Female
41	38

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	19	49
Had an educational lecture solely dedicated to alcohol consumption	31	38
Consumption of moderate amount of alcohol is beneficial to health	34	76
Safe quantity of alcohol consumption	16	63
Felt it was safe to drive after consumption of alcohol knowing that they're not drunk	21	73
Felt that the government is doing enough to reduce alcohol consumption	45	102
Felt that it is exceptionally difficult to quit alcohol	19	22
Felt that the most serious consequence of alcohol consumption is the hangover one experiences next morning	26	19

Felt that alcohol increases sexual drive	73	12
Sat in a vehicle driven by someone under the influence of alcohol	46	28
Got into an argument or fight after consuming alcohol	38	22
Missed lecture to drink or due to a hangover	17	52
Driven a vehicle under influence of alcohol	21	18
Felt that binge drinking only on weekends is a better alternative to drinking in moderation throughout week	12	29
Desire to quit alcohol consumption	31	28

Table 4: Likert's Score Analysis of 10 pre-validated reasoning questions pre and post talk

Pre-test (Mean score)	Post-test (Mean Score)	P-Value	Sig
21.82	46.93	<0.005	Sig

Discussion

Alcoholism is a medical disorder characterised by significant impairment that is directly caused by excessive and persistent alcohol consumption. Impairment can include issues related to the body's functioning, mental well-being, or social interactions. The age group with the highest incidence of alcoholism is individuals between the ages of 16 and 25. The high incidence of alcoholism among adolescents can be ascribed to causes such as the pervasive accessibility of alcohol and drugs, religious incentives, rapid urbanisation, and genetic vulnerability. Commonly employed substances encompass alcohol, whisky, cocaine, cannabis, arrack, nicotine, and various others. The numerical value is 6. An inquiry was carried out in 1981 and 1988 to ascertain the prevalence 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 prevailing beverage, however it witnessed a decline in consumption over a period of 7 years. The beer consumption remained stable, although at a lower level compared to that of wine. Alcohol usage showed a slight decline among both 9th and 13th pupils [7]. There was an increase in the proportion of persons who engage in excessive alcohol consumption, and a clear pattern of pupils participating in inebriated behaviour was seen. By conducting multivariate analysis, it was established that there is a positive link between alcohol consumption and both engaging in sexual behaviour and smoking. In contrast, it had an inverse relationship with the father's educational attainment and their knowledge of the health hazards associated with alcohol addiction [8]. The present investigation sought to assess the extent of comprehension pertaining to alcoholism among college students. Vieira conducted a correlation analysis to investigate the relationship between the onset age of a problem, alcohol consumption patterns, and the subsequent consequences. The sample consisted of 1,990 kids ranging from 5th to 11th grade who willingly and confidentially took part in the study. The findings revealed 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 greater number of episodes of becoming intoxicated ($p=0.05$). A correlation was seen 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

The prevalence of alcohol intake among college students was significant, with a notable involvement in hazardous alcohol abuse. Further efforts are required to effectively engage the youth. Utilising adolescent-friendly platforms like social media and FM radio might be employed innovatively to effectively communicate the appropriate themes.

References

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