

Original research article

Alcoholism awareness among 2nd and 3rd phase medical students and its prevalence

¹Dr. Pankaj Verma, ²Dr. Manoj Kumar Yadav, ³Dr. Prateek Karagwal

¹Associate Professor, Department of Forensic Medicine and Toxicology, Mahatma Gandhi University of Medical Sciences and Technology, Rajasthan, India

²PG Resident 1st Yr, Department of Forensic Medicine and Toxicology, Mahatma Gandhi University of Medical Sciences and Technology, Rajasthan, India

³Assistant Professor, Department of Forensic Medicine and Toxicology, Mahatma Gandhi University of Medical Sciences and Technology, Rajasthan, India

Corresponding Author:

Dr. Prateek Karagwal

Abstract

Background: Alcohol is a broad term that refers to a collection of substances. The specific term used to refer to alcoholic beverages is ethanol or ethyl alcohol, commonly referred to as alcohol. The current study aimed to evaluate the level of understanding of alcoholism among medical college students in the 2nd and 3rd phases.

Materials and Methods: The current study consisted of a total of 450 college students, encompassing individuals of both sexes. The participants were recruited for the study following their voluntary agreement and submission of written consent. Crucial demographic data, including name, age, and gender, was documented. The administration of a questionnaire facilitated the collection of data.

Results: The prevalence was found to be more than 30 percent.

Conclusion: Efforts are required to achieve the desired outcome in medical students.

Keywords: Alcoholism, medical, students

Introduction

Alcohol is a broad term that refers to a collection of substances. Specifically, the scientific term for an alcoholic beverage is ethanol or ethyl alcohol, commonly referred to as alcohol. It has existed since ancient times in the forms of soma, sura, and kalika. It was used to promote confidence, bravery, and belief during the periods of Sutra, Gupta, post Gupta, Mughal, and British rule ^[1]. Alcohol is a potent and toxic substance that directly affects multiple bodily systems. It exerts a sedative effect by suppressing the activity of the central nervous system. The impact of alcohol consumption varies from mild tiredness and relaxation to significant impairment of motor skills, speech, confusion, and severe intoxication. The intensity of these effects is directly correlated with the quantity of alcohol consumed. Excessive alcohol consumption can lead to loss of consciousness, failure of the respiratory system, and potentially deadly consequences ^[2].

Various factors that contribute to the risk of alcohol consumption among college students include age, gender, social environment, stress levels, emotional health, genetic inclination, urbanisation, westernization, curiosity, and peer influence ^[3]. This issue poses a significant and perhaps life-threatening risk to the individual university student, while also negatively impacting their family and community in other ways. Alcohol drinking throughout college has negative effects on academic performance, physical health, sexual behaviour, violence, property damage, public behaviour, driving, self-inflicted fatalities, and motor vehicle accidents. It is unsettling when college students engage in alcohol-related behaviour ^[4].

According to the World Health Organisation (WHO), about 140 million individuals globally are afflicted by alcohol consumption. A study published in the Archives of General Psychiatric found that approximately 30% of Americans experienced problems related to alcohol. The data indicates that 17.8% of the population has alcohol misuse, whereas 12.5% has alcohol dependency ^[5]. The current study aimed to evaluate the degree of understanding regarding alcoholism among medical students.

Materials and Methods

The study involved a sample of 450 college students, consisting of individuals of both sexes. The participants were recruited for the study following their voluntary agreement and submission of written consent.

Crucial demographic data, including name, age, and gender, was documented. The administration of a

questionnaire facilitated the collection of data.

Data pertaining to alcoholism was documented.

In addition to the questionnaire, a Likert scale was administered to the students to assess their comprehension and gauge their overall levels of agreement and disagreement. Lectures were delivered to facilitate the students' comprehension. Both the pre and post scores were assessed.

Results

Table 1: Sex ratio

| Male | Female |
|------|--------|
| 211 | 239 |

Table 2: Prevalence

| Male | Female |
|------|--------|
| 110 | 79 |

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 | 41 | 11 |
| Had an educational lecture solely dedicated to alcohol consumption | 62 | 18 |
| Consumption of moderate amount of alcohol is beneficial to health | 94 | 72 |
| Safe quantity of alcohol consumption | 9 | 8 |
| Felt it was safe to drive after consumption of alcohol knowing that they're not drunk | 12 | 2 |
| Felt that the government is doing enough to reduce alcohol consumption | 27 | 28 |
| Felt that it is exceptionally difficult to quit alcohol | 02 | 00 |
| Felt that the most serious consequence of alcohol consumption is the hangover one experiences next morning | 18 | 42 |
| Felt that alcohol increases sexual drive | 28 | 71 |
| Sat in a vehicle driven by someone under the influence of alcohol | 01 | 00 |
| Got into an argument or fight after consuming alcohol | 28 | 04 |
| Missed lecture to drink or due to a hangover | 01 | 00 |
| Driven a vehicle under influence of alcohol | 00 | 00 |
| Felt that binge drinking only on weekends is a better alternative to drinking in moderation throughout week | 45 | 82 |
| Desire to quit alcohol consumption | 80 | 76 |

Table 4: Likert's scale analysis of pre and post lecture series

| Pre - scores | Post - scores | Sig |
|--------------|---------------|------------|
| 29.76±8.72 | 46.82±1.27 | Highly sig |

Discussion

Alcoholism is a medical condition that is marked by severe impairment that is directly induced by the drinking of more than the recommended amount of alcohol over an extended period of time. A person may be impaired if they have problems with the functioning of their body, their mental health, or their ability to interact with others. Individuals who are between the ages of 16 and 25 have the highest prevalence of alcoholism in their population. The high prevalence of alcoholism among adolescents can be attributed to a number of factors, such as the widespread availability of alcohol and drugs, the influence of religious motivations, the increased urbanization of the population, and the genetic predisposition to alcoholism. Among the substances that are frequently used are alcoholic beverages, whisky, cocaine, cannabis, arrack, nicotine, and a variety of other substances. Six is the value in numerical form. In the years 1981 and 1988, a study was conducted in order to determine the extent to which high school students in the city of Perugia, Italy, who were in the ninth grade (14-15 years old) and the thirteenth grade (18-19 years old) consumed alcohol. Wine was the most popular beverage, however over the course of seven years, there was a decrease in the amount of wine that was consumed. Despite the fact that it remained at a lower level in contrast to wine consumption, beer consumption remained consistent. There was a small decrease in the amount of alcohol consumption among students in grades 9 and 13 [7]. It was observed that there was a noticeable pattern of students engaging in intoxicated behaviour, and there was also an increase in the proportion of individuals who participate in excessive consumption of alcohol. Through the utilization of multivariate analysis, it was shown that there exists a positive correlation between the consumption of alcohol and the engagement in sexual behaviour as well as smoking. On the other hand, it was found to have an inverse association with the father's level of educational attainment and their awareness of the health risks that are linked with alcohol addiction [8]. Among college students, the purpose of this investigation was to determine the level of comprehension that exists regarding alcoholism. Vieira carried out a correlation study in order to investigate the relationship between the age at which a problem first manifested itself, the habits of

alcohol intake, and the issues that resulted from such habits. One thousand nine hundred and ninety-nine children, spanning from fifth to eleventh grade, voluntarily and anonymously participated in the research to form the sample. The investigation uncovered a number of noteworthy inconsistencies. A higher amount of alcohol consumption per drinking session ($p = 0.013$) and a greater frequency of episodes of intoxication ($p = 0.05$) were observed in individuals who began drinking at a younger age along the course of their drinking habits. It was shown that there was a link between the age at which individuals first used alcohol and the subsequent intake of tobacco ($p = 0.017$) and other substances ($p = 0.047$)^[9].

Conclusion

There was a significant amount of alcohol consumption among college students, and a significant portion of them engaged in risky alcohol dependency. The intended result will not be achieved without the application of further efforts. Young people can be effectively encouraged on a consistent basis through the utilization of channels that are geared towards adolescents, such as social media and FM radio. These platforms also allow for the creative transmission of messages that are suitable for the target audience.

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