

Original research article

**A STUDY OF EVALUATION OF ALCOHOLISM
AWARENESS IN PHASE 3 MEDICAL STUDENTS**

¹Dr. Hanock Nischal, ²Dr. David Denzil M Rosario

¹Assistant Professor, Department of Otorhinolaryngology and Head and Neck Surgery,
Srinivas Institute of Medical Sciences and Research Centre, Karnataka, India

²Associate Professor, Department of Otorhinolaryngology and Head and Neck Surgery,
Srinivas Institute of Medical Sciences and Research Centre, Karnataka, India

Corresponding Author:

Dr. Hanock Nischal

Abstract

Alcohol is an umbrella word for a class of chemicals. Alcohol, ethanol, or ethyl alcohol is the technical term for alcoholic drinks. Finding out how much medical school students know about alcoholism was the goal of this study. The current investigation was undertaken to evaluate the level of understanding regarding alcoholism among medical students.

Keywords: Alcoholism, medical, students

Introduction

Alcohol is an umbrella word for a class of chemicals. The exact name for a drink that contains alcohol is ethanol or ethyl alcohol, although most people just call it alcohol. Its three forms-soma, sura and kalika-have been around for a long time. Throughout the Sutra, Gupta, post-Gupta, Mughal, and British periods, it was used to inspire faith, courage and assurance ^[1]. Alcohol is highly poisonous and has an immediate impact on many bodily systems. Because it slows down the central nervous system, it makes people feel drowsy. From moderate drowsiness and relaxation to profound impairment of motor skills, speech, confusion, and extreme drunkenness, the effects of alcohol use range widely with respect to dosage. Death, respiratory failure, and coma are all possible outcomes of drinking to excess ^[2]. Age, gender, social context, stress, mental health, heredity, westernisation, urbanisation, curiosity, and peer pressure are all risk factors for alcoholism throughout college life ^[3]. This problem affects not only the college student but also their loved ones and the community at large in detrimental ways, and it could even be fatal for some. When students drink alcohol on campus, it negatively impacts their health, sexual behaviour, violence, public conduct, driving, suicide rates, and car accidents. The use of alcohol by college students is a cause for concern ^[4]. Worldwide, more than 140 million people suffer from alcohol abuse, according to the World Health Organisation (WHO). According to a study published in the Archives of General Psychiatry, about 30% of Americans have difficulties related to alcohol. One seventeenth of the number suffers from alcoholism, whereas one

quarter suffer from dependence [5]. The purpose of this study was to assess medical students' familiarity with alcoholism.

Materials and Methods

Three hundred male and female third-year medical students from Srinivas Institute of Medical Sciences in Mangalore participated in the present research. Their agreement and written consent were required before they could be enrolled in the study. Name, age, and gender were recorded as basic demographic data. Information was gathered through the use of a questionnaire. Records relating to alcoholism were made.

Results

Table 1: Sex ratio

Male	Female
180	120

Table 2: Prevalence

Male	Female
74	51

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

Question	Male	Female
Did you feel you will get addicted to alcohol	21	34
Had an educational lecture solely dedicated to alcohol consumption	45	23
Consumption of moderate amount of alcohol is beneficial to health	24	23
Safe quantity of alcohol consumption	55	21
Felt it was safe to drive after consumption of alcohol knowing that they're not drunk	53	22
Felt that the government is doing enough to reduce alcohol consumption	24	24
Felt that it is exceptionally difficult to quit alcohol	56	24
Felt that the most serious consequence of alcohol consumption is the hangover one experiences next morning	66	34
Felt that alcohol increases sexual drive	25	43
Sat in a vehicle driven by someone under the influence of alcohol	35	22
Got into an argument or fight after consuming alcohol	64	44
Missed lecture to drink or due to a hangover	33	24
Driven a vehicle under influence of alcohol	35	26
Felt that binge drinking only on weekends is a better alternative to drinking in moderation throughout week	35	29
Desire to quit alcohol consumption	56	33

Discussion

Substantial impairment is a hallmark of alcoholism, a medical disorder associated with heavy and chronic alcohol usage. Physical, mental, or social issues may all contribute to a person's impairment. Alcoholism is most common among young adults (16-25 years old). Reasons for the high rate of alcoholism among teenagers include easy access to drugs and alcohol, religious influences, rapid urbanisation, and predisposition. Some of the chemicals that are commonly used include nicotine, alcohol, cannabis, cocaine, whisky, cigars, and others. Six is the digit. The frequency of alcohol consumption among high school students in Perugia, Italy, namely those in the 9th grade (14-15 years old) and 13th grade (18-19 years old), was investigated in 1981 and 1988, respectively. Over the course of seven years, wine consumption decreased, despite being the most popular beverage. Beer consumption stayed the same, however it was lower than wine consumption. Both ninth and thirteenth graders showed a slight decline in alcohol use^[7]. A disturbing trend of students acting in an inebriated manner was observed, and the percentage of people who drink to excess has increased. A positive association between alcohol consumption and both smoking and sexual activity was shown by multivariate analysis. The converse was true: it was negatively correlated with fathers' awareness of the health concerns associated with alcoholism and their degree of education^[8]. Finding out how much college students know about alcoholism was the goal of this study. Using a correlation analysis, Vieira and colleagues investigated whether there was a connection between problem onset age, alcohol consumption patterns, and the outcomes of their study. Volunteering to remain anonymous, 1,990 kids ranging in grade from 5th to 11th took part in the study. Notable differences were shown by the findings. People who started drinking at a younger age were more likely to get intoxicated more often ($p=0.05$) and to drink more frequently overall ($p=0.013$). There was a correlation between the first-time drinking age and later cigarette ($p=0.017$) and drug ($p=0.047$) consumption^[9].

References

1. Wilke DJ, Siebert DC, Delva J, Smith MP, Howell RL. Gender differences in predicting high-risk drinking among undergraduate students. *J Drug Educ.* 2005;35(1):79-94.
2. Kumagai Y, Yamazaki K, Kimura H, Nihon. Drinking behavior of female among students and stress related problem drinking. *ARukoru Vakubutsu Igakkar Zasshi* (Article in Japanese). 2002;37(1):57-66.
3. Gonzalez VM, Bradizza CM, Collins RL. Drinking to cope as a statistical mediator in the relationship between suicidal ideation and alcohol outcomes 89 among underage college students. *Psychol Addict Behav.* 2009;23(3):443-51.
4. Singleton JrRS, Wolfson AR. Alcohol consumption, sleep and academic performance among college students. *J Stud Alcohol Drugs.* 2009;70(3):355-63.
5. Zakletskaia LI, Mundt MP, Balousek SL, Wilson EL, Fleming MF. Alcohol impaired drinking behavior and sensation-seeking disposition in a college population received routine care at campus health services centres. *Acid Anal Prev.* 2009;41(3):380-6.
6. Randolph Me, Torres H, Gore-Felton C, Lloyd, McGarvey EL. Alcohol use and sexual risk behaviour among college students: understanding gender and ethnic

- differences. *Am J Drug Alcohol Abuse*. 2009;35(2):80-4.
7. Moreira TC, Belmonte EL, Vieira FR, Noto AR, Ferigolo M, Barros HM, *et al*. Community violence and alcohol abuse among adolescents: a sex comparison. *J Pediatr (Rio J)*. 2009;84(3):244-50.
 8. Epub May 2333. Lloyd-Richardson EE, Lucero ML, Dibello Jr, Jacobson AE, Wing RR. The relationship between alcohol use, eating habits and weight change in college freshmen. *Eat Behav*. 2008;9(4):504-8.
 9. Vieira DL, Ribeiro M, Laranjeira R. Evidence of association between early alcohol use and risk of later problems. *Rev Bras Psiquiatr*. 2007;29(3):222-7.