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A comparative study to assess the perception about alcohol intake among undergraduate students from medical, nursing and paramedical courses at selected health facilities of Pune city (pilot study)

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Abstract

A Times of India report in May 2015 that alcohol consumption in India has risen by 55% over a period of 20 years. More worryingly, the young are getting initiated to alcohol much earlier, while more women are indulging in hazardous and binge drinking. study aim to explore the consequences that will stimulate for alcohol consumption i.e. alcohol expectancy among students. It will help us to prevention of alcohol abuse in students. The purpose of this study to assess the perception about Alcohol intake and expectancy of effects of alcohol among Undergraduate Students from Medical, Nursing and paramedical Courses. A non-experimental comparative research design adopted to carry out the study. 100 undergraduate students are selected by non-probability Cluster Random Sampling techniques from various health facilities from Pune city. Standardized Questionnaire on perception about alcohol as alcohol expectancy given by Christiansen 1982 was used for data collection. Demographic profile shows that majority of the samples are belong to 18-20- and 22-24-years age group. Majority of the students' parents 64% are drinking alcohol and having friends as 81% who are drinking alcohol. Prompt reason for starting alcohol is peer pressure in age group 10 to 17 yrs. Students are thinks that reason for alcohol drinking is Pleasure, High mood, forgetting current life troubles etc. study shows that that out of 100 samples majority of the students perceive that alcohol is not powerful agent that make global positive transformation. majority of the students perceive that Alcohol can enhance or impede social behavior. students perceive that Alcohol can enhance or impede social behavior. students perceive that Alcohol can enhance sexuality. students think that Alcohol Leads to Deteriorated Cognitive and Behavioral Function. students perceive that Alcohol enhance arousal. students perceive that Alcohol Promotes Relaxation or Tension Reduction. Findings shows that most of the students are assuming that alcohol promote relaxation and reduce the tension, increase arousal and enhance sexuality. This type of behavioral effects of alcohol and decisions regarding alcohol use among Students will promote the students to drink alcohol. Herewith we can't deny that students are aware that alcohol deteriorated cognitive and behavioral function. Perception about alcohol intake among undergraduate students is not significantly associated with demographic variables. Study conclude that perception about alcohol intake will be significant variable to prevent the alcohol addiction among students.

Keywords: Pilot Study, Perception about alcohol intake; Alcohol expectancy; medical students; Nursing students; paramedical students

Introduction

In an alarming revelation, the Global Status report on alcohol and health 2014, released by the World Health Organization (WHO) states that the amount of alcohol consumption has raised in India between the periods of 2008 to 2012 ^[1]. In the past two decades the number of people who have consumed alcohol has moved from 1 in 300 to 1 in 20. The Lancet reported that more than half of those who consume alcohol in India would fall into the category of hazardous drinking. It has been suggested that there are a worryingly 14 million people in India who would be described as dependent on alcohol and in need of help. In fact the most dangerous pattern of drinking is binge drinking where the individual consumes an excessive amount once or twice a week that can also create a negative consequences ^[2]. Different states will have different age limits for alcohol consumption. The age limit in those states where it is legal to drink range from 18 to 27 years old. It is common for people to begin drinking before the legal age limit. Researcher interest to study consequences that will stimulate for alcohol consumption i.e. alcohol expectancy among students. It will help us to prevention of alcohol abuse in students.

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As our Health care system working on “Prevention is better than Cure” study aim to assess the perception about Alcohol intake Among Undergraduate Students from Medical, Nursing and paramedical Courses at Selected health facilities Of Pune city”.

AIM

To study the perception about Alcohol intake Among Undergraduate Students from Medical, Nursing and paramedical Courses.

Objective of Study

1. To assess the perception about Alcohol Intake among Undergraduate Students from health professional courses.
2. To compare the perception about Alcohol Intake among Undergraduate Students from health professional courses.
3. To associate the findings of the perception about Alcohol with selected demographic variable.

Materials and Methods

Study Design : Comparative Research design
Study Area : Selected Health Facilities of Pune City
Sample Size : 100
Time Frame : 6 Months

Selection Criteria of Sample: undergraduate students from medical, nursing and paramedical courses.

Sampling Technique: Cluster Random Sampling

Study Population: Undergraduate Students from Selected Professional courses

Inclusion Criteria

- undergraduate students from various health professional courses
- Those who are willing to participate in the study.

Exclusion Criteria

- Those who are absent during the study.
- Undergraduate students from 1st year.

Description of The Tool

Section I: Demographic data

Demographic data was developed first to collect the baseline information which consists of age, gender, education, socioeconomic status, religion, type of family and residence.

Section II

Self-structured Alcohol Screening Questionnaire about first drink, drink partners, drinking circumstances, awareness etc.

Section III

Self-report Questionnaire is used to assess Alcohol Expectancy given by Christiansen, et, al., 1982. Tool consists of 90 statements and students instructed to mark the ‘True’ or ‘False’ box given before each statement. Tool consisted of seven subscales as Alcohol is a powerful agent that makes global positive transformation, Alcohol can enhance or impede social behavior, Alcohol Improves Cognitive and Motor Abilities, Alcohol Enhances Sexuality, Alcohol Leads to Deteriorated Cognitive and Behavioral Function, Alcohol Increases Arousal and Alcohol Promotes Relaxation or Tension Reduction

Method of Data Collection

- Researcher obtained approval from appropriate review boards to conduct the study.
- Researcher took formal permission from the selected health facilities of Pune city to conduct study.
- Researcher dully explains the purpose of the study to students.
- Only the samples who had signed the consent form are included in the study.
- Confidentiality of the data is maintained strictly.

Results, discussion and conclusion:

Section 1: Description of Sociodemographic Variables

Demographic profile of students shows that majority of the samples are belonging to 18-20- and 22-24-years age group. Students are equally distributed in gender wise distribution. Majority of the samples are belonging to 25,001-30,000 and 30,001-35,000 income category group as 28% and 39%. Majority of the samples are Hindu and living in Joint family. Out of 100 students 67% are residing in hostel. majority of the parents 64% are drinking alcohol. Most of the students are having friends as 81% who are drinking alcohol. Prompt reason for starting alcohol is peer pressure in age group 10 to 17 yrs. Students are expected that most of the time drinking start in parties and social gathering. Students are thinks that reason for alcohol drinking is Pleasure, High mood, forgetting current life troubles etc.

Section 2: Comparison of the perception about Alcohol Intake among Undergraduate Students from various health professional courses.

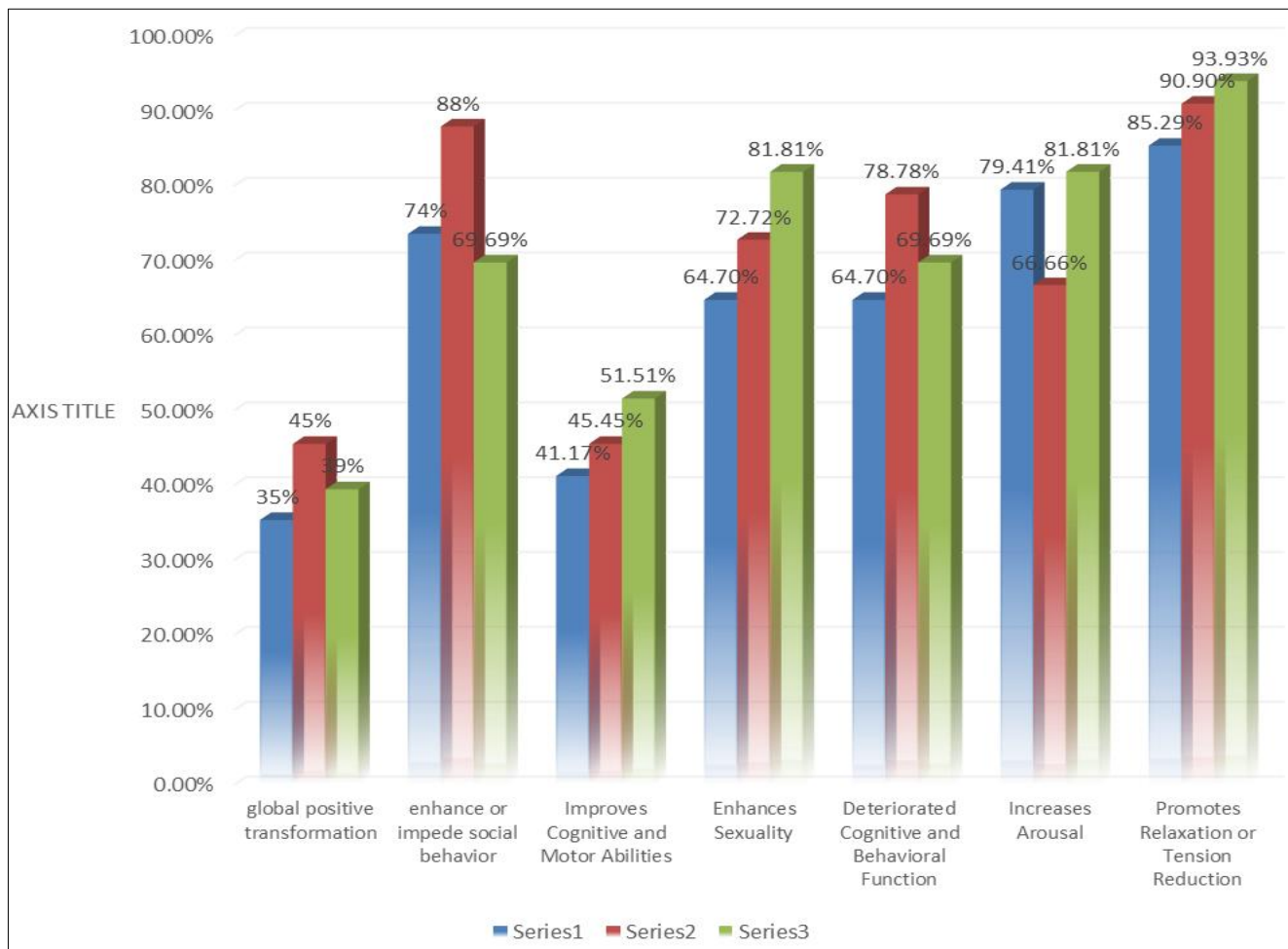


Fig 1: Domain wise distribution of perception about alcohol intake

Interpretation: - table shows that out of 100 samples majority of the students perceive that alcohol is not powerful agent that make global positive transformation. majority of the students perceive that Alcohol can enhance or impede social behavior. students perceive that Alcohol can enhance or impede social behavior. students perceive that Alcohol can enhance sexuality. students think that Alcohol Leads to Deteriorated Cognitive and Behavioral Function. students perceive that Alcohol enhance arousal. students perceive that Alcohol Promotes Relaxation or Tension Reduction. Findings shows that most of the students are assuming that

alcohol promote relaxation and reduce the tension, increase arousal and enhance sexuality. This type of behavioral effects of alcohol and decisions regarding alcohol use among Students will promote the students to drink alcohol. Herewith we can't deny that students are aware that alcohol deteriorated cognitive and behavioral function.

Section III: Association of Perception about alcohol intake among undergraduate students with Selected demographic variables.

Table 1: Association of perception about alcohol intake with selected demographic variables

S. No	Parameters	Chi Square	Perception about alcohol intake among undergraduate students		Significance
			P Value	P Value	
1.	Age in years	0.86787	0.976487	>0.05	NS
2.	Gender	0.74766	0.994563	>0.05	NS
3.	Education	0.980855	0.9876587	>0.05	NS
4.	Monthly income of the family	1.45834	0.969876	>0.05	NS
5.	Religion	1.21453	0.984563	>0.05	NS
6.	Types of family	0.960965	0.997864	>0.05	NS
7.	Place of Residence	0.946457	0.996754	>0.05	NS

Interpretation

Table shows that Perception about alcohol intake among undergraduate students are not significantly associated with demographic variables as P value is >0.05. It means Perception about alcohol intake among undergraduate students are not affected by any demographic variables.

Discussion

The college years are some of the most popular times to experiment with alcohol. Roughly 80 percent of college students – four out of every five – consume alcohol to some degree. It's estimated that 50 percent of those students engage in binge drinking, which involves consuming too much

alcohol in too little time. Many young adults admit to drinking alcohol even before they enter college. The availability of alcohol at sporting events and social activities is often tempting to students. What may start out as one drink can quickly turn into two, three or more? Drinking week after week causes the body to start building a tolerance to alcohol. This means it will require you to drink more in order to get the same high. Excessive alcoholism poses a great danger to the person's physical, emotional, mental, spiritual and social health. It has serious ramifications on the user's family, career, and friends. Also, it causes great damage to the physical organs of the body such as liver, heart, brain, nervous system, stomach, etc. Although the government has imposed some laws and restrictions on alcohol consumption, the rate of Alcoholism in India is still increasing. People in India are suffering from serious effects like high blood pressure, cancer, stomach problems, sexual problems and osteoporosis, especially in the women.

Majority of the parents 64% are drinking alcohol. Most of the students are having friends as 81% who are drinking alcohol. Prompt reason for starting alcohol is peer pressure in age group 10 to 17 yrs. Students are expected that most of the time drinking start in parties and social gathering. Students are thinks that reason for alcohol drinking is Pleasure, High mood, forgetting current life troubles etc. samples majority of the students perceive that alcohol is not powerful agent that make global positive transformation. Majority of the students perceive that Alcohol can enhance or impede social behavior. Students perceive that Alcohol can enhance or impede social behavior. Students perceive that Alcohol can enhance sexuality. Students perceive that Alcohol Leads to Deteriorated Cognitive and Behavioral Function. Some students assume that Alcohol enhance arousal and Promotes Relaxation or reduce Tension.

The above findings were supported with this study done on perception about Alcohol intake Among Undergraduate Students from Medical, Nursing and paramedical Courses and showed that there is a need to start the prevention programmed for treatment of alcohol expectancy. This method will be helpful to shift the health care delivery system from curative to preventive aspects.

Recommendations

1. The study can be replicated with the large group.
2. A comparative study can be conducted among school and college students.
3. A psycho educational approach can be implanted on alcohol expectancy among students.

Conclusion

This study concluded that the perception about alcohol intake among undergraduate students was indicating that students perceive maladaptive action of alcohol. If patient's perception towards alcohol is positive it leads to conversion of student's alcohol drinkers in society. Hence this is primary need of society to conduct psycho educational programs in colleges as well school.

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