

To Analyze the Level of Alcohol Consumption in Today's Youth

Khushi Kiplani, Prakriti Sushmita, Dr. Nirmala Rathore,
NIMS University, Jaipur.

Date of Submission: 21-11-2022

Date of Acceptance: 30-11-2022

ABSTRACT: Alcohol consumption is one of the major issues facing by nation, specially by adolescents and youth adults or we can them youth of our nation. Regular consumption of alcohol can be the problematic situation of youth. Increase risk of developing alcohol by youth leads to increase risk of developing alcohol use disorder [AUD] in future.

Culture values, norms and the role of intake of alcohol are highly influence substance abuse behavior. In some culture specially by rich people, it is tradition to drink alcohol in special occasion like festivals, parties, marriage etc. adolescents and youth adults drink alcohol to look good or for their reputation among their peer groups. In most of the case peer groups are the main reason for them to consuming alcohol. There have been number of researches have been done to examine the rate of alcohol consumption as well as substance abuse like drugs, smoking etc. by youth. This research was conducted to identify consumption of alcohol by youth. This research helps to point out alcohol dependence and some distinct outcome of unfavorable drinking keeping the above factors in the mind, this research seeks to analyse the level of alcohol in today's youth. The Alcohol Use Disorder Identification Test [AUDIT] was used to assess the level of alcohol consumption. A total 70 samples from Jaipur were taken as the subjects for the study of varied age group. This study was dome only on males. According to the data received it was seemed that 18.7% are those who are in low risk in consumption of alcohol whereas 58.5% people comes under hazardous and harmful alcohol consumption and 22.8% people are more likelihood of alcohol dependence.

KEYWORDS: Alcohol consumption, Alcoholism, Hazardous and Harmful drinking, Alcohol Use Disorder.

I. INTRODUCTION:

Alcohol consumption is a universal issue. Alcohol has ancient and carry on with a key role in social interaction and connection for many. Social drinking and average alcohol consumption for many is fashion and entertaining. Anyway, alcohol consumption particularly in too much amount is associated with number of bleak effects as it result of having diseases, mental health problems, health issues, accidents and for some alcohol dependence. In worldwide, consumption of alcohol causes 2.8 million premature deaths per year. Dependence of alcohol is a collection of behavioral, cognitive and physiological situation that is possible to begin after increasing the consumption of alcohol. Usually, these situations involve a high circumstance to intake alcohol, threaten control over its application, constant drinking after knowing the hazardous effects, a greater preference to drink inspite knowing the importance of other activities and responsibilities and when they can't drink alcohol or when alcohol consumption is discontinued they start hurting themselves as well as others.

Hazardous drinking is a pattern that is defined as consumption of alcohol that enlarge the risk factor of dangerous as well as injurious effects to the people who consume alcohol as well as others. Harmful drinking is defined as an alcohol intake that has a negative impact on one's physical and mental health. Social consequences are one of the harms caused by alcohol. Increase in consumption of alcohol leads to increase in various disease, mental problems and injuries as well as social and legal problems. However, there is no single possibility element that is superior, the literature suggests that the more weaknesses a person has, the person is more likely to develop alcohol problem. There are different factors that help us to know the degree of risk of harm due to excessive use of alcohol which are drinker's age, sex, familiar factors, behavior of drinker and

alcohol exposers. Although, physical and socioeconomic context play a very important role in drinker's drinking occasion and hours. The variety and range of the harm that results from drinking can vary commonly depending to the context. In many countries, there can be major social or valid effects for drinking, due to rules and can rise the obligation of drinkers to social harm that is linked with excessive intake of alcohol. Socioeconomic outcomes and substantial health problems, such as injuries, road accidents, mental health problems etc. are involve in harm that is done by person who consume alcohol to other people. "More awareness should be given to decrease injuries to the people who get harm by the people who is alcoholic other than the person who is consuming alcohol". As stated by WHO.

Threat related with consumption of alcohol by youth

- A genetic vulnerability
- Physical and sexual mistreat by parents in childhood which may lead to develop drinking behavior in future.
- Premature exposure in intake of alcohol, which could grow the danger factor of troublesome drinking by youth.
- Past history in family of alcohol problems.
- If there is a behavior problem in childhood, which could lead them at high danger situation of consuming alcohol in future.
- It has noticed that whenever a young people increase their consumption of alcohol or they start binge drinking which indicate that they may be coping with stress or anxiety.
- Parents should advise and support their children to stay away with people who drink alcohol and help them choose their peer group wisely.

Preservation factors that hamper in consumption of alcohol in youth

- Environment and location of a children where they first drink is important in developing alcohol problem in future. For example: if child first drink with parents at home and they know the consequence of drinking are less

likely to develop alcohol problem in future than those who drink with their peer group.

- Delaying the first drink of a youth may reduce the chance of having an alcohol problem in the future.
- Parents should help their children to stay away from alcohol and tell them harmful effects of alcohol.
- If a person is self-control and if he/she is decided that he/she do not heavy drink are less likely to develop alcohol problem.
- Parents who have good relationship with their children and they support their children in every situation of their life, is likely to be protective.

Unfavorable consequences of drinking alcohol for youth

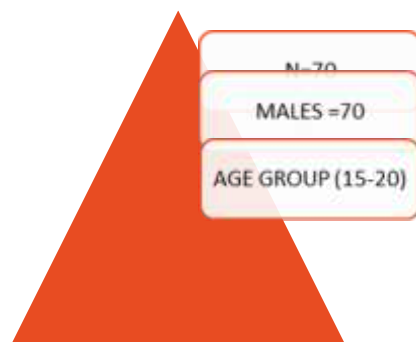
- Youth those that use alcohol are more likely to face the reaction like weight loss, headaches and eating sleeping disorders.
- The most usual effect of heavy or binge drinking are vomiting and coma.
- Young person who drink alcohol on a regular basis are more prone to develop liver disease which leads to death of an individual.
- Many studies have shown that people who drink and drive, they are more likely to get into a vehicle accident.
- Increase in consumption of alcohol may increase the feeling of depression.
- Most people drink alcohol or other harmful substances whenever they are in stress or anxiety and it is associated with negative outcomes.

II. METHODOLOGY

SAMPLE:

The questionnaire was Distributed to the participants. 70 males age group from 15 to 20 is the sample size for this inquiry. Mostly participants are school going students. These people participated willingly as a part of this study. The samples were randomly selected from a given age group.

RESEARCH DESIGN



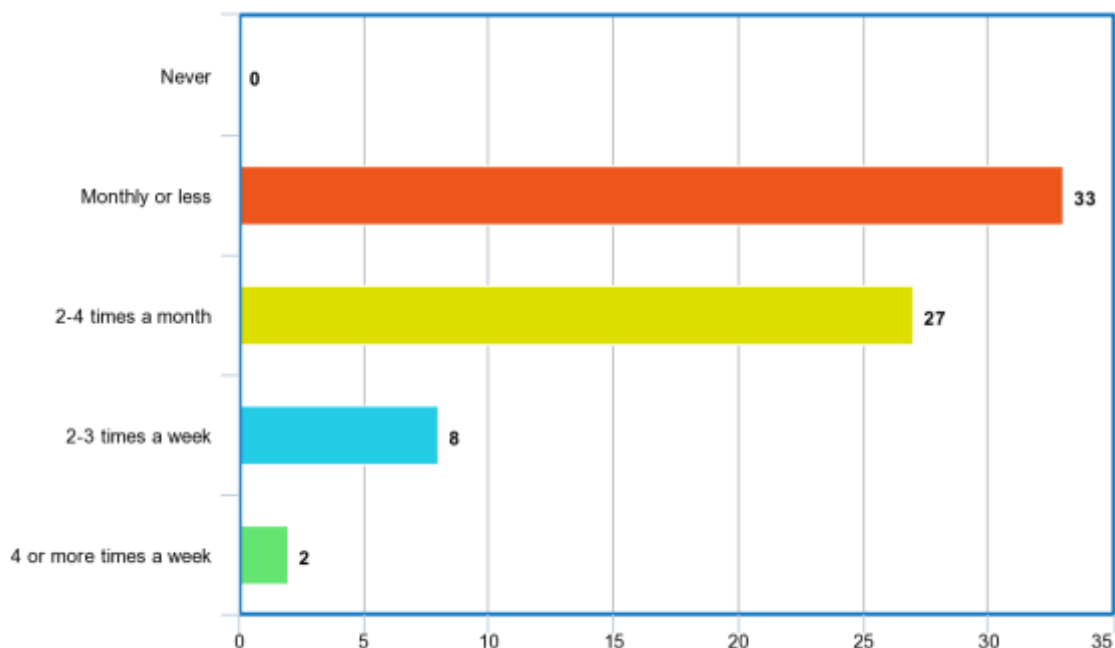
MATERIAL:

AUDIT – The Alcohol Use Disorder Identification Test was used for the present research study. The AUDIT is 10 items screening tool developed by World Health Organization {WHO} to examine alcohol use, drinking pattern and alcohol related issues. Participants were urged to respond to the AUDIT questions in terms of commonly consumed beverages. A score of 8 or

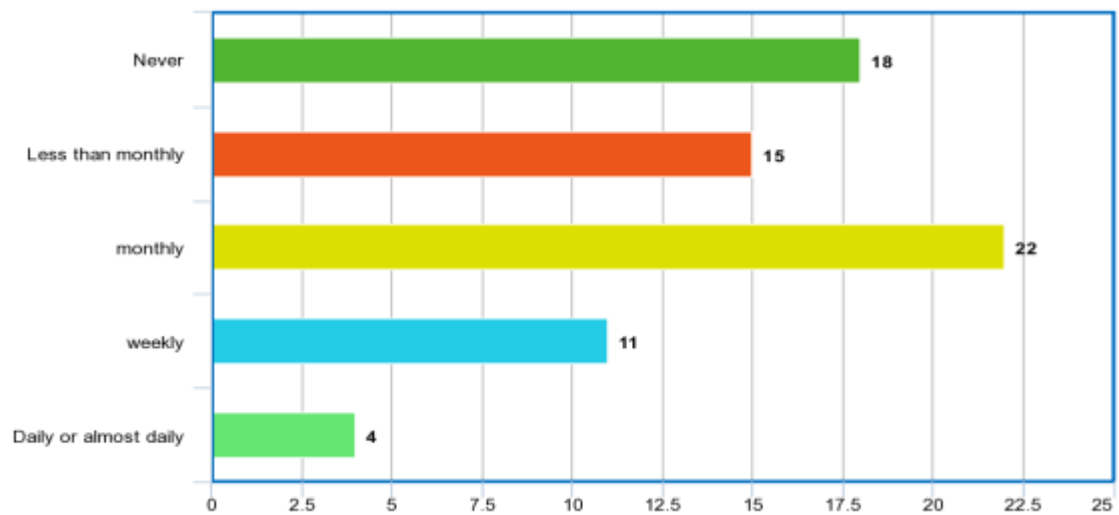
above is regarded to indicate hazardous or detrimental alcohol usage. The AUDIT can also assist in identifying alcoholism and the particular repercussions of hazardous drinking. It is intended primarily for health care practitioners in a variety of health settings, but with appropriate guidance, it may also be self-administered or utilized by non-health professionals.

III. RESULT AND DISCUSSIONS:

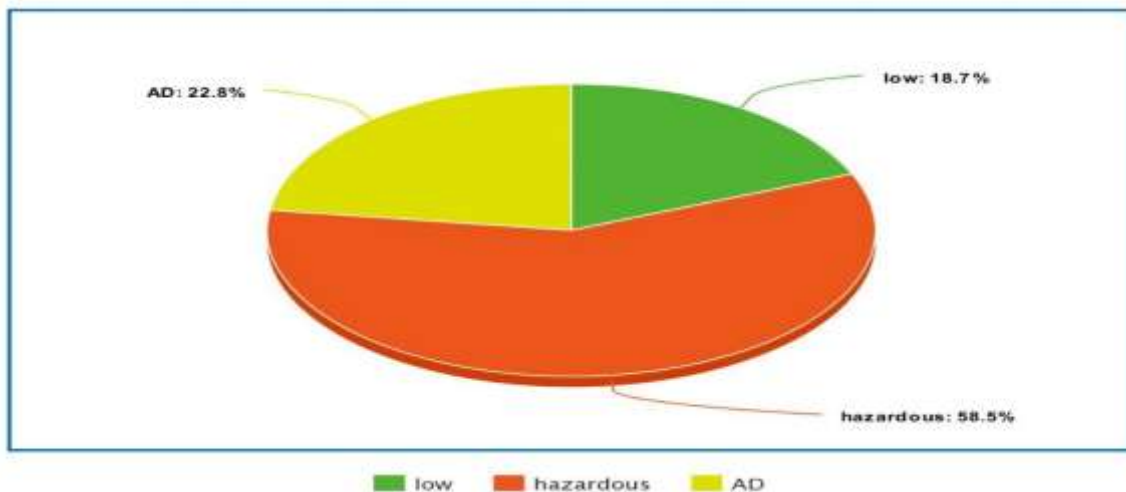
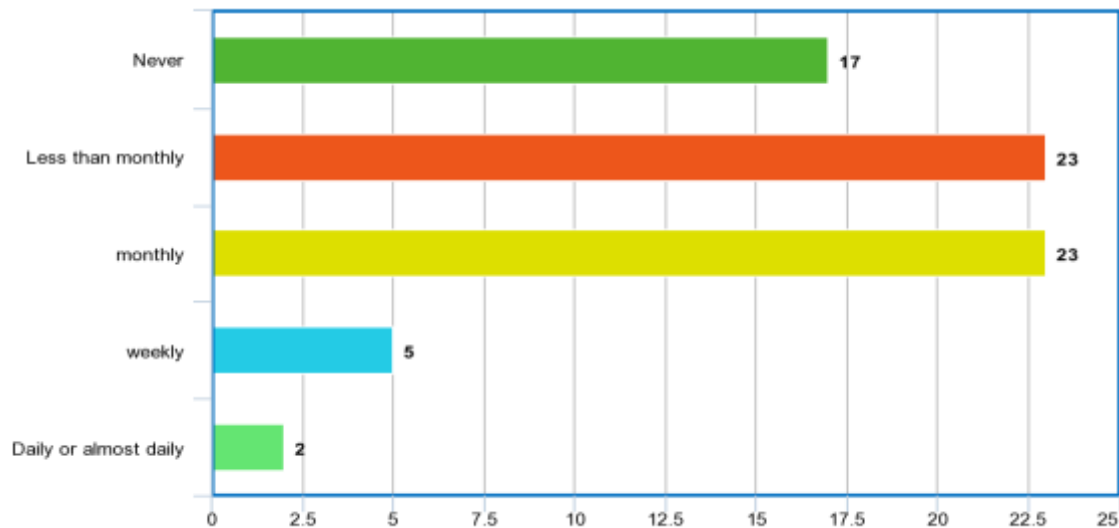
Q. How often do you have a drink containing alcohol?



Q. How often during the last year have you found that you were not able to stop drinking once you had started?



Q. How often during the last year have you had a feeling of guilt or remorse after drinking?



Alcohol consumption	N	Minimum	Maximum	Mean	Standard Deviation		
	70	3	36	11.81	4.98		

The current study was carried out in order to acquire a vivid insight based on analyzing the degree of alcohol consumption in today's youth in India.

After calculating the scores of an individual. Result was found that 18.7% are those who are in low risk in consumption of alcohol, 58.5% which is the highest percentage of those people who come under hazardous or harmful alcohol consumption and 22.8% people are more likelihood of alcohol dependence.

According to the result, it has been found that people who are in low risk in consumption of alcohol i.e. 18.7% reduces the risk of chronic diseases such as cancer, liver disease, decreased immunity, sleep problems, complications from pre-existing illnesses, and more. It also lowers the chance of depression, social troubles, and academic or occupational challenges.

It has also found that most of the people i.e. 58.5% of people are in hazardous or harmful alcohol consumption can have an impact on brain development and increases the chance of organ damage in the growing body. The harmful effects of alcohol can damage most organs in the body, resulting in over 60 distinct disorders. The risk of getting these diseases is proportional to the amount of alcohol ingested over time, with various diseases posing varying degrees of risk. For example, the likelihood of contracting breast cancer develops in a uniform manner, with even little doses of alcohol increasing risk.

People who are more likelihood of alcohol dependence i.e. 22.8% of people are highly dependent on alcohol and these people also known as 'alcoholism'. There are different factors that are causes of alcoholism which are as follows: -

- Alcohol produces pleasurable sensation, which encourage the brain to continue the action. This type of recurrent activity might increase your risk of getting alcoholism.
- Alcoholism may be linked to up to 51 genes on different chromosomes, according to scientists. Members of the family are substantially more likely to have drinking issues if all these genotypes are handed across the generations.
- Beginning college or a career path also might enhance your vulnerability to drinking. You are endeavoring to make new acquaintances and create ties with contemporaries during this era. The urge to blend in as well as continue to

stay may indeed encourage you to join the events in which you would not ordinarily indulge. Once you realize it, you are going to each and every workplace cheerful hour, consuming extra consistently, and even desiring alcohol after a stressful day at work. Many of which are caution indicators of an alcohol use disorder {AUD}.

- The extra people consume alcohol to alleviate emotions of apprehension and sorrow, the more one's system adapts towards the substance and becomes dependent on its consequences. Co-occurring alcoholism and mental disorders such as depression, bipolar disorder and schizophrenia can lead to a wide range of significant adverse complications. All of these ailments must really be diagnosed by a medical professional in order to be cured.

IV. CONCLUSION:

The study was done to analyze the level of alcohol consumption in today's youth. To support the study several studies from the past years were reviewed. According to the result, it was found that most of the people are in under hazardous and harmful alcohol consumption which means that they are in risk for adverse events like physical and psychological harm. If a person increases the intake of alcohol which leads to develop a disorder called "alcohol dependence". Alcohol addiction may develop rapidly. However, it frequently occurs after several years of devastating consuming. You may abuse alcoholic beverages to deal with troubles or low points, unless you simply cannot function without it. When you become addicted to alcohol, you can quit drinking. It might be challenging, yet many individuals have succeeded.

V. SUGGESTIONS

- This present study mainly focuses to analyze the level of alcohol consumption in today's youth.
- Further trustworthy and rigorous clinical investigations with links to mental diseases can be taken if needed in the future as part of the current study.
- Many additional researches may be carried out to investigate other components of the same themes.

- In the future, a legal and physical research can be done.

REFERENCES

- [1]. Dorothy Newbury-Birch, Eilish Gilvarry, Paul McArdle, Venkateswaran Ramesh, Stephen Stewart, Janet Walker, Leah Avery, Fiona Beyer, Nicola Brown, Katherine Jackson, Catherine A Lock Ruth McGovern and Eileen Kaner [2008]. Impact of alcohol consumption of young people. Published by the Department for Children, Schools and Families.
- [2]. RR Jha et.al [2016]. Lifetime Use of Alcohol in High School Students of Bhubaneswar. IOSR Journal of Dental and medical Sciences.
- [3]. Adidela Praneeth Reddy, D.P Kumar, Butchi Raju Akondi, S. Arabia [2014]. A Study on Prevalence and Pattern of Substance Abuse among Street Children and Adolescents in the State of Andhra Pradesh, India. International Journal of Fundamental and Applied Life Sciences.
- [4]. Ms. Debajani Nayak [2016]. Knowledge and Practice of Substance Abuse among the Adolescent group- a Descriptive study. International Journal of Nursing Education and Research.
- [5]. Charis Theou I, Asha K Nayak and Tessy Treasa Jose 123 Post Graduate, Assistant Professor, Professor and HOD, Department of Psychiatric Nursing, Manipal University, Karnataka. A study to Determine the Effectiveness of an Awareness Programme on Knowledge on Substance Abuse and its Consequences among the Students of a selected Pre-University College of Udupi District, Karnataka. Journal of Health and Applied Sciences NU.
- [6]. Muritala Ishola, Godwin Augustina, Anyio Bahago Theophilus, Muhammad Muritala, Stephen Ajiboye [2005]. Impact of Substance Abuse on Academic Performance among Adolescent Students of Colleges of Education in Kwara State, Nigeria. Journal of Education and Practice.
- [7]. Yogeswar Puri Goswami [2015]. A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Substance Abuse among Adolescents at Selected Nursing Colleges of Udaipur District, Rajasthan, India. USRP Journal.
- [8]. Rana Saba Sultan, Jawed Aziz Masudi, Afaz Ahmed Siddiqui² and Najia Mansoor [2015]. Consequences of Drug Abuse among Female and Male Population of Karachi. A Statistical Surveyed Approach. International Journal of Criminology and Sociology.
- [9]. Mohamed G Negm and Amira A Fouad [2013]. Prevalence of Substance Abuse among Adolescent School Students in Zagazig. Egyptian Journal of Psychiatry.
- [10]. Hannah Morris, John Larsen, Emma Catterall, Antony C. Moss and Stephan U. Dombrowski [2020]. Peer Pressure and Alcohol Consumption in Adults living in UK. BMC Public Health.
- [11]. Ngozi M. Eze, Helen A. Njoku, Chiedu Eseadi, Benedette Nwanneamaka Akubue, Amaka Bibian Ezeanwu, Uchenna Cosmas Ugwu, Justina Ofuebe [2017]. Alcohol Consumption and Awareness of its Effects on Health among Secondary School Students in Nigeria.