57 - CORRELATION BETWEEN ALCOHOL CONSUMPTION AND THE SOCIO-ECONOMIC PROFILE OF RURAL ADOLESCENTS

ALEX PINHEIRO GORDIA; TERESA MARIA BIANCHINI DE QUADROS;
GUANIS DE BARROS VILELA JUNIOR WAGNER DE CAMPOS
Universidade Federal do Paraná - UFPR, Curitiba, Paraná, Brasil
Universidade Estadual de Ponta Grossa - UEPG, Ponta Grossa, Paraná , Brasil
Metrocamp, Campinas, São Paulo, Brasil
Universidade Estadual de Campinas - UNICAMP, Campinas, São Paulo, Brasil
alexgordia@gmail.com

Introduction

Alcoholism is a problem of great population prevalence and high social cost (BAU, 2002). In the western world, actually about 90% of the adult population consumes some type of alcoholic drink. It is also true that 10% of the drinkers will present a harmful use of alcohol and other 10% will become dependent. That means that 1 out of 5 drinkers will have a health disorder for ingesting alcoholic drink (ANDRADE et al., 2002 apud RAMOS & WOITOWITZ, 2004). In Brazil 75,1% of the population has already consumed alcohol at least once (GALDURÓZ et al., 2005).

However, if nowadays the alcoholism problem prevalence is certain, especially in the Brazilian society, studies about both the "pathological" use of alcoholic drink and therapeutic strategies used to deal with the "alcoholic disease" are still rare (FIELDS, 2004).

Studies have found that alcohol consumption is responsible for the increase of several diseases, such as: cardiopathy, diabetes, hypertension, cancer, gastrointestinal diseases, epilepsy, etc (ROOM et al., 2005).

The adolescence period includes the age of the first drink (13-15 years), of the first intoxication (15-17 years) and the first problem related to alcohol consumption (16-22 years) (SCHUCKIT, 1999). A constant attendance and observation of the alcoholic consumption in this period of life is necessary because childhood and adolescence represent critical periods in which several habits and behaviors are established, incorporated and, probably, transferred to the adult life, becoming more difficult to be altered (KIM & KWITEROVICH, 1995 apud FARIAS JÚNIOR & LOPES, 2004).

An accurate identification of factors associated to the use of drugs in youths in the country is believed to be of great relevance. It would allow interventions on behavior and risk factors aiming at preventing the progress of licit and illicit drug abuse. These addictions are increasingly harmful for the youth (SOLDERA et al., 2004b).

Some studies have shown that the socio-economic profile seems to be associated with alcohol consumption however it is not totally clear if the relation among these variables is positive or negative (MENDOZA-SASSI & BÉRIA, 2003; SOUZA, ARECO & SILVEIRA FILHO, 2005; BAUS et al., 2002).

With that perspective, the objective of this study was: (1) to verify the alcohol consumption indexes in adolescents attending high school at Public Educational Institutes in Lapa-PR municipal rural district; (2) to identify differences in alcohol consumption between male and female subjects and differences in the alcohol consumption pattern related to the adolescent growing older; and (3) to investigate the relation between alcohol consumption and the studied adolescents' socio-economic profile.

Methods

This study was carried out with students attending High School in Lapa-PR municipal district. The sample was obtained through the database of the project of research "Quality of Life Analysis, Alcoholism Prevalence, Level of Physical Activity and Body Mass Index in High School Students in the City of Lapa-PR", started in June of 2005. This study is part of a wider project whose population was composed by 1719 high school students from the 1st to the 3rd year in the city of Lapa-PR municipal rural district, taken from 7 schools, which were classified in private (2) and public (5). The public schools were subdivided in 3 rural schools and 2 urban ones.

The protocols of intervention in the study were submitted to the Research Ethics Committee of Ponta Grossa State University, registered by number 02298/05, and the National Council of Health Resolution 196/96 Norms on research involving human beings were observed.

The initial sample of the stratum "rural schools" was composed of 388 adolescents. However, just 196 of them showed interest in participating in the research and they handed in the Free and Consensual Consent Term properly signed by parents and/or responsible, when under eighteen, as well as they were present at the day scheduled for the data collection. The students at or above 18 signed their own Consent Form.

The age limit to participate in the study was established following the World Health Organization Criteria, which establishes that the adolescence comprises the period of the life that extends from the age of 10 to 20 (ZEFERINO et al., 2003). From the initial sample 3 students, 1 female and 2 males, were excluded for being above 20 (Table 1).

Table 1 - Characterization of the adolescents from high school of Lapa-PR municipal rural district sample, regarding age group and sex.

Age group	Male	Female	Total
14-15	44	50	94
16-17	41	36	77
18-20	16	06	22
Total	101	92	193

The consumption of alcohol was measured by applying the Alcohol Use Disorders Identification Test (AUDIT), instrument developed by the World Health Organization. The questionnaire is composed of 10 items, containing questions with closed answers of multiple choice referring to drink consumption pattern and its consequence in the last 12 months. The literature showed the AUDIT validity with a sensitivity of 92% and specificity of 93% (BABOUR et al., 2001). Alcohol consumption was analyzed in agreement with the recommendations of Babour et al. (2001) and classified as: low-risk consumption, risk consumption, high-risk consumption and probable dependence.

The initial intention of the World Health Organization (WHO) with the AUDIT was to develop a sensitive instrument to

an earlier detection for a primary care of drinkers at risk in the emergency room and walk-in clinic, measuring consumption, dependence symptoms, and individual and social consequences of alcoholism.

However, recent studies are using AUDIT in several countries and in different populations aiming at epidemiologic analysis on alcohol consumption prevalence (MENDOZA-SASSI & BÉRIA, 2003; KYPRI et al., 2002).

In Brazil, Lima et al. (2005) carried out a study to assess the concurrent and the construct validity of AUDIT to be used in epidemiologic studies, and the results showed high internal consistence (á=0.81), sensibility of 100% and specificity of 78%, demonstrating its validity in epidemiologic studies in Brazil.

Although AUDIT has not specifically been validated for adolescents in Brazil, studies carried out in other countries showed the possibility of using the same instrument to measure alcohol consumption for that population (KOKOTAILO, 2004; O´HAGE & SHERRER, 1999).

To assess the participants' socio-economic profile the Brazil Economical Classification Criterion (CCEB) was used. This instrument was developed by the Research Companies Brazilian Association (ABEP, 2003) and it estimates the families' and people's purchasing power and the head of the family education level, with the intention of classifying the population in "economical classes" seeking for a better term than the definition "social classes."

CCEB analyzes the ownership of the following items: color television, radio, bathroom, automobile, daily maid, vacuum cleaner, washing machine, VCR/or DVD, refrigerator and freezer; and it investigates the head of the family education level subdividing the education in: illiterate/ incomplete elementary level; complete elementary/ incomplete middle school level; complete middle school / incomplete high school level; high school graduated/incomplete college level; and college graduated.

This questionnaire, validated by Jannuzzi & Baeninger (1996), determines the economical classes in the following way: class A1 (30 to 34 points); class A2 (25 to 29 points); class B1 (21 to 24 points); class B2 (17 to 20 points); class C (11 to 16 points); class D (6 to 10 points); and class E (0 to 5 points).

For the data analysis at first a descriptive analysis of the adolescents' alcohol consumption indexes was done. In a second moment, no-parametric statistical tests were used due to the data ordinal ranks. The Kruskal-Wallis test was used to verify possible differences in alcohol consumption between the age groups and the Mann-Whitney U test to analyze differences in alcohol consumption between male and female individuals. The Spearman's correlation was used to investigate the relation between alcohol consumption and the adolescents' socio-economic profile. The statistical software was SPSS version 11,5 (SPSS Inc.) and the significance level fixed of $p<0.05$.

Results

In the descriptive analysis (Table 2) we can observe that most of the adolescents of both sexes are under the low-risk alcohol consumption classification. However, it was evident that risk alcohol consumption for males was alarming, with boys obtaining alcohol consumption indexes superior to girls' in all age-groups.

For the classification high risk/probable dependence alcohol consumption the indexes were low, but taking into account that the studied population is composed of adolescents, these results should be viewed with caution.

Age Group	Low Risk		At Risk		High Risk/ Dependency		Total
	F	M	F	M	F	M	
14-15	41	31	07	10	02	03	94
16-17	29	21	06	17	01	03	77
18-20	06	07	00	07	00	02	22
Total	76	59	13	34	03	08	193

Based on the analysis carried out using Mann-Whitney U test, significant differences were observed ($p<0.01$) among the genders, and boys presented high levels of alcoholic consumption when compared with girls. The result of Kruskal-Wallis test didn't demonstrate significant difference in alcohol consumption among the different age-groups.

The Spearman's correlation coefficients obtained demonstrated no significant relation between alcohol consumption and socio-economic profile for none of the studied adolescents' genres ($r = -0,119$; $p=0,237$ for males and $r = 0,107$; $p=0,311$ for females).

Discussion

Studies related to risky health behaviors are extremely important when setting up epidemic surveillance policies, which should focus on the prevention of risky behavior exhibition (as alcohol consumption) and not just concentrate on the effects (morbidity and mortality) (BARROS, 2000 apud BENEDETTI et al., 2004).

The alcohol consumption indexes found were alarming, because only 69,9% of the adolescents were classified under the category "low-risk alcohol consumption". On the other hand 30,1% of the adolescents were classified under the category "risk consumption and/or high risk consumption/probable dependence". These results are alarming, considering that a preventive lifestyle is fundamental in health promotion and all-cause mortality reduction (NAHAS, 2003), mainly during childhood and adolescence, taking into account that the habits adopted during this period of life can be perpetuated until the adult and old age.

A study accomplished by Soldera et al. (2004a), with 2287 students who attended elementary and middle-school in the city of Campinas-SP, with an age-group between 11 and 26, observed a heavy consumption of alcohol of 11,9% of the subjects.

Farias Júnior & Lopes (2004) carried out a study on health risk behaviors among adolescents, with 1107 adolescents attending middle-school in the city of Florianópolis-SC, and they observed that 23,9% of the studied youths reported consuming alcoholic beverages in harmful amounts (five or more doses in the same occasion during the month that preceded the data rising).

The Brazilian Center of Information on Psychotropic Drugs (CEBRID) carried out a data collection on alcohol consumption among students of middle and high School in 27 Brazilian capitals, and came to the result that 18,4% of the youths reported to make frequent and/or heavy use of alcoholic beverages (GALDURÓZ et al. ,2005).

Although there are methodological differences between the above mentioned investigations and the present study, it is noticeable that the consumption of alcohol was higher among Lapa population. We could infer that the high alcoholic consumption observed in the studied population might be due to the fact that both schools under analysis are in rural areas, where the habit of consuming alcoholic drinks can be more common and traditional than in urban areas.

Regarding the diference in alcohol consumption by gender there was a consensus of this study with other researches which demonstrate that boys have high levels of alcoholic consumption when compared with girls (COTRIM et al., 2000;

TAVARES et al., 2001; GALDURÓZ et al., 2005; FARIAS JÚNIOR & LOPES, 2004).

Boys consume more alcoholic drinks than girls in all age-groups. These results suggest that interventions with emphasis on the male sex should be accomplished considering that the alcoholic drinks consumption is responsible for 4% of the diseases worldwide and also for approximately 1,8 million deaths in 2002. Such a harmful habit is considered similar to tobacco addiction and hypertension regarding mortality and incapacity rate (ROOM et al., 2005; OMS, 2005).

The first experiences with drugs frequently happen in the adolescence. In that period, the individual is particularly vulnerable from the psychological and social point of view. Thus a careful study of that population is of great importance, mainly concerning the frequent and heavy use of licit and illicit drugs, in order to identify psychological and socio-cultural factors associated with such habits (SOLDERA et al., 2004b).

This study results showed that there is no association between alcohol consumption and the adolescents' socio-economic profile concerning high school students of Public Educational Institutes in Lapa-PR municipal rural district, however the correlation coefficients indicate a tendency of differentiated relation between boys and girls. Although weak and no significant, the Spearman's correlation for male sex demonstrated an inverse relation between alcohol consumption and socio-economic profile, whereas a direct relation between these variables for the female sex was observed. Taking into account that most of the studies that investigate this relation haven't analyzed the association between alcohol consumption and the socio-economic profile observing males and females separately, these findings can be interesting for future researches.

Some studies focusing on adolescents observed a relation between alcohol consumption and socio-economic profile, however the direction of this association is also not clear. Mendoza-Sassi & Béria (2003) accomplished an investigation with 1260 subjects above 15, and they demonstrated that alcohol consumption is associated with socio-economic profile, and that the socio-economic Class E consumes more alcohol than the others. On the other hand, other studies indicate that the socio-economic level is related to alcohol consumption, and that the relation among these variables is directly proportional (SOUZA, ARECO & SILVEIRA FILHO, 2005; BAUS et al., 2002), pointing out the need of more researches which aim at clarifying the relation among these variables.

Methodological differences can be the cause of discrepancies found between the present study findings and other investigations: a) the studied sample is relatively small if compared with the samples of the above mentioned studies and there are differences among the researches in relation to the studied adolescents' age-groups; b) the instruments used to measure alcohol consumption are not the same in all of the studies; and c) the statistical analysis also differs among the studies.

Several factors associate with alcohol abuse in adolescence, beginning with socio-historical aspects as the industrialization process and urbanization in recent decades and the economical crisis of the eighties, responsible for the difficulty faced by the youths to start in the job market and consequent dissatisfaction of their needs. We cannot also underestimate the growing industrial production of alcoholic beverages and the strong media appeal in favor of alcoholic drinks consumption by individuals of all social classes (MUZA et al., 1997).

The most varied ways of consuming alcoholic drinks are available, in a complex interaction among biological, cultural and environmental factors, where the result, most of the time, is not the one of dependence, even for those who made a problematic use of this substance for some period of their lives (GLIOTTI & BESSA, 2004), however we should aim at decreasing and, even, abolishing alcoholic consumption among adolescents, due to several physical and psychic transformations which take place in the youngsters' organism and also because the adoption of habits may be perpetuated for a lifetime.

Conclusion

The alcohol consumption indexes among adolescent students attending high school of Public Educational Institutes in Lapa-PR municipal rural district were alarming, mainly in male individuals. Alcohol consumption was not related to growing older or with the socio-economic profile of the appraised adolescents either, however differences between genders were observed regarding the consumption pattern, with male adolescents consuming more alcohol than their female pairs.

Studies related to alcohol consumption among adolescents and about associated factors are very scarce in Brazil, and it is necessary the development of new researches of epidemic character with the intention of reducing the indexes of ethyl consumption among the Brazilian population, in special, the youths.

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Rua: José Lacerda, 487 - Bairro: Santa Zélia - CEP: 83.750-000
Cidade: Lapa - Estado: Paraná
E-mail: alexgordia@gmail.com
Telefone: (41) 8821-3198

CORRELATION BETWEEN ALCOHOL CONSUMPTION AND THE SOCIO-ECONOMIC PROFILE OF RURAL ADOLESCENTS

Abstract

The purpose of this study was to verify alcohol consumption indexes among adolescent students attending high school of Public Educational Institutes in Lapa-PR municipal rural district, as well as to identify possible differences between boys' and girls' alcohol consumption and differences in the consumption pattern as they grow older during adolescence, and also to investigate the relation between alcohol consumption and socio-economic profile. The sample was composed by 193 adolescents between the ages of 14 and 20, 101 males and 92 females, high school students in the 1st. to the 3rd. year of Lapa-PR municipal rural district. The consumption of alcohol was measured through the Alcohol Use Disorders Identification Test (AUDIT). The Brazil Economical Classification Criterion was used (CCEB) to evaluate the participants' socio-economic profile. For the data analysis the Kruskal-Wallis test was used to verify possible differences in alcohol consumption among the age groups. The Mann-Whitney test was used to analyze the differences between male and female alcohol consumption and Spearman's Correlation to investigate the relationship between alcohol consumption and the adolescents' socio-economic profile, and the significance level was fixed of $p < 0.05$. The results demonstrated significant difference ($p < 0.01$) between genders, with boys presenting higher levels of alcoholic consumption when compared with girls. However, significant differences were not observed in the alcohol consumption among different age groups. It was not detected any significant relationship between alcohol consumption and the socio-economic profile both for male or female adolescents. It can be inferred that alcohol consumption was not related to growing older and to the adolescents' socio-economic profile; however it was found that male adolescents consume more alcohol than their female pairs.

Word-key: Alcohol consumption, socio-economic profile, adolescent.

CORRÉLATION ENTRE LA CONSOMMATION D'ALCOOL ET LE PROFIL SOCIOECONÔMICO D'ADOLESCENTS AGRICOLES

Résumé

Cette étude objectivé vérifier les indices de la consommation d'alcool dans adolescenes étudiants de l'enseignement moyen d'écoles agricoles de la ville du Lapa-PR, ainsi qu'identifier aux possibles différences dans la consommation d'alcool il entre le sexe masculin et féminin et de différences dans la norme de consommation avec avance de l'âge pendant l'adolescence, et encore enquêter la relation il entre de la consommation d'alcool et du profil sócioeconômico. L'échantillon s'est composé de 193 adolescents avec âge il entre 14-20 années, 101 du sexe masculin et 92 du sexe féminin, étudiants de la 1ª la 3ª séries de l'enseignement moyen agricole de la ville du Lapa-PR. La consommation d'alcool a été mensurado travers Teste pour l'Identification de Problèmes Liés l'Utilisation d'Alcool (AUDIT). Pour évaluer le profil socio-économique des participants a été utilisé le Critère de Classement Économique Brésil (CCEB). Pour l'analyse des données s'utilise l'essai de Kruskal-Wallis pour vérifier les possibles différences dans la consommation d'alcool il entre les groupes étaires. L'essai de Mann-Whitney pour analyser les différences il entre la consommation d'alcool de personnes du sexe masculin et féminin, et corrélation de Spearman pour enquêter la relation il entre la consommation d'alcool et le profil socio-économique des adolescents, avec le niveau d'importance il a été fixé dans $p<0.05$. Les résultats ont démontré différence significative ($p<0.01$) entre les types, en étant que les garçons ont présenté le plus grand je consomme alcoolique quand comparés avec les filles. Néanmoins, n'ont pas a été observées des différences significatives dans la consommation d'alcool il entre les différentes bandes étaires. N'a été observée relation significative il entre la consommation d'alcool et le profil socio-économique pour aucun des sexes des adolescents étudiés. Socio-économique peut inférer que la consommation d'alcool n'a pas a été rapportée avec l'avance de l'âge et avec le

profil des adolescents évalués, il s'est néanmoins observé que des adolescents du sexe masculin consomment plus alcool dont leurs paires du sexe féminin.

Paroles-clef: Consommation d'alcool, profil socio-économique, adolescents.

CORRELACIÓN ENTRE LA CONSUMICIÓN DEL ALCOHOL Y EL PERFIL SOCIOECONÔMICO DE ADOLESCENTES AGRÍCOLAS

Resumen

Este estudio tenía pues objetivo verificar los índices de la consumición del alcohol en estudiantes de los adolescentes de la educación media de las escuelas agrícolas de la ciudad de la Lapa-PR, así como identificar a las diferencias posibles en la consumición del alcohol entre el sexo masculinos y femeninos y las diferencias en el estándar de la consumición con el avance de la edad durante la adolescencia, e todavía para investigar la relación incorpora la consumición del alcohol y el perfil socioeconómico. La muestra fue compuesta para 193 adolescentes con edad entre 14-20 años, 101 del sexo masculino y 92 del sexo femenino, estudiantes de las 1ª la 3ª series de la educación media agrícola de la ciudad de la Lapa-PR. La consumición del alcohol era mensurado a través de la prueba para la Identificación de los Problemas de Decurrente del Uso de Alcohol (AUDIT). Para evaluar el perfil socioeconómico de los participantes el criterio de Clasificación Económica el Brasil fue utilizado (CCEB). Para el análisis de los datos la prueba de Kruskal-Wallis fue utilizada para verificar las diferencias posibles en la consumición del alcohol entre los grupos de las edades. La prueba de Mann-Whitney para analizar las diferencias entre la consumición del alcohol de individuos del sexo masculino y femenino, correlación del Spearman para investigar la relación entre la consumición del alcohol y el perfil socioeconómico de los adolescentes, con el nivel de la significación fue fijado en $p<0.05$. Los resultados habían demostrado la diferencia significativa ($p<0.01$) entre las clases, el ser ése los muchachos había presentado una consumición alcohólica más grande en comparación con las muchachas. Sin embargo, las diferencias significativas en la consumición del alcohol no habían sido observadas entre las diversas vendas de las edades. La relación significativa entre la consumición del alcohol y el perfil socioeconómico para ningunos de los sexos de los adolescentes estudiados no fue observada. Puede ser deducido que la consumición del alcohol no fue relacionada con el avance de la edad y el perfil socioeconómico de los adolescentes evaluados, sin embargo fue observado que el adolescentes del sexo masculino consume más alcohol de lo que sus pares del sexo femenino.

Palabras clave: Consumición del alcohol, perfil socioeconómico, adolescentes.

CORRELAÇÃO ENTRE O CONSUMO DE ÁLCOOL E O PERFIL SOCIOECONÔMICO DE ADOLESCENTES RURAIS

Resumo

Este estudo objetivou verificar os índices do consumo de álcool em adolescenes estudantes do ensino médio de escolas rurais do município da Lapa-PR, bem como identificar as possíveis diferenças no consumo de alcoól entre o sexo masculino e feminino e diferenças no padrão de consumo com avanço da idade durante a adolescência, e ainda investigar a relação entre consumo de álcool e perfil sócioeconômico. A amostra foi composta por 193 adolescentes com idade entre 14-20 anos, 101 do sexo masculino e 92 do sexo feminino, estudantes da 1ª a 3ª séries do ensino médio rural do município da Lapa-PR. O consumo de álcool foi mensurado através do Teste para a Identificação de Problemas Decorrentes do Uso de Álcool (AUDIT). Para avaliar o perfil socioeconômico dos participantes foi utilizado o Critério de Classificação Econômica Brasil (CCEB). Para a análise dos dados utilizou-se o teste de Kruskal-Wallis para verificar as possíveis diferenças no consumo de álcool entre os grupos etários. O teste de Mann-Whitney para analisar as diferenças entre o consumo de álcool de indivíduos do sexo masculino e feminino, e correlação de Spearman para investigar a relação entre o consumo de álcool e o perfil socioeconômico dos adolescentes, com o nível de significância foi fixado em $p<0.05$. Os resultados demonstraram diferença significativa ($p<0.01$) entre os gêneros, sendo que os meninos apresentaram um maior consumo alcoólico quando comparados com as meninas. Entretanto, não foram observadas diferenças significativas no consumo de álcool entre as diferentes faixas etárias. Não foi observada relação significativa entre o consumo de álcool e o perfil socioeconômico para nenhum dos sexos dos adolescentes estudados. Pode-se inferir que o consumo de álcool não foi relacionado com o avanço da idade e com o perfil socioeconômico dos adolescentes avaliados, entretanto observou-se que adolescentes do sexo masculino consomem mais álcool do que seus pares do sexo feminino.

Palavras-chave: Consumo de álcool, perfil socioeconômico, adolescentes.