58 - RELATION BETWEEN QUALITY OF LIFE AND ALCOHOL CONSUMPTION FOR STUDENTS ATTENDING THE PHYSICAL EDUCATION & SPORTS COURSE

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Introduction

Many studies have been done aiming to verify alcohol consumption levels in several populations (GORDIA et al., 2005; SOUZA et al., 2005; PICKARD et al., 2000), considering that heavy drinking is the leading cause of about 90% of the hospital internments diagnosed as alcohol dependence and it is also responsible for 70% of deaths due to violence (GALDURÓZ, NOTICE & CARLINI, 1997 apud SOLDERA et al., 2004a).

Alcoholism has been one of the Public Health Secretary's biggest worries worldwide, as it has been associated with several problems as: deaths in traffic, affective and family conflicts, couples' separation; and in addition it has always been linked to homicides, spanking children and women, dropping work and school (COSTA DO NASCIMENTO & JUSTO, 2000).

According to Schuckit (1985), the diagnosis of alcoholism has been defined in the basis of four groups of indicators: consumption, psychological dependence, physical dependence and problems related to alcohol addiction. The World Health Organization (WHO) developed an instrument known as Alcohol Use Disorders Identification Test (AUDIT) with the objective of identifying drinkers with a noxious alcohol intake habit or dependence. It comprises 10 items, containing questions with closed answers of multiple choices, approaching alcoholic drinks consumption patterns and their consequences in the last 12 months (BARBOR et al., 2001).

An accurate information about factors associated with drug use by youths in the country is believed to be of great relevance, because it would allow interventions both on behavior and risk factors aiming to inhibit the possible progress of a heavy use of licit and illicit drugs and progressively harmful addiction (SOLDERA et al., 2004b).

Heavy alcohol consumption is responsible for several pathologies, social and family problems affecting the drinker's daily life and, possibly, influencing his/her QL.

In the health area the interest in the concept Quality of Life (QL) is relatively recent and it elapses, partly, from new patterns which have been influencing policies and practices in the health sector for the last decades. The health-disease process determinants and causes are multifactor and complex. Thus, health and disease include processes understood as a *continuum* related to economical and socio-cultural aspects as well as to personal experience and lifestyle. So QL improvement is expected to be the result both of health care practices and public welfare policies seeking health promotion and disease prevention (SEIDL & ZANNON, 2004).

Most of the exploratory approaches to assess the Quality of Life of specific populations tend to reflect the subjective nature of the aspects under observation taking into account the cultural, social and environmental contexts where the individuals are inserted.

Showing the probable relationship between QL and alcohol consumption, Lima (2002) carried out a study with alcohol dependent patients and pointed out that individuals with severe dependence to alcohol presented results significantly inferior in QL in all the WHOQOL-Bref domains when compared to individuals with light to moderate dependence.

WHOQOL-Bref is an instrument developed by WHO in order to measure a population QL. This questionnaire is composed of 26 items referring to 4 aspects: physical, psychological, social relationships and environment.

A better knowledge about QL and its associated factors concerning a certain group of people might contribute to identify the probable lacks regarding the domains analyzed by the WHOQOL-Bref questionnaire use. However, studies regarding the comparison of QL between men and women are scarce, as well as the relationship between QL and alcohol consumption in young populations is not clear.

Under such a perspective the study aimed to analyze the relationship between QL and alcohol consumption regarding students attending the Physical Education & Sports Course at a private faculty in the city of Campinas-SP, as well as to verify probable differences in the amount of alcoholic beverages intake and QL between sexes.

Methods

Participants

The sample was composed by 61 subjects with ages ranging from 18 to 50 years, being 30 males and 31 females, first and second year-students attending a private Faculty of Physical Education & Sports in the city of Campinas-SP.

Instruments

The AUDIT questionnaire was used to measure alcohol consumption. This instrument contains 10 items, three related to alcohol use, four on dependence and three on current problems caused by the consumption. It contains questions with closed answers of multiple choice, which refers to drinks consumption patterns and their consequences in the last 12 months. The literature showed the validation of AUDIT with a sensibility of 92% and specificity of 93% (BABOR et al., 2001).

The WHOQOL-Bref questionnaire was applied to measure the students' QL. The mentioned instrument was developed by the group of studies about Quality of Life from the World Health Organization in 1995, being validated in more than 20 countries including Brazil (FLECK et al., 2000).

This instrument is composed by 26 questions and takes into account the respondents' last fifteen days. Two items refer to the individual perception regarding life quality and the 24 others are subdivided in 4 domains, and represent each of the 24 facets that constitute the original instrument act (WHOQOL-100), such as: *Domain I* - Physical, with emphasis in the following facets: pain and discomfort, energy and fatigue, sleep and rest, mobility, daily life activities, drug or treatment dependence and work capacity; *Domain II - Psychological*, focusing the following facets: positive feelings, thinking, learning, memory and concentration, self-esteem, body image and appearance, negative feelings, spirituality, religion and personal beliefs; *Domain III - Social Relationships*, referring to facets: personal relationships, social support, sexual activity; *Domain IV - environment,* with

the facets: physical safety and protection, home atmosphere, financial resources, health and social care: readiness and quality, opportunity to acquire new information and skills, opportunities and participation in leisure activities, environment: pollution, noise, traffic, climate and transport (FLECK, 2000).

The data collection was carried out in January and February, 2006, in the facilities of METROCAMP-SP. The questionnaire was applied by two members of the Quality of Life and Physical Activity Research Group Staff of the Sports Institute at METROCAMP-SP.

Statistical analysis

For the data analysis at first the descriptive analysis of alcohol consumption and the students' QV was done. To analyze the questionnaire on QL the criteria proposed by the Australian team of WHOQOL were used, considering that such criteria provide the possibility of a clear and appropriate demonstration of all the phases of the complete process and also an accurate interpretation of the results obtained. The statistical software SPSS version 11.5 (SPSS Inc.) was used to verify the answers internal consistence through the Cronbach coefficient of reliability and to analyze the QL through the syntax. Alcohol consumption was analyzed in agreement with the recommendations of Babor et al. (2001) and classified as: low-risk consumption, risk consumption, high-risk consumption and probable dependence. In a second moment, the Mann-Whitney U test was used to verify probable differences in alcohol consumption and QL between sexes, as well as the Spearman correlation to assess the relationship between QL and the alcohol consumption for the college students under analyses.

Results

The AUDIT analysis showed low indexes of alcohol consumption among Physical Education & Sports Course students attending a specific private Faculty in the city of Campinas -SP. For the male sex it was observed that 83,3% of the individuals have a low consumption of alcohol and/or they have never drunk, 13,3% have a risk consumption and 3,4% were classified as consumers of high risk or probable dependent. The female results showed that 83,9% of the participants have a low-risk consumption and/or they are abstemious, 16,1% were classified as risk consumers and none presented a high-risk consumption or probable dependence. Regarding sex, similar indexes were observed in the ethyl consumption pattern, with no significant differences through the Mann-Whitney U Test (Table 1).

On the basis of the WHOQOL-Bref analysis, the results regarding QL were classified in 4 categories: *Domain I* - Physical, *Domain II* - Psychological, *Domain III* - Social Relationships, and *Domain IV* - Environment. The WHOQOL-Bref answers internal consistence estimated through the Cronbach coefficient of reliability was of á =0,90 for males á =0,79 for females. Men presented results significantly better than women in all the WHOQOL-Bref domains, as well as for the overall QL (Table 2).

Concerning the relation between the college students' QL and alcohol consumption no significant correlation was observed between any of the WHOQOL-Bref domains and the studied youths' alcohol consumption results (Table 3).

Table 1 - Classification of alcohol consumption of college students attending the Physical Education course differentiated by gender with values expressed in absolute frequency.

Table 1 **- Classification of alcohol consumption of college students attending the Physical Education course differentiated by gender with values expressed in absolute frequency.**

	Low-Risk/Abstinence	Risk	High Risk/ Dependence
=30)	**25**	**4**	**1**
(n=31)	**26**	**5**	**0**
=61)	**51**	**9**	**1**

All values of p were >0,05

Table 2 **- Results per WHOQOL domains and overall QL with values expressed on a mean and deviation pattern.**

Quality of Life	**Male (n=30) Average (DP)**	**Female (n=31) Average (DP)**
Domain I - Físico	**83,2 (11,1)***	**75,4 (14,7)**
Domain II - Psicológico	**78,2 (14,7)***	**70,6 (15,2)**
Domain III - Relações sociais	**82,0 (16,8)****	**70,0 (14,1)**
Domain IV - Meio ambiente	**66,7 (14,8)***	**57,4 (13,6)**
Overall QL	**77,5 (12,8)****	**68,3 (10,0)**

p<0,05*; p<0,01**

Table 3 **- Correlation between the QL domains and alcohol consumption for college students of both sexes.**

	Alcohol Consumption		
	Total	Male	Female
- Physical	**-0,117**	**0,025**	**-0,236**
I - Psychological	**-0,021**	**-0,023**	**-0,042**
II - Social Relationships	**-0,153**	**-0,180**	**-0,236**
V - Environment	**0,015**	**0,043**	**-0,017**
L	**-0,096**	**-0,033**	**-0,211**

All values of p were >0,05

Discussion

Alcohol consumption has proved to be a serious public health problem, and it has been associated with other several risk behaviors, mainly for adolescents and young adults. Studies on alcohol consumption among the young populations are of relevant importance in setting up strategies of primary and secondary prevention, taking into account that heavy alcohol consumption treatment seems to be more effective among youngsters than among middle-aged or old individuals (KENKEL, 1993; SUTTON & GODFREY, 1995).

The excessive consumption of alcoholic drinks is responsible for 4% of the diseases worldwide and approximately 1.8 million deaths in 2002, being considered similar to tobacco and hypertension as a cause of mortality and incapacity high rates (ROOM, BABOR & REHM, 2005; OMS, 2005). Alcohol has been related to more than 60 different medical conditions, such as:

cancer, epilepsy, cardiovascular diseases, cirrhosis, accidents due to careless driving and homicides. Most of the diseases have a dose-answer relationship with the volume of alcoholic beverages consumption, and the risk of diseases increases as consumption increase (ROOM, BABOR & REHM, 2005).

However, the studied youths' alcohol consumption indexes were low and satisfactory if compared with other studies. In a study carried out by Gordia et al. (2005) with 193 middle-graders adolescents attending Public Educational Institutes in Lapa-PR municipal rural district, 69,9% of the subjects were found to be under the category low-risk consumption and 30,1% of them under risk consumption and/or of high-risk/probable dependence.

Webb et al. (1996) carried out a research with 3075 college students from England and found that 15% of those individuals presented heavy alcohol consumption.

In another research developed by Kypri et al. (2002) involving university students from New Zealand, it was found that 60% of men and 58,2% of women consume more alcohol than the daily levels recommended to keep a safe health.

It is believed that the low levels of ethyl intake are possibly explained by these individuals' knowledge about the harmful effects to health caused by excessive alcoholic drinks consumption.

Regarding alcohol consumption related to gender it was found similar results between men and women, with no significant statistical differences. In a study carried out by Souza et al. (2005), on 2718 adolescents attending Public Schools in the city of Cuiabá-MT, the gender was not associated to alcohol consumption either. However, other studies (ALVES et al., 2005; HELMKAMP, 2003) indicate that alcohol intake is related to gender, with males consuming more alcohol than females.

Considering QL it can be noticed that all the results of QL subdivided in domains were satisfactory and that the physical domain presented the best results both for men and women. Although methodological differences exist, mainly concerning the sample characteristics, other studies which have made use of the WHOQOL-Bref presented relatively inferior results for QL than the ones observed in the present study (GORDIA, QUADROS & VILELA JÚNIOR, 2006; LIMA, 2002; SAUPE et al., 2004).

Taken into account the studied sample, it can be inferred that the practice of regular physical activity plus the knowledge about the benefits that physical activities provide to health might have influenced directly or indirectly the results of the physical domain.

Thus it is evident the importance of adopting healthy behaviors searching for a positive health, contrasting with the maintenance of risk behaviors that can be related to morbidity and mortality indexes increase (incidence of diseases in a specific collectivity) (NAHAS, 2003).

The worst results regarding QL of the youths' of both sexes were found for the environmental domain, according to other studies in which the findings were similar.

Gordia, Quadros & Vilela Júnior (2006) analyzing the QL of individuals' belonging to the Brazilian Army, came to the smallest percentile values for that domain, being, therefore, the most vulnerable point in QL for the studied population. In study developed by Siviero (2003), with 33 post-heart-attack patients age 59 or under, the results were similar to the ones in present study, with the environmental domain presenting inferior values than the ones of other domains.

The low values for the environmental domain tendency is alarming, because it is directly linked to a lack of investments in municipal, state and federal public policies. This domain deals with physical safety and protection, home environment, financial resources, health and social care: readiness and quality, opportunity to acquire new information and skills, opportunity to be and participate in leisure activities, physical environment: pollution, noise, traffic, climate and transport (FLECK, 2000). As we can see, in such domain there are factors which are out of an individual's control, so the government organs intervention is a must.

As for the difference between genders for QL we found that men's results were superior to women's for all the QL domains. As QL is measured based on their own perception of their lives, and taking into account that male and female groups possess several similarities, male individuals might perceive a better QL and consequently report it even though they experience the women's same conditions, in other words, women might be more demanding than men when evaluating their own QL.

The relationship between QL and alcohol consumption for students attending the Course of Physical Education & Sports of a private Faculty in the city of Campinas-SP was not supported in the present study. Although most of the correlations have presented an inverse relationship, in other words, the smaller the alcohol consumption the better the QL, the results were not significant. One of the factors that might be a misleading variable in that relationship is the individual's average age, because alcohol intake harmful effects can be detected as serious problems to health only after a certain period of continuous consumption, and as most of the participants are very young the harms to health which might affect QL haven't been triggered yet. The reduced size of the sample is another factor that might have influenced the relationship among the variables. Perhaps in a study using a bigger sample some correlations would have presented statistical significance.

The present study limitations might have influenced the result of absence of relationship between QL and alcohol consumption. The examined sample is reduced and it is not representative of the students attending the Course of Physical Education & Sports at the Faculty where the data was collected; both QL and alcohol consumption were assessed on the basis of the participants' self-report; other variables, namely the socio-economic level, tobacco, alcoholism in the family, Body Mass Index (BMI) and level of habitual physical activity that might affect either alcohol consumption or QL were not measured.

Conclusion

It can be inferred that alcohol consumption among the students attending the Course of Physical Education & Sports of a private Faculty in the city of Campinas-SP was low and differences between sexes were not detected. The studied subjects' QL was satisfactory, and men presented better index than women in all domains of WHOQOL-Bref.

Regarding the same students under study no relationship between QL and alcohol consumption was perceived, thus studies that would evaluate different age groups and using representative samples are necessary to explain such association.

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RELATION BETWEEN QUALITY OF LIFE AND ALCOHOL CONSUMPTION FOR STUDENTS ATTENDING THE PHYSICAL EDUCATION & SPORTS COURSE

Abstract

The purpose of this study was to analyze the relation between Quality of Life (QL) and alcohol consumption among students attending the Physical Education & Sports Course at a private faculty in the city of Campinas-SP, as well as to verify possible differences in the amount of alcohol consumption and QL between sexes. The sample was composed by 61 individuals with ages ranging from 18 to 50 years, being 30 males and 31 females, students of the Course of Physical Education & Sports. The AUDIT was used to measure their level of alcohol consumption and the WHOQOL-Bref questionnaire to evaluate QL. The test U was used to verify the possible differences between sexes in alcohol consumption and QL, and Spearman's correlation to assess the relation between QL and alcohol consumption for those college students. The AUDIT analysis showed low indexes of alcohol consumption among students attending the Physical Education & Sports Course. Regarding sex, similar indexes were observed in alcohol consumption patterns with no evident significant differences. The QL results were satisfactory and men presented significantly better results than women in all WHOQOL-Bref domains, as well as for the overall QL ($p < 0,05$). Concerning the relation between QL and alcohol consumption no significant correlation was observed between any of the WHOQOL-Bref domains and alcohol consumption results for the college students under study. It can be inferred that male and female students attending the Physical Education & Sports Course at that specific Institution under study possess similar alcohol consumption patterns with men presenting better results in QL than women. Taking into account that there was no relation between QL and alcohol consumption, studies evaluating different age groups and with a representative sample are necessary to explain that association.

Word-key: Quality of Life, alcohol consumption, Physical Education & Sports college students.

RELATION ENTRE LA QUALITÉ DE VIDA ET LA CONSOMMATION D'ALCOOL D'ACADÉMICIENS DU COURS D'ÉDUCATION PHYSIQUE

Résumé

Cette étude il a eu comme objectif analyser la relation entre la Qualité de Vie (QV) et la consommation d'alcool d'académiciens du cours d'Éducation Physique et le Sport d'une faculté particulière de Campinas-SP, ainsi que vérifier de possibles différences de la consommation éthylique et de QV il entre les types. L'échantillon s'est composé de 61 personnes avec des âges il entre 18 et 50 ans, en étant 30 du sexe masculin et 31 du sexe féminin, académiciens du cours d'Éducation Physique et Sport. Pour mensuration de la consommation d'alcool des académiciens a été utilisée AUDIT et pour évaluation de QV est utilisé le questionnaire WHOQOL-Bref. S'est utilisé l'essai U pour vérifier les possibles différences il entre les types pour la consommation d'alcool et QV, ainsi que corrélation de Spearman pour évaluer la relation il entre QV et la consommation d'alcool des universitaires. L'analyse de AUDIT a indiqué des basses indices de consommation d'alcool il entre les académiciens d'Éducation Physique et Sport. Concernant le type, se sont observés des indices semblables dans la norme de consommation éthylique, n n'y ayant pas de différences significatives. Les résultats obtenus pour QV ont été satisfaisants, en étant que des

hommes ont présenté des résultats significativement meilleurs de ce que des femmes dans tous les domaines du WHOQOL-Bref, ainsi que pour QV générale (p< 0.05). Combien à la relation il entre QV et la consommation d'alcool des universitaires, ne s'est observée corrélation significative il entre aucun domaine du WHOQOL-Bref et des résultats de la consommation d'alcool des jeunes étudiés. Semblable peut inférer que des hommes et des femmes académiques du Cours d'Éducation Physique de l'Institution cherchée sont possédés étalon de consommation d'alcool, néanmoins, des hommes ont présenté de meilleurs résultats pour QV dont les femmes. En vue de qu'il n'a pas y eu relation il entre QV et la consommation, des études qui évaluent de différentes bandes étaires et avec des échantillons représentatifs fallent pour éclaircir cette association.

Paroles-clef: Qualité de Vie, consommation d'alcool, académiciens d'Éducation Physique.

RELACIÓN ENTRE LA CALIDAD DE VIDA Y EL CONSUMICIÓN DEL ALCOHOL DEL ACADÉMICOS DEL CURSO DEL EDUCACIÓN FÍSICA

Resumen

Este estudio tenía pues objetivo analizar la relación incorpora la calidad de Vida (CV) y el consumición del alcohol del académicos del curso del educación física y deporte de una universidad particular de Campinas-SP, así como verificar las diferencias posibles de la consumición etílica y la CV entre las clases. La muestra fue compuesta por 61 individuos con edades entre 18 y 50 años, siendo 30 del sexo masculino y 31 del sexo femenino, académicos del curso de la educación física y deporte. Para el mensuración de lo consumición del alcohol del académicos fue utilizado lo AUDIT y para la evaluación de la CV el cuestionario WHOQOL-Bref fue utilizado. La prueba U fue utilizada para verificar las diferencias posibles entre las clases para la consumición del alcohol y CV, así como la correlación del Spearman para evaluar la relación entre la CV y el consumición del alcohol de los estudiantes de universidades. El análisis de lo AUDIT indicó bajos índices del consumición del alcohol entran los académicos de la educación física y deporte. Con respecto la clase, los índices similares en el estándar de lo consumición del alcohol habían sido observados, no tener diferencias significativas. Los resultados conseguidos para la CV habían sido satisfactorios, y los hombres había presentado perceptiblemente mejor resultante de qué mujeres en todos los dominios del WHOQOL-Bref, así como para el CV general (p< 0.05). Cuánto la relación entre la CV y el consumición del alcohol de los estudiantes de universidades, si no observó correlación significativa no incorpora ningún dominio del WHOQOL-Bref y los resultados de lo consumición del alcohol de los jóvenes estudiados. El poder usted mismo deduzcan que los hombres y las mujeres académicas del curso de la educación física de la institución buscada poseen el estándar de la criatura del compañero de lo consumición del alcohol, sin embargo, los hombres habían presentado resultado mejor para la CV de lo que las mujeres. Debido a ésa no tenía relación entre la CV y la consumición, los estudios que evalúan diversas vendas de las edades y con las muestras representativas son necesarios clarificar esta asociación.

Palabra clave: Calidad de vida, consumición del alcohol, académicos de educación física.

RELAÇÃO ENTRE A QUALIDADE DE VIDA E O CONSUMO DE ÁLCOOL DE ACADÊMICOS DO CURSO DE EDUCAÇÃO FÍSICA

Resumo

Este estudo teve como objetivo analisar a relação entre a Qualidade de Vida (QV) e o consumo de álcool de acadêmicos do curso de Educação Física e Esporte de uma faculdade particular de Campinas-SP, bem como verificar possíveis diferenças do consumo etílico e da QV entre os gêneros. A amostra foi composta por 61 indivíduos com idades entre 18 e 50 anos, sendo 30 do sexo masculino e 31 do sexo feminino, acadêmicos do curso de Educação Física e Esporte. Para mensuração do consumo de álcool dos acadêmicos foi utilizado o AUDIT e para avaliação da QV foi utilizado o questionário WHOQOL-Bref. Utilizou-se o teste U para verificar as possíveis diferenças entre os gêneros para o consumo de álcool e QV, bem como correlação de Spearman para avaliar a relação entre a QV e o consumo de álcool dos universitários. A análise do AUDIT indicou baixos índices de consumo de álcool entre os acadêmicos de Educação Física e Esporte. Com relação ao gênero, observaram-se índices semelhantes no padrão de consumo etílico, não havendo diferenças significativas. Os resultados obtidos para a QV foram satisfatórios, sendo que homens apresentaram resultados significativamente melhores do que mulheres em todos os domínios do WHOQOL-Bref, bem como para a QV geral (p< 0,05). Quanto à relação entre a QV e o consumo de álcool dos universitários, não se observou correlação significativa entre nenhum domínio do WHOQOL-Bref e os resultados do consumo de álcool dos jovens estudados. Pode-se inferir que homens e mulheres acadêmicos do Curso de Educação Física da Instituição pesquisada possuem semelhante padrão de consumo de álcool, entretanto, homens apresentaram melhores resultados para a QV do que as mulheres. Tendo em vista que não houve relação entre a QV e o consumo, estudos que avaliem diferentes faixas etárias e com amostras representativas são necessários para esclarecer esta associação.

Palavras-chave: Qualidade de Vida, consumo de álcool, acadêmicos de Educação Física.