14 - ALCOHOLISM AND ENOLISMO IN UNIVERSITY STUDENTS

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INTRODUCTION

It is known that alcoholism is the over-consumption of alcoholic drinks. However, this consumption has been more and more often in teenagers and young academics, causing several difficulties when it comes to academic, social and familiar life.

Currentlyyoung peopledrinkin anticipation ofdisinhibitnegative emotionsand socializebetter withothers, because alcoholbringsasense ofself confidenceand relaxing.Ostudentfatallyexposed to thestressof academic lifeattendingpartieswhich in turn, make it easy toaccess todrinks.It is noteworthy thatthe transition fromyouthtoadultrole, coupled with theloss ofparental controlbecomesrelevant tothe use of alcohol.[1]

The dangerous alcohol use is estimated as the great responsible for psychiatrist and ambulatories consultations in hospitals. Such habit may bring to the young person from alcohol dependence to consequences that shall influence in your academic performance, because excessivedrinking cancausecognitive deficitsthatin turnlead toconfusionfor learning. The main problemsthat the drinkmay bringthe studentare headaches, sleepinessin class, lack of coordination andattention tocarry out the activitiesof thecollege. [2]

Among the problemsreported, though, stands outthe respiratory, digestiveand circulatory diseases, causedby the action ofalcohol itself, oralsodueto chemicaladditivesentering thefabrication procedureof drinks[3 4 5 6 7]

Other damagealsorelated tohigh consumption of alcoholare: violent death, exposure to risky behaviors (ex: driving under the influence sex without protection, use of other drugs), the learning decrease, violence. [8 9 10 11 12 13 14]

The alcoholic drinks consumption level by the population concerns directly the automobilist accidents, sex without protection, promoting the spread of STDs, among others. If there is alcoholic drink consumption decrease by the population, consequently, there will be improvements to the whole society, due to the fewer reports of problems related to its use.[15]

MATERIALS AND METHODS

Thestudyiscross-sectionalepidemiological studiesofdescriptive and quantitativetype. Obtainingsamples was performedfrom aquestionnairecontaining12multiple choice questions, whichwere allowed totick only oneanswer.All respondentswere submitted tofillingTerm of Freeand InformedConsent, as containedinResolution196/96of the NationalHealth Council. The studywasconducted with a sampleof one hundred andfifty (n =150) of the stateuniversity São Paulo selec tedrandomly, with different semesters andareas(biological, human and exact).

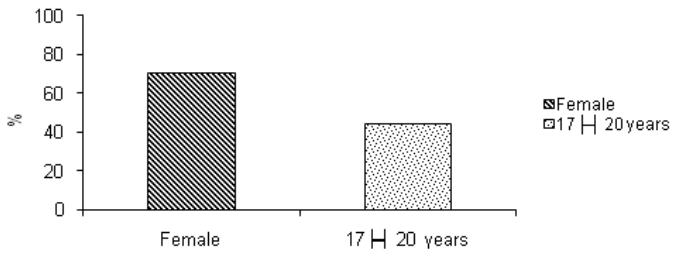
The resultswere presentedin tablesand graphs, expressedin percentage, both simple frequencies.

OBJECTIVE

Investigate and evaluate the level of alcohol consumption risk and whether this has or hasn't affected the student's academic performance.

RESULTS

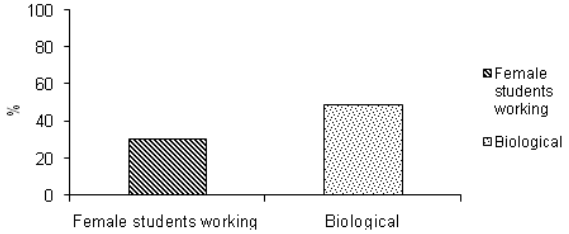
GRAPHIC 1:Distribution in percentages compared with age and sex of interviewees, SãoPaulo, 2012.



Was analyzedthatamong respondents, women account for70.66%, with a highdiscrepancyfor men. Regarding age, the studentsstandbetween 17 and20 years(44.66%).

Female	70,66 %
17 to 20 years	44,66%

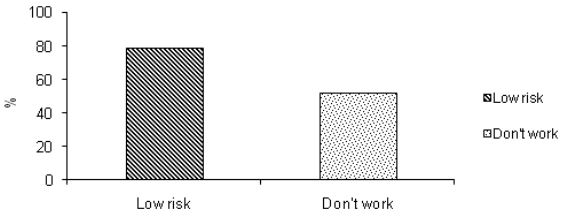
GRAPHIC 2:Distribution inpercentagesrelativeareaof the course andthe fact that therespondentsworkor not, SãoPaulo, 2012.



Has been observed thatamong the respondents, 49.34% belongto the area ofbiologicand30.66% of studentswho workarefemale.

Female students working	30,66%
Biological	49,34%

GRAPHIC 3: Distribution in percentage concerning the score in the AUDIT questionnaire and the fact of presenting or not hardships throughout the graduation course, São Paulo, 2012.



Has been observed thatamong the respondents, largely79.33% had presenteda low riskconsumptionof alcohol, according to the AUDITtable used, which analyzes according tothe habitsof the individualthe chance toriskof alcohol dependence. Alsoobservedthat 52% of intervieweesdo not work.

Low Risk	79,33%
Don't Work	52%

DISCUSSION

Given the results it was observed that there was a predominance of females (70 %) compared to males (30%). It should be highlighted that women's achievements of the last decades , as financial independence , makes women feel free to attend alcohol consumption that were previously only associated to male environments .

Most respondents had a low risk consumption of alcohol (30.66%) . Those who had no difficulty in the course also lacked a high consumption of alcohol (49.33%) . However, when compared with respondents who had difficulties in the course, still largely submitted a low-risk drinking, 68.20%[16].

The drink interacts in this mean, as a way to improve the socialization of young students and many times freshmen who are prone to stress and tiredness in the start period of the chosen course. Students who make problematic alcoholic drinks use sleep more in classrooms and absent from classes more often after parties of the night before[17].

It is noteworthy that the economic independence added to the long hours of work that may lead to low commitment to the activities, insufficiency or insatisfaction related to aspects such as amusement places, money, and makes the use of alcohol an inviting form to break the tension.

CONCLUSION

The results gotten suggest a high consumption of alcohol by young people, being most of the individuals students in the biological science students. Some people reported that they feel academic difficulties and distractions in the classrooms, though they did not associate this fact to the consumption of alcoholic drinks

To best results, it would be necessary a deeper study, with more specific diagnoses to the quantity of alcoholic content in the individual's blood and the effect that it presents for each dosage. This study presents only hypothesis of relations between academic hardships and alcoholic drink consumption.

Furthermore, this assignment has the goal of informing the population about the risks the alcohol may lead when ingested, because even so current problems do not occur, certainly it will lead to future problems, like a future dependence.

We thus aim to emphasize the importance of orientation in educational places and the family support to promote actions against alcoholism and alcohol consumption with the purpose of avoiding that the individual become alcohol dependent.

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ALCOHOLISM AND ENOLISMO IN UNIVERSITY STUDENTS

ABSTRACT

The precocity of alcohol abuse is a recurring problem, especially among university students. Alcoholis usually used as an alternative to stress, or as a stimulant for better socialization. Objective: This study aims to ascertain the level of risk in the consumption of alcohol and how the latter can affect or not the academic performance of the student. Materials and methods: A cross-sectional, descriptive and quantitative study was conducted on a sample of one hundred and fifty (n = 150) college students from the state of São Paulo. Students were randomly selected among courses in various fields to participate in a self-administered anonymous questionnaire based on the AUDIT (Alcohol Use Disorders Identification Test), under the supervision of the research team. The aim was to collect information about the academic performance of students from the start of the course and to identify those that have a harmful use of alcohol. Results: Through the survey, it was found that 79.33% of the participants had low-risk drinking, but 48% of respondents reported having academic difficulties, and / or to achieve the course activities. Our data suggest that even moderate or occasional drinkers may show higher rates of problems associated with drinking than heavy drinkers risk damaging themselves or dependents. Conclusion: Although the study was performed to evaluate the average alcohol consumption and academic performance of college, based on the information obtained, it is worth stressing the need for support from family and educational institutions, so that the young do not become prematurely dependent.

KEYWORDS: alcohol; alcohol consumption; college drinkers; drug of abuse

ALCOOLISME ET ENOLISMO POUR LES ÉTUDIANTS UNIVERSITAIRES

RÉSUMÉ

La précocité de l'abus d'alcool est un problème récurrent, surtout parmi les étudiants universitaires. La consommation est associée à une alternative au stress, ou en tant que stimulant pour améliorer la socialisation. Objectif: Cette étude vise à déterminer le niveau de risque de la consommation d'alcool et la façon dont celui-ci peut ou non affecter la réussite scolaire de l'élève. Matériel et méthodes: Une étude transversale, descriptive et quantitative sur un échantillon d'élèves de cent cinquante (n = 150) des universités de l'État de São Paulo a été menée. Les étudiants ont été sélectionnés au hasard parmi des cours dans divers domaines à participer à un questionnaire anonyme auto-administré sur la base de l'AUDIT (Alcohol Use Disorders Identification Test), sous la supervision de l'équipe de recherche. L'objectif était de recueillir des informations sur le rendement scolaire des élèves dès le début du cours et d'identifier ceux qui font un usage nocif de l'alcool. Résultats: Grâce à l'enquête, il a été constaté que 79,33% des participants avaient une consommation à faible risque, mais 48% des répondants ont déclaré avoir des difficultés scolaires et / ou de l'exécution des activités du cours. Nos données suggèrent que même les buveurs modérés ou occasionnels peuvent afficher des taux plus élevés de problèmes liés à l'alcool que les buveurs à risque. Conclusion: Bien que l'étude fut effectuée pour évaluer la consommation moyenne d'alcool et la réussite scolaire à l'université, sur la base des informations obtenues, il convient de souligner la nécessité de l'appui de la famille et de l'éducation, de sorte que les jeunes ne deviennent pas dépendants prématurément.

MOTS-CLÉS: alcool; la consommation d'alcool; buveurs à l'université; abus de drogue.

ALCOHOLISMO Y ENOLISMO EN ESTUDIANTES UNIVERSITARIOS

RESUMEN

La precocidad del abuso del alcohol es un problema recurrente, especialmente entre los estudiantes universitarios. La ingesta se asocia con una alternativa al estrés, o como un estimulante para mejorar las relaciones sociales. Objetivo: Este estudio tiene como objetivo determinar el nivel de riesgo en el consumo de alcohol y de cómo éste puede o no afectar el rendimiento académico del estudiante. Se realizó un estudio transversal, descriptivo y cuantitativo de una muestra de de ciento y cincuenta estudiantes (n = 150) de la universidad del estado de São Paulo. Materiales y métodos: Los estudiantes fueron seleccionados al azar entre cursos de diversos ámbitos para participar en un cuestionario anónimo auto diligenciado basado en el AUDIT (Alcohol Use Disorder Identification Test), bajo la supervisión del equipo de investigación. El objetivo era recoger información sobre el rendimiento académico de los estudiantes desde el inicio del curso y para identificar aquellos que hacen uso nocivo del alcohol. Resultados: A través de la encuesta, se encontró que 79,33% de los participantes tenían consumo de bajo riesgo, pero el 48% de los encuestados reportaron tener dificultades académicas y / o deficiencias en la ejecución de actividades relacionadas al curso. Nuestros datos sugieren que los bebedores moderados o incluso ocasionales pueden mostrar mayores tasas de problemas asociados con el consumo que aquellos bebedores en riesgo, nocivos o dependientes. Conclusión: A pesar de que el estudio tiene por objetivo evaluar el consumo de alcohol promedio y el rendimiento académico de la universidad, sobre la base de la información obtenida, es importante resaltar la necesidad de apoyo de los familiares y las instituciones educativas, a fin de que los jóvenes no se conviertan en dependientes prematuramente.

PALABRAS CLAVE: alcohol; consumo de alcohol; bebedores universitarios; droga de abuso.

ETILISMO E ENOLISMO EM UNIVERSITÁRIOS

RESUMO

A precocidade do consumo abusivo de bebidas alcoólicas é um problema recorrente, principalmente entre jovens universitários. A ingestão está associada à uma alternativa ao stress, ou como estimulante para melhor socialização. Objetivo: O presente estudo tem o intuito de verificar o nível de risco no consumo do álcool e como este último pode ou não afetar o desempenho acadêmico do estudante. Materiais e métodos: Foi realizado um estudo transversal, descritivo e quantitativo em uma amostra composta por cento e cinquenta (n=150) estudantes universitários do estado de São Paulo. Os alunos foram selecionados de maneira aleatória entre cursos de diversas áreas para participar de um questionário de autopreenchimento anônimo baseado no AUDIT (Alcohol Use Disorder Identification Test), sob supervisão da equipe de pesquisa. O objetivo foi de coletar informações sobre o desempenho acadêmico dos alunos desde a iniciação do curso e de identificar os que fazem uso nocivo do álcool. Resultados: Através do questionário, constatou-se que 79,33% dos participantes possuíam consumo de baixo risco, porém 48% dos entrevistados declararam ter dificuldades acadêmicas, e/ou no cumprimento das atividades do curso. Nossos dados sugerem que até mesmo os bebedores moderados ou ocasionais podem mostrar maiores índices de problemas associados ao beber do que os próprios bebedores de risco, nocivos ou dependentes. Conclusão: Embora a pesquisa tenha o objetivo de avaliar o consumo médio de bebidas alcoólicas e o desempenho acadêmico do universitário, diante das informações obtidas, é válido ressaltar a necessidade do apoio dos familiares e das instituições educacionais, para que o jovem não se torne um dependente prematuramente.

PALAVRAS-CHAVE: alcoolismo; consumo de álcool; universitários etilistas; droga de abuso.