

Knowledge Regarding Ill Effects of Alcohol Among the Undergraduate Students of Selected Colleges of Belagavi, Karnataka

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ABSTRACT

India is a one of the leading democratic and a secular country in South Asia occupying nearly 3% of the world's land area but supporting 866 million people. Alcohol consumption has been in existence in India for many centuries. However, the overall quantity patterns of use and problems resulting from this consumption as have shown significant changes during the last two decades. This study was shown to assess the knowledge regarding the ill effects of alcohol among the undergraduate students and to find out the association between knowledge scores with selected demographic variables. The study was conducted on 40 undergraduate students from KLEU Institute of Nursing Sciences Belagavi. Convenient sampling technique was utilized for the sample selection. Data were collected by using pre-validated structured questionnaire. The results showed that majority 26(65%) of subject were average, 07(17.5%) of students were good and 1(17.5%) of the subject was poor and there was no significant association with demographic variables like age, gender, education of mother and family monthly income.

Keywords: alcohol, culture, economic

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INTRODUCTION

Many people enjoy a glass of wine, a pint of beer or any favorite spirit, and it is part of the society to relax or to celebrate with a drink. People all can too clearly become dependent on, or addicted to, alcohol, often without realizing they have a problem with drinking that may harm them either now or in the future. Alcoholism is a majorly, chronic disease with genetic, psychological, and environmental factors influencing its development and manifestations. This disease is often progressive and fatal. It is considered by unceasing or periodic: decreased switch over drinking, concern with the drug alcohol, usage of alcohol despite opposing significances, and modifications in thinking, most notably rejection [1].

Alcohol is drug and may be classified as sedative, tranquilizer, depending upon the quantity consumed of all the drug alcohol is the only drug where self-induced in toxic action is socially acceptable [2].

Alcohol has marked effect on the central Nervous system. It is not stimulant as long believed but a primary and continuous depressant. Alcohol damages body tissues by irritating them directly, through changes that occur during its metabolism [3].

Alcoholism is globally social and medical problem over the past 30–40 years. Alcohol consumption has increased quantity and frequency. The age at which people begin drinking has also dropped. The population group at great risk is those experiencing fast socioeconomic and cultural changes; they

view alcohol as a symbol of prestige and social status [4].

Every year nearly 1,400 students die because of the effects of alcohol consumption (National institute on Alcohol Abuse and Alcoholism, 2004). Additionally, there are nearly 500,000 injuries and 70,000 cases of sexual assaults stated all because of alcohol. Alcohol was also involved in nearly 2/3 of suicides on campus, 90% of rapes, and 95% of violent crimes (Sullivan, 2002). Apart from the several instantaneous harms associated with student alcohol abuse, there are also serious long-term harms. For example, it has been estimated 4 out of 10 students are assumed to be likely to have a lifelong alcohol abuse problem, with 32% having experienced at least one symptom of alcohol dependency in their life, and 13 % having had such an experience in the past month. (Clements, 2004) It is projected that 240,000 to 360,000 of current students will eventually die of alcohol-related causes. (Schroeder, 2002) [5].

Latest concerns on college campuses have centered on heavy episodic drinking, a dangerous practice often termed “binge drinking.” Binge drinking is usually defined as consuming five drinks or more in a row for men and four drinks or more in a row for women (Wechsler, 2001). According to this description, about two out of five college students have engaged in binge drinking in the past two weeks. In 1999, underage drinkers, age 12–20, accounted for about 19.7% of the alcohol consumed in the US [6].

According to the National Family Health Survey revealed that about 32% were current users of alcohol in India there has been a steady increase in the production of alcohol in the country, with the manufacture doubling from 887.2 million liters in 1992–1993 to 1,654 million liters in 1999–2000 and was predictable to threefold to 2300 million liters by 2007–2008 [3]. A survey report disclosed that

predominance rate of alcohol use in Karnataka among women was 5.8% and 33.2% for males [7].

Alcohol use is a major problem affecting school and college students, with the influence of the globalizing economies and changing cultural norms, more and more young people are experimenting with alcohol at a very early age in India. The Global Youth Tobacco Survey (GYTS) conducted out among 16,932 students in 8, 9 and 10 standards of 6350 schools of India found that 13.1% students used alcohol [8].

Objectives of the Study

- To measure the data of students regarding unkind effect of alcohol among undergraduate students.
- To find out association between knowledge scores with selected demographic variables.

METHODOLOGY

The study was conducted on 40 undergraduate students from K.L.E.U Institute of Nursing Science Belagavi. Convenient sampling technique was used for the selection of sample. Data were collected by using pre-validated structured questionnaire. The questionnaire had two sections. First consists of five responses on social demographic variables, second consisted of structured questionnaires about ill effect of alcohol. The collected data was tabulated and analyzed according to the objectives of the study using descriptive and inferential statistics.

RESULTS

The findings of the study were discussed under the following headings (Tables 1–3).

- Findings related to demographic data.
- Findings related to knowledge on ill effects of Alcohol among undergraduate students.
- Finding related to the association between the knowledge score regarding the ill effect of alcohol with their selected demographical variables.

Findings Related to Demographic Data

Table 1 indicates that majority 32(80%) of the subject belongs to 19–20 years of age, among 40 subjects 32(80%) were females and 8(20%) were male, majority 14(35%)

of the subject belongs to education of father (SSLC and below and PUC). Majority 18(45%) of the subject belongs to education of mother (PUC). Majority 23(57.5%) of the subject belongs to family monthly income.

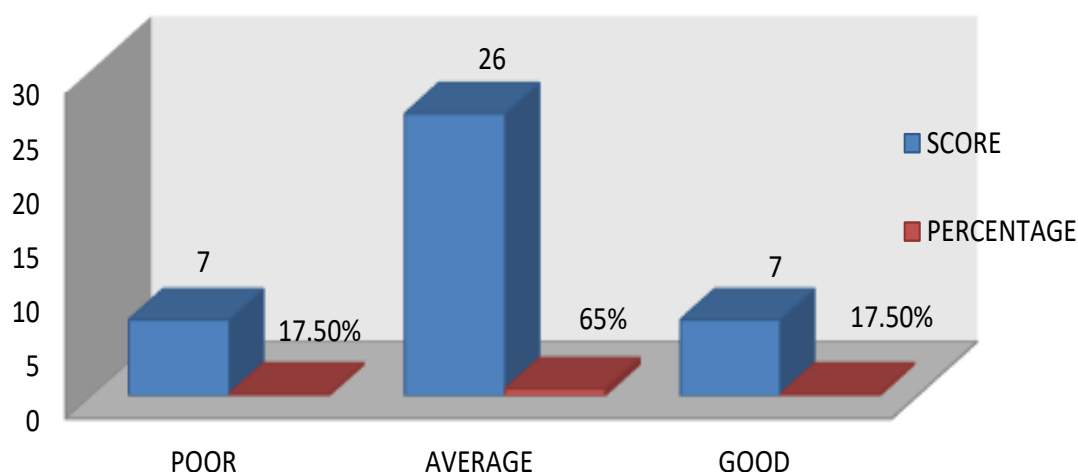
Table 1. Frequency and percentage distribution of undergraduate students according to the demographic variables.

Sl. no	Demographical variables	Frequency	Percentage
1	Age in year		
	(a) 16–19 year	02	05%
	(b) 19–20 year	32	80%
	(c) 21–22 year	06	15%
2	Gender		
	(a) Male	08	20%
	(b) Female	32	80%
3	Education of father		
	(a) SSLC and below	14	35%
	(b) PUC	14	35%
	(c) Graduate and above	12	30%
4	Education of mother		
	(a) SSLC and below	12	30%
	(b) PUC	18	45%
	(c) Graduate and above	10	25%
5	Family monthly income		
	(a) 5000 and below	03	7.5%
	(b) 5001–10,000	06	15%
	(c) 10,001–15,000	08	20%
	(d) 15,001 and above	23	57.5%

Findings Related to Knowledge on Ill Effects of Alcohol Among Undergraduate Students

Table 2. Frequency and percentage distribution of knowledge score of subject regarding ill effect of alcohol among the undergraduate students.

Sl. no	Knowledge score	Frequency	Percentage
1	Poor (0–10)	07	17.5%
2	Average (11–16)	26	65%
3	Good (17–25)	07	17.5%



The bar diagram indicated that majority 26(65%) of subject were average, 07(17.5%) of students were good and 1(17.5%) of the subject were poor in knowledge.

Finding Related to the Association Between the Knowledge Score Regarding the Ill Effect of Alcohol with Their Selected Demographical Variables

Table 3. Association between the knowledge score with selected demographic variable Based on the above findings, the following is the association between knowledge score with selected socio demographic variables.

Sl. no	Demographic variables	Good	Average	Poor	χ^2 CAL value	χ^2 Tab value	Df
1	Age						
	(a) 16–18 year	0	01	01	14.772 NS	09.49	04
	(b) 19–20 year	06	24	02			
	(c) 21–22 year	01	01	04			
2	Gender						
	(a) Male	0	04	04	10.363 NS	05.991	02
	(b) Female	07	23	02			
3	Education of father						
	(a) SSLC and below	03	11	0	8.17 S	09.49	04
	(b) PUC	03	09	02			
	(c) Graduate and above	01	06	05			
4	Education of mother						
	(a) SSLC and Below	0	11	01	12.573 NS	9.49	04
	(b) PUC	07	07	04			
	(c) Graduate and above	0	08	02			
5	Family income						
	(a) 5000–below	0	01	02	16.36 NS	12.592	06
	(b) 5001–10,000	0	05	01			
	(c) 10,001–15000	03	05	0			
	(d) 15,001–above	04	15	04			

CONCLUSION

Based upon the study, the subsequent conclusion has been drawn:

- (1) Findings on knowledge of undergraduate students of K.L.E.U Institute of Nursing Sciences, Belagavi, regarding the ill effects of

alcohol revealed that majority of the student had average knowledge.

- (2) Knowledge score showed no significant association with demographic variables like age, gender, education of mother and family monthly income.
- (3) Knowledge score showed that there is a significant association with demographic variables of education of father.

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