



Knowledge and Attitude Regarding Effects of Alcohol Consumption Among Adolescent College Students in Pune City

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ABSTRACT

This descriptive study aimed at understanding the knowledge and attitude regarding effects of alcohol consumption in adolescent college. The sample consisted of 60 students in the age group of 18-19 years. The tool consisted of three sections, such as: Section-I: Demographic variables, Section-II: questionnaire to assess structured knowledge and Section-III: Likert's scale to assess the attitude. Results revealed that more than half (55%) of the adolescents had average knowledge (score 8-14) and 45% of them had poor knowledge (score 0-7) regarding the effects of alcohol. More than half (51.7%) of the adolescents had most favorable attitude (score 69-84), 33.3% of them had favorable attitude (score 53-68), 10% of them had utmost favorable attitude and 5% of them had least favorable (score 37-52) regarding the effects of alcohol consumption.

KEYWORDS : knowledge, attitude, effects of alcohol consumption, adolescent college students

INTRODUCTION

About 70 percent of adult with college degrees are current drinkers, compared with only 40 percent of those with less than a high school education. Binge alcohol use rates are similar across different levels of education. Alcohol related disorders appear among persons of all socio economic classes. Persons who are stereotypical skid-row alcoholics constitute less than 5 percent of those with alcohol-related disorders.¹

Alcoholism is a bio psychosocial phenomenon par excellence; it results from the contribution of multiple individual and environmental risk factors. Alcoholism is a clinically heterogeneous disorder with variable age of onset, drinking patterns, severity and co-morbidity with other mental disorders.²

Alcohol and tobacco are important products of the global addictive demand and have experienced a rapid increase in per capita consumption. Alcohol is causally related to more than 60 medical conditions. Overall, 3.5% of the global burden of disease is attributable to alcohol, which accounts for as much death and disability as tobacco and hypertension.³

Background of the study

Information from the World Health Organization shows that there are an estimated 140 million alcoholics around the world! According to WHO Global status report (released in 2011) on alcohol and health stated, "The harmful use of alcohol results in approximately 2.5 million deaths each year. Almost 4 per cent of all deaths worldwide are attributed to alcohol." Alcohol consumption is estimated to cause from 20% to 50% of cirrhosis of the liver, epilepsy, poisonings, road traffic accidents, violence and several types of cancer. In the past two decades the number of people who have consumed alcohol has moved from 1 in 300 to 1 in 20.

Statement of the study

A study to assess the knowledge and attitude towards the effect of alcohol consumption among adolescents studying in selected colleges of Pune city.

Objectives of the Study:

- To assess the knowledge of adolescent college students regarding the effects of alcohol.
- To assess the attitude of adolescent college students regarding the effects of alcohol.
- To find the association between knowledge and attitude towards the effects of alcohol with selected variables.

METHODOLOGY:

Non experimental descriptive research design is adopted for the present study. The present study was aimed at describing and comparing the knowledge and attitude towards the effects of alcohol in adolescent college students. Simple random sampling technique was used.

Settings and Sample

The study was conducted in selected colleges of Pune. The sample of 60 adolescent college students in the age of 18-19 is used for the study. Simple random sampling technique was used.

Tool and Technique

A self structured questionnaire was developed for assessing the knowledge of adolescent college students to assess effects of alcoholism and the Likert's scale was used to assess attitude of adolescent college students towards alcohol. The tool consisted of three sections, such as: Section-I: Demographic variables, Section-II: questionnaire to assess structured knowledge and Section-III: Likert's scale to assess the attitude.

Validity and Reliability:

The content validity and reliability of the tool was obtained by experts in the field and the Pilot study was done 02nd March 2015. Chronbach's alpha method was used to obtain reliability. Reliability was found to be 0.88.

Data Gathering Process

The data collection was scheduled for the month of March 2015. Before the data collection the investigator obtained consent from the sample and the tool was administered.

FINDING OF THE STUDY

The following are the major findings of the study

Section I

Description of samples based on their personal characteristics in terms of frequency and percentages

Section II

Analysis of data related to knowledge of adolescent college students regarding the effects of alcohol. More than half (55%) of the adolescents had average knowledge (score 8-14) and 45% of them had poor knowledge (score 0-7) regarding the effects of alcohol.

Section III

Analysis of data related to attitude of adolescent college students re-

garding the effects of alcohol. More than half (51.7%) of the adolescents had most favorable attitude (score 69-84), 33.3% of them had favorable attitude (score 53-68), 10% of them had utmost favorable attitude and 5% of them had least favorable (score 37-52) regarding the effects of alcohol.

Section IV

Analysis of data related to the association of knowledge and attitude towards the effects of alcohol with selected variables. None of the demographic variable was found to have significant association with knowledge of adolescents regarding the effects of alcohol.

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