



## Impact of Alcohol on Family- College Students' Apprehension

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### ABSTRACT

Alcohol abuse is the most common problem all over the world, especially in Tamil Nadu, India, alcohol use rate is increasing among college students. This study aims to understand the level of knowledge that the students possessed towards the impact of alcoholic usage on their families. A total number of 434(male) college students were participated in the study. The result shows that the alcohol destroys the love and peace in the family when a college student consumes alcohol. They also perceive that their alcohol using habit would set a bad role model to the younger ones. The results of the studies show that the family demography also plays a significant role in the drinking habit of a college student.

**KEYWORDS** : Impact of Alcohol, Family, College Students', Apprehension

### Introduction:

Indian society is built around the Institution called family. In states like Tamil Nadu the larger percentage of the college students are first generation graduates. So whatever happens in the Student's career or personal life would directly affect their family. Alcoholism is considered to be the most important reason which directly affects the life of a student. When a student enters the college life they feel that they are grown up and capable of taking decisions for their life. The curiosity in the adolescence or college life makes them to taste alcohol that would be a gateway to other substances. Unless his attitude is negative against alcohol, he has the tendency to taste it to satisfy the peer /friends. Sometimes the heroic mentality of the students makes them to enter into partying habit and slowly few of them become Alcohol dependents. It would cause the damage to the dream of the family as a whole. Their relationship with family would get unnatural and it also affects their career. In most of the families there is a prevalence of gender choices. Since, Indian families follow Patriarchal Structure; the role of the Son is most dominant and is considered as the Saviour of the family. Some of them behave as if they get the licence once they enter in to the college to have parties. Considerable Number of respondents says that they started drinking alcohol when they were in school itself. Few dropouts are there due to the habit of alcohol consumption.

There is a practice of consuming alcoholic drink as part of culture in some communities in India. Some class of families in India consume alcohol in small portion as a part of their diet. On the contrary, in some families, the members become a victim to alcoholism. This can happen when an adult or elder in the family is an addict to alcohol, the members who dependent on them get affected. The evil effect of alcoholism has almost hit every doors of the nation. In India drinking is common especially among the labour class of the society, their hard earned money dilutes in drinking. As a result their family suffer, they become financially unstable and are unable to afford education for their children and bring them up in their lives. It becomes opposite, in the second case, when the adolescent children starts drinking, it affects them and also the family that shelters them. Attitudes in the home can also influence Youth Drinking. Some Parents who have favourable attitudes towards drinking or alcohol can encourage their children to start drinking. Siblings can influence the alcohol use of younger siblings, particularly for same-sex siblings. A permissive attitude about alcohol where alcoholism is not present can also have an impact on youth. Parents are more likely to excuse getting drunk as far as their kids don't use other illicit drugs. Though more awareness programmes are conducted, especially in Tamil Nadu for the past two years it is almost like political campaigns against alcohol. But the college students do not have the deep insight on the impact of alcohol and its ill effects.

### Literature review:

Andrya M, Balka, Brook, Crossman, David W, Dermatis, Elinor, Galanter, Helen, Judith S, Marc (Nov 2010), conducted a study with the participants who are from the inner city African American and Puerto Rican early adolescents followed until young adulthood. They reported their own and their parents' behavior. Structural equation modeling showed that parental alcohol use was related to early adolescent alcohol use, which was associated with late adolescent alcohol use. Males reported more alcohol use and more psychological symptoms than females in late adolescence and more psychological symptoms in young adulthood.

Randall C. Swaim, Fred Beauvai, R. Dale Walker, MD, Patricia Silk-Walker (2011) found that Perceived family norms against alcohol decreased and alcohol use increased from ages 13 to 18. Relative to no parental diagnosis, youth with one or two parents diagnosed with alcohol abuse/dependence were less likely to perceive family norms against alcohol use. Youth with two parents diagnosed were more likely to report alcohol related problems at age 18 compared to no parental diagnosis. Higher rates of perceived family norms against alcohol use protected youth from high rates of use at age 13, but higher rates of alcohol use at age 13 predicted more alcohol related problems at age 18.

Conor Gilligan and Kypros Kyproi (2012) have said that Parents play a critical role in their children's introduction to alcohol. A range of parenting factors have been associated with the progression to risky drinking among adolescents, and have recently formed the basis of the Australian 'Parenting Guidelines for Adolescent Alcohol Use' designed to help parents delay or reduce their adolescents' alcohol use. This study aimed to explore the experiences and attitudes of parents of adolescents to gain insight into: (1) the extent to which the behaviours of parents follow the recommendations made in the guidelines; and (2) approaches to reduce hazardous drinking among adolescents. Parents used approaches they thought would minimise harm and promote healthy development in their children. Many parents provided some alcohol to their adolescents and often cited the social norm of drinking among their adolescents' peers as a source of pressure to supply. Understanding the influences on parents' beliefs about their children's drinking and the functions of social networks in the creation of behavioural norms relating to alcohol consumption and supply may be necessary to address adolescent risky drinking.

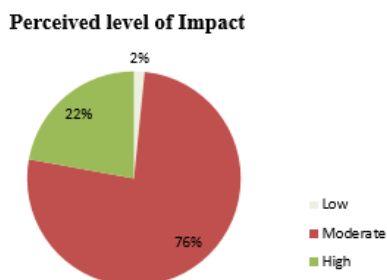
### Methodology:

The study aimed to understand the level of knowledge that the students possessed towards the impact of alcoholic usage on their families. It was conducted with the sample of 434 college students (males), who pursue their college degrees under various disciplines in Tiruchirappalli, Tamil Nadu, India, during the year 2015-2017. The

average age of participants was 18.67 years (SD=1.15). The respondents were selected randomly from four different colleges. The data was collected through self-prepared questionnaire with the reliability of Cronbach's Alpha Value 0.68. The student respondents were asked about their perception about the Impact of Alcohol on Families and they were also provided with an informed consent.

## Results & Discussion:

**Figure 1:**



As per the above FIGURE 1, 76 percent of the college students perceived that Alcohol creates Moderate level of Impact on Families. Therefore there is a chance of those students to get into Alcohol consumption.

There is a significant difference ( $F=5.05, P=0.007$ ) among the students who follow various religion, with regard to their perception on the statement that drinking habit of the educated elder which sets a bad role model among the younger ones. If a college student uses alcohol for various reason here is a probability of the younger one also take them as a role model.

There is a significant difference among the students who are pursuing their First, Second and Third year Under Graduation ( $F=5.63, P=.004$ ) with regard to their Perceived level of knowledge on the Impact of Alcohol. It could be understood from the Mean scores that the students who are pursuing First year ( $M=8.13, SD=1.73$ ) of Under Graduation has higher scores showing that Alcohol will affect their Families. Scores has comparatively decreased with the results of Second and Third year students which may be due to the declining attachment or emotional dependency with their families.

Comparing to the students belonging to the Joint families, the Student respondents who belongs to Nuclear Family ( $M=3.97, SD=1.14, T=3.27, P=.001$ ) Perceive that there is destruction in Love and Peace due to Alcohol consumption. And also the students who have said that they consume Alcohol to overcome pain, feels that Alcohol consumption will affect the love and Peace of the Family when compare to respondents who consume Alcohol for various other reasons With regard to the Fathers' Occupation, the Children of Wage Earners ( $M=4.05, SD=1.15, P=.03, F=2.54$ ) perceive that Alcohol creates more Impact on their Families. Students whose Mothers' are Homemakers ( $M=4.06, SD=1.07, P=0.00, F=4.648$ ) perceive that Alcohol create greater negative Impact which destructs the Love and Peace of the Families.

Students who are from Rural areas ( $M=3.99, SD=1.15, F=3.28, P=0.03$ ) perceive that Alcohol creates negative impact on Families when compared to the Urban and Semi-Urban respondents. This may be due to the fact that students from Rural areas are more Family-oriented having good bonding with their Kith and Kin which is relatively less with the Urban and Semi-urban Students.

Similarly, the students who have initiated Alcohol Drinking at the age of 15-17 ( $M=7.98, SD=1.70, F=2.60, P=.03$ ) have said that Alcohol consumption will affect the entire family. The respondents who celebrate weekends with Alcohol consumption ( $M=3.94, SD=1.12, F=2.88, P=.02$ ) perceived that Alcohol intake creates more impact on the day-to-day life of the family and its relationship.

## Conclusion:

The above study shows that family bonding and demography of the family plays a vital role in the knowledge about the ill effect of alcohol. Because once a student has family bonding he cares for every member of the family, he could also realise that if he has become an alcohol dependent what is the level of bad impact it could create on the emotional, social, spiritual and financial aspects of family. Family values are affected by the influence of technology, media, globalisation, economy, and changing demography of the country, etc. So it is the duty of the elders in the family to pass on the values of Indian family system from the childhood itself to create a strong foundation to a child.

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