



PREVALENCE OF ALCOHOL USE AMONG COLLEGE STUDENTS IN MALAPURAM DISTRICT KERALA

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ABSTRACT

This paper examines the prevalence of alcohol use among college students in Malapuram district. Michigan Alcohol Screening Test (MAST) the tool is constructed by Michigan. It is designed for use to assess alcohol consumption about individual. A participant in this study was 100 college students' only male students across Malapuram district. Simple random sample techniques adapted. The results revealed that prevalence is 31% of college students are using alcohol out of 100 students and the rest 69 % are not using alcohol. In addition, there is no significant relationship found between area of living and alcohol use among students.

KEYWORDS: alcohol screening test, alcohol use, prevalence, college.

INTRODUCTION

Alcohol has been defined in the Webster's dictionary as any of a series of volatile hydroxyl compounds that are made from by distillation. Alcohol is a psychoactive substance which has an effect on people in many ways. It mainly acts on central nervous system but it also affects almost all other body organs and systems.

It has been estimated by WHO that worldwide there are about 2 billion people who consume alcoholic beverages. In worldwide 76.3 million have diagnosable alcohol use disorders. Globally, alcohol causes 3.2 percent of all deaths. Alcohol consumption is linked to many harmful consequences for the individual drinker, the students who consume alcohol more likely to experience a range of consequences, from hangovers to blackouts, than other students who drink (Boekeloo et al. 2011). Consumption of alcoholic beverages is a public health problem. It not only harms the person who consumes it but also harms the family and the society in general. (Wetherill and Fromme, 2011) examined the effects of alcohol on contextual memory in college students with and without a history of blackouts. In India researchers have tried to address the issue of drinking among college students, but they are very few in number. Also, there is paucity of data on any attempt to understand the difference in patterns and beliefs among different population groups in India.

OBJECTIVES

The study is to assess the prevalence of alcohol use among college students in Malapuram district.

HYPOTHESES

- There will be a significant difference among alcohol use based on their area of living among college students.
- There will be a relationship between the socio economic status and alcohol use among college students.

METHOD

SAMPLE

For the present study there were used 3 colleges of Malapuram district, and 100 students were selected through random sampling technique.

TOOLS USED

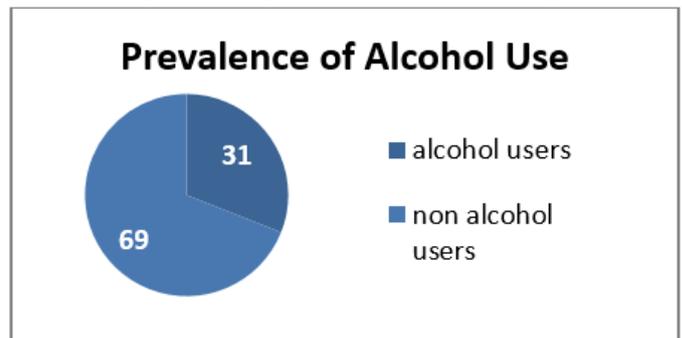
Michigan Alcohol Screening Test (MAST) the tool is constructed by Michigan. It is designed for use to assess alcohol consumption about individual. The tool has dichotomous responses YES and NO. Yes indicates that 1 and No indicates that 0. It consists of 21 statements with two responses.

METHOD OF DATA COLLECTION

The data collection began after consent was obtained from college principal. The researchers made it clear to the subjects that the questionnaire was intended for research purpose only. The questionnaires were distributed to all the participants under care of the researcher.

RESULTS AND DISCUSSION

Table 1: Represents the prevalence of alcohol use among students.



From the pie chart we could understand the prevalence of alcohol use among college students. The prevalence is 31% of college students are using alcohol out of 100 students and the rest 69 % are not using alcohol. This is illustrated in the pie chart.

Table 2: Represents the correlation between area of living and alcohol use.

Place of residence	N	Mean	SD	t-value
Rural	67	22.00	2.18	-0.53 NS
Urban	33	22.21	1.69	

NS= Not significant; Significance at * P < 0.05 level

Table 2 shows the area of living there are 67 students residing in rural areas whereas 33 of them resides in urban areas, the mean of the students living in rural areas are 22.0 and the mean of the students living in urban area is 22.21, the SD is 2.18 and 1.69. Respectively for rural and urban students. The 't' value is found to be -0.53 which is not significant. Hence, the hypothesis was rejected.

Table 3: Represents the correlation between economic status and their alcohol use.

Socio Economic Status Of Monthly Income	N	Mean	SD	F
Low (10000-20000)	32	21.03	0.17	15.55*
Middle (20000-40000)	49	23.08	2.50	
High (40000 & Above)	19	21.21	0.53	

Significance at * P < 0.05 level

Table 3 shows the socio economic status of the students, the mean of the low class students are 21.03, and middle class are 23.08 and high class are 21.21. The SD is 0.17, 2.50 and 0.53 respectively. The F value is 15.55* which is significant. Further, from this we could understand the middle class students tend to use more alcohol than rest of the others, and low class students are less in use of alcohol. So we could say that there is significant relationship between the socio economic status and their uses of the alcohol.

CONCLUSION

The results of this survey reflect the prevalence of alcohol use among students of 3 colleges of Malapuram district. The study was conducted of 3 colleges situated in Malapuram district. The results revealed that there is no significant relationships were found that the area of living and their uses of alcohol among college students. Moreover, the middle class students tend to use more alcohol than others, and low class students are less in use of alcohol. So we could say that there is significant relationship between the socio economic status and their uses of the alcohol.

In addition, Malapuram district, it should focus on preventing youngsters from catching the habit of alcohol use, proper guidance by parents. The schools and colleges should give emphasis on students who are staying away from home. Student should be given proper guidance on money management skills. Such skills should be given especially to those youngsters who are staying away from family.

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