

An Exploratory Study To Assess Global Positive Transformation Of Alcohol Intake Among Medical Students At Selected Medical Colleges Of Pune City

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ABSTRACT

BACKGROUND OF THE STUDY: Alcohol is the number one toxic substance consumed by people of all age groups, which makes its use a public health problem. The overall trend shows that university students are those who suffer the most pressure. Aims-The aim was to find out perception of alcohol intake regarding global positive transformation among medical students. Objective - assess the perception of alcohol intake regarding global positive transformation among medical students. To explore the alcohol related habits among medical students. Materials and Method-A work site cross-sectional descriptive study was conducted amongst 300 medical students at selected medical colleges of Pune City. Data was collected by screening questionnaire related to alcohol intake. Result: In this study demographical data showed that majority of the student 152(50.6) from the age group of 18-21 years. Majority of students 208(69.33) are male. Related to the screening questionnaire of alcohol intake among medical students data showed majority of the students 185(61.66%) students' parents does not drink alcohol, 185(61.66%) students doesn't drink alcohol, 253(84.33%) students friend's drink alcohol, 185(61.66%) of students not applicable for 1st Drink, for the circumstances of drunk alcohol or May drunk alcohol 115(38.33%) of students said for Enjoy Partying, For the spending on alcohol per month in that 185(61.66%) Not applicable, 185(61.66%) are not applicable for control their interest on drinking alcohol and 185(61.66%) says never drink alcohol. In that majority 52.86% medical students are showing Alcohol is a powerful agent that makes global positive transformation. Mean responses are 158.6 for true and 141.4% are for false responses. Which interpret that alcohol drinking make you positive at global transformation.

Conclusion: The present study conclude that medical students are showing Alcohol is a powerful agent that makes global positive transformation.

KEYWORDS: Perception, Alcohol, positive transformation, Alcohol Expectancy, Medical students

1. INTRODUCTION

College and university students in many countries are at increased risk for heavy drinking, with serious immediate health risks (e.g. drink driving and other substance use), and longer-term risks (e.g. alcohol dependence). Certainly, alcohol consumption of college students has impact on the students themselves and also the college community in general, where the misuse of alcohol can lead to a wide variety of consequences, the most severe being alcohol abuse, dependence, and death

The antiquity of alcohol use in the life of societies around the world allows this substance to have different cultural connotations, such as being used as an essential element in religious rituals and in moments of celebration and relaxation. In Western societies, the auto-intoxication by alcohol is socially accepted and is currently the most consumed drug worldwide.

Drinking behaviours among medical students have important implications for the health of the general population. Firstly, physicians and future physicians are important opinion leaders and role models in terms of health related behaviours. Secondly, medical students' own drinking behaviours might shape their beliefs about levels of consumption that are normal or safe, particularly in the absence of specific knowledge about evidence based drinking guidelines. Finally, the drinking behaviours of medical students might influence their attitudes and comfort about counselling those who drink excessively; there is a strong and consistent relation between physicians' personal health practices and their counselling practices, including their practices around alcohol

Global prevalence rates of alcohol abuse disorders among adults were estimated to range from 0- 16.0% with highest prevalence rates in Eastern Europe. Tobacco consumption and nicotine addiction is a major global concern, popularly known as the "brown epidemic." The prevalence of smoking is as high as 51.0% in men (WHO Western Pacific Region) and 22.0% in women (WHO European Region) with an increasing trend in adolescent girls and boys globally. In India, alcohol use figures vary widely from 3.8% to 21.0%, with men 9.7 times more likely to regularly use alcohol as compared to women. 8.9, Prevalence of smoking has been estimated as 26.0% in males and 4.0% in females. For youth, the prevalence is 19.0% and 8.3%, respectively. In previous studies, men were 25.5 times more likely than women to report regular smoking and 3.7 times more likely to regularly chew tobacco.

Total alcohol per capita consumption in the world's population over 15 years of age rose from 5.5 litres of pure alcohol in 2005 to 6.4 litres in 2010 and was still at the level of 6.4 litres in 2016. The highest levels of per capita alcohol consumption are observed in countries of the WHO European Region. Whereas in the WHO African Region, the Region of the Americas and the Eastern Mediterranean Region alcohol per capita consumption remained rather stable, in the European Region it decreased from 12.3 litres in 2005 to 9.8 litres in 2016. The increase in per capita alcohol consumption is observed in the WHO Western Pacific and South-East Asia regions.

2. NEED OF THE STUDY

Alcohol use has been an issue of great ambivalence throughout the rich and long history of the Indian subcontinent. The behaviours and attitudes about alcohol use in India are very complex, contradictory and convoluted because of the many different influences in that history. The pattern of drinking in India has undergone a change from occasional & ritualistic use to being a social event. Alcohol consumption by physicians is an important issue for health systems due to its possible impacts on health workforce and quality of care.

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3. MATERIALS AND METHODS

The study aimed at determining the to find out perception of alcohol intake regarding global positive transformation among medical students. Quantitative method was the approach used for the study. Non-experimental descriptive research is the label given to a study. The study was conducted in selected medical colleges of Pune City. Non-probability purposive sampling technique was used. Population consists of medical student from of selected medical college at Pune. the sample consists of 300 medical students. The tools were constructed According to the objective of the study. The objectives and of the study were explained in details to the subjects in the language understand best and written informed consent is taken from the participants. Even after prior appointments, if subjects were found busy in their emergency work, care was taken not to interrupt them in their work and again suitable time was taken. Study tool was filled personally by interviewing the subjects

4. RESULT

Major Findings of the study

Section I: Description of the Medical students according to their demographic characteristics

The data shows Demographic distribution of medical undergraduate students.in that majority of the student 152(50.6) from the age group of 18-21 years. Majority of students 208(69.33) are male. majority of student’s education are 300(100%) belongs to Medical. Majority of student’s Monthly income of parents 115(38.3) 35,001 & above. Majority of students 254(84.6%) are Hindu. Majority of students 139(46.33%) living in Nuclear family. Majority of students 185(61.66%) Place of residence are hostel.

Section-II: Findings related to the screening questionnaire of alcohol Intake among medical Students

TABALE NO :1

Alcohol Screening Questionnaire	Medical students	
	frequency	percentage
1. Do your parents drink alcohol?		
a). yes	115	38.33
b). no	185	61.66
2. Do any of your friend’s drink alcohol?		
a). yes	253	84.33
b). no	47	15.66
3. Do you drink alcohol?		0
a). yes	115	38.33
b). no	185	61.66
4. If yes at what age you had your 1st Drink-		0
a. Below 10 years	0	0
b. Between 10 and 17 years	14	4.66

c. Above 17 years	101	33.66
d. Not applicable	185	61.66
5. With whom you had your 1st drink?		0
a. Parents	0	0
b. Friends	115	38.33
c. Relatives	0	0
d. Not applicable	185	61.66
6. Please list out the circumstances where you have drunk alcohol or may drunk alcohol-		
a) Enjoy Partying	115	38.33
b) Party, happiness	46	15.33
c) Happiness/ celebration	23	7.66
d) Party/Social gathering	23	7.66
e) Happiness/ celebration; Forcefully	23	7.66
f) Party/Social gathering; Happiness/ celebration	23	7.66
g) Sadness	23	7.66
h) Party, sadness	24	8
7. How much are you spending on alcohol per month-		
a) >500 RS	23	7.66
b) 500 to 1000 RS	23	7.66
c) 1000 RS	46	15.33
d) 1500 RS	23	7.66
e) Not applicable	185	61.66
8. Could you control your interest on drinking alcohol?		
a. Yes	69	23
b. MAY BE	46	15.33
c. Not applicable	185	61.66
9. How often do you drink alcohol		
a. Daily	0	0
b. Occasionally	69	23
c. Rarely	0	0
d. Never	185	61.66
e. weekly	46	15.33

The data shows related to the screening questionnaire of alcohol Intake among medical Students. Out of 300 students majority of 185(61.66%) students' parents does not drink alcohol. 253(84.33%) students friend's drink alcohol. 185(61.66%) students doesn't drink alcohol. 185(61.66%) of students not applicable for 1st Drink .were as 0(0%) students had drink alcohol at the age of Below 10 years, 14(4.66%) had drink alcohol at the age of Between 10 and 17 years. 101(33.66%) had drink alcohol at the age of Above 17 years. 185(61.66%) has not applicable were as 115(38.33%) of students had 1st drink with friends . for the circumstances of drunk alcohol or may drunk alcohol 115(38.33%) of students says Enjoy Partying , 46(15.33%) for the Party, happiness, 23(7.66%) for Happiness/ celebration, 23(7.66%) Party/Social gathering, Happiness/ celebration; forcefully, Party/Social gathering; Happiness/ celebration, Sadness and 24(8%) for Party, sadness. For the spending on alcohol per month in that 185(61.66%) Not applicable, were as 23(7.66%) spending on alcohol >500 RS and 500 to 1000 RS, 46(15.33%) are spending 1000 RS and 23(7.66%) are 1500 RS. 185(61.66%) are not applicable for control their interest on drinking alcohol, were as 69(23%) they can control their interest on drinking alcohol and 46(15.33%) say may be.

185(61.66%) says never drink alcohol were as 0(0%) said they drink every day, 69(23%) said they drink Occasionally, 0(0%) said they drink Rarely and 46(15.33%) are weekly.

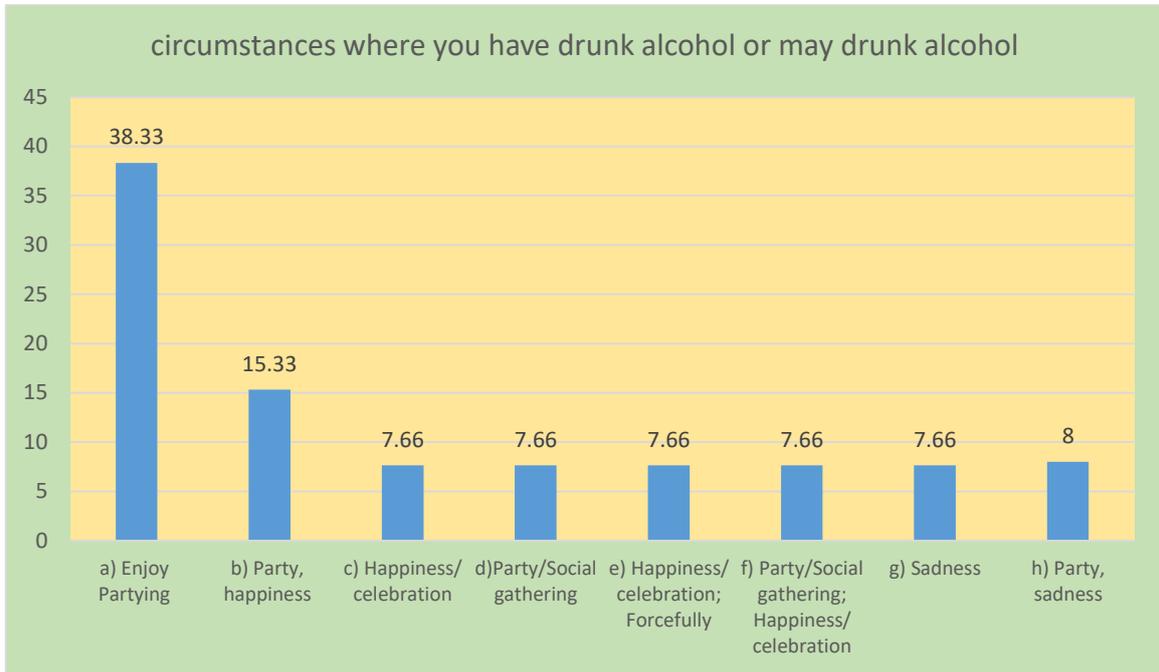


Figure 1 circumstances where you have drunk alcohol or may drink alcohol

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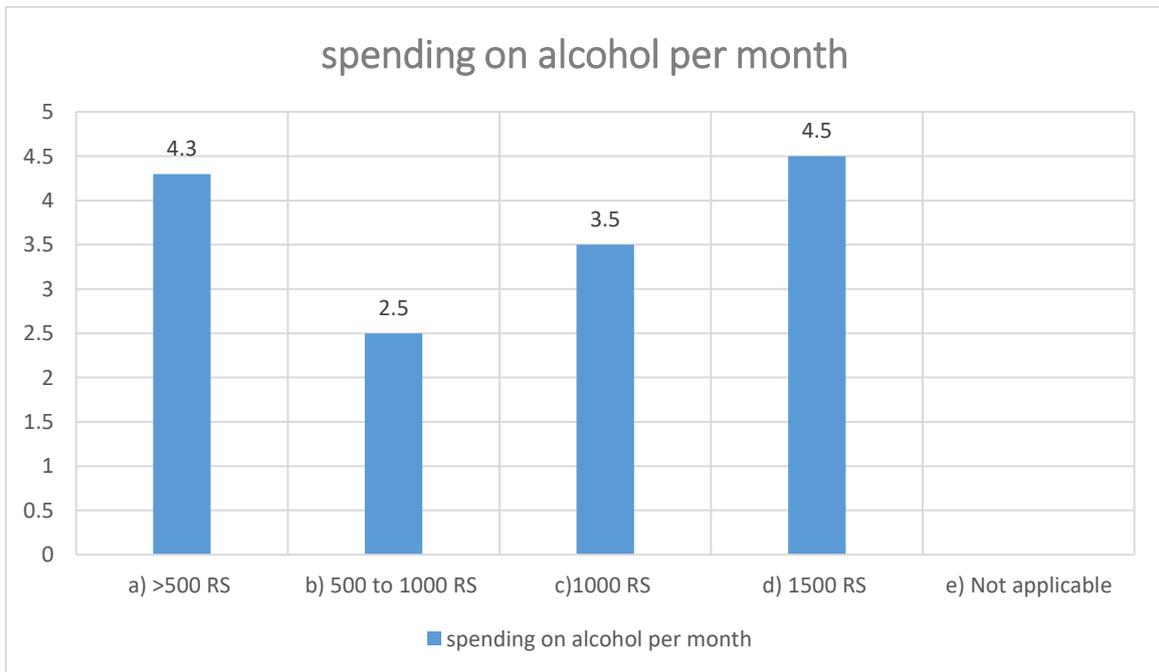


Figure 2 spending on alcohol per month by students

Section III : Assessment of the perception of alcohol intake regarding global positive transformation among medical students.

Table 4 Assessment of the perception of alcohol intake regarding global positive transformation among medical student

Statement number	Responses	
	True	False
1	207	93
3	199	101
16	121	179
18	176	124
20	115	185
25	131	169
27	129	171
29	138	162
47	143	157
53	138	162
64	129	171
65	160	140
77	244	56
81	189	111
88	160	140
Mean	158.6	141.4
Percentage %	52.86	47.13

In that majority 52.86% medical students are showing Alcohol is a powerful agent that makes global positive transformation. Mean responses are 158.6 for true and 141.4% are for false responses. Which interpret that alcohol drinking make you positive at global transformation.

Section-V: Findings related to associate the findings of the perception about Alcohol with selected demographic variable.

There is no significant association with age, gender education, and monthly income of parents, regions, place of residence. Only Types of family shows significant association between perceptions of alcohol intake regarding global positive transformation.

5. DISCUSSION

the present study was conducted in 300 medical students among selected medical colleges at Pune city . It was Non-experimental descriptive research. Non-probability purposive sampling technique was used. The results of this study indicate that in that majority of the student 152(50.6) from the age group of 18-21 years. Majority of students 208(69.33) are male. majority of student's education are 300(100%) belongs to Medical. Majority of student's Monthly income of parents 115(38.3) 35,001 & above. Majority of students 254(84.6%) are Hindu. Majority of students 139(46.33%) living in Nuclear family. Majority of students 185(61.66%) Place of residence are hostel. . Related to the screening questionnaire of alcohol Intake among medical Students data showed majority of the students 185(61.66%) students' parents does not drink alcohol, 185(61.66%) students doesn't drink alcohol, 253(84.33%) students friend's drink alcohol, 185(61.66%) of students not applicable for 1st Drink, for the circumstances of drunk alcohol or May drunk alcohol 115(38.33%) of

students said for Enjoy Partying, For the spending on alcohol per month in that 185(61.66%) Not applicable, 185(61.66%) are not applicable for control their interest on drinking alcohol and 185(61.66%) says never drink alcohol. In that majority 52.86% medical students are showing Alcohol is a powerful agent that makes global positive transformation. Mean responses are 158.6 for true and 141.4% are for false responses. Which interpret that alcohol drinking make you positive at global transformation. There is no significant association with selected demographical variables expect Only Types of family shows significant association. The present study supported by Suresh K Sharma and T Bhattacharjee on A comparative study to assess the perception about alcohol intake among undergraduate students from medical, nursing and paramedical courses at selected health facilities of Pune city (pilot study). Majority of the students' parents 64% are drinking alcohol and having friends as 81% who are drinking alcohol. Prompt reason for starting alcohol is peer pressure in age group 10 to 17 yrs. Students are thinks that reason for alcohol drinking is Pleasure, High mood, forgetting current life troubles etc. study shows that that out of 100 samples majority of the students perceive that alcohol is not powerful agent that make global positive transformation. majority of the students perceive that Alcohol can enhance or impede social behavior. students perceive that Alcohol can enhance or impede social behavior. students perceive that Alcohol can enhance sexuality. students think that Alcohol Leads to Deteriorated Cognitive and Behavioral Function. students perceive that Alcohol enhance arousal. students perceive that Alcohol Promotes Relaxation or Tension Reduction. Findings shows that most of the students are assuming that alcohol promote relaxation and reduce the tension, increase arousal and enhance sexuality. This type of behavioural effects of alcohol and decisions regarding alcohol use among Students will promote the students to drink alcohol. Herewith we can't deny that students are aware that alcohol deteriorated cognitive and behavioural function. Perception about alcohol intake among undergraduate students is not significantly associated with demographic variables. Study concludes that perception about alcohol intake will be significant variable to prevent the alcohol addiction among students.

6. CONCLUSION

Medical students are a particular group because they are going to perform special profession in the future. Future doctors cannot forget that wrong pattern of alcohol consumption may result in health consequences. Drinking by students can lead to positive blood alcohol levels the next day, affecting whether or not they even get up for class and, if they do, the quality of how information is processed and ultimately stored. Alcohol also disrupts sleep, which interferes with long-term memory formation.

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