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Alcohol: Pattern and initiation reasons

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Abstract

Alcohol is without color, inflammable, explosive liquid containing beer, whiskey, rum, etc. Alcohol is a normal item but it's just like an addictive drug. Youth mostly undergraduate fall for alcohol which helps them in managing tension, pressure, strain, and these activities represent them as mature. Undergraduate students. This research paper involves the pattern of alcohol consumption, frequency of drinking, and reasons for alcohol initiation experiences. Adolescents should be notified before accessing the hold of alcohol addiction. As its intake is a public health issue that affects the individual and his/her family. Therefore, this research involves help in understanding the reasons for alcohol initiation, the pattern of drinking, and the most affected people. (6. Enyi).

Keywords: Alcohol, undergraduate, alcohol reasons, alcohol pattern, alcohol

1. Introduction

Alcohol is an organic compound that sustains a minimum one hydroxyl functional group combined with a saturated carbon atom. All beverages are different in terms of taste and appearance^[1]. Liquor is a term which denotes alcoholic drink generated by fermentation of grains, fruits, or vegetables and then distillation. This distillation process involves purification of liquid and addition of water to it. Based on the amount of water in distilled water, it is categorized as a hard drink^[2]. The hard drink is also known as Liquors mostly have an alcohol concentration of more than 30%. Beer and wine contain the utmost 20% alcohol^[3].

Alcohol affects a person's health. Alcohol tends to generate both short-term health effects and long-term health effects of alcohol^[4]. Any level of drinking is not healthy for a person. The liver is the primary organ that is affected by alcohol easily^[5]. Drinking alcohol can increase the risk of attaining liver cancer or liver cirrhosis and death. Other effects of alcohol include loss of concentration, increase risk of stroke, risk of heart attack, heart damage, stomach and bowel cancer, etc^[6, 7].

Drinking alcohol is more dangerous to teen rather than adults as their brain is going through the developing process^[8]. This may also lead to lifelong brain damage^[9]. Detecting adolescents who are at greater risk helps restrict issues in teens before they develop^[10]. Youth especially undergraduates are at more risk for different consequences, involve life risks, addictive habits, poor performance in studies, arise distances with family, and affect their career too^[12, 13].

2. Method

2.1 Profile of respondent

The propound research work includes different evaluation involved in the research. It is crucial to understand the general background of the sampled respondents. To comprehend the qualities of respondents is very admissible. This is information representing personal-social, family, and personality characteristics that are useful in categorizing respondents for multilevel analysis. The proposed research work is done on undergraduate college students of Kanpur (Uttar Pradesh), Gwalior (Madhya Pradesh), and Jaipur (Rajasthan) which are three prominent cities of India.

The empirical research depends upon primary data of 1500 undergraduate college students out of which 1250 were male students and 250 were female students.

Few prominent features of the research over undergraduate students involve different genders: both male and female, different age groups, course of study, type of family, family income, and resident place. The percentages of these variables involved in the study are represented as follows:

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Table 1: Profile of respondents

S. No.	Variable	Categories	Percentage
1	Gender	Boys	83.33
		Girls	16.66
2	Age (in completed years)	18 +	10
		19 +	24.06
		20 +	35.33
		21 +	22.2
		22 +	8.41
3	Course of study	Engineering	24.2
		Art	45.1
		Commerce	19.7
		Science	11
4	Type of Family	Joint	38.3
		Nuclear	56.8
		Single parents	4.9
5	Family income (monthly)	25000	2
		25-50000	6.46
		50000-75000	15
		75000-10,0000	36.53
6	Present Residence place	10,0000 to above	40
		Home	20.33
		Hostel	34.4
		Rent	26.93
		Relative house	18.33

This is a graphical representation of the sample representing data samples in brief utilized for the research.

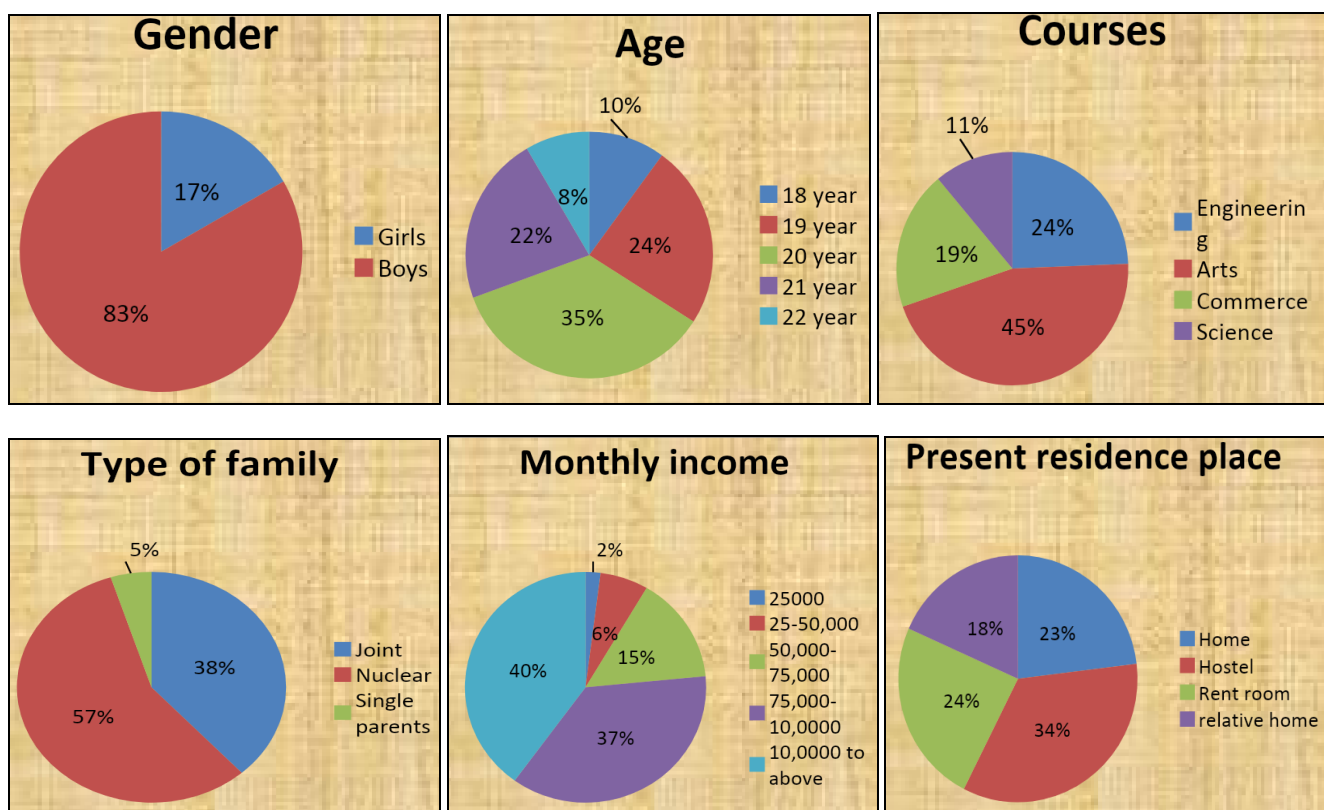


Fig 1: A graphical representation of data samples

3. Alcohol Initiation Experience

During this research, some attributes were taken into consideration for the analysis of alcohol initiation for both boy students and girl students.

3.1 First Time Drinking: It involves the age at which native started drinking for the first time. As research involves undergraduate students, students of 16 years, 17 years, 18 years, 19 years, 20 years, and 21 years were compared.

3.2 With whom: This is the second parameter which is focused on the research, this represents companions which were involved in first time drinking. It includes seniors, friends circle, stranger, alone, neighbor, and family members for research.

3.3 Reasons for drinking: This is a primary parameter involving various reasons for first time drinking like experiences, stress, and enjoyment.

3.4 Places: It is also another variable for the research. This includes different places where undergraduate students initiate drinking for the first time. Different places like clubs, party places, friend’s houses, and hostels are observed.

3.5 Experience: This involves the experiences of first time

drinking. Both good and bad experience is considered for the same.

The above attributes have been observed as the first time-frequency and the percentage has been calculated. This is the table representing frequency and percentage distribution of first time drinking of alcohol students.

Table 2: Frequency and percentage distribution of first-time alcohol drinking

S. No	Attributes	Variables	Boys F (%)	Girls F (%)
1	First time drinking age	16 year	187 (15.80)	1 (.59)
		17 year	259 (21.89)	7(4.19)
		18 year	192 (16.22)	10 (5.98)
		19 year	191 (16.14)	38 (22.27)
		20 year	338 (28.57)	77 (46.10)
		21 year	16 (1.29)	34 (20.39)
2	With whom	Senior	316 (26.71)	12 (7.18)
		Friend circle	789 (66.69)	94 (56.26)
		Stranger	40 (3.38)	0
		Alone	16 (1.29)	0
		Neighbour	11 (0.92)	7 (4.18)
		Family members	11 (0.92)	1 (.59)
3	Reasons	Experiences	789 (66.69)	98 (56.68)
		Stress	56 (4.73)	7 1(4.19)
		Enjoyments	338 (27.14)	50 (34.73)
4	Places	Clubs	301 (25.44)	34 (20.35)
		Party	460 (39.64)	105 (62.87)
		Friends house	376 (26.71)	17 (10.17)
		Hostel	97 (8.19)	11 (6.58)
5	Experience	Good	384 (32.45)	34 (20.39)
		Bad	799 (67.54)	133 (79.64)

Here is a graphical representation of first-time alcohol initiation experiences for both boy student and girl student:

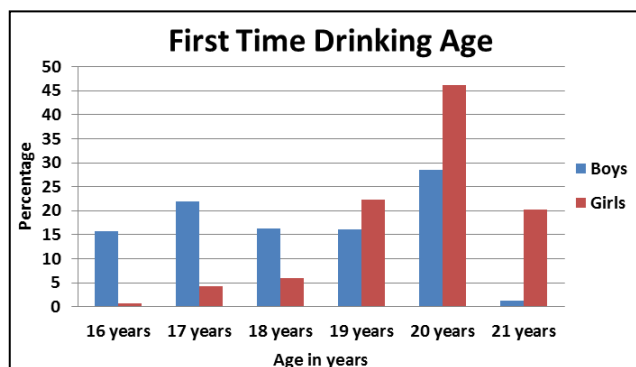


Fig 2: Graph representing the first time drinking age of boy & girl students

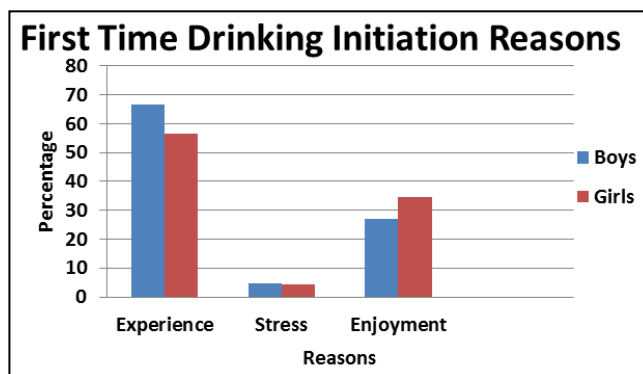


Fig 4: Graph representing first time drinking experience of boy and girl students

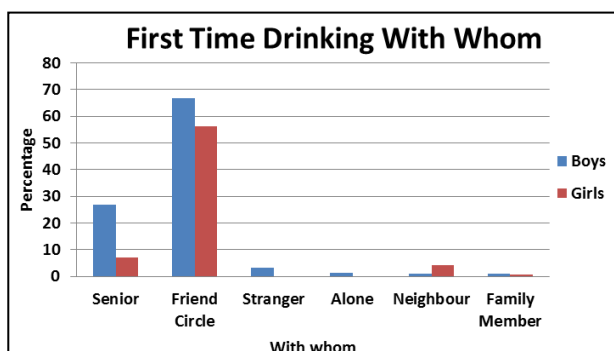


Fig 3: Graph representing the first time drinking partner of boy and girl students

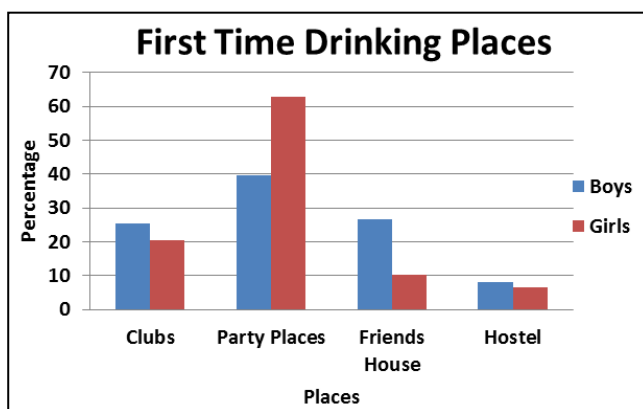


Fig 5: Graph representing first time drinking places of boy and girl students



Fig 6: Graph representing first time drinking experience of boy and girl students

5. Alcohol Initiation Analysis

From the above research, it has been observed that a maximum amount of boys students of 20 years and girl students of 20 years go for the first time drinking with 28.57% and 46.1% respectively. Whereas, 1.29% of boys students of 21 years and 0.59% girl students of 16 years has a minimum number of first time drinking experience.

For the first time drinking, 66.9% of boy students and 66.26% of girl students prefer their friend circle for drink experience. Generally, strangers and alone drinking are not preferred by girl students, instead 7% of girl students prefer drinking with seniors for the first time.

First time drinking reasons are primarily very important. From the research conducted, it has been found that 66.69% of boy students and 56.68% of girl students drink for experience during their first time drinking. And 27.14% boy students and 34.73% girl students opt first-time drink for enjoyment. Stress is also another factor but not the least which leads to 4.73% boy students and 4.19% girl students for first time drinking.

Drinking places play an important role. As has been observed that 39.64% of boy students and 62.87% of girl students initiate their first-time drink in Party. This is followed by 26.71% of boy student's first-time drink in Friend's house and 20.35% of girl students did their first-time drink in clubs. Whereas, 10.17% of girl students drink in their friend's house and 25.44% of boy students drink in clubs.

This research also analyzed experience for first time drinking. 67.54% of boy students and 79.64% of girl students have a bad experience. But 32.45% of boy students and 20.39% of girl students have good experience in their first time drinking.

5. Conclusion

The research work implemented enlighten us with patterns and initiation reasons. The following points involve some practical and experience inclination for the first time drinking for both boy students and girl students of the under-graduation program:

- Maximum boy students (28%) initiate their drinking at 20 years and maximum girl students (46.1%) also initiate their drinking at 20 years.
- The first time drinking is done mostly in the friend circle. 66.69% boy student and 55.26% girl student initiate their first time drinking in the friend circle.
- After the friend circle, first time drinking is initiated by a senior. 26.71% boy student and 7.18% girl student initiate their first time drinking with their seniors.
- The most prominent reason for first time drinking initiation is experience. 66.69% of boy students and 55.68% of girl students initiate their drinking because

they want the experience of drinks.

- Enjoyment is the second most reason for drinking. 27.14% of boy students and 34.73% of girl students initiate their drinking just for the sake of enjoyment.
- The major and foremost place of drinking is a party. 39.64% of boy students and 62.87% of girl students initiate their first time drinking at the party.
- The club is the second most place of drink initiation for girl students. 20.35% of girl students initiate their drinking in clubs.
- Whereas, a friend's house is the second most place of drink initiation for boy students. 26.71% of boy students initiate their drinking in their friend's house.
- 32.45% boy students and 20.39% girl students enjoy a good experience after their first-time drink.

6. Future Work

Many undergraduate students, both boy students, and girl students initiate their drinking at a young age due to experience, enjoyment, friend circle, etc. So, education regarding alcohol consumption can work as an important way to generate awareness, prevention, understanding, and consciousness for alcohol drinking [14].

Alcohol addiction cells must be formed to take care of students who are inclined towards alcohol drinking habits [15]. There should be awareness at public labels including harms, habits, initiation, and risks of alcohol habits [16].

Parents should also be made aware of alcohol drinking in teens. Parents must be motivated to open discussions with their children regarding alcohol drinking, watch their children for drinking habits, monitor them, and take action if required [17].

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