



Alcohol Consumption By Youth

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ABSTRACT

Alcohol consumption is one of the major issues facing by nation, especially by adolescents and youth adults or we can call them youth of our nation. Regular consumption of alcohol can be the problematic situation for youth. Increase in consumption of alcohol by youth leads to increase risk of developing alcohol use disorder [AUD] in future. Culture values, norms and the role of intake of alcohol are highly influence substance abuse behavior. In some culture specially be rich people, it is tradition to drink alcohol in special occasion like festivals, parties, marriage etc. adolescents and young adults drink alcohol to look good or for their reputation among their peer groups. In most of the case peer groups is the main reason for them to consuming alcohol.

Keyword: Psychological Well-being, Exercise, Vigorous.

Introduction

Alcohol consumption is a universal issue. Alcohol has ancient and carry on with a key role in social interaction and connection for many. Social drinking and average alcohol consumption for many is fashion and entertaining. Anyways, alcohol consumption particularly in too much amount is associated with number of bleak effect as it result of having diseases, mental health problems, health issues, accidents and for some alcohol dependence. In worldwide, consumption of alcohol causes 2.8 million premature deaths per year.

Dependence of alcohol is a collection of behavioral, cognitive, and physiological situation that is possible to begin after increasing the consumption of alcohol. Usually, these situations involve a high circumstances to intake alcohol, threaten control over its application, constant drinking after knowing the hazardous effects, a greater preference to drink inspite knowing the importance of other activities and responsibilities and when the can't drink alcohol or when alcohol consumption is discontinued they start hurting themselves as well as others.

Hazardous drinking is a pattern that is defined as consumption of alcohol that enlarge the risk factor of dangerous as well as injurious effects to the people who consume alcohol as well as others.

Harmful drinking is defined as a alcohol intake that has a negative impact on one's physical and mental health. Social consequences is one of the harm caused by alcohol. Increase in consumption of alcohol leads to increase in various diseases, mental problems and injuries as well as social and legal problems.

However, there is no single possibility element that is superior, the literature suggests that the more weaknesses a person has, the person is more likely to develop alcohol problem. There are different factors that help us to know the degree of risk for harm due to excessive use of alcohol which are drinker's age, sex, familiar factors, behavior of drinker and alcohol exposer. Although, physical and socioeconomic context play a very important role in drinker's drinking occasion and hours. The variety and range of the harm that results from drinking can vary commonly depending to the context. In many countries, there can be major social or valid effects for drinking, due to rules and can rise the obligation of drinkers to social harm that is linked with excessive intake of alcohol. Socioeconomic outcomes and substantial health problems, such as injuries, road accidents, mental health problems etc.. are involve in harm that is done by person who consume alcohol to other people. "More awareness should be give to decrease injuries to the people who get harm by the people who is alcoholic other than the person who is consuming alcohol". As stated by WHO.

Literature Review

The age of starting consumption of alcohol is sinking. For consumption of alcohol, there is minimum age limit for different states, 18 years is the lowest one which is in Karnataka and Karella and the highest at 25 years in Delhi. In Maharashtra 21 years of age group are authorized to drink beer and wine. As age of initiation of alcohol is going down, alcohol industry is increasing their supply rapidly.

The study was conducted by National Drug Dependence Treatment Centre and the All India Institute of Medical Science. Sample of 119 children were taken to examine the pattern, profile and substance use. A shocking result was revealed in which alcohol, tobacco and inhalants are common initial substances of abuse and it is also called as 'gateway substances'. According to the result of this research, this substances are easily available to the children. RR Jha examined a lifetime alcohol consumption among Bhubaneswar high school students . A sample of 863 students between the aged of 12-17 years were enrolled in the study in which

[58.8%] boys and [41.2%] girls were taken. Results found that among all 8.2% of the participants had consume alcohol at least once where as 43.6% of the participants were current drug users. Family members and friends play a very important role in influencing when its come to deciding whether or not to drink alcohol or drugs. It was appropriate and sufficient to have knowledge of the harmful effect of alcohol.

A descriptive study was conducted by Adidela Preneet Reddy et.al on examine the frequency and pattern of substance abuse among children and adolescents living on the streets. A sample of 603 street children and adolescence, mostly between the ages of 11-14, who had dropped out of school, were watched. As compared to the other form of substance abuse, smoking and inhalational abuse are in high rate. Influence of peer pressure is one of the very important factor of influencing drug abuse. Finding showed that while 52.80% of the sample was aware of the negative effects of drug misuse, 41.2% were not. Dr. Issac Paul studied on drug addiction awareness in adolescence. For study sample of 314 secondary school students for theoretical and practical perspective in Kerala were selected. Results found there is a significant link between theoretical and practical understanding of drug addiction among higher secondary students.

Ms. Debajani Nayak examine a descriptive research to determine adolescent substance abuse knowledge and practice. In her study majority of the participants were Hindus [71%] in which 81% were males. Among these samples 5.39% participants were agree that drug addiction prevention and treatment are important. Results also showed that 7% of people are pleased after drinking alcohol, 9% enjoy a good night sleep and relax well, 9% have physical comfort and 10% avoids negative motions. Parents play a important role in consumption of alcohol or drug. As result show that 5% of the students began using drugs and alcohol as a result of their parent's influence. In final statistical analysis, it was discovered that it was discovered that knowledge score was strongly linked with sociodemographic factors such as age, stream of adolescence and parent's employment at a level p value 0.0001.

Nisanth . M conducted a research on alcoholism among youth. Sample of 150 youth age range from 15 to 24 were taken for inquiry. Results found that there are different factors that contribute to alcohol abuse in adolescents such as a lack parental monitoring, severe and recurrent family conflict, family history of alcoholism and poor parents-youth relationship.

A quasi experiment was done by Yogeswar Puri Goswami et.al [2015] to determine the impact of structured training program on adolescent awareness of

drug misuse at nursing institute in the Udaipur area of Rajasthan. A total of 91 people in the age category of 17 to 18 years old were sampled, with the majority of the participants living in metropolitan areas. In study, there was substantial relationship between post-test knowledge score and selected geographical variables such as age, religion, year of education sex and type of family but no such relationship existed between post-test knowledge score and source of information and residential region.

Literature Review

This papers works in Two Hypothesis, Firstly, most of the youth are not consuming alcohol in a risky or dangerous manner. Secondly, Most of the Youth are consuming alcohol in a risky or dangerous manner.

The focus of the present research is to identify alcohol dependence in youth. Participants were given the questionnaire in Google docs format. 70 Males age group from 18 to 24 is the sample size for this inquiry. Participants were given the questionnaire in Google docs format and were informed that their answers will not be revealed to anyone. AUDIT – the Alcohol Use Disorders Identification Test.

Threat related with consumption of Alcohol by Youth

There are number of threat factors which are related with consumption of alcohol by youth which are as follows, a genetic vulnerability, Physical and sexual mistreat by parents in childhood which may lead to develop drinking behavior in future, Premature exposure in intake of alcohol, which could grow the danger factor of troublesome drinking by youth, Past history in family of alcohol problems, If there is a behaviour problem in childhood, which could lead them at high danger situation of consuming alcohol in future. It has noticed that whenever a young people increase their consumption of alcohol or they start binge drinking which indicate that they may be coping with stress or anxiety. Parents should advised and support their children to stay away with people who drink alcohol and help them to choose their peer group wisely.

Preservative Factors that hamper in consumption of alcohol in Youth

Preservative factors are very important as they are benefit in reducing risk factors which are as follows, Environment and location of a children where they first drink is important in developing alcohol problem in future. For example- if child first drink with parents at home and they know the consequences of drinking are less likely to develop alcohol problem in future than those who first drink with

their peer group. Delaying the first drink of an youth may reduce the chance of having an alcohol problem in the future. Parents should help their children to stay away from alcohol and tell them harmful effects of alcohol. If a person is self control and if he/she is decided that he/she do not heavy drink are less likely to develop alcohol problem. Parents who have good relationship with their children and they support their children in every situation of their life, is likely to be protective.

Unfavourable consequences of drinking alcohol for Youth

The evidence suggests that, Youth those that use alcohol are more likely to face the reaction like weight loss, headaches and eating and sleeping disorders. The most usual effect of heavy or binge drinking are vomiting and coma. Young person who drink alcohol on a regular basis are more prone to develop liver disease which leads to death of an individual. Many studies have shown that people who drink and drive, they are more likely to get into a vehicle accident. Increase in consumption of alcohol may increase the feeling of depression. Most people specially in India people drink alcohol or other harmful substances whenever they are in stress or anxiety and it is associated with negative outcomes.

Conclusion

After calculating the scores of an individuals. Result was found that 18.7% are those who are in low risk in consumption of alcohol , 58.5% which is the highest percentage of those people who come under hazardous or harmful alcohol consumption and 22.8% people are more likelihood of alcohol dependence.

Figure 1

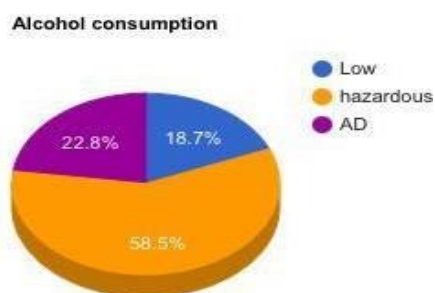


Table 1

Alcohol consumption	N	Minimum	Maximum	Means	Standard deviation
	70	3	36	11.81	4.93

The study was done to identify the alcohol consumption in youth. to support the study several studies from the past years were reviewed. According to the result, it was found that most of the people are in under hazardous or harmful alcohol consumption which means that they are in risk for adverse health which also result in adverse events like physical or psychological harm. If a person increase the intake of alcohol which leads to develop a disorder called “alcohol dependence”. Second hypothesis proved , that most of the people are consuming alcohol in a risky or dangerous manner.

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