

Alcohol consumption in nursing students of a private institution

Consumo de alcohol en estudiantes de licenciatura en enfermería de una institución privada

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Abstract

Currently, alcohol consumption is a health problem. According to the National Survey on Drug, Alcohol and Tobacco Consumption 2016-2017 (ENDOCAT), compared to 2011, an increase from 0.8% to 2.9% has been reflected, with a greater prevalence in men, but women also show high consumption. Therefore, the objective is to know the risk of alcohol consumption in nursing students. Methodology: A descriptive quantitative research study is carried out through the application of the AUDIT instrument which is applied to 25 higher education students. Results. It was found that they have a high risk of consuming alcohol, the risk is similar in men and women. Contribution through the results obtained to develop programs or strategies that reduce the risk of alcohol.

Resumen

En la actualidad el consumo de alcohol es una problemática de salud, según la Encuesta Nacional de Consumo de Drogas, Alcohol y Tabaco 2016- 2017 (ENDOCAT) con respecto al año 2011 se ha reflejado un incremento del 0.8% al 2.9%, habiendo mayor prevalencia en los hombres, pero las mujeres también muestran un alto consumo. Por lo anterior se tiene por objetivo conocer el riesgo de consumo de alcohol en estudiantes de de Licenciatura en enfermería. Metodología se realizó un estudio de investigación cuantitativa descriptiva mediante la aplicación del instrumento AUDIT el cual se aplicó a 25 estudiantes de educación superior. Resultados. Se encontró que tienen un alto índice de riesgo de consumir alcohol, el riesgo es similar en hombre y en mujeres. Contribución mediante los resultados obtenidos elaborar programas o estrategias que disminuyan el riesgo de alcohol.

Consumption, Alcohol, Nursing students

Consumo, Alcohol, Estudiantes de Enfermería

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Introduction

Alcoholism is currently a health problem that affects not only the consumer but also his or her family and social environment. As a legal drug, alcohol stimulates consumption among young people and makes it the most commonly used drug among this group (Ramírez et al., 2022). The risk is unavoidable especially when exposed to factors such as parental and family consumption, demographic factors, media advertising and the ease with which drinking can be acquired (Ramírez et al., 2022).

The harmful use of alcohol is a causal factor in more than 200 diseases and disorders (World Health Organization: WHO, 2022), which is why it is considered a health problem, due to all the secondary effects and consequences it produces, as well as being one of the factors generating morbidity and mortality worldwide. The World Health Organization estimates that every year there are three million deaths worldwide due to harmful alcohol consumption, which represents 5.3% of all deaths (World Health Organization: WHO, 2022).

Most studies agree that alcohol is a licit substance that favours its consumption, consequently, young people are more exposed to ingest this substance and go from a risk to an addiction, therefore it is of utmost importance to identify the phenomenon of alcohol consumption in the nursing student population, who in the future will be a professional dedicated to the prevention and / or promotion of health (Tejada-Rangel et al., 2023).

Alcohol consumption is a worrying social and public health problem, with an emphasis on young university students (López, 2023), and it is necessary to analyse the level of consumption of each of them, in order to know the risk and prevent addiction. In this population, it is a vehicle for socialisation and high consumption can have negative consequences for the university student (López, 2023), even to the point of not continuing their studies. This research aims to find out the level of alcohol consumption among young people, in order to provide guidelines for nursing interventions for health promotion and prevention.

Materials and methods

Classification of the research

This research is considered quantitative in nature, according to Feria (2019), and due to itsgnoseological origin it is a descriptive study, as it exposes the observable and general characteristics of the phenomenon to be measured. With the aim of describing the level of alcohol consumption in undergraduate nursing students in a private institution.

Participants

Adults of indistinct sex, aged between 20 and 25 years, undergraduate students, with low-risk alcohol consumption habits, having agreed to participate and having signed the informed consent form. Those participants who do not meet the above requirements and who have a diagnosis of psychiatric disorder are excluded from the research.

Technique and instruments

Operationalisation of variables

Complex variable: Alcohol consumption

Operational definition: Intake of intoxicating beverages.

Conceptual definition: Consumption: Action and effect of consuming foodstuffs or other goods (Real Academia Española, 2022).

Alcohol: Psychoactive substance with dependence-causing properties (WHO, 2022)

Indicator: Zone I, zone II, zone III, zone IV

Simple variable: Undergraduate students

Operational definition: Undergraduate students: Individuals who are enrolled at the undergraduate academic level.

Conceptual definition: Student: Person studying in an educational establishment (RAE, 2022).

Bachelor's degree: University degree immediately below doctorate (RAE, 2022).

Indicator: Yes, no.

Instrument validation: The Alcohol Use Disorders Identification Questionnaire (AUDIT) with a cronbach's alpha of 0.828 developed by the World Health Organization was used, based on the diagnostic criteria for alcohol dependence syndrome of the tenth edition of the International Classification of Diseases (ICD-10).

Data collection: Data collection was carried out with the approval of the local ethics and research committee of the Universidad Veracruzana, in accordance with the principles of ethics and Helsinki declarations. Data collection was non-probabilistic by convenience, with a sample of 25 undergraduate students of indistinct gender who agreed to participate and signed the informed consent form. Data analysis was performed with the statistical programme SPSS 28.0.0.0.

Results and discussion

Results: 72% of the participants were female, of the total sample, 36% studied and worked, the rest only studied. In terms of marital status, 4% are married, 4% live in a common-law relationship and 92% are single. Of these, 24% live with mother and father without siblings, as well as mother, father and siblings, 20% live with mother, father, siblings and others, including uncles and grandparents, 12% live only with father and siblings, compared to 4% who live only with their mother without siblings, 4% with their mother and siblings, and 4% live alone. The remaining 8% live with their spouse. The first three questions of the test are focused on determining risky alcohol consumption, with respect to question 1 How often do you drink alcoholic beverages? It stands out that 64% drink one or less times a month, in contrast to 4% who say they do not drink at all, 20% drink 2-4 times a month, 8% drink 2-3 times a week and 4% drink 4 or more times a week.

Question 2: How many alcoholic beverages do you usually consume in a normal drinking day? The highest percentage with 36% answered one or two drinks, 28% 3 or 4, 16% 5 or 6, 12% 7, 8 or 9 drinks, 4% 10 or more and 4% did not answer as they do not consume alcohol.

The next question asked how often they consume 6 or more drinks in a single day, 36% said never, but the rest of the participants did, 28% less than once a month, 16% monthly, 12% weekly, 4% daily or almost daily and the 4% who did not consume, did not answer, so it is established that the majority of participants (58%) can consume that amount of drinks.

Questions 4, 5 and 6 address dependence problems, and these were only answered by participants who do consume alcohol, to the question, How often in the last year have you been unable to stop drinking once you had started? 72% reported never having suffered from it, 20% less than once a month and 4% monthly; the following question: How often in the last year were you unable to do what was expected of you because you had been drinking? 84% answered never but 12% did have some inconvenience in performing their activities less than once a month. Finally, in this ranking, how often in the course of the last year have you needed to drink on an empty stomach to recover after drinking a lot the day before? 92% said never and 4% said less than once a month.

Questions 7, 8, 9 and 10, ranking harmful drinking, to the question "How often in the past year have you had regrets or feelings of guilt after drinking? 68% mentioned never, 24% less than once a month and 4% daily or almost daily. To the question, how often in the past year have you not been able to remember what happened the night before because you had been drinking? 82% mentioned never having experienced it, but 16% did.

The question Have you or someone else been injured because you had been drinking? Finally, have any family members, friends, doctors or health professionals shown concern about your drinking or suggested that you stop drinking? 96% said no and 4% said yes, but not in the last year.

According to the score obtained, participants were classified according to risk level, 96% were placed in Zone I, which according to the AUDIT test application manual corresponds to alcohol education, and 4% in Zone II, in which they should already receive simple counselling by a member of the health team, which can include nurses who have the appropriate training and education.

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Conclusions

According to the results obtained, it indicates that students are constantly exposed to this substance. Considering that alcoholism is not a problem that affects only those who consume it, it is a disease that affects society and the health system in Mexico, it is not possible to establish the exact causes that lead to excessive consumption, therefore it is necessary to design strategies that include nurses who have the appropriate training and education.

Nursing cares for the person, the family and the population, prevention of risky consumption represents a wide field of work for the profession, remembering that the approach to a patient must be holistic, situations and health needs have changed over the years, we must consider more factors that can affect the intake of substances that are harmful to health.

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