

## **An Empirical Study On Alcoholism Among Youths In Chennai**

**Dr G Annlet**

Principal I/C, St. Judes College, Thoothoor, Tamil Nadu, India.

### **Abstract**

Alcohol Use Among College Students Occurs In Specific Social Environments Characterized By Independent Living, Reduced Parental Control, Increased Social Homogeneity And Wide Availability Of Alcohol-Related Social Activities. The Present Study Aims To Study The Socio-Economic Background Of The Youths Who Drink Alcohol, To Identify The Causes Of Alcohol Use Among Youths, To Explore The Consequences Faced By The Youths Who Drink Alcohol. Half (50 Percent) Of The Respondents Has Not Found Any Kind Of Behavioural Changes In Them.

**Key Words** – Alcoholism, Behavioural Change, Public Health And Social Problems

### **Introduction**

Alcohol Is The Most Commonly Used And Abused Drug Worldwide. The Highest Level Of Alcohol Consumption Occurs In The Developed World. Survey Results From A Nationally Representative Sample Of 8th And 10th Graders Indicated That Alcohol Use Was Significantly Associated With Both Risky Behavior And Victimization And That This Relationship Was Strongest Among The 8th-Grade Males, Compared With Other Students. Risky Alcohol Consumption Among Young People Is Becoming A Key Public Health Priority Because Of Its Important Health And Educational Consequences. Among Those Aged 15-29, Alcohol Accounts For More Than 10percent Of The Overall Burden Of Disease And Injury. Risky Alcohol Consumption Has First Been Approached From An Individual Perspective, With A Strong Emphasis On Individual Risk Factors, Such As Gender, Age, And Psychological Factors, And On Drinking Motives. This Indicates That Alcohol Use May Be Sensitive To Contextual Factors. Alcohol Use Among College Students Occurs In Specific Social Environments Characterized By Independent Living, Reduced Parental Control, Increased Social Homogeneity, Wide Availability Of Alcohol-Related Social Activities Such As Pre-Partying And Student Folklore (Traditional, Extra-Curricular, And Generally Recreational Activities Managed By Student Organizations).

### **Literature Of Review**

Rex Sahaya Raj. M., Et.Al (2013) Found In The Study On Alcoholism Among Youth Residing In Trichirappalli Slums, That Most Of Them Are Literate And Earning Rs.2000 To Rs.4000 And They Spend On Consuming Alcohol. It Is Very Miserable To Know That 92.50 Percent Of The Total Population Came To Know Their First Drink Through Their Friends, Through Self 5percent And Through Their Father 2.50 Percent. 70 Percent Of The Total Population Came To Know Their First Drink In The Age Group Between 16- 20 And Most Of Them (More Than70 Percent) Involve In Drinking Not Any Worries Or Any Family Problems But Just To Have Pleasure From It And Most Of Them Drink (47.25 Percent) Weekly Ones. This Study Found That They Spent A Minimum Of At Least Rs.100 For A Drink When They Go For. Most Of Them (60 Percent) Feel That This Habit Does Neither Bring Their Family Status Down Nor Their Individual Status. 70 Percent Among Respondents Are Known About The Ill-Effects Of Alcoholism Through Various Ways But More Than 90percent Of Them Are Not Willing To Get Rid From This Habit.

Lakshmi Aishwarya, Et.Al (2014) Has Conducted The Study On Drinking Habits, Health, Social And Behavioural Aspects Of Alcohol Users In A Semi Urban Population In Chennai Reveals That The Prevalence Of Alcoholism Among Men Was 42.65percent .Using Cage Criteria; Problem Drinking Was Found To Be Present In 38.88 Percent Among 90 Respondents. Daily Alcohol Consumption Was In 38.8 Percent And 59.5 Percent Consumed More Than 175 Ml Per Day; Those Drinking For More Than 5 Years Were 56.95 Percent. The

Commonest Reason Given For Drinking Was To Overcome Stress Or Tiredness. De-Addiction Was Attempted Only By 9.5 Percent And 17.2 Percent Exhibited A Negative Change In Health Seeking Behavior. Hypertension Was Present In 13.8 Percent Diabetes In 9.5 Percent And Gastritis In 33percent. Around 29.3 Percent Families Felt Neglected And Half The Families (40.5 Percent) Felt Afraid Of The Man When He Drinks; 84.5 Percent Of Families Experienced Quarrels.

Din Prakash Ranjan, Namita, R.M. Chaturvedi, (2010) Has Conducted The Study On Alcoholism & Drug Abuse, Socio-Demographic Factors, And Urban Slum; Found That Societies In All Parts Of The World Have Used Substances To Suppress Pain And Sorrow And Also To Get Pleasurable Sensations. Across-Sectional Community Based Field Survey Were Conducted To Find Out The Socio-Demographic Factors Contributing To The Habit Of Alcoholism Through Door To Door Visit, To Interview All Individuals Of Either Sex Aged 15 And Above In The Selected Sample Household To Enquire About Alcohol Abuse And Their Socio-Demographic Factors With Structured By Two Stage Systematic Sampling Method, In The Urban Slum Community Of Malvani In P-North Ward Of Mumbai. 59.8 Percent Alcoholics Were In The Age Group 15 To 34 Yrs. 72.1 Percent Of Alcoholics Were Either Illiterate Or Primary Or Middle School Educated. 53.1 Percent Alcoholics Belonged To Semiskilled Group While 27.2 Percent Belonged To Unemployed Group. 65.2 Percent Males Were Having Age Of Starting Any Drug In The Age Group 15-24 Yrs. In Males, Reasons Of Starting To Consume Alcohol Were 81percent Due To Peer Pressure. Our Results Indicate That Early Age, Illiteracy, Low Working Status And Poverty Is The Main Socio-Demographic Factor For Alcoholism. Peer Pressure Is Playing Very Important Role In Initiation.

Singh Ak, Et.Al (2006) In The Study Of Lifestyle Associated Risk Factors In Adolescents Found That Peer Pressure Was Reported To Be Responsible For About 45.6 Percent Of Substance User (Including Alcohol) Among North Indian College Students. Parents' Indifference About The Habit Of Their Children Influences The Substance Use Habit Of Their Offspring. It Was Reported That Parents Of 12percent Of Students In Ludhiana Were Aware Of Their Drinking Habit. Although Pocket Money Has A Significant Factor For Increasing Alcohol Intake.

## **Methodology**

The Present Study Aims To Study The Socio-Economic Background Of The Youths Who Drink Alcohol, To Identify The Causes Of Alcohol Use Among Youths, To Explore The Consequences Faced By The Youths Who Drink Alcohol. Descriptive Research Design Was Selected For This Study. For The Present Study Snowball Sampling Method Was Used. 100 Youths Who Have Drinking Habit Were Analyzed In This Present Study. The Study Was Carried Out In Chennai City. The Primary And Secondary Data Was Used In This Present Study. Primary Data Were Collected From The Respondents By Means Of Personal Interview Using Structured Interview Schedule. Observation Method Also Applied To Collect The Supplementary Information.

## **Results And Findings**

The Respondents Of This Present Study Were Young Boys. In The Modern Society Women Are Also Addicted To Alcohol, Which Is A Current Pressing Issue In The Society. But It Was Very Difficult To Identify The Women Who Have Alcohol Habit. More Than Half (52 Percent) Of The Respondents Belong To The Age Group Of 15-20 Years, Remaining 48 Percent Of The Respondents Belong To The Age Group Of 20-25 Years. Overwhelming Majority (96 Percent) Of The Respondents Were Undergraduates And Remaining 4 Percent Of Them Were Postgraduates. Overwhelming Majority (88 Percent) Of The Respondent's Family Were Educated, Remaining 12percent Of The Respondent's Family Were Un-Educated. Nearly Two-Fifth (38 Percent) Of The Respondent's Family Has The Monthly Income Of 20,000- 40,000 Inr. 30 Percent Of The Respondent's Family Has The Monthly Income Of 40,000 To 60,000 Inr. Almost One- Fifth (24 Percent) Of The Respondent's Family Has The Monthly Income Below 20,000 And Remaining 8 Percent Of The Respondent's Family Has The Monthly Income Of 60,000 And Above. Overwhelming Majority (92 Percent) Of The Respondents Belongs To The Nuclear Family And Remaining 8 Percent Of The Respondents Belong To The Single Parent Family.

Overwhelming Majority (92 Percent) Of The Respondents Started The Habit Of Consuming Alcohol In Their Teenage, Due To Peer Pressure, Negative Influence On Television, Advertisement On Youths, Movies And They Feel Pride And Grown Up When They Consume Alcohol Etc., On The Other Hand 6 Percent Of The Respondents Started To Consume Alcohol At The Age Of Below 10 Years, And Remaining 2 Percent Of The Respondents In Their Adultery Age. Overwhelming Majority (88 Percent) Of The Respondents Started To Consume Alcohol For Pleasure Only, 6 Percent Of The Respondents Started Consuming Alcohol Because Of

Their Love Failure Issues Which Made Them To Be An Alcoholic, 4 Percent Of The Respondents Accepted That They Started To Consume Alcohol Because Of Compulsion By Their Peer Groups, Remaining 2 Percent Of The Respondents Agreed That They Have Been Facing Loneliness Which Caused Them To Be An Alcohol Consuming Person. Overwhelming Majority (98 Percent) Of The Respondents Has Not Suffering With Any Kind Of Health Issue Due To Alcoholism And Remaining 2 Percent Of Them Have Faced Psychological Issue (Abusing Others By Verbally). Nearly Three-Fourth (72 Percent) Of The Respondents Has Not Felt Bad Because Of Their Drinking Habit As They Do It For Pleasure And They Didn't Perceive It As A Bad Habit. On The Other Hand 28 Percent Of The Respondents Felt Bad About Their Drinking Habit But They Are Not Able To Stop It Due To Peer Pressure. Half (50 Percent) Of The Respondents Has Not Found Any Kind Of Behavioural Changes In Them While They Consuming Alcohol, One-Fifth (20 Percent) Of Them Has Mood Swings When They Consume Alcohol, Nearly One-Fifth (18 Percent) Of Them Has Aggressive Behaviour After They Consume Alcohol, And Remaining 12 Percent Of Them Has Humour Changes While They Consuming Alcohol. More Than Half (54 Percent) Of The Respondents Have The Habit Of Driving Under The Influence Of Alcohol But They Were Not Caught By The Police. And Nearly Half (46 Percent) Of The Respondents Did Not Drive When They Were Drunk. Overwhelming Majority (88 Percent) Of The Respondents Has Not Committed Any Accidents. Remaining 12 Percent Of The Respondents Have Committed Accident When They Are Drunk. Half (50 Percent) Of The Respondents Accepted Towards Others Advice About Drinking Habit, Nearly Two-Fifth Of The Respondents (38 Percent) Disagreed Towards Others Advice About Drinking Habit Because They Didn't Consider It As A Bad Habit As They Do It Only For Pleasure.

### Conclusion

Alcoholism Is A Social Problem And Public Health Issue That Needs To Be Looked Into And Treated Accordingly But For This To Happen There Should Be Gradual Decrease In The Existence Of Tasmac And Proper Counseling And Rehabilitation Should Be Provided To The Victims According To Their Level Of The Indulging In Alcoholism. At The Same Time On The Other Hand There Should Be An Alternate Job Opportunities Provided To The People Working In This Sector In Order To Save The Livelihood Of Millions Of Families.

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