

“A study on Alcohol Habits of College students in Tumkur District, Karnataka State, India.”

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Abstract

Now a days having bad habits is like having an additional star on their shoulders. Habits are never born, these are cultivated by surroundings, family and friends. Alcohol consumption is becoming common practice in the countries for students to aged persons. This habit differs from country to country. Causes differ from age to age. Addicting to Alcohol at the young age student life is a threat to the Nation's development.

India is the country where the spirituality is strong in the roots, but the impact of globalization, media, westeranization, migration, increase in earnings, changing in life values, mechanical life busy schedules, freedom and much more causes making the persons to think beyond their norms. Now days the students would like to taste everything at the college life i.e all bad habits by forgetting their culture, beliefs, values and norms.

It is better to find the root cause and give the treatment at the earliest before it grown as big tree. This paper tries to study the following objectives.

- How the students become addicted to alcohol?
- What factors are the Influencers to make the habit of Alcohol?
- How these habits can be controlled?
- What are the strategies can be adopted?

Keywords: alcohol, addiction, students, India, habits

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1. Introduction:

Inside the Globe, the so called freedom countries by giving freedom from the childhood stage, they have no control on their children for bad habits, whereas India has the spiritual roots, traditional customs still it is in the control. Now the world is in the palm, the students will come to know the habits from any corner. If the parents controlled, then also, once they crossed the school age automatically they will get more freedom, new friends, young firing mind always would like to test and tried of the new things i.e. with high curiosity.

Consumption of Alcohol at student level has become the fashion and it is turning into a habit in urban areas, whereas in the rural areas it is growing. Once the person is addicted it is very tough to control the habits. Especially college students, the young age would like to do experiments which will not accept anything, they would like to try and experience the same.

In the short term, drinking too much can impair academic performance because it affects concentration and makes you more likely to miss classes, hand in work late and do badly in exams.

Drinking too much can impair academic performance because it may feel that moment more happy but slowly it affects concentration, uneasiness, to go out of classes, raise lately, not interested in other activities, ultimately it has the bad impact on physical, social, psychological and academic deterioration.

2. Literature Survey:

2.1. College drinking problems^[1]

College drinking is extremely widespread:

Each year, drinking affects college students, as well as college communities, and families. The consequences of drinking include:

- **Death:** 1,825 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries.
- **Assault:** More than 690,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.
- **Sexual Abuse:** More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape.
- **Injury:** 599,000 students between the ages of 18 and 24 receive unintentional injuries while under the influence of alcohol.
- **Academic Problems:** About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.
- **Health Problems/Suicide Attempts:** More than 150,000 students develop an alcohol-related health problem and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use.^[1]

2.2. Alcohol^{[2][6]}

Young people are drinking more now than they used to. Studies have shown that young people are drinking more per drinking session and having more sessions per week than they did ten years ago.^{[2][6]}

Drinking in moderation is an enjoyable and usually harmless feature of life. However getting drunk regularly can have potentially serious physical, and social effects. Even drinking to excess just occasionally can be damaging.^{[2][6]}

In the short term, drinking too much can put you at immediate risk of serious situations ranging from date rape to car crashes. If you're drunk, you're also more likely to be a victim of violence or to have unprotected sex, which carries all the associated risks of sexually transmitted infections (STIs) and unplanned pregnancy.^{[2][6]}

In the longer-term, regularly drinking too much can cause liver disease, an increased risk of heart attack, weight gain and a number of different cancers. Such problems are now occurring at younger ages as alcohol use has increased.^{[2][6]}

The healthy choice in the short-term is to take just a little extra care to protect yourself and your friends when you are going out drinking (for instance, know your own limits and make sure you know how to get home safely). If you have had a heavy drinking session, you should remain alcohol-free for a full 48 hours to give your body tissues time to recover.^{[2][6]}

In the longer-term, you do need to have an idea how much you're drinking on a regular basis, in units of alcohol, so you can keep your risks low. The NHS recommends:

- Men should not regularly drink more than three to four units a day.^{[2][6]}
- Women should not regularly drink more than two to three units a day.^{[2][6]}

2.3. Students and Alcohol^[3]

Students made the habit of revolving around bars and local pubs. Consuming alcohol regularly definitely increase threat of physical, social and academic effects. Students one who is habituated always thinks to drink again and again which loses their concentration, bunking or missing classes, and performing badly in the examinations. It also increases the crime rate like raping, violence, unprotected sex, accidents, sexually transmitted infections and unplanned pregnancy and so on. In the long run drinking too much makes liver disease, heart attacks, increase in weight, different types of cancers at the young age itself.

The healthy choice in the short term has been to take just a little extra care like knowing the limits and safely reaching home. Once the person drinks they have to take should remain alcohol-free for a full 48 hours to give your body time to recover.^[3]

In the long term one has to know their daily consumption of alcohol to control themselves to reduce or avoid the risks. The NHS recommends that:

- Men should not regularly drink more than three to four units a day
- Women should not regularly drink more than two to three units a day

Use this alcohol tracker tool to check how much you're drinking.^[3]

3. Objectives of the study

- 1) To study how the students practice and habituated alcohol.
- 2) To analyze the impact on the future
- 3) To suggest the suitable strategies to the Government and Educational Institutes to control the habits at the budding stage.^[3]

4. Limitations of the study

- 1) For the survey purpose only 300 students taken.
- 2) Selected colleges in Tumkur District, Karnataka State, India is taken.

5. Research methodology-data collection

Primary data: **Questionnaire- by direct interview with the students.**

Secondary data: **Internet, News Papers, Media.**

Sample Survey: **300 students** Tools: **Questionnaire, Lickerds method**

Male Students: **200**

Female Students: **100**

6. Data Analysis & Interpretation:

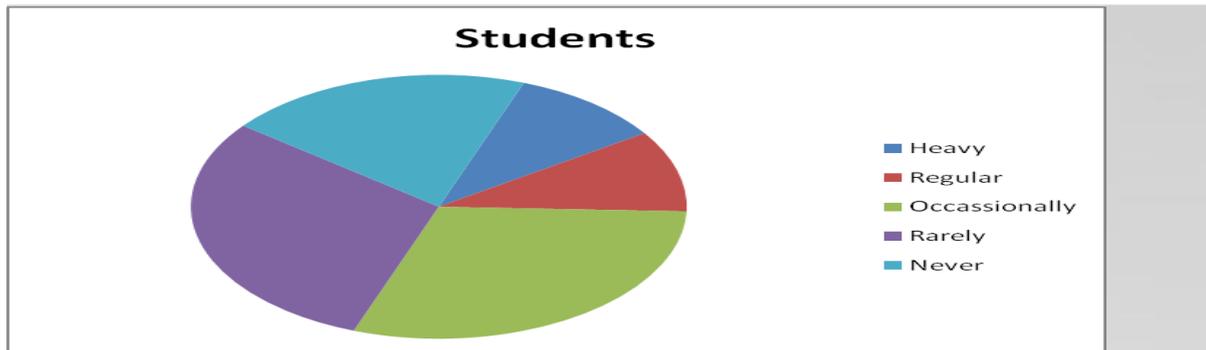
6.1. I have the habit of drinking:

Table 6.1

| Habit | Heavy | Regular | Occasionally | Rarely | Never | Total |
|------------|-------|---------|--------------|--------|-------|-------|
| Students | 20 | 20 | 60 | 60 | 40 | 200 |
| Percentage | 10 | 10 | 30 | 30 | 20 | 100 |

Note: Only male students are drinking

Chart 6.1



Analysis: It shows that most of the students i.e. 30% consume alcohol occasionally.

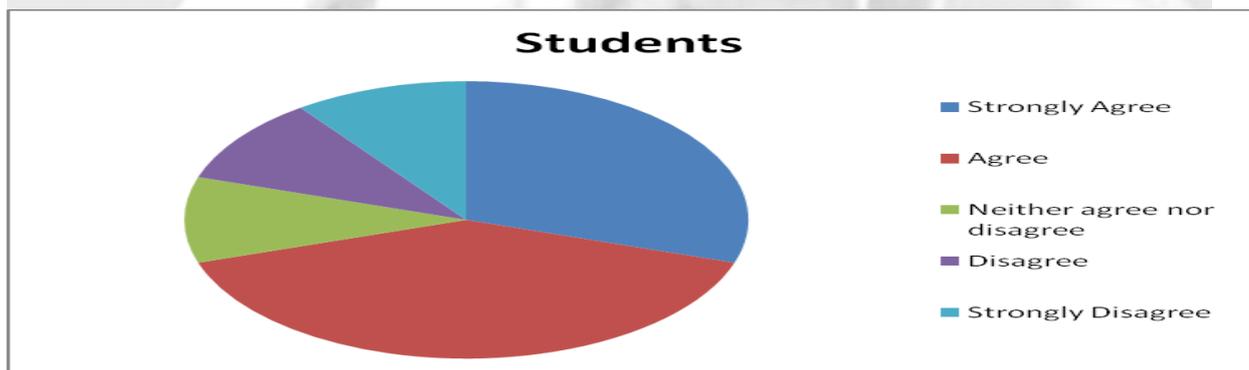
Interpretation: occasionally drinks will convert later regularly.

6.2. I drink liquor / wine to maintain status with friends

Table 6.2

| Scale | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Total |
|------------|----------------|-------|----------------------------|----------|-------------------|-------|
| Students | 60 | 80 | 20 | 20 | 20 | 200 |
| Percentage | 30 | 40 | 10 | 10 | 10 | 100 |

Chart 6.2.



Analysis: It shows that most of the students i.e. 40% agrees to maintain status with their friends.

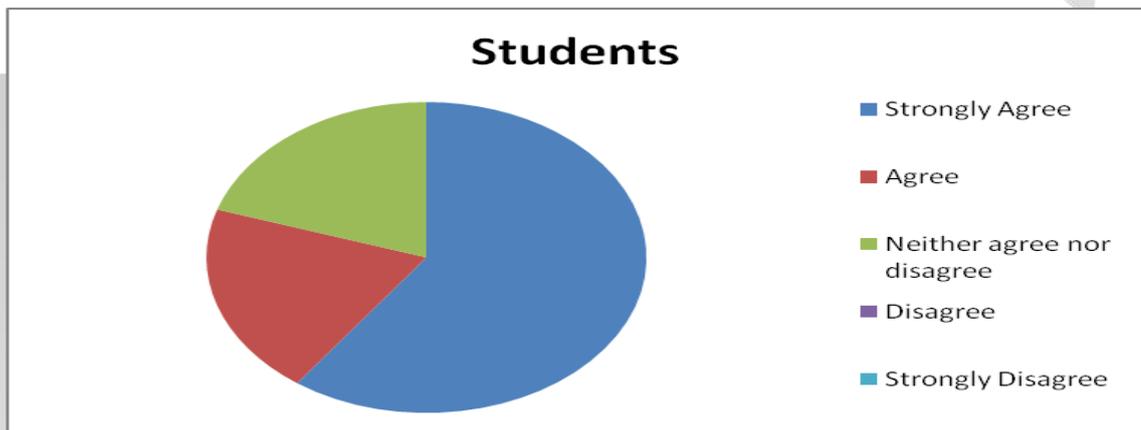
Interpretation: To maintain the status students are losing their health gradually.

6.3. I am influenced drinking by friends

Table 6.3

| Scale | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Total |
|------------|----------------|-------|----------------------------|----------|-------------------|-------|
| Students | 120 | 40 | 40 | | | 200 |
| Percentage | 60 | 20 | 20 | | | 100 |

Chart 6.3.



Analysis: It shows that most of the students i.e. 60% influenced by their friends.

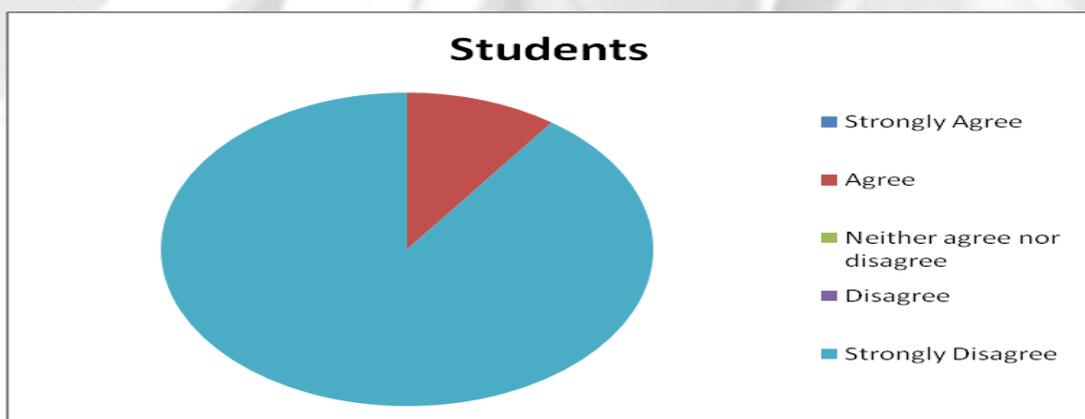
Interpretation: Friends are the major influences.

6.4. I am influenced drinking by Parents/ elders / family.

Table 6.4.

| Scale | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Total |
|------------|----------------|-------|----------------------------|----------|-------------------|-------|
| Students | | 20 | | | 180 | 200 |
| Percentage | | 10 | | | 90 | 100 |

Chart 6.4.



Analysis: It shows that only 10% students influenced by their parents/ elders/ family.

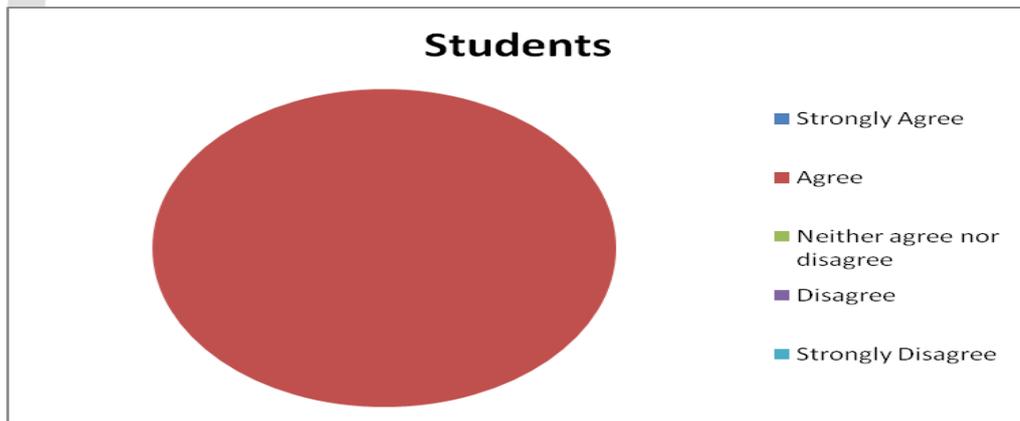
Interpretation: Family also influences drinking. If some one is the habit of alcohol in the family, so the children also practice the same.

6.5. I know that Drinking spoils the health even though I drink.

Table 6.5.

| Scale | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Total |
|------------|----------------|-------|----------------------------|----------|-------------------|-------|
| Students | | 50 | | | | 50 |
| Percentage | | 100 | | | | 100 |

Chart 6.5



Analysis: 50% of the respondents in the male not drinking i.e 50 students and out of 50 everyone knows that drinking spoils the health.

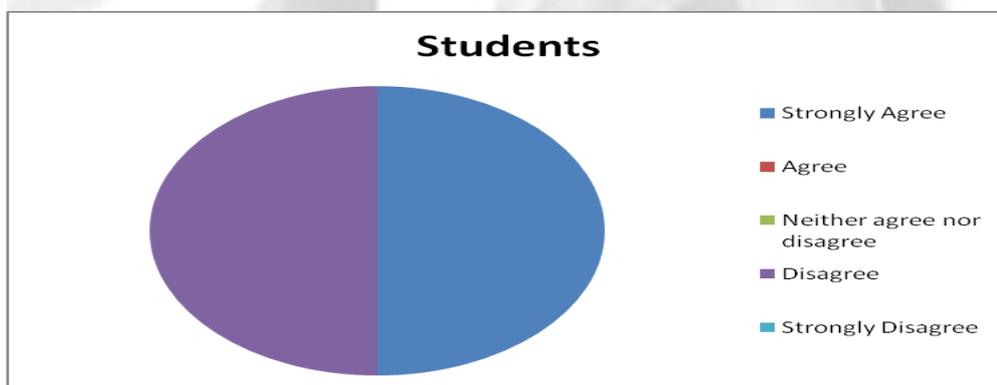
Interpretation: Students by knowing the impact of alcohol also they are drinking, so the mindsets have to be changed.

6.6. I am influenced drinking by Advertisements & Celebrities.

Table 6.6.

| Scale | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Total |
|------------|----------------|-------|----------------------------|----------|-------------------|-------|
| Students | 50 | | | 50 | | 100 |
| Percentage | 50 | | | 50 | | 100 |

Chart 6.6.



Analysis: 50% students influenced drinking by Advertisements & Celebrities.

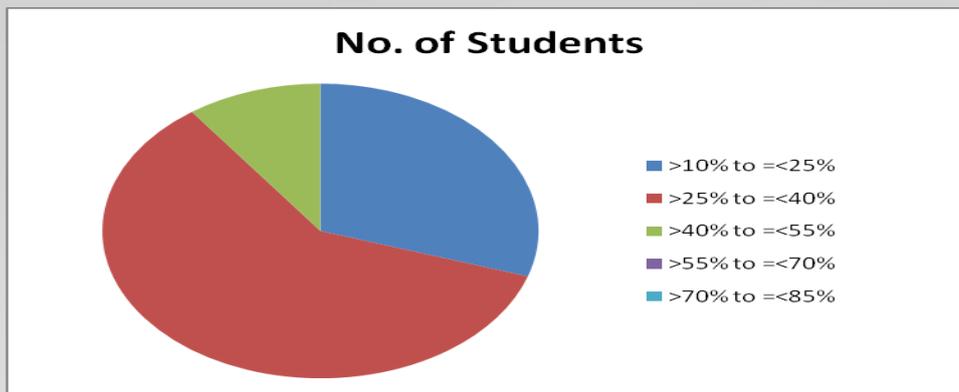
Interpretation: Media is one of the major influences. Attractive, catchy advertisements make more awareness.

6.7. For drinking I spend pocket money % is

Table 6.7.

| %ge of pocket money spending | No. of Students | %ge |
|------------------------------|-----------------|-----|
| >10% to =<25% | 15 | 30 |
| >25% to =<40% | 30 | 60 |
| >40% to =<55% | 5 | 10 |
| >55% to =<70% | | |
| >70% to =<85% | | |
| | 50 | 100 |

Chart 6.7



Analysis: 60% of the students spend more than 25% pocket money for alcohol.

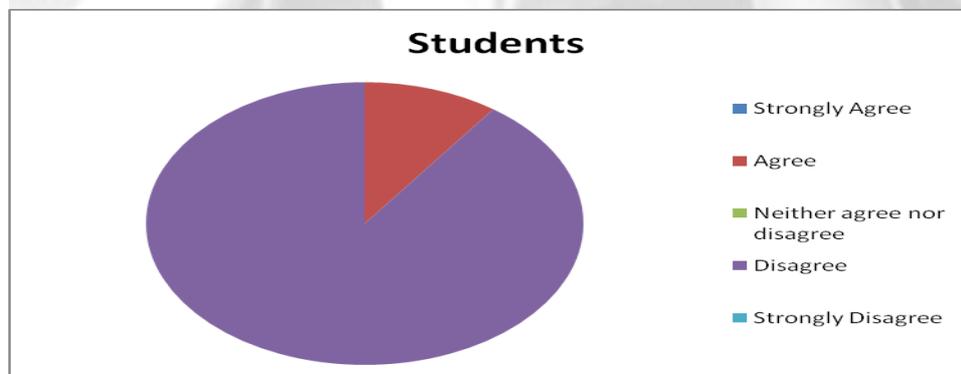
Interpretation: Pocket money is the source. So, the parents should aware the expenditure of their child.

6.8. I am addicted to drinking.

Table 6.8.

| Scale | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Total |
|------------|----------------|-------|----------------------------|----------|-------------------|-------|
| Students | | 5 | | 45 | | 50 |
| Percentage | | 10 | | 90 | | 100 |

Chart 6.8



Analysis: 10% of drinkers are addicted

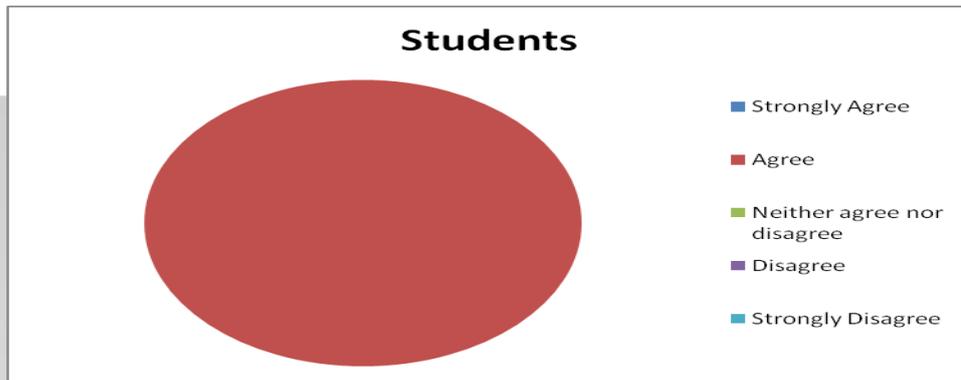
Interpretation: Slowly the people who have the habit they become addicted to that.

6.9. Drinking makes tension free.

Table 6.9.

| Scale | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Total |
|------------|----------------|-------|----------------------------|----------|-------------------|-------|
| Students | | 50 | | | | 50 |
| Percentage | | 100 | | | | 100 |

Chart 6.9



Analysis: Almost all drinkers feel that they will be free from tension.

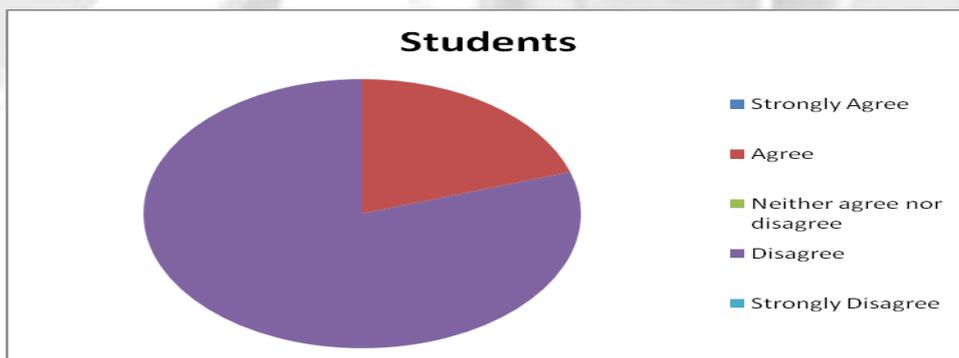
Interpretation: Drinkers psychologically feel that they will release tension by consuming alcohol.

6.10. I want to come out of drinking habit.

Table 6.10

| Scale | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Total |
|------------|----------------|-------|----------------------------|----------|-------------------|-------|
| Students | | 10 | | 40 | | 50 |
| Percentage | | 20 | | 80 | | 100 |

Chart 6.10.



Analysis: Only 20% of the people would like to come out of this habit

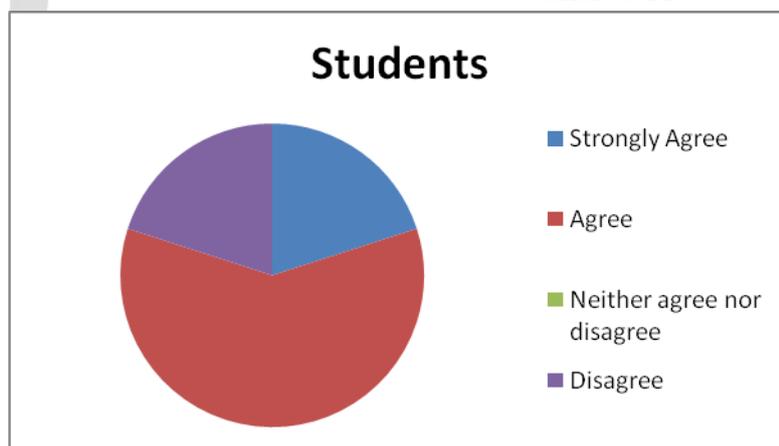
Interpretation: Once the drinking alcohol becomes habit, they do not want to come out of this habit.

6.11. When I sad / Happy I drink.

Table 6.11.

| Scale | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Total |
|------------|----------------|-------|----------------------------|----------|-------------------|-------|
| Students | 10 | 30 | | 10 | | 50 |
| Percentage | 20 | 60 | | 20 | | 100 |

Chart 6.11.



Analysis: 80% of the students drink when they sad / happy and 10% not for any reason.

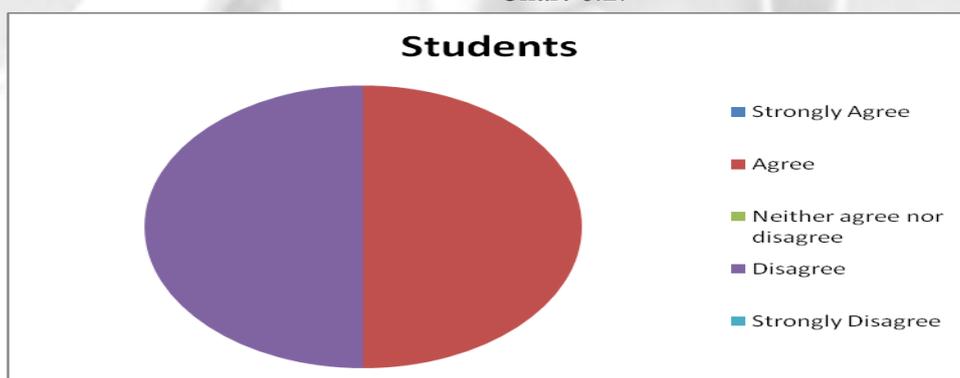
Interpretation: They made the mind in this way that they have to drink on either occasion.

6.12. To increase my courage I drink.

Table 6.12.

| Scale | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Total |
|------------|----------------|-------|----------------------------|----------|-------------------|-------|
| Students | | 25 | | 25 | | 50 |
| Percentage | | 50 | | 50 | | 100 |

Chart 6.2.



Analysis: 50% of the students drink to increase the courage.

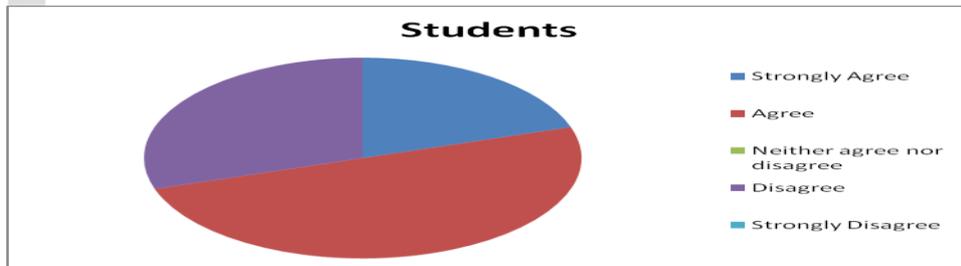
Interpretation: Students are depending on the alcohol to increase courage for talking and moving with others.

6.13. Drinking makes a social nuisance

Table 6.13

| Scale | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Total |
|------------|----------------|-------|----------------------------|----------|-------------------|-------|
| Students | 60 | 150 | | 90 | | 300 |
| Percentage | 20 | 50 | | 30 | | 100 |

Chart 6.13.



Analysis: 70% of the students agreeing that Drinking makes a social nuisance whereas 30% disagrees.

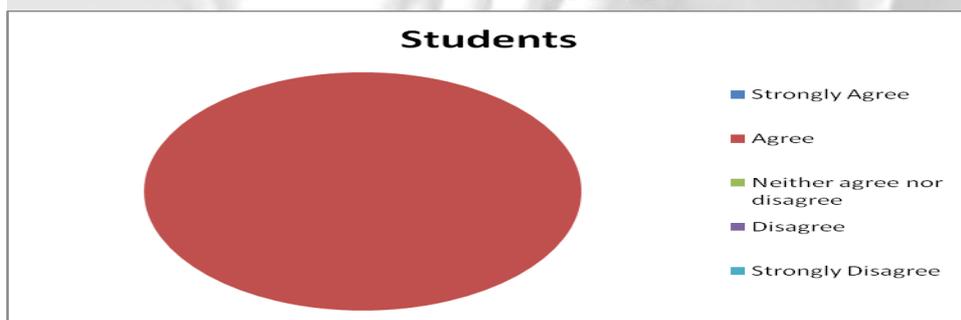
Interpretation: Students are aware of the bad effects of Drinking alcohol, some feel that it is the part of the society.

6.14. I know that Drinking spoils the health even though I drink.

Table 6.14.

| Scale | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Total |
|------------|----------------|-------|----------------------------|----------|-------------------|-------|
| Students | | 50 | | | | 50 |
| Percentage | | 50 | | | | 100 |

Chart 6.14.



Analysis: All the drunkards students know that alcohol spoils health, even though they drink. **Interpretation:** Known mistakes the students are doing.

7. Findings:

- Students start alcohol consumption occasionally like birthday parties, exam result announcements etc., later this habit converts into regular
- Students feel that by consuming alcohol their status will increase
- Friends are the major influences by motivating towards alcohol.

- The elder people in the family also influence drinking.
- Students are aware of the impact of alcohol also they are drinking.
- Media is one of the major influences.
- For alcohol purchases Pocket money is the source.
- Students feel that they will come out of exam tensions and other academic and personal tensions when they drink.
- Addicted students do not want to come out of the drinking alcohol habit.
- Whatever occasion may be either happy or sad but they have to drink alcohol and celebrate.
- Students feel more courageous when they drink and fight with other friends.
- Students are aware of the impact of consumption of alcohol, and some feel that it is the part of the society, it is common.

8. Suggestions & Implementations:

- **From House / Parents**
 - Elders should not consume alcohol in front of their children.
 - Pocket money accounts to be monitored.
 - Parents should monitor their kids about their habits, friends and problems.
 - Parents should treat their children as friends so as to share everything.
- **From Education Institutes**
 - Strictly following the rules of the government not to have the liquor shops near to the Institutes.
 - Awareness programs
 - Personality Development courses, soft skills, Yoga and Pranayama teachings should be done and to be practiced daily.
 - Auto detectors should fix at the Institutes.
- **From Government**
 - Implementation of the rules of the Public & Institutions to be done properly.
 - Special care should be taken to remove this from grass root.
 - Mandatory rules to be applied to the liquor shops and cancellation of licenses to be made if they supply alcohol to the students.
 - Age limit for consumption of alcohol should be made compulsory and to be implemented or enforced under the law very strictly.
- **From Media**
 - Media should educate and create the awareness of the disadvantages of consumption of Alcohol.
- **From Society**
 - Clubs, Community centers, drinking in the houses itself should avoid, because children will learn bad habits quickly.

9. **Conclusion:** It is always better to change the mindset in the childhood, school level and college level i.e. at the budding stage by creating not only awareness but also make to see that implemented. Auto detectors should adopt in the Institutions. Collective efforts of parents, Institutions, Government, Media and Society is required to show the right path to our children. Strict laws pertain to bars, liquor shops in the premises of institutions should be implemented.

Healthy body gives healthy ideas. Alcohol not only spoils body and also mind. Youth is choosing the alcohol without having proper awareness and guidelines. If youth of any country is healthy then automatically that country will develop.

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11. Annexure

Questionnaire

Name of the student: (optional)

- 1) Sex : Male [] Female []
 2) Age in years: 16 to 18 [] / 18 to 20 [] / 20 to 22 []
 3) Studying in : PUC [] BA/Bcom/BBM [] B.E [] Master Degree []
 4) Background of the family
 a. Farmer: Small [] Medium [] Big []
 b. Business Men: Small [] Medium [] Big []
 c. Pvt Job : Daily wages [] Executive [] Manager []
 d. Govt Job: Daily wages [] Executive [] Manager []

| | | |
|--|--|--|
| 5) I have the habit of Drinking. | 6) I drink liquor /wines to maintain status with friends. | 7) I am influenced drinking by friends |
| Heavy [] Regular [] Occasional [] Rarely [] Never [] | Strongly agree [] Agree [] Neither agree nor disagree [] Disagree [] Strongly disagree [] | Strongly agree [] Agree [] Neither agree nor disagree [] Disagree [] Strongly disagree [] |
| 8) I am influenced drinking by Parents/ elders / family | 9) I know that Drinking spoils the health even though I drink. | 10) I am influenced drinking by Advertisements & Celebrities. |
| Strongly agree [] Agree [] Neither agree nor disagree [] Disagree [] Strongly disagree [] | Strongly agree [] Agree [] Neither agree nor disagree [] Disagree [] Strongly disagree [] | Strongly agree [] Agree [] Neither agree nor disagree [] Disagree [] Strongly disagree [] |
| 11) For drinking I spend pocket money % is | 12) I am addicted to drinking. | 13) Drinking makes tension free |
| >10% to =<25% [] >25% to =<40% [] >40% to =<55% [] >55% to =<70% [] >70% to =<85% [] | Strongly agree [] Agree [] Neither agree nor disagree [] Disagree [] Strongly disagree [] | Strongly agree [] Agree [] Neither agree nor disagree [] Disagree [] Strongly disagree [] |
| 14) I want to come out of drinking habit. | 15) When I sad / Happy I drink. | 16) To increase my courage I drink. |
| Strongly agree [] Agree [] Neither agree nor disagree [] Disagree [] Strongly disagree [] | Strongly agree [] Agree [] Neither agree nor disagree [] Disagree [] Strongly disagree [] | Strongly agree [] Agree [] Neither agree nor disagree [] Disagree [] Strongly disagree [] |
| 17) Drinking makes a social nuisance | 18) I know that Drinking spoils the health even though I drink. | Signature of the Student |
| Strongly agree [] Agree [] Neither agree nor disagree [] Disagree [] Strongly disagree [] | Strongly agree [] Agree [] Neither agree nor disagree [] Disagree [] Strongly disagree [] | |