

Use of Alcohol among Young People: Evaluation of Factors that Affecting Its Use

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Abstract

The use of alcohol is common in many societies all over the world. Alcohol harms not only the health, but also causes damage to the social character like: family or community violence and social isolation. Youth constitute one of the subgroups of the population who are more more risked from of alcohol use. The aim of the study was to assess the factors that affect the use of alcoholic beverages to young people presented under the effect of alcohol on the urgency of the Regional Hospital, Fier. This is a descriptive cros – sectional study relalized at Fier Hospital. In this study are included 70 youth who are submitted to the Regional Emergency Hospital, Fier to receive health care These young people have been under the influence of alcohol. Data for this study were taken through a questionnaire based on YRBHS questionare. 30% of young people referred to had used for the first time an alcoholic drink at age 15-16 years, 65.7% of them were under the influence of alcoholic drink 2-3 times, 60% of young people indicated that they use alcoholic beverages in the company of their friends. 84.3% of young people show that they have used these alcoholic beverages in different bar, where their age did not constitute any problem. 78.5% of young people indicate that they use alcoholic beverages as a way to adapt to their society.

Keywords: youth, alcohol use, consequences of alcohol use.

1. Introduction

The use of alcohol is common in many societies all over the world. Its consumption in significant doses, is a major risk to public health and safety [Fuller E 208], [Newburn T 2001]], [Department of Health 2001], [Sheron N 2008]. Alcohol harms not only the health, but also causes damage in social life: family or community violence and social isolation [Hibell B 2003], [Jones L 2008], [Talbot S 2008], [Hughes S 2008]. In many cases, the damage associated with alcohol does not directly affect people who consume them, as in the case of road accidents [Currie C], [Velleman 2005]. On the other hand the damage caused by alcohol, contribute to inequalities in health among different population groups [Velleman 2005].

Youth constitute one of the subgroups of the population who are more more risked from of alcohol use.

2. Purpose of the Study

The purpose of this study was to assess the factors that affect the use of alcoholic beverages to young people presented under the effect of alcohol on the urgency of the Regional Hospital, Fier.

2.1 Specific objectives

- To determine the initial age of use beginning of alcoholic beverages.
- To determine the amount of alcohol among youth while they refer to have alcoholic drinks.
- To determine the knowledge that young people in terms of the effect that can bring the use of alcohol.
- Evaluate the reasons for the use of alcoholic beverages to young people

2.2 Material and methods

This is a descriptive cross-sectional study realized at Fier Hospital. In this study are included 70 youth who are submitted to the Regional Emergency Hospital, Fier to receive health care. These young people have been under the influence of alcohol. Data for this study were taken through a questionnaire based on YRBHS questionnaire. The questionnaire consisted of 3 parts:

The first group of questions provide information about personal data: age, sex, locations, place where they live, marital status of parents, education of parents, the use of alcohol from one parent.

The second group of questions provide information about the use of alcohol: the age when they used for the first time alcoholic drink, frequency of use of alcoholic beverages, quantity consumed, place of consumption

The third group of questions provide information about knowledge towards the consequences of the use of alcoholic beverages.

3. Results

Table 1. Tabular presentation of the distribution of young people according to socio demographic data.

Variable	Number	%
Age		
15 years	7	10%
16 years	19	27.1%
17 years	19	27.1%
18 years	25	35.8%
Sex		
Female	3	4.3%
Male	67	95.7%
Residence		
Fier city	67	95.7%
Fier rural	3	4.3%
Civil status of parents		
Living together	64	91.4%
Are divorced	5	7.2%
Widow	1	1.4%
Educational level of parents		
Both with the university level	5	7.1%
University level & high school	11	15.7%
Both with high school	45	64.3%
High school & Low levels of education	8	11.5%
Both with low level of education	1	1.4%
One of your parents is a user of alcohol		
No, only on family events	11	15.7%
Rarely	8	11.4%
Yes, My father is frequent user of alcohol	5	7.1%
Neither of my parents do not use alcoholic drink	46	65.8%

The dominant age of youth, who were present at the hospital to receive medical care after they were used alcoholic beverages was 18 years old. Only 4.3% of them was female. 95.7% of young people actually living together with both parents. Only 7.1% of young people referred to one of the parents, namely father was a regular user of alcohol. 15.7% referred that they used only on family events.

Table 2. Tabular presentation of the distribution of young people by the use of alcoholic drink

Variables	Number	%
How old were you when you've drunk for the first time alcoholic drinks?		
8 years even smaller	0	0%
9 – 10 years	1	1.4%
11 – 12 years	5	7.1%
13 – 14 years	14	20%
15- 16 years	21	30%
17 – 18 years	29	41.5%
How many times you have been under the influence of alcoholic beverages		
My first time	11	15.7%
2 – 3 times	46	65.7%
4 – 5 times	7	10%
6 – 7 times	4	5.8%
8 – 9 times	1	1.4%
Over 10 times	1	1.4%
With who, you have been when you use alcoholic beverages		
With my friends	42	60%
With my family	21	30%
Alone	7	10%
If you consume alcoholic drinks in the company of your friends, how many times has this happened in the last 30 days? (42 youth)		
1 – 2 times	21	50%
3 – 4 times	13	30.9%
5- 6 times	6	14.3%
7 – 8 times	1	2.4%
Over 9 times	1	2.4%
Your favorite drink		
Beers	57	81.4%
Wine	2	2.9%
whiski	5	7.1%
Scotch	4	5.7%
Alcoholic cocktails	2	2.9%
During the last 30 days how have you provide alcohol? (you can choose more than one answer)		
Bought in store	6	8.6%
I consumed in bars and restaurants	59	84.3%
someone else has bought for me	0	0%
My friends	16	22.9%
I've taken at my home	13	18.6%
How often have you been really drunk?		
Never	0	0%
1 – 2 times	64	91.4%
3 – 9 times	5	7.2%
Over 10 times	1	1.4%
During the last 30 days, have you been refused to given alcohol because of your age?		
Yes	0	0%
No, my age has not been a problem to take alcoholic drink	70	100%
The main reasons of alcohol use among youth		
To be adjusted in society	55	78.6%
Family event	5	7.1%
Simply that I like to drink occasionally	8	11.4%
Now I am a regular user of alcohol	2	2.9%

Even in Albania is noticed the beginning of the use of alcoholic beverages at very young age. 20% of youth with health problems after use of alcoholic beverages referred to have started drinking alcohol at age 13 years old. 65.7% of them referred to have been under the influence of the alcoholic drinks at least 2-3 times. We notice that most favorite moment of drinking alcoholic beverages by young people is when they are in the company of each other. As a favorite drink of the young people involved in this study is the beer (81.4% of youth). According to the laws in the Republic of Albania, youth

under age 18 years old can not offer alcoholic drinks. But we see that young people can find and consume easily alcoholic drink in bars, although in most cases they were under 18 years old.

The main reasons that young people refer about the use of alcoholic beverages is the easiest way to adapt with friends or simply to find new friends (78.6%).

Table 3. Tabular presentation of the distribution of young people in terms of knowledge about the damage that causes the use of alcohol and source of receiving the information regarding the consequences of using the alcoholic

Variables	Number	%
The use of alcohol can put you at risk		
IST	2	2.9%
Intestinal damage	5	7.1%
Auto accidents	16	22.9%
To be involved in situations of violence	5	7.1%
To damage the cardiovascular apparatus	3	4.3%
To create dependency on the use of alcohol.	17	24.3%
For damaged performance in school	1	1.4%
To damage the nervous system	12	17.1%
I don't now	34	48.6%
Information about alcoholic beverages and alcohol damage I have provided through		
Books / schools	26	37.1%
From my friends	3	4.3%
Internet	5	7.1%
I am not interested to know more	36	51.5%

Young people involved in the study, the use of alcoholic beverages is seen as a danger to create dependency on the use of these drinks and the opportunity to be involved in automobile accidents. But 48.6% of them do not have information about the damage that may induce the use of alcoholic beverages. This noticed in the following question where 51.5% of youth have expressed lack of interest to provide information regarding damages that may cause the use of alcohol

4. Conclusion

Youth in most cases do not have information about the risks that might bring the use of alcohol. The use of alcoholic beverages begins in a relatively small age 15-16 years.

In terms of risk that may be posed by the use of alcoholic beverages, youth do not pay importance at exposure to STIs, intestinal damage, involvement in violence, damage to the device and damage the cardiovascular or performance at school.

Need to work much more at educational institutions to promote a healthier life to youth

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