



STUDY ON ALCOHOL CONSUMPTION AMONG YOUNG PEOPLE IN SUCEAVA COUNTY, ROMANIA

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Abstract: *There is expedient evidence showing that differences in adolescent alcohol consumption and other risk-behaviour depend on many factors, but an important role is the habits acquired in the family or group of friends. The current study reveals the type of consumer of the analyzed group. The results showed that the percentage of alcohol abstinence among adolescents was higher than those who are at risk of developing serious medical problems due to alcohol consumption. In order for a person to become alcohol-dependent, there are several factors that must be analyzed: the psychological field, the amount of alcoholic beverages available to consumers, the great variety, social pressure (in our civilizations there are no events that are not lived in around alcoholic beverages - holidays, family reunions), genetic predisposition.*

Keywords: *alcohol; adolescent; risk-behaviour, age, drugs, COVID-19*

1. Introduction

The period traversed by all mankind, starting with 2020, due to the pandemic caused by the Covid-19 virus, is one that involves major transformations in terms of habits and behaviours related to a healthy life.

The online posting of many activities has led to forced isolation, with major implications for the development of a young person [1].

Among the substances that are used very often, in the erroneous attempt to overcome a difficult situation, alcohol is the most used.

Alcoholism is considered as the third public health problem by the World Health Organization. Research on alcoholism is increasingly focused on the study of alcohol behaviour, predisposing factors, alcohol dynamics, the body's reaction to alcohol intoxication, often requiring multi-disciplinary teams.

The consequences of alcohol consumption are both from the point of view of the person directly involved and from the harmful consequences borne by people who are part of alcoholics' close relatives.

The somatic diseases that this pathology involves, the frequency of the severe forms that patients face has major implications in society.

In Romania, according to data from the 1994 survey, alcohol consumption was recognized by 56.2% of people aged 15 and over interviewed.

The frequency of alcohol consumption is higher in males (74.2%) than in females (39.7%).

The modal age group, as with smoking, is 25-44 years old, with 66.3% (84.1% in men and 49.4% in women), followed by 45 - 64 years and the elderly (65 years and over). Regarding the type of consumption, the daily consumption was declared by 3.7% of

the interviewees, the occasional consumption of 36.9% and once or 2 - 3 times / week, of 15.6%.

According to the Alliance for the Fight Against Alcoholism and Drug Addiction, romanians are currently among the largest alcohol consumers in Europe, with an average consumption of more than 18.5 liters per person per year, compared to nearly 15 liters per person in the European Union, and there are approximately two million people who consume excessive alcohol on a national level.

2. Materials and methods

The study group consists of young pupils and students, volunteers in this research. Data processing was performed based on a questionnaire applied to the group, using the methodology of descriptive statistics for quantitative characteristics, tables and graphical illustrations. Young people are a population group that is of interest due to their role in society, as well as the long-term impact of acquired behaviours.

3. Results and discussion

Alcohol consumption was recognized by 78.8% of the people examined (Fig. 1).

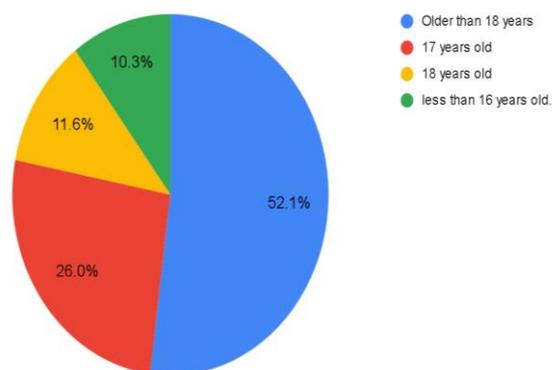


Fig. 1. The structure of the population group studied according to the "age" characteristic

Depending on the domicile, 59.3% of young people from urban areas participated, 40.7% from rural areas, of which 69.7% were female, 29% male, 1.4% did not want to declare membership. Depending on the level of education, 53.1% were students, 44.1% students, 2.8% master students. Alcoholism is a complex situation both psychologically, socially and biologically of the somatic and mental alterations that result from this intoxication. The approach to alcoholism from a medical perspective began in 1849 with Magnus Huss [2 - 5].

The following information was provided in the questionnaire regarding the measures of the beverages, namely:

- 1 drink = 12 g pure alcohol
- = 1 beer (330 ml)
- = 1 glass of wine (125 ml)
- = 1 shot of spirits (40 ml)

Depending on the type of consumption, 27.6% stated that they had never consumed, 47.6 per month or less, 18.6% 2 - 4 times per month, 2.8% 2 - 3 times per week, and 3.4% 4 or more times a week (Table 1 and Fig. 2).

Table 1.
Type of alcohol consumption

Alcohol consumption type	Number people	% consume
Never	400	28.1
Monthly or less frequently	690	47.3
2 - 4 times a month	270	18.5
2-3 times a week	40	2.7
4 or more times a week	50	3.4
Total	1450	100.0

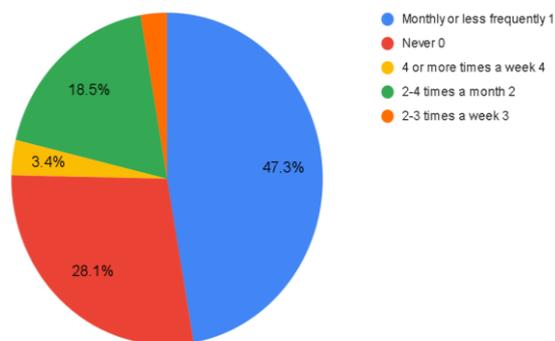


Fig. 2. Type of alcohol consumption (% of alcohol users)

Regarding the number of drinks in an ordinary day, it can be seen from Fig. 3 that 84.9% consume one or two drinks, but there are also 2.1% who consume ten or more.

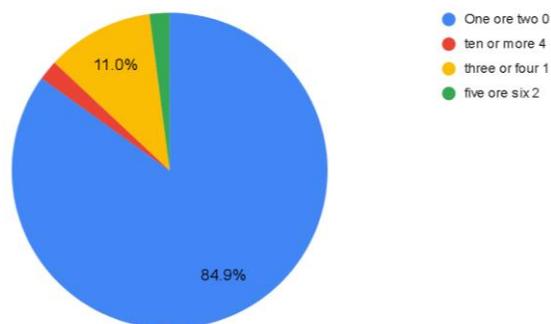


Fig. 3. A type of alcohol consumption (number of drinks)

It is found that the frequency of consumption of at least 6 alcoholic beverages on a single occasion, 74.0% answered "Never", 21.8% answered "Monthly or less often", "Monthly" 2.1% and "Weekly" the same percentage, 2.1%, none claimed to consume "Daily or almost daily" (see Fig. 4).

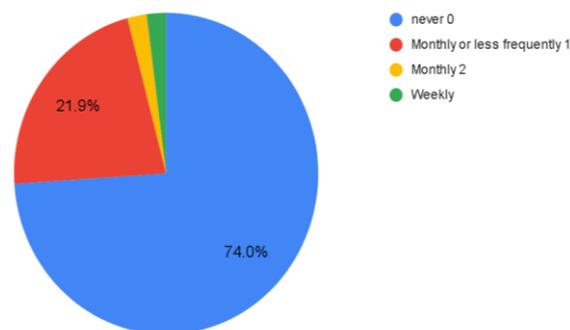


Fig. 4. Type of alcohol consumption (frequency with which at least 6 alcoholic beverages are consumed on a single occasion)

Analyzing the answers regarding the implications of alcohol consumption, as can be seen in Table 2, those who are answering "Never" are over 70%, to all aspects pursued.

Table 2.

Implications of alcohol consumption in daily activities					
No	a)	b)	c)	d)	e)
question	% consume				
4.	95.2	3.4	1.4	0	0
5.	97.9	1.4	0.7	0	0
6.	95.2	3.4	0.7	0	0.7
7.	88.3	11	0.7	0	0
8.	90.3	8.3	0.7	0.7	0

The legend:
 4. How often have you noticed in the last year that you can't stop drinking once you start?
 5. How often in the last year have you failed to do what you were expected to do because of drinking?
 6. How often in the last year did you need to drink your first drink in the morning to recover from a heavy drunkenness?
 7. How often in the last year have you had a feeling of remorse or guilt after drinking?
 8. How often in the last year have you been unable to remember what happened last night because you drank?
 a) Never 0 b) Monthly or less frequently 1 c) Monthly 2 d) Weekly 3 e) Daily or almost daily 4.

The consumption of alcohol is one of the main risk behaviours among adolescents [6

- 7]. Alcohol can be a part of the adolescents maturing process and also the

start to consumption of other substances [8 - 9]. Alcohol consumption makes adolescents vulnerable by developing maladaptive behaviour, being also causes of violence, accidents, crime, emotional instability, depression, social exclusion and suicide [10].

Despite obvious risks and adverse outcomes, alcohol consumption is still increasing among adolescents in some European countries [11, 12].

To the question “*You or someone else was injured as a result of drinking?*”, 97.9% answered “No”, 1.4% with “Yes, but not in the last year”, and 0.7% “Yes, but in the last year”.

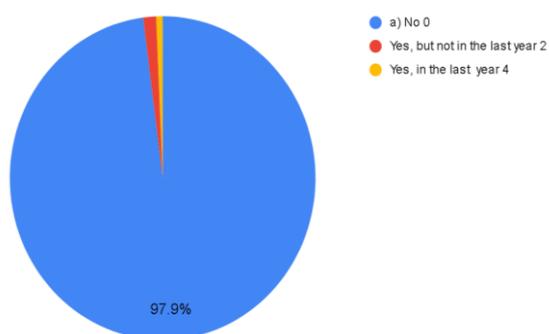


Fig. 5. The impact of alcohol consumption (if someone has been injured due to alcohol consumption)

To the question “*Was a relative, friend, doctor, or other person worried about your drinking or advised you to reduce it?*” 94.5% answered “No”, 3.4% with “Yes, but not in the last year”, and 2.1% “Yes, but in the last year”.

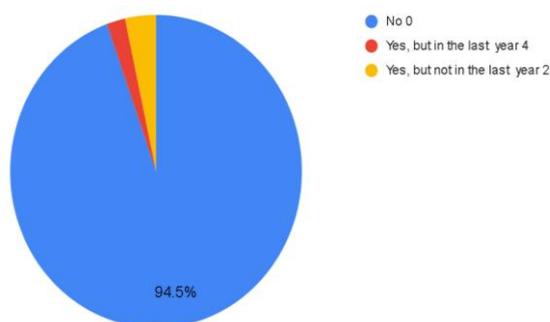


Fig. 6. The impact of alcohol consumption on those around the consumer

Analyzing the answers of those who said that people around them are worried about alcohol consumption, 55.6% are men and 44.4 are women. Of these men respondents, 40% have a declared consumption of 4 or more times a week, 60% a declared consumption of 2 - 4 times a month, while of the total number of respondent women who bring concern to those close to them due to their alcohol consumption, all people reported monthly or less frequent consumption.

Regardless of the speed of evolution, the addicted subject will present disorders immediately after the cessation of alcohol consumption, disorders that attenuate if consumption is resumed, thus creating a vicious circle of addiction [13]. This stage is not yet the stage of true pathological complications, but the stage of addictive alcoholism that will cause disruptions in family, professional and social life in general [14].

Alcoholism complications include: neurological, visceral - liver complications are the most common, with the risk occurring at a consumption of 80g of pure alcohol per day, and cirrhosis occurring in 15 years if this consumption increases and exceeds 160g of pure alcohol per day. Gastritis, duodenitis, pancreatitis, ethyl myocarditis, and metabolic disorders are also common. Alcoholism in the mother has an effect on the fetus (high risk of dwarfism, mental weakness, microcephaly, abnormalities). Alcoholism is a risk factor for five cancer sites: the oral cavity, the pharynx, the larynx, the esophagus, and the liver [15, 16, 17, 18], with smoking increasing the risk.

Alcohol consumption has both medical and social consequences. Reduced productivity due to absenteeism, accidents, poor work performance, and increased costs for health, social welfare, and criminal justice systems, deteriorating health, increasing mortality, particularly by increasing the frequency of

premature deaths (8 - 10% of all deaths recorded between the ages of 16 and 74 are attributable to alcoholism), the burden of health services (6 - 20% of hospitalizations), health problems include: hypertension, cardiovascular disease, diabetes, cancer [19, 20, 11], cirrhosis,

mental illness, addiction. Alcoholism is also a major risk factor for accidents, regardless of the type of accident; it is also involved in many public policy issues (crime, violence) and is the leading cause of dissent, domestic violence, and child abuse.

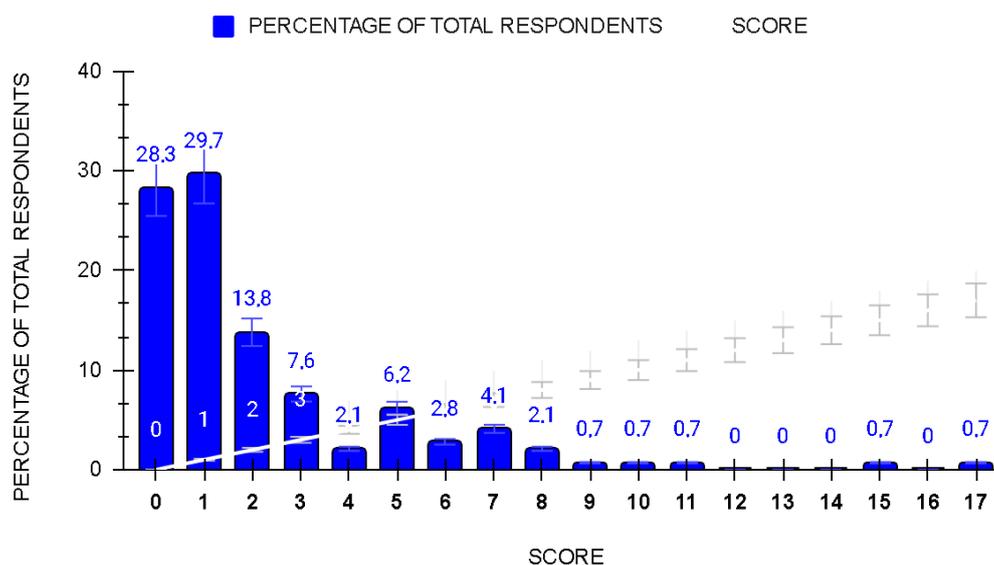


Fig. 7. Distribution of scores obtained

Table 4.
Interpretation of questionnaire results

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0 - 7	Consumption that is safe for health. It is recommended to inform about the health effects of alcohol consumption.
8 - 15	Risky consumption: although alcohol consumption may not be a problem at present, the amount and frequency of consumption put the consumer at risk in the future. It is recommended to consult a doctor.
16 - 19	Harmful consumption: alcohol consumption is currently associated with negative effects on health. It is recommended to consult a doctor.
> 20	Extremely harmful consumption: alcohol consumption is currently associated with serious negative effects on health. Urgent consultation with a doctor is recommended.

4. Conclusion

From the interpretation of the results we can state that:

- 94.7% have a score between 0 and 7, which corresponds to consumption that is not dangerous for health. It is recommended

to inform about the health effects of alcohol consumption.

- 4.9% have a score between 8 and 15, which corresponds to a risky consumption: although alcohol consumption may not

cause problems at present, the amount and frequency of consumption put the consumer at risk in the future. It is recommended to consult a doctor.

- 0.4% have a score between 16 and 19, which corresponds to Harmful consumption: alcohol consumption is currently associated with negative effects on health. It is recommended to consult a doctor.

- no person is recorded with a corresponding consumption > 20 Extremely harmful consumption: alcohol consumption is currently associated with serious negative effects on health. Urgent consultation with a doctor is recommended.

In a future paper we aim to analyze the dependence of alcohol consumption in young people on the structure of the family, and alcohol consumption in the family.

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