



## Knowledge and practice regarding alcohol consumptions among adolescents

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### Abstract

**Introduction:** A descriptive cross sectional study was conducted to assess the knowledge & practice regarding alcohol consumption among adolescents residing at a community.

**Objective:** The objective of this study was to identify the Knowledge & practice regarding alcohol consumption among respondents.

**Methods:** A descriptive cross sectional study with 138 respondents was carried out at Devinagar-11, Butwal Sub-metropolitan city of Rupandehi District. A pretested semi structured interview schedule was used to collect data. The data was analyzed by using descriptive statistical method.

**Results:** The results indicated that majority (76.8%) of the adolescents knew meaning of alcohol. More than half (59.4%) adolescents didn't know how the alcohol is produced. More than half (36.2%) adolescents said drunker can be identified by their body gesture. Majority (48.5%) adolescents knew the affected organ by alcohol consumption was liver whereas 23.9% adolescent's known complication of alcohol consumption was vision loss and 56.5% said its side effect was nausea/vomiting. Only (28.2%) of the respondents knew about community and education intervention can be given to prevent from consuming alcohol. Less than half (39.8%) adolescents said they consume alcohol and 70.9% adolescents consumed alcohol at the age between 17-19 years. More than half (56.3%) adolescents said they get alcohol from their friends and 56.3% adolescents consumed because of their curiosity. Majority (71.0%) adolescents said they have family history of alcohol consumption and all the family use distillery alcohol. Less than half (45.1%) had knowledge on alcohol consumption and about (39.8%) adolescents practices alcohol consumption.

**Conclusion:** The study findings concluded that less than half of the respondents had knowledge on alcohol consumption and practices alcohol consumption. Therefore knowledge is lacking in some. Hence, adolescents should be educated about side effects, cause, complication and preventive measures for further management of alcohol consumption.

**Keywords:** Knowledge, Practice, Alcohol Consumption, Adolescents

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### Introduction

Alcohol is a liquid form substance which contains ethyl alcohol (also known formally as ethanol) that can cause harm and even damage to a person's DNA. "Alcohol consumption is recognized worldwide as a leading risk factor for disease, disability, and death." and is rated as the most used and abused substance by adolescences. Adolescence is a transitional stage of physical and psychological changes, usually a time in a person life in which they go through puberty. Combining these transitional stages and the intake of alcohol can leave a number of consequences for an adolescent <sup>[5]</sup>.

Alcohol is the drug of choice among youth. Many young people are experiencing the consequences of drinking too much, at too early an age. As a result, underage drinking is a leading public health problem in this country. Each year, approximately 5,000 young people under the age of 21 die as a result of underage drinking; this includes about 1,900 deaths from motor vehicle crashes, 1,600 as a result of homicides, 300 from suicide, as well as hundreds from other injuries such as falls, burns, and drowning [15].

Underage drinking is a leading public health problem in Nepal. Many young people are experiencing the consequences of drinking too much, at too early an age. As a result, youth are held towards unsafe driving, illegal activities, and dropout from study and many more. Despite this, No any research have been done in knowledge and practice regarding alcohol consumption focusing among adolescents. Therefore assessment of this knowledge & practice will help to ensure that adolescents have appropriate knowledge about alcohol consumption. Keeping these things in mind, researcher is interested in finding the knowledge & practice regarding alcohol consumption effects & its consequences.

### Objectives

To identify the socio-demographic information of the adolescents  
To find out the knowledge regarding alcohol consumption among adolescents.

To identify the practice regarding alcohol consumption among adolescents.

### Methods

A descriptive cross-sectional study design was used with the study population consisted of all those adolescents age between 14-19 yrs residing at Devinagar Butwal-11 Rupandehi District. Non- probability, purposive sampling technique was used & a total of 138 adolescents meeting the criteria & willing to participate in the study were selected. A self-prepared, pretested semi- structured interview schedule was used for the data collection. Before collecting the data, Administrative approval was taken from the chairperson of concerned ward. Verbal informed consent was obtained from all the respondents to ensure the right to respondent's dignity & explained them about the purpose of the study. The data was collected by researcher herself from the respondents. The number was coded in the instrument instead of name to maintain anonymity & adolescents were assured for the confidentiality of the information & were allowed refusing to participate in the study at any time if they wish. The quires & doubts raised by respondents were clarified.

### Data Management & Analysis Procedure

Data was edited, organized, coded & entered into SPSS. The data was analyzed & interpreted by using descriptive statistical methods such as Frequency & percentage, to describe the demographic variable & Knowledge and Practice of Respondents regarding alcohol consumption.

### Results

**Table 1:** Socio-Demographic Information n=138

Characteristics	Frequency	Percent
<b>Age</b>		
14-16 years	54	39.1
17-19 years	84	60.8
<b>Sex</b>		
Male	81	58.7
Female	57	41.3
<b>Religion</b>		
Hindu	125	90.5
Buddhist	13	9.4
<b>Ethnicity</b>		
Brahmin/chhetri	92	66.6
Janjati	30	21.7
Dalit	16	11.6
<b>Respondent parents educational status</b>		
Illiterate	27	19.5
Literate	111	80.4
<b>If literate, n=111</b>		
Primary	59	53.1
Secondary	27	24.3
Higher secondary	25	22.5
<b>Family Type</b>		
Nuclear	98	71.0
Joint	40	28.9
<b>Occupation</b>		
Agriculture	13	9.2
Business	42	30.4
Service	44	31.8
Abroad	39	28.2

Majority (60.87%) of respondents were age between 17-19 years. Regarding religion 90.5% of the respondents were Hindu and only (9.4%) were Buddhist. More than half (58.7%) were male. Most (66.6%) of the respondents were Brahmin/Chhetri.

Majority (80.4%) of respondents parents were literate among them majority (53.1%) were of primary level education. More than half (71.0%) respondents belonged to nuclear family. Majority (31.8%) respondent parent's occupation was service.

**Table 2:** Overall mean percent of respondents Knowledge regarding Alcohol Consumption n=138

Knowledge Regarding Alcohol Consumption	Correct Response (Percent)
Meaning Of Alcohol Consumption	76.8
Alcohol Production	14.5
Type of Person Consuming More Alcohol	55.0
Identify if the Person is Drunk	36.2
Organ Affected	48.5
Side Effect	56.5
Preventive Measure	28.2
<b>Overall Mean Percent</b>	<b>45.1</b>

Among the 138 respondent, two third (76.8%) respondents had knowledge on meaning of alcohol as colorless, volatile pungent liquid which is correct response. Regarding the alcohol production only 14.5% respondents knew as fermentation, 55.0% of the respondents replied labor consumed more alcohol. Majority 36.2% of the adolescents replied they identify drunker person by their body gesture, which is correct response. Majority (48.5%) replied alcohol consumption affect mostly liver which is correct response. The item wise response regarding complication (23.9%) replied vision loss, (22.4%) replied cancer, (20.2%) replied psychological effect and (17.3%) replied high B.P. More than half (56.5%) knew the side effects of alcohol consumption as nausea/ vomiting which is correct response, and minority (2.1%) replied insomnia. Thus, more than half respondents had good knowledge regarding side effects of alcohol consumption. Majority (28.2%) replied community and education intervention is a preventive measure for alcohol consumption which is correct response. In average less than half (45.1%) of the adolescents had knowledge regarding alcohol consumption (Table 2).

**Table 3:** Practice regarding Alcohol Consumption among Adolescents

Variables	Frequency	Percent
Consumption Habit (n=138)		
Yes	55	39.8
No	83	60.1
Age of first consumption (n=55)		
14-16	16	29.1
17-19	39	70.9
Source to get alcohol (n=55)		
Shop	17	30.9
Friends	31	56.3
Home	7	12.7
Reason (n=55)		
Peer pressure	14	25.4
Curiosity	31	56.3
Influence of an Adult	10	18.1
Family History (n=138)		
Yes	98	71.0
No	40	28.9

Regarding the practice of alcohol consumption among 138 adolescents 55(39.8%) adolescents had consume alcohol, among those consumed alcohol majority(70.9%) started to consume alcohol at age between 17-19yrs, about two third (56.3%) of the adolescents replied they get alcohol from their friends & majority(58.3%) of the adolescents consumed alcohol due to curiosity. Among 138 respondents about two third (71.0%) had family history of alcohol consumption (table3).

## Discussion and Conclusion

In this study found that majority (60.8%) respondents belonged to 14-16 years age group which is similar to the previous study reported that the majority (51.2%) respondents belonged to 14-16 years age group [11]. Majority (58.7%) respondents were male whereas (41.3%) respondents were female which is similar to the previous study reported that majority (57.5%) were male and (42.5%) female respondents [2]. Majority (90.5%) respondents were Hindu and 9.4% were Buddhist which is contrast to the previous study followed by majority (73.3%) of the respondents were Christians [11]. Majority (66.6%) respondents were Brahmin/Chhetri, (21.7%) Janjati and (11.6%) Dalit About (80.4%) of the respondent parents were literate having primary education (53.1%), secondary (24.33%) and higher secondary education (18.1%). Seventy one percent of respondent lived in nuclear family whereas (28.9%) lived in joint family. The main occupation of the respondent parents was service (31.8%), followed by business (30.4%), abroad (28.2%) and agriculture (9.4%). In this study found that only (45.1%) of the adolescents had knowledge regarding alcohol consumption which is contrast to the previous studies that overall knowledge regarding alcohol consumption among adolescents was 69.9% and 83.3% [11, 2].

In this study found that (39.8%) of the adolescents had consumed alcohol which was contrast to the previous study reported that the practice of alcohol among adolescents was 50.1%, 59.6%, [1, 14].

This study concluded that less than half of the respondents had knowledge regarding alcohol consumption and less than half of the respondents had consumed alcohol. Thus, this study finding can serve as a guideline for community health worker, health planners and health policy planners to formulate plan & improving knowledge & awareness towards alcohol consumption.

## Limitations of the Study

This study is a pioneer study & other longitudinal studies are required to achieve the better results in butwal, Rupandehi district, Nepal. This research topic is sensitive & private issue so some respondents were hesitating to provide information freely during data collection.

## Conflict of Interest

The authors declare no conflict of interest.

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