

Prevalencia de consumo de alcohol en estudiantes universitarios

Prevalence of alcohol consumption in university students

María Esther Barradas Alarcón

Universidad Veracruzana, México

maeba107@hotmail.com

Nohemí Fernández Mojica

Universidad Veracruzana, México

nfernandez@uv.mx

Leticia Gutiérrez Serrano

Universidad Veracruzana, México

legutierrez@prodigy.net.mx

Resumen

El objetivo del presente trabajo es estimar la prevalencia del consumo de alcohol en los alumnos de la Universidad Veracruzana, Campus Veracruz, México. Para ello se utilizó el enfoque cuantitativo y la investigación descriptiva de corte transversal no experimental (ex post facto). El instrumento aplicado fue el Cuestionario sobre el Consumo de Drogas en Estudiantes Universitarios (CODEU, 2012), disponible en la página oficial de la UV por tres semanas. De una muestra de 4 821 estudiantes voluntarios, 1 911(39.6 %) fueron hombres y 2 910 (60.4 %) mujeres, todos ellos estudiantes de carreras en las áreas de Artes, Biológico-Agropecuaria, Ciencias de la Salud, Económico-Administrativa, Humanidades y Técnica. El análisis de la información se realizó con base en estadística descriptiva utilizando software IBM SPSS Statistic versión 20. En su mayoría (83 %), los estudiantes mencionaron que alguna vez en su vida habían tomado una bebida completa. En cuanto a su nivel de consumo, 7.8 % mencionó tener un consumo de riesgo, 17.4 % señaló tener un

consumo abusivo, mientras que 52.8 % dijo tener un consumo moderado. El área académica de mayor prevalencia en el consumo de alcohol riesgoso fue Artes con 15.7 %, mientras que la mayor prevalencia de consumo abusivo recayó en el área de Ciencias biológicas agropecuarias con 29.1 %, sin embargo, en general se reconoció que todas las áreas presentaron porcentajes mayores al consumo moderado. Los resultados obtenidos por este estudio muestran claramente la presencia de porcentajes altos de consumo de alcohol en los estudiantes universitarios, lo que indica la urgencia de planear y poner en marcha estrategias que traten y prevengan dicho consumo.

Palabras clave: prevalencia, consumo, alcohol, estudiantes.

Abstract

To estimate prevalence of alcohol consumption in students of Universidad Veracruzana, campus Veracruz, Mexico. A quantitative methodology was considered for this work, in a descriptive non-experimental cross-cutting (ex post facto) study. For this, a three week on-line Drug Consumption test was applied to students from the six different campus of Universidad Veracruzana (CODEU, 2012). In this article only the results of Veracruz-Boca del Rio campus are presented, in which 4,821 students participated: male n=1911 (39.6 %) and female n=2910 (60.4 %), among the different majors in academic areas such as Arts, Biological, Agriculture and Livestock Sciences, Health Sciences, Economics and Management sciences, Humanistic and Technical Studies. The analysis of the information is based on Descriptive Statistics using IBM SPSS Statistic software 20. The 83 % of the students mentioned to have had a complete drink once in their lives; from this 7.8 % mentioned to have had a risky consumption level, 17.4 % mentioned to have had abusive consumption, while 52.8 % considered having a moderated consumption level. The Academic field with the highest prevalence in risky alcohol consumption was Arts with 15.7 %, while Agriculture and Livestock Sciences showed 29.1 % of alcohol abusive consumption; in general, the highest percentages in moderated consumption were found in all the academic areas. The results obtained in this study clearly show high percentages of

alcohol consumption in University students, which points out the importance of setting up treatment and prevention strategies in alcohol consumption.

Key words: prevalence, consumption, alcohol, students.

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Introduction

Currently in our society, alcohol is part of everyday life. According to many adults and youth can not miss the alcohol at parties and gatherings. In addition, regardless of the social class to which it belongs, or age or education you have, it is generally believed that alcohol helps relieve sadness, infuse courage, to reduce the fear or cause joy. Most countries report a high rate of consumption, not only young people but also adults and adolescents (World Health Organization). The Global Status Report on Alcohol and Health 2014, states that each year die worldwide 3.3 million people as a result of harmful use of alcohol¹, which represents 5.9% of all deaths. He also reported that the harmful use of alcohol is a causal factor of more than 200 diseases and disorders. In general, he mentioned that 5.1% of the global burden of disease and injury attributable to alcohol consumption, calculated in terms of life expectancy based on adjusted disability (DALE). It also found that alcohol consumption causes death and disability at a relatively young age. In the age group 20 to 39 years, 25% of deaths are attributed to alcohol. There is a causal relationship between harmful alcohol consumption and a series of mental and behavioral disorders, in addition to non-communicable diseases and injuries. specific causal relationships between harmful consumption and the incidence of infectious diseases such as tuberculosis and HIV / AIDS have recently. Finally, beyond the health consequences, harmful use of alcohol causes significant social and economic losses, both for individuals and for society as a whole.

In Mexico, consumption of alcohol has been considered the main addiction that especially affects teenagers (National Survey of Addictions, ENA 2011). In addition, the prevalence of consumption in adolescents 12-17 years was 46.9% in men and 37.7% in women who have consumed alcohol sometime in their life. In the past year, the prevalence of consumption was 30.0% (31.8% in men and 28.1% women). The adolescents had 4.1% of alcohol dependence (6.2% of men and 2% women). Meanwhile, in the adult population aged 18-65 years, the prevalence of alcohol consumption was 77.1%; who have consumed alcohol at some time in his life corresponds to 88.1% in men and 67.0% women. In the past year, the prevalence of consumption was 55.7% (69.3% in men and 43.2% women). Also, 6.6% of adults had alcohol dependence (11.8% in men and 1.7% in women). Complications consumption and high school students by the federal government have been identified as a major public health problem and as the main health problem that afflicts any educational institution. It is estimated that the consumption of alcoholic beverages in institutions from the high level to the top has to do annually with the death of 1 400 students, 500,000 injuries, 600,000 physical assaults and 70,000 sexual assaults.

Alcohol is a drug home for consumption of other illicit drugs such as cocaine and marijuana drug. According to the Epidemiological Surveillance System of Addictions to Veracruz, this was the drug start in 56.9.2% of young people, who then began using a second substance. In addition, for this same state of the republic alcohol it is the drug most impact with 55.2% (SISVEA, 2012). Among the consequences that alcohol causes difficulties are frequent family fights, trouble with the police, labor problems, job loss, violence and crime. A high percentage of minors who are detained in the Juvenile Protection Council for committing crimes (43.3%) were low the influence of alcohol, this being the second most commonly used drug for them (SISVEA, 2012). In addition, 8 out of 100 injuries from external causes were drunk when entering the hospital emergency room (SISVEA, 2009), and 6 in 100 people die each year from liver cirrhosis (the fourth leading cause of death in general) . It is also the leading cause of death in young people 15 to 29 years for motor accidents (including road kill). It is estimated that almost a fifth of industrial accidents related to alcohol intake and is among the top 10 causes of disability of workers, directly affecting productivity and, therefore, to the company.

In Veracruz a study of students studying industrial engineering Veracruz Institute of Technology found that of 356 students, 84% consume alcohol and 16% reported not consume (Barradas 2009). Another study in the same institution only in racing and chemical engineering degree in administration found that in the first the percentage of male students who consume alcohol was $n = 8$ (88.9%) and $n = 29$ (96%) In the women; in the second race consume alcohol $n = 22$ (100%) men and $n = 47$ (90.4%) women (De los Santos F., Barradas A. Fernandez M. Sanchez, B., 2010). Veracruzana University as an institution of higher education based in different regions of the state of Veracruz has been concerned to establish preventive and care programs to students. These actions originally fell on the CE-NATI (Comprehensive Care Center for Student Health University), and currently in the CENDIHU (Center for Human Development and Integral University). Among other actions it has a Veracruzana Research Network on Addictions (REVIVA), consisting of 11 academic bodies distributed in the five academic areas and three research groups located at the Autonomous University of Puebla and universities of San Buenaventura and Boyaca , Colombia. He also conducted research with the overall objective of knowing the prevalence of legal and illegal drugs, factors and risk perception in students from the Universidad Veracruzana to propose evidence-based prevention strategies. It was aimed at the 57,286 undergraduate and racing Universita-rio Technician (TSU) registered in the period August 2012 - January 2013, in the open system and the schooled and the Intercultural University Veracruzana (UV) in the five regions and in all faculties, races and periods, according to data provided by the Directorate General of School Administration, where 20,644 estu-diantes answered the instrument and of these 4,821 they were exclusively of the Veracruz-Boca del Rio region.

Method

Kind of investigation. The study was descriptive in nature and its purpose was to determine the incidence and prevalence of alcohol consumption in students of the Universidad Veracruzana, Veracruz region.

Method. quantitative methodology was used, which Hernández, Fernández and Baptista (2014) is the method used by the collection and analysis of data to answer research

questions, relying on numerical measurement, counting and often in the use of statistics to pinpointing behavior patterns in a population.

Variable definition. Prevalence alcohol consumption.

Conceptual definition. Prevalence ever in life (index that considers the population who reported having had at least one full glass of alcohol at some time in life). Prevalence last year (index that considers the population who reported having had at least one full drink of alcohol the year prior to the interview). Last month prevalence (index that considers the population who reported having had at least one prior to the interview full drink of alcohol thirty days).

Instrument. The instrument used for making the diagnosis of drug use in students from the Universidad Veracruzana was called Questionnaire on Drug Abuse in University Students (CODEU, 2012) and is the product of an adaptation with the express permission of the authors of the instrument UNAM called Student Quiz 2007, designed by Villatoro et al. (2008), applied previously in this university. The instrument consists of 73 questions that ask about the following aspects: socio-demographic, consumption of licit and illicit drugs, factors and perceptions of students on institutional policies on the subject and preventive campaigns aimed at this age group by various institutions with reliability index Cronbach Alpha .787.

Results

Students who participated in this study were 4821, of which 39.6% (n = 1911) were men and 60.4% (n = 2910) women.

Among the sociodemographic characteristics of the students it noted that the population was predominantly female 60.4% (n = 2910) with a mean age of 20.6 years. As for the marital status and children, n = 2364 (49%) said they were single and n = 4578 (95%) did not have children. In this connection, he highlighted the academic area Health Sciences (Table 2) with n = 1743 (36.2%). With regard to the generation, n = 1897 (39.3%) are in the middle of the race, n = 1519 (31.5), and the educational system, n = 4592 (95.2%) is enrolled (Table 1).

CATEGORÍA	CARACTERÍSTICA	N	%
Sexo	Hombre	1 911	39.6
	Mujer	2 910	60.4
Edad (media)	20.6 años de edad		
Estado civil	Soltero	2 364	49.0
	Casado	73	1.5
	Vivo en unión libre	112	2.3
	Divorciado	26	.5
Hijos	Sí	243	5.0
	No	4 578	95.0
Número de hijos	1	187	3.8
	2	42	.9
	3	11	.2
	4	3	.1
Área académica	Artes	19	.4
	Ciencias Biológicas	487	10.1
	Agropecuarias		
	Ciencias de la Salud	1 743	36.2
	Económico-Administrativa	1 309	27.2
	Humanidades	877	18.2
	Técnica	386	8.0
Generación	Iniciales	1 519	31.5
	Intermedios	1 897	39.3
	Avanzados	1 040	21.6
	Rezagados	77	1.6
	No especificado	288	6.0
Sistema	Escolarizado	4 592	95.2
	Abierto	229	4.8

Table 1. Socio-demographic characteristics of participating students.
 Source: Consumo de Drogas en Estudiantes Universitarios (CODEU, 2012).

In the area of Arts, 94.74% of students have consumed in quantity at least one alcoholic beverage in your life (glass, horse, tin ...), for example, beer, tequila, wine, rum, cooler, brandy, vodka, Cuba, pina colada, silk stockings, etc. (table 2).

Área académica	SÍ		NO	
	f	%	f	%
Artes (n=19)	18	94.74	1	5.26
Biológico-Agropecuaria (n=487)	431	88.501	56	11.499
Ciencias de la Salud (n=1743)	1 450	83.19	293	16.81
Económico-Administrativa (n=1309)	1 067	81.51	242	18.49
Humanidades (n=877)	744	84.83	133	15.17
Técnica (n=386)	295	76,4	91	23,5
Total	4 005	83	815	17

Table 2. Area of students at least once in their life have consumed a full drink. Source: Drug Use in College Students (CODEU, 2012).

Alcohol consumption among young university started on average at 16 years old, which is quite interesting because a lot of them tried alcohol when they were still minors and were forbidden (Table 3).

Table 3 Prevalence of alcohol consumption

Variable	Características	Fx	%
Alguna vez en tu vida has tomado una bebida completa	Sí	4 005	83.1
	No	816	16.9
Edad promedio de inicio de consumo	16 años		
Tipo de bebida de mayor consumo	Vino	935	19.4
	Coolers	539	11.2
	Cerveza	2 577	53.5
	Brandy, vodka, tequila, ron, whisky	2 440	50.6
	Cockteles (piña colada, medias de seda)	1 390	28.8
	Pulque	89	1.8
	Alcohol puro o aguardiente, solo o preparado	135	2.8

Source: Consumo de Drogas en Estudiantes Universitarios (CODEU, 2012).

The frequency of alcohol consumption is 1 to 3 times a month and the amount ingested is 1 to 4 drinks per occasion (20.1%); followed by use of two to five times a year, and 1 to 4 drinks per occasion (19.0%), which makes clear that college students consume alcohol but moderately; however, 32.9% said they had come to drunkenness at least once in the last year (Table 4).

Table 4. Prevalence of alcohol consumption

Variable	Características	Fx	%
Cantidad y frecuencia de consumo de alcohol (diario)	1 a 4 copas por ocasión	277	5.7
	5 copas o más por ocasión	17	4
Cantidad y frecuencia de consumo de alcohol (3 a 6 veces por semana)	1 a 4 copas por ocasión	303	6.3
	5 copas o más por ocasión	40	0.8
Cantidad y frecuencia de consumo de alcohol (1 a 2 veces por semana)	1 a 4 copas por ocasión	480	10
	5 copas o más por ocasión	225	4.7
Cantidad y frecuencia de consumo de alcohol (1 a 3 veces por mes)	1 a 4 copas por ocasión	969	20.1
	5 copas o más por ocasión	471	9.8
Cantidad y frecuencia de consumo de alcohol (6 a 11 veces al año)	1 a 4 copas por ocasión	674	14
	5 copas o más por ocasión	329	6.8
Cantidad y frecuencia de consumo de alcohol (2 a 5 veces al año)	1 a 4 copas por ocasión	915	19
	5 copas o más por ocasión	283	5.9
Frecuencia y consumo (1 vez al año)	1 a 4 copas por ocasión	790	16.4
	5 copas o más por ocasión	247	5.1
Frecuencia y consumo los fines de semana	Siempre	63	1.3
	Frecuentemente	361	7.5
	Algunas veces	2 379	49.3
Frecuencia de embriaguez	Nunca en el último año	1 663	34.5
	Por lo menos 1 vez en el último año	1 289	26.7
	Una vez en el último mes	540	11.2
	De dos a tres veces en el último mes	220	4.6
	Una o más veces en la última semana	44	0.9

Source: Consumo de Drogas en Estudiantes Universitarios (CODEU, 2012).

Note that in all areas about 50% reported a moderate level of consumption followed by excessive consumption, highlighting here the area of Arts (21%). Although the level of risk consumption obtained lower percentages in all areas, no longer worrying if one takes into

account that the study population is characterized by mostly middle of the race and they started drinking from 16 years of age (table 5).

Table 5. Academic Area and level of alcohol consumption

Área académica	Consumo de riesgo		Consumo abusivo		Consumo moderado		No especificado		Total	
	f	%	f	%	f	%	f	%	f	%
Artes (n=19)	3	15.79	4	21.05	10	52.63	1	5.26	18	94.73
Biológico-Agropecuaria (n=487)	47	9.65	142	29.16	223	45.79	19	3.9	431	88.5
Ciencias de la Salud (n=1743)	119	6.83	305	17.5	930	53.36	96	5.51	1450	83.2
Económico-Administrativa (n=1309)	103	7.87	191	14.59	724	55.1	49	3.74	1067	81.3
Humanidades (n=877)	80	9.12	139	15.85	467	53.25	58	6.61	744	84.83
Técnica (n=386)	26	6.74	59	15.28	193	50	17	4.4	295	76.42
Total	378	56	840	113.43	2547	310.13	240	29.42		

Source: Consumo de Drogas en Estudiantes Universitarios (CODEU, 2012).

Conclusión

The objective of this research was to determine the prevalence and level of alcohol consumption in students from the Universidad Veracruzana. The results were: consumption ever in the life of 83%, a higher percentage compared to the results of the ENA 2011, where it was shown that in the region Centre consumption ever in life was 76.9% and in the South region were the lowest prevalence with 59.2%.

The age at which they begin to consume alcohol most young people is 16 years. Similar results were found by ENA ENA 2008 and 2011, which indicated that consumption began around 17 years old. Meanwhile, Caceres, Salazar Varela and Tovar (2006) obtained a different result with respect to age at onset: 12 to 17 years. All these results may be different due to the different cultures, contexts and policies. Regarding the most preferred

alcoholic beverage, this is still brewing, followed by brandy, vodka, tequila, rum or whiskey, and finally, the cocktails (pina colada, silk stockings); all these similar data reported by the ENA in 2011. On the prevalence, this is understood as the proportion of individuals in a group or population that exhibit a characteristic or event at a particular time or period. In this case, during the last year it was found that the frequency of alcohol consumption was 1 to 3 times a month and the amount ingested one to four drinks per occasion (20.1%). According to the World Drug Report (UNODC, 2012 p.1), consumption of legal substances had a higher prevalence: the annual prevalence of alcohol consumption is 42% (taking into account that alcohol is legal in most countries), a figure twice the annual prevalence of abuse reported by this study. With regard to the indicator use and abuse of alcohol, moderate consumption category or low risk refers to the intake of amounts that do not cause problems. Category abusive consumption is defined as the consumption exceeds the daily volume established in the previous category, and consumption risk refers to a pattern of alcohol consumption increases the risk for addiction and suffer harmful consequences for consumers, among which are the physical aspects. In this regard it was found that 50% of students who participated in this study had a moderate level of consumption, hence it followed the level of abusive consumption, which highlighted the area of Arts with 21%. Although it is true that the risk consumption recorded lower rates, this continues to be worrisome because people who start drinking during adolescence are more likely to suffer the consequences of excessive alcohol consumption to reach the adult life, among which is the risk of developing alcoholism or alcohol dependence. In addition, consumption of alcoholic beverages impacts heavily in vehicle accidents; more than a third of the drivers killed in traffic accidents usually have a blood alcohol concentration of $> 0.3 \text{ g / l}$ (Spanish Observatory on Drugs, Report 2004) Finally, it should be noted that the level of consumption alcohol, age of onset and its prevalence may induce mental disorders (depression, anxiety, emotional lability, sleep disorder, etc.), not only in people with a disorder caused by alcohol dependence, but also in those that consume excessively (ONU, 2014).

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