

## Resiliencia, asertividad y consumo de alcohol en adolescentes

*Resilience, assertiveness, and alcohol consumption in teenagers*

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### Resumen

El objetivo del presente estudio fue determinar la relación que existe entre la resiliencia, la asertividad y el consumo de alcohol en adolescentes estudiantes de una secundaria de la ciudad de Aguascalientes. Para ello se diseñó un estudio transversal correlacional en una muestra de 333 adolescentes. Se aplicaron dos instrumentos: resiliencia y asertividad, además de una cédula de datos sociodemográficos. Se contó con la autorización de padres de familia, participantes y autoridades de la escuela. En los resultados obtenidos predominó el género masculino (52.3 %), y

la edad promedio fue de 13.17 ( $DE=.96$ ) años. Asimismo, se encontró una diferencia significativa entre las variables resiliencia y consumo de alcohol ( $p<.001$ ), ya que los adolescentes que no consumen alcohol mostraron promedios más altos ( $M=57.14$ ,  $DE=15.91$ ) que aquellos que sí lo consumen ( $M=48.94$ ,  $DE=17.30$ ). En conclusión, los resultados confirman que existe una relación entre las variables resiliencia y consumo de alcohol.

**Palabras clave:** alcohol, adolescentes, asertividad y resiliencia.

## Abstract

**Aim:** To determine the relation that exists between the resilience, assertiveness and consumption of alcohol in teen students of Aguascalientes's city. **Method:** correlation designed a cross-sectional study. The size of sample was 333 teenagers. Two instruments were applied: resilience and assertiveness and information socio-demographic. One possessed the authorization of family parents, participants and authorities of the school. **Results:** In the information the masculine predominance (52.3 %), the average age was of 13.17 ( $SD=.96$ ) years. One found significant difference between the resilience and consumption of alcohol ( $p<.001$ ) where the teenagers who do not consumption alcohol showed higher averages ( $M=57.14$ ,  $SD=15.91$ ) that theme of whom yes they consume ( $M=48.94$ ,  $SD=17.30$ ). **Conclusions:** the results allow it confirms the relation between resilience and consumption of alcohol.

**Key words:** alcohol, adolescents, assertiveness, resilience.

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## Introduction

Evidence shows that drug use among adolescents is a complex problem linked to genetic, psychological, legal, regulatory, availability and social factors (Barboso, Mendes Barbosa, 2009). Alcohol and snuff are two substances that cause serious health problems of the population, besides being considered initiation by increasing the risk of consuming illicit drugs such as marijuana and cocaine drug (Alvarez et al., 2011).

The National Survey of Addictions (ENA, 2011) describes the proportion of teens who use drugs increases progressively and that the onset of tobacco use occurs before 18 years of age. With regard to alcohol, the results of this survey indicated that nationwide consumption ever performed in life is 71.3%, consumption in the last year is 51.4%, the highest consumption is 32.8% and daily consumption of 0.8%.

By stratifying the results of the ENA (2011) by region, the Western Region, which includes the states of Zacatecas, Aguascalientes, Jalisco, Colima and Nayarit, 71.6% reported alcohol consumption ever in life, 52.4% consumption in the last year, 30.3% of high consumption and 0.8% of daily consumption. In addition, the Research Branch Youth Integration Centers, A.C. (2013), said to Aguascalientes 80.9% of alcohol consumption ever in life. Research in Zacatecas (Perez S. et al., 2012) reported an average age of 11.83 to start drinking alcohol (SD = 1.66). (Pérez R. et al, 2012) A study in Nayarit published a prevalence of 64.1% in alcohol consumption sometime in life (95% CI: 58-70). Another study in Cd. Guzman, Jalisco (Aguilar et al., 2012) reported that 58.4% of adolescents have consumed alcohol at some time in life.

Moreover, the authors describe that adolescents who are most likely to use drugs are those that are subject to certain sociocultural and personal factors (Alvarez et al, 2011; Jordan, Souza and Pillon, 2009; Lemus et al, 2011) . Of these factors, this paper addresses assertiveness and resilience.

Assertiveness is defined as: a declarative statement, demanding, strongly insistent and self-assertion; so assertive behavior is the ability to say no to alcohol consumption, the ability to ask for favors, express positive feelings and requirements, and to start, continue and finish a conversation (Alvarez, 2011).

Resilience is defined as: go back, back to his feet, highlight, bounce. This concept was adapted to the social sciences to characterize those who, despite being born and living in high-risk areas, develop successfully and are psychologically healthy (Rutter, 1993). In this regard, the resilient person faces and prevents drug use successfully, ie despite being in an unfavorable environment and interact closely with drug users way, the teenager decides not to adopt such conduct adictiva.<sup>10</sup> This feature it develops specifically regarding risk factors and individual protection and the environment (Tusaie, Puskar, Sereika, 2007).

This study analyzes the social and family impact of educational participation of the nurse, who plays a role in the educational process as a consultant, when handling periodic or as an educator

information, when it facilitates communication and development of knowledge, skills, attitudes and values in addiction prevention.

That is, the nurse develops activities to prevent drug use and abuse initiation; It acts on risk factors and promotes health by focusing on assertiveness and resilience whose goal is to prevent the development of behaviors that lead to drug use. Moreover, this study aims to contribute in generating nursing knowledge from the perspective of prevention of risk behaviors and to propose a framework of relevant and sufficient reference, in addition to design and evaluate specific measurement scales addiction.

This research serves as background to the school, because their results help school officials to implement activities to promote skills and attitudes of protection against the risks posed by drugs and build a project positive life and healthy, and ensure the mental health of adolescents. This can be carried out through government institutions and their respective social work department.

In short, the aim of this study is to determine the relationship between resilience, assertiveness and alcohol consumption among adolescent students of a high school in the city of Aguascalientes.

## **METHODS**

To achieve this a study of correlational cross-section was performed in a comprised of adolescents 11 to 17 years old, enrolled in a public high school in the state of Aguascalientes (N = 980) universe. The sampling was probabilistic and calculation of sample size was obtained with the finite population formula:  $n = (NZ^2pq) / ((N-1) e^2 + Z^2pq)$ . There a confidence level of 90% probability for .80, .20 probability against and an estimation error of .05 (n = 333) was considered.

The selection of students is made by availability. Participating students of both sexes enrolled in the school year 2012-2013 a public high school in the city of Aguascalientes.

age, gender, with whom we live, and school data: demographic data for a charter of socio-demographic data with personal data was designed and average grade; in this same ballot questions on alcohol and snuff they included.

Resilience Scale (Castro, Llanes and Carreño, 2009), authors reported an internal consistency of .88 and .96 between was used for measuring the resilience variable. The instrument was formed by 26 items and each item had a format Likert four points, ranging from never to almost always.

A high score indicates greater resilience. The scale was grouped into seven factors: inner strength (5 reagents), self-esteem (5 reagents), family atmosphere (four items), network support (four items), link with parents (two items), handling emotions (three reagents), link with grandparents and other relatives (three items).

With regard to the assertiveness variable subscale Assertion (English, Mendez, Hidalgo, 2000), which consists of 15 items concerning relations of adolescents with service personnel and known and unknown in used Street. The authors reported an internal consistency of .86. The type of response to each reagent was no difficulty to maximum difficulty; a high score indicated greater assertiveness.

For data collection authorization was requested from the Research Committee of the Graduate School of Nursing of the Autonomous University of Queretaro, after the institution where the study and parents of participants was made. In the data collection he participated and two research assistants previously trained for that purpose. authorization also requested the director of high school to present the project and send the letter of informed consent parents. The following week the survey to students who signed informed consent brought their applied, and the implementation of the instruments was scheduled with the prefect and teachers group.

For data analysis was designed a database in the statistical program for social science-SPSS, version 17. The procedure to check the internal consistency of the instrument through reliability coefficient Alpha Cronbach and frequencies they were obtained proportions and percentages for categorical variables; for numeric variables measured location, central tendency and variability were calculated; for hypotheses indices were constructed and hypothesis tests were made using inferential statistics.

This study followed the provisions of the Regulations of the General Law of Health in Research for Health (Secretaría de Salud, 2014).

## **RESULTS**

Participants were 333 adolescents who are studying basic education in the city of Aguascalientes, aged between 11 and 17 years ( $M = 13.17$ ,  $SD = .96$ ), 52.3% were men, 66.7% live with both parents, 15.6% they referred study and work will eventually and 13.5% reported reprobation.

Alcohol consumption was measured through four measures of prevalence. Table 1 shows that five out of ten have consumed alcohol sometime in their life.

With regard to the pattern of consumption, frequency of consumption once a month or less it was 46.2% on average consume 2.59 drinks ( $SD = 2.37$ ), and its preferred beer with 80.8%, while 69.2% reported consuming in 11.5% in parties and family gatherings.

Tables 2 and 3 shows the difference in alcohol consumption by sex and grade according to the four measures of prevalence. Table 2 shows higher alcohol consumption in the group of women (53.5% CI 95% [46-61%].), While Table 3 shows higher alcohol consumption in the third grade students (58.3%; 95% CI [48-69%]).

Tables 4, 5 and 6 show the difference between assertiveness and resilience for consumption, gender and grade.

Table 4 shows a significant difference between the variables resilience and alcohol consumption ( $p < .001$ ), as teens who do not drink alcohol showed higher averages ( $M = 57.14$ ,  $SD = 15.91$ ) consumers ( $M = 48.94$ ,  $SD = 17.30$ ). This condition is observed in assertiveness and consumption variable, however, this difference was not significant.

Table Five shows that no significant difference was found between the variables assertiveness ( $p = 0.322$ ) and resilience ( $p = 0.796$ ) gender; however, a higher rate of assertiveness seen in the group of women ( $M = 43.37$ ,  $SD = 14.43$ ) and resilience in the group of men ( $M = 53.59$ ,  $SD = 16.50$ ).

Table six shows no significant difference between the variables Assertiveness ( $p = .850$ ) and resilience ( $p = .662$ ) per grade. However, it is observed that students in second and third year have the highest rate of assertiveness and the first year have higher scores resilience.

## DISCUSSION

With regard to alcohol, this study reports that five out of ten adolescents have consumed alcohol sometime in life; minor detail when compared to the consumption nacional<sup>3</sup> (71.3%; 95% CI [70-72%]) and Occidental<sup>3</sup> level (71.6%; 95% CI [67-75%]) region. Meanwhile, in Nayarit (Pérez R et al., 2012), the prevalence of consumption ever in life was 64% (95% CI 58-70) and Cd. Guzman (Aguilar et al., 2012) of 58.4%.

In Aguascalientes, the pattern of consumption once a month or less is two drinks, beer remains the favorite drink, while more than half referred consume alcohol at parties and one in ten students at family gatherings. According to Mexican culture, alcohol consumption socializations

is normal, which makes the alarm and social responsibility is lower than with other types of drugs or even be nonexistent (Villareal, Sanchez and Musito, 2013).

Moreover, higher alcohol consumption was presented at the group of women, data nacional<sup>3</sup> different level (46.9%; 95% CI [42-49%]) and regional<sup>3</sup> (81.8%; 95% CI [78-85%] ), where men reported higher consumption. However, similar data were found in Guanajuato (Alvarez et al, 2013.), Where there were higher alcohol consumption in women (50.5%;  $X^2 = 0.40$ ,  $p = .52$ ). The increase in consumption in women is something that has been performing in recent years. Various studies report that women who are under the influence of alcoholic beverages say they feel well, allowing them to have fun or be bold, and even escape reality (Cortaza and Luis, 2008). It is therefore necessary to identify the causes of the onset of consumption, which favor increasing addiction, and the consumption of different substances (Ruiz and Medina-Mora, 2014).

Moreover higher alcohol consumption was found in the third grade students. This is in line with that reported in Zacatecas (Perez S. et al., 2012), where the third-year students had higher alcohol consumption ( $p < .001$ ). In this regard, the study by Duffy (2014) reported that adolescents aged 12 to 14 years of age begin to consume alcoholic beverages by peer pressure; in his own words:

"If they are taking from the jar and you pass it, you have to take; you can not say no. " "I drink to seem adult, to be male, to copy what other people".

Furthermore, a significant gender difference was found between the variables assertiveness and resilience. This shows that both men and women act guided way according to your deepest interests, expressing their feelings honestly and exercise their rights while respecting those of others (Espinoza Herrera, Cabanillas and Curay, 2014). In Guanajuato<sup>17</sup> yes there was a significant difference between assertiveness ( $H = 7.99$ ,  $p < .05$ ) and resilience ( $H = 12.10$ ,  $p < .05$ ) per grade.

The study allowed to verify the concepts of resilience, assertiveness and alcohol consumption in 333 adolescents in secondary education in Aguascalientes; however, the results are not allowed to confirm the difference between assertiveness and resilience by gender and grade. From these results opportunities for interdisciplinary school health team, design and implement intervention actions aimed at this specific group with emphasis on the topic of resilience are presented.

The results make clear the convenience of carrying out sustained prevention efforts on an empirical basis with a gender perspective in order to prevent harmful consumption among adolescents.

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Tabla 1. Medidas de prevalencia de consumo de alcohol.

Medidas de prevalencia	Consumo de alcohol				IC 95 %	
	<i>Sí</i>		<i>No</i>		Límite inferior	Límite superior
	<i>f</i>	%	<i>f</i>	%		
Global	169	50.8	164	49.2	45	56
Lápsica	93	27.9	240	72.1	23	33
Actual	52	15.6	281	84.4	12	20

Fuente: cuestionario de prevalencia de consumo de alcohol n=333

Tabla 2. Medidas de prevalencia de consumo de alcohol por sexo.

Medidas de prevalencia	Consumo de alcohol				IC 95 %	
	<i>Sí</i>		<i>No</i>		Límite inferior	Límite superior
	<i>f</i>	%	<i>f</i>	%		
Global						
Femenino	85	53.5	74	46.5	46	61
Masculino	84	48.3	90	51.7	41	56
Lápsica						
Femenino	47	29.6	112	70.4	22	37
Masculino	46	26.4	128	73.6	20	33
Actual						
Femenino	32	20.1	127	79.9	14	26
Masculino	20	11.5	154	88.5	7	16
Instantánea						
Femenino	17	10.7	142	89.3	6	16
Masculino	12	6.9	162	93.1	3	11

Fuente: cuestionario de prevalencia de consumo de alcohol

*n*=333

Tabla 3. Medidas de prevalencia de consumo de alcohol por grado escolar.

Medidas de prevalencia	Consumo de alcohol				IC 95 %	
	<i>Sí</i>		<i>No</i>		Límite inferior	Límite superior
	<i>f</i>	%	<i>f</i>	%		
Global						
Primero	34	34.3	65	65.7	25	44
Segundo	86	57.3	64	42.7	49	65
Tercero	49	<b>58.3</b>	35	41.7	48	69
Lápsica						
Primero	15	15.2	84	84.8	8	22
Segundo	44	29.3	106	70.7	22	37
Tercero	34	40.5	50	59.5	30	51
Actual						
Primero	8	8.1	91	91.9	3	14
Segundo	24	16.0	126	84.0	10	22
Tercero	20	23.8	64	76.2	15	33
Instantánea						
Primero	5	5.1	94	94.9	1	9
Segundo	14	9.3	136	90.7	5	14
Tercero	10	11.9	74	88.1	5	19

Fuente: cuestionario de prevalencia de consumo de alcohol n=333

Tabla 4. Prueba U de Mann-Whitney para asertividad y resiliencia por consumo.

Consumo	Asertividad			U	Valor de p
	Media	Mdna	DE		
Sí	42.70	41.33	15.91	13591.50	.761
No	42.99	42.66	14.75		
Consumo	Resiliencia			U	Valor de p
	Media	Mdna	DE		
Sí	48.94	53.84	17.30	9566.00	.001
No	57.14	61.53	15.91		
Fuente: subescala de asertividad				n=333	

Tabla 5. Prueba U de Mann-Whitney para asertividad y resiliencia por sexo.

Género	Asertividad			U	Valor de p
	Media	Mdna	DE		
Femenino	43.3795	42.6667	14.43451	12965	.322
Masculino	42.3602	41.3333	16.14157		
Género	Resiliencia			U	Valor de p
	Media	Mdna	DE		
Femenino	52.3101	58.6538	17.77180	13606.5	.796
Masculino	53.5975	58.6538	16.50467		
Fuente: subescala de asertividad				n=333	

Tabla 6. Prueba de Kruskal-Wallis para asertividad y resiliencia por grado escolar.

Grado	Asertividad			<i>H</i>	Valor de <i>p</i>
	Media	<i>Mdna</i>	<i>DE</i>		
Primero	42.1684	40.0000	14.09599	.325	.850
Segundo	43.6444	42.0000	16.37028		
Tercero	42.2222	42.0000	14.02439		
Grado	Resiliencia			<i>H</i>	Valor de <i>p</i>
	Media	<i>Mdna</i>	<i>DE</i>		
Primero	54.4969	59.6154	16.37028	.825	.662
Segundo	52.3462	57.2115	17.44463		
Tercero	52.3352	58.6538	17.43740		

Fuente: subescala de asertividad n=333