



Evaluation of Risk Determinants Related to Ethyl Alcohol and Tobacco Consumption in the Adolescent Population

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Article History	Abstract
Received: 06 June 2023 Revised: 05 Sept 2023 Accepted: 11 Sept 2023	<p><i>At present, the consumption of ethyl alcohol and tobacco in the adolescent population has generated a significant impact worldwide, being a topic of great relevance in today's society. Adolescents who are involved in the consumption of these substances put their health and safety at risk, motivated by various factors such as the search for social acceptance, the easy availability of these substances, among others. The objective of this research was to identify the risk factors associated with the consumption of ethyl alcohol and tobacco in adolescents. A quantitative and descriptive approach was used, using surveys as an instrument to understand the causes that led adolescents to consume these substances. The results revealed that 45% of adolescents admitted having started using with the purpose of fitting into a social group, while 30% attributed it to family problems. In addition, 15% mentioned that they wanted to feel better emotionally, and 10% experimented with these substances. It is important to highlight that adolescents start consuming ethyl alcohol and tobacco in order to adapt to their social environment, face family problems, seek emotional relief in situations that they cannot resolve on their own, or simply out of curiosity and experimentation.</i></p>
CC License CC-BY-NC-SA 4.0	<p>Keywords: Social environment, substances, adolescents, alcohol, tobacco, consumption</p>

1. Introduction

The consumption of ethyl alcohol and tobacco in adolescents and the effects they cause has caused a great impact worldwide and is very important in today's society, "About 275 million people used these substances worldwide in the last year and more than 36 million people suffered disorders, Adolescents account for the largest proportion of people who use these substances." ⁽¹⁾

The excessive intake of alcohol is tolerated, and even approved, having become the most widespread psychoactive substance of abuse among young people worldwide, in the same way with tobacco, adolescents can be easily influenced by advertising, the Internet and by what their peers do and say, they are not aware of how difficult it can be to quit the habit, nor its consequences on health in the future.

"One of the main objectives of the reports on drug use in the Americas is to know the trend of drug use, so in ten countries, two out of ten students had consumed an alcoholic beverage in the last 30 days. In some countries, such as Chile and the Dominican Republic, two out of ten eighth-graders have smoked at some point in their lives." ⁽²⁻¹⁶⁾

Adolescence is a very vulnerable stage of life for the consumption of toxic substances, both because of the concern to experience new sensations, and because of the feeling of invulnerability. Going out at night on weekends and drinking alcohol has become a routine for some teenagers, in the case of tobacco, they apply marketing strategies to attract young people, use special filters, designer packaging and specific promotional campaigns adding substances that make tobacco more palatable, flavoured cigarettes, they add chemicals, such as acetaldehyde to cigarettes that combined with nicotine enhance their addictive capacity. Adolescents seem to be more sensitive to its effects which increases susceptibility to becoming addicted to tobacco. Tobacco is responsible for a very high percentage of cardiovascular pathology, cancer and respiratory diseases. Half of smokers will die from diseases related to it. Alcohol has an ambivalent effect; at high doses it produces multiple cardiovascular and systemic harmful effects.

"The aspects that affect the growing consumption of drugs in adolescents are; family problems, dysfunctional homes, domestic abuse, limited economic resources, poor communication, school difficulties among others" (3-17-18). Adolescents are immersed in a process of development and subjected to multiple changes, so alcohol consumption can affect their physical and psychological health, decrease their academic performance and lead to risky behaviours, such as the practice of unprotected sex, violent behaviour or reckless driving of vehicles and can act as a facilitator for the consumption of other illegal drugs. The negative effects of tobacco appear in the long term, such as damage to the heart and blood vessels which increases the risk of heart disease and stroke, heart attack and lung cancer.

"The risk factors for the consumption and abuse of these drugs are found in the environment of the young person; with permissive rules or non-compliance therewith on the prohibition, sale and control of alcohol and tobacco; the presence of drugs as supply and availability" (4-19-20)

Adolescents who consume ethyl alcohol and tobacco put their health and safety at risk, possibly caused by insecurities, desire to be socially accepted, places where it is easy to access these substances, due to stress and anxiety these substances are used to deal mainly with intra-family problems, their limited economy, the need to explore something new or interact with people who want to induce them to consume these substances, Therefore, if they are not educated about this issue, problems will arise that in the future cannot be treated so easily and will represent a risk or threat to their community and society.

Mentioned

"Adolescents do not have a form of distraction that satisfies their integral needs, emotional and intellectual, they feel unmotivated, the activity they fulfil is repetitive, little stimulating, that lack of stimulation produces irritability and adaptation disorders, therefore, the desire to seek different activities such as the consumption of ethyl alcohol or tobacco. " (5-21-22)

2. Materials And Methods

According to Mata (6), quantitative research designs of a non-experimental type, "are responsible for pointing out the characteristics of the population that is studying, their objective is to describe the nature of a demographic segment, without focusing on the reasons why a certain phenomenon occurs".

The proposed work focuses on the analysis of the risk factors associated with the consumption of ethyl alcohol and tobacco in adolescents. In order to obtain a more precise and clear understanding of this phenomenon, a descriptive study will be carried out, which will allow examining the natural context and the elements that contribute to the consumption of these substances by adolescents.

According to the definition proposed by Peñalosa⁽⁷⁻²³⁾, descriptive research involves the use of information collection and processing strategies, making use of numerical magnitudes and statistical techniques, in order to analyze the cause-and-effect relationships related to the topic under study.

In this regard, a quantitative research approach will be employed, which will enable the collection of quantifiable data on alcohol and tobacco use among adolescents. Surveys will be used as the main tool to investigate the causes that have motivated adolescents to use these substances and evaluate their

impact on health. To measure the answers obtained, the Likert Scale will be applied, a rating technique that allows participants to express their degree of agreement or disagreement with a series of statements ⁽⁸⁻⁹⁻¹⁰⁾. This scale is particularly suitable for assessing attitudes, reactions and behaviours.

The population under study will be made up of 20 adolescents living in the La Estrellita neighbourhood, located in the Tulcán canton. In order to ensure uniformity in the questions asked, a probability sampling method will be applied, since all adolescents in that neighbourhood share similar characteristics that make them eligible to participate in the research and respond to the same survey.

The final objective is to obtain detailed information about the risk factors associated with alcohol and tobacco consumption in this population of adolescents, as well as to understand their impact on health.

3. Results and Discussion

Table 1. How often do you use alcohol or tobacco?

	Adolescents	Percentage
Seldom	10	50%
Often	5	25%
Very often	3	15%
Never	2	10%
Total	20	100%

¿Qué tan seguido consume alcohol o tabaco?

20 respuestas

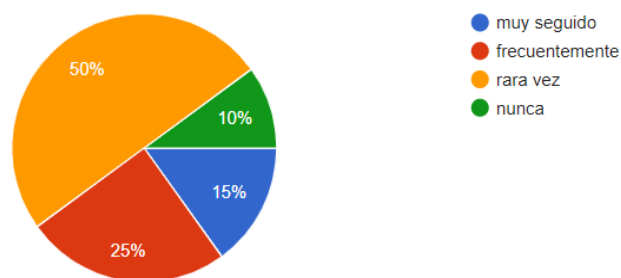


Figure 1. Statistical data

50% of the adolescents surveyed mention that it is rarely the frequency with which they consume these substances, 25% admit to consuming them frequently, 15% very often and 10% stopped using them.

Table 2. Why did you start using alcohol or tobacco?

	Adolescents	Percentage
Fitting into a group	9	45%
Family problems	6	30%
Feeling better	3	15%
Experience	2	10%
Total	20	100%

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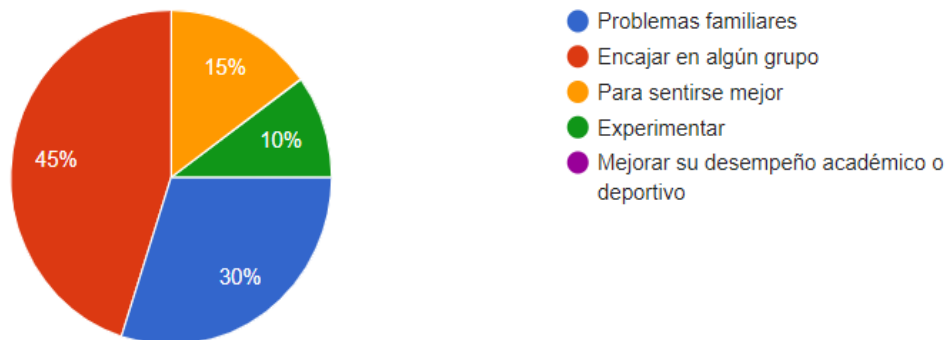


Figure 2. Statistical data.

45% of the study population admit to having started with the consumption of these substances due to wanting to fit into a group, 30% due to family problems, 15% to feel better and 10% to experiment.

Table 3. Do you try to avoid alcohol or tobacco?

	Adolescents	Percentage
Always	15	75%
Almost always	4	20%
Sometimes	1	5%
Total	20	100%

¿Trata de evitar el consumo alcohol o tabaco?

20 respuestas

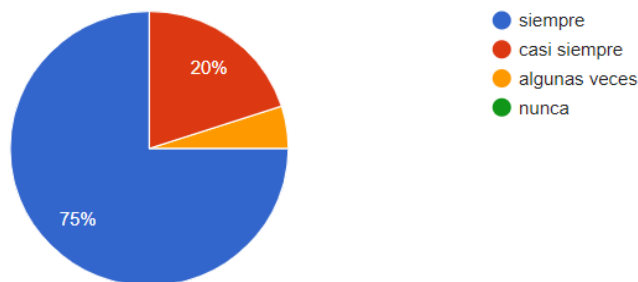


Figure 3. Statistical data

75% of teens constantly seek help to get away from ethyl alcohol and tobacco, 20% almost always and 5% sometimes.

Table 4. Do you know the consequences of alcohol and tobacco use?

	Adolescents	Percentage
Few	14	70%
Some	3	15%
No	2	10%
Many	1	5%
Total	20	100%

¿Conoce las consecuencias del consumo de alcohol y tabaco?

20 respuestas

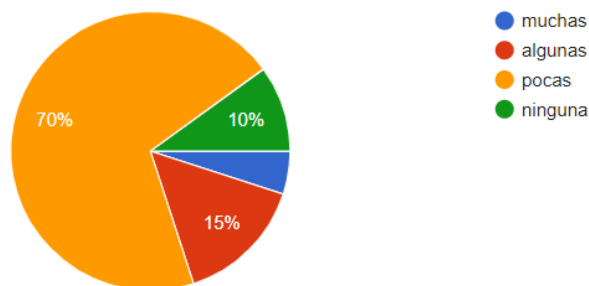


Figure 4. Statistical data

The survey revealed that 70% of adolescents know few consequences that these substances have on their health, 15% know some, and 10% do not know any negative effects caused by these substances, only 5% know many consequences that these substances cause on their health.

In the results of the study it was found that most adolescents have consumed ethyl alcohol or tobacco frequently, this data does not agree with those of the report on drug consumption in the Americas because it is mentioned that two out of ten adolescents have consumed some alcoholic beverage in the last thirty days and in countries such as the Dominican Republic or Chile they smoked at some time, That is to say that most of the study population of this research consume these substances in a frequent and alarming way since the number of adolescents who consume alcohol or tobacco increases, on the other hand, the data of this research agree with the World Drug Report mentioning that most people affected by alcohol and tobacco and those who suffer most from disorders or consequences towards their health As high blood pressure, heart disease, stroke, liver disease, lung cancer and digestive problems are adolescents ⁽¹¹⁻¹²⁻¹³⁾.

In recent decades a large amount of research has been generated in which it is mentioned that the risk factors of alcohol and tobacco consumption in adolescents is due to family problems, dysfunctional homes, intrafamily abuse, limited economic resources, poor communication or school difficulties, likewise, other research recognizes that the risk factors are in the environment of adolescents, In the permissive norms or the breach of these, in addition to factors that vary in each adolescent and is because they feel unmotivated, the activities they comply with are repetitive and little stimulating ⁽¹⁴⁻¹⁵⁾, all these factors that are mentioned in other investigations agree with the results of this research except for one and that is that most adolescents in this study have started with the consumption of ethyl alcohol or tobacco Because they want to fit into a group, in some cases it is friends who recommend these substances and because they are not excluded from their group or receive different treatment, they are forced to consume them even against their will, in other adolescents the risk factors for consumption agree with other research.

It is interesting that in other research this unknown is not questioned and is to know if adolescents try to stop consuming alcohol or tobacco, it is important to know this because the first step to achieve a change is that adolescents are the first to try to change, it is important that they do their part to leave these substances that cause negative effects on their own health, This is how it is shown in this research that most of them always seek help to stop consuming these substances, trying to find alternatives that help them. The fact that the vast majority of teenagers in the La Estrellita neighbourhood seek help to stop using harmful substances is already a good start, because there are others who do not try to improve and do not want to show any change, or it is not even known if they have tried to quit alcohol or tobacco because they have not been questioned about that. The first alternative is to seek support from relatives, who give them advice or seek professional help ⁽²¹⁻²²⁻²³⁾.

In other research they focus on knowing the risk factors that initiate adolescents to consume alcohol and tobacco, this research differs from the others because it was also questioned if adolescents know the negative effects caused by ethyl alcohol and tobacco and it is worrying that most are not aware of how difficult it can be to quit the habit, Nor of its consequences on health in the future, they do not

know that chemical substances, such as acetaldehyde to cigarettes that combined with nicotine enhance their addictive capacity, it is best to reinforce their knowledge related to these consequences that ethyl alcohol and tobacco have in their own health and how to avoid them so that they do not harm their life in the future.

4. Conclusion

The main objective of this research was to collect and analyze relevant information sources that comprehensively address the risk factors associated with the consumption of ethyl alcohol and tobacco in adolescents. Through this comprehensive exploration, we sought to understand in depth the harmful effects of these substances and the underlying causes that drive young people to initiate their use.

The collection of information was of great importance for the planning of educational talks specifically designed to strengthen the knowledge of adolescents in relation to this topic. These talks became an effective tool to provide accurate and up-to-date information about the risks associated with alcohol and tobacco use, as well as to encourage informed and healthy decision-making.

Throughout the research process, it was possible to identify the current risk factors that contribute significantly to the consumption of ethyl alcohol and tobacco in adolescents. The results revealed that these young people usually start using these substances with the aim of fitting into a social group, as a response to family problems and as a way to seek relief from problematic situations that they cannot face on their own.

The implementation of the educational talks had a positive impact by reinforcing adolescents' knowledge about the negative effects of ethyl alcohol and tobacco consumption on their health and on their lives in general. In addition, there was a clear sign of concern on the part of family members, who provided emotional support and offered advice and guidance to help adolescents stop using these substances or seek the assistance of specialized treatment experts.

In conclusion, this research allowed a comprehensive diagnosis of the risk factors associated with the consumption of ethyl alcohol and tobacco in adolescents. The findings obtained were fundamental for the planning and execution of effective educational talks that strengthened the knowledge of young people in relation to the risks and consequences of these substances. In addition, the importance of family support in the prevention and treatment process was evidenced, highlighting the concern and commitment of family members for the well-being and health of adolescents.

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