



ALCOHOL CONSUMPTION AND SELF ESTEEM IN ADOLESCENTS

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Abstract:

Back Ground: In India use of alcohol is higher in deprived communities contributing to thirty Percent of use to the male population and five percent of use to female population .And in recent years the alcohol use of young people is increased and as their age increases their quantity and frequency of intake has also been increased. **Aim:** The aim of this study was to assess the level of self esteem and alcohol consumption in male adolescents. **Materials and Methods:** A descriptive design with quantitative method was adopted. The study was restricted to the sample size of about 60 male adolescents aged between 18-20 yrs selected by purposive sampling technique. The investigator used the standardized tool of AUDIT-Alcohol use disorder identification test and Rosenberg self esteem scale. Data analysis was done using SPSS v 16.0 software.

Results: Results revealed that the majority of the adolescents had positive self esteem (80 %) and only (20%) presented low self esteem. With AUDIT score, 75 % did not consume alcohol hazardously and no samples were fall under the category of high risk level and alcohol dependence. Privacy and the confidentiality of the information provided are strictly maintained throughout the research process.

Conclusion: It was concluded that the adolescents presented high self esteem and low alcohol consumption. Therefore, it is necessary to promote the protective factors for maintaining the Positive self concept and self image and implement preventive programs related to substance use among the adolescents.

Key words: self esteem, alcohol use, adolescents

Background of the Study:

It is estimated 2.5 million deaths worldwide are the result of alcohol use and 15.3 million people globally suffer from drug use disorders. Understanding the complex nature of addictive behavior and chemical dependency is a powerful means to prevent and treat drug and alcohol abuse.

A great deal of research has been conducted concerning self-esteem and similar concepts in relation to drug and alcohol use. For the past two decades, low self-esteem has been the most popular psychological explanation of drug and alcohol abuse and addiction (Furnham and Lowick 1984). The way that people view themselves will have an impact on how they experience their life. Those who have low self-esteem struggle to find success and happiness, mostly because they do not feel themselves worthy of enjoying such things. Their lack of self-worth will affect every area of their life, especially their relationships with other people. Many of those who are dealing with low self-esteem will turn to substance abuse because it offers a temporary solution to their problems. Using alcohol and drugs to escape their feelings of low self-worth only leads to addiction.

Low self-esteem is one of the characteristics of the addictive personality. When people first begin using alcohol or drugs it will increase their self-confidence. They become less concerned with what other people think of them. Many adult substance users are found to have initiation of substance use in adolescence, and there is also a progressive decline in the age of initiation of substance use, which matches with the report of Harvard School of Public Health College Alcohol Study (CAS). ie students starts their binge drinking in high school itself and it make them to binge drink at college. Hence the researcher focus on the preventive aspect in identifying the alcoholic use and the predictor of its use by assessing the self esteem among adolescents age group.

Materials and Methods:

A descriptive study using quantitative method was employed to assess the level of self-esteem and alcoholic use among the adolescents aged between 17-20 years .Purposive sampling technique was used to select the samples. The researcher used a AUDIT screening tool to assess the existing level of alcohol consumption and Rosenberg self esteem scale to measure to self esteem among the adolescents. The Target Population is late adolescents .The samples included for the study was only male adolescents. Sample size is comprised of 60 male adolescents. Permission was taken from the respective head of the college prior to data collection.

As a part of the planned general health awareness programme, the investigator gave a briefing on the alcoholic questionnaire and self esteem scale and the respondents were told the procedure of filling up of the questionnaire. When the consent forms were filled and returned, the respondents were told the procedure of filling up of the questionnaire. The questionnaires were to be filled in the classroom itself and not to be filled outside or to be taken to their residences. The students were requested to answer honestly without any fear or shyness. The time taken to complete the questionnaire was about 10-15minutes. Privacy and confidentiality was maintained throughout the research process.

Results:

Table 1: Frequency and Percentage Wise Distribution of Adolescents According to the Level of Audit
 N=60

| Level of Audit | Frequency | Percentage |
|------------------------|-----------|------------|
| Low Risk (0-7) | 45 | 75 |
| Risky (8-15) | 15 | 25 |
| High Risk (16-19) | 0 | 0 |
| Very High Risk (20-40) | 0 | 0 |
| Total | 60 | 100 |

Table 2: Frequency and Percentage Wise Distribution of Adolescents According to the Self Esteem Score
 N=60

| Level of Self Esteem | Frequency | Percentage |
|----------------------|-----------|------------|
| Low Self Esteem | 12 | 20 |
| Normal Self-Esteem | 21 | 35 |
| High Self-Esteem | 27 | 45 |
| Total | 60 | 100 |

Discussion:

Among 60 male Adolescent samples, majority 83% belongs to hindhu religion, 88% grewed up in urban, 95% lives at home, 89 % from nuclear family type and 94% belongs to middle class family. Majority 54% of samples had no family history of alcohol use, and 57 %scored 50-59% in their past academic performance. The AUDIT findings of the study reveals that the majority 75 % of the samples belongs to the low risk level , 25 % of samples belongs to the risk level and none of the samples belongs to the high risk and dependence level of alcohol use. And the Rosenberg self esteem score reveals that majority 45% of the samples had high self esteem, 35% had normal self esteem and only 20 % had low self esteem. The above all research findings is similar to the findings conducted by Alicia Álvarez Aguirre María et.al (2010) i.e alcohol consumption at non hazardous level (80.7%) and self esteem score (94.5%).

Conclusion:

The above statistics makes the clear fact that there is a low level of alcohol use with the high level of self esteem among the selected samples between the age group 18-20 years. The study concludes that to highlight the need for promotive and protective factors to guarantee the maintenance of positive physical and mental health and to encourage the adolescents to focus on the positive aspects of self, thereby preventing the substance use among adolescents. And also, it is necessary to plan for the preventive programs related to alcohol consumption and implement the strategies which are focusing psychological aspects of counseling for the wellbeing of adolescents.

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