

The biopsychosocial impacts of Binge standard alcohol consumption on young adults

Os impactos biopsicossociais do consumo de álcool em padrão Binge nos jovens adultos

Los impactos biopsicosociales del consumo de alcohol estándar de Binge en los adultos jóvenes

RESUMO

Tem sido identificado um novo padrão de consumo de álcool utilizado por uma grande parcela dos jovens, o binge drinking. Este modelo de consumo retrata a ingestão de cinco ou mais doses de bebida em uma mesma ocasião. Objetivo: identificar quais os impactos biopsicossociais do consumo de álcool de acordo com o padrão binge drinking (BD). Método: Tratou-se de um trabalho de revisão bibliográfica exploratória, acerca das variáveis biopsicossociais, uso binge e jovens adultos. Resultado: Foi possível compreender que o álcool pode ter inúmeros impactos biopsicossociais, como relacionamentos em seu entorno, vida acadêmica, trabalho, relacionamentos amorosos, amizades, vida familiar, bem como significados culturais e representações na vida do sujeito. Conclusão: As consequências dos comportamentos de risco e consumo em padrão binge entre os jovens adultos, atingem o indivíduo de maneira biopsicossocial. Ressalta-se a importância de trabalhos de prevenção no qual seja possível ser trabalhado o sujeito holisticamente.

DESCRIPTORES: Jovens Adultos; Álcool; Consumo De Álcool; Consumo Abusivo.

ABSTRACT

A new pattern of alcohol consumption used by a large portion of young people, binge drinking, has been identified. This consumption model portrays the consumption of five or more drinks on the same occasion. Objective: to identify the biopsychosocial impacts of alcohol consumption according to the binge drinking pattern. Method: This was an exploratory literature review work on biopsychosocial variables, binge use and young adults. Result: It was possible to understand that alcohol can have numerous biopsychosocial impacts, such as relationships in its surroundings, academic life, work, romantic relationships, friendships, family life, as well as cultural meanings and representations in the subject's life. binge pattern among young adults, affect the individual in a biopsychosocial way. The importance of prevention work in which it is possible to work the subject holistically is emphasized.

DESCRIPTORS: Young Adults; Alcohol; Alcohol Consumption; Abusive Consumption.

RESUMEN

Se ha identificado un nuevo patrón de consumo de alcohol utilizado por una gran parte de los jóvenes, el binge drinking. Este modelo de consumo retrata el consumo de cinco o más tragos en la misma ocasión. Objetivo: identificar los impactos biopsicosociales del consumo de alcohol según el patrón binge drinking (BD). Método: Se trata de un trabajo de revisión exploratoria de literatura sobre variables biopsicosociales, binge use y adultos jóvenes. Resultado: Fue posible comprender que el alcohol puede tener numerosos Los impactos biopsicosociales, como las relaciones en su entorno, la vida académica, el trabajo, las relaciones amorosas, las amistades, la vida familiar, así como los significados y representaciones culturales en la vida del sujeto patrón de atracones entre adultos jóvenes, afectan al individuo de forma biopsicosocial. Se enfatiza la importancia del trabajo de prevención en el cual es posible trabajar el tema de manera holística.

DESCRIPTORES: Adultos Jovenes; Alcohol; Consumo de Alcohol; Consumo Abusivo.

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INTRODUCTION

Many young adults consume psychoactive substances such as alcohol and this project aims to present the biopsychosocial impacts of substance consumption according to the binge drinking (BD) pattern, because during youth, there is a search for balance and personal fulfillment in many aspects of life, from your relationship with yourself and others to your choices regarding education, work, finances, leisure and relationships with peers.¹

The young person experiences a moment of transition to a new phase of development and preparation for adult life, in this phase there are also physical changes and brain maturation and this can be harmed by many factors, including the harmful use of psychoactive substances, such as the alcohol.²

Alcohol is considered a legal drug according to the World Health Organization (WHO), and it is the most consumed drug in the world, its consumption alters consciousness and causes effects on physical, emotional and social well-being, which can lead to chemical dependence due to its properties, also causing great harm to consumers, such as social losses, disability and health problems.^{3,4}

With the entry into the job market and higher education, young people are faced with new routines, study demands and

other changes in their social environment, which require them to adapt. This process makes them vulnerable and encouraged to consume alcohol and other drugs excessively, which can lead to several negative aspects in the physical, mental and emotional health of these young people.⁵

New research has highlighted a different type of alcohol consumption that is becoming increasingly popular and harmful to the population, presenting a series of health consequences, binge drinking (BD), a consumption pattern characterized by the ingestion of a large amount of alcohol in a short period. This type of consumption is characterized by a high risk that can lead to a series of mental, physical and social problems. This pattern of binge drinking (BD) consumption is present in different cultures and ages, with greater predominance in young male adults. Its consequences are diverse and go beyond the clinical nature, as they are associated with family, cultural and social problems. Knowing the profile of this population makes it possible to plan quality care for these people.⁶

Surveys around the world have reported the behavior of BD in the youth population. A sample of approximately 500 young people, with an average age of 22 years, participated in a survey that showed high consumption (excessive risk) of alcoholic beverages in this population, and certain day-to-day events of these young people, lead to high drinking per event.⁷

A survey that aimed to know about the consumption of alcoholic beverages, specifically the practice of binge drinking, among 174 adolescents and young adults found that 23% of the research participants had a pattern of binge drinking consumption, while almost 6% of the young people, perform this pattern at least once a month.⁸

A survey of nearly 3,400 college students (ages 18-25) was conducted to examine alcohol use and binge drinking trajectories, as well as their predictors. In this study, it was identified that 66.71% (N = 2,280) of the participants reported binge drinking over a period of 2 years.⁹

In view of the data shown above, it is necessary to identify the biopsychosocial impacts of alcohol consumption according to the binge drinking pattern, because with these results, it is expected to contribute data to prevention strategies and/or health promotion for this population.

METHOD

The present research was carried out through an exploratory literature review. The bibliographic review is the survey of literature, in the form of books, magazines, separate publications and others on the subject, with the objective of making the researcher come into direct contact with all written material.¹⁰

This work followed the norms of the

bibliographic review and standards of exploratory studies of the scientific literature to compose the methodology as a support in the organization of research and investigation, through materials already prepared previously, such as scientific articles, electronic journals and books. 11

For data collection, indexed databases, SciELO, Pepsic, and books, electronic journals and articles were used for data related to the history of alcohol, human development, biopsychosocial impacts of alcohol, drug and psychoactive substances consumption. The time frame established for the search for results that corresponded to the research objectives were accessed in the aforementioned indexed databases, published in the last 10 years (2010 to 2019).

The inclusion criteria for the selected material used in this research were scientific materials in the Portuguese language, available in full for reading, respecting the stipulated time (10 years) and not duplicated.

RESULTS

Table 1.

Table 1			
AUTHORS AND YEAR	OBJECTIVES	METHODS	RESULTS
Adiala, J. C., 2011	To analyze the process of constitution of drug use as a medical-scientific problem in Brazil, in the period between the 1890s and 1930s	Primary sources are the theses of the Faculty of Medicine of Rio de Janeiro and the texts published in the journals <i>Brasil Médico</i> , <i>Anais da Academia Nacional de Medicina</i> , <i>Arquivos Brasileiros de Psiquiatria</i> , <i>Neurologia e Medicina Legal e Arquivos Brasileiros de Higiene Mental</i>	It allowed consolidating the hegemony of the pathologizing representation of drugs in the medical field and, later, in society in general.
Avila, 2005	This work intends to approach how psychological theories characterize the changes experienced by adolescents	Literature review	Adolescence is a period of development that exists because of refusing to accept this young person as being responsible for their actions. It is therefore necessary to speak of adolescents instead of adolescence, making it possible to investigate the way in which they experience and interpret problematic situations, opening a space for dialogue.

DISCUSSION

Alcohol has its particularities and history through the ages is as old as man himself, as alcoholic beverages were present in almost all known cultures in the world with a diversity of roles or meanings assumed in different contexts, that is, alcohol has many representations within its history. 5

Alcohol is responsible for altering consciousness and causes effects on physical, emotional and social well-being. Abuse, harmful use, and excessive consumption can lead to chemical dependency or addiction, physiological, psychological, or both. 2

Each year harmful alcohol consumption is responsible for about 3.3 million deaths, increasing in recent decades, worldwide, in addition to the years of life lost due to disability due to consumption. Such changes led to an advance in the position of alcohol in the ranking of the main causes of death and global disability, that is, the harmful use of alcohol is the main risk factor for death and disability of people between 15 and 49 years of age, in several countries. 13

A pattern of alcohol consumption that has been widely used by the population is binge drinking (BD), as it is a behavioral model of heavy episodic consumption and is characterized by the ingestion of at least four drinks of alcohol on a single occasion, leading to a high concentration of alcohol in the bloodstream 14, which has entailed several risks, negative consequences and significant damage to individuals who adopt this pattern of consumption, such as heart problems, violence, injuries, driving under the influence of alcohol and violating the laws and can even cause death. 15

Gender interference is observed in relation to the number of doses ingested and frequency of binge drinking (BD) episodes, 16 since women consume at least four doses while men consume it to five doses, this practice increased 9 times for men and 5 times, for women and the chance of suffering a blackout, that is, not knowing what happened to them after consumption. 13

The life of the young adult is characterized by biological, cognitive, emotional and social changes. There is the constitution of new practices, behaviors and autonomy,

artigo

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Becker, 2017	To analyze the influence of the effect of young people's social interactions in public and private schools on decisions to consume illicit drugs, alcohol or cigarettes.	For this, individual behavior equations were estimated with instruments for social interactions and data from the 2012 National School Health Survey (Pesquisa Nacional de Saúde do Escolar).	The results indicated that the effect of these interactions on decisions to consume illicit substances is greater compared to the influence of family characteristics
Beden-do, 2017	To assess problems associated with alcohol use among college students who reported binge drinking compared to students who consumed alcohol without binge drinking.	Cross-sectional study among university students (N=2,408) who accessed a website about alcohol use. Statistical analysis included logistic and linear regression models.	The practice of binge drinking was associated with an increased chance of manifestation of problems related to alcohol use. The conclusions of this study cannot be reproduced for the entire Brazilian reality.
Carvalho, 2017	To investigate conceptions and practices of HR in a Psychosocial Care Center for Alcohol and Drugs III and a Therapeutic Community	Qualitative study that carried out 21 semi-structured interviews with professionals and 05 conversation circles with users.	We identified in both institutions that HR is a proposal that receives little support and is not incorporated into the routine of services, being seen as a less complex and cheaper strategy.
Cezar, 2017	The objective of this work is to problematize the care offered to users of alcohol and other drugs from the perspective of harm reduction in a small municipality in the interior of Minas Gerais.	As a methodological resource, the description of a case was used, comparing it to the literature on the topic	It is concluded that care for users of alcohol and other drugs should be based on a care network, with harm reduction as a strategy and guiding paradigm for understanding the phenomenon of drug consumption in societies.
De Almeida Raimundo, 2016	The objective was to evaluate the use of alcohol in the binge pattern and its consequences in drug users.	Sociodemographic information form, alcohol dependence severity scale and drug use severity scale	The results indicate the need for more intensive interventional strategies to control alcohol use.
Granja e Mota, 2018	It aimed to analyze the role of parenting styles in the academic adaptation and psychological well-being of young adults as well as to test the moderating role of gender in the previous association	The sample consisted of 787 university students aged between 18 and 25 years (M=20.07, SD=1.7).	The results point to a positive predictor effect of psychological well-being in the face of academic adaptation.
Gomes, 2018	The present study presents a systematization about health care experiences for people who make harmful use of alcohol and other drugs that are based on harm reduction guidelines in Brazil and in the world.	A bibliographic survey was carried out on publications in Portuguese and English from the last ten years hosted in the SciELO, Lilacs, Medline and PsycINFO databases.	It is noted that Harm Reduction has been consolidated as a prevention and treatment strategy and, therefore, it is essential to expand academic and scientific production in the area.

Moura e Malta, 2011	Estimate the consumption of alcoholic beverages, identify the sociodemographic characteristics associated with this consumption in 2006 and evaluate the consumption trend from 2006 to 2009.	In 2006, 54,369 adults living in Brazilian state capitals and the Federal District were evaluated.	The tendency of abusive consumption of alcoholic beverages is increasing in both sexes. The data show the urgency of national public policies aimed at preventing excessive consumption of alcoholic beverages, especially among the younger population.
Pilon, 1986	The study aims to understand the perceptions of young people regarding the interaction with their parents, partners and the opposite sex, as well as aspects of their life project.	Subjects aged between 14 and 21 were evaluated, they are students from three state schools in the city of São Paulo, SP (Brazil).	Young people accept parental influences in relation to work and study, but are much more influenced by their peers in general life decisions and personal tastes.
Sanchez, 2017	The study aims to present the severity and consequences of alcohol dependence according to the Binge drink standard.	Survey of data on the population of students and young people across the country	Increase in the practice of consumption of psychoactive substances
Scheffer; Pasa e Almeida, 2010	The study aimed to verify the frequency of psychiatric disorders in two groups of drug addicts, cocaine/crack and alcohol/cocaine/crack.	Por meio do Mini International Neuropsychiatric Interview (M.I.N.I. Plus)	Os resultados mostraram uma frequência maior de Transtorno do Humor nos dois grupos.
Souza e Garnelo, 2006	Review of concepts used in research on the use of alcoholic beverages and of national works that address the issue of alcohol use by indigenous populations	Research on alcohol consumption by the indigenous population	The use of alcohol has a historical context in different cultures with a diversity of roles or meanings assumed in different contexts, that is, alcohol has many representations.
Vieira, 2008	This study aimed to study the behavior of students from public schools in Gravataí, Rio Grande do Sul, Brazil, in relation to the consumption of alcohol, tobacco and other drugs, investigating associated factors.	A cross-sectional design was used with a representative random sample of 1,170 students in the 7th grade and stratified by region of the municipality	The study revealed the importance of family and friends in the experimentation of substances by young people. The prevalence of tobacco and alcohol use in the last thirty days was associated with the presence of feelings of sadness, loneliness, difficulty sleeping and suicidal ideation. The consumption of other drugs was associated with feelings of loneliness and suicidal ideation.

Source: The authors (2022)

but it is also considered a moment marked by indecision and exposure to adult life,

that is, in this moment of great transformations, young people are more vulnerable

to behaviors that can weaken their health, such as inadequate diet, sedentary lifestyle,

smoking, alcohol and drug consumption. 17 The importance attributed to the presence of drugs in relationships is not necessarily due to the chemical property of the substance, but to the symbolic properties and its cultural effect, because drugs allow some social domains to be delimited and for there to be a certain organization of the individual's reality. 18

For young people, drinking is a ritual of sociability in which their behavior patterns are greatly influenced by the groups of friends and peers they live with, that is, this influence occurs in the way they dress, speak, even behavior towards sex and drinking. 19

During the transition period to adulthood, young people go through several changes in their personal lives and in the social sphere, and this requires adaptation to new contexts, thus bringing a kind of vulnerability that encourages the consumption of alcohol and other drugs. 5

The consumption of alcoholic beverages is a common habit in several societies, however, this excessive consumption is considered the fifth most important risk factor for the occurrence of premature deaths and disabilities in the world, in addition to causing chemical dependence and facilitating the occurrence of violence and accidents. 20

Generally, the places for binge drinking (BD) by students and young adults are clubs, "open bars", as these places are a reference in the intense consumption of alcohol and other drugs, thus becoming spaces of risk and extreme exposure to the practice of comings and other harmful behaviors. 13

Episodes of abusive and acute use of alcohol have an influence not only in the context of general mortality in the world, but also have a contribution to health problems. In addition to cases of accidents and aggressions, which puts the individual with intoxication and society at risk, in general, binge drinking (BD), which is an abusive model of consumption, is associated with these occurrences and greater occurrences of sexual abuse, myocardial infarction, alcohol overdose, falls, gastritis, suicide

A phenomenon of great social concern today is the consumption of drugs among young adults, because this consumer market can cause physical, legal, social and violence problems, thus permanently compromising the cognitive capacity of these young people, triggering neurological disorders and other health problems

attempts, unprotected sex, unwanted pregnancy and others. 13

Alcohol affects individuals and societies in a variety of ways, as harm to others such as family members, friends, co-workers and even strangers, as well as a significant social, economic and health burden. 4 In this sense, it is possible to verify factors that can work as a double factor and, at the same time that it ends up receiving the impacts directly from this way that the young person drinks, the family can also be identified as a protective factor, as long as it has a healthy structure and can be a guiding model for young people. 7

It is also possible to identify that drinking in young people can affect reasoning and memory, impairing and causing low school or academic performance, involving other risk behaviors. 2 Among university students, excessive alcohol consumption has become standard and with a high incidence, bringing several negative aspects to both physical, mental and emotional health of these young people, also resulting in losses in the face of exposure to risky behaviors, drop in academic performance and difficulties in structuring cognitive-behavioral and emotional skills. 5

Some studies show that alcohol is the drug whose prolonged use in high doses is more likely to cause health problems such as anemia, malnutrition, bleeding, gastrointestinal ulcers, heart problems, cirrhosis and cognitive or psychiatric damage, neurological disorders, and arterial hypertension, in addition, alcohol consumption can also lead to problems in social, affective and work relationships, being identified that 90% of psychiatric hospitalizations in Brazil are due to problems with alcohol. 21

Excessive consumption of alcoholic beverages in bars and clubs shows an increase in the number of episodes of physical aggression, sexual violence, traffic accidents, risky sexual behavior, acts of violence on the streets and within establishments where consumption takes place, such behaviors are the junction between individual characteristics, the style of consumption of alcohol or other drugs and environmental factors, affecting young people and the lo-

cal community. 13

Alcohol is one of the few psychoactive drugs whose consumption is allowed and encouraged by society, but even with its social acceptance, excessive consumption becomes a problem, as numerous traffic accidents and cases related to violence due to drunkenness can occur. 22

A phenomenon of great social concern today is the consumption of drugs among young adults, because this consumer market can cause physical, legal, social and violence problems, thus permanently compromising the cognitive capacity of these young people, triggering neurological disorders and other health problems. This situation also causes economic problems, as it increases the demand for the public health system and the SUS (Unified Health System) revealed that, on average, about R\$ 60 million were spent in 2012 with alcohol dependent people, and that 21.8% of young people aged between 18 and 24 consumed alcohol abusively. 23

There is a significant occurrence of deaths and illnesses associated with the misuse of alcohol and reports of domestic violence, bodily harm, attempted and completed homicides, as well as other situations of interpersonal conflict, are increasingly evident in contexts in which alcohol appears. 4

Numerous clinical, social and economic losses, in addition to excessive alcohol consumption, are also associated with the high frequency of domestic and sexual violence, homicides and accidents, thus being considered a public health problem. 24

Regarding the consumption of alcohol and drugs, gender is pointed out as a very important factor, as men use it based on recreational consumption to improve support and social interaction, while women during consumption are intended to alleviate the general dissatisfactions of life. 16

There is a significant amount of the disease burden attributable to alcohol consumption that can range from intentional and unintentional injuries, including those caused by traffic accidents, violence and suicides, and fatal alcohol-related injuries. It is more likely to occur in relatively you-

nger groups and it has been identified that more recent causal relationships are those between harmful alcohol consumption and the incidence of infectious diseases, such as tuberculosis and HIV/AIDS, and consumption by pregnant women can cause fetal alcohol syndrome and complications in preterm birth. 3

There is a Harm Reduction (HR) policy that advocates preventive harm reduction actions and the intertwining of SUS plans and services. The main point of this approach is to start from the singularity of the subject and his rights as a citizen. The disaster recovery plan is based on ethical and humanitarian reasons, health promotion and human rights in your favor. 25

Harm reduction recommends breaking the previous model of drug stigma to increase the emergence of other treatment possibilities related to use and dependence. She believes that psychoactive substances have always been part of human life and culture and were used for therapeutic and recreational purposes, so it is an unrealistic goal to propose a drug-free world. HR does not require abstinence as a prerequisite for continuing to participate in a health plan, but seeks to create non-mandatory strategies to maintain services and establish a welcoming relationship between professionals and users, therefore,

RD will not focus on approving or not using it, as its intervention is not based on ethical issues. The person who uses licit or illicit substances is a person and must primarily respect their rights and even make a decision to maintain consumption. 26

The issue of abusive use of alcohol and other drugs is historically marked by a predominantly psychiatric or medical approach, disregarding the psychological, social, economic, political and cultural implications for understanding this phenomenon. As a result, the use has been associated with criminality and antisocial practices and the offer of treatments inspired by models of exclusion and withdrawal of users from social life, in which the main objective is abstinence. In this way, the distorted perception of the reality of the use of alcohol

and other drugs contributes to the dissemination of a culture of combating drugs, leaving the subject/user in the background. 14

LIMITATIONS OF THE STUDY

There was a bibliographic limitation in relation to the research of scientific articles for the composition of the research, considering that many materials related to the topic are in the English language and the research was limited to national data.

CONCLUSION

It was possible to understand that alcohol can have numerous cultural meanings, representations and encouraged consumption. This substance is responsible for altering consciousness and causes effects on physical, emotional and social well-being, as it is a central nervous system depressant drug.

It was possible to identify in the results articles that the use of alcohol in a BD standard may be associated with non-compliance with academic, work or domestic obligations. In addition, recurring problems in the social sphere (relationships in their surroundings), physical risks, violence, injuries, dangerous driving and even death could also be identified. It is important to emphasize that it is possible to identify damage to public health and traffic, in addition to putting the lives of other people at risk with this form of abuse.

This new pattern of alcohol consumption, which has been widely used by most young people (binge drinking), with the intake of five or more doses on the same occasion, has also been shown to be associated with several risks, negative consequences and significant damage to individuals who adopt this pattern of consumption.

Therefore, it is understood the importance of establishing awareness and psychoeducation programs for these young people in public health, as well as harm reduction strategies in relation to alcohol consumption. ■

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