

# Alcohol Use and Social Support Among College Students

Uso de Álcool e Apoio Social Entre Estudantes Universitários

Uso de Alcohol y Apoyo Social Entre Estudiantes Universitarios

## RESUMO:

Objetivou-se verificar a associação entre o uso de álcool e o apoio social entre estudantes universitários. Trata-se de um estudo transversal, analítico com abordagem quantitativa. A amostra por conveniência foi composta por acadêmicos regularmente matriculados. A coleta de dados ocorreu entre os meses de maio a agosto de 2023. Os dados foram obtidos por meio de um questionário constituído por três instrumentos, o primeiro para a caracterização da amostra, de autoperenchimento, construído pelo pesquisador do estudo, dividido em sessões com as características sociodemográficas, profissionais, religiosas e espirituais. A escala Social Support Scale que verifica o apoio social e o Alcohol Use Disorders Identification Test, para averiguação do uso de álcool. Utilizou-se o programa estatístico Statistical Package for the Social Sciences versão 20.0, empregando-se o teste de Qui-quadrado de Pearson. Participaram da pesquisa 261 estudantes. A amostra foi constituída em sua maioria por estudantes do gênero feminino, com faixa etária entre 18 a 65 anos. Com relação ao uso de álcool, 164 (62,8%) estudantes universitários fazem uso arriscado, não obtendo correlação entre este uso de álcool e apoio social. Conclui-se assim a alarmante prevalência de consumo arriscado de álcool e constata-se como fatores associados os acadêmicos dos cursos da área da saúde, dos anos iniciais e sem companheiro. Destaca-se ainda que a presente pesquisa encontrou altos níveis de apoio social, o que pode estar relacionado ao fato de a variável não ter apresentado correlação com o uso de álcool.

**PALAVRAS-CHAVE:** Consumo de Álcool na Faculdade; Apoio Social; Saúde Mental.

## ABSTRACT:

The objective was to verify the association between alcohol use and social support among university students. This is a cross-sectional, analytical study with a quantitative approach. The convenience sample was composed of regularly enrolled academics. Data collection took place between the months of May and August 2023. Data were obtained through a questionnaire consisting of three instruments, the first for characterizing the sample, self-completed, constructed by the study researcher, divided into sessions with sociodemographic, professional, religious and spiritual characteristics. The Social Support Scale, which verifies social support, and the Alcohol Use Disorders Identification Test, to investigate alcohol use. The statistical program Statistical Package for the Social Sciences version 20.0 was used, employing Pearson's Chi-square test. 261 students participated in the research. The sample consisted mostly of female students, aged between 18 and 65 years. Regarding alcohol use, 164 (62.8%) university students use it riskily, with no correlation between this use of alcohol and social support. This concludes the alarming prevalence of risky alcohol consumption and associated factors include students studying health courses, in the initial years and without a partner. It is also noteworthy that the present research found high levels of social support, which may be related to the fact that the variable did not show a correlation with alcohol use.

**KEYWORDS:** Alcohol Drinking in College. Social Support. Mental Health.

## RESUMEN

El objetivo de este estudio fue verificar la asociación entre el consumo de alcohol y el apoyo social entre los estudiantes universitarios. Se trata de un estudio transversal, analítico con un enfoque cuantitativo. La muestra por conveniencia estuvo compuesta por estudiantes matriculados regularmente en la universidad. La recolección de datos se realizó entre mayo y agosto de 2023. Los datos fueron obtenidos mediante un cuestionario compuesto por tres instrumentos: el primero para la caracterización de la muestra, de auto-relleno, elaborado por el investigador del estudio, dividido en secciones con caracte

# Quantitative Article

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The Color Of Death By Covid-19 Of Women In Brazil In 2020 To 2024: Cross-sectional Study

rísticas sociodemográficas, profissionais, religiosas y espirituales; la Escala de Apoyo Social para medir el apoyo social; y el Alcohol Use Disorders Identification Test para verificar el consumo de alcohol. Se utilizó el programa estadístico Statistical Package for the Social Sciences (SPSS) versión 20.0, empleando la prueba de Chi-cuadrado de Pearson. Participaron en la investigación 261 estudiantes. La muestra estuvo compuesta en su mayoría por estudiantes del género femenino, con edades entre 18 y 65 años. En cuanto al consumo de alcohol, 164 (62,8%) estudiantes universitarios consumen alcohol de manera riesgosa, sin que se haya encontrado correlación entre el consumo de alcohol y el apoyo social. El estudio concluye con una alarmante prevalencia de consumo riesgoso de alcohol, encontrando factores asociados entre los estudiantes de los cursos de salud, en los primeros años de estudio y sin pareja. Además, se destaca que la presente investigación encontró altos niveles de apoyo social, lo que podría estar relacionado con la ausencia de correlación entre el consumo de alcohol y el apoyo social.

**PALABRAS CLAVE:** Consumo de alcohol en la universidad; Apoyo social; Salud mental.

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## INTRODUCTION

Entering university is a transitional period full of unique opportunities and challenges that distinguish this phase in a young person's life.<sup>1</sup> It is clear that this moment is marked by the emergence of academic responsibilities, extracurricular activities, scientific initiation and

high university competitiveness.<sup>2</sup> It is common for students to experience feelings of overload and stress, which, in turn, can trigger adverse consequences for mental health, manifesting themselves through symptoms of anxiety, depression and even adjustment disorders.<sup>3</sup>

Alcoholism is recognized as a public health challenge, with ramifications

that affect both the individual and society. Alcohol is a legal psychoactive substance that can be used in an uncontrolled manner and is readily available, especially among college students.<sup>4</sup> High demands, intense competition and uncertainty about the future can lead students to seek ways to relieve stress, often turning to alcohol.<sup>3</sup> Recent studies carried out

in Brazil indicate that the consumption of alcohol and other psychoactive substances is a concern among university students, with 60% of students reporting having consumed alcohol in the month prior to the survey.<sup>5</sup>

In Brazil, the discussion and production of knowledge related to the psychological vulnerability of students when experiencing higher education has progressively increased, and yet there is a need to broaden discussions around this topic. Approximately 15% to 25% of students are estimated to experience some type of psychological disorder, with anxiety and depression disorders being the most prevalent in this group.<sup>6</sup>

Given this fact, the development of this research is justified given the high exposure of university students to alcohol abuse, thus favoring complications in their academic life and risks to their mental and physical health. It is of utmost importance to track the inherent factors to help in the construction of actions and strategies for prevention and health promotion for these students.

In view of the information mentioned above, the present study aims to verify the association between alcohol use and social support among university students in the interior of Mato Grosso.

## METHOD

This is a cross-sectional, correlational study with a quantitative approach. The study design followed the guidelines of the STROBE (Strengthening the Reporting of Observational studies in Epidemiology) initiative.<sup>7</sup>

The research was conducted at a private higher education institution in the interior of Mato Grosso. The institution was founded in 1989 and currently offers 16 courses, with approximately 2,764 students.

The convenience sample consisted

of students regularly enrolled in one of the courses at the Centro Universitário do Vale do Araguaia (UNIVAR). Data collection took place between May and August 2023.

Data were obtained through a questionnaire consisting of three instruments, the first of which was for characterizing the sample, self-administered and constructed by the study researcher, divided into sections with sociodemographic, professional, religious and spiritual characteristics. The Social Support Scale (SSS) assesses social support with 19 items covering five dimensions of social support: material; affective; social interaction; emotional; informational; and the AUDIT (Alcohol Use Disorders Identification Test) to assess inappropriate alcohol use.

After data collection, they were entered into the Statistical Package for the Social Sciences (SPSS) version 20.0 statistical program, using double entry to enable verification of potential inconsistencies during the creation of the database.

For descriptive analysis of continuous variables, mean and standard deviation were used, while categorical variables were expressed through relative and absolute frequencies. Alcohol use obtained through the AUDIT instrument had its score categorized according to the principles of its applicability guided by the World Health Organization (WHO), with values less than 8 for those at low risk and values equal to or greater than 8 for those with problematic use. Pearson's Chi-square test ( $X^2$ ) was used, adopting a confidence level of 95% and statistical significance of  $p < 0.05$ .

This study respected the ethical precepts of Resolution No. 466/12 of the National Health Council, ensuring the anonymity of each participant. Initially, the study was presented to the pro-rector of the institution and consent was granted. It was subsequently submitted to the research eth-

ics committee, obtaining a favorable opinion, under number 6,030,808 and Certification of Presentation and Ethical Assessment (CAAE) No. 67498523.7.0000.5587. All participants had their participation preceded by acceptance via signature of the Free and Informed Consent Form, in which all the risks and benefits of the research were presented, as well as permission to withdraw from the research at any time.

## RESULTS

A total of 261 students participated in the study. The sample consisted mostly of female students (78.5%), aged between 18 and 65, heterosexual (82.8%), non-white (58.5%), unmarried (77.0%), employed (59.8%), religiously observant (80.1%), living with someone else (85.1%) and who did not need to move to another city to enroll in the university (53.3%).

As for academic variables, most students were enrolled in the desired course (90.8%), satisfied with the course (90.8%), in the initial years (50.2%), in the areas of agrarian and applied social sciences (50.2%) and who had failed some grade in the last semester evaluated (58.2%).

Regarding alcohol use, scores lower than 8 were used for those with low risk and values equal to or greater than 8 for high risk, thus it was observed that 164 (62.8%) university students engage in risky alcohol consumption. To verify possible correlations, Pearson's Chi-square test ( $X^2$ ) was applied, as shown below in Table 1.

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**Table I - Bivariate analysis between alcohol use and socioeconomic and academic variables in university students. Brazil, 2023. (n= 261)**

Variables	Risky use of alcohol		p
	Yes	No	
Biological sex			0,320
Female	132 (50,6%)	73 (28,0%)	
Male	32 (12,3%)	24 (9,2%)	
Sexual orientation			0,665
Heterosexual	137 (52,5%)	79 (30,3%)	
Others	27 (10,3%)	18 (6,9%)	
Color of skin			0,271
White	60 (23,0%)	29 (11,1%)	
Not-white	104 (39,8%)	68 (26,1%)	
Marital relationship			0,026
With partner	45 (17,2%)	15 (5,7%)	
Without partner	119 (45,6%)	82 (31,4%)	
Course			0,044
Health area	124 (47,5%)	62 (23,8%)	
Other areas	40 (15,3%)	35 (13,4%)	
Period that the student is studying			0,049
Early Years	90 (34,5%)	41 (15,7%)	
Later Years	74 (28,4%)	56 (21,5%)	
Desired course?			0,051
Yes	138 (52,9%)	72 (27,6%)	
No	26 (10,0%)	25 (9,6%)	

It can be seen that there was a significant correlation between alcohol use and students who did not have partners ( $p=0.026$ ), were taking health courses ( $p=0.044$ ) and were in the initial years of school ( $p=0.049$ ).

As for the assessment of social support in its different dimensions, the cut-off point was established as  $<6$  points for the material factor,  $<12$  points for the emotional/informa-

tional factor,  $<6$  for the interaction factor and  $<4$  for the affective factor.<sup>8</sup> It was noted that 49% (128) presented low material support, 28% (73) low emotional/informational support, 18% (47) low affective support and 18.8% (49) low interaction, thus the majority of the sample in both facets demonstrated sufficient and adequate support, a fact that is partly justifiable due to the popula-

tion having religion and living with others, being two protective factors for the self-perception of low social support. In Table 2, the correlation between the social support scores and the use of alcohol among the participating university students was verified, and it is possible to infer that no facet demonstrated a significant correlation with the use of alcohol.

**Table II - Bivariate analysis between alcohol use and dimensions of social support in university students. Brazil, 2023. (n= 261)**

Dimensions of Social Support	Risky use of alcohol		p
	Yes	No	
Material support			0,380
Low support	77 (29,5%)	51 (19,5%)	
Adequate support	87 (33,3%)	46 (17,6%)	

Emotional/informational support			0,747
Low support	47 (18,0%)	26 (10,0%)	
Adequate support	117 (44,8%)	71 (27,2%)	
Interactional support			0,468
Low support	33 (12,6%)	16 (6,1%)	
Adequate support	131 (39,8%)	81 (31,0%)	
Affective support			0,530
Low support	28 (10,7%)	20 (7,7%)	

## DISCUSSION

This study investigated the pattern of alcohol consumption and its relationship with social support among university students.

“ The prevalence of alcohol consumption in the sample studied was substantially high, reflecting patterns observed in other studies on alcohol consumption among university students.<sup>9-11</sup> ”

These data demonstrate consistency in alcohol consumption rates among university students in different regions of Brazil, suggesting the need for more effective preventive strategies to deal with the high levels of consumption among this population.

The results indicated a significant correlation between alcohol use and variables such as the absence of a partner, enrollment in health-related courses, and being in the first years of undergraduate studies, while no facet of social support showed a significant correlation with alcohol consumption.

The data revealed a higher prevalence of alcohol consumption among students enrolled in the first years, a finding consistent with previous research. In a study conducted with medical students at a higher education institution in northern Brazil, it was observed that 60.5% of students who consumed alcohol were in the first years of the course, with an even higher prevalence among women (65.2%) compared to men (55.0%).<sup>10</sup>

This pattern may be related to a series of psychological and social factors, such as the feeling of freedom acquired upon entering university, the increase in social interactions and the search for acceptance in the new environment. Students entering university are more likely to consume alcohol due to their greater vulnerability, influenced both by expectations related to the transition to university

life and by social pressures exerted by veterans and peers.<sup>11</sup> These elements, combined, can contribute to the adoption of risky behaviors, including increased alcohol consumption.

The results of this study show a correlation between alcohol consumption and the single status of students, which is also supported by other studies, such as an investigation among medical students in Minas Gerais, showing the association between alcohol use and marital status.<sup>12</sup> In another study carried out at a public university in northeastern Brazil, they identified a higher prevalence of alcohol consumption among single students, although with lower rates than those observed in this study.<sup>13</sup> The absence of emotional relationships may lead students to use alcohol as a strategy to deal with emotional or social tensions, possibly due to the lack of significant emotional bonds.<sup>14</sup>

Another relevant finding was the correlation between alcohol consumption and enrollment in health-related courses. This may be related to the high demands of these courses, which in turn generate stress and anxiety among students. Previous studies indicate that university students in the health-related field are more likely to adopt substance abuse behaviors, including excessive alcohol consumption, a phenomenon often associated with binge drinking (excessive alcohol consumption in a short period of time).<sup>4,15-16</sup>

Alcohol abuse among college stu-



dents can be attributed to both external and internal factors.

“ Alcohol has been increasingly used as a strategy to overcome shyness, relieve tension and facilitate social interaction, which makes it an important element in the socialization process among young people. <sup>17</sup>

”

In an investigation carried out in southeastern Brazil, some participants reported that they resorted to the use of psychoactive substances as a strategy to deal with the adversities experienced in the university environment, such as discrimination, lack of belonging, recognition and representation were also pointed out as a relevant factor, contributing to the use of these substances as a mechanism for emotional relief in the face of these difficulties. <sup>18,19</sup> However, adopting this behavior as a form of coping may have long-term consequences for students' physical and mental health.

Finally, regarding the relationship between alcohol consumption and social support, no significant correlation was identified. This result corroborates the findings of a similar study, which also found no evidence of a correlation between alcohol consumption and the dimensions of social support. The authors suggest that the high level of social support among the research participants may have influenced the lack of correlation, and discuss the possibility that alcohol abuse is more associated with the affective sphere of social support than with its other facets. <sup>1,20-22</sup>

## CONCLUSION

An alarming prevalence of risky drinking among college students was noted. This study identified factors associated with this behavior, such as enrollment in health-related courses, early years of undergraduate studies, and the absence of a partner. The analysis also revealed that, although alcohol consumption was high in specific groups, levels of social support among participants were considerably high, which may explain the lack of correlation between social support and alcohol consumption in this study. This finding suggests that, in contexts where social support is robust, drinking behavior may be influenced by

other psychosocial or contextual factors, such as academic demands and the college social environment.

Based on these results, it is essential to highlight the importance of interventions that promote healthy socialization and emotional well-being among students, especially those in the early years and in courses that demand high levels of stress, such as those in the health field. The implementation of community centers and social integration programs could be an effective strategy to reduce excessive alcohol consumption, by promoting safe spaces for interaction and support among students. In addition, more targeted social support policies, with a focus on welcoming and psychological monitoring, could be essential to help students face the challenges of entering academic life and prevent risky behaviors related to substance abuse.

This study, by providing a detailed overview of the factors associated with alcohol consumption among college students, opens new perspectives for the investigation of risk behaviors in the university environment. It is suggested that future research explore the relationship between alcohol consumption and other variables, such as academic stress, perception of social support, and socialization patterns among students. In addition, longitudinal investigations could contribute to a deeper understanding of how these factors develop throughout the academic trajectory, allowing the creation of more effective and personalized preventive strategies.

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