



Alcoholism among Dental Students

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ABSTRACT

College students are at a specific stage to experience more freedom in making personal choices about their health behaviours than earlier or later in life—some forms of risky behaviours such as alcohol consumption peak in this age group. Alcohol use is broadly reported among university students. To evaluate the pattern of alcohol consumption among dental undergraduate students and associated factors with alcohol consumption. This was a questionnaire-based cross-sectional type of study comprising 100 dental college students in Chennai. A self-designed questionnaire contains 10 questions based on the knowledge, awareness on the harmful effects of alcohol among dental college students. Questionnaires were circulated through an online website survey planet. After the responses were received from 100 participants, data was collected and analysed. 92% of students are not alcoholics. 90% of students are aware that alcoholism is injurious to health. 76% of students were aware that alcoholics get a risk of hepatic cancer if they drink alcohol. 60% of students consuming alcohol said they drink because of family problems, 35% because of work-related stress and 5% because of peer pressure. The alcohol consumption rate is less among dental students and the majority of them are aware of the harmful effects of alcoholism. However, more intense awareness programs should be initiated to discontinue the use of alcohol.



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INTRODUCTION

College students are at a particular stage to encounter more opportunity in settling on close to home decisions about their wellbeing practices than prior or further down the road. A few types of hazardous practices, for example, liquor utilization

top in this age bunch. Liquor use is comprehensively announced among college students. They appear to expend more liquor than their partners in everybody (Bewick *et al.*, 2008, 2013; Brandão *et al.*, 2011). College students in numerous nations are at a raised hazard for issue drinking. Liquor puts a huge weight on human life. It can cause 60 various types of ailments and conditions, including wounds and mental and social issue. Simultaneously, liquor expands the danger of a wide scope of social damages in the understudy populaces. Studies announced the association between liquor use and missing class, impeded scholarly accomplishment and brutality among college students (Reis *et al.*, 2017).

Appeal for mixed beverages portrays its maltreatment. This example of utilization produces expanded savagery in the public eye. Also, people with this profile are bound to create infections, which affirms the way that liquor abuse involves

open health. According to global literature, binge drinking is viewed as a hazard for the purchaser. From this, issues in inward and outer components of the subject can be induced in light of the fact that this training prompts tipsiness.

Getting predominance and related variables of liquor utilization in understudy populace could open significant settings for intercession. In view of past examination, the related elements of liquor utilization in college students incorporate segment characteristics, for example, sex and age family financial status, for example, pay and instructive parent level and way of life-related components, for example, emotional wellbeing, physical movement, nourishment mindfulness, saw personal satisfaction, social action and study-related pressure (Choudhry *et al.*, 2014). In this study, we evaluated the pattern of alcohol consumption among dental undergraduate students and associated factors with alcohol consumption.

MATERIALS AND METHODS

This was a questionnaire-based cross-sectional type of study comprising 100 dental college students in Chennai. A self-designed questionnaire contains 10 questions based on the knowledge, awareness on the harmful effects of alcohol among dental college students. Questionnaires were circulated through an online website survey planet. After the responses were received from 100 participants, data was collected and analysed.

RESULTS AND DISCUSSION

A total of 100 responses are received and the results are analysed and described according to the answers of the students using the pie chart. 92% of students are not alcoholics (Figure 1). 90% of students are aware that alcoholism is injurious to health (Figure 2). 76% of students were aware that alcoholics get a risk of hepatic cancer if they drink alcohol (Figure 3). 60% of students consuming alcohol said they drink because of family problems, 35% because of work-related stress and 5% because of peer pressure (Figure 4).

The scholastic crowd is transcendently made of adolescents and youthful students. This gathering, in spite of having accomplished the objective of endorsement at the determination test, can give issues pressure and are inclined to utilize sedates all in all. (Rakesh *et al.*, 2017) Over the top utilization of liquor is a repetitive example among college students. This example varies from others since this particular populace has created commonplace

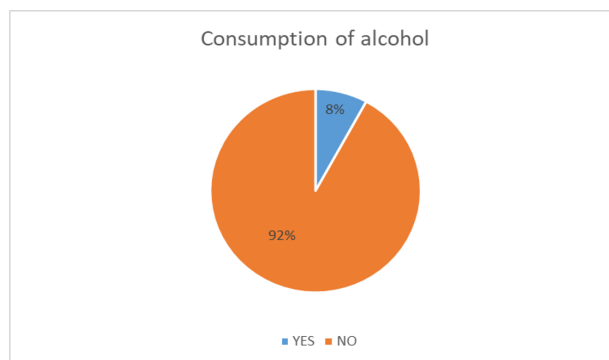


Figure 1: Consumption of alcohol

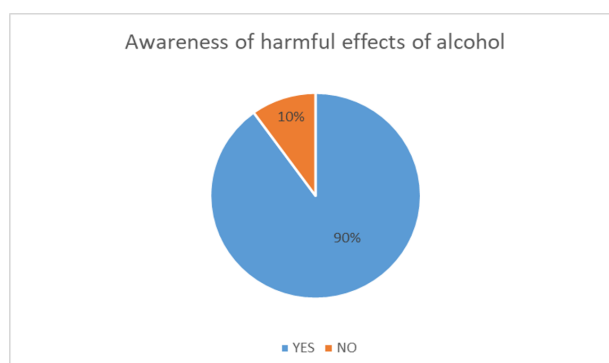


Figure 2: Awareness of the harmful effects of alcohol

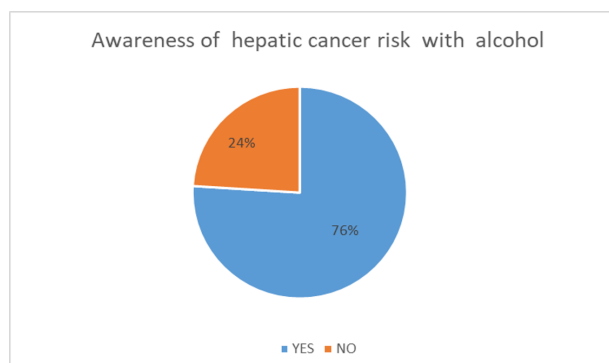


Figure 3: Awareness of hepatic cancer risk with alcohol

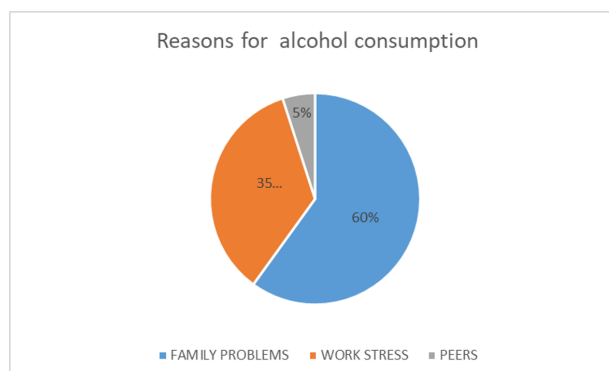


Figure 4: Reasons for alcohol consumption

examples of liquor use and its dangers are identified with drinking excessively, with normal practices that affirm it (Choudhry *et al.*, 2014; Yismaw, 2015).

The familial background can be a significant factor in deciding the hazardous conduct of drinking, giving a potential detachment to the demonstration and its results. However, it was understood that this factor had no huge effect on liquor use by the investigation gathering since pretty much every under-study revealed living with family. Motivating forces and resilience from the relatives for the demonstration of drinking, particularly the individuals from the family core, give adequate help for young people to devour alcohol (Rakesh *et al.*, 2017).

Companions and partners were the individuals who offered the main portion of liquor to most of the respondents. In any case, it is seen that the spot of the principal portion was their own home for the greater part, which affirms the complicity of the family members. Students who misuse liquor are bound to create unsafe practices with negative ramifications for them and the entire society, this profile being answerable for the expanded number of passings because of outer factor (Sathish *et al.*, 2019).

The publicizing systems are a significant achievement impacting liquor used in this open. The notices are related with the desire for utilization, inception of utilization and force of use. The mixed refreshments advertisings associate the utilization of liquor with an agreeable style of life. It is exemplified when national occasions, soccer matches, wonderful youngsters and famous people are available on this sort of advertisements (de Freitas Ferreira *et al.*, 2018).

There are various impacts among the individuals who misuse liquor (gorge consumers) and moderate consumers, yet everybody is presented to shortcomings in intellectual functions. In general, on the day after use, there is disarray and diminished degree of consideration, which adversely impacts the activities for the beginning of an activity (Hosier and Cox, 2011). Like the vast majority of the students in the example announced never having been flushed, it is conceivable to see that respondents are increasingly presented to intense impacts of liquor, advocating the higher pace of abstentions to classes.

CONCLUSION

The alcohol consumption rate is less among dental students and the majority of them are aware of the harmful effects of alcoholism. However, more intense awareness programs should be initiated to

discontinue the use of alcohol.

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Conflict of Interest

The authors declare that they have no conflict of interest.

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