

## **“EFFICACY OF PSYCHOSOCIAL EDUCATION IN ALCOHOL RELATED PROBLEMS AMONG COLLEGE STUDENTS”**

### **ABSTRACT**

Alcohol misuse is a major public health problem, placing a heavy burden on society, and affecting a large number of individuals of all ages. This research work concentrated on the motivational aspects of drinking and checking the usage of alcohol. It conducted alcohol education to make them aware as to how a single drinking session can be life threatening if they would not abstain from drinking (overtly drinking). Why students drink and what motivates them are serious questions to be dealt with. Some of the relevant points obtained during the course of study about alcohol and related problems are discussed in this study. The most important factor is lack of information or knowledge about alcohol and health problems. Generally, people are under the impression that alcohol has health benefits. In the beginning, they drink for fun and enjoyment which later makes them slaves of alcohol. In reality this is not true and life later turns out to be hell for them. People must know about who should drink and the quantity and frequency of drinking. The effects of drinking mostly related to the genetic makeup, environmental conditions, frequency and the amount of alcohol they drink, not the type of drink. In other words, beer is no safer than spirit. The quantity of drink is all that matters. In any situation excessive drinking can cause harm to health and life. Through proper guidance and counseling many students are able to quit drinking and made alternative choices that were not harmful for them. Many research conclusions prove that brief interventions always help the college students to control their drinking habits. Those receiving a brief preventive education reported significant additional reductions, particularly with respect to negative consequences without altering drinking frequency. Categorical individual change analyses show that remission is normative, participants who receive brief interventions revealed that there is a great deal of decrease in drinking. It is also noticed that they tried to explain to other students who are drinkers, to drink moderate and stay away from the harmful effects of alcohol. The high-risk drinkers among students can achieve long-term benefits even in the context of maturational

trends.

In Indian colleges rarely we find educational programs of this kind for students. The present work aims to identify students who drink alcohol and sensitize them about harmful effects of drinking when they motivated to engage in drinking. The objectives of the study concentrated on individual sessions to find out the outcome of the task and how far it has assisted them in solving their problems. The researcher felt that young generation is quick to adapt many habits which are necessarily harming them. In the present research work the researcher had selected and included 225 under graduate male students, with drinking habits. The researcher took a written consent from the students before administering the socio-demographic variables to check its influence on their drinking. Two standardized scales, namely DMQR - (Drinking Motives Questionnaire-Revised) to find motivation for drinking and the other one AUDIT (Alcohol Use Disorders Identification Test) were used in this study. These standardized tools were administered to students before and after psychosocial education, within the time frame of 12 months. The collected data was analyzed using SPSS 17, 0 versions, and the results of paired t test values revealed that all the questions of both the questionnaires namely DMQR & AUDIT had statistically significant differences (All p values are  $< 0.01$ ) before and after education

**Keywords:** Alcohol, College students, Drinking motives, Alcohol use, Alcohol-related problems and psychosocial education