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Veröffentlichungsversion / Published Version

Zeitschriftenartikel / journal article

Empfohlene Zitierung / Suggested Citation:

Silva, M. F. R. d., Gomes, A. L. C., Silva, L. R. d., Braga, J. E. F., Silva, E. F. d., & Almeida, E. B. d. (2015). Relationship between the consumption of alcoholic beverages and academic performance of nursing graduates of a public university. *Revista de Pesquisa: Cuidado é Fundamental Online*, 7(Supl.), 18-27. <https://doi.org/10.9789/2175-5361.2015.v7i5.18-27>

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RESEARCH

Relação entre o consumo de bebidas alcoólicas e desempenho acadêmico de graduandos de enfermagem de uma universidade pública

Relationship between the consumption of alcoholic beverages and academic performance of nursing graduates of a public university

Relación entre el consumo de bebidas alcohólicas y el rendimiento académico de los egresados de enfermería de una universidad pública

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ABSTRACT

Objectives: researching the alcohol consumption pattern of nursing students at the Paraíba Federal University (UFPB) and the possible consequences on academic life. **Method:** use of a questionnaire about alcohol consume and situations resulting from the consume of alcohol applied to 216 students in the year 2013. **Results:** the prevalence of alcohol consume between nursing students at UFPB is 61,57%. Main academic consequences were: missing or arriving late at classes and internships, difficulties to stay focused or paying attention in class, as well as sleeping during the class. **Conclusion:** it has been concluded that some consequences of alcohol consume can influence the academic performance negatively. Including the physical and behavioral consequences of alcohol, more results would have been found. **Descriptors:** mental health, nursing, nursing students, alcoholism.

RESUMO

Objetivos: Investigar o padrão de consumo de bebidas alcoólicas entre estudantes do curso de Enfermagem da Universidade Federal da Paraíba (UFPB) e as possíveis implicações para a vida acadêmica. **Métodos:** Utilizou-se um questionário sobre o consumo de bebidas alcoólicas e de situações vivenciadas após o consumo dessas substâncias, aplicado a 216 estudantes no período 2013.2. **Resultados:** A prevalência de consumo de bebidas alcoólicas entre os estudantes de enfermagem da UFPB é de 61,57% e as consequências acadêmicas que se destacaram foram: o não comparecimento e chegar atrasado a aulas e estágios, dificuldade em concentra-se ou prestar atenção e dormir durante a aula. **Conclusão:** Conclui-se que há consequências por causa do consumo de bebidas alcoólicas que podem influenciar de forma negativa o desempenho acadêmico, contudo as consequências orgânicas e comportamentais que o álcool traz obtiveram maiores resultados. **Descritores:** Saúde Mental, Enfermagem, Estudantes de Enfermagem, Alcoolismo.

RESUMEN

Objetivos: Investigar el patrón de consumo de alcohol entre los estudiantes del curso de enfermería de la Universidade Federal da Paraíba (UFPB) y posibles consecuencias para la vida académica. **Métodos:** se utilizó un cuestionario sobre el consumo de bebidas alcohólicas y de situaciones experimentadas después del consumo de estas sustancias aplicadas a 216 estudiantes en el período 2013.2. **Resultados:** la prevalencia de consumo de alcohol entre los estudiantes de enfermería de la UFPB es 61.57% y consecuencias académicas que se destacaron fueron: el ausente y clases de tarde y pasantías, dificultad para concentrarse o prestar atención y dormir durante la clase. **Conclusión:** se concluye que hay consecuencias por el consumo de bebidas alcohólicas que pueden influir negativamente en rendimiento académico, sin embargo las consecuencias orgánicas y conductuales que el alcohol trae mejores resultados se obtuvieron. **Descriptor:** salud mental, enfermería, estudiantes de enfermería, alcoholismo.

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INTRODUCTION

Alcohol consumption is a cultural behavior that is allowed in almost all societies in the world. However, the Ministry of Health (2004) states that the abuse of these substances imposes a net charge of undesirable diseases that affect individuals in biological, economic, social, and behavioral aspects⁽¹⁾.

According to the comprehensive report about health and alcohol consumption reported in 2011 by the World Health Organization (WHO), alcohol consumption in the world is responsible for 2,5 deaths per year and the percentage equivalent to 4% of all deaths worldwide and indexes show that alcohol is more lethal than AIDS, urban violence and tuberculosis⁽²⁾. WHO also estimates that 76,3 million people have a diagnosis of abuse of alcohol (drinking alcohol that causes some kind of injury to the person and can be physical, mental, family, professional or social)⁽³⁾ and this situation is repeated in Brazil and requires effective political action to reduce the level of problems related to alcohol and other drugs⁽²⁾.

Alcoholism or alcohol dependence is considered by WHO a disease that causes dependence on alcohol accompanied mental disorders, physical health, relationships with others and the social and economic behavior⁽⁴⁾. The abuse of alcohol influences indicators such as violence, family problems, emotional loss among others and increases the number of hospitalizations and emergency room visits, so that today, is a complex public health problem in Brazil⁽⁵⁾.

A study in 2011 with university students found that alcohol consumption is stimulated by the media as a practice related to pleasure, happiness, the practice of sports among other welfare activities that are conveyed by the media and encourage more and more indiscriminate use⁽⁶⁾. Lepre and Martins (2009) add that the advertisements are very well prepared, because make young people and society in general do not consider alcohol as drugs and this reality has caused the alcohol abuse increase considerably between Brazilian adolescents and young people⁽⁷⁾.

According to Pedrosa et al. (2011), the university experience gives students the first opportunity to be part of a large group of peers without family supervision, which may make them more vulnerable to having previously prohibited experiences and sometimes illegal⁽⁶⁾. In this context, we emphasize that this population, which is mostly young, is more prone to the practice of alcohol consumption⁽⁶⁾. The author adds that the abuse of alcohol may have implications on academic performance, such as increasing the duration of the course and the time of exposure to an environment that favors the consumption of alcohol, making a vicious cycle⁽⁶⁾.

Studies on the consumption of alcohol, tobacco and illicit drugs with the college students have increased in recent years very quickly, making it an attempt to understand the consumption characteristics and the profile of this population⁽⁸⁾. In 2010, the First National Survey on Alcohol Use, Tobacco and Other Drugs among University of the 27

Brazilian capitals, showed that the drugs most used by the participants in the last twelve months or the last 30 days, were alcohol, and then tobacco⁽⁹⁾.

Study by Lepre and Martins (2009) ensures that the risks and consequences of the abuse of alcohol leads to sharp drop in academic performance because according to most students surveyed, after drinking alcohol at least once showed signs drowsiness, slowness and difficulty to understand the contents presented by teachers⁽⁷⁾.

A survey in 2006 involving undergraduate students from a public university in São Paulo showed that those who did abuse of alcohol and other drugs has failed, proportionately more class than students who did not use these substances⁽¹⁰⁾. This finding was also confirmed in a survey in 2013 showed that a significant number of students who miss classes for the same reason, revealed that many students are not in the ideal period of the undergraduate program, ie, could not match the blocking of disciplines, and reported organic, academic and behavioral problems such as amnesia, stomach pain, drunkenness in the classroom and lamentations after intake of alcohol⁽¹¹⁾.

In a study with college students in the areas of sciences, and health, the graduate students who had higher prevalence for both abuse, and for the high risk in developing it were health area⁽¹²⁾. Among the reasons highlight the fact that this is a young group who experiences a moment of transition in their lives, especially with regard to academic activities, family dependency, the input terms in expectations in the labor market and the future plans⁽¹²⁾. Thus, Oliveira et al. (2009) consider the university a population with potential risk for alcohol consumption⁽¹³⁾. The authors note that health care students are in close contact with death, pain and suffering of patients in their care, especially in the hospital area. These factors, taken together, can lead to the consumption of alcoholic beverages by the group as a way of coping with stress and strain relief⁽¹³⁾. Proven in a study with nursing graduation students of a public university in São Paulo, in which there were identified moderate and high alcohol consumption, indicating a potential risk to health and the possibility of impairing their professional careers⁽¹⁴⁾.

Considering the presented issues and the fact that nursing is a profession that helps the community in the handling of public health problems such as alcoholism, this study intends to investigate the pattern of alcohol consumption among students of the Nursing course at the Federal University Paraíba and the possible implications for the academic life of this population. It is expected that the results of this study contribute to measure the problem in the investigated scenario and provide elements to propose prevention and control.

METHOD

This is a descriptive and cross-sectional epidemiological study that was conducted at the Campus of the Health Sciences Center I of the Federal University of Paraíba (UFPB), located in the city of João Pessoa, PB. It involved 216 students with active enrollment in Undergraduate Nursing UFPB in the period 2013.2, that is, 51% of students linked to the course. As the sample for the following criteria were considered: age equal to or greater de18 years, acceptance to join the study and signed the Informed Consent Statement. Of

study participants 30% were aged 22-23 years old; 84,72% were women, 15,28% men. Singles prevailed (89,81%) and those who reported that they still lived with their parents (47,22%).

Data collection was conducted through a questionnaire developed by the researcher, questions about alcohol consumption were based on the AUDIT (Alcohol Use Disorders Identification Test), this developed by the World Health Organization as a screening tool for alcohol abuse⁽¹⁵⁾. In addition to questions about the consequences of use for academic performance with questions that addressed some possible situations experienced by the subjects investigated after consumption of these substances. The questionnaire was administered by the researcher with the individual subject, on the premises of UFPB.

Student records were organized in spreadsheets edited in Microsoft Office Excel 2010. Data were organized into charts and analyzed using simple descriptive statistics that aims to describe and summarize a set of data. Thus, the analysis was carried out in three phases: compilation/data collection, presentation and characterization data. The research project was approved by the Ethics Committee of the Health Sciences Center UFPB an opinion No. 506.214. Therefore, the study followed the recommendations of Resolution No. 466/12 of the National Health Council, which approved the regulatory guidelines and standards for research involving human subjects, which incorporates references to bioethics, such as autonomy, non-maleficence, justice and equity, among others, and aims to ensure the rights and duties with respect to the research participants, the community and the State.

RESULTS

From the students surveyed, 61,57% (133) reported having consumed alcohol at some point or have the custom to drink often, some type of alcoholic beverage. Of these, 80,45% (107) stated that there were some negative consequences in relation to alcohol consumption. Regarding the frequency of alcohol consumption, the majority (64,66%) reported monthly or less intake, 24,81% two to four times a month and 1,51% two to three times per week. What about the consumed doses, 23,31% said they consumed no to a drink per occasion, 28,57% two to three doses, 29,32% four to five doses, 6,77% six to seven doses and 12,03% said consume more than eight drinks per occasion.

As for the place where usually drink alcohol more often, 43,61% said they consumed more often in bars and clubs, 30,08% with relatives and friends, and 12,78% in their houses, usually in the company mates or friends (70,68%), with family (11,28%) or alone (0,75%).

Regarding the academic loss resulting from alcohol consumption, stood out non-attendance and being late to classes and internships, difficulty concentrating or paying attention and sleep during class (Table 1). What about organic and psychological consequences, 83,18% of the participants stated that brought the consumption of alcoholic beverages them malaise ever (figure 1) and 53,27% claimed to have repented ever after ingestion of the substance, as the graph 2.

Table 1: Academic consequences highlighted by nursing students of UFPB due to consumption of alcoholic beverages; João Pessoa/PB - 2013.

Item	N	%
Difficulty in concentrating or paying attention in class	28	26,17%
Missed the class	25	23,36%
Sleeping during the class	22	20,56%
Left to arrive promptly to class and/or internships	23	21,50%
Left to attend the academic appointments	8	7,48%
Taking notes below average	7	6,54%
Stopped going to the internships	5	4,67%
Stopped doing the exams	5	4,67%
Left to deliver academic papers within	5	4,67%

Chart 1: Percentage of nursing students of UFPB who have experienced episodes of discomfort after consumption of alcoholic beverages (João Pessoa/PB - 2013).

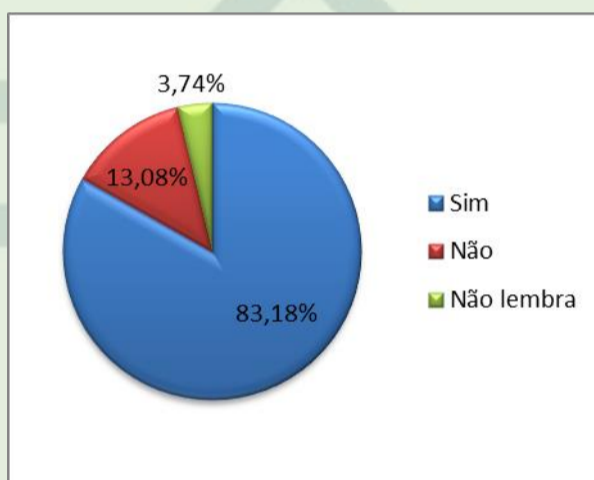


Chart 2: Percentage of nursing students of UFPB who reported feeling regret after consumption of alcoholic beverages (João Pessoa/PB -2013).



DISCUSSION

The abuse, even casual, alcohol among young people has the potential to represent a major public health problem, and this is a situation that also includes the university. A study conducted in 2012 revealed that the prevalence of alcohol consumption among students, regardless of the amount, is 71,5%⁽¹⁶⁾, a high percentage compared to that found in nursing students UFPB (61,57%). This reality even being represented by most of the participants is a lower percentage than found in university in Ouro Preto / MG, in which 88.1% of students reported drinking alcohol⁽¹¹⁾.

Regarding the frequency of alcohol consumption the majority (64,66%) reported using monthly or less, unlike the percentage among nursing students at a state public university, which presented a number (37,14%) Handsome young women drink alcohol 2-4 times a month, and it certainly is associated with ease of access to alcohol in easy sociability sites⁽¹⁴⁾.

Research indicates that students have score compatible with moderate intake of alcohol and high, signaling a state of alert about the future and the development of more severe cases related to the consumption of this substance^(11, 13, 14, 17). Regarding the consumption of alcohol, 48,12% of nursing students UFPB reported consuming at least four doses of alcohol on the occasion, so many of the participants shows the pattern of binge drinking alcohol. The term, which can be translated as "heavy episodic drinking" is used to define episodic alcohol abuse, where the amount that defines this practice, according to the National Institute on Alcohol and Alcoholism (NIAAA) of the United States, is five or more alcoholic drinks doses on a single occasion for men or four or more for women, regardless of consumption frequency⁽¹⁸⁾.

By relating the standard "heavy episodic drinking" of nursing students UFPB with other universities, there is the standard investigation follows the trend institutions of other states, as 44% of students UFOP (Federal University of Ouro Preto) are themselves in binge drinking⁽¹¹⁾ and almost 40% of students in the health area of Rio Grande do Sul/ RS, also⁽¹⁷⁾. The repeated occurrence of episodes of binge is linked to the higher frequency of risk behaviors as unplanned sexual activity and unprotected, drunk driving, tobacco use, suicide attempts, and negative consequences related to alcohol as academic difficulties, problems with police, unwanted pregnancy, sexually transmitted diseases and other⁽¹⁷⁾.

With regard to the frequent company to alcohol consumption, most of the students surveyed said they are usually accompanied by companions, acquaintances and friends, similar results found in studies of Chiapetti and Serbena (2006) which was held in a Curitiba University/PR with health care students⁽¹⁹⁾. The situation was also evidenced by Oliveira et al. (2009) through experiences reported by students from Rio de Janeiro who reported drinking alcohol in the company of university colleagues, friends, boy/girlfriend, acquaintances and family⁽¹³⁾. The latter group considered easy access to alcoholic beverages, since they were acquired and consumed in parties, bars, visiting friends, at home and in their own campus, probably in meetings and celebrations⁽¹³⁾.

The study Chiapetti and Serbena (2006) points out that among the most frequently mentioned reasons for frequent use of alcohol, stand out from the subject's desire to break

the routine and/or enjoy the effects; the need to reduce anxiety and stress, and the desire to join the group of friends or colleagues⁽¹⁹⁾. A survey of college students in Uberlândia/MG showed that between situations conducive to alcohol consumption identified by students were the college parties (72,45%), the moments "post-evidence" school (11,74%) and "the end of a stressful day of college" (3,57%). In addition, 21,24% of the study participants indicated students all situations mentioned⁽²⁰⁾.

Regarding the place where preferably, the study subjects consumed alcohol, the majority (43,61%) of university indicated bars and clubs. In São Paulo, nursing students, shows that this type of environment promotes the sense of sociability and relaxation that gives young people a way to be accepted into a new group⁽¹⁴⁾. Another favorable factor to alcohol consumption is the availability of beverages such as "open bar" at very low cost found at places mentioned, which facilitates the abuse with a view to price reduction⁽²¹⁾.

An investigation with nursing students from two private schools in Ribeirão Preto/SP revealed that 55% believe that the consumption of regular alcohol and therefore, people should drink, if this is their desire. For 43% of the subjects surveyed alcoholic drink is nice and brings well-being; 74% said that there are people who drink and know how to control alcohol consumption and 56% agreed with the idea that drinking in moderation is not harmful. However, 60% indicated being not sure about the fact that alcohol in small doses has the potential to cause dependence⁽²²⁾. The fact that the university think regular alcohol consumption should be related to the effects the media has on human behavior, since the average length of a university course is four years, and every 2/3 months a year are seen on average 15 types of posters parties valuing the use and abuse of alcohol, the average after four years will be 360 of them⁽²¹⁾. The trend is the acceptance of it as something right and natural, thus promoting desensitization as to possible damage and encouraging reckless attitudes towards alcohol consumption⁽²¹⁾.

The damage resulting from alcohol consumption by nursing students UFPB in academic routine, those who had higher percentages were: left to attend class ever (23,36%), some pointed not arrive on time to school and/or stages, said they had difficulty concentrating and have fallen asleep during class. The same result was shown by research that involved nine universities in five countries of Latin America and showed that among academic problems resulting from alcohol consumption were the loss of classes and the poor results in tests⁽¹³⁾. At a university in Ouro Preto/MG, students considered heavy drinkers had 9,2 times greater risk of not being in the ideal period of the course as a consequence of alcohol consumption. In addition, many of them miss classes and a percentage of 13,4% of men and 10,9% of women reported attending the classes intoxicated⁽¹¹⁾. It is noteworthy that 6,54% of nursing students UFPB reported having obtained lower grades average in academic activities.

For the other consequences of alcohol consumption, we found that 83,18% of the participants reported having felt bad after ingestion of the substance. Nemer et al. (2013) also found that college students reported beyond organic, academic and behavioral problems, including amnesia, stomach pain, being drunk in the classroom and whining to have drunk alcohol in the previous day⁽¹¹⁾. Despite investigations show how much alcohol consumption can impair academic performance, some students said they feel relaxed and that alcohol helps to break the ice, makes them close to people, helps to cope with stress and decision-making and provides faster reasoning⁽¹³⁾.

Regarding the presence of sense of regret at having drunk, 53,27% of students reported UFPB have regretted ever and of these, 28,07% more than five times. This result is similar to the result of the study of Balan and Campos (2006), in which nursing graduation students said they felt guilty after a night drinking alcohol, reinforcing the idea that many of them knew that the attitude is harmful to health, but even so, were carried away by the habits of colleagues⁽¹⁴⁾.

Among other problems posed by alcohol consumption, a survey in 2012 shows that college students have been involved in fights or had trouble with the law and also failed to attend activities at the university by alcohol consumption. More serious problems could be linked to the practice of binge drinking as driving after the consumption of the substance causing traffic accidents. In addition, a significant percentage (28,4%) indicated poor academic performance by students in binge⁽¹⁶⁾. Result similar to a study of college students had higher rates of abuse of alcoholic beverages, which indicated that binge drinking may have interfered in academic performance, organic consequences, social and behavioral⁽¹¹⁾.

It should be borne in mind that these students can become dependent professionals due to alcohol abuse, which can lead to personal and professional problems, because the future will be seen as behavior models in relation to prevention and health promotion and can generate negative impacts to the communities in which they act. Then, this addictive behavior can interfere with the ability of a trader to identify early possible cases of alcoholism and harm the conduct of routing and/or treatment of patients addicted to alcohol^(19,23).

CONCLUSION

Although the national context to indicate a high prevalence of alcohol consumption among college students, nursing students of UFPB did not show the same trend as the initial hypothesis of this study. However, the number of doses consumed per occasion (binge drinking Standard) was higher (48,12%).

Regarding the academic consequences experienced by most participants, it stood out the non-attendance and being late to classes and internships, difficulty concentrating or paying attention and sleeping during class. But even if these effects can negatively influence academic performance, organic and behavioral consequences that alcohol brings as the physical discomfort and regret after the intake of the substance obtained higher results.

In this sense there is a need for further study in this group through the gender approach, since this cut could have influenced the results found, it can be considered that the Nursing course of UFPB the female audience favors. So we know that studies show differences among genders patterns of alcohol consumption, in which women drink alcohol in small amounts.

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Received on: 01/09/2015
Required for review: no
Approved on: 12/11/2015
Published on: 30/12/2015

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