Alcohol: How Much is too Much

A study investigating the Pattern of Drinking and the Effects Alcohol can have for Second Year Social Care students in A.I.T.

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Submitted in partial fulfilment of the Bachelor of Arts Degree in Social Care Practice
Declaration

This project is presented in partial fulfilment of the requirements for the degree of Bachelor of Arts (Hons) in Applied Social Studies in Social Care. This project is entirely my own work and where use has been made of the work of other people it has been fully acknowledged and fully referenced.

______________________________________
Nicola Mc Nevin

25th November 2009
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Abstract

In order to complete this piece of research a number of steps were followed. Analysis of previous studies were reviewed on the topic of alcohol consumption to date, this information was then included in the literature review. A quantitative approach was adopted and questionnaires were designed to reflect the aims and objectives. The questionnaires were dispersed among a sample group of twenty students in Athlone Institute of Technology, concerning the drinking habits of students, the reasons why students consume alcohol and the subsequent consequences it can have for an individual. The results of the questionnaire were then presented on graphs and narrative forms. Finally the findings were discussed and compared to earlier studies.

The thesis found that there was a high prevalence of alcohol consumption among the vast majority of students, with most of the participants consuming above the recommended weekly units of alcohol intake. Socialising and enjoyment emerged to be the main components influencing students to consume alcohol. Students reported a high frequency of absenteeism from college due to alcohol consumption the previous night. A high occurrence of students “regretting things said or done”, and verbal abuse emerged as the most often cited consequences as a result of someone else’s drinking also.

This study highlights that students are consuming too much alcohol and are not drinking in moderation. Students should be made more aware of the consequences and effects of alcohol misuse, and colleges should consider reducing the amount of alcohol promotions that are advertised around the campus.
Chapter One
Introduction
1.0 Introduction

According to the strategic task force (2004) Ireland continues to be amongst the highest consumers of alcohol ranking second after Luxembourg for alcohol consumption in 2001.

The subject of alcohol consumption among young people in Ireland has been subject to much debate in recent times. Research has consistently highlighted that Ireland is a culture that promotes alcohol consumption at almost every social event. (Alcohol Awareness healthy campus, A.I.T, 2007)

The overall aim of this research is to investigate the pattern of drinking and its effects on second year social care students in Athlone Institute of technology. The three main objectives of this research are to explore the drinking habits of students, to discover the reasons why students consume alcohol and to analyze the subsequent consequences alcohol consumption can have.

There are a number of chapters throughout this research that had to have being followed in order to successfully complete this piece of work.

Chapter two discusses previous research and findings that have being carried out on the topic of alcohol consumption.
Chapter three discusses the research method that was used in order to gather the relevant information.
Chapter four presents the findings of the questionnaires in graph and narrative form.
Chapter five compares, contrasts and discusses the findings of the current research to the research that was previously carried out.
Chapter six proposes recommendations and chapter seven concludes on the overall research.
Chapter Two
Literature Review
2.0 Introduction

The Strategic Task Force (2004) who are widely influential regarding the subject of alcohol consumption in Ireland. Their work is an inter alia, to recommend specific, evidence based, measures to government to prevent and reduce alcohol related harm in Ireland. They carried out a study on a sample group of adults aged 18 and over, and reported that Ireland continues to be amongst the highest consumers of alcohol, ranking second after Luxembourg for alcohol consumption in 2001.

While alcohol consumption in Ireland has decreased from a peak of 14.3 litres of pure alcohol per adult in 2001 to 13.3 in 2006, Ireland continues to be amongst the highest consumers of alcohol consumption in Europe. (Hope, A. 2007)

2.1 What is alcohol?

Alcohol is the term applied to members of a group of chemical compounds and, in popular usage, to the specific compound ethyl alcohol, or ethanol. It is clear, colourless liquid, with a burning taste and characteristic, agreeable odour. Ethanol is the alcohol in beverages, including beer, wine, and brandy. (Martin, et al 2007)

The survey that the author intends to carry out defines alcohol as beer, wines, spirits, Alco pops and any other beverages that include alcoholic characteristics.

2.1.1 Drinking Habits of Students

A study carried out within Athlone Institute of Technology (A.I.T) regarding lifestyles of the student population, where 20% (566) of students were chosen at random as a uniform sampling fraction. The gender mix was very even with 45.5% males and 54.5% females taking part. They selected students from a variety of courses so that the study would be representative of the student population. The study reported that 92.1% of students reported drinking alcohol, and it seemed that the first year students had the highest percentage of drinkers with 92.2%. Over 76% of student
drinkers said that they drank weekly. The mean alcohol consumption (units) on an average day, for male students was 8.5 units, and for females was 5.7 units. It could be seen that 91.6% of male and 86% of females exceeded the sensible limits. (Lifestyle Survey 2000)
The lifestyle survey was chosen as part of the current research because the research reflects the students of A.I.T and the current research will also be undertaken among A.I.T students.

The European Schools Project on Alcohol and other Drugs (ESPAD) 2007 concerning the drinking habits of students, the respondents in this study included 17 and 18 year old students.
The report does not specify whether or not the respondents were male, female or gender mixed.
Questionnaires were adopted to gather the data and students answered the questions anonymously in a classroom situation. The study reported that the proportion of non-drinkers among students was a mere 5%. The total volume of alcohol consumption per head of student was 18.3 litres of pure alcohol for males and 10.8 litres for females. While very few students drank daily, 74% of male students and 70% of female students drank at least once a week. In addition, 61% of male students and 44% of female students participated in binge drinking at least once a week.
Binge drinking is defined in this study as drinking at least 75 grams of pure alcohol per occasion (4 pints of beer or a bottle of wine is the equivalent). When the frequency of binge drinking occasions were related to the overall number of drinking occasions, the results showed that out of every 100 drinking occasions 76 ended up in binge drinking for male students and 60 for female students. (ESPAD 2007)
The ESPAD is widely referenced and there material is extremely influential around the subject of alcohol consumption, this indicates to the author that this report is a reliable source of information. The age group is also similar to the sample population in the current research.

The Survey of Lifestyles, Attitudes and Nutrition (SLAN) 2002 commissioned by the department of Health and children and the Health Promotion Unit, involved face to face interviews with approximately 967 younger adults aged 18 and over. They provide vital
data on a range of lifestyle related health problems including alcohol consumption. Overall 83% of men and 74% of women reported drinking alcohol, however less than 7% of the population are non drinkers.

The SLAN survey (2007) reported that overall the number of drinks consumed on an average night out is seven. 38% of 18-29 year olds reported drinking 2-3 times on an average week, In addition the most likely age group to engage in binge drinking when they drank were the 18-24 year olds.

Mooney (2007) a study undertaken in A.I.T, was conducted among a sample of twenty students. The sample group included 50% males and 50% females and ranged from 17-30 years of age. The study reported that 20% of students drink once a week and the majority 70% drink between two to ten times per week, 10% of the student population in A.I.T consume alcohol ten times plus per week. The study also highlighted, 50% of the students consumed between two to nine alcoholic drinks on an average drinking night exceeding the level of standard drinking in any one sitting.

Murray (2007) a further study carried out in A.I.T surveyed twenty participants aged between 19 and 30 years old, found that, the level of drinking across all academic years was high with an average of 92% of students drinking alcohol and only 7.9% being non-drinkers. 90% felt that it was acceptable to drink above the recommended weekly units in one sitting.

2.1.2 Reasons students consume alcohol

Mooney (2007) found that, 35% of students choose stress as the reason they consumed alcohol, 80% for enjoyment and 95% for socialising purposes. Murray (2007) found that 95% of respondents drank alcohol to socialise, 85% for enjoyment, 20% drank to forget worries and 5% consumed alcohol when they were depressed.

The CLAN survey (2002) highlighted that most students consume alcohol for sociability, enjoyment and relaxation reasons.
2.2 Consequences of Alcohol for Students

The CLAN survey (2002) which involved the Department of Health and Children and 21 third level colleges in Ireland undertook a National Lifestyle survey among undergraduate full time students. They used a quantitative research method in the form of questionnaires in order to gather the information. Not surprisingly, given such high levels of drinking among students, in terms of total amount of alcohol consumed and the frequency of binge drinking, there was a high level and range of harm/problems experienced by college students. As a result of their alcohol use, students experienced harms such as, 62% regretted things said or done after drinking, 50% felt the effects of alcohol while at class, 44% reported missed college days and 28% felt that their studies had been harmed. Three-quarters (74%) of male students and two-thirds (65%) of female students experienced at least one harm during the last 12 months as a result of their alcohol use. The study also reported that male students were twice as likely to have being in a fight, in an accident and had unprotected sex in comparison to female students. Other findings in this survey reported that as a result of someone else's drinking, the most often cited consequences experienced by male students was verbal abuse, property vandalism and physical assault, for female students, the most common negative consequences as a result of someone else’s drinking was, verbal abuse, arguments with friends, and relationship difficulties. (Clan Survey 2002)

The CLAN survey (2002) is of great significance to the current study as it refers directly to college students and the consequences they experienced as a result of their drinking.

The second report carried out by the Strategic Task Force (2004) included a sample group of adults aged 18 and over and reported that, in Ireland 39% of male drinkers and 24% of female drinkers, experienced at least 1 out of 8 adverse consequences during the last 12 months, 56% "regretted things they said or done after drinking", an average of 13% of respondents "got into a fight", 8.6% "have being in an accident", and 12.4% of Irish males had adverse consequences with work/studies.
A study carried out in A.I.T with the ratio of male to females been 50-50, found that 80% of the respondents regretted events after drinking, 85% of them missed college due to drinking and 15% of them felt that their studies had been harmed by excessive drinking. The study also highlighted that 60% of the respondents said that they damaged clothes, 55% reported losing money and 50% admitted to losing valuables. (Murray 2007)

Mooney (2007) reported the consequences on students academic performance following alcohol consumption, 30% of respondents handed in an assignment late, 30% failed an exam and 90% rated their concentration levels in class after a night of drinking from ‘bad’ to ‘very bad’.

Research has consistently highlighted that the drinking habits of Irish society has adverse consequences for both the individual and our society as a whole. Although governments have implemented a number of policies, Ireland continues to be amongst the highest consumers of alcohol in the world ranking second after Luxembourg in 2001. (Strategic Task Force 2004)
Chapter
Three
Methodology
Methodology

3.0 Research Method

Quantitative research provides a quantitative or numeric description of trends, attitudes, or opinions of a population by studying a sample of that population. Whereas Qualitative approaches is the use of purposeful sampling, collection of open ended data, analysis of text or pictures, representation of information in figures and tables, and personal interpretation of the findings all inform qualitative procedures. (Creswell, 2003)

Quantitative research can include methods such as questionnaires as a means of collecting information. Using a quantitative approach can be easier to analyze and is a more cost effective approach than qualitative research. It is also a quicker way of obtaining the information needed for your research study. (Edel Lynn, class notes)

In contrast, qualitative research allows the researcher to get rich, detailed information giving them a better understanding of the proposed topic. Qualitative research also allows the researcher to gain more information from the non-verbal communication of the participant. (Edel Lynn, class notes)

A quantitative approach was adapted to conduct the research methodology for this project, in the form of questionnaires. The author felt that the use of questionnaires was the most appropriate method as it is a non-threatening way of obtaining information and is completely anonymous. This method was also chosen as it is less time consuming given the time scale to complete the research.

The questionnaire consisted of fifteen open and closed questions. The majority of questions were multiple choice so that the author could gather as much information as possible in a short period of time.

3.1 Participants

The sample group used in this study was made up of twenty students of Athlone Institute of Technology (A.I.T). All of the participants were second year social care students and were aged between 17-31 years. The majority of participants that completed this questionnaire were female.
3.2 Procedure

The study was conducted by firstly receiving permission from the lecture to enter their class and distribute the questionnaire amongst the students. Secondly the participants were then ensured that the information retained from the questionnaires would be only used for the sole purpose of the research and would be completely confidential. A cover page was also attached to the questionnaire to explain this further.

A pilot study was carried out previous to handing out the final draft of the questionnaire, which included six participants. This was to ensure that the questions being presented were logical and easy to understand. A number of the questions had to be changed and altered as they were phrased incorrectly and were not clearly understood by all the participants.

3.3 Method of analysis

The information obtained from the questionnaire was then analysed. A thematic approach was developed, which linked certain words that were repeated within the questionnaire. The data was then wrote up on Microsoft excel to create graphs and the information was then displayed on Microsoft word by use of graphs and narrative forms.

3.4 Ethical Considerations

For the purpose of the study, consent from all participants taking part in the research was required. The researcher also ensured the participants that the information obtained would be completely confidential, anonymous and only used for the purpose of the study. The participants were further informed that any questions would be welcomed and that respondents could also decline from taking part in the study.

3.5 Limitations

There were a number of limitations to the study. Firstly the sample population of the criteria was that of no more than 20% that could be analysed, this was a significant limitation nevertheless the sample was representative of the entire second year social care class, secondly the time scale to complete the research was also limited at 11-12
weeks, and finally the majority of participants who completed the questionnaire were female so the information was not truly representative of the male population.
Chapter Four

Results
4.0 Introduction

This section illustrates the author’s findings in graph and narrative form. Of the twenty participants two are male and eighteen are female ranging in age from 17-31 years. All of the participants are second year students in Athlone Institute of Technology studying Social Care.

Questions 1 and 2 provided demographic information about the participants concerning gender and age.

Questions 3-8 reported information on the participants drinking habits.

Question 9 was solely concerned with the reasons students consume alcohol, while questions 10-15 found the general consequences experienced by students.

4.1 Objective one: To explore the drinking habits of students

Question three supplied information on the number of students who consume alcohol. From the questionnaire 90% of the respondents reported consuming alcohol and 10% did not.

The results now represent the total number, with eighteen of the participants now representing 100%.
**Question four** explored the frequency of alcohol consumption amongst the respondents.

28% (5) drank less than once a week, 11% (2) drank at least once a week, the majority of respondents 33% (6) reported drinking twice a week and 28% (5) drank 3-4 times a week. This question also included 5-6 times per week and 7 times plus, but none of the respondents reported drinking more than 3-4 times an average week.

![Frequency of Alcohol Consumption](chart)

**Question five** investigated students awareness of the recommended weekly units of alcohol intake for both male and female.

Only 11% (2) of the respondents knew the recommended units for both men and women per week. 28% (5) of students knew the recommended units for women but not for men, 22% (4) knew the recommended units for men, and the vast majority of 78% (14) did not know the recommended units for neither men nor women.
**Question six** referred to the quantity of alcohol students consume on an average night out.

28% (5) drank between 2-5 alcoholic drinks per night, the vast majority, 50% (9) reported drinking 6-9 alcoholic drinks on a night out and 22% (4) consumed 10 or more alcoholic drinks on an average night out.

![Capacity of alcohol](image)

**Question seven** explored students understanding of the term “Binge Drinking”.
A number of different explanations were provided by the participants.

The definition offered by 39% (7) of the respondents corresponded with the definition provided in the literature review, 61% (11) of the respondents presented numerous definitions of the term “Binge Drinking” however those definitions did not prove to be accurate with the one provided in the literature review.

Some of the responses from the participants included:
“Drinking large amounts to get drunk”
“Drinking almost every day”
“Having a good session of drinking”
“Drinking a lot during a short period of time”
“Drinking a lot with the intention of getting drunk as quickly as possible”
“Not drinking every day but drinking a lot at once”
“Drinking to the point where it is harmful to your body”

**Question eight** explored student’s perceptions on exceeding the upper limits of alcohol on an average night out.

50% (9) of the participants felt that it was acceptable, giving responses such as:

“To get happy”
“Its fun”
“It is ok at family occasions”
“Some people can be ok if they exceed their limit, so it’s ok”

45 % (8) of participants did not consider it acceptable, with responses such as:

“Damaging”
“The limit is their for a reason”
“It is immature”
“Harmful to your body”

5% (1) of participants were undecided.
4.1.1 *Objective two: To discover the reasons why students consume alcohol*

*Question nine* investigated the reasons why students consume alcohol.

The total number of respondents, 100% (18) choose socialising as the main reason that influences them to consume alcohol. 95% (17) opted for enjoyment and the remaining results are illustrated in the graph below.

This question did not limit respondents to choose a single reason from the list below, it allowed respondents to choose as many reasons they felt motivated or influenced them to consume alcohol.

![Reasons for alcohol consumption graph](image-url)
4.2 **Objective three: To analyse the subsequent consequences alcohol consumption can have.**

**Question ten** investigated student’s attendance at college following a night of drinking.

72% of students admitted being absent at college due to alcohol consumption the previous night and 28% reported never missing college for the sole reason of alcohol consumption the night before.

**Question eleven** investigated the area around student’s studies and if their academics suffered or have being affected due to alcohol.

70% (14) reported missed lectures and poor attention or concentration levels, and 6% failed an exam or were late handing in an assignment.
Question twelve explored the behaviour of students while being under the influence of alcohol and its subsequent consequences.

83% (15) of the respondents regretted things said or done.
6% (1) of respondents were involved in a fight.
33% (6) of the respondents had arguments with friends.
17% (3) of respondents were involved in an accident.
44% (8) of the respondents had experienced relationship difficulties due to drinking.

Additional information provided by students found that 6% (1) had vague recollections of the previous night and 6% (1) admitted to making drunken phone calls.
**Question thirteen** required information on the individuals own experiences and consequences while being under the influence of alcohol. This question was presented in a multiple choice format which asked students to tick the boxes that were appropriate to them.

67% had damaged clothing, 61% reported losing money, 56% lost valuables, 39% had unprotected sex and 6% had being hospitalised.

![Individual consequences chart](image)

**Question fourteen** referred to the student’s ability to meet college deadlines following a night out. 6% (1) reported having difficulties meeting college requirements and the vast majority 94% (17) did not have any difficulties when it came to submitting college work.
**Question fifteen** investigated the most often cited consequences as a result of someone else’s drinking.

Students were instructed to tick as many boxes that applied to them.

The results reported that 89% of students had experienced verbal abuse, 17% had being physically assaulted, an additional 17% had their property vandalised and 44% had arguments with friends.
Chapter Five
Discussion
Discussion

This chapter will discuss the findings that emerged from the questionnaires. The information will be discussed under the three main objectives.

1. To explore the drinking habits of students.

2. To discover the reasons students consume alcohol.

3. To analyze the subsequent consequences of alcohol consumption.

From the findings of the research sample the majority of respondents that completed the questionnaires were females. 85% of the students ranged in age from seventeen to twenty five and the remaining 15% were thirty-one years and under. All of the participants are full time students in A.I.T.

5.0 Objective one: To explore the drinking habits of students.

A study carried out within A.I.T regarding the lifestyles of a student population in relation to alcohol consumption reported that 92.1% of students reported drinking alcohol. (Lifestyle survey 2000) A further study carried out by Mooney (2007) within A.I.T, involved students aged between nineteen and thirty years, found that the number of people who consume alcohol is high with an average of 92% and only 7.9% of those participants being non drinkers. The current study, involved students of the same age group and found that 90% (18) reported drinking alcohol. The ESPAD (2007) report concerning the drinking habits of students reported that the proportion of non drinkers was 5%. This coincides with the authors findings where 10% (2) of the students were non-drinkers.

Mooney (2007) found that 20% of students drink once a week and the majority 70% drink two – ten times on an average week. The lifestyle survey (2000) supported this information with over 76% of students reporting weekly drinking. The ESPAD report found that 74 % of male students and 79% of female students drank at least once a week. In addition Mooney also found that, 10% of the student population in A.I.T
consumed alcohol ten times or more during an average college week. The results of the current study found that 72% (13) of students drink between one and four times a week, and 28% (5) of students drink less than once a week.

Mooney (2007) found that 50% of students consumed between two to nine alcoholic drinks in an average night out exceeding the level of standard drinking in any one sitting. The SLAN survey (2002) corresponded with Mooney’s findings as the overall number of drinks consumed on an average night out amounted to seven. The results of the current study found that 78% (14) of students were consuming two to nine alcoholic drinks on an average night out and 22% (4) drank ten or more alcoholic drinks on an average night out.

5.1 **Objective two: To discover the reasons students consume alcohol.**

Murray (2007) reported that 95% of students choose socializing as the most influential reason to consume alcohol and 85% choose enjoyment. These figures are supported by the CLAN survey (2002) which highlighted that most students consume alcohol for sociability, enjoyment and relaxation reasons. This corresponds with the researcher’s findings with 100% (18) of the research sample choosing to consume alcohol for socializing reasons and 94% (17) for enjoyment. Additional findings included 17% of students consuming alcohol to forget worries and 50% said that alcohol helps them to relax.

5.2 **Objective three: To analyze the subsequent consumes alcohol consumption can have.**

According to the CLAN survey (2002) there was a high prevalence of adverse consequences relating to student drinking, 50% felt the effects of alcohol while at class and 44% missed college days due to drinking. Mooney (2007) further found that 30% handed in an assignment late, 30% failed an exam and 90% rated their concentration levels in class after a night of drinking from ‘bad’ to ‘very bad’. The current research found that 89% (16) of students missed lectures due to alcohol consumption the previous night, and 6% reported failing an exam or were late handing in an assignment. Therefore the research does highlight that students are
drinking to the extent that is essentially affecting their academic performance and harming their studies.

The Second Report by the Strategic Task Force (2004) found that 56% of respondents “regretted things said or done” after drinking, 13% were involved in a fight, and 8.6% had been in an accident. The current study found that 17% had been involved in a fight and a further 17% were involved in an accident due to alcohol consumption.

The CLAN survey (2002) reported that 62% of respondents regretted things said or done after drinking. The most often cited consequences as a result of someone else’s drinking was verbal abuse, property vandalism, physical assault, arguments with friends and relationship difficulties. The current study found that 83% (15) of respondents regretted things said or done, 33% (6) had arguments with friends, and 44% (8) experienced relationship difficulties. In addition the results further highlighted that as a result of someone else’s drinking, 89% (16) had been verbally abused and 17% (3) had being physically assaulted.

Other consequences that emerged from the results found that 39% (7) of students had unprotected sex, the majority 67% (12) had damaged clothing and 61% (11) lost money.

Murray (2007) supported these statistics, with 60% of the respondents reporting that they damaged clothing and 55% reported losing money.
Conclusion

The results of this study indicate that 90% of the student population consumes alcohol. This information is supported both in the current study and previous studies referred to in the literature review. In addition, the results indicate that students are drinking over the recommended units of alcohol on a weekly basis. 70% of the respondents are consuming up to nine alcoholic drinks on an average night, therefore exceeding the standard units of alcohol intake for both males and females.

Alcohol consumption is an integral part of Irish life and alcohol is consumed at many social events, this may contribute to the reasons people consume alcohol, as reported in this study and other studies referred to in the literature review the most influential reason to why people consume alcohol is to socialize or simply for enjoyment purposes. However alcohol consumption can lead to problems for individuals and the wider community when it is misused. (Department of Health and Children 2008)

The vast majority of the participants reported being verbally abused and in some cases physically abused due to alcohol consumption. Other findings included individuals being involved in fights or even being hospitalized.

The student’s academic performance was also found to be considerably affected due to drinking the previous night, with findings reporting high responses of missed lectures and poor concentration and/or attention levels while in class.
Recommendations

From the authors findings a number of recommendations should be considered.

- Students should be made more aware of the consequences and effects of alcohol misuse not only on the individual but also amongst the wider community. This could be done by the use of a campaign.

- Colleges should reduce the amount of alcohol promotions advertised around the campus.

- Students need to be educated further on drinking alcohol in moderation and not just as a means of getting drunk. Students Union could perhaps organize a module to take place within the college and invite relevant personnel to advise and inform students on the topic of alcohol consumption.

- Talks about alcohol consumption should be implemented in schools as a means of early intervention to prevent adolescences from drinking excessively and make them aware of the consequences of drinking at an earlier stage.

- The lack of social and recreational activities gives way for individuals to engage in binge drinking or drinking excessively. Maybe this should be considered as a means of reducing anti-social behavior.
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Appendices
Cover letter for Questionnaire

Dear Participant

My name is Nicola Mc Nevin, I am a 4th year student in Athlone Institute of Technology, studying Social Care Practice. As part of my final year I am required to complete a research project on a topic of my interest.

I have chosen alcohol consumption as my topic and my aim is to investigate the pattern of drinking and its effects on Second Year Social Care students in Athlone Institute of Technology.

The author would like to ensure all participants that the information obtained in this questionnaire will be completely confidential, anonymous and only used for the sole purpose of this study. Your participation is voluntary and at any stage you can change your mind and withdraw from doing this questionnaire.

Thank you for taking the time out to complete this questionnaire.

Yours sincerely,

Nicola Mc Nevin.
Questionnaire

General Information

Q. 1 What gender are you?
    Male ☐ Female ☐

Q.2 What age bracket are you in?
    17-20yrs ☐ 26-30yrs ☐
    21-25yrs ☐ 31 years plus ☐

Drinking Habits of students

Q.3 Do you drink alcohol?
    Yes ☐ No ☐

If you have answered No, Thank you for taking part in this questionnaire.

Q.4 On a weekly basis how often do you consume alcohol? (Tick one)
    Less than once a week ☐ 3-4 times a week ☐
    Once a week ☐ 5-6 times a week ☐
    Twice a week ☐ 7 times plus per week ☐

Q.5 Do you know the recommended units for women and for men per week?
    Women ___________ Units  Men ____________ Units
Q.6 How many drinks would you consume on an average night out? (Tick one)

- 1 alcoholic drink
- 2-5 alcoholic drinks
- 6-9 alcoholic drinks
- 10 plus drinks

Q.7 What would you define ‘binge drinking’ as?

_______________________________________________________

_______________________________________________________

_______________________________________________________

Q.8 Do you think it is acceptable to exceed the upper limits of alcohol in one sitting? (Recommended units for women is 14 units per week and for men is 21 units per week)

Yes

No

Give a reason for your answer

______________________________________________________________

Q.9 Which of the following factors motivate you to consume alcohol?

- Stress
- Loneliness
- Peer pressure
- Depression
- Enjoyment
- To forget worries
- Socializing
- Helps to relax

If others, please specify: ___________________________

Consequences of alcohol

Q.10 Did you ever miss college due to drinking the previous night?

Yes

No

Q.11 After a night out have you ever experienced any of the following in relation to your studies? (Tick as appropriate)

- Missed lectures
- Failed an exam
- Poor attention or concentration levels
- Late handing in an assignment
Q.12 Following a night out have you experienced any of the following? (If none leave blank)

Regretted things said or done □  Involved in an accident □
Involved in a fight □  Relationship difficulties □
Had arguments with friends □

If others, please specify: __________________________

Q.13 While on a night out drinking have you ever: (If none leave blank)

Damaged clothing □  Had unprotected sex □
Lost money □  Being hospitalized □
Lost valuables □

Q.14 Have you ever found it hard to meet college deadlines due to a night out?

Tick (one)  Yes □  No □

If yes, please specify,

________________________________________________________________________________________
________________________________________________________________________________________

Q.15 As a result of someone else’s drinking, have you ever being:

Verbally abused □  Your property vandalized □
Physically assaulted □  Arguments with friend’s □

If other, please specify,

________________________________________________________________________________________
________________________________________________________________________________________

Thank you for your time and co-operation
Yours sincerely
Nicola Mc Nevin