



Identification of problems related to alcohol consumption with individuals between 18 and 50 years old

<https://doi.org/10.56238/homeIIsevenhealth-112>

Eduardo Lima Leite

PhD student in Religious Sciences, professor at the Federal University of Campina Grande, e-mail: eduardo@cstr.ufcg.edu.br

Jeisyanne Alves de Oliveira Nóbrega

Student of the Biological Sciences Course, Academic Unit of Biological Sciences, Federal University Campina Grande, e-mail: ryanalvesjeisyanne.2@gamil.com

ABSTRACT

This research entitled "Identification of problems related to alcohol use with individuals between 18 and 50 years old". resulted from the activities developed in the Institutional Volunteer Program for

Scientific Initiation (PIVIC), at the Federal University of Campina Grande. The study aimed to understand, in the context of the COVID-19 pandemic, the problems related to the use and possible abuse of alcoholic beverages among individuals between 18 and 50 years old in the municipality of Patos-PB. Data collection took place between August 2021 and August 2022. The methodological instrument used was the AUDITOR (Alcohol Use Disorders Identification Test). A total of 464 individuals participated in the study

Keywords: Problems, Alcoholic beverage, Patos-PB.

1 INTRODUCTION

According to the drunken monkey hypothesis, by eating the fallen fruit in the sun, the monkeys get "high". "The odors of ripening fruit would help primates find scarce calories in tropical rain forests, given that ethanol is a relatively light molecule and is moved rapidly by winds through vegetation"¹ (STEPHENS, DUDLEY, 2004).

This is due to a strong attraction to the smell and taste of alcohol, giving our primate ancestors a selective advantage by helping to locate nutritious fruit at peak ripeness. This evolutionary trait would have been perpetuated by our genes, since we have several enzymes responsible for digesting alcohol that would have no function if man did not consume this substance.

Regarding drug use as an element of society and culture, we can cite the counterculture movements of the 1960s that would use drugs to express resistance to conservatism, seeking new forms of consciousness and behavior. "Legalize it, don't criticize it (...) Doctors smoke it. Nurses smoke it. Judges smoke it. Even lawyers, too"².

¹ The odor of ripening fruit would help primates find scarce calories in rainforests, since ethanol is a relatively light molecule and is moved quickly by winds through vegetation (our translation).

² The odor of ripening fruit would help primates find scarce calories in rainforests, since ethanol is a relatively light molecule and is moved quickly by winds through vegetation (our translation).



In Brazil, when the Portuguese arrived, they discovered the indigenous custom of producing and drinking a fermented drink from cassava, called Cauim. It was used in rituals, festivals and within a specific cultural context. The Indians also used tobacco, which was unknown to the Portuguese and other Europeans (AURELIANO; MACHADO, 2012).

According to Oliveira (2013), the Portuguese knew the wine and beer and, soon, would learn to make cachaça; something that was not difficult, because to make sugar from sugar cane, in the process of making the must (juice in fermentation process), ended up discovering a molasses that put in the trough for animals and slaves, called "cagaça", which later became cachaça, distilled in clay still and much later, copper.

Drinking alcohol is rooted in Brazilian culture. The act of drinking is part of our life as a social being. It is acceptable to say, for example, that liquor in the feast of St. John, wine at Christmas, beer at Carnival and so on, not that they are exclusive, but the most representative of each of these festivals. Cachaça is a strong and intimate drink of the population. It is inexpensive and with little money, you can drink enough to disturb yourself and others around you. It is the social and individual form of drinking that is at stake when one speaks of alcohol consumption, since there is a wide social disposition to consume it in the form of the most diverse drinks - distilled or fermented, strong or weak (FERNANDES, 2002).

First, we emphasize that this study had as its central proposal to map the pattern of alcohol consumption among adults aged 18 to 50 years in the municipality of Patos-PB, in the last 12 months.

From an epistemological point of view, we do not work with a perspective that approaches the topic of alcohol use and abuse as an autonomous agent as if it were an animated being that acted on its own. In the opposite sense, the research problem considered the issue of alcohol use and abuse as a broad phenomenon culturally constructed and reconstructed.

Among the numerous research instruments to identify the use of alcohol and other drugs in the world and in Brazil, we will highlight three that were developed with the support of the World Health Organization. The first is the CAGE, which is the best known and simplest instrument to use. The second instrument is the Alcohol, Smoking and Substance Involvement Screening Test³(ASSIST). The third instrument that we adopted to conduct the research was the AUDIT, which is more comprehensive because it detects different levels of problems associated with different patterns of alcohol use. The original version of AUDIT was developed by SAUNDERS, J. et al. (1993)⁴. The questionnaire was disseminated on social networks and applied to individuals between 18 and 50 years of age who agreed to participate in the survey using Google Forms.

³ Screening test for alcohol, smoking and substance involvement. See the link: www.who.int/substanceabuse/activities/sbi/en/index.html

⁴ See the link <https://www.google.com/intl/pt-BR/forms/about/>



According to the World Health Organization (2004), drug is defined as:

Any substance that is capable of modifying the function of living organisms, resulting in physiological or behavioral changes. Those that modify the activity of the central nervous system, increasing it (stimulants), reducing it (depressants) or altering our perception (disruptors) are called psychoactive. Among psychoactive drugs, some are sought after ("tropism") for their pleasurable effects, which can lead to abuse or dependence - these are called psychotropic.

Data collection was carried out through a questionnaire made available on Google Forms , during the period from August 2021 to August 2022.

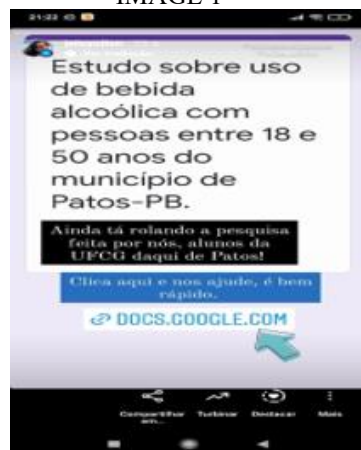
Initially, the survey form was shared on social networks by the student and the advisor. Each person who answered the questionnaire was asked to disclose the link. Therefore, a dissemination and chain sampling procedure known as snowballing was adopted.

Snowball sampling uses these connections between members of the population to obtain a sample of the population, starting from some individuals who are members of the population. The method works from the indication by some individual of the population, of others who are also part of it and so on, being characterized in a format similar to that of a snowball that accumulates the snowflakes when rolling and becoming bigger and bigger (DEWES, 2013).

A total of 464 individuals answered the questionnaire and the data were then analyzed to assess the results⁵.

Below are illustrations of the strategy used to disseminate the survey questionnaire on social media.

IMAGE 1



Source: research collection (2022).

IMAGE 2



Source: research collection (2022).

⁵ The settings applied to the form did not use the collection of email addresses and participant name as a way to ensure data security.

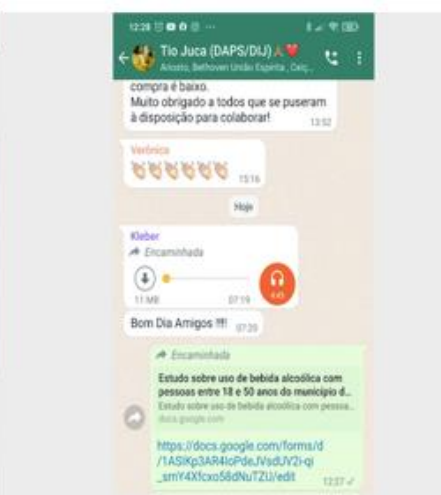


IMAGE 3



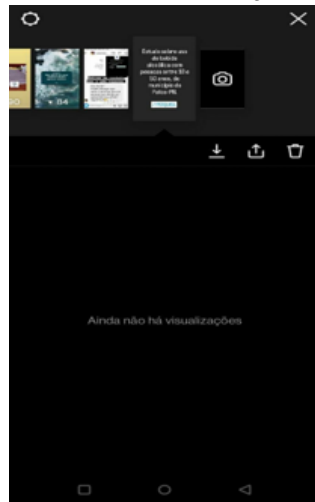
Source: research collection (2022).

IMAGE 4



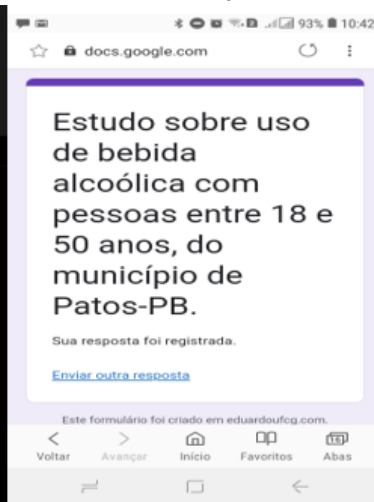
Source: research collection (2022).

IMAGE 5



Source: research collection (2022).

IMAGE 6



Source: research collection (2022).

IMAGE 7



Source: research collection (2022).

IMAGE 8



Source: research collection (2022).

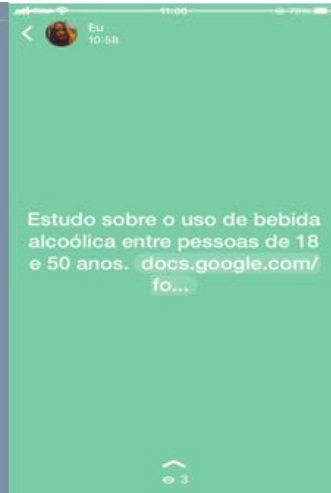


IMAGE 9



Source: research collection (2022).

IMAGE 10



Source: research collection (2022).

IMAGE 11



Source: research collection (2022).

IMAGE 12



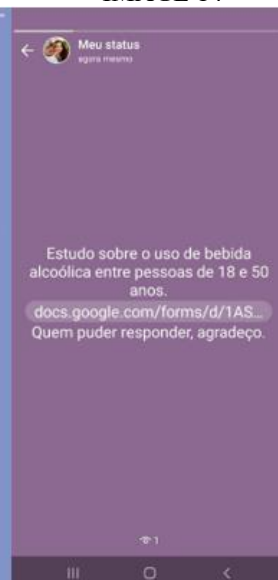
Source: research collection (2022).

IMAGE 13



Source: research collection (2022).

IMAGE 14



Source: research collection (2022).

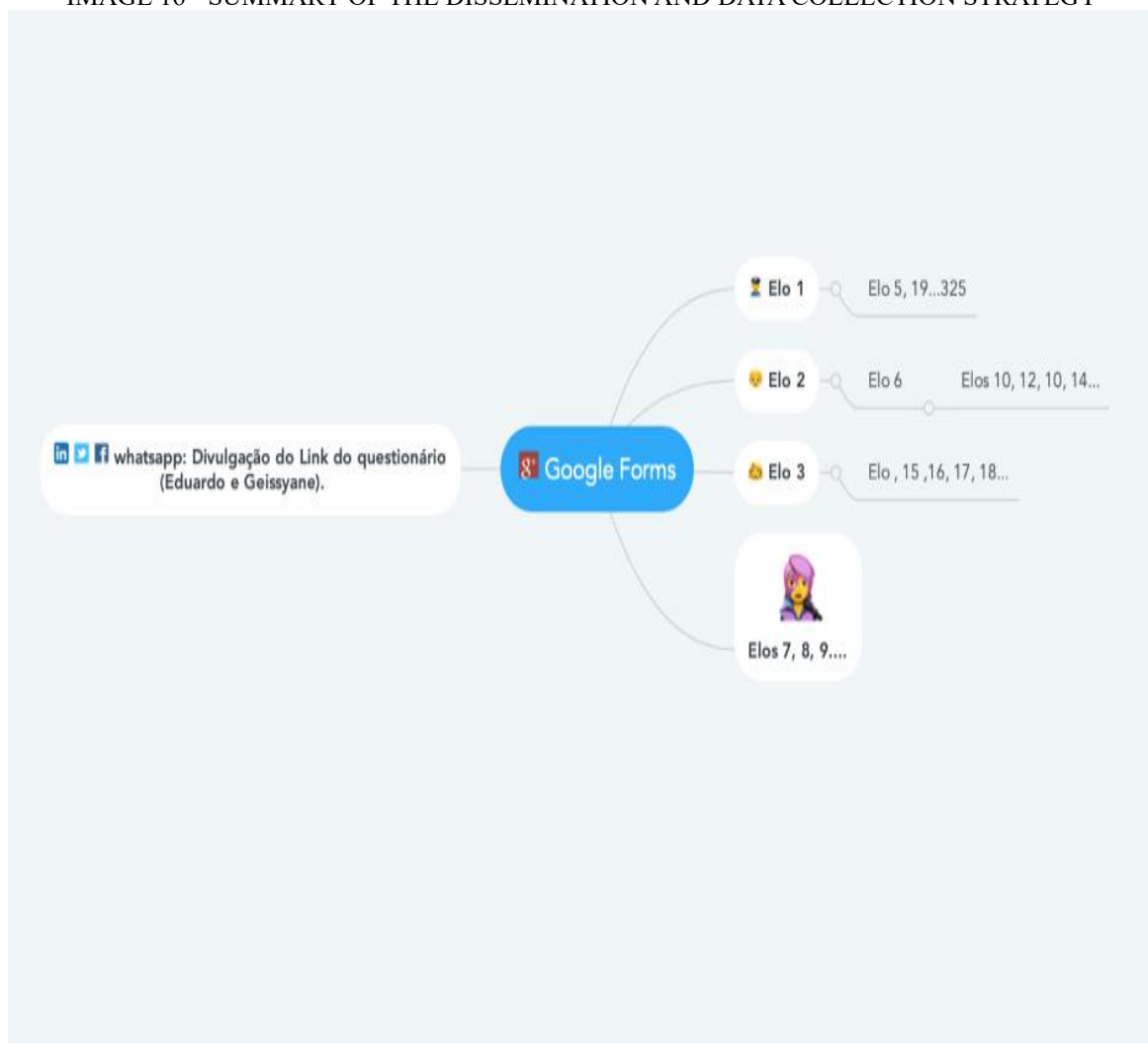


IMAGE 15



Source: research collection (2022).

IMAGE 16 - SUMMARY OF THE DISSEMINATION AND DATA COLLECTION STRATEGY



Source: research collection (2022).

2 RESULTS AND DISCUSSIONS

During the COVID-19 pandemic, teaching, research and extension activities have undergone significant changes and we have been invited to face challenges and provoked to innovate. In this



context, Information and Communication Technologies⁶ or ICTs⁷ (CASTELLS, 1999), have played a fundamental role in assisting academic activities. The characteristics of the current technological revolution are:

Information is its raw material: technologies develop to enable humans to act on information. The second is that the effects of new technologies are highly penetrable: information is an integral part of all human activity. The third is the predominance of network logic: it characterizes all kinds of complex relationships, and can be materially implemented in any kind of process. The fourth is flexibility: technology favours reversible processes, allows modification by reorganization of components and has a high capacity for reconfiguration. The fifth is the growing convergence of technologies, mainly microelectronics, telecommunications, optoelectronics, computers, but also and increasingly, biology (CASTELLS, 1999, p.118-119).

We are on the move, with this phrase Lévy (2010) summarizes his ideas about the set of technical, economic and cultural transformations that have occurred in recent decades, such as infovias / multimedia, digital information and communication networks by computers, etc.

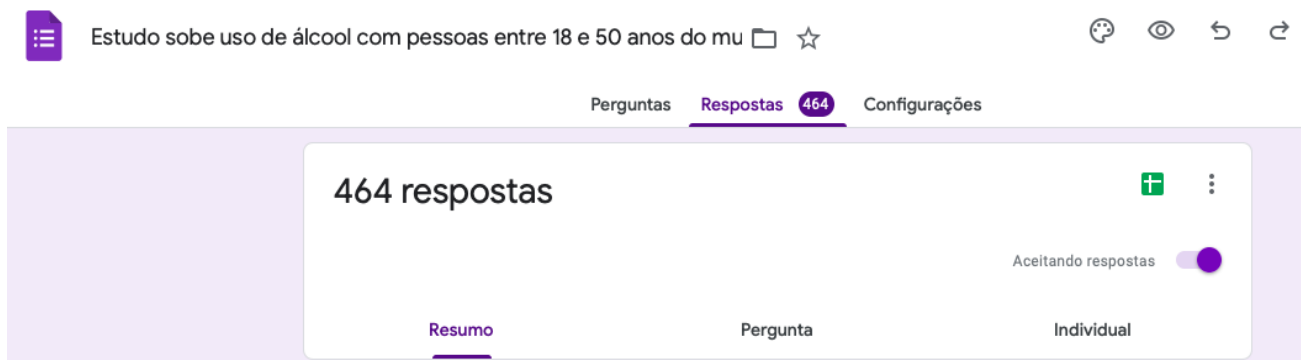
In the case of scientific research, we can say that the COVID-19 pandemic has redefined the place of research in the "space of the territory" of the www.

This report corresponds to the activities developed in the research entitled "Use and abuse: a study on alcohol use and abuse in the municipality of Patos-PB in times of pandemic". The study aimed to understand, in the context of the COVID-19 pandemic, how individuals between 18 and 50 years of age used and possibly abused alcohol in the municipality of Patos-PB.

The methodological instrument used was the AUDIT (Alcohol Use Disorders Identification Test⁸). 464 individuals participated in the study

The first question in the questionnaire was, do you agree to participate? All who participated (464 or 100%) stated that they wished to participate in the survey.

IMAGE - 17 GOOGLE FORMS HOME SCREEN



Source: https://docs.google.com/forms/d/1ASIKp3AR4IoPdeJVsdUV2i-qi_smY4Xfexo58dNuTZU/edit

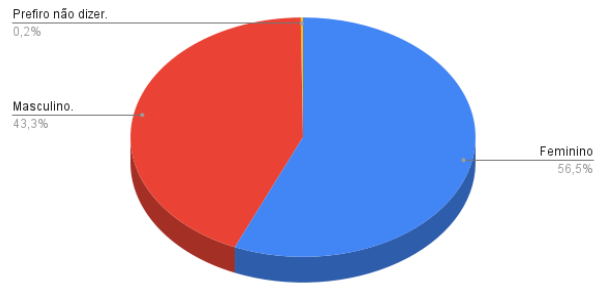
⁶ Use of scientific knowledge to specify ways of doing things in a producible way (CASTELLS, p. 67).

⁷ Set of microelectronics technologies formed by computing (S-H), telecommunications/broadcasting, optoelectronics and genetic engineering.

⁸ Alcohol Use Disorders Identification Test.



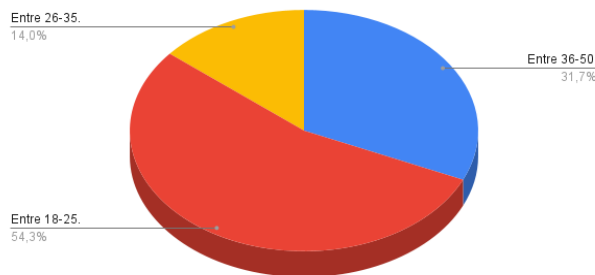
GRAPH 1 - GENDER



Source: survey data (2022).

Graph 1 provides some information on the profile of the survey participants. The slice in blue reveals that 262 or 56.5% of the participants were female, in red, 201 or 43.3% of the participants claimed to be male and 1 individual or 0.2%, preferred not to say their gender.

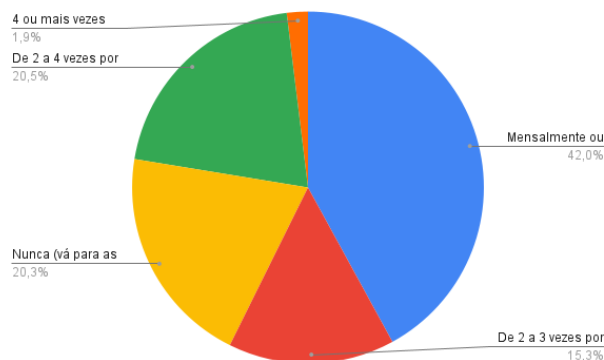
GRAPH 2 - AGE GROUP



Source: survey data (2022).

The young adult age group of 18 to 25 years corresponds to 252 or 54.3% of the survey participants, the second age group that responded the most to the questionnaire was 35 to 50 years, which equals 147 or 31% of the respondents and 25 to 36 years, the third age group with 65 or 14% of the participants.

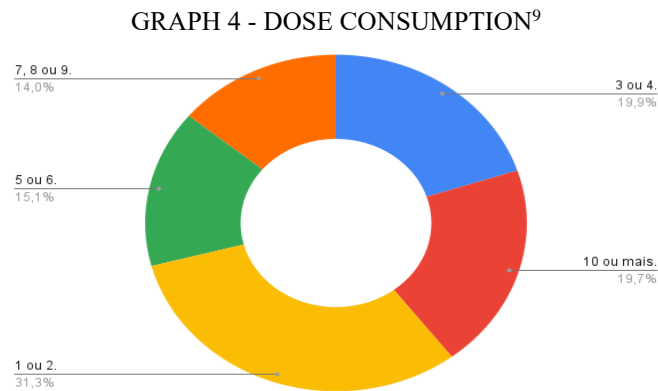
GRAPH 3 - FREQUENCY OF DRINKING ALCOHOLIC BEVERAGES



Source: survey data (2022).



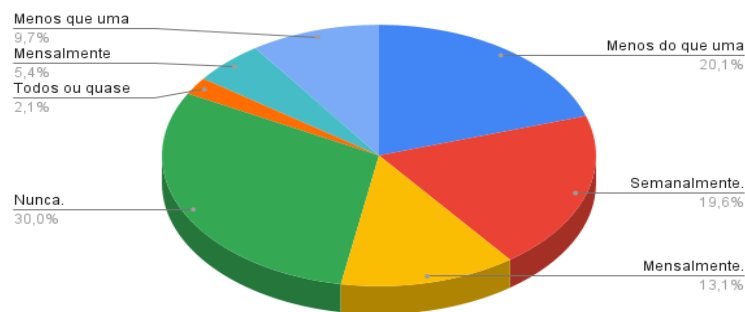
The frequency of individuals drinking alcohol is most significant at 195 or 42% of the total 464 respondents. Next, 90 or 20% of the individuals stated that two to four times a month. On the other hand, 90 or 20.3% denied the use of alcoholic beverages. 71 or 15.3% use between two and three times a week; finally, 9 or 1.9% assumed that they drink four or more times a week.



Source: survey data (2022).

The highest consumption of doses, 116 or 31.3% is among those who take one or two doses on the occasions they drink. 74 or 19.9% said they take three or four shots on the occasions they drink. Thirdly, 73 or 19.7% consume ten or more shots on the occasions they drink. 56 or 15.1% mentioned having five or six drinks on the occasions they drink. 52, or 14%, take seven, eight or nine drinks on the occasions they drink.

GRAPH 5 - FREQUENCY OF TAKING "SIX OR MORE DOSES" AT ONCE¹⁰



Source: survey data (2022).

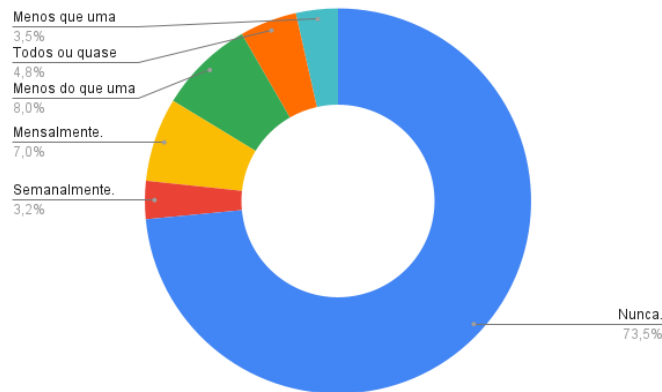
⁹ Equivalents: one can of beer or one glass of draft beer (350 ml) is equal to one shot. Cachaça, vodka, whisky or cognac: half an American glass (60 ml) is equal to one and a half shots. A 1 liter bottle is equal to 25 "shots". Wine: one glass equals one "shot", one bottle (750 ml) = 5 "shots".

¹⁰ If you tick never, less than once a month, monthly or weekly, go on to questions 11 and 12. Equivalents: one can of beer or one glass of draft beer (350 ml) is equal to one shot. Cachaça, vodka, whisky or cognac: half a glass (60 ml) is equal to one and a half shots. A 1 liter bottle is equal to 25 "shots". Wine: one glass equals one "shot", one bottle (750 ml) = 5 "shots".



The number of individuals who never took six or more doses at once was 112 or 30%. On the other hand, 111 or 29.8% of the sample consumed six or more doses less than once a month. The third group, 73 or 19.6%, weekly less than once a month. Fourth, the group that drank monthly less than once a month was 69 or 18.5%. The last group, 8 or 2.1% consumed six or more drinks at once every or almost every day.

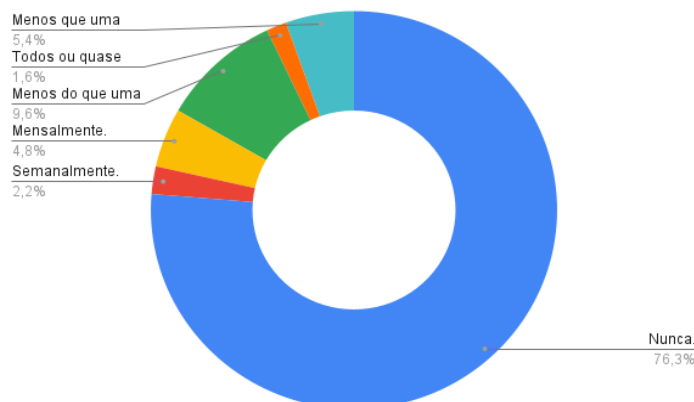
GRAPH 6 - TIMES OVER THE PAST 12 MONTHS WHEN YOU HAVE BEEN UNABLE TO STOP DRINKING, ONCE YOU HAVE STARTED



Source: survey data (2022).

230 or 73.5% stated that they had never been able to stop drinking once they started in the last 12 months. 36 or 11.5% answered that less than once a month over the past 12 months they were unable to stop drinking once they had started. 22 or 7% reported that they were unable to stop drinking once a month once they had started. 15 or 4.8% of participants stated that every day or almost every day over the past 12 months, they have not been able to stop drinking, once having started. 10 or 3.2% stated weekly over the past 12 months, they were unable to stop drinking, once having started.

GRAPH 7 - TIMES OVER THE LAST 12 MONTHS WHEN, BECAUSE OF ALCOHOL, YOU HAVE NOT BEEN ABLE TO DO WHAT WAS EXPECTED OF YOU

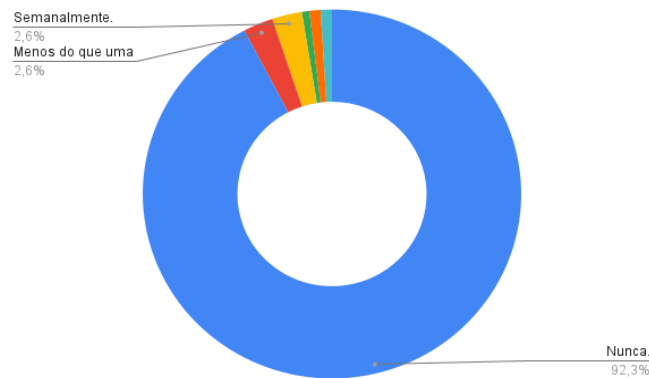


Source: survey data (2022).



When asked how many times over the past 12 months they had been unable to do what was expected because of alcohol, 238 or 76.6% said never. 47 or 15% of participants said less than once a month. 15 or 4.8% reported monthly. And lastly, 7 or 2.2% stated that over the past 12 months, because of alcohol, they were not able to do what was expected.

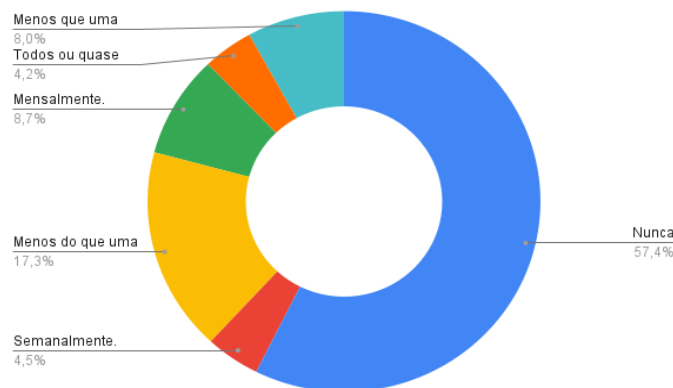
GRAPH 8 - TIMES OVER THE LAST 12 MONTHS, WHEN YOU NEEDED TO DRINK IN THE MORNING TO FEEL WELL THROUGHOUT THE DAY, AFTER DRINKING THE DAY BEFORE.



Source: survey data (2022).

Asked how many times over the past 12 months they had to drink in the morning to feel well throughout the day after drinking the day before, 289 or 92.3% answered that they never did. 11 or 3.6% stated that less than once a month. 8 or 2.6% claimed that weekly over the last 12 months, they needed to drink in the morning to feel well throughout the day. 2 or 0.6% mentioned that monthly over the last 12 months, they needed to drink in the morning to feel well throughout the day, after having drunk the day before. Finally, 3 or 1% assured that monthly over the last 12 months, they needed to drink in the morning to feel good throughout the day, after having drunk the day before.

GRAPH 9 - TIMES, OVER THE LAST 12 MONTHS, WHEN YOU FELT GUILTY OR REMORSEFUL AFTER DRINKING

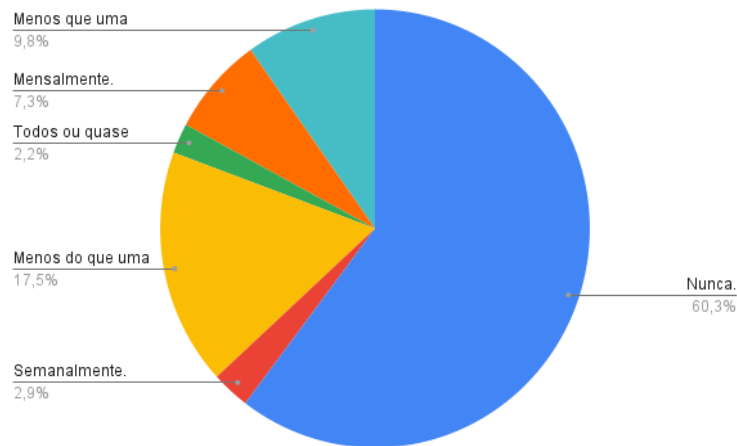


Source: survey data (2022).



On how many times over the past 12 months you have felt guilty or remorseful after drinking. 174 or 57.4% said never. 79 or 25.3% said that over the past 12 months, they felt guilty or remorseful after drinking. 27 or 8.7% said monthly. 13 or 4.2% said that every day or almost every day they felt guilty or remorseful.

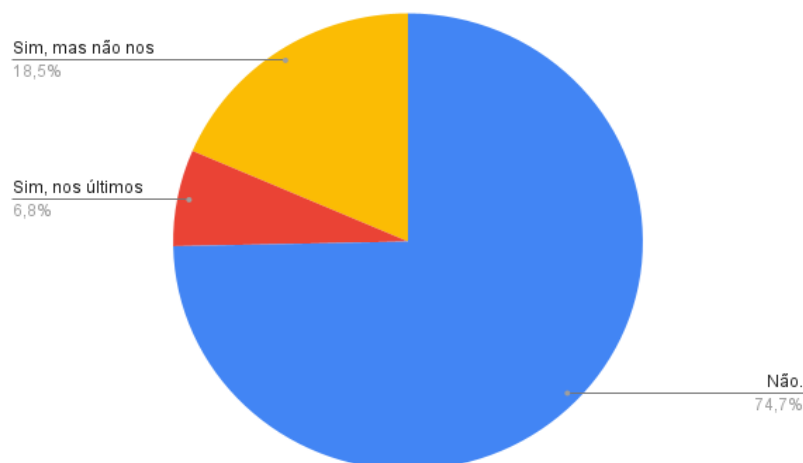
GRAPH 10 - TIMES OVER THE LAST 12 MONTHS WHEN YOU WERE UNABLE TO REMEMBER WHAT HAPPENED DUE TO DRINKING



Source: survey data (2022).

Regarding the number of times over the last 12 months when they were unable to remember what happened due to drinking, 190 or 60.3% said never. 86 or 27.3% claimed less than once a month. 23 or 7.3% said monthly. 9 or 2.9% ratified that weekly. 7 or 2.2% mentioned that every or almost every day.

GRAPH 11 - CAUSED INJURY OR HARM TO YOURSELF OR SOMEONE ELSE AFTER DRINKING

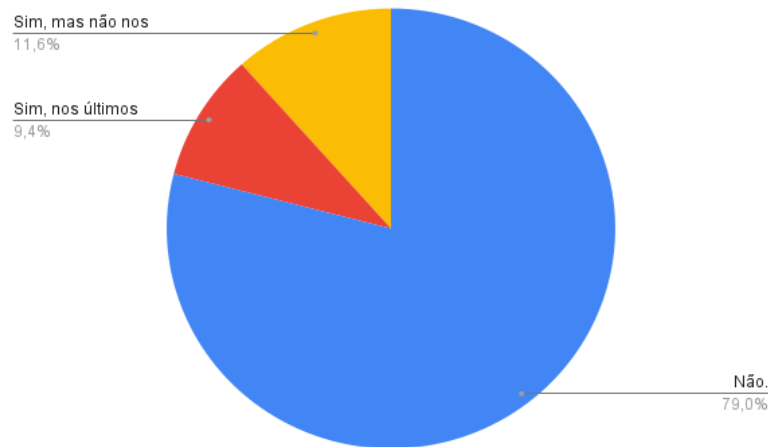


Source: survey data (2022).



Regarding having caused injury or harm to themselves or someone else after drinking, 339 or 74.7% said never. 84 or 18.5% said yes, but not in the last 12 months. 31 or 6.8% answered yes, in the last 12 months.

GRAPH 12 - RELATIVE, FRIEND, DOCTOR OR OTHER HEALTH PROFESSIONAL WAS CONCERNED ABOUT THE FACT THAT YOU DRANK OR SUGGESTED THAT YOU STOP



Source: survey data (2022).

As to whether a relative, friend, doctor or other health professional had worried about their drinking or suggested they stop, 361 or 79% answered no. 53 or 11.6% said yes, but not in the last twelve months. 43 or 9.4% said yes in the last twelve months.

3 CONCLUSION

By analyzing a phenomenon that has long been present in the reality of Brazilian cities and communities, this study contributed to the understanding, albeit partial, of a problem that is associated with illness, death, quality of life and risk to the work capacity of people who abuse alcoholic beverages.

The research showed that studies are needed to deepen the knowledge about the use and abuse of alcoholic beverages in the municipality of Patos-PB. In short, this means thinking about how scientific research can contribute to understanding this problem.

From the data evidenced in the research, we can present some conclusions: the first is that it is correct to say that this is no longer an infrequent situation, that is, the idea that people make social use of alcoholic beverages is mistaken.

The second refers to the consequences that alcoholic beverages had on the lives of those who participated in the survey. Problems within private relationships, but which generate a perception and consequences for collective life, since there is a significant number of individuals who admitted having been warned by relatives or health professionals.



There is a third question that is associated with a broader dimension of the study; it is about the prevention of alcohol use and abuse. The answers revealed that the theme can be thought of from a broad context, given the risks to the health of individuals.

The fourth question refers to the importance of the prevention of alcohol-related problems that involves the involvement of universities, contributing with research and extension work to contribute to the work of public authorities.

Finally, we highlight the importance of the research activity as a support to the local community that participated in the study. For this reason, we propose to disseminate the results obtained in order to contribute to the understanding of a problem that has long been harmful to people's health.



REFERENCES

AURELIANO, A. L. MACHADO, E. V. Alcoolismo no contexto indígena brasileiro: mapeamento da bibliografia nacional. *Revista de Antropologia*. 2012;4(5). p. 40-72.

CASTELLS, Manuel. *A sociedade em rede*. v. I, 7a edição, São Paulo: Paz e Terra, 1999.

DEWES, João Osvaldo. *Amostragem em Bola de Neve e Respondent-Driven Sampling: uma descrição dos métodos*. 2013.

FERNANDES, J. A. Cauinagens e bebedeiras: os índios e o álcool na história do Brasil. *Rev. Antropológicas*. 2002; 13(2) p. 39-59.

LÉVY, Pierre. *Inteligência Coletiva: por uma antropologia do ciberespaço*. 6a edição, São Paulo: Edições Loyola, 2010.

ORGANIZAÇÃO MUNDIAL DA SAÚDE. *Neurociências: consumo e dependência de substâncias psicoativas*. Resumo. Genebra: Organização Mundial da Saúde, 2004. Disponível em: http://www.who.int/substance_abuse/publications/en/Neuroscience_P.pdf. Acesso em: 02 setembro 2022.

STEPHENS, Dustin. DUDLEY, Robert The drunken monkey hypothesis: the study of fruit-eating animals could lead to an evolutionary understanding of human alcohol abuse. *Natural History*, Dec, 2004.