Alcohol Drinking Patterns among College Students and Analysis by Club Activity

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Summary. Changes of drinking patterns of college students in last 18 years and the effect of club activity were investigated. The increasing tendency of the drinking of girl students were found here and there. The purpose of drinking of the college students were social intercourse and the motives of the drinking were principally solicitation by others and the sincere lovers of drinking were unexpectedly a few. Drinking frequency and quantity of club members were large than that of none-club members. Culture club members more like drinking and much drink than Athletics club members.

Preface. Recently, the health injury and alcoholism by drinking have became the serious problems in a society. In order to contribute to solve these problems, we investigated the drinking patterns of college students which affect the future drinking habits on the changes during last 18 years and the effects of the club activity (total and separated as cultural and athletic).

Methods. The survey was conducted by the questionnaire on January 1988. Number of questions in the questionnaire: 32. Number of students investigated: male 88, female 157. Average age: 21. All numbers were indicated as per cent.

*P<0.05, **P<0.01.

Questionnaire on Alcohol Drinking Patterns

1. It is said that your character changes after alcohol drinking?
a. is said (seems to be said) b. have never been said.

2. What kind of mental conditions do you become after alcohol drinking?
a. become merry and cheerful b. be depressed c. feel sleepy
d. become liberal e. become violent f. weaken consciousness
g. become a clear brain h. do not change

3. On the occasion of drinking
a. prefer to drink lonely b. prefer to drink together with someone c. either will do

4. How often do you drink?
a. drink over 4 times a week b. drink 2-3 times a week
c. drink once a week d. drink at 1-2 times a month e. do not drink even once at a month

5. How much do you drink a alcohol beverage (as Sake) at a time?
A. at a social gathering a. less than 180ml b. 180-359ml
c. 360-539ml d. 540-729ml e. 730-900ml f. more than 900ml
B. at an evening drink c. the others
6. How do you feel when others offer a alcohol beverage?
   a. delighted if anything  b. unpleasant if anything

7. Do you press to drink against other's will?
   a. often press to drink  b. occasionally press to drink
   c. do not press to drink

8. Which do you prefer when do you choose a alcohol beverage among Sake, beer, whisky, wine and Shochu?
   a. Sake  b. beer  c. whisky  d. wine  e. Shochou

9. About the likes or dislikes for alcohol drinking
   a. like  b. neither like or dislike  c. rather dislike

10. Do you often drink insatiably?
    a. generally do so  b. occasionally do so  c. do not do so

11. Do you know about the drug get one to dislike drinking?
    a. know  b. do not know

12. About the repast after drinking
    a. eat more than ordinarily  b. eat similarly as usual
    c. do not eat more than ordinarily

13. Do you flush or turn pale after drinking?
    a. flush  b. turn pale  c. do not change

14. How do you do if doctor said that you should give up drinking?
    a. give up  b. can not give up

15. Do you feel like drinking after taking a examination?
    a. feel like drinking  b. do not feel like drinking
       particularly

16. Which do you like better among the following items as mood of drinking?
    a. drinking leisurly at home  b. drinking gaily at a bar or
       a cabaret  c. drinking at a popular tavern  d. neither
       like above mentioned items

17. How do you do when you feel like drinking in the case of having no money?
    a. borrow money and drink  b. have drunked by friend
    c. persevere

18. Do you abuse of others or complain after drinking?
    a. say  b. do not say

19. The beginning of drinking
    A. an invitation  a. family  b. teacher or senior  c. friend
    d. oneself  e. the others  B. a case  a. with parents  b. by
    curiosity  c. holiday  d. social gathering  e. invited by
    friends  f. the others
20. Main drinking place
   a. one's house  b. the house of friends  c. an eating house
d. a bar  e. a banquet  f. the others

21. Would you like to increase your drinking quantity?
a. want as it is  b. want more than present  c. want less than present
d. want to abstain from drinking  e. have abstained from drinking

22. How much do you expense for drinking a month?
a. less than $7  b. less than $14  c. less than $21
d. less than $28  e. less than $35  f. over $35

23. Your impression and comment to a man who cannot drink
   a. do not care a straw  b. had better drink for the sake of friendship
c. desirable  d. pitiable

24. What does your family think of your drinking?
a. amicable  b. unconcern  c. not amicable

25. Age of first drinking ( ) years old

26. What mental condition do you want as an ideal?
a. satisfaction with drunkenness  b. with full intention of working
c. quick perception  d. peace of mind

27. Do you have a morning drink during this year.
a. yes  b. no

28. Are you unpleasant to your friend's advice of temperance?
a. yes  b. no

29. Have you lost consciousness during drinking? a. yes  b. no

30. Have you been not able to abstain from drinking against your will? a. yes  b. no

31. What do you think of breath drinking?
a. had better to stop it is bad for health  b. unavoidable for social activity
c. please write down your comment is not equivalent to a or b

32. Appraisal for the drinking of your parents
   A. father  a. can drink more than I do  b. can drink as much as I do  c. can not drink as much as I do
   B. mother  a. can drink more than I do  b. can drink as much as I do  c. can not drink as much as I do