



“A STUDY TO ASSESS KNOWLEDGE REGARDING IMPACT OF ALCOHOLISM AMONG YOUNG ADULTS RESIDING AT SELECTED AREAS OF CHENGAMANADU GRAM PANCHAYATH”

ANJALI KRISHNA V¹, FARSANA SHEMEER², JUMANATH C³, REMSIYA MA⁴, SRUTHY S⁵

B.Sc Nursing (VIII Sem) 4th year students

Guide

Mrs.SOUMYA SUNNY

Asst.Prof.Department of Mental Health Nursing

NAJATH COLLEGE OF NURSING DESOM P O, PURAYAR ALUVA ERNAKULAM

Abstract

A Study to assess the knowledge regarding impact of alcoholism among young adults residing in selected areas of Chengamanadu gram panchayath. The objective of the study was to assess the knowledge regarding the impact of alcoholism among young adult and find out the association between knowledge regarding the impact of alcoholism among young adults with their selected demographic variables. In this, a descriptive study design was used and 30 young adults were selected for the study. The data was collected by using structured questionnaire to assess the knowledge regarding impact of alcoholism in young adults. The data was analysed using descriptive statics. In the study, the knowledge was described as mean, standard deviation, frequency and percentage. The result shows that (43.3%) has adequate level of knowledge, (50%) has average knowledge, and (6.67%) has poor knowledge. The knowledge was mainly characterized as adequate, average and poor. According to the study there is a significant association between the knowledge and demographic variables such as age and socio-economic status of the participants and there is no association between other demographic variables. **Keywords:-Assess, Knowledge, Impact of Alcoholism, Young Adults**

1. Introduction

Alcohol consumption has been a part of many cultures for centuries and is often associated with social gatherings, celebrations, and recreational activities. However, excessive and prolonged alcohol consumption can lead to alcoholism, a chronic disorder characterized by an inability to control alcohol intake despite its harmful consequences. Alcoholism has become one of the leading public health concerns worldwide, affecting individuals of all age groups, particularly young adults. Alcoholism is an illness characterized by significant impairment that is directly associated with assistance and excessive use of alcohol. Impairment may involve physiological, psychology or social dysfunction. The peak age of alcoholism is seen between the ages of 16 to 25 years (Balakrishnan, 2011). Alcoholism in adolescents is due to easy availability of alcohol and drugs, religious reason, rapid urbanization, genetic vulnerability etc. Commonly using drugs are alcohol, whisky, cocaine, cannabis, arrack, nicotine etc. Alcoholism, also known as Alcohol Use Disorder

(AUD) in the DSM-5, is a pattern of drinking that causes significant impairment or distress. It includes issues like tolerance, withdrawal symptoms, and failed attempts to cut back. This complex condition results from a mix of genetic factors, such as variations in the ALDH2 and ADH1B genes, changes in the brain's chemistry, environmental triggers, and social influences. Together, these elements create a cycle of dependence. Young adulthood, generally defined as the age group between 18 and 25 years, is a period of significant physical, emotional, psychological, and social development. During this stage, individuals experience greater independence and are often exposed to new environments, peer influences, academic pressures, employment challenges, and lifestyle changes. These factors may increase the likelihood of experimenting with alcohol, which can eventually lead to harmful drinking patterns and alcohol dependence.

Need for the Study

Kerala holds the top position in alcohol consumption within the country, with approximately 20-30% of the population engaging in alcohol use. This trend of alcohol consumption has seen a steady increase from 1980 to 2010. Notably, the age at which individuals start drinking has progressively decreased from 19 years to 13 years. The rise of alcoholism among young adults requires urgent evaluation of knowledge in light of troubling trends. Rates of alcohol use disorder among India's youth increased by 12% from 2019 to 2024 according to the NCD Risk Factor Collaboration, which is linked to 30% of mental health admissions. Most existing studies focus mainly on prevalence and overlook knowledge gaps. Only 35% of Indian college students can correctly identify long-term risks, such as fatal alcohol spectrum disorders or addiction heritability, according to the Indian Journal of Community Medicine in 2025. In Kerala, shifts toward binge drinking, with 25% of urban youth drinking weekly, increase vulnerabilities, but reliable local data is limited. This study aims to fill these gaps by providing basic metrics for interventions, encouraging early detection, and supporting India's National Alcohol Policy goals, ultimately protecting this demographic. According to the 2024 NSDUH, 14.4% of adults ages 18 to 25 met the criteria for past-year alcohol use disorder (AUD). Within this age group, 14.5% of full-time college students ages 18 to 25 and 15.3% of other persons of the same age met the criteria for AUD. Although estimating the number of alcohol-related sexual assaults is exceptionally challenging because sexual assault is typically underreported, researchers have confirmed a long-standing finding that one in five college women experience sexual assault during their time in college. Research continues to better understand the relationship between alcohol and sexual assault among college students. Additional national survey data are needed to better estimate the number of alcohol-related assaults. An analysis of about 2000 college students from 46 schools found that 4.3% of sophomores and juniors reported being physically harmed, 14.3% experienced verbal abuse, 13.0% experienced emotional abuse related to someone else's drinking.

Objectives of the Study

1. To assess the knowledge regarding the impact of alcoholism among young adults.
2. To find out the association between knowledge regarding the impact of alcoholism among young adults with their selected demographic variables.

Hypothesis

H1: There is significant association between the level of knowledge regarding impact of alcoholism among young adults with selected socio-demographic variables

Research Approach The research approach is the basic procedure for collecting data. A quantitative approach will be used for the study.

Research Design

The research design adopted for this study is a descriptive non-experimental design to evaluate the knowledge levels of young adults about the impact of alcoholism.

Variable • Demographic variables: age, gender, education status, occupation, marital status, economic status, family history of alcoholic abuse, source of information.

- **Research variables:** knowledge regarding impact of alcoholism.

Setting of Study

The study was conducted at selected areas of Chengamanad Gram Panchayat.

Population

Target population – In the study, the target population is young adults in selected areas of Chengamanad Gram Panchayat.

Accessible population – It includes young adults in the age group of 20 to 30 years from the selected areas of Chengamanad Gram Panchayat.

Sampling and Sampling Techniques

Sample – Sampling is the subset of population which is selected for the study. Sample for the present study consists of young adults at selected areas of Chengamanad Gram Panchayat.

Sampling Techniques – Convenience sampling technique is used to select the sample.

Sample size – The sample size consists of 30 young adults of ages 20 to 30 years.

Inclusion Criteria

- Individuals belonging to adult age group.
- Individuals who will be available at the time of data collection
- Individuals who will be interested in the study.
- Individuals who will be able to understand English or Malayalam language.

Exclusion Criteria

- Adults who are suffering with illness.
- Adults who are consuming any kind of drug.

Tool

Development of tool

The techniques and instruments used for the data is called a tool. The tool was prepared on the basis of objectives of the study. Journals, internet, and opinion from experts.

Description of Tool

Section A – Demographic variables This section of tool consists of eight items regarding the demographic variables of young adults like age, gender, educational status, socioeconomic status, occupation, marital status, family history of alcoholic abuse, and source of information.

Section B – Structured questionnaire This section consists of 30 multiple choice questions to assess the knowledge regarding impact of alcoholism.

Scoring • If the answer response indicates correct answer, 1 mark will be awarded. • If the answer response indicates incorrect answer, 0 marks will be awarded. • Score interpretation: Poor (0–10), Average (11–20), Good (21–30).

Pilot Study

The formal permission for data collection was obtained from the ward member at ward 13, Chengamanadu. The study was conducted in the randomly chosen young adults, including both males and females, on 24/3/2026 after obtaining their consent. The questionnaire was given to the respective participants, and it took nearly 20 minutes to complete. The results were analysed and interpreted based on the findings, and the study was found reliable.

Data Collection Process.

Data are the observable and measurable facts that provide information about phenomenon under study. The study was carried out among 30 young adults in Ward 14, Chengamannadu Gram Panchayat on 6-4-2026. After obtaining the informed consent from the participants, there were explained the instructions and objectives of the study. The subjects were assured about the confidentiality of the collected information. The data collection process was carried out between 2 p.m. to 4 p.m. and 30 participants were given by structured questionnaire. It took about 20 minutes for each person to complete the questionnaire.

RESULTS

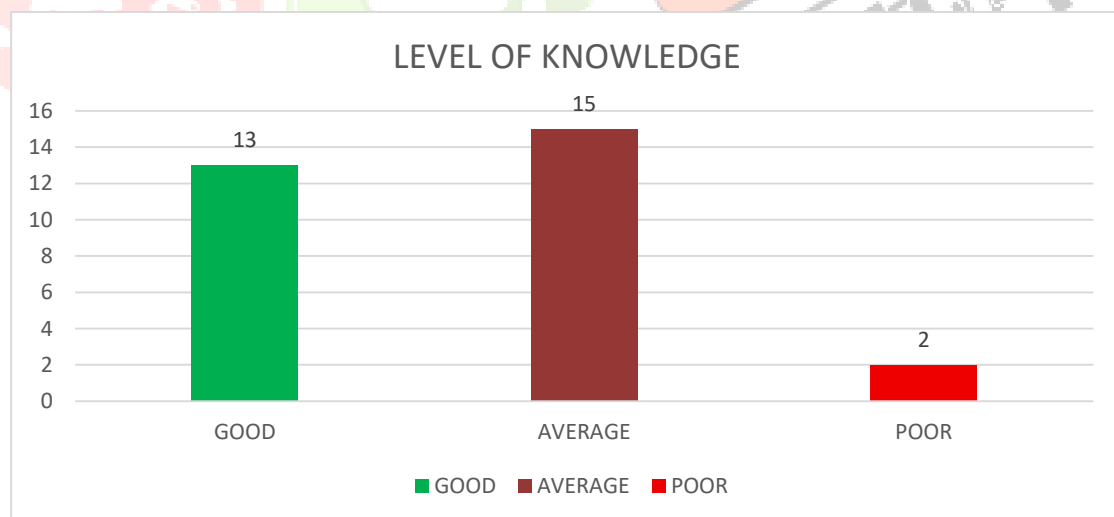
Organization of findings The analysis was organized under the following headings:

- Section A: socio demographic variable
- Section B: Knowledge questionnaire to young adults regarding impact of alcoholism
- Section C: - The association between knowledge of adolescents regarding Impact of alcoholism with their selected demographic variables

Section A: socio demographic variable

Results Shows about the age that out of 30 samples 16.7% are in the age group of 18 - 20 years, 26.7 % are in the age group of 21 - 23 years, 23.3% are in the age group of 24 - 26 years 33.3% are in the age group of 27 - 30 years, that frequency and distribution of sample based on gender of 30 samples, 63.3% are males and 36.7% are females distribution based on religion out of 30 samples 30% are Muslims, 36.7% are Christians, 33.3% are Hindus and 0% are others. Shows frequency and distribution of sample based on their education status, out of 30 samples, 0% are illiterate, 20% have primary education, 56.7% have degree, and 23.3% have PG.: frequency and percentage distribution of samples based on their occupation out of 30 samples, 50% are employed, 10% are unemployed, 26.7% are daily waged, 13.3% are self-employed. frequency and percentage distribution of samples based on their marital status out of 30 samples, 56.7% are married, 43.3% are unmarried, 0% are widow or widower, 0% are divorced. frequency and percentage distribution of samples based on their socioeconomic status out of 30 samples, 10% belongs to lower socioeconomic background, 73.3% belongs to middle socioeconomic background, 16.7% belongs to upper socioeconomic background. out of 30 samples, 6.7% got information from TV, 26.7% got information from family, 13.3% got information from peer group, 53.3% got information from social media, 0% got information from others.

Section B : knowledge of young adults regarding impact of alcoholism



Section C: - The association between knowledge of adolescents regarding Impact of alcoholism with their selected demographic variables

In this study results shows that there is association between knowledge of the adolescents with their selected demographic variables such as Age and socioeconomic status. Other demographic variables were found to not significant, H1 is proved

DISCUSSION

The present study showed significant association between knowledge regarding the impact of alcoholism and selected socio-demographic variables such as age and socioeconomic status. A similar descriptive study was found, in that the knowledge was assessed among adolescents regarding impact of alcoholism. The result revealed that majority (80%) of the samples had average knowledge regarding alcoholism and its effects, 17 % of the samples had poor knowledge and 3% of the adolescents had good knowledge regarding Impact of alcoholism. Hence the current study aims to assess the knowledge regarding impact of alcohol among adolescents. And also, the demographic variables also significant.

Summary

The present study was undertaken to assess the knowledge regarding the impact of alcoholism among young adults aged 18–30 years in selected areas of Chengamanad GramaPanchayat, Ward 14, Desom, on 06/04/2026. The review of literature was based on knowledge regarding the impact of alcoholism among young adults and its harmful effects. The study utilized a non-experimental descriptive research design and convenient sampling technique was used to collect data from 30 participants who met the inclusion criteria. The pilot study was conducted among 10 young adults at Ward 13, Chengamanad GramaPanchayat. Data were gathered by using a structured questionnaire to assess the level of knowledge regarding the impact of alcoholism among young adults. The present study results showed that among 30 participants, 13 (43.3%) had adequate knowledge, 15 (50%) had moderate knowledge, and 2 (6.67%) had poor knowledge regarding the impact of alcoholism. Conclusion The study concluded that most of the participants had moderate knowledge regarding the impact of alcoholism. There was a significant association between the level of knowledge regarding alcoholism among young adults and selected demographic variables such as age and socioeconomic status. The research hypothesis was accepted for age and socioeconomic status regarding the impact of alcoholism. Conducting the study was an experience for the investigator to build selfconfidence in undertaking further research studies.

Limitations of the Study

- The age group was limited to 18–30 years.
- The study was limited to 30 participants.
- The study was limited to Ward 14 of Chengamanad GramaPanchayat, Desom.
- The study focused only on assessing knowledge regarding the impact of alcoholism.
- The findings cannot be generalized to all young adults. Recommendations
- The study can be replicated with a larger sample size.
- Similar studies can be conducted in various settings.
- Comparative studies can be conducted between rural and urban young adults.
- Awareness programs regarding the harmful effects of alcoholism should be conducted regularly. Community-based interventions can be implemented to reduce alcohol abuse among young adults.

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