

ALCOHOL AS A COPING MECHANISM FOR ACADEMIC STRESS

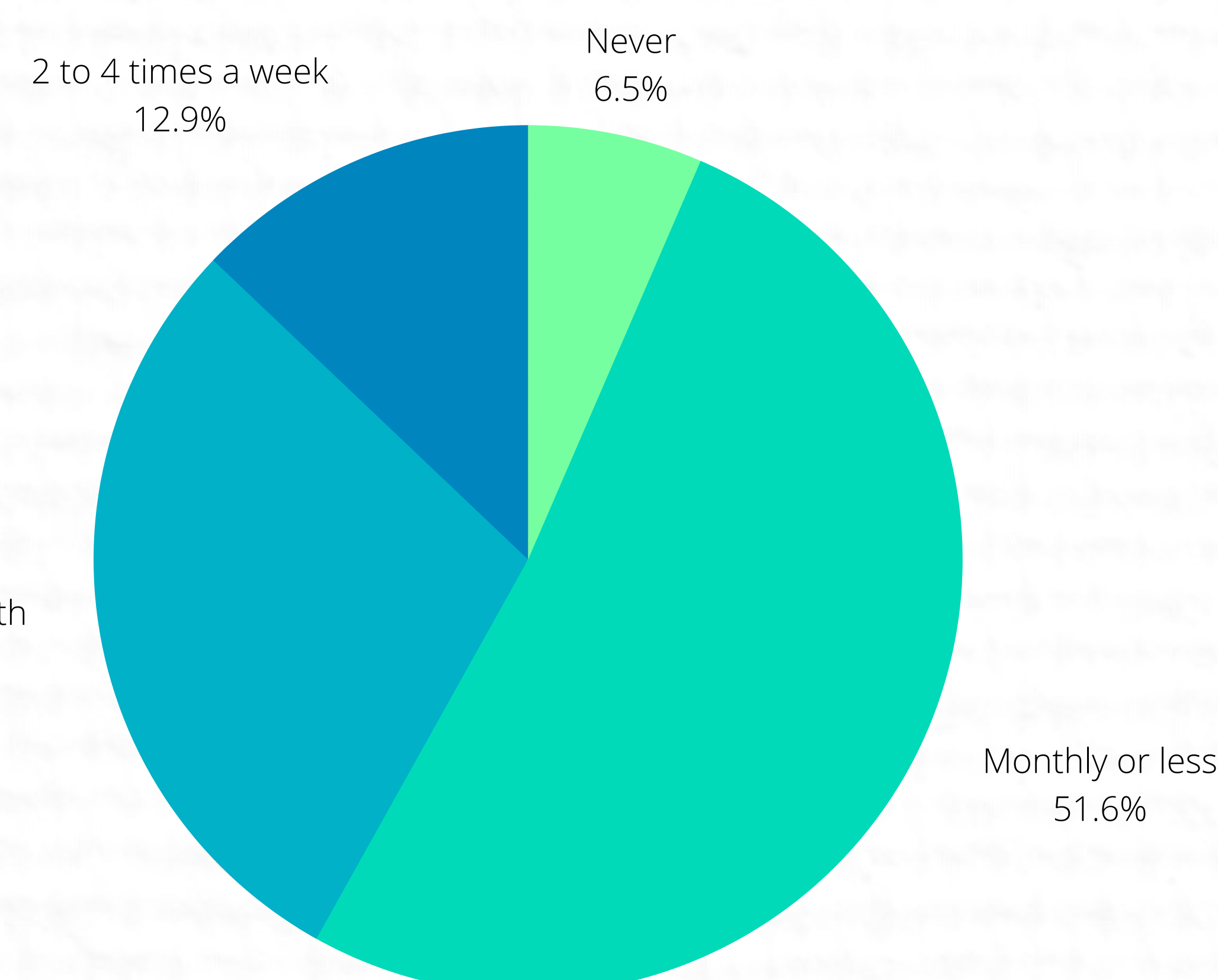
BACKGROUND

- College age students show high numbers of drunk driving and other dangerous behaviors while intoxicated
- Academic stress is a driving factor for alcohol use
- Substance use related to stress is preventable

OBJECTIVE

Our survey aims to identify whether academic stress is associated with the abuse of alcohol among San Diego County college students.

How often our respondents reported drinking alcohol:



METHODS

Study Design:

Our survey focuses on five major categories:

- Demographic characteristics
- Geographic characteristics
- Substance use measures
- Socioeconomic and health characteristics
- Mental health measures
 - Use of the Perceived Stress Scale

We then sent our survey to FMPH 194 students at UCSD and collected 31 responses. Each respondent agreed to our statement of informed consent.

Statistical Approach:

We used the Pearson correlation statistical approach. SPSS is the statistical software we used to interpret our data.

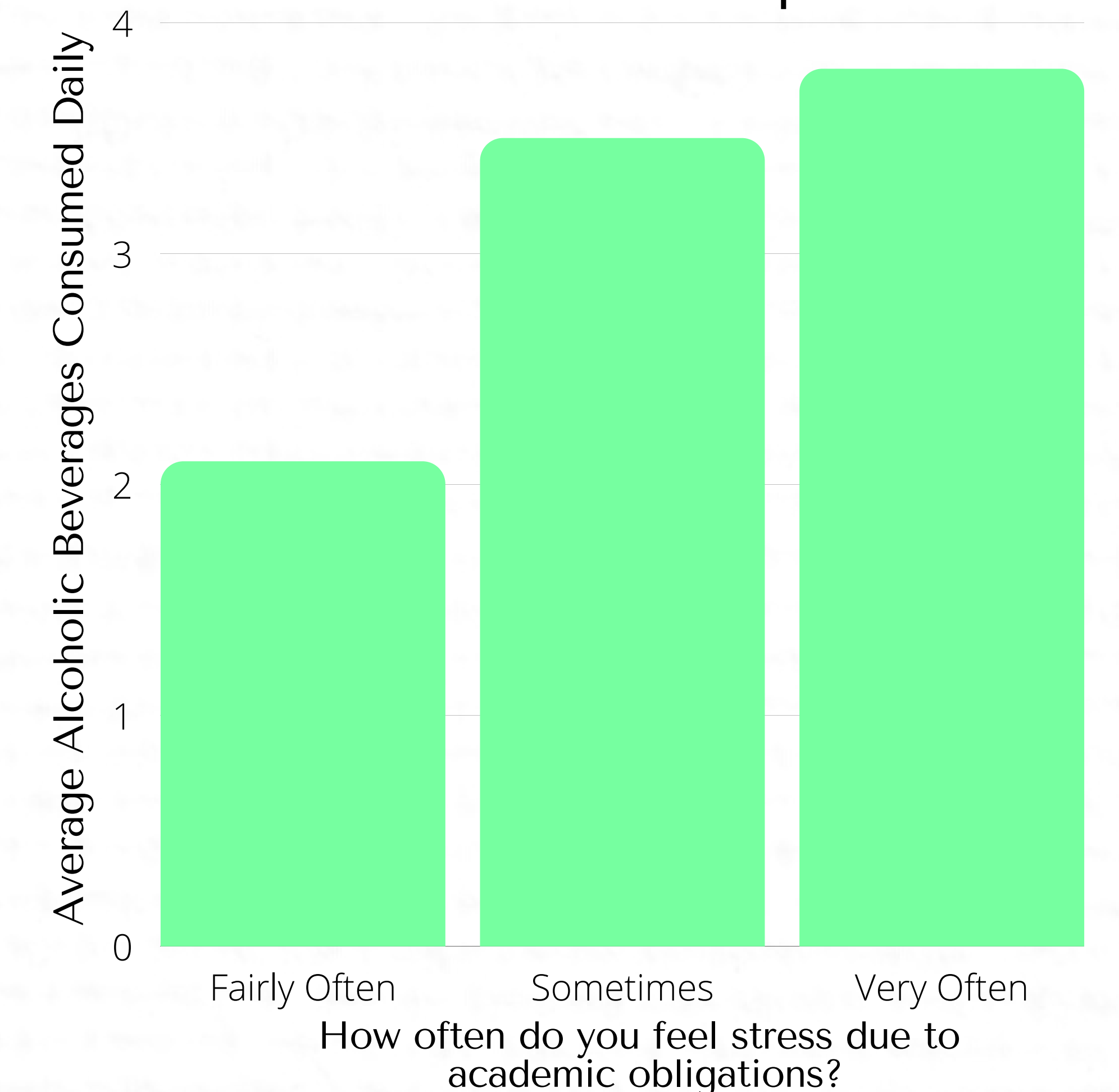
CONCLUSION

We found a positive correlation between academic stress and alcohol usage/consumption among college students.

The results of this study support our hypothesis that greater academic stress is associated with a higher likelihood of alcohol abuse.

RESULTS

Academic Stress vs Daily Average Alcoholic Consumption



- Of our 31 participants, the most **common demographics** were identifying as female (77.4%), 96.8% were enrolled full-time in school, and 48.4% had part-time jobs
- 54.9% reported feeling **academic stress** fairly often while 38.7% reported feeling stressed very often
- 19.4% reported they almost never felt confident in their abilities to manage stress. 41.9% reported only sometimes feeling confident.
- 41.9% of students reported drinking multiple times a month while 51.6% reported drinking monthly or less
- The mean amount of **alcoholic beverages** consumed daily by our sample is 2.87 drinks/day.