

Influence of Perceived Parental Alcoholism, Stimuli, Coping, and Adaptation on Children's Alcohol Consumption

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Structured Abstract

Learning Outcomes

At the end of this discussion, you should be able to:

- 1) Factors influencing alcohol consumption in adolescents whose parents' households have problematic alcohol consumption or alcoholism.
- 2) Influence of parents' problematic alcohol consumption or alcoholism on their children.

Background

When parents (father and/or mother) present problematic alcohol consumption in the family, their children usually have negative health responses, affecting their lives; however, not all of these children present these negative responses. In Mexico there are regulations, norms and health programs that protect adolescents from alcohol consumption because they are minors, but despite this, the prevalence of alcohol consumption in them continues to rise and the onset of alcohol consumption occurs at increasingly younger ages, so it is important to study the family variables that influence alcohol consumption and their lives, especially those of the parents.

Clinical Question

How does problematic alcohol consumption or alcoholism of parents influence their children?

Evidence Based Discussion

At the beginning of the research on problematic alcohol consumption, the literature focused only on the consumer. Later, in the 1900's, researchers began to study the people around the consumer in the family, and discovered that this problem can affect them, sometimes even more than the consumer himself.

The literature refers that alcohol consumption behavior in children is multifactorial, being an important factor the influence of their parents in the family regarding alcohol consumption. When one or both parents (mom or dad) have problematic alcohol consumption, it can be a risk factor or a protective factor for their children, as well as influencing other aspects of the adolescent's environment that will influence their drinking behavior, such as: parental practices and the sex and age of the child; in addition, research has reported that having a parent with alcohol consumption problems generates stress in the children. Despite knowing these factors, no literature has been found that holistically addresses these factors in the family and the child's coping and adaptive response to alcohol consumption.

Translation to Practice

Conduct preventive health programs focused on children of parents with problematic alcohol consumption, in order to strengthen protective factors and reduce or control risk factors. The implementation of these programs can also strengthen family unity and the children's detachment from their parents' problem drinking. In addition, this study is intended to serve as a guide for future studies on the subject.

Keywords: adaptation, theoretical model, alcoholic beverage consumption, alcohol consumption in adolescents (DeCS).

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