Introduction

Alcohol consumption as a permissible social behavior it is culturally promoted in diverse population groups including adolescents and young people, because it is considered a facilitator to improve relations between persons in family, work, social and cultural areas [1]. The National Survey of Addictions (ENA), conducted in 2002 showed that 72.2% of male and 47.2% of female in the population reported alcohol consumption in the last year, while the results of the 2008 survey showed an increase of 6.8% in male and 10.3% in female.

Several authors have researched alcohol consumption behavior in university students, finding that diverse factors as environmental, psychological and social, favor the onset and maintenance of this behavior. However, these relationships are not consistent because there are multiple factors involved in this behavior. Family influence remains significant for the period of development in which university students are. If among the family members there are alcohol consumption behaviors present, this may be a factor that predisposes the possibility of alcohol consumption in the university student since this behavior is permissible in the family nucleus. However, for some persons having family members with alcohol consumption problems, as well as family difficulties for this reason, may result in the decision of not consuming alcohol because they have lived or experienced the negative consequences of drinking in their families or loved ones.

Objective

Identify the relationship and influence of family history in alcohol consumption in university students.

Methodology

Study Design

Descriptive, correlational, predictive

Population

University students.

Sampling

Randomized, stratified, proportional allocation stratum size (7 groups). Within each stratum single stage sampling was used by conglomerates, where the conglomerate is the school group.

Results

Regarding the socio-demographic data of the participants it was observed that most of the students were between 17 and 20 years old (59.7%). Students in higher proportion were male (57.4%) and 42.6% were female. The participants had an average of 20.2 (DE = 2.56) years old. With respect to alcohol consumption prevalence it was observed that 92.2%, IC 95% [90-94] of the participants have consumed alcohol sometime in life, of which 85.1% have consumed alcohol in the last year, last month 60.4% of them have consumed alcohol and in the last week 40.1%, IC 95% of the students have consumed alcohol. Nonetheless, 7.8% of the participants have never consumed alcohol (Table 1). Regarding the type of alcohol consumption prevalent sensible drinking (Table 2).

It was also reported that the sum of inventory family history alcohol consumption showed the presence of a mean of 14.13 (DE = 11.14) with a history of alcohol consumption in the family, which indicates that there is a significant positive alcohol consumption family history family in university students. In addition, significant differences in alcohol consumption were identified regarding family history alcohol consumption (U = 21947.50, p = .001), observing that university students who have a family history of present average alcohol consumption have higher average and median (X = 5.93, Med = 5.00, DE = 5.23) of alcohol consumption unlike students who have no such history (X = 4.39, Med = 2.50, DE = 4.63). The results corresponding to the aim of this study show that family history of alcohol consumption (r = .285, p < .01), is positively related to alcohol consumption in university students. Also regarding the influence of alcohol consumption and family students alcohol consumption alcohol students alcohol consumption, it was noted that there is a significant effect, which indicated that family history of alcohol consumption influences alcohol consumption in university students (Table 3).

Conclusions

If the family practices unhealthy lifestyle styles as alcohol consumption, this practice influence on family members, especially the youth who will initiate the adoption of learning patterns from their first circle of socialization such as the family, and later on at university, they probably will meet peers with the same history in their families where it is permissible the alcohol consumption, and thus alcohol consumption will be a common practice in the life of a university student. 

References