

A Relationship between Place of Residence and problem drinking in Female University Students

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1. Background

Excessive alcohol consumption is common among university students as a social behavior mostly for affiliation without considering body's ability to metabolize alcohol. Women suffer greater physical damage from alcohol than men despite the same amount of alcohol consumption. Moreover, frequent heavy drinking results in social, physical and mental health problems including low learning efficiency, sexual disorder such as sexual assault, social adjustment and others. A large number of university students living away from their parents stay in either residence hall or housing close to campus. According to the study findings, the degree of problem drinking was severe in female university students living without their parents or having friends with a higher drinking frequency than those living with their parents

2. Aims

This study was performed to provide a reference base for student guidance to prevent problem drinking by clarifying the relationship of the presence of an opposite sex friend and residence type with problem drinking in female university students.

3. Methods

This study conducted a survey on 229 female university students of health science-related departments in two universities located in North and South Jeolla Province. The assessment scale for problem drinking includes 15 items on 4 different subscales (loss of control, health hazard, sexual hazard, and increase in social cost) to be rated on a five-point Likert scale developed by Wie(2013). High scores indicate a severer degree of problem drinking. Cronbach's alpha coefficient was 0.861.

4. Ethical considerations

We explained the research to the respondents both orally and in writing and got their consent to fill in the questionnaire when we received the answer sheets.

5. Results

Respondents who answered "yes" to the question on the presence of an opposite sex friend had a higher frequency of alcohol consumption from "almost every day" to "3-4 times a week", and a significant difference (Table 1). With respect to the question on the presence of an opposite sex friend, respondents who answered "yes" showed a severer degree of problem drinking by scoring 2.35 points compare to those who answered "no" and scored 2.09 points. Female college students with a male friend were associated with a severer level of problem drinking in "loss of control", "health hazard" and "increase in social cost", except for "sexual hazard". There was a significant difference (Table 2). In regard to residential type, respondents staying in "dorms" or "off-campus housing or boarding house" engaged in more frequent drinking per week compare to those living with their parents, and a significant difference was shown (Table 3). The overall degree of problem drinking according to residential type was higher in students staying at "off-campus housing or boarding house" than those "living with parents". In regard to subscales, the level of "health hazard" was greater in respondents staying at "off-campus housing or boarding house" than those "staying in dorms" or "living with parents". With respect to "increase in social cost", the degree of problem drinking was more severe in students staying at "off-campus housing or boarding house" than those "living with parents". There was a significant difference (Table 4).

[Table 1] Difference in frequency of drinking related to presence of male friend

Frequency of drinking	presence of opposite sex			X ²	df	p
	Yes	No	Total			
Almost everyday	4	0	4	16.512	4	.002
3~4 times/week	14	8	22			

1~2 times/week	29	43	72			
1~2 times/month	40	60	100			
Hardly at all	93	136	31			
Total	93	136	229			

[Table 2] Difference in problem drinking related to presence of male friend

Problem drinking	presence of opposite sex		t	p
	Yes	No		
Loss of control	2.12	1.89	4.069	.045
Health hazard	3.02	2.59	11.451	.001
Sexual hazard	1.41	1.43	.077	.782
Increase in social cost	2.77	2.39	8.812	.003
Total	2.35	2.09	9.378	.002

[Table 3] Difference in frequency of drinking related to place of residence

Frequency of drinking	Place of residence				X ²	df	p
	Dorms	Living with parents	Off-campus housing or boarding house	Total			
Almost everyday	1	0	3	4	18.738	8	.016
3~4 times/week	7	7	8	22			
1~2 times/week	34	21	17	72			
1~2 times/month	42	40	13	100			
Hardly at all	15	13	3	31			
Total	104	81	44	229			

[Table 4] Difference in problem drinking related to place of residence

Problem drinking	Place of residence			F	p	scheffe
	Dorms	Living with parents	Off-campus housing or boarding house			
Loss of control	1.98	1.93	2.10	.611	.544	
Health hazard	2.67 ^a	2.70 ^a	3.12 ^b	3.863	.022	b>a
Sexual hazard	1.38	1.46	1.46	.670	.513	
Increase in social cost	2.58 ^{a,b}	2.29 ^a	2.95 ^b	7.377	.001	b>a
Total	2.16 ^{a,b}	2.11 ^a	2.42 ^b	3.457	.033	b>a

6. Conclusions

The drinking frequency and the level of problem drinking were greater in female college students with an opposite sex friend compare to those without. Moreover, the drinking frequency and problem drinking were more intense in students living at off-campus housing compare to those staying at home with their parents. These findings suggest that close attention is crucial in female college students staying alone than those living with their family members or friends. The study proposes systematic and consistent student guidance in overall student life including alcohol consumption.

7. References

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