

THE CONSUMPTION OF ALCOHOLIC DRINKS BY UNGRADUATED STUDENTS OF PSYCHOLOGY FROM FACULTY PRESIDENT ANTÔNIO CARLOS IN IPATINGA, MG, BRAZIL

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ABSTRACT

This article covers the consumption of alcoholic drinks by ungraduated students of Psychology from Faculty President Antônio Carlos in Ipatinga, MG, Brazil, through a questionnaire, and bibliographical research. Were invited the ungraduated students of psychology from the Campus of Ipatinga, MG to answer an interview. First, covers the consumption of alcohol throughout history; at the second timing, our study aimed to understand the neurological and pharmacological changes in consumption of alcohol in the human body and the use of psychotherapy, in order to understand its consumption, according to the phenomenological-existential vision. On the third time measuring alcohol consumption by students in psychology through the result of field research.

KEYWORDS: Ungraduated students, psychology, alcohol.

1. INTRODUCTION

The ingestion of psychotropic substances is an ancient custom that accompanies humanity. Although the recreational or ceremonial use of these substances is commonplace in many cultures, binge drinking and alcohol dependence is a serious and growing global difficulty. The fact that a drug like alcohol is sold and consumed on a large scale, due to different factors: particularly the cultural and historical origin. In Western countries, the use of alcohol is present in nearly all cultures and was in many cases considered "*divine drink*" or also a drug¹.

It is essential to understand the mechanisms of action, acute and chronic effects, as well as its reinforcing and dependence-inducing properties that repeated consump-

tion of alcohol can lead to the individual, generating damage to himself, his family and social relations, in addition to an overvaluation of the alcohol use, conditions associated with this use and serious organic consequences².

The work done by psychotherapist guided by the existential-phenomenological principles with individuals who demonstrate drug addiction, admitting or not your condition in the world, will be based on the reality presented by the person seeking help, accepting it, within their means¹.

In this relationship of trust and complicity that is being formed, it is indispensable to understanding of being that is revealed and that is before the desperate lack of self. It is then let off this relationship anything that might hurt the basic premise is to see man as a being devoid of sense and that it is this make sense to own every moment of your existence¹.

Our aim was to tabulate, through field research, the consumption of alcoholic drinks by 181 psychology students of the Faculty President Antonio Carlos Ipatinga (UNIPAC). The article was prepared by the need to understand how the psychology students react when faced with issues that vision measuring consumption and dependence on alcohol and distillates, are considering taking a course that fits like health.

It is necessary to understand whether the graduates perceive and dosage the drinking used for them, how many times a week and what kind of substance is most commonly used; these information are often not perceived or are neglected by those who make excessive consumption of drinks.

2. MATERIAL AND MÉTHODS

A semi-structured interview was conducted with a group of Psychology undergraduate students, from Faculty President Antonio Carlos, of both genders, with diverse ages, and diverse periods of the psychology course. The interview consisted of five multiple choice questions, and four open questions, where graduate students could discuss the issue addressed.

Using the statistics

As the statistics a multidisciplinary science, can be used by chemists, agronomists, psychologists and a huge variety of professionals and their fields of study. It is a branch of science that allows us to measure data through statistical analysis. According to Armando Cavanha apud Marcelino (. 2014, p 02), the statistical comprises:

- The collection, presentation and characterization of information in order to assist data analysis and decision-making;
- The descriptive statistics involves the collection, analysis and presentation of a set of information to describe the various features of this dataset;
- The Inferential statistics methods consists of estimates of a population based on studies of samples;
- The population is the totality of items under consideration. The sample is of the population being considered for analysis. The finite population is one that has a quantitative limit as the infinite refers to quantitative without limit.

DEVELOPMENT - LOCAL FINDINGS

Consumption of alcoholic drinks in world history

To understand the use of alcohol by students is necessary to understand the beginnings of its consumption in the world, its cultural respect, social. The alcohol consumption is a behavior adjusted to most cultures. Its consumption is associated with celebrations, business and social situations, religious ceremonies and cultural events².

Prado (2012)³ points out that, *"since these distant and rudimentary ways of producing drinks, they have fulfilled a key role in building the world, to serve as identity markers and limits of social inclusion/ exclusion"*. This is evident from its ritual role in the transition from work to leisure to the construction of social labelers (for example, knowledge of wines as an indicator of social excellent). The drink or drink's brand to be consumed defines the social stratum to which the person belongs.

Since ancient times, the rudimentary alcohol was an elite product, taken by the Sumerians aristocrats with

gold straws. However, over time the drink's fermentation and alcoholic production levels varying the people arrive. Each of the workers who built the pyramids of Giza in Egypt, won five liters of beer per day. At that time, she was considered so called *"liquid bread"* food for the workers. Therefore, the elite began to migrate to another type of alcoholic drink: wine³.

Currently it is perceived that, with globalization the taste and consumption of diverse types of alcoholic drinks had a social change where it is no longer possible to say that certain type of drinks belongs to a coach. However, excessive use of alcohol causes not only losses in members, but neurological³.

Group of Alcoholics Anonymous

Excessive consumption of alcohol has become a social problem. There are countless individuals who have sought help to address this problem, but they are still few in relation to existing alcoholics numbers. From the desire to stop drinking alcohol, individuals refer to ways that can bring an attempt to physical and / or mental improvement⁴.

In this context arises the group of Alcoholics Anonymous (AA), a fellowship of men and women who have a desire to stop drinking, and thus share their experiences with each other in order to help themselves. Usually, the person doing the excessive consumption of alcoholic substances receives different labels and due to behavior that does not fit in that social environment, they are put aside, the margin.

The AA group regard alcoholism as a physical, moral and spiritual disease, titling his cock as "alcoholic patient in recovery," and not stigmatizing as "drunken".

Thence, the reported experiences come from a neighboring moment when the person realizes that they are committed to alcohol and that their personal values often are fragmented and / or lost⁴.

Neurological changes caused by excessive consumption of alcohol

Neuropsychological studies indicate cognitive, behavioral and emotional changes, but the quality of mental functioning in alcoholic subjects, which provide important information for a better understanding of brain function. Many studies point to deficits in executive functions, which refers to a set of mental functions responsible for information processing that integrated, give the conditions of interpretation, behavior, communication and relationship with yourself, the world and other people⁵.

Can be defined as the daily problems solving skills in general. Losses in these functions generate behavioral changes. There may also be losses in spatial vision and psychomotor speed skills and likewise in walking and

balance⁵.

Alcohol is the substance most frequently mentioned in relation to risk behaviors due to effects on behavior apparently is involved in the violence that occurs under the effect of use. The direct and most common relationship between alcohol and aggression is by poisoning. Research indicates that the mechanisms that explain how alcohol induces aggression are through lack of fear inhibition by the anxiolytic action. Namely, alcohol can affect cognitive function such that decreases in the individual's ability to plan actions in response to threatening situations⁶.

Alcohol may increase the perception of pain, which may be a cause of greater defensive aggression, the individual can hardly tolerate aggression and promptly to the fray. Also can serve as a trigger to demonstrate acts of aggression for those who really have a propensity towards violence and when they are exposed to vulnerable situations. For example, it has been reported that people who have a greater predisposition to being aggressive, tend to have higher levels of aggression when using alcohol, compared to those which also exhibit high levels of aggression, but do not drink⁶.

In research programs for decades, noted that alcoholics show deficits in tests of learning, memory, abstraction, problem solving, analysis and perceptual synthesis, speed and efficiency in processing information. His studies indicate a continuum of neurocognitive deficits ranging from more serious patients to those with moderate or mild deficits in those with more moderate alcohol intake⁵.

The performance of subjects with moderate alcohol consumption on neuropsychological tasks and different aspects of attention. In comparison with these non-alcoholics, individuals with moderate intake had significant losses in all neuropsychological tasks in divided attention and inhibition test stimuli (Stroop). However, showed normal performance test that measures selective attention⁵.

Pharmacological changes caused by excessive consumption of alcohol

Although it is classified as a drug CNS depressant activity (central nervous system) effects of alcohol can be considered biphasic. This is because, when given in high doses, dominated the depressant effects, whereas at low doses, or in the first moments after the administration of high doses, ethanol can produce stimulating effect of CNS activity⁷.

The recurrent use of substances causes the body to change its normal operation, generating within the body adjustments to the presence of the substance in the various systems with which the drug interacts. Liver enzymes involved in its metabolism are affected. When this adjustment process leads to a reduction in the initial

effect of the drug, it is understood that there was a process of tolerance, characterized by the reduction of certain effects of the drug in the body. It is important to remember that does not develop tolerance to all effects of the drug. In the case of alcohol, is common observation of tolerance to the depressant effects⁷.

For a drug to be able to induce dependency, it is fundamental that it has reinforcing properties, i.e. which is capable of sustaining and increasing the chance of occurrence of previous behaviors, and for the use of the drug.

According to the World Health Organization (WHO), the syndrome of alcohol dependence can be defined as *"A set of physiological, behavioral and cognitive phenomena in which the use of the substance reaches a much higher priority for a given individual than other behaviors that before had more value. A central descriptive characteristic of the dependence syndrome is the desire, often strong, sometimes irresistible, to consume alcohol"*⁷.

It is considered that strengthening not only leads to good feelings, but also to relieve unpleasant feelings. Behavior of the maintenance should be analyzed consume the substances taking into account that the individual seeks not feel unpleasant sensations of the effect of withdrawal syndrome, which is characterized according to Almeida (2006)⁷ by: increased levels of anxiety, hand tremors, fever, sweating, hyperexcitability, with increased sensitivity to sound and visual stimuli, and, in severe cases, delusions and hallucinations.

Pracz *et al.* (2010)⁵ asserts that the physical addiction alcohol is demonstrated by the withdrawal syndrome when alcohol consumption is stopped: in the Autonomic Nervous System their symptoms are presented by tachycardia, hypertension, sweating, fever, chills. Behavior manifests itself through anxiety, depressed mood, restlessness, irritability, agitation, hallucinations, paranoid delusions, illusions. The loss of cognitive functions are manifested in the form of distraction lack of concentration, memory and judgment, temporo-spatial disorientation, sensory turbidity, fluctuating course. In the gastrointestinal tract presents occasionally as anorexia, nausea and vomiting, diarrhea. Neurological sequelae: weakness, cramps, tremors, convulsions. Sleep disorders: insomnia, nightmares.

With respect to pharmacology, there are few reports about specific drugs for alcoholics, considering the therapeutic quest, is mostly related to the effect of alcohol causes the body⁷.

The psychodiagnosis based on phenomenology and existential

It is noticed that the consumption of psychoactive substances by humans will exhibit specific values and symbolism that will change as the cultural historical

context. Therefore, man makes use of intoxicating substances to modify and/ or change their perception and mood, resulting, in most cases, a change in behavior⁶.

Based on the philosophy of Kierkegaard, despair is the feeling that man experiences throughout their existence when faced with situations such as dialectical possibility/ need, finite/ infinite, temporal/ eternal, these situations that are impossible to be solved, but can be experienced from the synthesis. It is this reflection on this historical dialectic: does the use of the drug appears in man as an attempt to resolve the paradoxes that their existence offers? There is a relentless pursuit to achieve all possible: infinity, immortality, and thus not be confronted with the need, the finite and the temporal, or vice versa. Thus, the drug may be a strategy that man uses to try to resolve these paradoxes¹.

When the individual denies its dependence reveals an obscuring of his conscience, why can not examine your own condition of existence in the world. According to Lessa (2010)²: *"The goal of psychotherapy in an existential-phenomenological perspective is to provide self-knowledge of man, which will be given based on the statement of responsibility for the construction of his own existence and thus to assume that want to be in every moment of your life"*.

It is known that men should not exceed the consumption of three daily doses and women, two daily doses; for both sexes, it is not recommended to ingest this drug for two days a week; and, in some instances, the use of alcohol is not recommended even in small quantities. The dose depends on the type of beverage, while a dose equivalent to approximately 340 ml beer, 140 ml of table wine, 85 ml of port wine or liquors, 30 ml of whiskey, and 40 ml of vodka or rum⁸.

Reality of our population group

Figure 01 represents the total number of respondents (N = 181), where it was found that most of the respondents are women (N = 152) in the number of men (N = 29) interviewees.

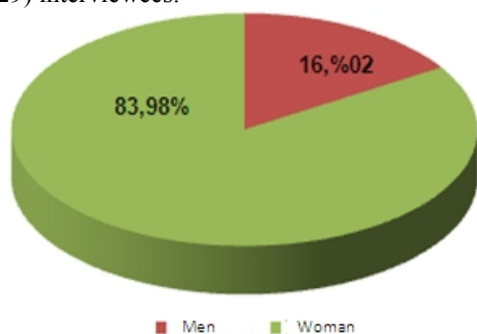


Figure 1. Population distribution, related to gender interviewed in population group considered.

In Figure 02 it is possible to see that of the 181 interviewees, the predominant group aged 21 to 30 years

(N = 99), followed by those who have less than 20 years of age (N = 38); between 31 and 40 years (N = 25); between 41 and 50 years (N = 12) and less than 51 years (N = 5). Not inform their age 2 interviewees.

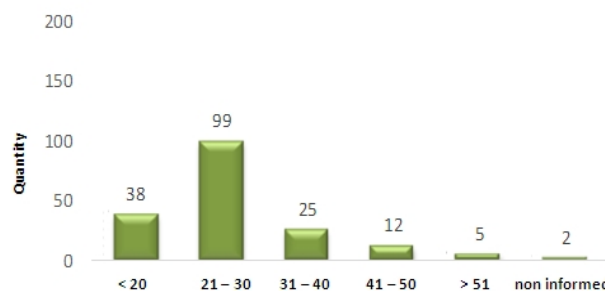


Figure 2. Population distribution, related to the age group of the respondents in the population group considered.

In this population, 112 individuals have a monthly income between 01 and 02 minimum wages, followed by 29 respondents who have monthly income between 3:04 minimum wages; 11 respondents who have income between 5:06 minimum wages; 05 respondents have a monthly income of less than 01 minimum wage. Only 06 interviewees have an income higher than 07 minimum wages per month (Figure 3).

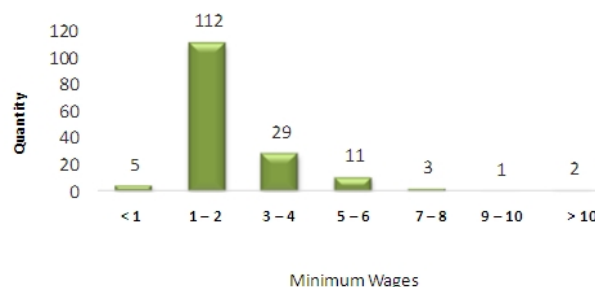


Figure 3. Population distribution, related to monthly income* of respondents in the population group considered. * Concerning the number of minimum wages of Brazil (1 minimum wage = R\$ 724,00).

In the interviewed group, 39.23% (N=71) said that the consumption of alcoholic beverages, while 60.77% stated not to use alcohol. Considering the group of respondents who reported alcohol consumption, (N = 71), 61 of them said they consumed beer, 49 reported make consumer spirits, and only 14 of the 71 respondents said consume other types of beverages such as wine (Figure 4).

Weekly consumption in cups only 06 of respondents said consume less than a cup, 20 interviewees reported consuming up to 05 cups, 11 of the respondents reveal consume up to 10 cups, gathering the following answers of respondents say 11 consume more than 11 cups 30 cups, 02 reveal consume more than 30 glasses weekly and 21 of the respondents did not report. (Figure 5).



Figure 4. Distribution of the population, related to the type of drink consumed by respondents in the population group considered.

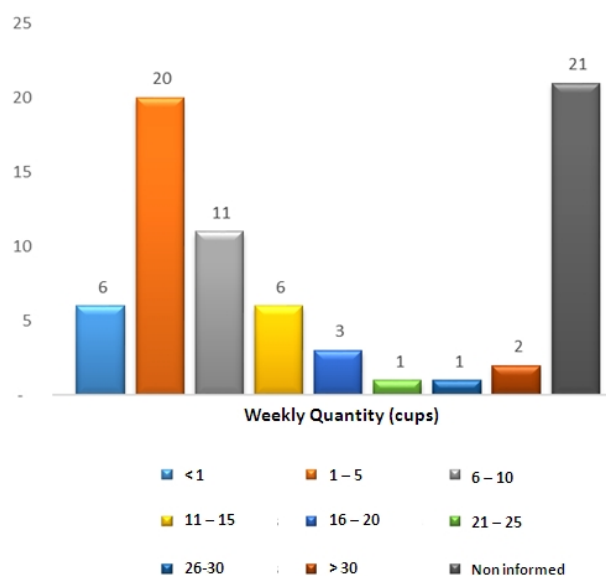


Figure 5. Population distribution, related to the frequency of consumption* by respondents in the population group considered. Estimated consumption cup of 200 mL.

3. CONCLUSION

The licit drug use in the daily life of people has permeated our cultural scene. In this context, the undergraduates participating in this consumption are, without realizing that alcohol is one of the most potent legal drugs, producing momentary pleasure, but ends up making the user dependent.

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