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**PREPARATION AND
VALIDATION OF A
QUESTIONNAIRE
TO DESCRIBE THE
LIFESTYLE OF
UNIVERSITY STUDENTS
REGARDING THE USE OF
ATOD'S**

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Abstract: Faced with today's society that is undergoing constant changes, for the university class it would be no different, thus causing an alarming public health problem. Studying several academic sources, the objective of this study is to identify any relationship between the behavior of university students in relation to the consumption of alcohol, tobacco and other drugs. Problems related to the use of psychoactive drugs represent a social concern and have taken on worrying shapes and proportions, given their interference in various aspects of an individual's life. A sample of 76 students was carried out, 43 female and 33 male. From the results obtained, it was found that the consumption of alcohol, tobacco and other drugs tends to be higher in males. The prevalence of students with good or excellent performance is higher among those who never use any type of drug. Still with regard to income, it was observed that among students who claimed to consume some type of illicit drug, they considered themselves well-informed on the subject and 84.8% of those who responded live with family members. It was also found that dissatisfaction with the course is greater for those who do or have consumed some illicit drug. It is concluded that the consumption of ATOD has a great impact on the lives of university students, since those who have never come into contact with the drug have a healthier life, which leads to good income and satisfaction with the course, compared to those who consume the drug.

Keywords: ATOD; College students; Public health.

INTRODUCTION

The admission of young people to university provides a certain change in lifestyle, bringing with them the feeling of freedom, especially for those who are far from home or no longer live with their parents. Sometimes, this

phase can become a critical period, starting to adopt wrong habits in relation to health, causing damage to the present and worrying expectations for the future (WAGNER et al; 2008).

In recent decades, alcohol consumption has been increasing and has become one of the biggest public health problems. When referring to the consumption of alcohol related to students, some data are more worrying because alcohol is one of the few psychotropic drugs that have its consumption accepted by society. Barros et al (2012) point out in an investigation carried out with students that alcoholism would be linked to the escape from everyday problems, an alternative to deal with negative situations of a personal nature, as a result of direct or indirect social pressure, an alternative to deal with negative situations resulting from aspects social and economic factors and, mainly, because of the pleasant nature of the drink or the situation in which it is consumed.

It is intended to verify whether the consumption of ATOD influences the lifestyle of university students. The main objective is to analyze how much the consumption of ATOD during the university course can impact the quality of health.

THEORETICAL REFERENCE

The entry of young people into Brazilian universities is a period marked by new experiences. Among them, new social interactions, power relations and autonomy. The period is also usually marked by a distance between parents and children, generating greater detachment from the moral heritage associated with them. This new phase drives the individual to become permissive to changes (LIMA; 2018). Among these practices, the regulation of the use of ATOD among young people, combined with easy access, tends to become an attraction, as well

as a social attraction among young people.

A theoretical review regarding drug use among Brazilian university students carried out between 1997 and 2007 showed that 38% of university students had used some type of illicit drug in their lives, 26.3% had used it in the last 12 months and 18, 9% had used it in the last thirty days. It was found that alcohol and tobacco are the most consumed substances, and their prevalence of use in the last 12 months was 82.3% for alcohol and 29.6% for tobacco (SANTOS; 2013).

Such experiences among young people are recurrent, as shown in the 1st National Survey on the Use of Alcohol, Tobacco and Other Drugs among University Students of the 27 Brazilian Capitals (2010) carried out by SENAD, responsible for implementing the National Policy on Drugs (PNAD) and the National Council on Alcohol (PNA). This study pointed out that 49% of university students have already tried some illicit drug at least once in their lives and 80% of respondents who declared themselves under 18 years old said they had already consumed some type of alcoholic beverage.

It must be noted that although apparently harmless, alcohol has a depressant effect and its effect works by a mechanism of dependence. Its depressant effect acts mainly on the cortex, blocking the integrative action, leading to confused and disorganized thinking, in addition to impairing motor control. Its active ingredient, ethanol, affects several neurotransmitters, including the inhibitory neurotransmitter GABA (gamma-aminobutyric acid), enhancing its actions. Thus, ethanol has the predominant electrophysiological effect of reducing neurotransmission (BARROS. et al; 2012).

CONSUMPTION OF ATODS AMONG UNIVERSITY STUDENTS

The consumption of psychoactive

substances by university students has become a matter of concern for society, as they are currently the main responsible for morbidity and mortality rates, especially in developed countries (LOUREIRO; 2012).

In Brazil, there are more than 7.3 million university students who use alcohol. One of the patterns especially common among university students is binge drinking, which is defined as the ingestion of five or more drinks on the same occasion (BEDENDO et al., 2017).

Young university students of higher education undergo several changes, where it is sometimes necessary to reconcile individual motivations and interests with new areas of life, at the family, social and school level, facing a controversial period of changes at various levels. These behavioral changes can influence health, especially in the consumption of ATOD (ZEFERINO et al; 2015).

Studies show that the consumption of psychoactive substances among Brazilian university students has had an impact on their personal and school lives. However, the abuse of psychoactive substances is not just a problem for Brazilian universities. In the United States, this phenomenon has become the leading cause of death and injury among students aged between 18 and 25. Alcohol is the main psychoactive substance consumed among American college students, but the consumption of other substances, including tobacco, marijuana and cocaine, is also significant (O'MALLEY; JOHNSTON, 2002).

In Brazil, there are few studies that address this issue, which prevents in-depth knowledge of the consumption pattern of ATODS by higher education students, and thus, the promotion of prevention strategies and appropriate public policies.

In research on the Newspaper Capes online website, it was found that, from 1991 to 2017, 45 scientific articles were published, meaning

an average of approximately 2 articles per year. Among these, only 11 were published in journals in the humanities, representing 24% of the articles. The vast majority were published in scientific journals in the biological area, which suggests the need to study the subject through new perspectives.

THE REALITY OF OTHER COUNTRIES

When carrying out research on the entry of young people into academic life, it was found that all the changes and transitions that university students are subject to can be a facilitating agent for adapting to new behaviors and attitudes.

It is also pointed out that the consumption of ATOD is a topic that generates great social concern in Portugal (LOUREIRO; 2012), justified in different studies carried out and in current data on the abuse of these substances. Since the consumption of illegal ATOD's suffered a strong growth in Portugal in the 1980s, the abuse of psychoactive substances, legal or illegal, is recognized as one of the main problems, especially among young people (DA FONTE; 2003).

In the context of school populations, the results of Portuguese studies show that the consumption of ATOD, which had been increasing since the 1990s, decreased for the first time in 2006 and 2007, with an increase in 2010 in these populations, thus alerting to the need to reinforce preventive measures (MILAM; 2003).

The U.S. Department of Education, together with the Office of Safe and Drug-Free Schools, developed research in 2000 that culminated in the report "Prevention of Alcohol and Other Drugs on College Campuses: Model Program," revised in 2002 and 2008. These organizations understood that, as a time of exciting and enriching experience, the institution of higher education must be chosen

by students and their parents based on criteria of student academic and social development, as well as campus and community safety. They point out that a critical element to consider is the culture of alcohol and other drugs on campus. Abuse of alcohol and other drugs is a factor present in most accidents, injuries, vandalism and crimes on university campuses and is often a key element when students encounter problems with performance in the course (FERRO; 2016).

The consumption of ATOD's can also affect the lives of university students who avoid using them because they suffer the consequences of high-risk behaviors from their peers. Students who engage in drinking and using other high-risk drugs are not only harming themselves, but also those around them with truly disturbing frequency (HOLLOWAY; 2013).

The use of illicit drugs has been a factor in a number of serious adverse consequences, such as hospitalizations for overdose and deaths. The US National Institute on Alcohol Abuse and Alcoholism (NIAAA) published a report in April 2002, updated in 2005, that suggests a strong relationship between alcohol and other drug abuse and a variety of negative consequences for students.

The report estimates that each year 1,700 college students die from unintentional alcohol-related injuries, including motor vehicle accidents. It is estimated that student alcohol users are involved in 599,000 unintentional injuries, 696,000 assaults, and 97,000 cases of sexual assault and knowledge violation among college students. Alcohol abuse creates academic problems for 25% of college students, such as poor grades, failing exams and exams, missing class, and failing. According to the NIAAA, 400,000 students had unprotected sex while under the influence of alcohol, and more than 100,000 were too intoxicated to know if they consented to sex. More than 150,000 students

developed an alcohol-related health problem, and between 1.2 and 1.5 percent of students attempted suicide because of alcohol or other drug abuse. Finally, 11% of students damaged property and 2.1 million students drove under the influence of alcohol (NIAAA, 2002).

In response to these developments, the US Congress authorized the US Department of Education to identify and promote effective campus prevention programs. Since 1999, the US Department of Education has directed \$3.5 million to institutions of higher learning in recognition of their programs.

In Brazil, the first survey on the use of ATODs by university students began in 2010. In this study, it was evidenced that only 11.2% of university students declared that they had never experienced any type of psychotropic substance in their lives. Among the remaining 88.8%, 86.5% have already tried alcohol, 47% tobacco and 49% at least one illicit substance in their lifetime.

METHODOLOGY

The research is descriptive in nature. A questionnaire (survey) was constructed based on the questionnaire of the I National Survey on the Use of Alcohol, Tobacco and Other Drugs among University Students of the 27 Brazilian Capitals (2010), which was submitted to a pre-test with university students from different institutions in the city of São Paulo. Campo Grande, Mato Grosso do Sul.

University students were chosen for being a group considered to be at risk. The choice of non-probability sampling by judgment, also considered a form of convenience sampling (EL ANSARI; 2015).

A review of studies on the consumption of illicit drugs, alcohol and tobacco among Brazilian university students was also carried out. The present study obtained a pre-test sample of 78 responses from students from different higher education institutions,

separated by 44 women and 34 men.

For data collection, a self-completion questionnaire was used. The study was shared on social networks such as e-mail from class leaders, social networking sites and also dissemination in the classroom for students to access the questionnaire link to answer the questions.

The instrument contained 28 quick questions separated by multiple choice and essay, most of which aimed to collect information about the use in life, in the last 12 months and in the last week, of the following substances: alcohol, tobacco, marijuana, hallucinogens, cocaine, amphetamines, anticholinergics, organic solvents, tranquilizers, anxiolytics, opiates, sedatives and other harmful substances. A part of the questionnaire was aimed at obtaining information on sociodemographic data, general health conditions, perception of academic performance, sexual life, quality of life, leisure, among other social aspects.

Some changes were made to insert other variables that were related to the students' lifestyle and school life. A descriptive statistical analysis of the data was carried out to verify the relationship between lifestyle and ATOD consumption and its impacts on the school life of Brazilian university students.

RESULTS AND DISCUSSION

The questionnaires were answered by higher education students from different institutions. It was concluded that 52.6% of respondents belong to the humanities area. Students from several semesters participated.

The data showed a balance between the number of people of each sex, with 10 more women than men. The average age of the participants, situated in the age group of 18 to 36 years and the majority of 21 and 22 with both 26.9% of presence in relation to the others. The study indicates that the majority of respondents (80.8%) live with their parents/

other family members, 17.9% live alone and finally 1.3% with a spouse/partner. About having some religion, 38.5% said they follow a religious doctrine, 38.5% said they don't and 23.1% said they might have a religious belief.

Among those surveyed, 70.5% are happy with the choice of their undergraduate course and only 10.3% are not satisfied, despite the fact that 53.85% have already thought about abandoning or withdrawing enrollment against 38.5% of people say they never thought of quitting. Among those surveyed, 73% had a good performance during the last semester being approved in all subjects, a very high number when compared to only 26% students who repeated some discipline.

Regarding information on the use of alcohol, tobacco and other drugs, 55.1% said they were aware of the consequences of drug use and were well-informed. They were asked which source of information on the subject and 37% said they rely only on information from the internet, 7.9% said they look for information in books and scientific articles and 55.1% said they look for information with friends, internet, material scientific research using more than a single source of consultation.

Of those interviewed, 49% said they would like to help people with problems using ATOD's, 31.5% say they would not like to get involved with addicted people, and 19.5% would like to have more information on the subject. As for the forms of information, 18% said that information could be intensified on the internet and television, 10% said that information could be intensified with posters, 37% said that discussion groups would help, and 35% said that speaking would help a lot.

About experimenting with psychoactive substances, it was observed that, for most respondents, the use of alcohol, tobacco and marijuana is not considered serious. However, when it comes to cocaine, crack,

amphetamines, inhalants, synthetic drugs, ecstasy, and even tranquilizers, students disapprove of experimentation.

As for the reasons that led to the use of ATODs, it was observed that, among those who had already tried them (73.1%), 32.1% did so for fun and pleasure, 30.8% out of curiosity. The others (37.1%) mentioned other reasons such as relieving psychological tension, to relate better with other people or because friends or boyfriend/girlfriend use it.

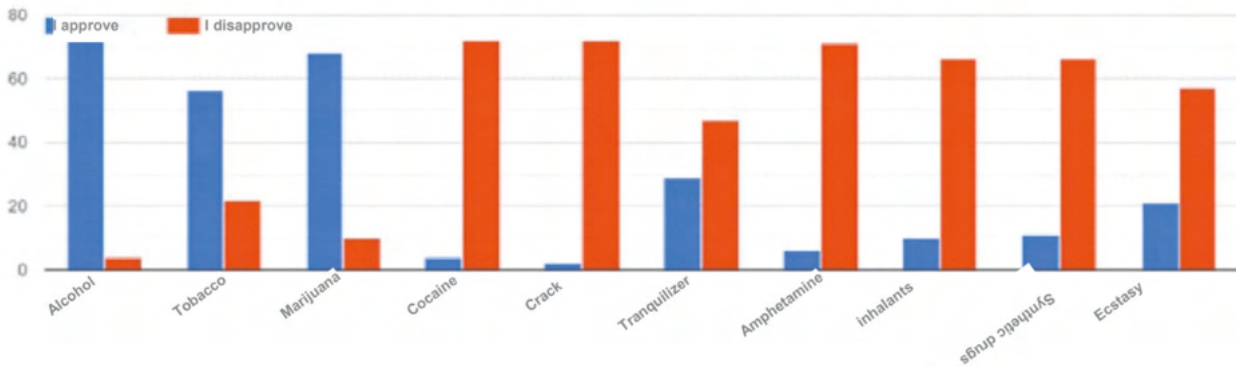
About who introduced the student to drug use, 65.4% indicated that they started consumption with college colleagues, friends or acquaintances and 7.7% indicated other influencers such as boyfriend, himself, or even family members.

Respondents were asked if they already used it before entering college, and 44.7% answered yes. Regarding the most used types of drugs, 97.1% used marijuana/hashish, 40% had already used methamphetamines, 34.3% had used some type of hallucinogen and 28% had used synthetic drugs.

Regarding the moment of use, 53.8% said they usually used it with friends/college colleagues, 10.5% with a partner and 6.6% used it alone. The others reported that they used it with friends and boyfriend, or even with strangers. It is observed that college colleagues have a great influence on their peers, being able to easily persuade them to consume ATOD's.

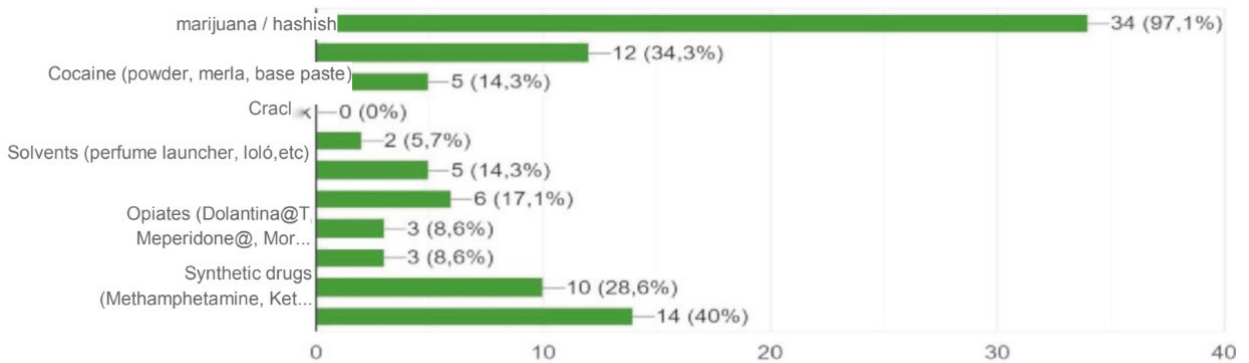
It was found that in the last 12 months, 2.6% reported drinking every day, 15.9% at least once a month, 30.3% 1 to 3 times a week and 32.9% 2 to 3 times a week. times in the month. Of those who have used alcohol at least once a month, 68% have also used some illicit drug.

Regarding the sexual behavior of those surveyed, premature initiation of sex is seen to be amplified by access to drugs. About 52.6% of respondents had their first sexual



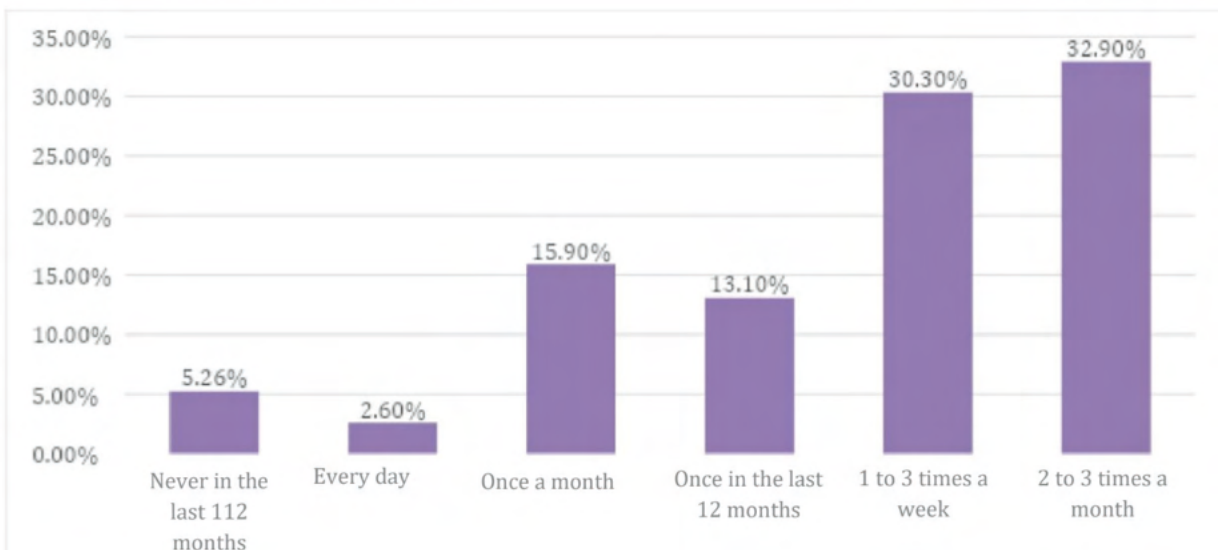
Graph 1: About experimentation with psychoactive substances.

Source: The authors.



Graph 2: Influencers for the consumption of ATOD's.

Source: The authors.



Graph 3: Consumption of alcoholic beverages in the last 12 months.

Source: The authors.

intercourse between 14 and 17, 35.9% had it at age 18 or older, 2.5% had their first intercourse at age 12 or younger. It was observed that 100% of the students who answered that they had used illicit drugs before entering college had already had their first sexual experience, which is in line with the literature that says that the sooner the young person uses ATOD's, the sooner you will have your first sexual experience (NIAAA, 2002).

When asked about condom use during sexual intercourse, only 33% said they did not use it. Among those surveyed, it was found that 40.7% of those surveyed consumed some type of ATOD the last time they had sexual intercourse. It was also asked if, during their lifetime, the interviewee had been forced to have sex in a forced way and 9.2% said yes. Among these, all made regular use of some illicit drug.

FINAL CONSIDERATIONS

This research aimed to analyze the lifestyle of young university students. Specifically, the

purpose was to examine the consumption of alcohol, tobacco and other drugs.

With the application of the questionnaire to carry out the pre-test stage, it was realized the importance of universities conducting research in order to identify the drugs used and the risk factors present, implement and implement actions with the objective of preventing drug use, as well as promoting the health of its academics.

Peer influence on drug use among college students was significant. More than half of the students have already used some substance, with marijuana/hashish being the most used illicit drug, despite considering themselves well informed about the consequences of ATOD use.

In conclusion, it is recommended that Brazilian authorities and universities carry out more specific research in the same vein as this study, in order to provide incentives for policies to promote this public health issue among university students in Brazil, involving them in this development progress. Social.

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