

4-1-2015

Binge Drinking Among College Students: Differences By Gender

Amanda Sawicki

Montana Tech of the University of Montana

Follow this and additional works at: http://digitalcommons.mtech.edu/stdt_rscheday_2013



Part of the [Psychology Commons](#)

Recommended Citation

Sawicki, Amanda, "Binge Drinking Among College Students: Differences By Gender" (2015). *Posters*. 10.
http://digitalcommons.mtech.edu/stdt_rscheday_2013/10

This Poster is brought to you for free and open access by the Highlands College at Digital Commons @ Montana Tech. It has been accepted for inclusion in Posters by an authorized administrator of Digital Commons @ Montana Tech. For more information, please contact sjuskiewicz@mtech.edu.

BINGE DRINKING AMONG COLLEGE STUDENTS: DIFFERENCES BY GENDER

STUDENT RESEARCHER: AMANDA SAWICKI || FACULTY SPONSOR: DR. ELYSE LOVELL

ABSTRACT

The purpose of this study is to find out if binge drinking effects behavior in college students based on gender by assessing the behavioral patterns and numbers of male and female participants when engaging in alcoholic beverages. There are three research questions guiding this study: 1. Does binge drinking effect males more than females? 2. Does binge drinking lead to unnecessary injuries? 3. Does binge drinking lead to unsafe sex under the influence? Most research suggests males have more issues with alcohol than females. Surprisingly the statistics for this research project showed female participants outnumbered or ran close to the statistics with the male participants.

BACKGROUND

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as "A pattern of drinking alcohol that brings blood alcohol content levels to about 0.08 gram-percent or above in approximately two hours" (NIAAA, 2002, NO.02-5010). For the typical adult, this pattern corresponds to approximately five or more standard drinks for males or four or more standard drinks for females. Concerning the amount of liquor constituting a standard drink, the U.S. Department of Health and Human Services (DHHS), NIAAA, and the U.S. Department of Agriculture (USDA, 1995) consider a standard beer to contain 12 ounces, a standard glass of wine to contain 5 ounces, and a standard shot of liquor or mixed drink to contain 1.5 ounces. Other countries utilize different definitions, with the United Kingdom recognizing binge drinking as a male's consumption of eight or more alcohol units, and a female's consumption of six or more units in 1 sitting, with a standard unit equaling 8 grams (0.2824 ounces) of ethanol. Frequent binge drinking is defined as binge drinking three or more times over 2 weeks (Wechsler, Dowdall, Maenner, Gledhill-Hoyt, & Hang, 1998). Many individuals acknowledge the high proportion of college students who binge drink and deem it a normative behavior for this age group, despite research that posits strong associations between binge drinking and a myriad of harmful consequences that pervade various aspects of their life.

HighlandsCollege
OF MONTANA TECH

METHODS

The sample included all students who filled out the entire survey (n=43) at North and South Campuses of Montana Tech, Butte, MT, USA. All volunteers were enrolled at the college for the spring semester of academic calendar year 2014-2015. Researchers were not present during the distribution and collection of all surveys. Participants viewed the survey and wrote their answers down on a volunteer basis. All human subjects were protected following Institutional Review Board Guidelines (IRB) through the University of Montana. The study included participants age 18 or over with no participants under the age of 18. All students were asked to participate, but could waive their right to participate.

RESULTS

The results for the data analysis are displayed in five tables. Table 1 reviewed the descriptive analyses by the entire sample and by two subgroups. Correlation table 2 reviewed the questions for male or female binge drinking. Correlation table 3 reviewed questions about males or females being injured while under the influence. Correlation table 4 reviewed questions about males or females being more impulsive with alcohol. Correlation table 5 reviewed male or female had unsafe sex under influence. The entire sample is described for the independent variables which showed females were the majority in this sample with 69% and males at 30%. Correlation samples showed that the males and females had no significant difference.

Table 1

Frequency Distribution of Dependent and Independent Variables

Variable	Entire Sample (n=43)		Male (n=13)	Female (n=30)	
	(M)	(S)		(M)	(S)
1.Male					
2.Female					
Dependent Variables					
Binge Drinking	1.69	.237		1.60	.163
Injured while under the influence	2.15	.273		1.90	.181
More impulsive with alcohol	2.15	.273		2.53	.218
Had unsafe sex under influence	2.00	.299		2.20	.211
Independent Variables					
Frequency/Percent					
Gender					
Male	13/30.2				
Female	30/69.8				
Total	43/100.0				

CONCLUSION

There has been a considerable amount of education about the drinking habits of college students and the consequences that follow since NIAAA first reported the matter in 1976. Excessive drinking results in a wide range of consequences, including injuries, assaults, memory blackouts and unsafe sex. Binge drinking can either be acquired or avoided in college among students who report they did not binge drink. Reducing binge drinking may require efforts to limit access/availability, control cheap prices, and maximize substance-free environments and associations.

FUTURE STUDIES

Many researchers, reporters, writers, bureaucrats, and others have vested interest in inflating the extent of "binge" drinking. But scare tactics are actually counter-productive and it turns out that the most effective way to reduce alcohol abuse is simply to tell the truth and make sure that young people understand the facts (Santa, A. F., & Cochran, B. N., 2008). A future study could include a control group of college students with scare tactics and one without to clarify differences.

REFERENCES

- Ingersoll, Karen S. Ceperich, Sherry Dyche, Nettleman, Mary D, Johnson, Betty Anne. (2008). Risk drinking and contraception effectiveness among college women. *Psychology & Health*. Vol. 23 Issue 8, p965-981. 17p. 6 Charts
- Masi, Dale A, Foster-Sanda, Suzie. (2008). *Journal of Workplace Behavioral Health*. Vol. 23 Issue 4, p381-394. 14 p.
- National Institute on Alcohol Abuse and Alcoholism NIAAA). A Call to Action Changing the culture of Drinking at U.S. Colleges. NIH Pub. No. 02-5010. Bethesda, MD: NIAAA, 2002.
- Santa, A. F., & Cochran, B. N. (2008). Does the impact of anti-drinking and driving public service announcements differ based on message type and viewer characteristics? *Journal of Drug Education*, 38(2), 109-129.
- U.S. Department of Agriculture/U.S. Department of Health and Human Services. (1995). *Nutrition and your health: Dietary considerations for Americans* (4th ed.). p. 40-53 Washington, DC.
- Wechsler, Dowdall, Maenner, Gledhill-Hoyt, & Hang L. (1998). Changes in binge drinking and related problems among American college students between 1993 and 1997: Results of the Harvard School of Public Health College Alcohol Study. *Journal of American College Health*, 47 (2), 57-68.
- White, Aaron, Hingson, Ralph. (2013). *Excessive Alcohol Consumption and Related Consequences among College Students*, Vol. 35 Issue 2, p201-218. 18 p. 5 graphs.