



## Intentions to Stop Drinking Among Adolescents in One Area

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### ABSTRACT

This study was to investigate the intention of drinking cessation among adolescents in a certain area. In order to investigate the intention to stop drinking, the 'non-drinking intention during adolescent', the 'drinking refusal intention', and the 'lifetime non-drinking intention' were investigated, and the differences by gender and school were analyzed. Two samples t-test and F-test were used to analyze the results of this data. As a result of this study, it was found that the intention to stop drinking decreased as the school level increased. It is necessary to maintain continuous recognition about drinking, and it is necessary to improve the socially acceptable atmosphere for drinking.

**Keywords:** adolescent, stop, drinking, intentions

### INTRODUCTION

In the alcohol-tolerant South Korean society, the age of first drinking experience is decreasing, and as the grades go up, they show a permissive attitude toward drinking. Adolescent drinking is highly related to suicide and accidents, the number one cause of death among adolescents [1]. In addition, it can have a negative impact by increasing social costs due to the expansion of drinking problems and a decrease in productivity due to continued drinking [2]. Early education to delay the onset of drinking in adolescents is necessary, and continuous education to increase the will to stop drinking is very important [3].

In this study, a study was conducted to establish a youth drinking prevention policy in a local city, and the specific objectives of the study are as follows.

1. To investigate 'non-drinking intention during adolescent'
2. To investigate 'drinking refusal intention'
3. To investigate 'lifetime non-drinking intention'

### METHODS

#### Study design

This study is a descriptive research study to understand the intentions of young people to stop drinking in one region of Korea.

#### Participants and data

This data used part of the public data of the 2021 drinking status survey[4] conducted for adolescents in city A. A total of 26,844 data from 12 elementary schools, 171 middle schools, and 144 general high schools were analyzed. Only subjects who gave voluntary consent participated, and the online self-report questionnaire was conducted.

## Study instruments

### ① 'Non-drinking intention during adolescent'

The question of 'non-drinking intention during adolescent' was surveyed as 'I will not drink alcohol as a teenager', and it was measured on a 5-point scale (1 point - not at all to 5 - very much), and the higher the score The higher the score, the higher the non-drinking intention.

### ② 'Drinking refusal intention'

The question on 'Drinking refusal intention' was 'I will refuse if someone invites me to drink', and it was measured on a 5-point scale (1 point - not at all to 5 points - very much). The higher the score, the higher the 'drinking refusal intention'.

### ③ 'Lifetime non-drinking intention'

The question of 'Lifetime non-drinking intention' was 'I still do not drink, but I will not drink when I become an adult', and it was measured on a 5-point scale (1 point - not at all to 5 - very much). . The higher the score, the higher the 'lifetime non-drinking intention'.

## RESULT

### 'Non-drinking intention during adolescent'

| Table1. Non-drinking intention during adolescent |                                                |                                   |      |       |                                     |        |
|--------------------------------------------------|------------------------------------------------|-----------------------------------|------|-------|-------------------------------------|--------|
| Group                                            |                                                | Adolescent non-drinking intention |      |       |                                     |        |
|                                                  |                                                | n                                 | Mean | SD    | t or F                              | p      |
| Gender                                           | Male students                                  | 13,848                            | 4.46 | 0.966 | -12.594                             | <0.001 |
|                                                  | Female students                                | 14,408                            | 4.60 | 0.822 |                                     |        |
| School level                                     | Elementary school <sup>a</sup>                 | 1,775                             | 4.90 | 0.443 | 579.291<br>Scheffe test:<br>a>b>c>d | <0.001 |
|                                                  | Middle school <sup>b</sup>                     | 14,123                            | 4.69 | 0.717 |                                     |        |
|                                                  | General high school <sup>c</sup>               | 9,485                             | 4.34 | 1.033 |                                     |        |
|                                                  | Specialized vocalized high school <sup>d</sup> | 2,873                             | 4.17 | 1.139 |                                     |        |

There was a difference in 'non-drinking intention during adolescent' according to gender and school level ( $t=-12.594$ ,  $p<0.001$ ;  $F=579.291$ ,  $p<0.001$ )(Table1)

### 'Drinking refusal intention'

'Drinking refusal intention' showed a statistically significant difference according to gender and school level ( $t=-15.013$ ,  $p<0.001$ ;  $F=562.128$ ,  $p<0.001$ )(Table 2).

| <b>Table2. Drinking refusal intention</b> |                                                |                            |      |       |                                     |        |
|-------------------------------------------|------------------------------------------------|----------------------------|------|-------|-------------------------------------|--------|
| Variables                                 |                                                | Drinking refusal intention |      |       |                                     |        |
|                                           |                                                | n                          | Mean | SD    | t or F                              | p      |
| Gender                                    | Male students                                  | 13,848                     | 4.42 | 0.970 | -15.013                             | <0.001 |
|                                           | Female students                                | 14,408                     | 4.58 | 0.812 |                                     |        |
| School level                              | Elementary school <sup>a</sup>                 | 1,775                      | 4.88 | 0.453 | 562.128<br>Scheffe test:<br>a>b>c>d | <0.001 |
|                                           | Middle school <sup>b</sup>                     | 14,123                     | 4.66 | 0.734 |                                     |        |
|                                           | General high school <sup>c</sup>               | 9,485                      | 4.31 | 1.022 |                                     |        |
|                                           | Specialized vocalized high school <sup>d</sup> | 2,873                      | 4.17 | 1.112 |                                     |        |

### **‘Lifetime non-drinking intention’**

There was a difference in 'Lifetime non-drinking intention' according to gender and school level (t=12.458, p<0.001; F=522.028, p<0.001)(Table3)

| <b>Table3. Lifetime non-drinking intention</b> |                                                |                                 |      |       |                                     |        |
|------------------------------------------------|------------------------------------------------|---------------------------------|------|-------|-------------------------------------|--------|
| Variables                                      |                                                | Lifetime non-drinking intention |      |       |                                     |        |
|                                                |                                                | n                               | Mean | SD    | t or F                              | p      |
| Gender                                         | Male students                                  | 13,848                          | 3.54 | 1.495 | 12.458                              | <0.001 |
|                                                | Female students                                | 14,408                          | 3.32 | 1.521 |                                     |        |
| School level                                   | Elementary school <sup>a</sup>                 | 1,775                           | 4.38 | 1.018 | 522.028<br>Scheffe test:<br>a>b>d>c | <0.001 |
|                                                | Middle school <sup>b</sup>                     | 14,123                          | 3.59 | 1.452 |                                     |        |
|                                                | General high school <sup>c</sup>               | 9,485                           | 3.06 | 1.558 |                                     |        |
|                                                | Specialized vocalized high school <sup>d</sup> | 2,873                           | 3.27 | 1.517 |                                     |        |

## **DISCUSSION**

In adolescence, the will to non-drinking is high in elementary school, but decreases as the school level goes up. There is evidence that non-drinking adolescents exhibit more adaptive and healthier behaviors [5]. It can be confirmed that the positive change of attitude toward school of adolescents reduces drinking [6]. In addition, the culture, customs, laws, social norms and traditions of a country or city influence adolescent drinking. [7]. In order to develop adaptability to help adolescent non-drinking, improve relationships with schools, and spread a social atmosphere that does not support drinking, continuous education and awareness improvement are needed for students, teachers, and the community.

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