

Factors Affecting the Drinking Rate of Adolescents

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ABSTRACT

This study was conducted to identify the factors affecting the drinking rate of adolescents in one region. This study aimed to investigate whether parental attitudes toward children's drinking and possession of alcohol at home affect adolescent drinking. For data analysis, the odds ratio was obtained through logistic regression analysis. As a result of this study, parents' attitudes toward their children's drinking and whether or not alcohol was kept at home were found to be major influencing factors on the 'drinking experience rate', 'current drinking rate', and 'risk drinking rate' among adolescents. Parents should be educated to firmly oppose the drinking of their children, and awareness should be raised to establish a culture of not keeping alcohol at home.

Keywords: adolescent, drinking, rate, factor

INTRODUCTION

South Korean society has a permissive attitude towards drinking, and there is a tendency to perceive the refusal to drink as an immature human relationship. In particular, drinking for the first time often starts with parental consent at home; one drinking experience makes it possible to continue drinking. Adolescent drinking does not stop drinking behavior into adulthood but also causes social problems related to drinking-related accidents and suicide attempts. In addition, adolescent drinking transferred into adulthood causes various physical and mental problems. It is necessary to improve the perception that adolescents should not be allowed to drink, and it is important for adolescents to acquire refusal skills in drinking situations.

This study aims to provide basic data for establishing youth drinking prevention policies in a local city. The specific research objectives were as follows:

1. To identify the effects of parental attitudes toward children's drinking and household alcohol storage on 'drinking experience rate'.
2. To identify the effects of parents' attitudes towards their children's drinking and household alcohol storage on the 'current drinking rate'.
3. To identify the effects of parents' attitudes toward their children's drinking and household alcohol storage on the 'risk drinking rate'.

METHODS

Study design

This descriptive study aimed to identify the factors affecting the drinking rate of adolescents in a particular region of South Korea.

Participants and data

These data were secondarily analyzed using public data from the 2021 Drinking Survey Study [1] conducted on adolescents in City A. A total of 26,844 students participated in the alcohol consumption survey, comprising 12 elementary schools, 171 middle schools, and 144 general high schools. Data collection was conducted using a self-reported online survey, and only students who voluntarily wanted to participate were surveyed.

Study instruments

1. Two questions were asked to assess parents' attitudes towards their children's drinking: 'Do parents allow even a little bit of drinking for their children' or 'Do not allow them at all'.
2. Two questions were asked related to household alcohol storage: 'There is no alcohol stored at home' and 'Sometimes it is stored'.

RESULT

Factors affecting 'drinking experience rate'

As a result of logistic regression analysis on factors affecting drinking experience, the probability of experiencing drinking was 6.934 times ($p < 0.001$), 1.673 times ($p < 0.001$), and 1.673 times ($p < 0.001$) if the parents allowed their children to drink alcohol. This was also high (Table 1).

Table 1. Factors affecting drinking experience rate

Variables	Drinking experience rate	
	OR	P
Parents' attitudes towards drinking - never allowed	1	
Parents' attitudes towards drinking – allowed	6.934	<0.001
Keep alcohol at home – never keep	1	
Keep alcohol at home – keep	1.673	<0.001

OR, odds ratio

Factors affecting current drinking rate

Logistic regression analysis revealed that the probability of drinking was 12.432 times ($p < 0.001$) higher for 'parents permitting their children's drinking' than for the non-permissive cases. In addition, the 'stored alcohol at home' was 2.140 times higher ($p < 0.001$) than the non-stored cases. (Table 2)

Table 2. Factors affection current drinking rate

Variables	Current drinking rate	
	OR	<i>p</i>
Parents' attitudes towards drinking - never allowed	1	
Parents' attitudes towards drinking – allowed	12.432	0.001
Keep alcohol at home – never keep	1	
Keep alcohol at home – keep	2.140	0.001

Factors affecting risk drinking rate

As a result of logistic regression analysis on factors affecting risk drinking rate, it was found that the probability of drinking was 1.431 times higher ($p = 0.030$) when 'parents allowed children's drinking' compared to 'unacceptable' (Table 3).

Table 3. Factors affecting risk drinking rates

Variables	Risk drinking rates	
	OR	<i>p</i>
Parents' attitudes towards drinking - never allowed	1	
Parents' attitudes towards drinking – allowed	1.431	0.030
Keep alcohol at home – never keep	1	
Keep alcohol at home – keep	1.227	0.096

DISCUSSION

The results of this study confirmed that the drinking experience rate, current drinking rate, and hazardous drinking rate were 1–12 times more dependent on parental attitudes toward their children's drinking and household storage of alcohol. This is similar to the result that alcohol-related communication between parents and adolescents affects adolescent drinking [2] and is similar to the result that parents' permissive attitude toward drinking is a significant predictor of adolescent drinking [3-6]. A study on early adolescents found that parents could be a major gateway into adolescent drinking and that keeping alcohol at home could increase access to it [7-8]. Parents should be educated to firmly oppose adolescent drinking and awareness should be raised to establish a culture of not keeping alcohol at home.

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