

Cases on alcohol use and smoking among students

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Abstract— This study aimed to investigate and explore the cases of students that engaged in alcohol use, substance use and smoking cigarette. To facilitate such concern, a survey questionnaire was used to gather the needed data and information. Frequency count and Percentage were the statistical tools used in this research. From the total of 1984 students from grade 7 to grade 12, only 350 were considered actual respondents on this study using simple random sampling method.

The results showed that 172 or 49% of the respondents engaged in either alcohol use or smoking cigarette. Engagement in alcohol use were on top with 123 or 35% of the populace. This was followed by smoking cigarette with 42 or 12% of the students. The age range of the students that engaged in these activities were from 15 years old to 17 years old.

Friends from outside of school were the primary influence on student's use of alcohol and smoking cigarette as the students found it of more use in getting closer to friends. Overall, the presence of youth engagement to alcohol use and smoking cigarette is observable but the students realized that it has no benefits in terms of being inspired to study and in improving family relationships.

Index Terms— Alcohol Use, Smoking

1 INTRODUCTION

Aside from the pandemic that we are currently battling today, top 3 of the issues in our youth today that needs to be addressed as it will affect not just the health, safety, and welfare of our next generation but even the economic status and future of our country are substance use, alcohol use and smoking among young individuals.

Drinking is a common phenomenon where alcohol is not only used to celebrate events, as part of socialization, to facilitate business, and sometimes to reduce sadness, but also often used to have fun and enhance a good time. Therefore, the culture and social context for alcohol use is accepted, perhaps unintentionally facilitating alcohol use among adolescents and young people (Kaljee as cited by Pana, 2016). Young men drink to exhibit their transition from boyhood to manhood, whereas young women more often drink either in mixed gender groups or alone with a boyfriend. The behavior of these young women in drinking is a rejection of the "traditional" social norms, which views alcohol consumption as primarily a part of the male domain (Kaljee as cited by Pana, 2016).

What makes it worst is that availability of drinking products like alcohol and beer is very visible everywhere and that anyone can buy it if they

can afford to pay for it. Sadly, there are cases of students committing cutting classes just to be with friends and drink. Another issue that is gaining momentum with the youth of today is smoking cigarette. Tobacco use is the main preventable cause of death and disease worldwide, and a global average of 50% of young males and 10% of young females start smoking. It is estimated that smoking will kill about one billion people in the 21st century. Mortality among smokers were 2–3 times higher than never-smokers and smoking causes a loss of 10 years of life (Thomas, 2021). Higher smoking prevalence is seen as contributing to higher rates of morbidity and mortality. The burden of smoking-related morbidity and mortality is that individuals will suffer lung cancer which is the highest smoking related illness in the world (Durie as cited by Dahan, 2018).

Drinks like alcohol and beer and even cigarettes are quite easy to buy and access here in the Philippines that is why cases on use, abuse and even addiction is obvious among individuals. It is just sad to note that even the young generations of today are already into it as well. No wonder that part of the primary agendas of the current administration is the eradication if not minimizing the number of cases on substance use and abuse, drinking of alcohol and beer, and even smoking cases.

Several laws and regulations were already made and passed by our leaders just to combat these cases like: Fine and imprisonment for those who will be caught using, selling, or manufacturing substance, prohibiting smoking on public places and even imposing higher taxes for alcohol, beverages and tobacco related products causing the at unfriendly price. But how will the government be able to do this if other sectors of our society will not do their share. That is why a lot of programs to combat the rising cases about substance use and abuse were made and conducted with the partnerships from both public and private sectors. And therefore, it is better to know the roots and causes on why individuals were easily lured with it so that proper interventions will be made and conducted.

As one of the front liners of providing and disseminating data and information the Department of Education does its share by providing programs, activities and interventions tailored for giving facts and information to the public about the issues and concerns regarding substance use and abuse, drinking cases as well as in smoking cases. This qualitative study uses Grounded Theory, which tries to understand what is happening in the lives of those who are living it, or at least the portion of the life being researched. Probing questions allow participants to reflect on their experience while giving room to tell their story with their own language, opening the daily-lived experience. Through it, the researcher begins to know the process and the phenomenon, rather than just the setting in which the experience occurs.

2 Related Literature

This part of the research includes literatures that enrich the understanding of this study. The materials were taken primarily from local and foreign studies, books, journals, and internet websites from which the framework of this study was based. These are presented by grouping foreign and local setting. Various studies and articles regarding drug abuse and use cases, drinking cases and smoking cases.

The results of this study of Caday (2017) revealed that the top ten causes of substance use among students are peer influence, lack of attention from parents, serious problems in the family, lack of guidance from parents, weak foundation on moral values, suffering frustrations, absence of school anti-drug abuse council, lack of drug abuse prevention activities, means to temporarily forget problems, and lack of concern from faculty and staff.

The research of Choate (2015) shows that, while there are many experiences that are like those when the substance dependence person is an adult, there are also unique issues when that person is a youth. Parents need support to be able to see the emerging substance dependence with their youth and how they might effectively respond. This work indicates clinicians and even educators should be aware of the need to intervene not only with the identified client but also create interventions for the entire family system.

The study of De Jesus (2014) revealed that children use alcohol and substance as they copy their parents and members of their family that use drugs and alcohol. Smoking was influence by friends and curiosity. While the study of Dahan (2018) showed that peer or friends were the number one influence in using or trying substance with family issues and lack of attention as the leading causes.

The study of Levy (2018) revealed that peers are the prime factors in influencing an individual to try and use alcohol, smoking and even vices. This is common to those students that lack parental follow up and guidance. School and parents can be of great factor to drive away students from engaging to these activities. The results of the study of Raymundo (2015) showed that more male students engaged in drinking and smoking than women and are likely to continue after giving it a try. Although there was only low percentage of trying to use drugs the situations showed non negligible.

The study of Iconis (2014) revealed that alcohol use and abuse among students has become a major public health concern due to individual, en-

vironmental, and demographic factors that can lead to enormous physical, emotional, and legal consequences and recommended that strategies for prevention and intervention must be implemented.

The study of Birth (2017) showed that it is relatively clear that both early initiation into drinking and heavy alcohol consumption can lead to a very wide range of adverse consequences for young people's physical and mental health. These adverse effects consisted of both short-term (acute) and long-term health problems. There is a need for more services for young people to be able to deal with the adverse consequences of drinking.

The study of Villastique (2018) revealed that students drink alcohol due to peer influence and family problems. It further stated that students who engaged in drinking were even as young as 14 years old. The study of Ansari (2020) revealed that after controlling, gender was associated with all alcohol consumption behaviors specially among male, followed by religiosity (associated with four alcohol behaviors), living situation, marital status, and age at adolescence stage. This if not cured or controlled usually ends on affecting one's academic performance.

The findings of the study of Merrill (2014) revealed no significant difference in tobacco or alcohol use between street children who maintained contact with their families and non-street children. All street children were significantly more likely to have been given or sold a drug in the past 30 days and to have received drug education compared with non-street children. Filipino street children are at greater risk of abusing drugs than are non-street children, with street children who do not maintain family contact.

The study of Soni (2015) showed that tobacco consumption has become a major problem among young generation, and it has been continuously growing. It further revealed that smoking form of tobacco has become most popular among students in comparison of other forms. The research of Pederson (2013) revealed that use of tobacco products was more prevalent on male than female. Friends

are the number one factor that can influence an individual to engage in smoking and the like.

The study of Thomas (2015) revealed that baseline smokers at longest follow-up found an overall significant effect with average 12% reduction in starting smoking and that combined social competence/social influences curricula showed a significant effect on the reduction of smoking participation and cases. The study of Minister (2015) showed that in terms of gender males try smoking more than females. Age range of students that first try smoking is at 12-14 years old. Mostly out of curiosity and friends.

3 Methodology

The researchers utilized the descriptive method to the respondents. The data gathered were used to answer the research problems in this study. A personal unstructured interview was also conducted by the researcher to confirm the data. The questionnaire comprised of two parts. Part A is on the respondent's demographic profile like age and grade level while part B is on the data about experiences and influences in engaging with alcohol use and smoking cigarette.

The researchers conducted a pilot study of the Questionnaire wherein the data gathered were subjected to Cronbach's Alpha test to determine the reliability of the questionnaire. The result was an alpha of 0.900 which means that the survey questionnaire has consistency and is a reliable instrument. In addition, three specialists composed of a guidance counselor, a master teacher and an experienced University Professor with high educational attainment and qualifications have evaluated and certified the said questionnaire's validity.

The respondents of this study were the selected 350 respondents out of 1984 students from grade 7-10 junior high school level and Grade 11-12 senior high school level. Out of 1984 candidate respondents 322 was the ideal sample size were used in conducting this study as the actual respondents however to make sure that the sample size is met the researcher made a buffer of respondents mak-

ing it from 322 to 350 respondents. Below is the breakdown of respondents.

<i>Grade Level</i>	<i>Total Enrolment</i>	<i>Actual Respondents</i>
Grade 7	420	75
Grade 8	459	88
Grade 9	478	88
Grade 10	433	75
Grade 11	101	13
Grade 12	93	11
Total	1984	350

Due to the existing presence of Covid 19 pandemic that prohibits the children aged 20 and below to go out from their home and roam around, the 400 selected respondents were carefully selected with regards to their access to the internet and availability of internet connections in their area, availability of gadgets or devices at home and the location of their residence at school.

Through a written request, the researchers asked permission from the school district supervisor and school principal in conducting the research study and in gathering the data. Upon getting and organizing the data the researchers then proceeded with the unstructured interview among the selected students for data confirmations and insights.

The participants of this study were asked to join voluntarily and that they were informed about the whole content of the research as well as the purpose and contents of the study. The researchers assured the participants that data gathered, and details taken from them were held with utmost confidentiality for privacy, safety, and ethics concerns.

The researcher utilized the descriptive method with set of questionnaires answered by the respondents. The data gathered in the questionnaire were used to answer the research problems in this study. A personal unstructured interview was also conducted by the researcher to confirm the data from the questionnaire.

The respondents of this study are the selected 320 respondents. Due to the existing presence of Covid 19 pandemic that prohibits the children aged 20 and below to go out from their home and roam around, the 320 selected respondents were careful-

ly selected with regards to their access to the internet and availability of internet connections in their area as the questionnaires were send via email as well as their responses to it as well as their unstructured interviews were done via Facebook and Google applications.

The instrument used to gather the data and information of this study was adapted standard corporal works of mercy questionnaires from Mariam Bundukin, Claudia Rodrigues and Latashia Joseph.

The first part of the questionnaire was the level of willingness to perform corporal works of mercy. This was subdivided into 5 with each containing 10 indicators namely: Feeding the hungry, Giving drink to the thirsty, Clothing the naked, Taking good care of the sick and Comforting the bereaved family. The second part of the instrument was on the level of inner disposition with 10 indicators. Then the last part was on social formation with subdivision: family formation and school formation each containing 10 indicators as well.

The researcher conducted a pilot study of the willingness to perform corporal works of mercy, level of inner disposition and social formation Questionnaire' in one of the junior high schools in Alubijid District in Misamis Oriental. After conducting the pilot test, the data gathered were subjected to Cronbach's Alpha test to determine the reliability of the questionnaire. The result was an alpha of 0.855 for level of willingness to perform corporal works of mercy, an alpha of 0.899 for inner disposition and an alpha of 0.944 for social formation which all means that the survey questionnaire has consistency and is a reliable instrument.

In addition, three specialists composed of a guidance counselor, a master teacher and an experienced University Professor with high educational attainment and qualifications have evaluated and certified the said questionnaire's validity.

Through a written request, the researcher asked permission from the school district supervisor and principal in conducting the research study and in gathering the data. Upon approval, the researcher proceeded to the researcher floated and

retrieved the accomplished questionnaires via emails.

Upon getting and organizing the data the researcher then proceeded with the unstructured interview among the selected students for data confirmations and insights. The participants of this study were asked to join voluntarily and that they were informed about the whole content of the research as well as the purpose and contents of the questionnaires. The researcher assured the participants that data gathered and details taken from them were held with utmost confidentiality for privacy, safety and ethics concerns.

The statistical tool used to analyze the data gathered to answer the problems stated for this study were mean, standard deviation and Spearman Rho Correlation Coefficient. The quantitative data was tested at 0.05 level of significance.

4 RESULTS AND DISCUSSIONS

The primary objective of this study was to determine cause of students engaging with the use of alcohol or smoking. Specifically, it sought to answer these questions:

Problem 1. What is the percentage of students who engaged in alcohol use or smoking when grouped overall and by grade level?

Table 1 Students that Engaged in Alcohol Use and Smoking

Students who engaged in alcohol use and smoking cigarette	Yes		No		Total	
	F	P	F	P	F	P
	172	49%	178	51%	350	100%

Table 1 presented the overall data on students that engaged in substance use and smoking cigarette. The data shows that 172 out of 350 or 49% of the respondents involved in alcohol use while 178 out of 350 or 51% responded no. This data implied that indeed the presence of youth engaging with the use of alcohol and smoking cigarette. These findings reaffirmed the study of Manwong as cited by Caday (2017) who revealed that there is an increasing case among adolescents.

Table 2: Breakdown Data on Students that Engaged in Alcohol Use and Smoking

Cases/Incidence	Overall	Grade Level						Total
		7	8	9	10	11	12	
Alcohol Use	123 (35%)	21 (28%)	22 (25%)	27 (31%)	29 (39%)	13 (100%)	11 (100%)	123 (35%)
Others	7 (2%)	0 (0%)	0 (0%)	1 (1%)	2 (3%)	2 (15%)	2 (18%)	7 (2%)
Smoking	42	0	1	11	13	9	8	42
Cigarette	(12%)	(0%)	(1%)	(13%)	(17%)	(69%)	(73%)	(12%)

Note: Percentage computation by grade level (Number of Responses/Actual Respondents)

Table 2 showed breakdown data on students that engaged in alcohol use and smoking. Grade 12 level were on top as all the selected respondents admitted to using alcohol. Grade 10 students were in second with 39% followed by grade 9 level with 31%. On smoking cigarette, the Grade 12 students again had 73% while Grade 11 students had 69%. Finally, Grade 10 had 17% of students that engaged in it.

This data implied that as the grade level of students goes up the more the chances that they engaged in alcohol use and smoking cigarette. Thus, cases on engaging on the use of alcohol, substance and smoking cigarette is present among youth at adolescent stage.

Problem 2. What is the starting age of students who engaged in using Substance, alcohol or smoking?

Table 3 Data on Starting Age of Students that Engaged in Alcohol Use and Smoking

Cases/Incidence	Overall	Age						Total
		13	14	15	16	17	18 & above	
Alcohol Use	123 (35%)	5 (4%)	7 (6%)	22 (18%)	47 (38%)	30 (24%)	12 (10%)	123 (100%)
Others	7 (2%)	0 (0%)	0 (0%)	0 (0%)	2 (29%)	3 (42%)	2 (29%)	7 (100%)
Smoking	42	0	6	10	9	13	4	42
Cigarette	(12%)	(0%)	(14%)	(24%)	(21%)	(31%)	(10%)	(100%)

Note: Percentage computation (Number of Responses by age/Overall Responses)

Table 3 presented breakdown data on starting age of students that engaged in alcohol use and smoking cigarette. On these 3 cases a total of 172

out of 350 or 49% of the respondents admitted the engagement to such acts.

In terms of cases on alcohol use, 123 out of 350 students or 35% said they engaged on alcohol use. The students at 16 years old started using alcohol had 38% followed by students at 17 years old with 24% and students at 15 years old with 18%. Finally, on smoking cigarette, the students at age 17 years old were on top with 31% followed by students at 15 years old with 24% and students at age 16 years old with 21%.

Overall, the students' age in starting the use of alcohol and smoking cigarette is at adolescent or young stage of their lives. The data also implies that students engaged more on use of alcohol and smoking cigarette. These findings aligned with the study of Manwong as cited by Caday (2017) who stated that mostly adolescents that engaged in activities like alcohol use and smoking were ranging from 17 to 28 years of age. Majority of them are males with a ratio of 12:1 compared to females.

This also confirmed the study of Kaljee as cited by Pana (2016) who revealed that young men drink to exhibit their transition from boyhood to manhood, whereas young women more often drink either in mixed gender groups or alone with a boyfriend.

Finally, it also aligned with the study of Thomas (2021) who stated that a global average of 50% of young males and 10% of young females start smoking. It is estimated that smoking will kill about one billion people in the 21st century. Mortality among smokers were 2-3 times higher than never-smokers and smoking causes a loss of 10 years of life.

Problem 3. What are the students' observed effects after engaging in using substance, alcohol or smoking?

Table 4 Data on Effects on Students that Engaged in Alcohol Use and Smoking

Effects of using	Alcohol		Others		Cigarette Smoking	
	Yes	No	Yes	No	Yes	No
Inspires to study	2 (2%)	121 (98%)	0 (0%)	7 (100%)	0 (0%)	42 (100%)
Improves Family Relationship	0 (0%)	123 (100%)	0 (0%)	7 (100%)	0 (0%)	42 (100%)
Closer with Friends	29 (24%)	94 (76%)	1 (14%)	6 (86%)	1 (2%)	41 (98%)

Table 4 showed the breakdown data on effects on students that engaged in alcohol use and smoking cigarette. In terms of alcohol use 2 out of 123 respondents felt that it inspired them to study and 24% of the respondents revealed that it made them closer to their friends outside of the school. Finally, in terms of smoking cigarette 2% of the respondents admitted it help them get closer to friends outside of school.

This data implied that students who engaged in alcohol use and smoking cigarette find less effects on them towards inspiration to study, improving family relationship and being closer with friends. This only mean that engaging to these activities were just out of curiosity and enjoyment and does not provide positive impact towards one's life and health.

Problem 4. Who are the influences students to engaged in using alcohol or smoking?

Table 5 presents breakdown data on students' influences that engaged in alcohol use and smoking. From the 123 students that engaged in alcohol use 45% admitted that they were influenced by their friends outside of school. There was 16% of students that decided to use alcohol by themselves and 15% admitted influenced by classmates. This data implied that activities of students outside of school or when they are going out must be monitored and observed as the students have tendencies to use alcohol.

Table 5 Data on Students' Influences that Engaged in Alcohol Use and Smoking

Influences	Alcohol		Others		Cigarette Smoking	
	F	P	F	P	F	P
Father	10	8%	0	0%	2	5%
Mother	5	4%	0	0%	16	38%
Brother	0	0%	0	0%	0	0%
Sister	2	2%	0	0%	0	0%
Classmate	18	15%	0	0%	2	5%
Friends Outside School	55	45%	7	100%	20	47%
Neighbor	9	7%	0	0%	2	5%
Just Myself	20	16%	0	0%	0	0%
Others	4	3%	0	0%	0	0%
Total	123	100%	7	100%	42	100%

All of them or 100% admitted that they were influenced by friends from outside of school. This usually happens as there were no persons in authority like teachers or parents that monitors and check on the activities done by the students outside the school premises and at home. Thus, knowing who the friend of a child is very important.

From the 42 students that engaged in smoking cigarette, 47% of them admitted being influenced by friends outside the school. Meanwhile, 38% were influenced by mother and 5% were influenced by either father, classmates, or neighbor. This implies that what a child sees and observes at home and from the surrounding can greatly influence and engaged them to do it as well. Thus, a positive environment can always foster positive behavior and outlook to an individual.

These findings aligned with the studies of De Jesus (2014) revealed that children use alcohol as they copy their parents and members of their family that use alcohol. Smoking was influence by friends and curiosity. While the study of Dahan (2018) showed that peer or friends were the number one influence in using alcohol with family issues and lack of attention as the leading causes.

Moreover, it also affirmed the study of Stead (2015) showed that education programs and activities should be based on a social influences approach, specifically including resistance skills and normative education elements as the prevail-

ing causes of the use of alcohol was influence by friends and individuals in the community.

Finally, it also confirmed the study of Levy (2018) revealed that peers are the prime factors in influencing an individual to try and use alcohol, smoking and even vices. This is common to those students that lack parental follow up and guidance. School and parents can be of great factor to drive away students from engaging to these activities and the the study of Villastique (2018) revealed that students drink alcohol due to peer influence and family problems. It further stated that students who engaged in drinking were even as young as 14 years old.

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