

# **PREVALENCE OF ACADEMIC STRESS AND ALCOHOL ABUSE AMONG CLINICAL STUDENTS IN A PRIVATE DENTAL COLLEGE IN CHENNAI” QUESTIONNAIRE STUDY**

**Authors:** <sup>1</sup>Jeeva S, <sup>2</sup>Dr.Lalitha Rani Chellappa, Dr. Sudharrshiny. S

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**Authors:**

<sup>1</sup>Jeeva S,

Saveetha Dental college and Hospitals, Saveetha Institute of Medical and Technical  
Sciences (SIMATS) Saveetha University  
Chennai - 600077.

E-mail: [ashokjj87@gmail.com](mailto:ashokjj87@gmail.com)

**2. Dr. Lalitha Rani Chellappa**

Senior lecturer Department of Public Health Dentistry , Saveetha Dental college and  
Hospitals, Saveetha Institute of Medical and Technical Sciences (SIMATS)  
Saveetha University Chennai - 600077.

E-mail: [lalithac.sdc.saveetha.com](mailto:lalithac.sdc.saveetha.com)

Telephone: 8668052146

**3. Dr. Sudharrshiny. S**

Tutor, Department of Public Health Dentistry , Saveetha Dental college and Hospitals,  
Saveetha Institute of Medical and Technical Sciences (SIMATS) Saveetha University  
Chennai - 600077.

**Corresponding author**

<sup>2</sup>. Dr. Lalitha Rani Chellappa

Senior lecturer Department of Public Health Dentistry , Saveetha Dental college and  
Hospitals, Saveetha Institute of Medical and Technical Sciences (SIMATS)  
Saveetha University Chennai - 600077.

E-mail: [lalithac.sdc.saveetha.com](mailto:lalithac.sdc.saveetha.com)

Telephone: 8668052146

## **ABSTRACT:**

### **Background:**

The stress has touched all the professions and dental students are also among them. All the professionals like IT, Medical, Engineer have their own stress levels due to work pressure and other factors, there is always a need to possess their prevalence of anxiety, depression and alcohol abuse and also to understand their association with academic stress. The aim of this study is to explore the academic stress and alcohol abuse among clinical dental students.

### **Materials & Methods:**

A questionnaire comprising 15 questions was created using an online Google form and was circulated among 105 clinical dental students in a private dental institute. This survey was conducted within a week in the months of Feb 2021. The results and observations were recorded in the form of pie charts and bar charts. Statistical significance is set at 5%.

### **Results:**

In our study, 46.6% of the samples studied were found to be consuming alcohol and 53.4% have never consumed alcohol in their life and only very less (2.9%) of them consume alcohol regularly and 35.9% of people consumed alcohol on a monthly basis.

### **Conclusion:**

Highly stressed out professionals have higher risk for developing depression and the harmful consumption of alcohol. The daily stress coping-drinking process is complex and It is clearly visible that there are both positive and negative affective pathways underlying the alcoholic drinking.

### **Keywords:**

Alcohol abuse, anxiety, clinical dental students, depression, profession, stress, Innovative analysis.

## **INTRODUCTION:**

Academic stress has touched all almost all the professions and professionals and as their emotional exhaustion during recent times like Covid-19 has put up all of us in stress mainly for the doctors who are treating their patients and in the lockdown period many had developed good habits and also some kind of bad habits to their list and drinking is mainly one of them (1,2). For clinical dental students they has their own stress levels and work pressure and exam tension for final year less time during preparation and many other factors contributing to their academic stress, clinical final year students as a major work cloud and has a higher risk of getting out of the track from their professions in their professional side alcohol abuse and it's greater use has played a major role in threatening the health of the students (3). there is always an increasing incidence in growing the adverse effects of profession on the psychological and mental health of the students more competitive and stressful because of their nature of work like target achievements, night shift workers work with overload assets major contribution to stress and

depression easily available alcohol in Chennai has the consumption of alcohol and there is no proper rules for getting the alcohol and non-recognised TASMALC and it is not regularised properly, anyone with money can easily get access alcohol substance (4).

Very young teens are consuming alcohol nowadays in day to day life and it is all because of the poor maintenance of our government system and there is no proper study has been done in Chennai, India screening all the harmful levels of alcohol use among the clinical dental students. We had explored all the stress levels and their alcohol consumption. (5). The study population of this study is among the clinical dental students in private dental colleges, heavy alcohol consumption is also associated with the increased use of illicit drugs. (6). College times are the sensitive and critical period because the substances can be seen easily and are ready to use (7). Especially among the students under academic pressure, peer group effects, popularity and easy access to the common alcohol substances, the mean alcohol consumption in the dental students group has not significantly changed over the last few years. (8) Both the male and female student group consuming alcohol has increased significantly (9). Our team has extensive knowledge and research experience that has translated into high quality publications (10–18),(19),(20),(21,22),(23),(24),(25–29). The aim of this study was to assess the relationship between academic stress and alcohol abuse, and its dependence among the clinical dental students.

## **MATERIALS AND METHOD:**

**STUDY DESIGN:** This is a cross-sectional online survey. Random sampling was done to select the participants for this study.

**SURVEY INSTRUMENT:** The self administrated questionnaire was prepared and comprised a series of questions including the demographic characteristics like age, gender and level of education of the participants. The other questions include depression, stress, feeling exhausted, performance in their course, accommodation, physical health, consumption of alcohol, academic stress, distractions, quitting, mental health, concentration and feeling low. The questionnaire was distributed through online platforms via google forms.

**SAMPLE SIZE:** The participants were sampled from both private and public colleges, the study period was between february 2021, 105 participants were involved and the survey was taken with a selective population.

**INCLUSION AND EXCLUSION CRITERIA:** All those who were willing to participate were included in the study. Incomplete submissions were excluded from the study.

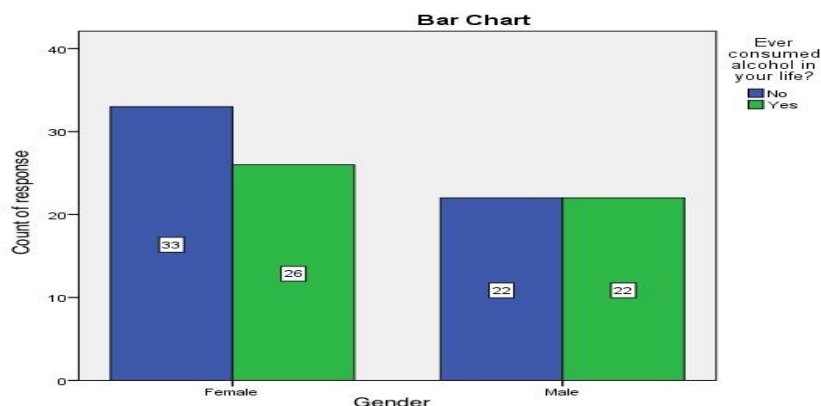
**STATISTICAL ANALYSIS:** The responses from the google sheet were transferred into excel and were then exported to SPSS software, version 23(IBM). The data collected was done by t tests between the dental students and level of significance was set at 5%.

**ETHICAL ASPECT:** This study included those who agreed to the terms and informed consent. Ethical approval was granted for the study by an institutional research ethical committee.

## RESULTS:

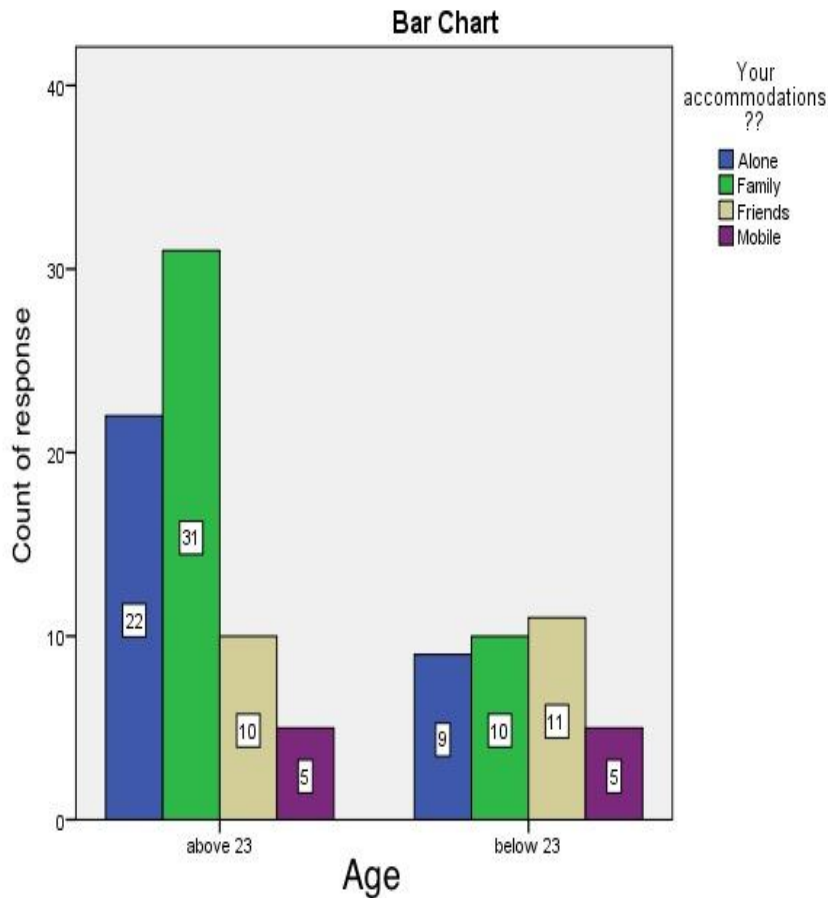
A total of 131 college students from different institutions have participated in this survey. In This survey 57.3% of them were female and 42.7% of them were males. The mean age for all the tested students was 23 years whereas all the students were asked to choose the suitable answers according to their lifestyle. It was found that 53.4% consumes alcohol and 46.6% has never consumed alcohol, 6.8% of the students drink 2 to 3 times a month, while 35.9% of the students drink monthly 2.9% of students drink 2 to 3 times a week and most of them (54.4%) has never consumed alcohol in their life. Over 69.9% of people have never had an interest in alcohol consumption totally and people have answered yes for 9.7% for academic stress pushed them into alcohol drinking and 26.2 % said no. Among the genders, 55.9% of females have never consumed alcohol in their life and 44.1% of females have consumed alcohol.

50% of the male were consumed alcohol and the other 50% of the males had never consumed alcohol. Around 6.8% of the students are willing to quit the drinking habit and 26.2% have said no for quitting drinking. Nearly 60% of the people who had participated in this study had never consumed alcohol and only few said that academic stress had pushed them into drinking. In the college the depressed students, feeling feeling sad all the time has been found associated with more alcoholic consumption problems the results of this survey reflects the alcohol usage among the clinical dental students in this study a very low amount nearly 40% have experimented with alcohol and the major accommodation for everyone is mainly family for 40%

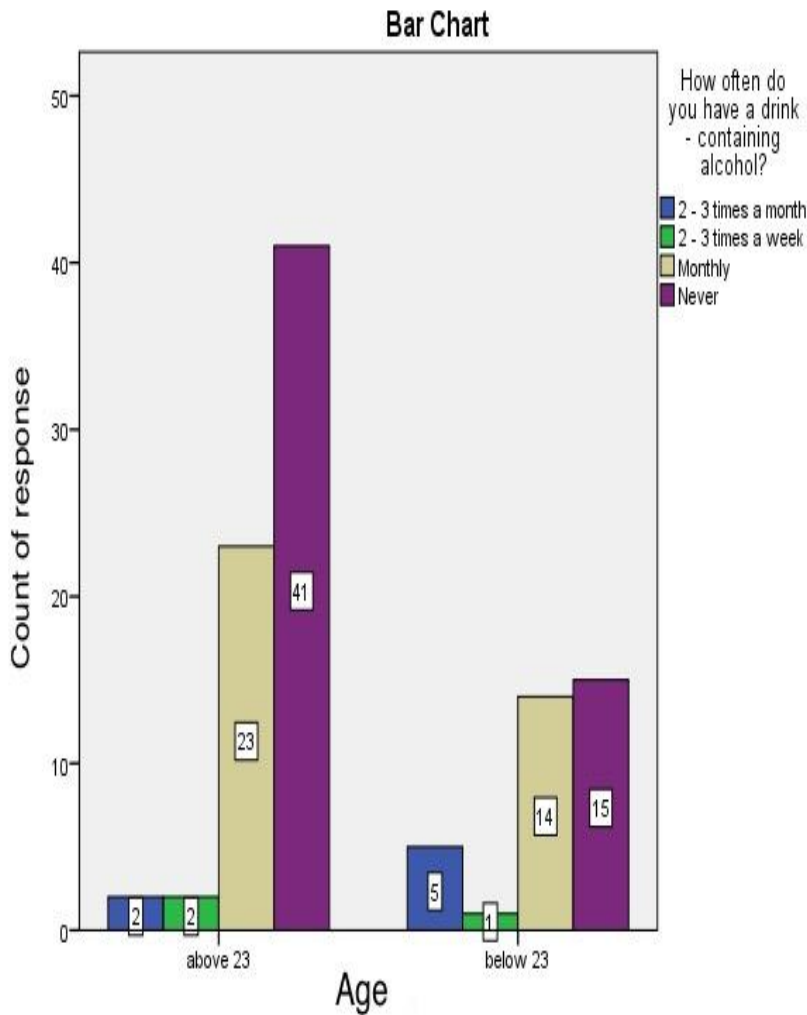


**Figure 1:** This bar chart represents the association between the gender and their alcohol consumption. The X axis represents the gender distribution of the sample and Y axis represents the count of responses from each individuals' plot based on the number. Green bar represents yes and the blue bar represents no. Most of the female students (33) have not consumed alcohol

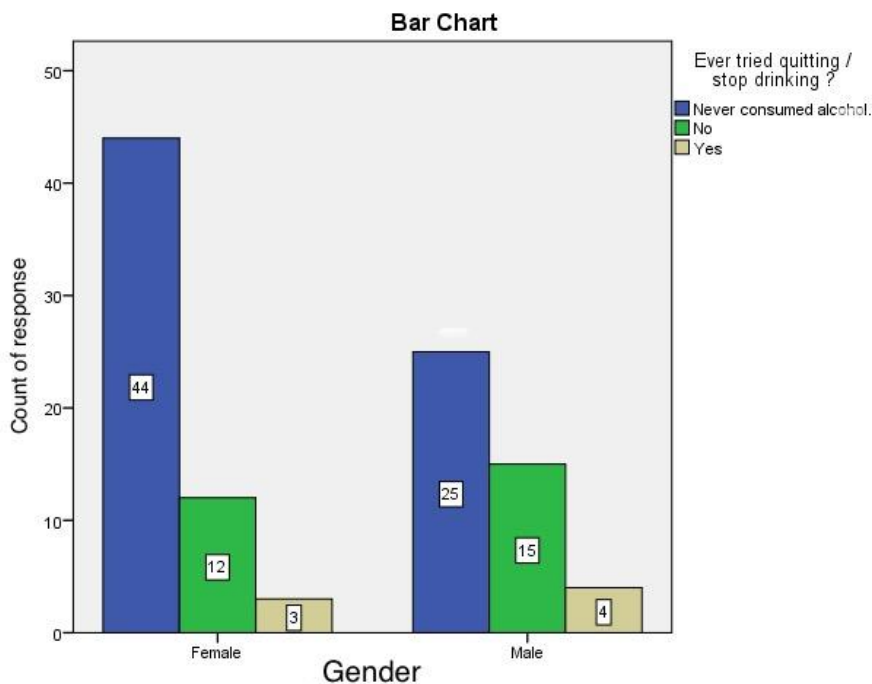
and 26 female students have consumed alcohol. Chi Square test p value is 0.550 and hence, it was not significant.



**Figure 2:** This bar chart represents the association between the age of the individuals (less than 23 years and older than 23 years) in the sample and their alcohol consumption plotted using a graph. X axis represents age and Y axis represents the count of responses. Blue bar represents alone; green bar denotes family; sandal bar denotes friends and violent bar represents mobile. Age about 23 has family (31) as their main accommodation followed by being alone (22) and in age below 23 family (10) and friends (11) are the students' major accommodation. P-value is 0.097 so it was not significant.



**Figure 3:** This bar chart represents the association between the age and their alcohol consumption over a period of time. X axis represents age and Y axis represents the count of responses. Those above 23 mostly have never consumed alcohol (41) represented in violet colour and 23 of them drink monthly denoted by sandal colour according to these statistics. Students below age 23 over 15 have never drunk denoted by violet colour and 14 of them are consuming alcohol monthly denoted by sandal colour. Chi Square test - P-value is 0.116 and hence, it was not significant.



**Figure 4:** This bar chart represents the association between the gender and their willingness to quit drinking. X axis represents gender and Y axis represents the count of responses. In females, 44 of them have never consumed alcohol denoted by blue colour and only 3 of them answered yes denoted by sandal colour and 12 of them answered no denoted by green colour. In males, 25 of them have never consumed alcohol denoted by blue colour and only 4 of them answered yes denoted by sandal colour and 15 of them answered no denoted by green colour. Chi Square test P-value is 0.165 and hence, it was not significant.

## DISCUSSION:

Alcohol consumption is globally accepted as a social act. Previous study conducted on college students having the higher prevalence of alcohol drinking and disorder. more than 30% of the university students have drunk to harmful levels (30). It was clear that 61% of the students drank alcohol and 54% of them drank five or more drinks on the typical drinking day. The demographic factors particularly for gender, age and level of education are frequently cited as a variable associated with problematic drinking in college students (9). There has been a study indicating a positive relationship between stress and deserved problems . Nearly 67.1% of the people are not regular drinkers, in that one 6.8% of people said yes for quitting alcohol drinking and 26.2% students answered no (30). The odds of the ratio has revealed that the subjects who were professionally stressed had 5 times higher risk of consuming the alcohol compared with people who are stress free.

It is always difficult to determine the logical factors of students. Many more Psychological factors have been correlated (30,31). so, understanding the variables which are related to the problematic drinking, those students need to be identified and prevented. A greater proportion of the dental student group was drinking at hazardous levels, as compared with the group of medical students (32). Also significantly, a few third of the dental student cohort was binge drinking, compared with one fifth of the medical student group, over the three time points of the survey. Although a (648) has a similar proportion of males and dentists drinking over the recommended limits, more females were drinking excessively than other dentists counterparts (33). Higher proportions of females are also reported to be experimenting with illicit drugs, compared with females as dentists.

There was also a significantly higher proportion of ultimate year medical students who reported 'current use' of alcohol, compared with their dentist counterparts (34), those that were drinking excessively were more likely to be cannabis users in both the medical and dental student groups. The prevalence of smoking in both groups was also similar within the least three time-points and was less than within the same age in the general population (36% of male and 36% of female). The prevalence of hysteria and stress within the dental students group was highest during the ultimate year of studies, for the medical group it had been during the pre-registration year (35). Binge drinking and to a degree, depression, seem to be associated with the anxiety pattern. (except for female dentists)

Heavy drinking and illicit drug use are considered to be a part of the sub-culture today and it appears that both dental and medical students are not any exception to this present situation (36). Indeed the general levels of the alcohol consumption and illicit drug use reported by the 2 cohorts are almost like those of an equivalent age bracket within the general population. However, the excessive drinking and the use of illicit drugs in young dentists and doctors are of concern. There has been a growing emphasis in recent years on the issues associated with alcohol and illicit drug consumption by dentists ((37). Academic stress has not significantly pushed any of the clinical dental students into drinking.

## **CONCLUSION:**

Only 40% of all the clinical dental students were involved in drinking and the age group of 19 to 20 is the age when most of them tried alcohol for the first time in their life. In about 100% only 9.8% of students felt that academic stress has pushed them into alcohol drinking. So, the relation between alcohol consumption and academic pressure is not a big deal for the consumption of alcohol substances.



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