



Alcohol use among students at a higher education institution

Uso de álcool entre estudantes de uma instituição de ensino superior

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ABSTRACT

Introduction: Alcohol is seen as a dangerous psychoactive substance that affects the behavior of the human being, acts on the nervous system and is very popular among young people and its use has grown significantly, reaching the world population. **Objective:** The objective of this study was to present a research on possible practices of alcohol consumption in students of the Physical Therapy course of the University Center of Caratinga – UNEC Campus of Nanuque-MG. **Methodology:** The methodology adopted is a described-exploratory research with a quantitative approach. A questionnaire was elaborated and applied to 66 students, but 50 were present and answered adequately. **Results:** The sample was composed of 90% female and 10% male. Regarding alcohol consumption, it was noticed that 64% chose beer as a beverage and the other 36% chose beverages such as vodka, cachaça, and wine. Regarding the places frequented by the interviewees at the time of drinking, 29% prefer at home, being 11% in bars, pubs, or nightclubs, in the house of friends was 21%, the percentage for two or more places including the house itself was 36% and 3% friends and away from home. As for the frequency of consumption, 39% said that one or less times monthly, 36% answered that two to four times a month, in short, 25% answered that they drink two to three weekly. **Conclusion:** The abusive consumption of alcohol has a negative impact on the health of young university students, making them vulnerable, since many go through changes in personal and academic life, therefore, it is important to promote awareness about the risks of excessive alcohol consumption and thus, a healthier and more satisfactory adaptation to the university and during the training of academics.



Keywords: Alcoholism, University students of UNEC-MG, Alcohol consumption, Mental health of students.

1 INTRODUCTION

Alcoholic beverages are frequently consumed among health students in different areas in Brazil. It is a widespread practice among the world population, and it is recommended to develop policies and measures that protect people who do not want to drink and remain abstinent, as well as discourage consumers of alcoholic beverages to consume alcohol (BRAZIL, 2018). In Latin American countries, it is estimated that 16% of life years are related to alcohol consumption. An epidemiological study that recently considered problematic consumption patterns pointed to values calculated four times higher than the global average (BRASIL, 2018).

Attending college parties also proved to be a relevant factor. At this juncture, most students started drinking alcohol before entering university. However, the authors of the study value this space as a constant free area for continued drinking behavior (BALAN and CAMPOS, 2006).

Consequently, in their late teens, when young people leave school to enter university, many are forced to leave their parents' homes and flee from their families. New acquaintances and possibilities of new experiences arise in this period, a factor that has worried parents and educators, because living alone intensifies the likelihood of drug consumption, such as alcohol (BAUMGARTEN *et al.*, 2012).

University students in the health area deserve special attention regarding the use of alcoholic beverages, as they are responsible for health promotion and prevention of various diseases (SANTOS *et al.*, 2013).

Thus, this study was justified by the thematic choice by presenting how essential, notably, it is that health promotion actions in this area are developed and based on information that reflects reality and helps to identify effective interventions.

Therefore, the main objective was to present a research on possible practices of alcohol consumption in students of the Physiotherapy course of the University Center of Caratinga – UNEC Campus of Nanuque.

2 THEORETICAL BACKGROUND

2.1 WHY PEOPLE CONSUME ALCOHOL

The consumption of licit and illicit drugs is a historical process that has been linked to personal, social, religious, and political issues. Therefore, during graduation, students encounter



numerous personal and academic demands face impasses to balance personal, emotional and social demands with academic activities, mainly theoretical-practical, reaching high levels of stress and, consequently, in most cases there is the aggravation to the emotional, psychological and social phenomenon, which identifies this period as the most vulnerable to the adoption of behaviors harmful to health (SOUZA, *et al.*, 2018).

Currently, the world is faced with a situation in which the use of alcohol and drugs by the young population is a controversial topic and reflects, in a certain way, a complex social problem. How government agencies and non-governmental organizations cannot create efficient response to problems. This position can be extended to society in general, since the family and other institutions such as churches, schools and universities struggle to respond to events about alcohol and drugs (CARLINI-COTRIM *et al.*, 2000 and LUIS and PILLON, 2003).

This happens, especially when entering the undergraduate program by providing the experience of new experiences, by distancing from the family and the new bonds of friendship, leaving the young person more vulnerable to influence the excessive consumption of drugs and the occurrence of risk behaviors (ANTONIASSI JÚNIOR and GAYA, 2015).

2.2 EPIDEMIOLOGICAL STUDIES ON ALCOHOL CONSUMPTION

Alcohol is seen as a psychoactive substance that affects behavior by acting on the central nervous system and is very popular among young people and its use has grown significantly and its consumption continues to grow (CHIAPETTI and SERBENA, 2007 and ROCHA *et al.*, 2011).

The National School Health Survey (PeNSE), released in 2021, indicates that 63.3% of the students interviewed had taken a dose of alcoholic beverage in 2019. Three years earlier, this rate was 61.4% (INSTITUTO BRASILEIRO GEOGRÁFICO ESTATÍSTICA, 2021).

The experimentation of alcoholic beverages was evaluated in PeNSE (2019) asking the student if he had ever consumed a dose of alcoholic beverage in his life. Trying the flavors or taking a few sips is not a judgment. One serving is equivalent to a can or bottle of frozen beer or vodka, a glass of draft beer or wine, a portion of cachaça / cachaça, vodka, whiskey, etc. (LIMA, 2013).

The WHO establishes that alcohol consumption is at risk when it harms the health and social life of the individual and also the people who surround him as a whole (BRAZIL, 2014). And like any other abuse of psychoactive substances, alcohol brings damage to the health and academic performance of university students, such as: absences from classes non-compliance with



work finishes and grades, as well as organic, social and economic sequelae (DE ASSIS *et al.*, 2018).

2.3 EFFECTS AND CONSEQUENCES RELATED TO ALCOHOL CONSUMPTION

Alcohol is one of the most ingested psychoactive substances by teenagers and their friends, followed by other chemicals like tobacco and marijuana. This cause makes it very clear that, by consuming so many substances, adolescents can expose other risk behaviors, such as driving after the consumption of alcoholic beverages, unprotected sexual intercourse, among other practices that can be assisted throughout school activities (PEDROSA *et al.*, 2011).

The consumption patterns that lead to addiction are associated with violence, accidents, risky sexual behaviors, chronic diseases, and alcohol dependence, among other acute and chronic problems. Consequently, alcohol use is "considered a preventable public health problem by several organizations such as the WHO and the Center for Disease Control and Prevention - CDC" (BASTOS and VASCONCELLOS, p.87, 2017).

The lack of alcohol, as well as the lack of any other narcotic, can cause withdrawal, leading the user to chemical dependence, by ingesting increasingly larger doses, because the body itself creates resistance, leading to the consumption of high doses of alcohol, which can lead to chronic diseases and mental disorders, in addition to being the cause of traffic accidents and violence. Affected individuals can also evolve or worsen cases such as mental illnesses, such as depression, schizophrenia, anxiety, obsessive-compulsive disorder (OCD), psychosis and even eating disorders (BRASIL, 2014).

2.4 ALCOHOL CONSUMPTION PRACTICES AMONG UNIVERSITY STUDENTS

Entry into higher education may provide many scientists with the opportunity to obtain the desired professional training. It enables young people to transmute their social, family and school environments and for many symbolizes the beginning of control of their own lives (CAMARGO *et al.*, 2019).

However, this hospitalization can be a time of stress and make some students more vulnerable to risk behaviors, such as the consumption of alcohol and/or other drugs, due to their distance from the family environment and living with their peers, which is why they need to make new friends, adjust to a new home, deal with the established freedom (ANTONIASSI JÚNIOR and GAYA, 2015).



The literature says little about the permissible or illicit substances related to legal issues, leaving a large gap between increasing or decreasing alcohol consumption among students. Other significant problems are the social problems in which students are separated from their families, disconnected from their daily routines, with low academic achievement and difficulty concentrating on activities (NÓBREGA *et al.*, 2012).

2.4.1 Influence of alcohol on the daily lives of university students

Entering the university often establishes a period of great independence and emancipation, which enables new experiences, but for some this moment can be a period of great vulnerability, which makes university students more susceptible to drug use and its consequences (EVANGELISTA *et al.*, 2018).

The insertion of young people in the university is identified as a phase of vulnerability to alcohol consumption, because in this period the social life is more intense, they live alone or with other university students, they have easy and fast access to drugs, as well as several bars and cafeterias near the campuses of higher education institutions, in addition to parties promoted by the students themselves. Attention is drawn to the social, recreational and gregarious character of alcoholic beverages that provide fun (OLIVEIRA *et al.*, 2009 and PEUKER *et al.*, 2006).

It is observed that the consumption of drugs, especially alcohol, has impaired the life expectancy of university students, such as more susceptible to episodes of interpersonal violence, automobile accidents (especially by drinking and driving, or even taking a ride with a drunk friend), in addition to the fact that sexual behavior, under the influence of alcohol, is altered and becomes an act of risk when they do not use condoms or an increase in the number of partners, can also cause sleep disorders and eating habits, and among so many effects academic losses and athletic performance can be a disorder for the person who consumes alcohol (EVANGELISTA *et al.*, 2018 and SILVA *et al.*, 2006).

3 METHODOLOGY

The research method is a descriptive-exploratory study, with a quantitative approach, on the possible practice of alcohol consumption in students of the physiotherapy courses of the University Center of Caratinga – UNEC Campus of Nanuque.

The descriptive research aims to describe the characteristics of populations, phenomena or experiences, which guide the research, and establish the relationship between the variables proposed in the study (GIL, 2008).



There are 82 students enrolled in the Physiotherapy course, of all periods in the night shift of the University Center of Caratinga – UNEC Campus of Nanuque. 66 students were present and answered the questionnaire applied in the months of May and June 2023 in the extra-class hours.

For the inclusion criterion, 50 students adequately answered the questionnaire applied. We excluded 16 students from the research because they were absent on the day of the research and 16 students who answered inappropriately or refused to participate in the research on the days that the questionnaire was applied.

Thus, the interviews with the students were conducted in order to collect information about the problems that may cause alcohol consumption. Therefore, the time determined for the interviews conducted with the university students was random, lasting approximately 15 minutes, at times that did not impair their academic activities.

Data collection was carried out at the University Center of Caratinga – UNEC Campus of Nanuque. For data collection, two structured, validated and modified questionnaires were used. The first questionnaire was defined as Sample Characteristics, represented by 14 questions, according to the adaptation of Rocha's research (2014).

The second questionnaire was composed of 10 structured questions, adapted by the World Health Organization, known as AUDIT (Test for the identification of disorders due to alcohol use), with the purpose of assessing alcohol dependence by university students, according to the studies by Moraes *et al.* (2010).

The author of the research elaborated and added 02 questions in the questionnaire.

The data collection instrument consisted of closed questions with alternatives of pre-established and fixed answers. The questions were composed with questions about the personal and family profile, socioeconomic, data related to the consumption of alcohol or licit substance and others that had an approach about the damage that alcohol consumption can cause to academic life in general. The questions cover several situations of risk in traffic, such as fights, occurrences outside the law, school performance below the expected level or absence in academic attendance.

During the interview, neutral and varied characteristics were observed, according to the result of the questionnaire addressed in the study. This research was authorized by the person in charge of the Undergraduate Course and all participants of the interview signed the Informed Consent Form and their names will be protected or anonymous.

The outcome of the interviews will be discussed in the following topic.



4 RESULTS AND DISCUSSION

Participants were 50 students who responded adequately, being 90% (n=45) female and 10% (n=05) male students. The marital status of the interviewees was 94% (n=47) for singles and 6% (n=3) for married individuals. The age group up to 18 years had 4% (n=02) of responses, from the age of 18 to 24 the percentage was 76% (n=38), which corresponded to the ages of 25 to 34 years of age the percentage was 20% (n=10).

The circumstance that most of the participants are aged between 18 and 34 years may have contributed to greater acceptability of the research, people in this age group tend to be more receptive to questions due to professional and personal experiences (LOPES and MOURÃO, 2010).

In terms of the period they are studying at the University, 26% (n=13) answered that they are in the first period, 22% (n=11) answered for the fourth period, for the seventh period 14% (n=07) answers and most of the interviewees, 38% (n=19) are in the ninth period.

Regarding work, the majority answered that they work, being yes to 62% (n=31) academics and 38% (n=19) said they do not work. Regarding religious follow-up, 52% (n=45) of the interviewees answered that yes, they have a religion, and 10% (n=5) said no.

The question about the practice of physical activity obtained 52% (n=26) positive answers, while 48% (n=24) answered that they do not practice physical activity.

With regard to the socioeconomic class, the family income with the highest percentage was from class E with 48% (n=24) to income of up to 1 minimum wage, in class D, 30% (n=15) answered that family income is equivalent to income between 1 and 3 minimum wages, minimum wage between 3 and 5, belonging to class C, 18% (n=09) answered that it fits this class, and finally, in class B, for those who receive from 5 to 15 minimum wages, the percentage was 4% (n=02) of the answers.

When asked if any family member uses alcohol, 88% (n=44) answered yes and 12% (n=06) said no. The opinion of the interviewees about the family member drinking too much, 64% (n=32) answered yes, while 36% (n=38) thought no (Table 1). In reference to the question if any member of their family is dependent obtained 24% (n=12) positive answers, while 76% (n=38) answered no, then the question about what type of drug the family member is dependent on, 18% (n=09) answered that it is for alcohol and 6% (n=03) said it is for drugs and alcohol. The percentage questions and answers above are described in Table 1.

Table 1 – Description of university students according to sociodemographic variables and life habits. Sociodemographic information and alcohol use (AUDIT)

FEATURES	CATEGORY	N	%
Do any family members use alcohol?	Yes	44	88
	No	06	12
Do you think any family members drink too much?	Yes	32	64
	No	18	36
Are any members of your family dependent?	Yes	12	24
	No	38	76
The dependence of this member of your family is for which type of drug?	Alcohol	09	18
	Drugs and alcohol	03	06

Source: Research data (2023)

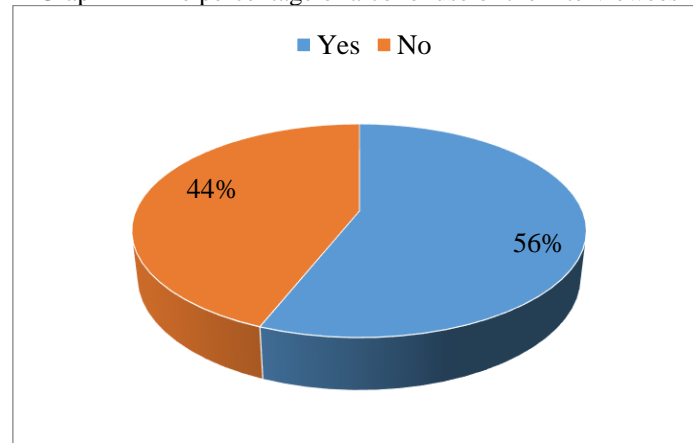
For those who struggle with alcohol addiction, it is often necessary to accept a hospitalization, which becomes difficult, since it is necessary to give up the social environment, including the family itself (GOMES, 2022).

Therefore, having an alcohol-dependent family member affect a student's academic life in a number of ways. Constant concern for the well-being of the family member, as well as the emotions and practices associated with addiction, can interfere with the student's ability to focus on studies, meet deadlines, and participate fully in academic activities. The stress and anxiety resulting from this situation can lead to compromised academic performance (DAPPER and ZAPPE, 2017).

Within this context, Maciel *et al.* (2013) and Moré and Orth (2008), in the family relationship and in the dependence on chemical substances, there are consequences and repercussions of this use, with changes in family dynamics, economic issues, legal disorders such as assaults and robberies, physical diseases and psychological effects on family members who experience cases of aggression and stress.

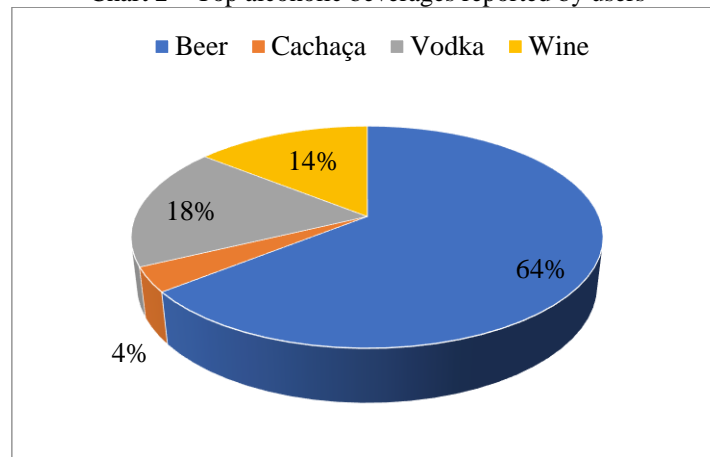
Regarding Graph 1 in relation to the question about alcohol consumption, 56% (n=28) of the interviewees answered yes, while 44% (n=22) said no to alcohol consumption. In the sequence, Graph 2 complements the question about which drink the interviewees consume the most, they were categorized into 64% (n=18) for the beer that has the highest prevalence, in the sequence is vodka with 18% (n=05) and 14% (n=04) for wine and with a lower percentage, 4% (n=01), is cachaça. It is observed below in Graphs 1 and 2.

Graph 1 – The percentage of alcohol use of the interviewees



Source: Research data (2023)

Chart 2 – Top alcoholic beverages reported by users



Source: Research data (2023)

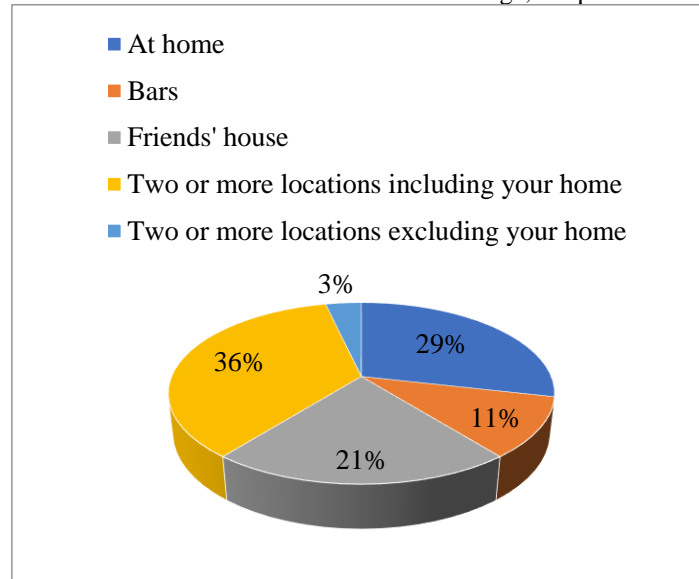
Due to its more affordable price, beer may be the most consumed beverage, it is still widely publicized, in addition to being culturally very accepted in our country. Beer is a common choice among college students due to its accessibility and variety of brands and flavors. University parties often involve beer consumption (ESPÍNDOLA *et al.*, 2019).

This trend raises concerns related to the negative effects of binge drinking, both on academic performance and on students' physical and mental health. Related to this, most university students, who enter college, have personal problems and difficulty staying in the academic environment. The causes are often associated with emotional and psychological instability, thus exposing university students to risk situations, which lead them to excessive consumption of alcohol and other drugs (TOVAR *et al.*, 2010).

The question of the research that addressed the presence or absence of other people and places in the intake of alcoholic beverages, in this question the interviewees who answered about ingesting the drinks, the places chosen for the consumption of alcoholic beverages were: 29%

(n=08) who prefer to drink at home, 11% (n=03) indicated the bars, pubs or nightclubs, the house of friends with 21% (n=06). Two or more places, including the house itself, was one of the places chosen by the academics with the percentage of 36% (n=10) and was elected the preferred place to drink alcoholic beverages, in short, 3% (n=01) prefer two or more places, excluding their home. See Chart 3.

Graph 3 – Of the interviewees who make use of alcoholic beverage, the places where they usually drink

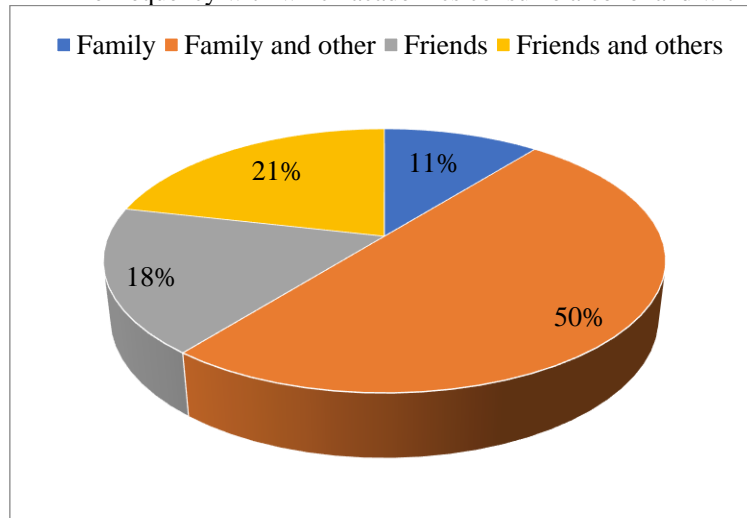


Source: Research data (2023)

The incentive to drink may come from the family environment or from a group of friends. In some situations, the family environment or group of friends can play an influential role in encouraging the consumption of alcoholic beverages. Some reports of questioned participants mentioned the presence of family members who consume alcohol regularly as a factor that influences their own consumption (MARTINS, 2009).

The question that involves companies of friends, family and others, the percentages are in Graph 4, being 11% (n = 03) answered with the family, the percentage of 50% (n = 14) prefer to drink with family and friends, with friends the percentage was 18% (n = 05), and drinking drinks with friends and other people was equivalent to the percentage of 21% (n = 06).

Graph 4 – The frequency with which academics consume alcohol and with whom



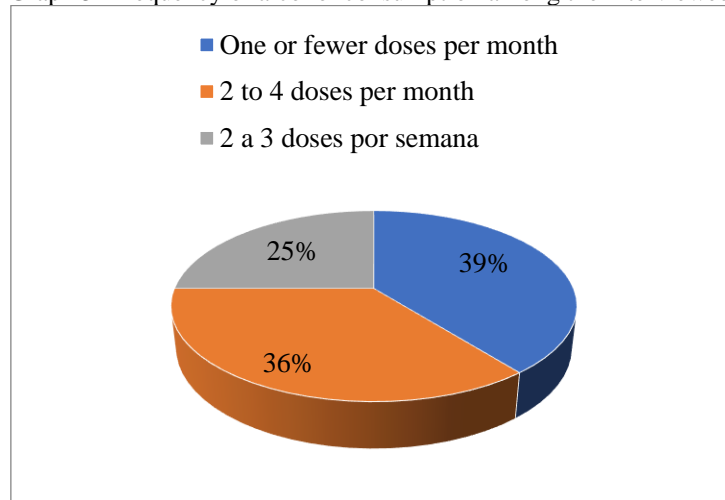
Source: Research data (2023)

Based on the study by Malta *et al.* (2011) regarding the company for the consumption of alcoholic beverages, it was determined that individuals begin to consume them with family and friends, where they are attended by them, because the family environment is the first to influence the formation of the person. Importantly, while drinking at home with family may have some advantages, it is essential that college students practice responsible alcohol consumption, regardless of location.

Faced with such problems, Soares *et al.* (2018) describe in their studies that several factors can influence the practice of alcohol use among academics. Among them, peer pressure, the search for social integration, academic stress, curiosity and lack of guidance on the risks of excessive alcohol consumption stand out. In addition, individual factors such as age, gender, and personality also play an important role in the origin of the pattern of alcohol consumption among college students.

The question about the frequency for the consumption of alcoholic beverages is represented in Graph 5, and shows that most of the university students, 39% (n=11) ingest alcoholic beverages one or less than once a month, and the percentage of 36% (n=10) was for the students to ingest 2 to 4 times a month, those who drank beverages 2 to 3 times a week were 25% (n=07). Graph 5 details these percentages.

Graph 5- Frequency of alcohol consumption among the interviewees



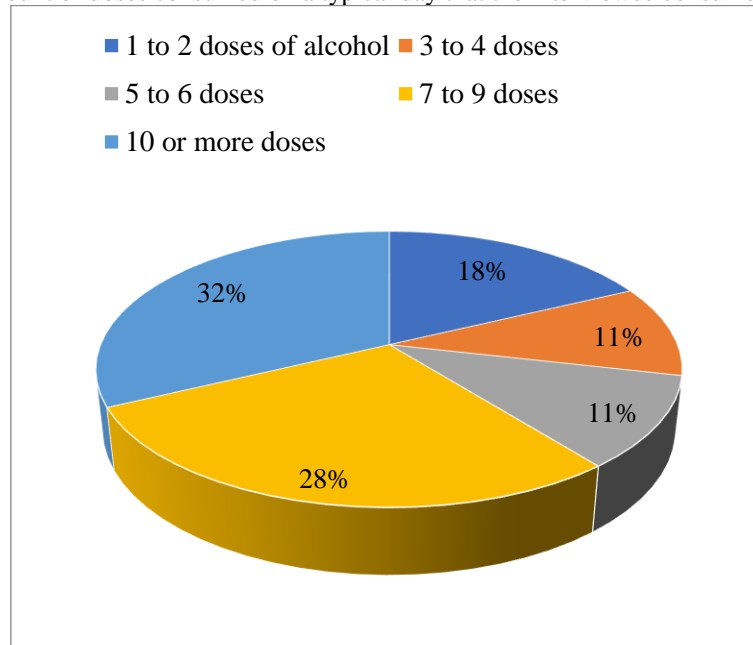
Source: Research data (2023)

Studies demonstrate a wide range of consumption patterns among students, from those who consume alcohol sporadically at specific social events to those who report a more regular consumption, either weekly or even daily (LARANJEIRA *et al.*, 2014).

Some participants mentioned that the place of consumption of alcoholic beverages varies according to the occasion, being more common in social events and commercial establishments, but also occurring occasionally at home. It is important to highlight that the frequency of alcohol consumption among university students can vary over time and according to different factors, such as age, social influence, academic pressure (GONÇALVES and SANTOS, 2020).

Regarding the question about how many doses of alcohol containing alcohol on a typical day, the interviewees who drink 1 to 2 doses of alcoholic beverages was 18% (n=05), for the amounts of 3 to 4 doses and 5 to 6 doses the percentages were the same, of 11% (n=03), for the consumption of 7 to 9 doses the percentage reached 28% (n=08), in short, of 10 or more doses of drink was a percentage of 32% (n=09). It is observed in Graph 6.

Graph 6 – Amount of doses consumed on a typical day that the interviewee consumes when drinking



Source: Research data (2023)

Some research suggests that on a typical day of alcohol consumption among college students, they may consume the equivalent of several standard doses of alcoholic beverages. The consumption of alcohol brings serious consequences for the body, large doses of alcohol reduce the uptake of oxygen by the brain increase sweating decrease body temperature and respiratory depression (ELIAS-CYMROT, 2006).

According to Rangé and Mariatt (2008), there is no cure for alcoholism, because alcohol is addictive, which hinders the perception of addiction by the user, who is also harmed by the media's incentive to consume alcohol in many times in harmful quantities, which leads to the forgetfulness of everyday tasks. Few university students faced challenges regarding the frequency and control of their alcohol consumption in the last twelve months, realizing that once they started drinking, they had difficulty stopping.

Thus, table 2 corresponds to the frequency and amount of beverages ingested by the interviewees or family members. Thus, regarding the question about the frequency of consumption of quantity of alcohol doses on one occasion, 12% (n=06) answered that never more than 6 doses, 10% (n=05) said that 6 doses per week, 22% (n=11) answered that per month consume more than 6 doses, finally per week, 12% (n=06) said they consume 6 doses or more. The question about the frequency in the last 12 months the interviewees realized that they could not stop drinking once they had started the percentage of 48% (n=24) was unanimous for the answer never, and 8% (n=4) said less than monthly.

For the question asked to the interviewees about what they failed to do what was expected, during the year, due to the use of alcoholic beverages, 46% (n=23) answered that they never stopped doing what was expected, 2% (n=01) said that less than monthly, the percentage of 4% (n=02) was for monthly and weekly.

In reference to the question about needing a first dose of alcohol in the morning to feel better after a binge drinking, the answer was unanimous, 56% (n=28) answered never. When asked how many times during the past year they felt guilty or remorseful after drinking, 28% (n=14) answered that never, 22% (n=11) said less than weekly, and how much monthly, the percentage was 4% (n=02), and for daily or almost daily the percentage value was 2% (n=01).

The question for the amount of times during the past year you could not remember the event of the night before, because you were drinking, 38% (n=19) answered that never, not once, 16% (n=08) said that less than monthly, and daily or almost daily, the percentage was 2% (n=01).

Regarding the question about criticism for the results of binge drinking, 44% (n=22) answered that it was never criticized, while 8% (n=04) answered that less than monthly, and for the percentage of responses for weekly and daily or almost daily totaled 8% (04). When asked about a relative, friend, doctor or any other health worker referred to binge drinking or suggested that they stop drinking, 44% (n=22) answered that never a health person or relative suggested that they stop consuming alcohol, and 8% (n=04) said that less than monthly, the answers if weekly, daily or almost daily obtained the total percentage equal to 4% (02).

Table 2 - Frequency and quantity of doses consumed by students

FEATURES	CATEGORY	N	%
How often do you consume 6 or more drinks on one occasion?	Never	06	12
	Less than weekly	05	10
	Monthly	11	22
	Weekly	06	12
How often during the past 12 months have you realized you couldn't stop drinking once you had started?	Never	24	48
	Less than monthly	04	08
How many times during the past year have you failed to do what was expected due to the use of alcoholic beverages?	Never	23	46
	Less than monthly	01	02
	Monthly	02	04
	Weekly	02	04
How many times during the last 12 months have you needed a first dose in the morning to feel better after a binge drink?	Never	28	56
How many times during the past year have you felt guilty or remorseful after drinking?	Never	14	28
	Less than weekly	11	22
	Monthly	02	04
	Daily or almost daily	01	02
How many times during the past year have you failed to remember what happened the night before because you were drinking?	Never	19	38
	Less than monthly	08	16
	Weekly	01	02
Have you been criticized for the result of your drinking?	Never	16	32



	Less than monthly	05	10
	Monthly	03	06
	Weekly	02	04
	Daily or almost daily	02	04
Have any relatives, friends, doctors, or any other health care workers referred to your binge drinking or suggested you stop drinking?	Never	22	44
	Less than monthly	04	08
	Weekly	01	02
	Daily or almost daily	01	02

Source: Research data (2023)

In Brazil, drinking 6 or more doses is considered excessive alcohol consumption, an amount associated with health problems or violence. This distribution becomes remarkable when related to the answers in which the academics indicated the number of times, in the last twelve months, who believed that not being able to stop drinking after they had started, the number was very low (FERREIRA *et al.*, 2011).

Due to the excessive use of alcoholic beverages, many people end up failing to fulfill their responsibilities and obligations, which can affect various aspects of life, such as studies, work and relationships. The abusive use of alcohol can have a negative impact on the fulfillment of responsibilities (OLIVEIRA *et al.*, 2016).

The need for a "first dose" in the morning, possibly referring to an alcoholic beverage to relieve hangover symptoms, is a common practice for some people. However, it is important to point out that this is not an effective solution for treating hangovers. Additional alcohol consumption may temporarily mask symptoms, but it does not solve the underlying problem (DE SOUZA, 2000).

Feeling guilt or remorse after drinking alcohol is a common experience for many people. These feelings can arise for various reasons and vary from person to person. Excessive alcohol consumption can lead to impulsive, reckless, or harmful behaviors. If a person has engaged in actions that he considers infectious or harmful while under the influence of alcohol, it is natural that he may feel guilt or remorse later (FERREIRA *et al.*, 2011).

The advice of a relative, friend, doctor, or health professional about stopping drinking can be a wake-up call to the health problems that the person who has the habit of drinking alcohol is facing. His words can motivate us to pursue a healthier life. Friends and family can play a key role in suggesting the cessation of alcohol consumption (MARIN *et al.*, 2017).

Therefore, receiving criticism for the result of binge drinking may not be so bad, it may be that the person who is making the criticism is willing to talk or dialogue. Listening carefully to their concerns and trying to understand their point of view is a favorable point, so showing empathy



can be the opportunity to clear up misunderstandings or recognize their inappropriate behavior (MARIN *et al.*, 2017).

Those who truly care about people are often the first to notice the signs of excessive alcohol consumption. Your suggestions to stop drinking can be a sign of genuine love and concern. Those who really care about people are often the first to notice the signs of binge drinking. Your suggestions to stop drinking can be a sign of genuine love and concern (BURNETT, 2018).

5 CONCLUSION

The objective was achieved regarding the presentation of research on possible practices of alcohol consumption in students of the Physical Therapy course of the University Center of Caratinga – UNEC Campus of Nanuque-MG. The result was favorable, since the research obtained the result expected by the author of the same.

The limitations of this study are that it was done mainly among university students in the last periods of formation, therefore, it is recommended to develop studies with university students in the initial period.

It is also recommended to conduct research on the use and abuse of alcohol and/or other drugs and mental well-being of academics from other universities, to assess the reality of each scenario and suggest intervention strategies.

In summary, the study highlights that alcohol can cause damage to health, interfere with educational development, harm the family environment, and affect social interaction. These results underscore the importance of promoting awareness of the risks of excessive alcohol consumption and implementing preventive measures to reduce its negative impacts on society.

It is concluded that the characterization of these elements can provide a starting point for managers, teachers, and health professionals to develop interventions with this population, which provide a healthier and more satisfactory adaptation to the university and during the training of students.



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