

Study of binge drinking among Japanese college students

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1. Background

- Binge drinking has serious risks including unintentional injuries, violence, sexually transmitted disease, unintended pregnancy, chronic disease such as high blood pressure and alcohol dependence (Center of Disease Control(CDC).2018)
- Positive relationship was found between alcohol dependence and frequency of binge drinking (Esser, M. B.et al., 2014).
- Binge drinking during adolescence was associated with binge drinking in future both men and women (McCarty, 2004; Jefferis et al., 2005).
- Binge drinking has a relatively higher risk of poor academic performance (Patte et al., 2017; Meda et al.,2017).
- College students are risk group for binge drinking(CDC).
- Policies that restrict “flat rate for unlimited drinking,” which is synonymous for “all-you-can-drink,” can decrease harmful drinking (WHO, 2010).
- The proportion of izakaya (Japanese bar) establishments that provide “all-you-can-drink” services are approximately 34% of all alcohol-serving establishments.

2. Aims

The aim of this study are to explore prevalence and correlates of binge drinking and develop preventive education program targeted to binge drinking among college students in Japan and assess the effectiveness of that program. These results will be possible to provide information for establishing preventive education program for binge drinking among Japanese college students and verifying the effectiveness of that program will be possible to provide a clue for exploring more effective intervention measure to do safety drinking of college students.

3. Consists of this study

- ① Study 1 : Prevalence and Correlates of Binge Drinking among College Students in Japan:
Cross-sectional study
- ② Study 2 : The differences of drinking pattern including binge drinking between adults and college students and change of drinking pattern by age through a web survey in Japan.
- ③ Study 3 : Development of preventive education program for binge drinking and verify the effectiveness of that program : Intervention Study

4. Methods

① Study 1

Cross-sectional study conducted by self-administered questionnaire and that duration period

was from December 2016 to March 2017. 35 departments of 31 colleges agreed to participate. A total of 1,030 questionnaires were delivered through person in charge of each college. I ask about demographic data, frequency of drinking alcohol, frequency of binge drinking in the past year, alcohol-related consequences ect.

② Study 2

A web survey was conducted in March by the Macromill Group with 210 respondents (104 college students, 106 adults). I ask frequency of drinking alcohol, frequency of binge drinking in the past month, the maximum number of drinks in one drinking occasion, thoughts about excessive drinking and the reason for such drinking behavior, “nomihodai” use etc.

③ Study 3

College students and Graduates students who refer to cooperate for my study seeing poster and who took courses of health and sport education to cooperate in the study participated in my study. Survey period was Dec. 2018~March 31. 2019. Educational program conducted for participants and I send follow-up screening test to students who refer to cooperate and request to return that test.

5. Results

① study1

Many students experienced binge drinking. While binge drinker tend to experienced negative effect of alcohol like hangover, they experienced positive effect. Regarding to alcohol expectancy, female students who want to facilitate interpersonal relationship significantly engaged in binge drinking.

The amount of drinking was increased 1.8-times among men and 1.7-times among women during “nomihodai” use, compared with non-use states.

② study2

Although there is significant difference on drinking frequency, no difference on frequency of binge drinking and HED, maximum drink between college students and adults. It was confirmed that the ratio of binge drinking among adult men increased from 20' to 40'. Not only college students but also adults recognized drinking pattern like binge drinking as risk behavior. And the reasons for engaging in that drinking behavior were optimistic like “I can quit anytime I want to”.

③ study3

Finally, 21 students who is binge drinker returned follow up test. Although, reductions were confirmed in frequency and amount of drinking including binge drinking, those differences

were not between pre and post screening test.

6. Discussion

① study1

I confirmed many students engaged in binge drinking in the past year and experienced not only negative effects but also positive effect of alcohol. These situations may make it difficult to change their dinking behavior.

② study2

Drinking pattern like binge drinking did not decrease gradually with age, but rather worsen among men. This result indicated the necessary of early intervention for problematic drinking.

③ study3

Based on those result of cross-sectional study, I develop preventive education for binge drinking. Although, there was no significant effect on their drinking behavior including binge drinking, it seems an unprecedented, meaningful attempt. It is important to reexamine this education program by interviewing participants of my program to clear impressive contents or points to be improved of my education program and reflect on next program.

7. Conclusion

The results of this study suggested that secondary prevention is difficult to change their behavior, so primary prevention like fresh man education to be consider in future.