

Binghamton University

The Open Repository @ Binghamton (The ORB)

Research Days Posters 2022

Division of Research

7-14-1905

Consumption of Alcohol Among University Students Leads to a Variety of Adverse Health Effects: An Analysis of Alcohol's Impact on the Adult Mind, Body, and Neurological Behaviors

Alexander Talkachov
Binghamton University--SUNY

Ariana Gonzalez
Binghamton University--SUNY

Amber Du
Binghamton University--SUNY

Kayla McBride
Binghamton University--SUNY

Susan Lin
Binghamton University--SUNY

Follow this and additional works at: https://orb.binghamton.edu/research_days_posters_2022

Recommended Citation

Talkachov, Alexander; Gonzalez, Ariana; Du, Amber; McBride, Kayla; and Lin, Susan, "Consumption of Alcohol Among University Students Leads to a Variety of Adverse Health Effects: An Analysis of Alcohol's Impact on the Adult Mind, Body, and Neurological Behaviors" (1905). *Research Days Posters 2022*. 7. https://orb.binghamton.edu/research_days_posters_2022/7

This Article is brought to you for free and open access by the Division of Research at The Open Repository @ Binghamton (The ORB). It has been accepted for inclusion in Research Days Posters 2022 by an authorized administrator of The Open Repository @ Binghamton (The ORB). For more information, please contact ORB@binghamton.edu.

Abstract

- Binge drinking and alcohol-related health problems are particularly prevalent among university students due to college culture, peer pressure, and social norms.
- We conducted a research study to investigate the relationship between alcohol consumption, quality of diet, mental distress, and the impact on mindfulness and resilience.
- The results were consistent with our original hypothesis which predicted a positive association between the number of drinks consumed and the negative effects on their cognitive performance and mental resilience.

Introduction

Research on alcohol consumption and its physiological effects on humans have produced significant results. Some which revealed the adverse effects alcohol has on the functions of the human mind, body, and behaviors. For instance, a study showed that young adults who binge drink had poorer impulse control and participated in riskier decision-making (Jones et al. 2018). There was also a pronounced underdevelopment in the executive control region in the brains of the people who binge drink (Meda et al. 2018).

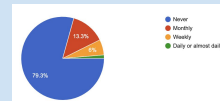
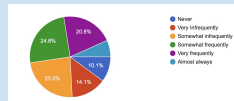
The purpose of our current study is to investigate the relationships between alcohol consumption, quality of diet, mental distress, and mindfulness and resilience.

Method and Demographics

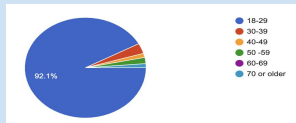
Participants	151 participants (25.3% Male and 72.7% Female), 18+ (no specific age limit)
Survey	Diet, Alcohol, and Resilience https://docs.google.com/forms/d/1Wtq0ESiUUV2ndBnzv0ggvWve6I4ZLNHq7IKW6c.cUA/edit#responses
Deliverance	Diet, Alcohol, and Resilience https://docs.google.com/forms/d/1Wtq0ESiUUV2ndBnzv0ggvWve6I4ZLNHq7IKW6c.cUA/edit#responses
Statistical Analysis	Pearson's Correlation Coefficient, SPSS Version 25.0

Results

- There is a positive correlation between **frequent exercise** and higher **frequency of drinking more than five drinks** on one occasion, $r = .216^{**}$
- **Males** were more likely to have **5 or more drinks** on one occasion, $r = -.294^{**}$
- There is a significantly positive correlation between **forgetting what happened** the night before and the **feeling of guilt or remorse** after drinking, $r = .434^{**}$
- Having **difficulty staying focused** on what happened in the present is positively correlated with **failing to do what is expected** of them due to drinking, $r = .240^{**}$



- People with a **Western Diet** pattern were more likely to have **5+ drinks** on one occasion, $r = -.326^{**}$
- Demographic Information:



** = $p < 0.01$

Discussion

Our findings:

- There was a positive correlation between followers of a Western Diet and consuming more than 5 drinks on one occasion ($r = -.326, p < .01$).
 - *The Western Diet is generally consumed by people who were raised or grew up in a Western culture, in which drinking in college is the norm and promoted. Drinking is part of a person's social skills.*
- Findings also indicated a significantly positive correlation between forgetting what happened the night of consuming alcohol and having feelings of guilt and remorse the next day ($r = .434, p < .01$).
- Implications for future research include developing preventative methods to reduce risk of adverse alcohol related consequences (i.e., mental distress, poor dietary patterns, reduced brain function) in university students.
- Alcohol consumption causes weight gain therefore, people generally tend to exercise more if they drink.

References

Scan the QR code below to see a list of our references:



Acknowledgements

We appreciate the guidance and support given to us by our professor Dr. Lina Begdache, TA Eric Kam, the fellow students of HWS 332 and the participants of our research.