

# Effects of Alcohol v. Academic Success

## Utah Valley University

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Kamrin Tarantino, Jantz Johnson, Bradley Wolf,  
Jordan Twitchell, Derek Jones

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# Purpose of Study

- The purpose of this research study is to analyze the comparison of UVU students and alcohol use in regards to academic success and how alcohol affects study and testing.
- This study is important because it is critical for students to understand and comprehend how alcohol can affect their academics as well as their personal life.
- It is important because if students or persons have a dependency on alcohol or its consumption this study will show that problem and they can make necessary changes to improve academic success.

Question: Does the level of alcohol consumption directly affect the level of academic success while attending a University level setting?

## Alcohol and College Students: National Statistics

- **Prevalence of Alcohol Use:**
  - ***Prevalence of Drinking:*** In 2013, 59.4 percent of full-time college students ages 18–22 drank alcohol in the past month compared with 50.6 percent of other persons of the same age.
  - ***Prevalence of Binge Drinking:*** In 2013, 39 percent of college students ages 18–22 engaged in binge drinking (5 or more drinks on an occasion) in the past month compared with 33.4 percent of other persons of the same age.
  - ***Prevalence of Heavy Drinking:*** In 2013, 12.7 percent of college students ages 18–22 engaged in heavy drinking (5 or more drinks on an occasion on 5 or more occasions per month) in the past month compared with 9.3 percent of other persons of the same age.
- **Consequences—Researchers estimate that each year:**
  - 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor-vehicle crashes.
  - 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.
  - 97,000 students between the ages of 18 and 24 report experiencing alcohol-related sexual assault or date rape.

## Question: How does alcohol affect the students here at Utah Valley University and is it a current problem?

- We wanted to directly correlate the effect of alcohol consumption on UVU students and our peers in the classroom and if it has a prevalent presence here on campus.
- It is important to understand that this survey was administered to see a sample of the student population and how they react to and treat alcohol along with how current student of all ages understand and feel about certain health risks along with academic risks, derived from our survey questions.
- Should UVU allow alcohol on campus property, or should the consumption of alcohol on school property result in a punishable consequence?

# Related Events

- University of Utah: New high standards for alcohol possession and consumption in Greek Fraternities and Sororities, stating that less alcohol and stricter policies will decrease alcohol accidents and injuries on properties. Ex. High GPA, No Dean sanctions. March 13, 2013 (<https://www.ksl.com/?sid=24393780>)
- Lord of the Rings actor speaks at UVU Conference on Addiction: Sean Astin speaks to a conference of 500 attendees, on the risks and struggles of addiction and how to overcome hardships suffered by loved ones and those people that struggle overcoming addiction. March 4, 2016 (<https://ksl.com/?sid=38764622>)
- College Students report more stress, less time to socialize: UCLA students report that there has been a homework increase and stress increase due to heavy burden of school workload. Report shows that there is a decrease in time to socialize. Translates into less alcohol related problems. February 5, 2015 (<https://www.ksl.com/index.php?sid=33360309&nid=481>)

# Sample Size

	Expected	Actual
Sample size	500	750
Responses	100	147

- With the first 500 students selected we only had 58 responses. By sending out reminder emails our response rate went up to 77. We asked for more randomly selected students, and with another 250 our response rate went to 111. We decided to keep the survey out for an extra week, sent out several reminder emails, and in the end had 147 responses.

# Data

- We collected our data through an anonymous survey electronically sent out to students through their UVU email
  - Freshman-Senior year students
  - Male and Female
  - Ages 18-50
  - Problems we encountered- Problems contacting the IRb and getting our numbers
    - Some people skipped questions on survey or did not complete survey

# Literature Review

- **“The Relationship between Emotional Intelligence and Abuse of Alcohol, Marijuana and Tobacco among College Students” by Edith Claros and Manoj Sharma**
  - 200 participants, ages 18-20, both male and female
  - Examine the relationship between emotional intelligence and high risk behaviors of alcohol, marijuana, and tobacco
    - Schutte Self Report inventory survey
    - The Alcohol use Disorders Identification test
    - Fagerstrom Test
    - Marijuana assessment scale
  - Results:
    - Students who had used marijuana tested low on their ability for self-control and emotional management causing them to be risk takers and



# Literature Review continued...

- **“Alcohol Consumption and Academic Retention in First-year College Students” by Gary Ligouri and Barb Lonbaken**
  - Examined the correlation of the use and consumption of alcohol as it pertained to first year students and as they moved into their second year of college
  - 820 first year college students both male and female, online survey regarding their alcohol consumption
  - Results:
    - Males were reported as heavier drinkers than females and males also had a significantly higher risk of lower retention rates associated with both social drinking and heavy episodic drinking
    - Males had a higher chance of not returning back to school to complete their second year
    - In regards to the academic success and retention of students, heavy drinking and mass consumption of alcohol can be detrimental to a students progression

# Literature Review continued...

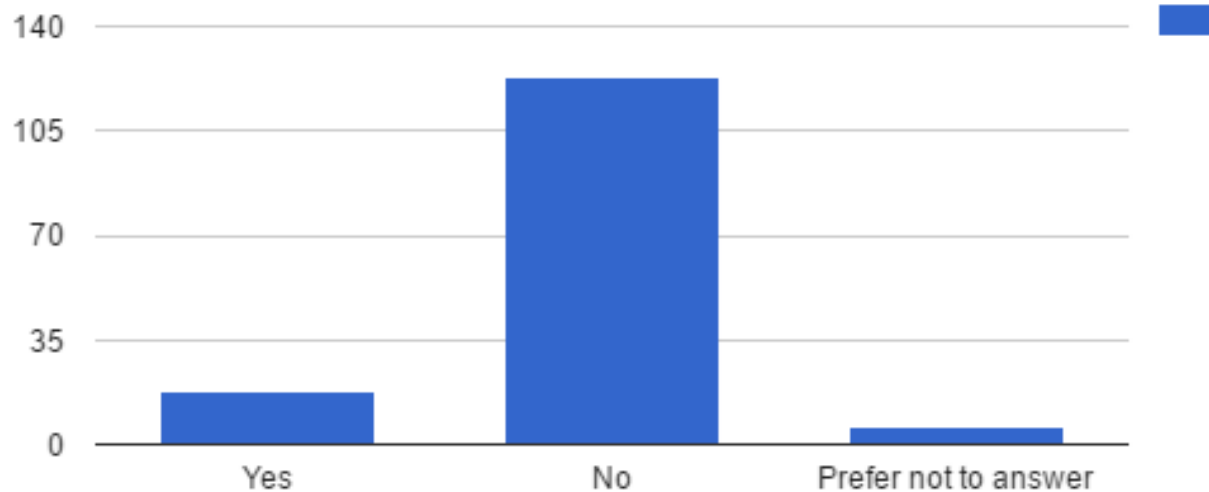
- **“Alcohol Consumption and Positive Study Practices among African American College Students” by B. DePyssler and V. Williams**
  - Results:
    - There are a difference found in GPA scores among those who consumed alcohol versus those who did not.
    - Those who consumed alcohol has a much lower GPA score than those who did not drink

# Literature Review continued...

- **“The Relation Between Alcohol Abuse or Dependence and Academic Performance in First-Year college Students” by bert Aertgeerts and Frank Buntinx**
  - Articulate the negative relationship of first year students and their dependence on alcohol
  - 3,518 students
  - Among the students surveyed, about 500 of these students admitted to having alcohol abuse problems and out of those 500, 128 were alcohol dependant.
  - Over half (62.5 percent) of the students reported to failing their first year of college compared to 50 percent of the students who did not report these drinking problems
  - Through this study there was shown a negative relationship between alcohol consumption and academic performance when they were paired with alcohol abuse

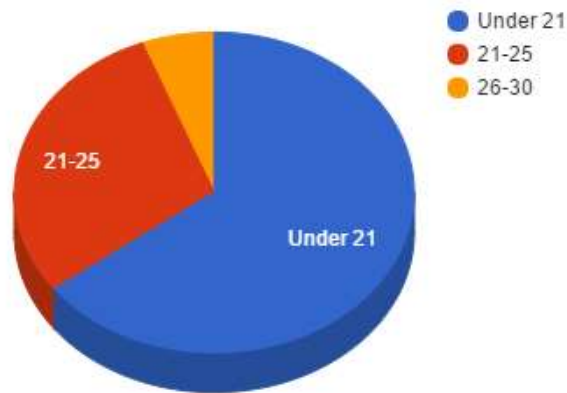
# 1. Do you currently drink alcoholic beverages?

#	Answer	Response	%
1	Yes	18	12%
2	No	123	84%
3	Prefer not to answer	6	4%
	Total	147	100%



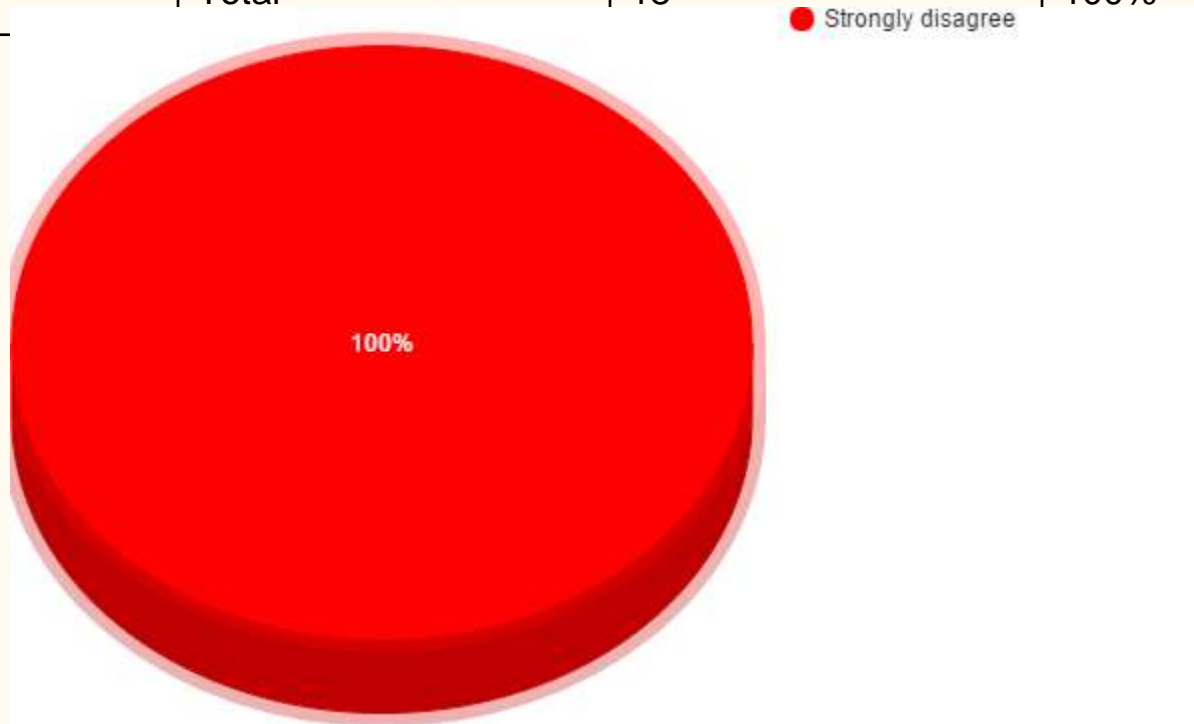
## 8. At what age did you start drinking alcoholic beverages?

#	Answer	Response	%
1	Under 21	11	65%
2	21-25	5	29%
3	26-30	1	6%
4	31-35	0	0%
5	36-40	0	0%
6	40 or older	0	0%
	Total	17	100%



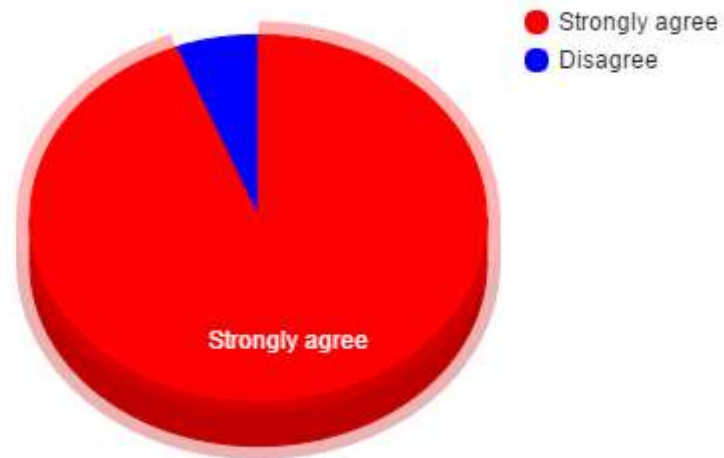
## 6. The use of alcohol determines my daily routine.

#	Answer	Response	%
1	Strongly agree	0	0%
2	Agree	0	0%
3	Neutral	0	0%
4	Disagree	0	0%
5	Strongly disagree	18	100%
	Total	18	100%



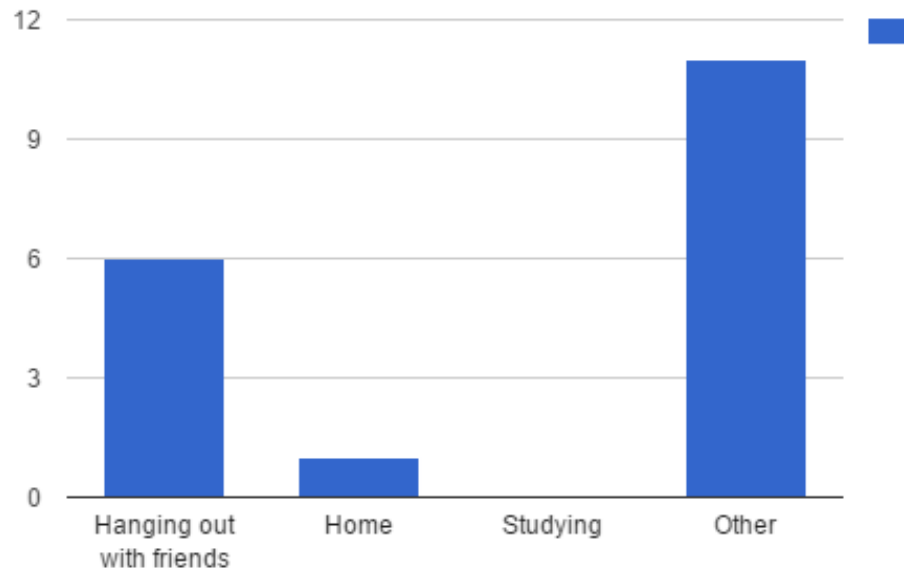
# 10. I am always able to stop drinking when I want to.

#	Answer	Response	%
1	Strongly agree	16	94%
2	Agree	0	0%
3	Neutral	0	0%
4	Disagree	1	6%
5	Strongly disagree	0	0%
	Total	17	100%



## 21. In what environment do you drink? Check all that apply.

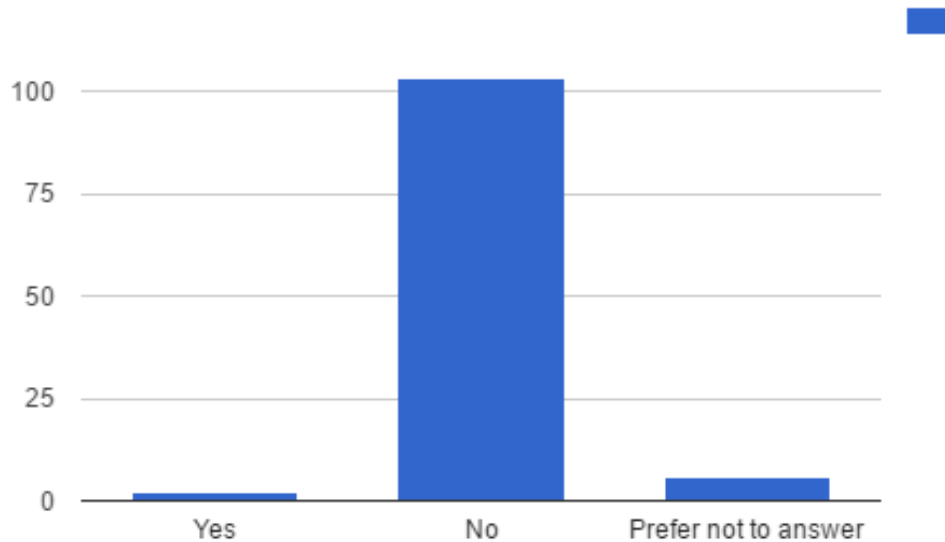
#	Answer	Response	%
1	Hanging out with friends	6	35%
2	Home	1	6%
3	Studying	0	0%
4	Other	11	65%





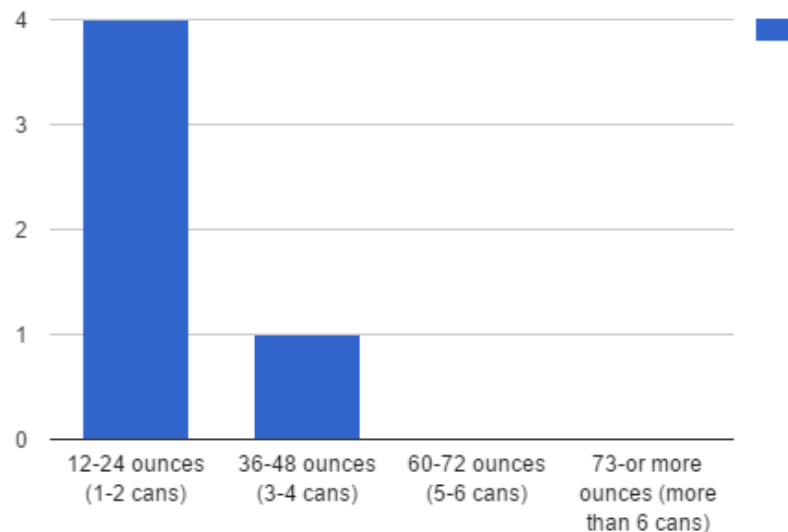
# 25. Do you drink alcoholic beverages while you study?

#	Answer	Response	%
1	Yes	2	2%
2	No	103	93%
3	Prefer not to answer	6	5%
	Total	111	100%



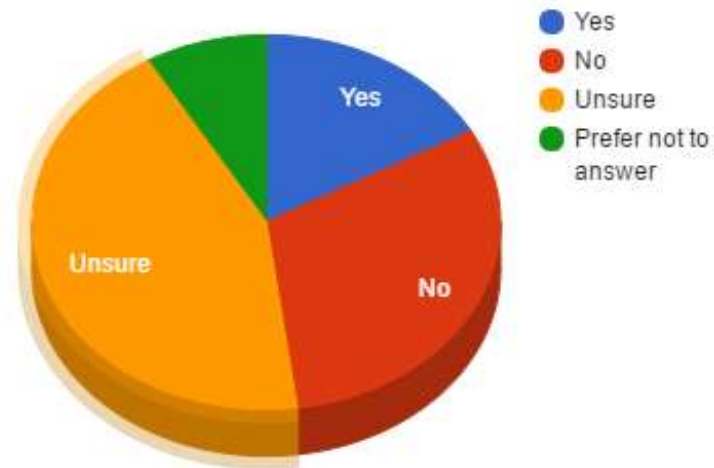
## 26. If yes, how much do you drink while you study?

#	Answer	Response	%
1	12-24 ounces (1-2 cans)	4	80%
2	36-48 ounces (3-4 cans)	1	20%
3	60-72 ounces (5-6 cans)	0	0%
4	73-or more ounces (more than 6 cans)	0	0%
	Total	5	100%



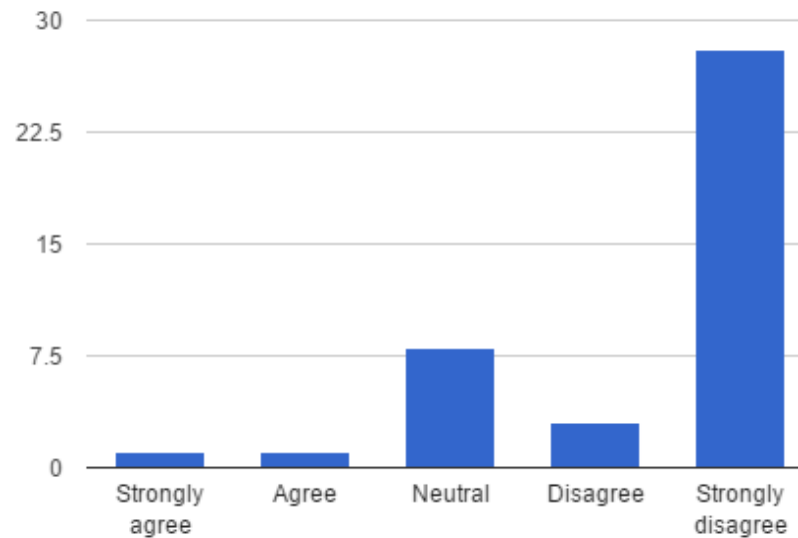
## 28. Do you feel that the consumption of alcoholic beverages affects your study habits?

#	Answer	Response	%
1	Yes	12	17%
2	No	22	31%
3	Unsure	31	44%
4	Prefer not to answer	6	8%
	Total	71	100%



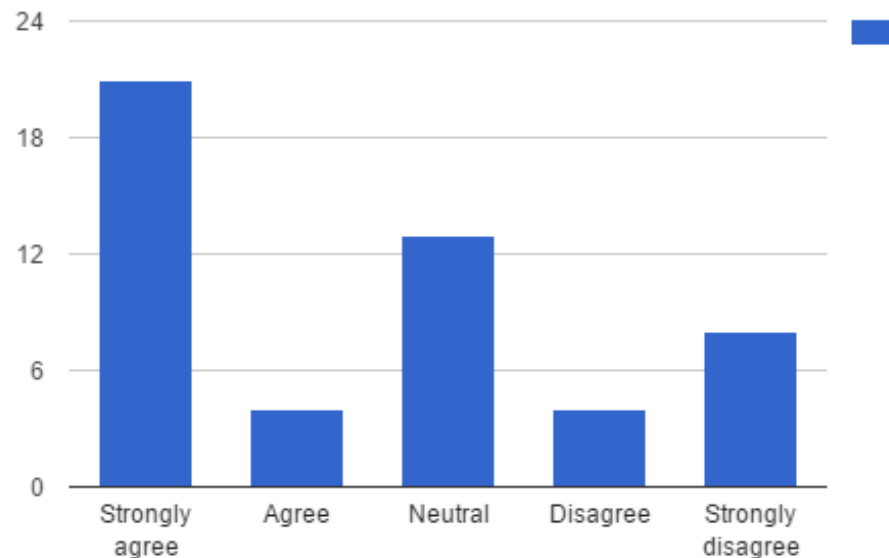
## 29. If yes, I feel alcohol has a positive effect on my grades.

#	Answer	Response	%
1	Strongly agree	1	2%
2	Agree	1	2%
3	Neutral	8	20%
4	Disagree	3	7%
5	Strongly disagree	28	68%
	Total	41	100%



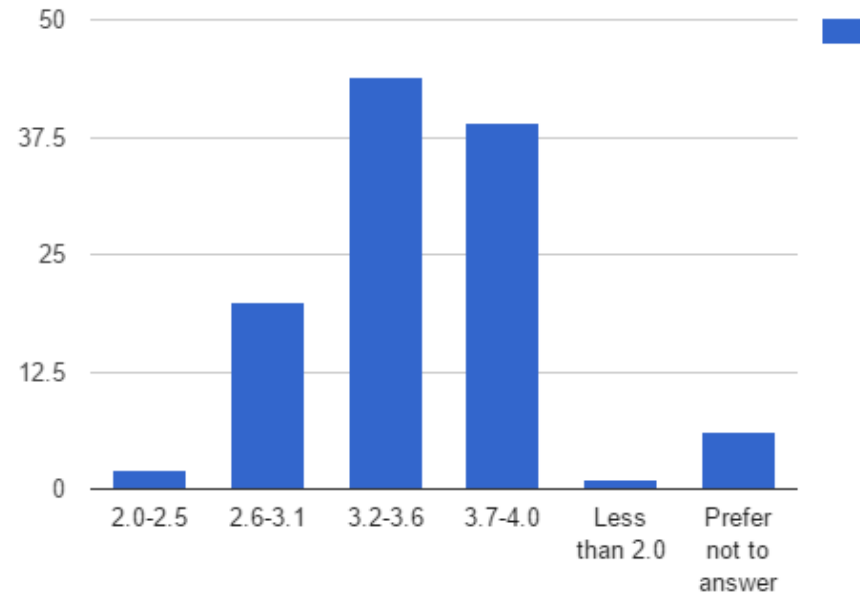
# 30. I feel alcohol has a negative affect on my grades.

#	Answer	Response	%
1	Strongly agree	21	42%
2	Agree	4	8%
3	Neutral	13	26%
4	Disagree	4	8%
5	Strongly disagree	8	16%
	Total	50	100%



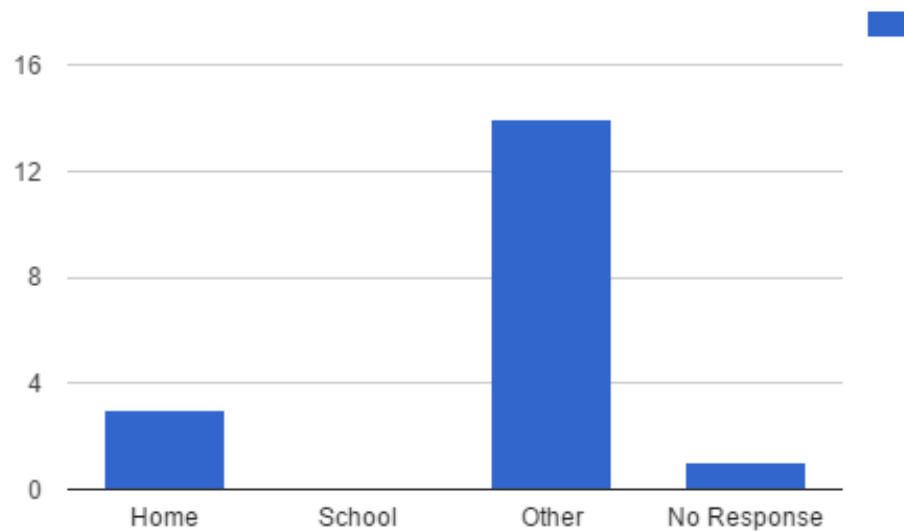
# 31. What is your GPA?

#	Answer	Response	%
1	2.0-2.5	2	2%
2	2.6-3.1	20	18%
3	3.2-3.6	44	39%
4	3.7-4.0	39	35%
5	Less than 2.0	1	1%
6	Prefer not to answer	6	5%
	Total	112	100%



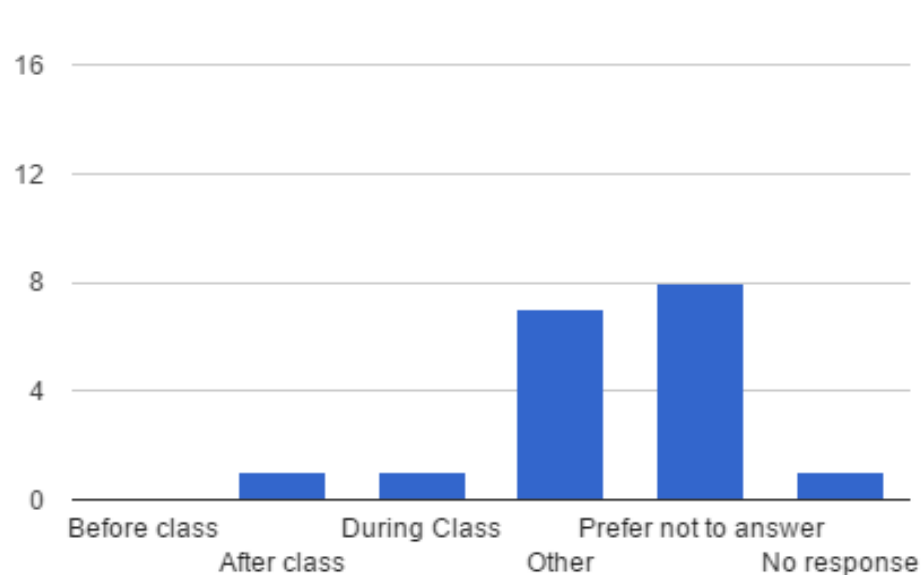
## 22. Where do you generally consume alcohol?

#	Answer	Response	%
1	Home	3	18%
2	School	0	0%
3	Other	14	82%
	Total	17	100%



## 24. When do you drink on campus?

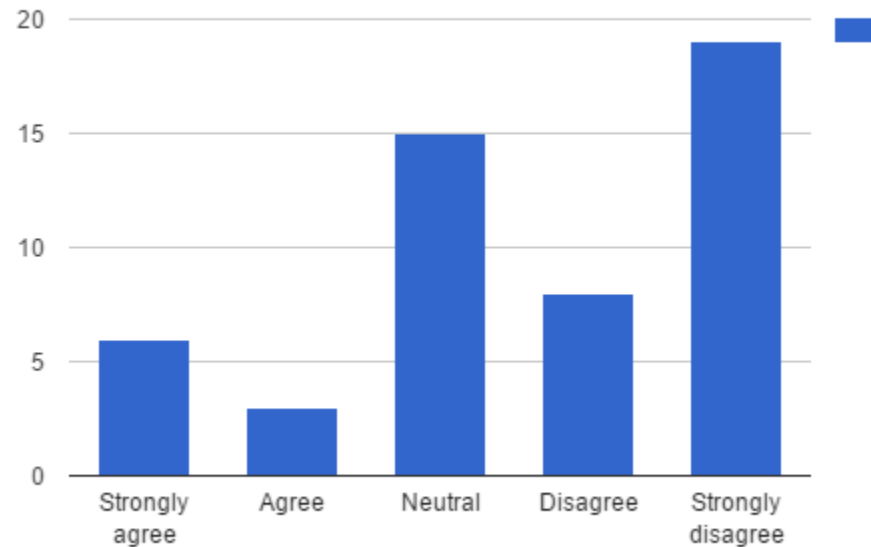
#	Answer	Response	%
1	Before class	0	0%
2	After class	1	6%
3	During class	1	6%
4	Other	7	41%
5	Prefer not to answer	8	47%
	Total	17	100%





## 42. I feel guilty after drinking alcohol.

#	Answer	Response	%
1	Strongly agree	6	12%
2	Agree	3	6%
3	Neutral	15	29%
4	Disagree	8	16%
5	Strongly disagree	19	37%
	Total	51	100%



## 48. What is your age?

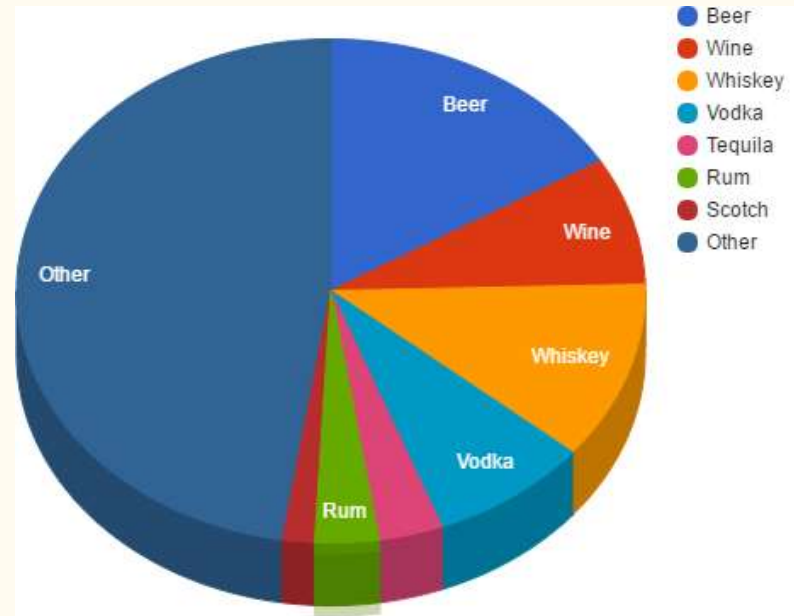
#	Answer	Response	%
1	21-25	60	65%
2	26-30	17	18%
3	31-35	8	9%
4	36-40	4	4%
5	41-45	1	1%
6	46-50	3	3%
7	51-older	0	0%
	Total	93	100%

## 53. What year in school are you?

#	Answer	Response	%
1	Senior	21	21%
2	Junior	31	32%
3	Sophomore	30	31%
4	Freshman	16	16%
	Total	98	100%

# 14. What is your alcoholic beverage of choice?

#	Answer	Response	%
1	Beer	10	16%
2	Wine	5	8%
3	Whiskey	7	11%
4	Scotch	0	0%
5	Brandy	0	0%
6	Vodka	5	8%
7	Tequila	2	3%
8	Rum	2	3%
9	Scotch	1	2%
10	Other	29	48%
	Total	61	100%



# Conclusions

- 1.) Does the level of alcohol consumption directly affect the level of academic success while attending a University level setting?

By the results from the survey showed that there are not enough results to completely determine that drinking while in school has a negative effect on GPA. However results from the survey itself shows that the majority of students that completed the survey either don't drink or only drink at special occasions. We believe that most of the reasoning behind this is either for religious reasons due to the mainly LDS culture in the area or personal reasons. The majority of the students that took the survey had an average of about a 3.0 G.P.A. which shows that the people that dont drink have a good G.P.A. However the one that do don't drink couldn't be accounted for due to a lack of data.

2.) How does alcohol affect the students here at Utah Valley University and is it a current problem?

Since most of the student body is either LDS or doesn't drink for personal reasons there is little to no effect on the students here at Utah Valley University. However there is about one to two percent of the student body that does drink. Unfortunately we couldn't get enough data about that specific group in order to positively determine that drinking has any effect on them. However there was 5% (3 people) that take illicit drugs when they do drink so that indicates that of those that drink they not only drink but show a complete disregard for the law.

3.) Should UVU allow alcohol on campus property, or should the consumption of alcohol on school property result in a punishable consequence?

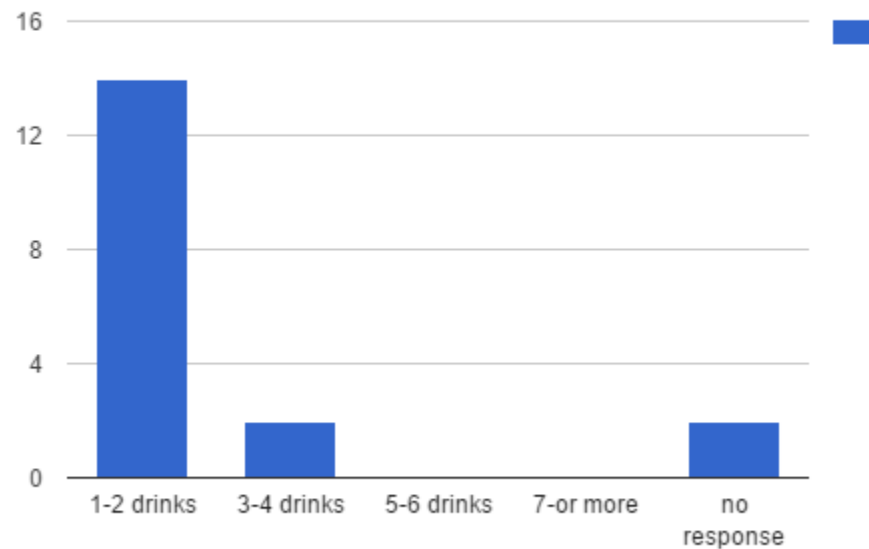
Utah Valley University is not just a school for those above the age of 21 to attend but even student that are still in high school. For that reason Utah Valley University should not allow the consumption of alcohol on campus do to the fact that there are students in high school and under the age of 21 in attendance. As well as yes there should be punishable consequences for those choosing to consume alcohol on the campus of Utah Valley University as well as even showing up to class under the influence.





## 2. If you do drink alcoholic beverages, how many alcoholic drinks do you consume daily?

#	Answer	Response	%
1	1-2 drinks	14	88%
2	3-4	2	13%
3	5-6	0	0%
4	7-or more	0	0%
	Total	16	100%

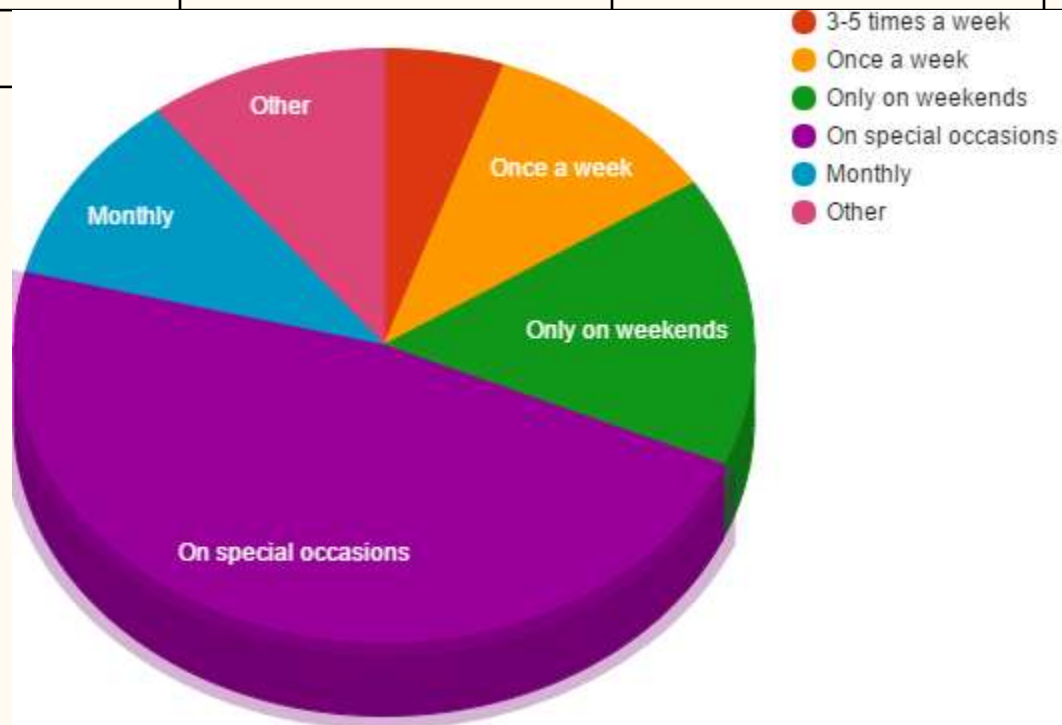


2. If you do drink alcoholic beverages, how many alcoholic drinks do you consume daily?

Statistic	Value
Min Value	1
Max Value	2
Mean	1.13
Variance	0.12
Standard Deviation	0.34
Total Responses	16

### 3. How often do you drink?

#	Answer	Response	%
1	Everyday	0	0%
2	3-5 times a week	1	5%
3	Once a week	2	11%
4	Only on weekends	3	16%
5	On special occasions	9	47%
6	Monthly	2	11%
7	Other	2	11%



### 3. How often do you drink?

Statistic	Value
Min Value	2
Max Value	7
Mean	4.79
Variance	1.62
Standard Deviation	1.27
Total Responses	19

## 4. When did you consume your last alcoholic beverage?

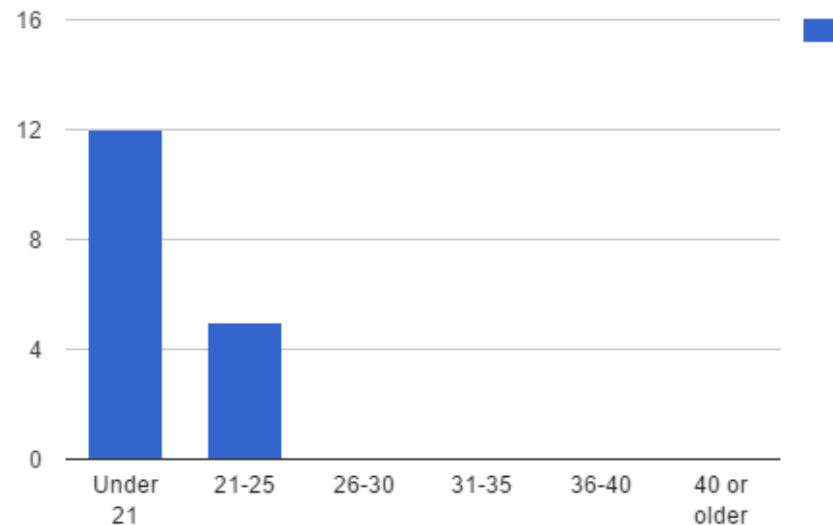
#	Answer	Response	%
1	Yesterday morning	0	0%
2	Yesterday afternoon	0	0%
3	Last night	5	100%
4	This morning	0	0%
5	This afternoon	0	0%
	Total	5	100%

7. On a scale of 1 to 10, 1 being low 10 being high, how high of a priority is drinking alcoholic be...

#	Answer	Response	%
1	1	12	71%
2	2	3	18%
3	3	2	12%
4	4	0	0%
5	5	0	0%
6	6	0	0%
7	7	0	0%
8	8	0	0%
9	9	0	0%
10	10	0	0%
	Total	17	100%

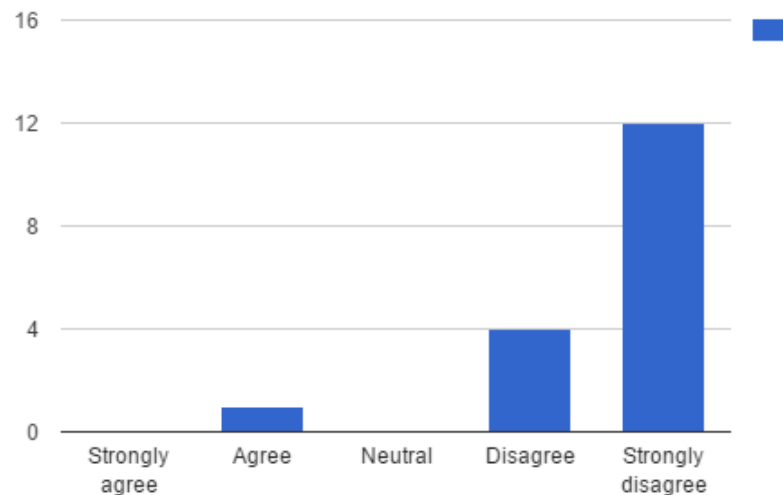
# 9. When did you first get intoxicated?

#	Answer	Response	%
1	Under 21	12	71%
2	21-25	5	29%
3	26-30	0	0%
4	31-35	0	0%
5	36-40	0	0%
6	40 or older	0	0%
	Total	17	100%



# 11. I constantly binge drink. (Binge drinking: The consumption of an excessive amount of alcohol in a....

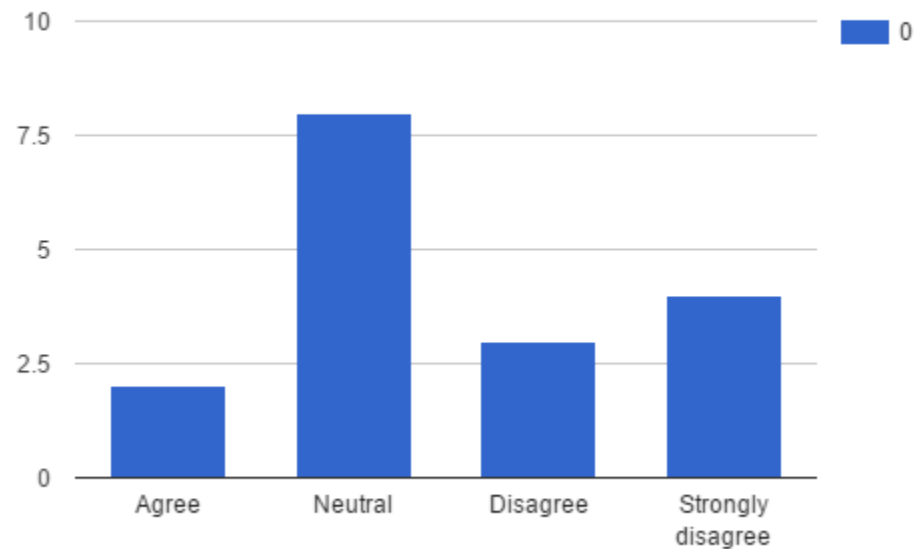
#	Answer	Response	%
1	Strongly agree	0	0%
2	Agree	1	6%
3	Neutral	0	0%
4	Disagree	4	24%
5	Strongly disagree	12	71%
	Total	17	100%





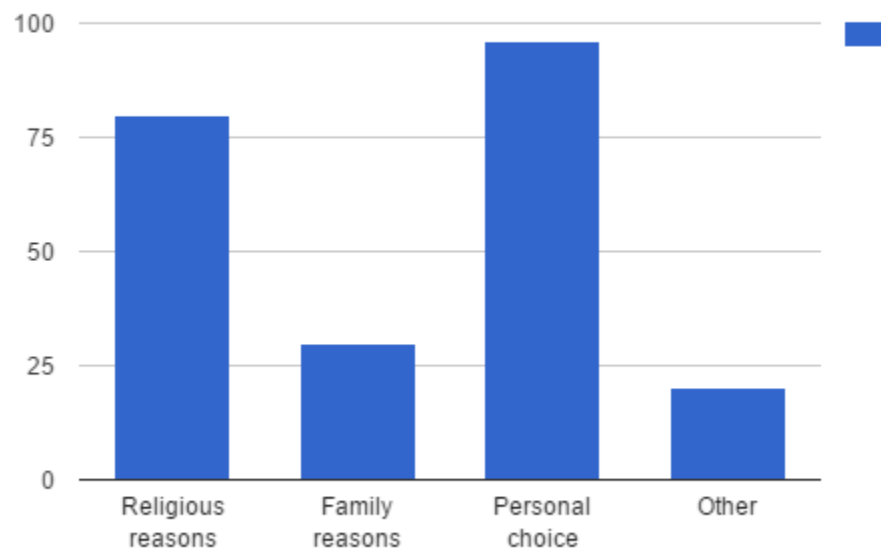
# 12. I drink to get drunk.

#	Answer	Response	%
1	Strongly agree	0	0%
2	Agree	2	12%
3	Neutral	8	47%
4	Disagree	3	18%
5	Strongly disagree	4	24%
	Total	17	100%



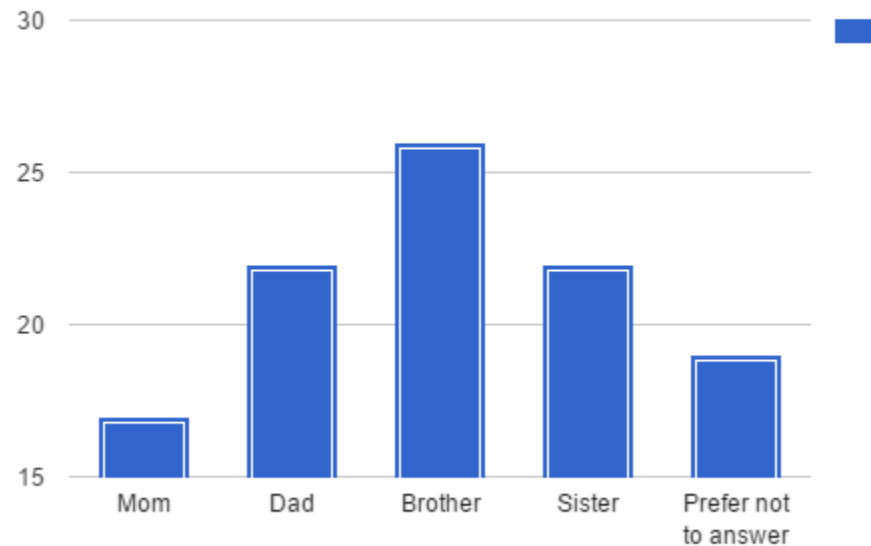
# 13. Why do you choose not to drink alcohol? Mark all that apply.

#	Answer	Response	%
1	Religious reasons	80	63%
2	Family reasons	30	23%
3	Personal choice	96	75%
4	Other	20	16%



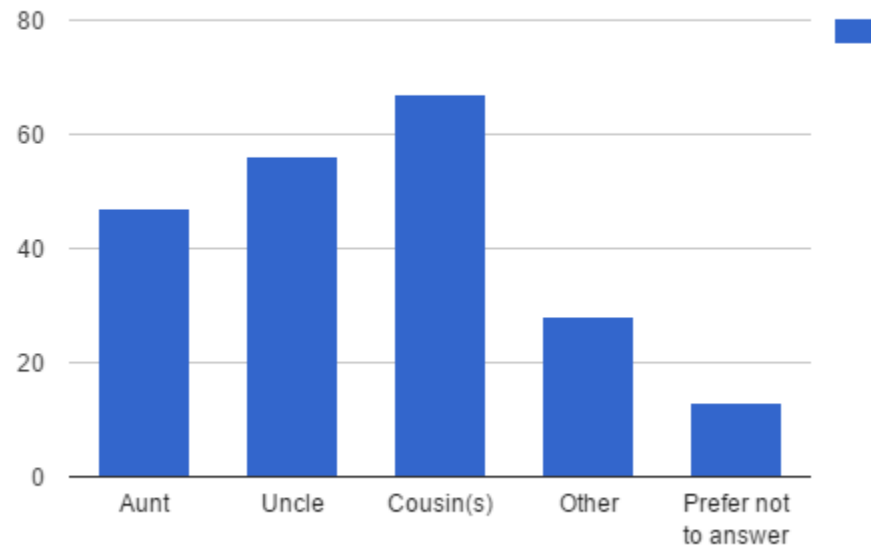
# 15. Who in your immediate family drinks alcohol? Check all that apply.

#	Answer	Response	%
1	Mom	17	24%
2	Dad	22	31%
3	Brother	26	36%
4	Sister	22	31%
5	Prefer not to answer	19	26%



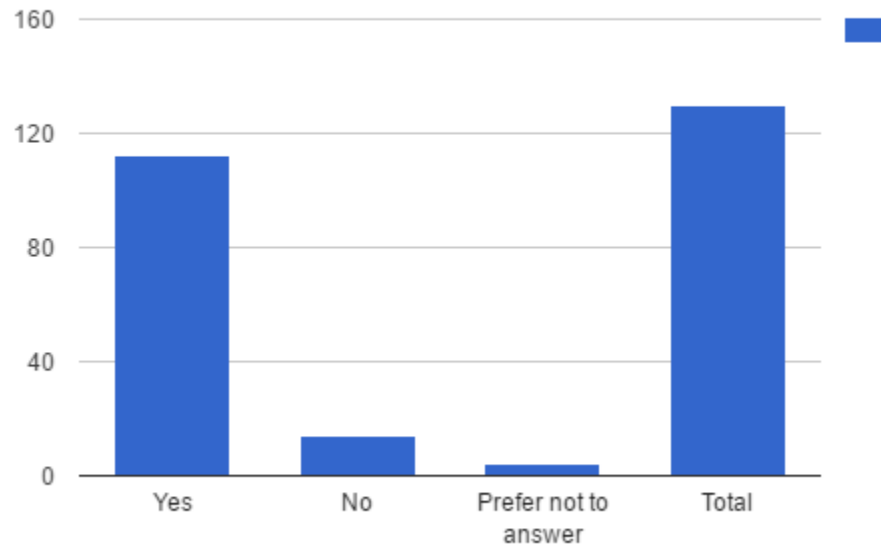
# 16. Who in your extended family drinks alcohol? Check all that apply.

#	Answer	Response	%
1	Aunt	47	44%
2	Uncle	56	52%
3	Cousin(s)	67	63%
4	Other	28	26%
5	Prefer not to answer	13	12%



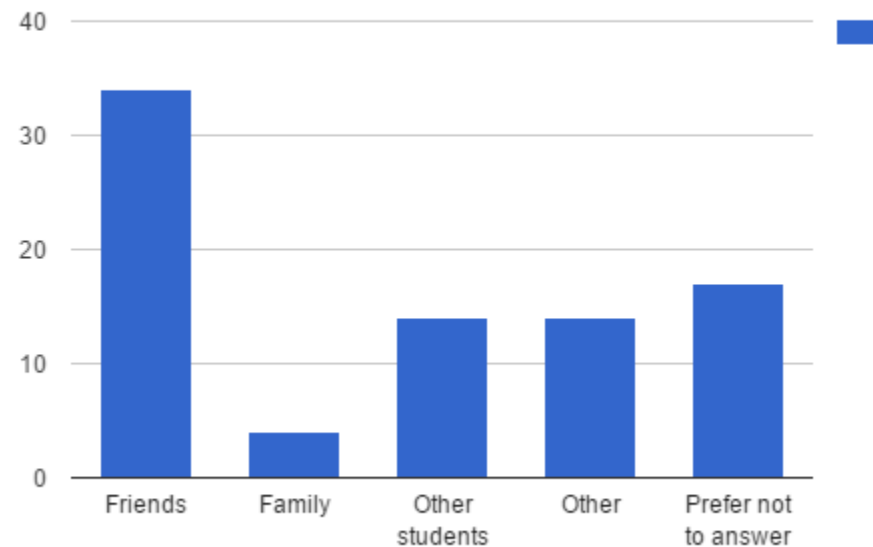
# 17. Do you have friends or acquaintances who drink alcoholic beverages?

#	Answer	Response	%
1	Yes	112	86%
2	No	14	11%
3	Prefer not to answer	4	3%
	Total	130	100%



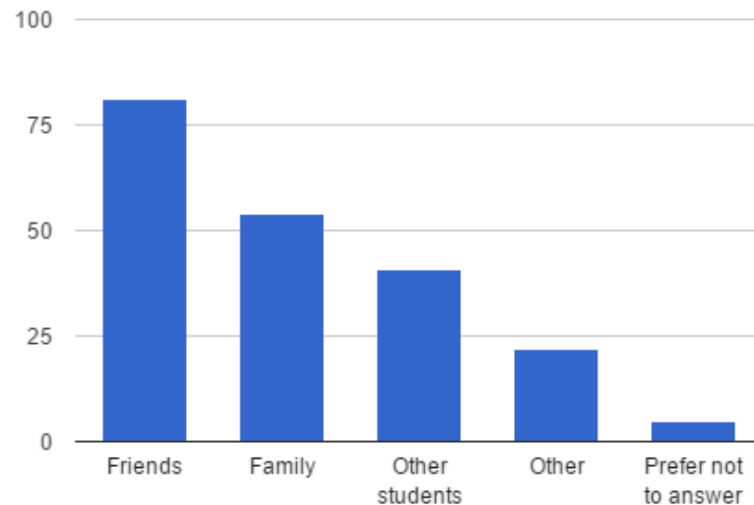
# 18. Who of your associates peer pressures you to drink alcohol? Check all that apply.

#	Answer	Response	%
1	Friends	34	54%
2	Family	4	6%
3	Other students	14	22%
4	Other	14	22%
5	Prefer not to answer	17	27%



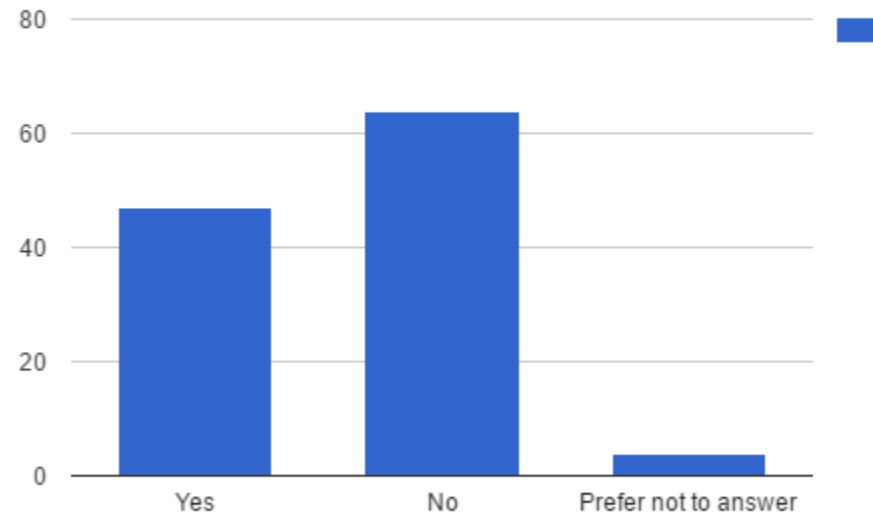
# 19. Who are your associates who drink alcoholic beverages? Check all that apply.

#	Answer	Response	%
1	Friends	81	75%
2	Family	54	50%
3	Other students	41	38%
4	Other	22	20%
5	Prefer not to answer	5	5%



## 20. Do you attend parties where alcoholic beverages are present?

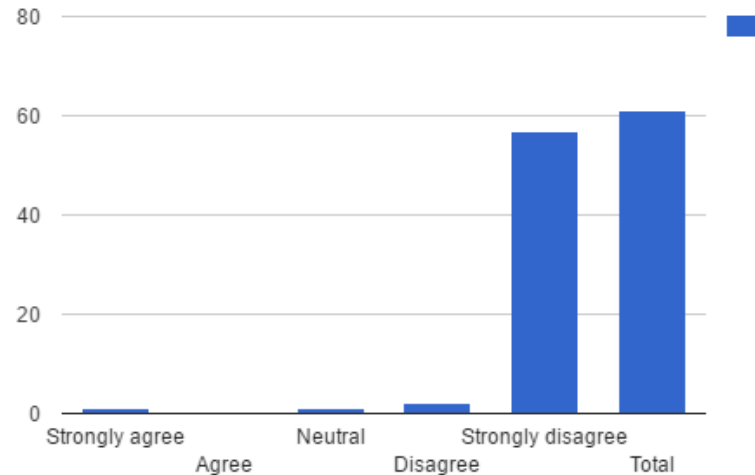
#	Answer	Response	%
1	Yes	47	41%
2	No	64	56%
3	Prefer not to answer	4	3%
	Total	115	100%





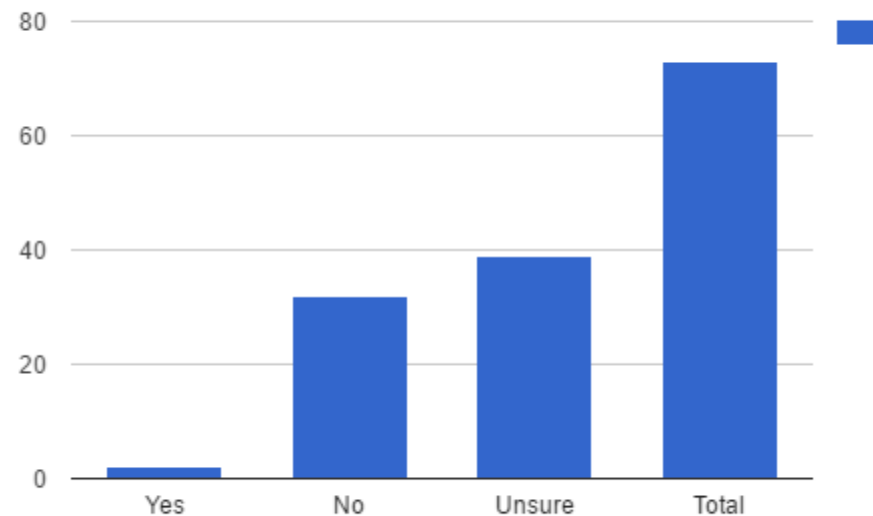
## 23. I have missed class due to drinking alcohol.

#	Answer	Response	%
1	Strongly agree	1	2%
2	Agree	0	0%
3	Neutral	1	2%
4	Disagree	2	3%
5	Strongly disagree	57	93%
	Total	61	100%



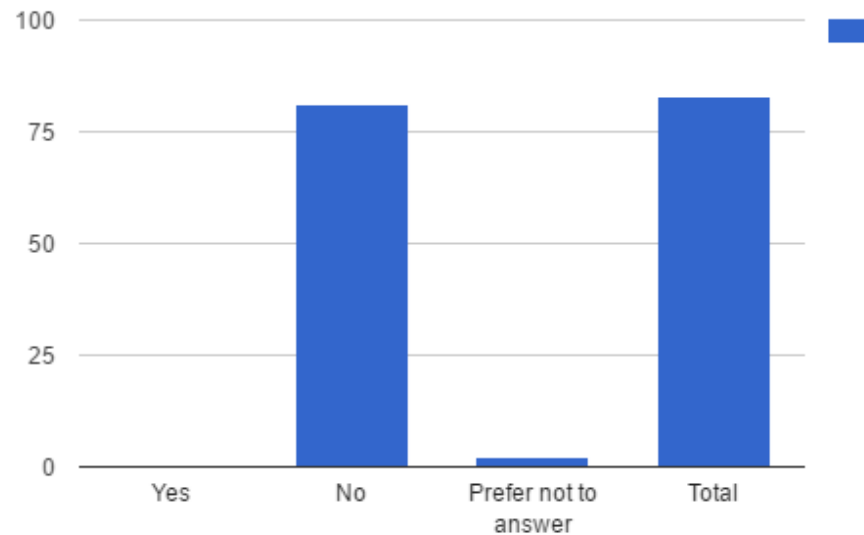
# 27. Do you test better when you consume alcohol or liquor?

#	Answer	Response	%
1	Yes	2	3%
2	No	32	44%
3	Unsure	39	53%
	Total	73	100%



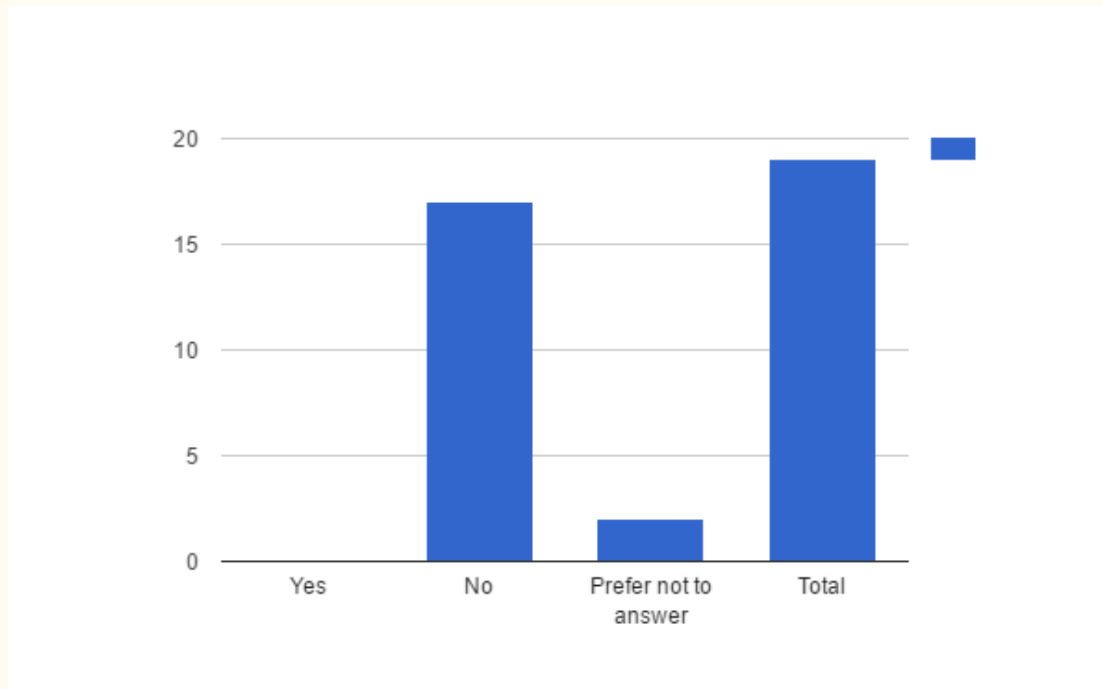
## 32. Do you drink alcoholic beverages to function better?

#	Answer	Response	%
1	Yes	0	0%
2	No	81	98%
3	Prefer not to answer	2	2%
	Total	83	100%



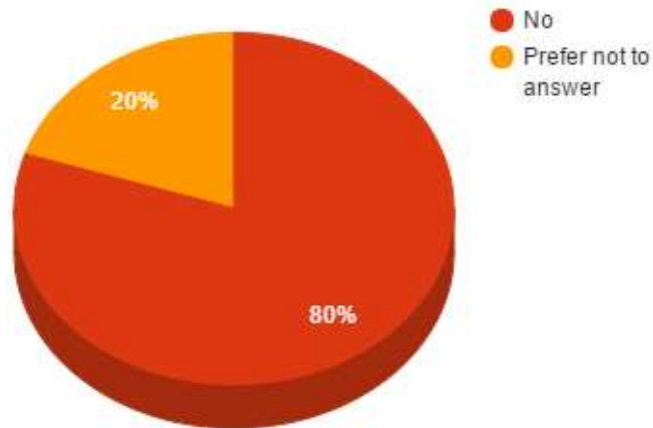
### 33. Have you ever failed a class due to alcohol?

#	Answer	Response	%
1	Yes	0	0%
2	No	17	89%
3	Prefer not to answer	2	11%
	Total	19	100%



# 34. Have you ever had an academic suspension due to alcohol?

#	Answer	Response	%
1	Yes	0	0%
2	No	8	80%
3	Prefer not to answer	2	20%
	Total	10	100%



35. On a scale of 1 to 10, 1 being low 10 being high, how high of a priority is education to you?

#	Answer	Response	%	Statistic	Value
1	1	0	0%	Min Value	7
2	2	0	0%	Max Value	10
3	3	0	0%	Mean	9.00
4	4	0	0%	Variance	0.97
5	5	0	0%	Standard Deviation	0.98
6	6	0	0%	Total Responses	32
7	7	3	9%		
8	8	6	19%		
9	9	11	34%		
10	10	12	38%		
	Total	32	100%		

## 36. Have you ever passed out (blackout) due to drinking alcoholic beverages?

#	Answer	Response	%
1	Yes	0	0%
2	No	17	94%
3	Prefer not to answer	1	6%
	Total	18	100%

# 37. Have you ever experienced memory loss due to drinking alcoholic beverages?

#	Answer	Response	%
1	Yes	1	5%
2	No	17	89%
3	Prefer not to answer	1	5%
	Total	19	100%



## 38. Alcohol has had a negative affect on my memory.

#	Answer	Response	%
1	Strongly agree	0	0%
2	Agree	1	100%
3	Neutral	0	0%
4	Disagree	0	0%
5	Strongly disagree	0	0%
	Total	1	100%

# 39. Have you ever felt nauseous due to drinking alcohol?

#	Answer	Response	%
1	Yes	2	13%
2	No	13	81%
3	Prefer not to answer	1	6%
	Total	16	100%

# 40. Have you ever had a loss of balance due to alcohol?

#	Answer	Response	%
1	Yes	2	100%
2	No	0	0%
	Total	2	100%

# 41. Do you drink to escape pain, either physical or emotional?

#	Answer	Response	%
1	Yes, physical pain only	0	0%
2	Yes, emotional pain only	1	1%
3	Yes, both physical and emotional pain	2	2%
4	No	73	88%
5	Unsure	3	4%
6	Prefer not to answer	4	5%
	Total	83	100%

# 43. I take illicit drugs when I drink alcoholic beverages.

#	Answer	Response	%
1	Always	0	0%
2	Sometimes	3	5%
3	Never	56	90%
4	Prefer not to answer	3	5%
	Total	62	100%

44. I take prescription drugs when I drink alcoholic beverages.

#	Answer	Response	%
1	Always	0	0%
2	Sometimes	0	0%
3	Never	59	95%
4	Prefer not to answer	3	5%
	Total	62	100%

## 45. Do you drink and drive?

#	Answer	Response	%
1	Yes	0	0%
2	No	94	97%
3	Prefer not to answer	3	3%
	Total	97	100%

# 46. If yes, have you ever been pulled over for a DUI?

#	Answer	Response	%
1	Yes	0	0%
2	No	57	93%
3	Prefer not to answer	4	7%
	Total	61	100%



# 47. If yes, where were you pulled over for a DUI?

#	Answer	Response	%
1	College campus	0	0%
2	Highway	0	0%
3	Local neighborhood	0	0%
4	Other	4	100%
	Total	4	100%

## 49. What gender are you?

#	Answer	Response	%
1	Male	52	52%
2	Female	47	47%
3	Prefer not to answer	1	1%
	Total	100	100%

## 50. What is your ethnicity?

#	Answer	Response	%
1	Black, not Hispanic	1	1%
2	American Indian	2	2%
3	Asian	0	0%
4	Hispanic	5	5%
5	Caucasian	90	92%
6	Islander	0	0%
7	Other (please specify)	0	0%
	Total	98	100%

# 51. What is your marital status?

#	Answer	Response	%
1	Married	36	36%
2	Single	48	48%
3	Engaged	12	12%
4	Other	3	3%
	Total	99	100%

## 52. Who do you live with?

#	Answer	Response	%
1	Friends	27	29%
2	Parents	20	22%
3	Extended family	9	10%
4	Alone	4	4%
5	Other	32	35%
	Total	92	100%

# 54. What is your major?

Text Response
Emergency services
History Ed
Communications
Comm
generals
Undecided
School health education
Physics
Social Work
International business
Technology Management
Journalism
aeospace engineering
Communication
Nursing
Comm
Marketing
undecided

## 54. What is your major?

Statistic	Value
Total Responses	60

# 55. If you are a senior, when do you plan to graduate?

#	Answer	Response	%
1	This semester (Spring 2016)	10	27%
2	Next semester (Summer 2016)	6	16%
3	Next Fall (Fall 2016)	2	5%
4	Anytime past Fall 2016	19	51%
	Total	37	100%