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### Prevalence and Pattern of Alcoholic Beverage Consumption among Undergraduates in Remo, Ogun State, Southwest, Nigeria

#### *Prévalence Et Mode De Consommation De Boissons Alcoolisées Chez Les Étudiants De Premier Cycle À Remo, Dans L'État d'Ogun, Au Sud-Ouest Du Nigeria*

<sup>1</sup>O.O. Sholeye, <sup>2</sup>Z.T. Alimi, <sup>1</sup>O.A. Jeminusi, <sup>1</sup>A.A. Gbadebo, <sup>3</sup>A. Akinpelu

#### ABSTRACT

**BACKGROUND:** Alcoholic beverages come in various shades and flavours, often intensely advertised to the youthful population on various media channels within the state. Excessive intake is known to have deleterious effects on several dimensions of health. This study therefore assessed the prevalence and pattern of alcoholic beverage consumption among undergraduates in Remo division of Ogun State, Nigeria.

**METHODS:** A cross-sectional study was carried out among 420 students attending three tertiary institutions in Remo area, Ogun State, selected via multi-stage sampling. Data were collected using a validated self-administered, semi-structured questionnaire and analyzed with SPSS 20.0. Relevant descriptive and inferential statistics were calculated ( $p < 0.05$ ).

**RESULTS:** The mean age of respondents was  $20.12 \pm 3.2$  years, with 219 (54.3%) being female. Only 14 (3.5%) respondents believed alcoholic beverage consumption was good. One hundred and forty-two (35.2%) participants consumed alcoholic beverages. Of these, 58 (40.8%) engaged in binge drinking; 28 (19.7%) drank daily; 101 (70.9%) consumed wines and related drinks. One hundred and twenty (84.5%) of these respondents had difficulty controlling their intake; 25 (17.6%) got drunk; 16 (11.3%) got into fights; 35 (24.6%) skipped meals after drinking; 39 (27.5%) experienced some difficulty with memory; 52 (36.6%) had parents who consumed alcoholic beverages regularly. Alcohol consumption was significantly associated with: age; parents' occupation; living arrangement and religion.

**CONCLUSION:** Alcoholic beverage consumption was slightly high, with majority of these respondents drinking at a moderate level. Targeted behaviour change communication and counseling services will be most beneficial to address this emerging public health concern.

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**KEYWORDS:** Alcohol, Prevalence, Undergraduates, Drinks, Southwest.

#### RÉSUMÉ

**CONTEXTE:** Les boissons alcoolisées se présentent sous diverses formes et saveurs, et font souvent l'objet d'une publicité intense auprès des jeunes sur les jeunes sur divers médias de l'État. On sait qu'une consommation excessive a des effets délétères sur plusieurs dimensions de la santé. Cette étude a donc évalué la prévalence et les habitudes de consommation de boissons alcoolisées parmi les étudiants de premier cycle de la division Remo de l'État d'Ogun, Nigeria.

**MÉTHODES:** Une étude transversale a été réalisée parmi 420 étudiants fréquentant trois institutions tertiaires dans la région de Remo, dans l'État d'Ogun, sélectionnés via un échantillonnage à plusieurs degrés. Les données ont été collectées à l'aide d'un questionnaire validé auto-administré, questionnaire semi-structuré validé et analysés avec SPSS 20.0. Les statistiques descriptives et inférentielles pertinentes ont été calculées ( $p < 0,05$ ).

**RÉSULTATS:** L'âge moyen des répondants était de  $20,12 \pm 3,2$  ans, 219 (54,3 %) étaient des femmes. Seuls 14 répondants (3,5 %) pensaient que la consommation de boissons d'alcool était bonne. Cent quarante-deux (35,2 %) participants ont consommé des boissons alcoolisées. Parmi eux, 58 (40,8 %) s'adonnaient à la consommation excessive d'alcool ; 28 (19,7 %) buvaient quotidiennement ; 101 (70,9 %) ont consommé des vins et des boissons apparentées. Cent vingt (84,5 %) de ces répondants ont eu des difficultés à contrôler leur consommation ; 25 (17,6 %) se sont enivrés ; 16 (11,3 %) se sont bagarrés ; 35 (24,6 %) ont sauté des repas après avoir bu ; 39 (27,5 %) ont éprouvé des difficultés de mémoire ; 52 (36,6 %) avaient des parents qui consommaient régulièrement des boissons alcoolisées. La consommation d'alcool est significativement associée à l'âge, à la profession des parents, au mode de vie et à la religion.

**CONCLUSION:** La consommation de boissons alcoolisées était légèrement élevée avec la majorité de ces répondants consommant à un niveau modéré. Des services de communication et de conseil ciblés sur les changements de comportement seront les plus bénéfiques pour répondre à ce nouveau problème de santé publique.

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**MOTS CLÉS:** Alcool, Prévalence, Étudiants de premier cycle, Boissons, Sud-ouest.

<sup>1</sup>Department of Community Medicine & Primary Care, Olabisi Onabanjo University Teaching Hospital, Sagamu, Ogun State, Nigeria.

<sup>2</sup>Federal Medical Centre, Idi-Aba, Abeokuta, Ogun State.

<sup>3</sup>Benjamin Carson (Snr) School of Medicine, Babcock University, Ilishan-Remo, Ogun State, Nigeria.

**Correspondence:** Oluwafolahan O. Sholeye, Department of Community Medicine & Primary Care, Olabisi Onabanjo University Teaching Hospital, Sagamu, Ogun State, Nigeria. Email: folasholeye@gmail.com.