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Patterns of Energy Drink Consumption and Perceived Benefits Among Medical Students in A Tertiary Institution in South-Eastern Nigeria

Consommation de boissons énergisantes et bénéfices perçus chez les étudiants en médecine d'un établissement tertiaire du sud-est du Nigeria

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ABSTRACT

BACKGROUND: Energy drinks (EDs) have become a serious public health issue worldwide, because of the effects of the contents. There has been a remarkable surge in global consumption, particularly among college students. This trend has raised concerns regarding safety alongside the marketing claims of physiological and behavioural benefits.

OBJECTIVE: This study sought to assess the prevalence, consumption patterns, and perceived benefits of Energy drinks among medical students in Nnamdi Azikiwe University Teaching Hospital, Nnewi, Anambra state, Nigeria.

MATERIALS AND METHODS: After obtaining approval from the ethics and research committees of NAUTH Nnewi, 200 students who met the eligibility criteria were selected by a two-stage sampling procedure to participate in the study over one month. Data was collected through a pretested, self-administered, semi-structured questionnaire and analysed using Statistical Package for Social Sciences (SPSS) version 25.0. This study's significance level was set at $P < 0.05$ for all analyses.

RESULTS: The results of this study revealed that 81.5% of participants had consumed energy drinks at some point in their lives, with the majority starting between the ages of 10 and 20 years. The most frequently consumed energy drink was Fearless, accounting for 55.2% of the reported consumption. The primary motivations for energy drink consumption included promotion (25%), peer influence (25%), and curiosity (23.5%). Participants cited various reasons for using energy drinks, including the desire for alertness enhancement (47.2%), seeking refreshment (42.3%), stress relief (23.3%), stimulation (22.1%), and improved concentration (19.6%).

CONCLUSION: The research underscores elevated rates of energy drink consumption among these students, underscoring the imperative for robust education and awareness programs aimed at empowering medical students to make well-informed choices.

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KEYWORDS: Energy drinks; Consumption patterns; Perceived benefits; Medical students; Tertiary institution; South-eastern Nigeria

RÉSUMÉ

CONTEXTE: Les boissons énergisantes (BE) sont devenues un sérieux problème de santé publique dans le monde entier en raison des effets de leur contenu. Leur consommation a connu une augmentation remarquable à l'échelle mondiale, en particulier chez les étudiants universitaires. Cette tendance a soulevé des inquiétudes concernant la sécurité et les allégations marketing de bénéfices physiologiques et comportementaux.

OBJECTIF: Cette étude visait à évaluer la prévalence, les habitudes de consommation et les bénéfices perçus des boissons énergisantes chez les étudiants en médecine de l'hôpital universitaire Nnamdi Azikiwe, Nnewi, État d'Anambra, au Nigeria.

MÉTHODES: Après avoir obtenu l'approbation des comités d'éthique et de recherche du NAUTH Nnewi, 200 étudiants répondant aux critères d'éligibilité ont été sélectionnés selon une procédure d'échantillonnage en deux étapes pour participer à l'étude sur une période d'un mois. Les données ont été collectées à l'aide d'un questionnaire semi-structuré auto-administré pré-testé et analysées à l'aide du logiciel SPSS version 25.0. Le niveau de signification de cette étude a été fixé à $P < 0,05$ pour toutes les analyses.

RÉSULTATS: Les résultats de cette étude ont révélé que 81,5 % des participants avaient consommé des boissons énergisantes à un moment donné de leur vie, la majorité ayant commencé entre 10 et 20 ans. La boisson énergétique la plus fréquemment consommée était Fearless, représentant 55,2 % de la consommation déclarée. Les principales motivations de la consommation de boissons énergisantes étaient la promotion (25 %), l'influence des pairs (25 %) et la curiosité (23,5 %). Les participants ont cité diverses raisons pour consommer des boissons énergisantes, notamment le désir d'améliorer l'alerte (47,2 %), de se rafraîchir (42,3 %), de soulager le stress (23,3 %), de stimuler (22,1 %) et d'améliorer la concentration (19,6 %).

CONCLUSION: La recherche souligne les taux élevés de consommation de boissons énergisantes chez ces étudiants, soulignant la nécessité de programmes d'éducation et de sensibilisation solides visant à permettre aux étudiants en médecine de faire des choix éclairés.

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MOTS-CLÉS: Boissons énergisantes, habitudes de consommation, bénéfices perçus, étudiants en médecine, établissement tertiaire, sud-est du Nigeria

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