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ASSOCIATION BETWEEN PERCEIVED STRESS AND ALCOHOL CONSUMPTION IN STUDENTS FROM IFPE - VITÓRIA'S FROM SANTO ANTÃO CAMPUS

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ABSTRACT

Introduction: The term stress can be defined as a psychosocial phenomenon with biological. Alcohol has a social effect, making it more evident at school due to concern by young people. **Objective:** Identify the perceived stress level, the prevalence of alcohol consumption and to verify the association of the stress level with alcohol consumption among students of the Federal Institute of Education, Science and Technology of Pernambuco. **Methodology:** The sample consisted of 217 students, with a mean age of 15.52 (Minimum 13 and maximum 19). The most were male (52 %), semi-resident (79 %), rural (67 %). **DISCUSSION:** The average perceived stress was 48.22, with a minimum of 36, a maximum of 63 and a standard deviation of 5.01. About six out of ten do something to relieve stress. These data differ slightly from those found in the pilot study, where about seven out of ten students report some feeling of irritation in the past month (72.7 %), 63.6 % report that they're feeling happy, 81.8 % of them had or are having an emotional problems that still makes them sad. **Results:** As mechanisms to relieve stress, eight categories were identified, most of them had used for leisure. Regarding stress, this research presents results similar to other studies involving adolescent students, however, with different assessment instruments, where the stress level ranged from 13.16 % to 73 %. **Conclusion:** The study points out that the stress during adolescence in the school environment is related to several factors, such as: school postage, excessive academic activities, disputes, fear of disapproval and anxiety. Regarding the consumption of alcohol, almost half already used (47 %).

Keywords: Adolescents¹, Alcoholic beverages², Stress³.

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INTRODUCTION

The term stress can be defined “as a psychosocial phenomenon with biological repercussion by a real or imagined threat situation that affects the mental / physical integrity of the individual” (SANTOS, 2010), and these effects of psychophysiological stress, leading to physiological changes, such as a release of neurotransmitters (NATER et al., 2006).

There are several situations that trigger stress, as well as ways in which each individual faces and responds to these situations. The education mode can also be a stressfull for the place, as it imposes deadlines, overloads, social involvement, expectations and demands on students. One of the ways to control these situations may be the escape through legal drugs, as they are usually associated with positive expectations in the student's imagination, such as relaxation and forgetting problems and concerns. (PATRICK et al., 2010; SOUZA et al., 2010)

Among the licit drugs used by adolescents and young people, alcohol consumption is one of the most worrying, its onset is early (NOAL et al., 2010), has a high prevalence (WHO, 2014) and fiscalization, as well as media regulation it is still ambiguous and deficient (ROMANO et al., 2007; VENDRAME et al., 2009). The consumption of alcohol also has a socializing, integrating effect, and this becomes more evident in the school environment, where there is interest in the part of the young student to enter in groups, being that the excessive consumption of alcohol is three to five times higher among those who have friends who also drink alcohol (STICKLEY et al., 2013).

However, the alcohol consumption during youth brings with it numerous health problems, including irreversible changes in the developing central nervous system (LISDAHL et al., 2013), with decreased, among other aspects, of the neurocognitive performance (SQUEGLIA et al., 2012). Addition to this, the students who report

alcohol consumption are also more likely to miss school activities (STICKLEY et al., 2013) and have suicidal thoughts (CARVALHO et al., 2011), which may trigger more situations off stress, forcing the individual to enter the vicious circle for stress control.

On the other hand, no studies evaluating this theme were found in the federal network of technical and technological education, being the focus of student research was limited to the municipal, state and university public network (CARVALHO et al., 2011; WAGNER; ANDRADE, 2008). But without addressing stress control specifically.

The National Student Assistance Policy (PNAES) regulated by Decree No. 7,234 of July 2010 (BRAZIL, 2010) established, among other actions, the responsibility of the Federal Educational Institutions, for the biopsychosocial attention of undergraduate studies, however in Feds of Education, Science and Technology are also high school / technical and youth and adult education students who by prerogative enjoy the same rights as undergraduate students. However, it is necessary to know how biopsychosocial requires, in fact, to draw up action plans that can prevent health problems that may interfere with the permanence of young people in federal public education, including stress.

OBJECTIVE

Given the above, the objective of this research is to identify the perceived the stress level and the prevalence of alcohol consumption, as to verify the association of the stress level with alcohol consumption among the students of the Federal Institute of Education, Science and Technology of Pernambuco.

METHODS

The present research had a cross-sectional lineation with a quantitative and qualitative approach. The target population were all students regularly enrolled at the Federal Institute of Education, Science and Technology of Pernambuco - Vitória de Santo Antão

Campus. From this population was taken a sample to conduct the research. One sampling was performed by conglomerate with possibility of increasing data heterogeneity, since the same local preservation values are similar. The conglomerate was divided into internship one being a primary sampling unit: the course (integrated agriculture and agribusiness).

To calculate the sample, was used the OpenEpi website, available on the link: http://www.openepi.com/Menu/OE_Menu.htm.

The randomization was performed by the website: <http://www.randomizer.org/>. Three instruments were used for data collect: a guide for demographic and socioeconomic data, such as gender, age, place of domicile and family income, a questionnaire for stress assessment and another for alcohol consumption.

For stress assessment, the Perceived Stress Scale (PSS) was used. (COHEN; KAMARCK; MERMELSTEIN, 1983), which assesses self-perceived stress estimation through three aspects: "presence of specific stress-causing agents, physical and psychological symptoms of stress, and general perception of stress". For this evaluation, the self-applied instrument is divided into 14 items on a scale of zero to four points for each item, where zero (0) is never and four (4) is always (DIAS et al., 2015).

To assess alcohol consumption, the Fast Alcohol Screening Test (FAST) was used. This instrument was developed from AUDIT and presents four questions aimed at early identifying disorders related to alcohol use, being widely used and validated for Brazil. (GAYA, 2011).

The data were double tabulated in EpiData software and processed for analysis in the SPSS version 21 (CAAE: 02289512.8.0000.5207). 0 statistical program. Descriptive analyzes were performed through frequency distribution for categorical data and mean and standard deviation for numerical data. For the latter, data normality analysis was also performed using the Kolmogorov-Smirnov test. Included inferences that contain the Chi-square test. The qualitative

data were analyzed using Bardin content analysis.

RESULTS AND DISCUSSION

One sample consisted of 217 students, with a mean age of 15.52 (Minimum 13 and maximum 19). Most are male (52%), semi-resident (79%), rural (67%) and religious (83.9%).

Most feel happy (53%), however 67% reported some feeling of irritation in the last month, and 41% reported some emotional problem that still makes them sad. The average perceived stress was 48.22, with a minimum of 36, a maximum of 63 and a standard deviation of 5.01. About six out of ten did something to relieve stress. These data differ slightly from those found in the pilot study, where about seven out of ten students reported some feeling of irritation in the past month (72.7%), 63.6% reported feeling happy, 81.8% had or have an emotional problem that still makes sadness. Stress indices were higher in the survey compared to the pilot (Mean perceived stress level was 24.55 (DP: 5.85), with a minimum of 11 and a maximum of 34), and 72.7 % reported doing something to relieve stress. Regarding stress relief mechanisms, eight categories were identified, most of them used for leisure.

Regarding stress, this research presents results similar to other studies involving adolescents, however, with different assessment instruments, where the stress level ranged from 13.16% to 73% (PERUZZO et al, 2008; MACHADO et al, 2013; JUSTO; LIPP, 2010; FARIA, 2011). Most feel happy (53%), however 67% reported some feeling of irritation in the last month, and 41% reported some emotional problem that still makes them sad. The average perceived stress was 48.22, with a minimum of 36, a maximum of 63 and a standard deviation of 5.01. About six out of ten did something to relieve stress. In addition, many students are not residents of the municipality where the school is located, which can lead to increased commuting time. The study by Peruzzo et al. (2008) points out that stress during adolescence in the school environment is related to several factors, such

as: school size, excess of academic activities, disputes, receiving disapproval and anxiety.

Regarding the consumption of alcohol, almost half already used (47%). And 4.1% of participants had drinking problems, and someone has suggested that they stop drinking

on more than one occasion. Regarding statistics, there was a significant association between alcohol consumption and not feeling happy ($p = 0.004$) and feeling of irritation in the last month. ($p=0,008$) (CHART1)

Chart 1 – Association between alcohol consumption and stress-related feelings

Variable	Alcohol consumption		Value off p
	Yes (%)	No (%)	
Feeling of hapiness			0,004
Yes	49 (41,9%)	68 (58,1%)	
No	12 (85,7%)	02 (14,3%)	
More or less	44 (54,3%)	37 (45,7%)	
Feeling irritaded in the past month			0,008
Yes	36 (63,2%)	21 (36,8%)	
No	25 (35,7%)	45 (64,3%)	
More or less	44 (50%)	44 (50%)	
Emotional problem that still make them sad			0,154
Yes	50 (54,9%)	41 (45,1%)	
No	55 (45,1%)	67 (54,9%)	

FINAL CONSIDERATIONS

The pilot study was of fundamental importance for adapting to data collect. With regard to the final research, it is possible to verify the level of stress caused by a small sample of high school students that is high in relation to other studies that mainly involve college students, where stress is supposed to be higher. Regarding the prevalence of alcohol consumption, it can be inferred that the percentage of users was relatively high, but no problems related to dependence were detected. Alcohol consumption was also higher among those who felt sad and stressed. Improvement on the subject is needed, especially as a way of minimizing stressful sources or guidelines on how to deal with stress.

DIFFICULTIES AND SOLUTIONS

During the pilot's development, some difficulties were encountered, such as: nervousness in the delivery of terms, accessibility to classrooms (teachers release), difficulties with the consent term, and understanding of the research objective by the investigated students. Strategies to address these difficulties were implemented, such as the following actions: training as much as possible before delivering the terms; talk and / or mark with the teachers the best time to arrive and intervene in your class, giving the term or the questionnaire; clarify well the doubts related to the term, because the ideas of interpretation of the students researched are being very wrong; make it clear what is the purpose of the research being conducted.

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