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ABSTRACT

The purpose of the study was to provide information that would enable the University health service to render more adequate service in the treatment and prevention of health problems related to smoking and drinking. Questionnaires were administered to 502 undergraduate students at a southern university. Results of the study indicate that reading and television were the most common sources of information about the possible hazards of smoking; the study also showed that society has a great impact on college students in influencing their smoking and drinking habits. In addition, a number of comparisons were made between male and female students and between parents and students. Appendices include numerous data tabulations and discussions of them, a copy of the questionnaire administered to the students, and references. (Author/SES)

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AN ABSTRACT

A STUDY OF SOME STUDENTS' OPINIONS AND KNOWLEDGE
OF SMOKING AND DRINKING

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The purposes of this study are to provide information that will enable the Health Service to render more adequate service in the treatment and prevention of health problems related to smoking and drinking.

Data were collected by use of a questionnaire. In some cases comparisons between male and female students were made. Also some comparisons were made between parents and students. The study showed that reading and television were the most common sources of information about the possible hazards of smoking. Most students who smoke said, "they did so either to calm their nerves or because they could not break the smoking habit."

The study indicated that our society has a great impact on the college students in influencing their smoking and drinking habits.

The students' decisions about smoking suggest the need for a well planned deliberate program designed to encourage students to respect their beliefs.

Most college students found that drinking does not accomplish the purposes they initially thought it would. An educational program on alcoholism would assist students to understand this disease.

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INTRODUCTION

The effects of smoking cigarettes upon people's health have stimulated national concern within the recently past years. Evidence accumulated by the medical profession and various other research groups is sufficient to arouse enough suspicion of the dangers from cigarette-smoking to incite congressional action requiring cigarette manufacturers to warn potential smokers of the probable hazards of smoking. Additional efforts have influenced Congress to pass legislation prohibiting cigarette advertising on television. Large sums of money and inestimable amounts of time have and continue to be expended in efforts designed to understand and control cancer. This menace to human health has defied understanding and control. It is, therefore, conceivable that any apparent contributor to the cause of cancer will be subjected to thorough scrutiny.

Rice and Hein claim that "Smoking tobacco irritates the mucous membranes of the nose and throat and is certainly not wise for those who have a tendency to cough. It may be a factor in the development of certain circulatory disturbances and heart irregularities."¹ "During the past fifteen years, a large number of studies have been made on the smoking habits of hospital patients. In all of these studies, which

include a total of more than 8,000 lung cancer patients, many more smokers, particularly heavy cigarette smokers, were found among patients with other diseases.²

Growing tobacco and the manufacturing of cigarettes have for some time been the base of the economy in some states. Even the United States Department of Agriculture has helped planters, through experimentation, learn techniques of breeding, fertilization and cultivation which resulted in larger yields and better qualities of tobacco per operating unit. These improvements in volume and quality have no doubt effected the extent to which cigarettes are made available for public consumption. They have also probably made the production and processing of tobacco, as an industry, more attractive. Now, it would be unreasonable to expect those who have large interests in this industry to permit it to become paralyzed because of inconclusive evidence and suspicion. The tobacco industry, in order to combat the charges made by some in the medical profession and other research groups, has initiated its own research program in order to see whether a direct cause-effect relationship exists between cigarette smoking and lung cancer can be established. The evidence from this source is inconclusive. It is not unusual to find senior citizens in good health who have cigarette smoking records dating back far beyond the generation which is now in control of the country. The tobacco industry says, then, that the only evidence that appears to link the cause of cancer to smoking cigarettes is statistical, and cause-effect relationships should be established prior to giving any significant credibility to statistics.

The consumption of alcohol in amounts which may lead to alcoholism looms as a national problem of magnitude at least as significant as the problem of lung cancer and allied diseases. "Experts estimate that the United States has 3,750,000 chronic and excessive drinkers, of whom 750,000 are problem drinkers, and that they cost society one billion dollars a year. The problem drinkers are sick persons, needing the consideration and attention of medical science. Arrest and jail sentences are not curative measures."³ Problems arising from alcoholism result in poverty, family disintegration, general morbidity, and even death. The Federal Study, made by the Department of Transportation, was submitted to Congress recently.

These findings are among those reported in it:

The use of alcohol by drivers and pedestrians leads to some 25,000 deaths and a total of at least 800,000 crashes in the United States annually.⁴

Alcoholics and other problem drinkers account for a very large part of the accident problem.

The probability of being involved in a crash of any type is six to seven times greater if a driver's blood alcohol content is .10, and .25 times greater if it reaches .15.

Since alcoholism has been legally designated as a disease it becomes incumbent upon health services groups to try to better understand the underlying causes.

In the January 1968 issue of the "American Journal of Nursing" Marcella Byrne said, "In our social structure, drinking alcohol has become a way of life. The pre-luncheon martini of the office worker, the shot-and-beer routine on the way home of the factory worker, and the

cocktail with candle light and soft music for an evening of romance are symbols of success. We drink to celebrate the birth of a child, a wedding, a legal or religious holiday, and in some cases when paying respect to the dead. Television, radio, bilboards, magazines, and newspapers would have us believe that good things happens only while sipping 'Old Buttercup'. For those who do not imbibe, life supposedly is dull and the individual is a bore, a snob, or worse still, not one of the crowd. This then, is the environment in which the alcoholic finds himself."⁵

According to Byrne alcoholism is a result of our social sturcture.⁶ If this is true education about alcohol should be one of our strongest preventive measures. The Children's Bureau recognized the need for such education as far back as 1946 when it said, "If the adolescent is introduced to alcohol, it is invariably through his social activities, and his continued use of it is likely to be a symptom of some inadequacy and instability. For the less courageous, those who feel inferior, it is a most dangerous weapon with which they can play, as it temporarily bolsters up their courage, give them a transient sense of well-being and a false sense of importance, and relieves them of certain painful inhibitions only to leave them pitifully weak and help-
less without it.

"Rarely can the problem be adequately met by disciplinary measures, deprivation of freedom, or moralizing tactics. The best safeguard that parents can throw about the adolescent to prevent indiscretion in the use of alcohol is education, and the best method of education is good example."⁷

Alcoholism which seems to begin on a social level and develop into a health problem should be approached from a number of different directions. It appears that the immediate family as a social institution would be one appropriate factor worthy of consideration.

This study attempts to consider the family and some other factors as influences in the smoking and drinking habits of college students.

Purposes of the Study. It is not unusual for practitioners to become so involved in treating diseases that they never have time to superficially look into probable origins or causes of the diseases. This is not an adverse criticism. There are many plausible explanations for the existence of this condition. The health services areas at Southern University is sensitive to the need for more background research on the students it serves.

In general, the purposes of this study are to provide information that will enable the Health Services to render more adequate services in the treatment and prevention of health problems related to smoking and drinking. More specifically the study will attempt to determine:

1. Whether there is a difference in the proportion of boys who smoke as compared to girls.
2. Whether there is a difference in the proportion of boys who smoke based upon classification.
3. Whether there is a difference in the proportion of girls who smoke based upon classification.
4. Whether there is any similarity in the reasons given for smoking among freshmen, sophomores, juniors and seniors.
5. Whether there are common sources of information about the dangers of smoking among the freshmen, sophomores, juniors and seniors.

6. Whether there is any commonality in the opinions of students regarding the hypothesis that smoking cigarettes is hazardous to health.
7. Whether there appears to be any relationship between the smoking habits of parents and children.
8. Whether there is any similarity in the reasons given for drinking among freshmen, sophomores, juniors, and seniors.
9. Whether there appears to be any relationship between the drinking habits of parents and children.
10. Whether there is any agreement on the after-effects of drinking among the freshmen, sophomores, juniors and seniors.

Methods Used in the Study. This study was basically conducted through reviewing literature and the use of a questionnaire. After identifying the topic and isolating the general purposes of the study the author collected books and articles which seem to be related to the selected topic. This information aided in the emergence of the specific purposes. When the purposes became clear the data required to assess the purposes became obvious. A questionnaire was constructed for the purpose of collecting the data for the study.

The students who participated in this study were selected through a process of stratified random sampling. That is, there was an attempt to stratify the student population into classification levels. The participants were selected from each level in an approximate proportion that would represent the relationship of the particular level to the total student population.

The questionnaires were distributed and collected through the cooperation of faculty members who taught courses on the various classification levels. When the questionnaires were completed and returned, they were numbered, coded and the data punched on data

processing cards. These cards were subsequently sorted in the manner necessary to receive the data related to the purposes of the study.

The data were placed in tables and percentages calculated.

Limitations of the Study. This study is confined to the undergraduate student population at Southern University during the Spring Semester 1969. The relative proportions of students included in each classification perhaps could have been more equally balanced. The statistical procedure is limited to percentages. No effort was made to test the significance of any apparent differences that were found.

A P P E N D I X

TABLE I
STUDENT CLASSIFICATION

Classifications	Population	Sample		
		Number	Student of Sample	Percent of Total Student Population
Freshmen	2364	122	24.30	2.00
Sophomores	1510	101	20.12	1.65
Juniors	1204	135	26.89	2.21
Seniors	1025	138	27.49	2.26
Others (Unclassified)		6	1.20	0.10
Totals	6103	502	100.00	8.22

Table I represents the population of the University from which the random sample was drawn. It can be observed that the enrollment at Southern University is 6103. The random sample represents over eight percent of the total University enrollment. As far as classes are concerned the survey included a high of twenty-seven and forty-nine hundredths percent of seniors to a low of twenty and three tenths-percent of sophomores. The final column of Table I shows the percent of the total University population that class samples represent.

TABLE II
DESCRIPTION OF STUDENTS ACCORDING TO AGE

Ages	Freshmen		Sophomores		Juniors		Seniors		Unclassified	
	No.	Percent	No.	Percent	No.	Percent	No.	Percent	No.	Percent
0 - 16			1	0.99	2	1.45				
17 - 20	114	93.44	87	86.14	69	51.11	19	13.77	2	33.33
21 - 24	6	4.92	12	11.88	57	42.22	100	72.46	3	50.00
25 - up	2	1.64	1	0.99	9	6.67	17	12.32	1	16.67
Totals	122	100.00	101	100.00	135	100.00	138	100.00	6	100.00

The data in Table II describe the students involved in the survey according to age. More than ninety-three percent of the freshmen are in the age range, 17 - 20. An overwhelming majority of the student range in age from seventeen to twenty-four. A total of two hundred ninety-one or about fifty-eight percent of the students who participated in the study are from seventeen to twenty years of age, while slightly more than thirty-five percent ranged in age from twenty-one to twenty-four. Students who were over twenty-five or under sixteen were in comparatively small numbers.

TABLE III
COMPARISONS OF PERCENTAGES OF MALE AND FEMALE SMOKERS

Classifications		Males		Females		
		No.	Percent	No.	Percent	
Freshmen	122	Non-smokers	22	61.11	65	75.58
		Smokers	14	38.89	21	24.42
Sophomores	101	Non-smokers	23	65.72	37	56.06
		Smokers	12	34.28	29	43.94
Juniors	135	Non-smokers	39	65.00	55	73.33
		Smokers	21	35.00	20	26.67
Seniors	138	Non-smokers	42	61.76	49	70.00
		Smokers	26	38.24	21	30.00
Unclassified	6	Non-smokers	1	100.00	4	80.00
		Smokers	0	0.00	1	20.00

According to the data in Table III male students at Southern University are generally more inclined toward smoking than females. This is true for each class except the sophomore class. The proportion of female smokers in the sophomore class exceeds all others in the study. Males in the freshman and senior classes were the second and third highest percentages of smokers, respectively. The percentage of freshman girls who smoke was lower than any other group studied.

TABLE IV
STUDENTS' REASONS FOR SMOKING

Students Reasons for Smoking	Freshmen		Sophomores		Juniors		Seniors		Unclassified	
	No.	Percent	No.	Percent	No.	Percent	No.	Percent	No.	Percent
To Be Socially Accepted	4	11.43	5	12.20	4	9.76	10	21.28		
Cannot Kick the Habit	5	14.28	10	24.39	9	21.95	12	25.53		
To Calm Nerves	25	71.43	24	58.54	27	65.85	23	48.94		
Feel Sophisticated	1	2.86	2	4.87	1	2.44	2	4.25	1	100.00
Totals	35	100.00	41	100.00	41	100.00	47	100.00	1	100.00

Over one-half of the college students who smoke say they do so to calm their nerves. The data in Table IV show that this is so for the entire group included in this study and for each separate class except the senior class. The second most popular reason given for smoking by the college students in this study was they "cannot kick the habit." More than twenty-four percent of the sophomores gave this reason for smoking. It is interesting to observe that over one-fifth of the seniors who smoke say they do so in order to be more socially acceptable. More than eleven and twelve percent of the freshman and sophomore respectively gave this as the reason for smoking.

TABLE V
STUDENTS' SOURCES OF INFORMATION ABOUT THE POSSIBLE DANGERS OF SMOKING

	Freshmen		Sophomores		Juniors		Seniors		Unclassified	
	No.	Percent	No.	Percent	No.	Percent	No.	Percent	No.	Percent
A Friend	6	5.88	12	14.81	9	7.69	9	7.44		
Television	28	27.45	19	23.47	37	31.63	32	26.45	1	33.33
Reading	58	56.86	47	58.02	63	53.85	69	57.02	1	33.33
Doctor	4	3.93	2	1.23	3	2.56	4	3.31		
Others	6	5.88	2	2.47	5	4.27	7	5.78	1	33.33
Totals	102	100.00	81	100.00	117	100.00	121	100.00	3	

According to the data in Table V more college students have ascertained information about the possible hazards of smoking from reading than from any other source. Over fifty percent of the students in this study said their source of information about this issue was reading. Television was the source of information for more than one-fourth of the students. Doctors appeared to be the information source for fewer students than the other sources in this study.

TABLE VI

STUDENTS' BELIEFS ABOUT THE POSSIBLE DANGERS OF SMOKING

	Freshmen		Sophomores		Juniors		Seniors		Unclassified	
	No.	Percent	No.	Percent	No.	Percent	No.	Percent	No.	Percent
Number	122		101		135		138		6	
Believe Its True	100	84.75	62	67.38	95	70.89	92	69.17	3	60.00
Have Not Thought About It	2	1.69	2	2.18	9	6.72	7	5.26	0	
Do Not Believe It	1	0.85	3	3.26	1	0.75	1	0.75	0	
Think It Might Be True	15	12.71	25	27.17	29	21.64	33	24.82	2	40.00
Totals	118	100.00	92	100.00	134	100.00	133	100.00	5	100.00

The students included in this study, in large numbers, believed that the hypotheses about the dangers of smoking are true. In Table VI it can be observed that from over sixty-seven to almost eighty-five percent of each classification of students believed the information to be true.

Freshmen believed the information in greater numbers than any other classification group.

More students in the sophomore class disbelieved the hypothesis about the possible hazards of smoking than students in the other classes. Only about three in one hundred of the sophomores said they did believe the information, but less than one student per hundred in the other three classes disbelieved the information.

TABLE VII-A
PERCENTAGE COMPARISONS OF PARENTS AND STUDENTS SMOKERS

	Freshmen		Sophomores		Juniors		Seniors		Unclassified		Total	
	No.	Percent	No.	Percent	No.	Percent	No.	Percent	No.	Percent	No.	Percent
Number of Sons	36		35		60		68		1		200	
Sons that smoke	14	38.89	12	34.28	21	35.00	26	38.24			73	36.5
Sons that do not smoke	22	61.11	23	65.72	39	65.00	42	61.76	1	100.00	136	63.0
Sons' fathers that smoke	15	41.67	20	57.14	31	51.67	42	61.76			107	53.5
Sons' fathers that do not smoke	21	58.33	15	42.85	29	48.33	26	38.24	1	100.00	105	52.5
Sons' mothers that smoke	8	22.22	11	31.43	14	23.33	19	27.94			49	24.5
Sons' mothers that do not smoke	28	77.78	24	68.57	46	76.67	49	72.06	1	100.00	141	70.5

The data in Table VII-A show that there is a close relationship between the percentages of freshmen sons and fathers who smoke. There were slightly more than two percentage points difference in the number of sons as compared to fathers who smoke, with fathers higher than sons. There was a greater difference in the percentage of sons in the senior class who smoke as compared to their fathers. Slightly more than thirty-eight percent of the sons in the senior class smoke while more than sixty-one percent of their fathers smoke. In every class group there was a higher percentage of fathers smoking than sons.

The relationship between the percentage of sons who smoke as compared to smoking mothers is the reverse of that involving fathers. In each classification there was a lower percentage of mothers who smoke as compared to their sons. The least difference between the percentages of mothers who smoke as compared with their sons was found in the sophomore class. The difference was less than three percentage points. There was a greater difference in the percentages of mothers and freshman sons who smoke than in any other class group. Over sixteen percent more freshman males smoked as compared to their mothers.

When percentages of female students who smoke were compared to the percentages of their mothers who smoke it was found that mother generally smoked in greater numbers than their daughters. In each classifications group, except sophomores, this was the case. Moreover, the greatest dissimilarity in percentages was found in the sophomore group. Mothers and daughters in the junior class showed more similarity in the who smoke than the other classes.

TABLE VII-B
 PERCENTAGE COMPARISONS OF PARENTS AND STUDENTS SMOKERS

	Freshman		Sophomore		Juniors		Seniors		Unclassified		Total	
	No.	Percent	No.	Percent	No.	Percent	No.	Percent	No.	Percent	No.	Percent
Number of Daughters	86		66		75		70		5		302	
Daughters that smoke	21	24.42	29	43.94	20	26.67	21	30.00	1	20.00	92	30.33
Daughters that do not smoke	65	75.58	37	56.06	55	73.33	49	70.00	4	80.00	208	69.67
Daughters' mothers that smoke	25	29.07	25	37.88	21	28.00	24	34.29	2	40.00	90	29.90
Daughters' mothers that do not smoke	61	70.93	41	62.12	54	72.00	46	65.71	3	60.00	195	65.00
Daughters' fathers that smoke	44	51.16	42	63.64	45	60.00	49	70.00	3	60.00	156	52.00
Daughters' fathers that do not smoke	42	48.84	24	36.36	30	40.00	21	30.00	2	40.00	117	39.00

The data in Table VII-B show that the freshmen females who smoke represent less than one-half the number of their smoking fathers. Similar relationships exist between the female juniors and seniors and their fathers also. While fathers of sophomore girls smoke in much greater numbers than their daughters, the difference was not as much as the other three class groups.

TABLE VIII
 PERCENTAGE COMPARISONS OF STUDENTS' REASONS FOR DRINKING

	Freshmen		Sophomores		Juniors		Seniors		Unclassified	
	No.	Percent	No.	Percent	No.	Percent	No.	Percent	No.	Percent
To be Sociable	43	67.18	51	77.27	66	71.73	62	66.67	1	100.00
Relaxation	9	14.06	8	12.12	11	11.96	13	13.98	0	0.0
Study Better	2	3.13	2	3.03	1	1.09	6	6.45	0	0.0
Forget Problems	3	4.69	1	1.52	7	7.61	3	3.22	0	0.0
Other Reasons	7	10.94	4	6.06	7	7.61	9	9.68	0	0.0
Totals	64	100.00	66	100.00	92	100.00	93	100.00	1	100.00

When asked to give reasons for drinking alcoholic beverages, more than two-thirds of the students in this study stated that they did so to be sociable. From about twelve to fourteen percent of the students said they drink for relaxation. The data in Table VIII show that more juniors and sophomores drink to be sociable than freshmen and seniors. On the other hand, more freshmen and seniors drink for relaxation than juniors and sophomores. The greatest numbers of students who claimed they drink to forget problems were found to be juniors and freshmen, respectively.

TABLE IX-A
PERCENTAGE COMPARISONS OF DRINKING PARENTS AND STUDENTS

Classification	Freshmen	Sophomores	Juniors	Seniors	Unclassified
Number of Students in Survey	122	101	135	138	6
Number of Fathers in Survey	36	35	35	68	
Number of Sons in Survey	36	35	60	68	1
	No. Percent	No. Percent	No. Percent	No. Percent	No. Percent
Sons who drink	26 72.22	24 68.57	47 78.33	54 79.41	1 100.00
Sons who do not drink	10 27.78	11 31.43	13 21.67	14 20.59	
Sons' Fathers who drink	20 55.56	19 54.28	35 58.33	39 57.35	
Sons' Fathers who do not drink	16 44.44	16 45.72	25 41.67	29 42.65	1 100.00
Sons' Mothers who drink	9 25.00	9 25.71	15 25.00	15 22.06	1 100.00
Sons' Mothers who do not drink	27 75.00	26 74.29	45 75.00	53 77.94	

TABLE IX-B
PERCENTAGE COMPARISONS OF DRINKING PARENTS AND STUDENTS

Classification	Freshmen	Sophomores	Juniors	Seniors	Unclassified
Number of Mothers in Survey	36	66	75	70	
Number of Daughters in Survey	86	66	75	70	5
	No. Percent	No. Percent	No. Percent	No. Percent	No. Percent
Daughters who drink	38 44.19	42 63.64	45 60.00	39 55.71	1 20.00
Daughters who do not drink	48 55.81	24 36.36	30 40.00	31 44.29	4 80.00
Daughters' Mothers who drink	15 17.44	22 33.33	17 22.67	20 28.57	1 20.00
Daughters' Mothers who do not drink	71 82.56	44 66.67	58 77.33	50 71.43	4 80.00
Daughters' Fathers who drink	41 47.67	40 60.61	36 48.00	44 62.86	1 20.00
Daughters' Fathers who do not drink	45 52.33	26 39.39	39 52.00	26 37.14	1 80.00

According to the data in Table IXA it appears that college male students are more inclined to drinking alcoholic beverages than their fathers. The percentages of college male students who drink range from a low of just over sixty-eight percent for sophomores to a high of over seventy-nine percent for seniors. In regard to the fathers, the percentages ranged from a low of slightly over fifty-four percent for fathers of sophomores to a high of just over fifty-eight percent for fathers of juniors. In no class group did the percent of fathers who drink equal or exceed the percent for the sons.

The relationships between the percentages of mothers who drink as compared to their sons varied in the same direction as that for fathers but more so. Male college students drink in a ratio of approximately three to one as compared to their mothers.

Information in Table IX-B show that many more college females than their mothers drink alcoholic beverages. The percentages of female students who drink range from more than forty-four percent for freshmen to slightly less than sixty-four percent for sophomores. As far as mothers were concerned the percentages ranged from over seventeen percent for mothers of freshmen to over thirty-three percent for mothers of sophomores. In every classification except the senior college female students drink at a ratio of at least two to one when compared with their mothers.

In comparing the numbers of female college students who drink with the numbers of their fathers who use alcoholic beverages, Table IX-B shows that fathers of freshmen and seniors who drink do so in greater numbers than their daughters. However, sophomore and junior female students drink in greater numbers than their fathers. Fathers of senior female students drink in greater numbers than any other group in the study.

TABLE X
STUDENTS' OPINIONS REGARDING AFTER AFFECTS OF DRINKING

After Affects	Freshmen		Sophomores		Juniors		Seniors		Unclassified	
	No.	Percent	No.	Percent	No.	Percent	No.	Percent	No.	Percent
Satisfaction	19	29.69	18	27.27	22	23.92	19	20.43	1	100.00
Disappointed	9	14.06	7	10.61	8	8.69	3	13.98		
Unaffected	36	56.25	41	62.12	62	67.39	61	65.59		
Totals	64	100.00	66	100.00	92	100.00	93	100.00	1	100.00

Table X contains data regarding students' opinions about the after affects of drinking. More than half of the students in each classification said that were unaffected by the after affects of drinking. A greater proportion of juniors and a small proportion of freshmen said that were unaffected after drinking.

As students' classification increased, their satisfaction with drinking decreases. It is interesting to observe that although greater numbers of freshmen students are satisfied with the after affects of drinking, there are more freshmen who are disappointed. Following the freshmen, more seniors are disappointed in the after affects of drinking.

A QUESTIONNAIRE ON STUDENTS' OPINIONS AND
KNOWLEDGE OF SMOKING AND DRINKING

The primary purpose of this questionnaire is to get your opinion and knowledge about the effects of smoking and drinking alcoholic beverages. There is no way that you can be identified personally after answering the questions asked below. You can, therefore, give the answers frankly without fear of anyone learning your habits. The results will be compiled and included in a study of certain practices of students at Southern University. No reference will ever be made to individuals.

Please check the appropriate spaces below which most accurately apply to you.

1. Classification: Fresh. Soph. Junior Senior
2. Marital Status: Single Married Divorced Widow
3. Major: _____
4. Age: _____
5. Sex: Male Female
6. Veteran Non-veteran
7. Presently Living: (a) Off-campus (b) On-campus
8. Does your father smoke: Yes No Does your mother smoke?
No Yes
9. Do you smoke? Yes No
10. If yes, how many cigarettes per day? _____
11. Your reason for smoking: (a) To be socially accepted (b) Cannot
kick the habit (c) To calm your nerves (d) It makes you feel
sophisticated
12. Have you read the warning statement on a package of cigarettes?
Yes No
13. Are you acquainted with the possible dangers of smoking cigarettes?
Yes No
14. If yes, how did you become acquainted with this? (a) A friend
(b) From television (c) From reading (d) From a doctor
(e) By other means (specify) _____

15. What is your opinion about the hypothesis that smoking cigarettes might be dangerous to one's health: (a) You believe it is true____ (b) You have not thought about it____ (c) You do not believe it is true____ (d) You think it might or might not be true____
16. Does your father drink whiskey or wine: Yes____ No____
17. Does your mother drink whiskey or wine: Yes____ No____
18. Do you drink whiskey or wine: Yes____ No____
19. Your reason for drinking: (a) To be sociable____ (b) It makes you relax____ (c) It helps you study better____ (d) It helps you forget personal problems____ (e) Other reasons (specify)_____
20. After the effects of alcohol are gone, how do you feel about the situation: (a) Satisfied____ (b) Disappointed____ (c) Unaffected____
21. State as briefly as possible your opinion as to why college students generally:
- (a) Smoke _____
- _____
- (b) Drink _____
- _____

DISCUSSION

Analysis of the data collected for this study indicated that college males and females generally followed the same relative smoking pattern as non-college adults. That is, a greater percent of males smoke than females. Sophomore students deviated from this pattern. The study was not designed to determine precisely whether there were influences indigenous to sophomores which brought about this variation. One sheer speculative reason might be that female students who have just come through a year of uncertainty and adjustment feel that smoking represents a sign of having arrived at a knowledge of the social norms of college life.

This speculation is not consistent with the reasons given in Table IV where more than one-half of the sophomores said they smoke to calm their nerves. Another twenty-four percent have the inability to break the smoking habit as their reasons for smoking. If these are the real reason why college students smoke, one must wonder why more females in the sophomore class experience nervousness are hooked on the smoking habit than those in other classes.

The compulsion of college students to smoke is so strong that they will do so even when they think smoking is hazardous to their health. In the light of the reasons college students gave for smoking, it appears that many take chances by risking their health with smoking rather than relieving nerves or seeking safer methods of calming their nerves. Furthermore, many college students allow a strong desire to smoke to control their behavior rather than a desire for good health.

Providing written information seems to be the most effective means of making college students aware of the possible dangers of smoking. Perhaps this is so because reading fits better into the general expectations of college students than other methods of communication. College students are aware that they are expected to read for information; this study suggests that they probably do so more than is generally suspected by many professors. Television was credited with helping provide information about the dangers of smoking. It was second to reading.

There is a greater chance that college males who smoke, have smoking fathers than visa versa. According to this study fathers have been pre-smoking examples for both male and female college students. Fewer of the college male generation smoke than their fathers. Likewise, fewer of the college female generation smoke than their fathers.

College male students are more likely to smoke than their mothers. However, college female students are less likely to smoke than their mothers. Generally, according to sex, parents smoke in greater numbers than their college offsprings. Although no college student who participated in the survey said so, it is possible that predecessors influenced some to smoke.

It appears that large numbers of college students who drink see it as a type of social efficiency. Sophomores and juniors are of this persuasion in greater numbers than freshmen and seniors. During the sophomore and junior years of college there is probably a greater need felt for social competence than during either of the other two years of college life. Freshmen students are, for the most part, busy finding their way academically and social concerns are secondary to these efforts.

Seniors have established their social image. It can be sustained by the little effort that is left after focusing on problems related to graduation and obtaining a job afterwards. Social drinking as a normal practice is evident in the wider middle class society. This being the case, the comparative increases in the numbers of sophomores and juniors who drink might indicate greater degrees of similarities between these class groups and the older middle class society.

There was no identifiable trend established by college male students regarding the number who drink according to classification. At least six out of ten male college students in all classes drink. Almost eight out of ten male senior students said they drink. Fathers of college male students were much less likely to drink than their sons. Variations in the number of fathers who drink according to classes were much less than that found for sons.

In as much as college males drink in much greater numbers than their fathers and no discernable trend in the number of fathers or sons were found, it appears that there is no relationship between the inclination of fathers and sons toward drinking alcoholic beverages.

According to the information obtained by this study college male students drink in much greater numbers than their mothers. For these students the tendency to drink seems to be somewhat unrelated to whether or not the parents drink.

College female students drink in much greater numbers than their mothers. The fact that sophomore and junior female students drink in greater numbers than both their mothers and their fathers might suggest the level of social consciousness of girls in these classes.

The decisions that college students make about smoking suggest the need for a well planned deliberate program designed to encourage students to respect their beliefs about the possible hazards of smoking. Such an effort may be a component of a broader health services program, but it should aim to meet the needs of all students.

After having experienced drinking, most college students find that it does not accomplish the purposes that initially thought it would. Some of these students might continue to drink because of feelings of peer pressure or the lack of attractive alternatives. Such alternatives perhaps should be the ingredients of an educational program.

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