



## DIAGNOSIS FOR THE PREVENTION OF ALCOHOLISM IN STUDENTS OF NURSING TECHNICAL TRAINING

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### AUTHORS' CONTRIBUTIONS

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

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### ABSTRACT

**Introduction:** Alcoholism in the school environment is a negative factor in physical, mental and social development, an investigation was developed based on the search for conditioning aspects of alcohol consumption in students of the School of Medical Sciences, municipality “10 de Octubre” Havana, Cuba in order to support teachers in the daily work which their students.

**Methodology:** To made the characterization of the Nursing students in technical training at The School of Medical Sciences “10 de Octubre”, a documentary analysis and a survey were carried out as empirical methods, which allowed us to solve the Objective: to specify the aspects conditioning factors over alcohol consumption in students of the Nursing technical training of the School of Medical Sciences “10 de Octubre”.

**Results:** The student survey made it possible, achieve the characterization of the psychosocial, economic, and educational situation, as well as the consumption, knowledge and self-care related to alcohol consumption.

**Conclusions:** The results allowed to specify the conditioning factors to alcohol consumption and to work from the health promotion to strengthen their self-care when facing alcohol consumption.

**Keywords:** Alcoholism; alcoholism and students; self-care alcohol and adolescents; conditioning aspects of alcohol consumption in students.

### 1. INTRODUCTION

The consumption of alcohol, considered a legal drug, is today a very complex situation, which has produced numerous changes in social, economic and health

relationships around the world. When consuming alcohol, the individual experiences different effects once it passes into the blood and the entire organism, causing the effects that are basically three: Excite, relax or distort reality. It is a substance that according

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to the person who consumes it is stimulating, tranquilizing, or hallucinogenic. This phenomenon not only modifies the behavior of the person who consumes it but also influences the family and friends around him, a reason that led the authors to carry out this research, given the generalized increase in the consumption of this legal substance according to the diagnosis of the health of the territory about risk factors for alcoholism [1].

Alcoholism is the most widespread habit in the world and opens the doors for the consumption of other illegal substances. Cuba is not exempt from this phenomenon, as are young people who are the most vulnerable. It has been taken into account that its consumption constitutes one of the great tragedies of the world today, as well as its increase and harmful potentialities can be compared with epidemics, misery, and famine, equivalent to cardiovascular diseases and cancer [2,3].

To carry out this research we worked in the categories: sociocultural factors, educational factors, and informational factors.

In the *sociocultural factors*, the elements of a contextual, social, communicative, economic, and subjective nature are seen, as well as the knowledge they have.

In *educational factors*, the relationship goes from the family to the formal actions or not of the school.

Informative factors include those that favor the knowledge, construction, and reconstruction of knowledge associated with alcohol consumption by nursing students in technical training.

Educating young people about the harmfulness of this habit must begin from a very early age. Talks in schools and other educational institutions can be techniques to be incorporated in school programs, for the dissemination of risk factors and prevention of alcoholism as a port drug at these ages [4].

To achieve changes in the social perception about alcohol consumption, it will be necessary to achieve the conscious transformation of the subjects based on communicative relationships, which allows subverting practices and behaviors rooted in a part of the Cuban population, through dialogue, exchange, and culture, as a way that facilitates progress in the change of mentality of the subject [5].

In the systematization made to different authors who have investigated on the subject, it is found that:

Martinez, R. 2017 from the University of Alicante, affirms that the alcohol phenomenon is one of the most serious problems that affect the world. He refers that more than 170 countries face its consequences, some 180 million people and 4.2% of the 15-year-old population consume it [6].

Hernández, O, Espada, J and Guillen, A. from the University of Murcia in 2016. They suggest that one in five adolescents who consume alcohol will suffer a behavior problem, as attention deficit disorders are the most common and hyperactivity [7].

Velázquez D of the University Of Medical Sciences Of Havana in 2020 carried out a study in 126 behavioral and diagnostic adolescents that 31% consume alcoholic beverages, this being a drug carrier [8], Maturana A. from the Los Condes Clinic. Chile in 2011, affirms in its research that adolescents have consumed alcohol at some time in 14.2% [9].

For these reasons, alcohol consumption is considered a global problem, which causes long-term damage and there is no difference in sex, race, cultural level, or social status, it affects the individual, the family and the society.

## 2. METHODOLOGY

Under the dialectical-materialistic approach, an investigation is carried out on the students of the technical training of the Nursing career of the School of Medical Sciences "10 de Octubre" of the municipality "10 de Octubre", Havana, Cuba, with a population of 232 (100%), we worked with a sample out of 100 (43%), who make up the first year of the degree. For the diagnosis, a documentary analysis was carried out on documents of the teaching secretary (school records, characterization of students, and minutes of group meetings) and a survey was applied to the students under study, as empirical methods, with the aim of specifying the conditioning factors to alcohol consumption in students of the Nursing technical training of the School of Medical Sciences "10 de Octubre". Look at Annex 1.

The study was carried out during the first year of the degree and the sample was selected intentionally since the diagnosis will allow us through an educational strategy to work during the three years of the degree on the problems detected.

For the execution of the investigation, the ethical principles were complied with and they were informed that the results of the investigation are confidential and will only be used for investigative purposes and that they can withdraw from it at any

time they wish, the approval of the corresponding authorities of the education and health municipality and the consent of the parents or guardians of the adolescents because they are minors, the study subjects expressed their consent to participate in the research and were made aware of the meaning of key terms in the instrument has been applied [10,11], as seen in Annex 2.

### 3. RESULTS

#### 3.1 Documentary Review

When carrying out the characterization of the first-year nursing technical training students of the School of Medical Sciences "10 de Octubre", we can verify through documents of the school records and conversations that establish among themselves that they have patterns of behaviors and fashions that govern their body image and their way of acting in the educational setting and outside it, in general, do not follow the suggestions of teachers or relatives about appropriate behaviors in the society in which they live [12,13,14,15].

The 100 students (100%) live in the municipality of 10 de Octubre in different popular councils. It was possible to verify when working on the teaching records and other characterization documents offered by their teacher guides, that these students have an appropriate cognitive level for their age, 23% of the adolescents have discipline problems (bad behavior during class shifts, absences to teaching or extension activities, incorrect use of the school uniform, tardiness to classes, inadequate vocabulary, lack of study, among others) despite the educational work carried out by the school with them and the parents, difficulties persist.

According to the characterization of the 100 adolescents, a few of them have Piercing and tattoos in different areas of their body, they refer that they participate in parties (69.4%), discos (48.4%), dance parties (42.6%), the beach (61.9 %), walks (21.4%), all these activities they prefer and carry out among themselves without the presence of people who are not part of their age group.

In the distribution by sex, the female sex predominates for 72%, the male for 28%, distributed by year of training in 40 for the first year, 30 for the second year and 30 for the third year. We did not work with fourth-year students since they are in the terminal year of their career and work with them is difficult because they are in the pre-professional stage in different health areas.

Regarding the bonding of parents with the school, it is considered good relations with the exception of parents who do not attend parent meetings or are interested in the academic results of their children.

#### 3.2 Survey of Students

A survey (Annex 1) was applied to 100 students of the technical nursing training of School of Medical Sciences "10 de Octubre", with the aim of characterizing the psycho-social, economic, educational, consumption, knowledge, and self-care situation regarding alcohol consumption, correspond to first, second and third-year students, the inclusion criteria are the wish to participate in the research and that there is no possibility of dropping out of the school year.

This questionnaire has been validated in practice by other researchers who investigate the subject related to alcohol in consumers and in medical science students Izquierdo 2012 [5]; Cabrera 2016 [16] and Medina 2016 [17], the aim is to make a diagnosis in this population regarding personal and social characteristics, age, sex, family members who live with them, family relationships, time spent studying and recreational activities, activities that they carry out on the weekend, with whom they talk about their personal problems, if they take medications, who indicated them, if they smoke and if they ingest alcoholic beverages, what kind of medications they consume, what motivated them to consume them, if they are related to friends who drink alcohol, family members who drink alcohol, if they want more information on the subject.

Among the results is that 100% of the sample are adolescents aged between 14 and 17 years, the female sex is the one with the highest incidence for 72%, a result that corresponds to the enrollment of nursing careers, it is considered positive that students live with their mother and father in 94% and 62% respectively, the frequency with which they attend recreational and healthy leisure places are scarce, places that attend very frequently indicate the discotheques 76%, parties 88% and the beach 87%. In these places, it is very common for alcohol to mediate as a port drug to other hard drugs [18].

The time they dedicate to daily activities is also striking, 76% refer to studying less than one hour a day and only 8% more than two hours a day. However, 64% say they spend their time watching videos for more than two hours. To the question they ask on weekends, it is striking that 52% point to fun and 7% cause boredom, only 24% take it to catch up on homework.

Personal problems are discussed by 41% with friends and with their mother respectively, in the opinion of this author those who speak with a friend that in most cases these friends are adolescents like them and lack the experience to guide others Like them, these results coincide with the literature reviewed. To the question, if they have consumed medication, 66% answered yes, 45% ingested it on their own initiative and 46% offered it by a relative.

To the question if they have ingested alcohol, 64% answer affirmatively and 29% do so on weekends, this alcohol is accompanied by 40% with cigarettes and 7% with medications, Likewise, 11% have consumed alcohol to eliminate a problem, 76% of those surveyed meet with friends who consume alcohol in order to have a good time, 36% also respond that one of their relatives consumes the said drug.

It is striking that despite the television, radio, and health and education ministry campaigns, 16% of adolescents feel the need to stop drinking alcohol and to know how to act with friends and family who consume alcohol.

#### 4. DISCUSSION OF RESULTS

For the discussion and after carrying out the documentary analysis and the survey, it was possible to appreciate in 100% of the students, that the way in which alcohol-related issues are presented in the information media does not respond to the needs or expectations they have. Nursing students in technical training state that "television, radio or other spots are not representative for them since they are not reflected in the way they represent them" [5].

Dr. C. González R. openly and permanently exposes that "teachers and family members must work on the importance of learning about alcohol-related issues and the formation of values in young people" [19,20, 21,22,23,24].

It is known from previous studies that 100% of the educational actions given by their teachers work more on the cure and treatment of the consequences than the prevention of alcohol consumption [1,5,19,20,21, 22,23,24].

Alcohol consumption has become a hobby and frequent practice among young people, discotheques stand out with 76%, parties with 88% and the beach for 87%, results that coincide with other Cuban and foreign researchers, it is considered that alcohol is a porter drug. If the high percentage of existing addicts is taken into account, who began to consume alcohol,

frequently accompanied by cigarettes, medications or drugs with the false objective of having a good time and ended up sunk in human misery with total dependence on drugs [1,5,17,20,21,22,23,24].

#### 5. CONCLUSIONS

The conditioning factors for alcohol consumption in the students of the Nursing technical training of the "10 de Octubre" School of Medical Sciences were specified. Among them we have the age between 14 and 17 years, they frequently go to recreational places where alcohol is mediated, 52% say they consume it to have a good time and 7% because they feel bored, they do not talk with their relatives about their personal problems and if with their Likewise, 66% consume medications, 64% alcohol and 40% cigarettes and one of their relatives who live with them consumes alcohol.

These results make it possible to design an Educational Intervention for the prevention of alcoholism in nursing technical training so that they develop self-care and correspond to the demands of today's Cuban society.

#### ETHICAL APPROVAL AND CONSENT

Approval was obtained from the corresponding authorities of the education and health municipality and the consent of the parents or guardians of the adolescents for being minors.

#### COMPETING INTERESTS

Authors have declared that no competing interests exist.

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### ANNEX 1

#### Survey of students:

We are conducting an investigation on lifestyles and alcohol consumption, we ask for your maximum cooperation by answering this questionnaire, which is ANONYMOUS, so you can answer with confidence.

Age \_\_\_\_ Sex \_\_\_\_ Year of career \_\_\_\_

1. Who of the following people live in your house? (Mark with an X)

Father \_\_\_\_ Grandmother \_\_\_\_ Mother \_\_\_\_ Brother \_\_\_\_ Grandfather \_\_\_\_ Partner \_\_\_\_

Other people \_\_\_\_ Who? \_\_\_\_\_

2. Current situation. (Answer Yes or No).

Do you live with a partner? \_\_\_\_ Are you divorced? \_\_\_\_

Are you married? \_\_\_\_ Do you live alone? \_\_\_\_

3. Indicate how often you go to recreational places. (Mark with an X)

ACTIVITY	VERY FREQUENT	FREQUENT	NEVER
Cinema			
Theater			
Concerts			
Disco			
Camping			
Parties			
Beach			
Sport centers			

Other places of recreation, which ones?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. How much time of the day do you dedicate to?

ACTIVIDAD	NOTHING	LESS THAN 1H	1 Hr to 2 Hrs	MORE THAN 2 Hrs
TV				
To Study				
Video				
Home chores				

5. The weekends are used for: (Complete the sentence, you can mark 2).

To rest. \_\_\_\_ Have fun. \_\_\_\_ Catch up on homework. \_\_\_\_

They produce loneliness and boredom. \_\_\_\_

Others. \_\_\_\_ (Specify which ones?) \_\_\_\_\_

\_\_\_\_\_

6. With whom do you talk about your personal or intimate problems or concerns?

With nobody. \_\_\_\_ With my father. \_\_\_\_ With my mother. \_\_\_\_ With my partner. \_\_\_\_

With a friend. \_\_\_\_ With a brother. \_\_\_\_

Another person. Which one? \_\_\_\_\_

7. Do you consume any medicine to cure any pain, illness or accident?

Yes. \_\_\_\_ No. \_\_\_\_ Which one? \_\_\_\_\_

If you answer yes, mark with an X some of these reasons or reason:

A relative gave it to me. \_\_\_\_ A friend gave it to me. \_\_\_\_ I was told by a doctor. \_\_\_\_

On my own initiative. \_\_\_\_

Other reasons. \_\_\_\_ Which? \_\_\_\_\_  
\_\_\_\_\_

8. Have you consumed alcoholic beverages in your life?

Never. \_\_\_\_ I've only tried it. \_\_\_\_ I drink every day. \_\_\_\_

I drink on the weekends. \_\_\_\_ I drink occasionally. \_\_\_\_

9. How often do you get drunk?

Never. \_\_\_\_ Ever. \_\_\_\_ More than once a month. \_\_\_\_ Once a month. \_\_\_\_

Weekly. \_\_\_\_ Daily. \_\_\_\_

10. When you drink alcoholic beverages, accompany them with:

Cigarettes \_\_\_\_ Medicines. \_\_\_\_ Drugs. \_\_\_\_

11. Have you ever ingested alcohol to eliminate problems?

Yes \_\_\_\_ No \_\_\_\_

12. Do any of your friends consume alcohol?

Yes \_\_\_\_ No \_\_\_\_ Why? \_\_\_\_\_

13. Does any member of your family consume or have consumed alcohol?

Yes \_\_\_\_ No \_\_\_\_ Why? \_\_\_\_\_

14. Do you feel the need to stop consuming alcohol?

Yes \_\_\_\_ No \_\_\_\_

15. Mark with an X the criteria that you consider closest to yours related to the information about alcohol that you want to know in the future:

<b>CRITERIA</b>	<b>AGREE</b>	<b>DESAGREE</b>	<b>UNKNOWN</b>
Information on how to avoid alcohol to avoid consumption			
What to do if family, friends, or myself use alcohol			



## ANNEX 2

### Statement of Consent to Participate:

"To be filled out by parents or guardians of students."

Alcohol consumption in adolescents is a current problem that affects society, health and economy. They suffer changes in their family and school relationships, in the use of free time, alterations in sleep patterns, aggressiveness, depression, anxiety, sadness, among others.

In order to prevent these behaviors, we propose a nursing intervention in students of the technical training in nursing at Medical Sciences School "10 de Octubre".

You as a legal representative should know that this study will be conducted during the school year 2018/19, which should answer a questionnaire, which will take little time and your answers will be very useful to us.

If you give your consent, you will be part of the research and you should know that the information obtained will be kept reserved and confidential and that you can withdraw from the research at any time, if you deem it appropriate, without having to give explanations about your decision.

**I agree with everything that has been explained to me and for the record I sign below expressing my child's consent to participate:**

\_\_\_\_\_  
Parent or guardian's first and last name

\_\_\_\_\_  
Signature: Date:

Thank you for your cooperation.

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