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Personality and Psychosocial Factors of College Drinking Amount and Frequency

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Introduction

Despite laws in every state that make it illegal for anyone under the age of 21 to purchase or consume alcohol, young people report that alcohol is easy to obtain and that many high school and college students drink with one goal — to get drunk. Binge drinking is defined as consuming six or more drinks in two hours for boys and five or more in one hour for girls. In this exploratory research, several articles were gathered in order to integrate previous findings in the current study. One factor that was lacked in the current study was age of first drink had on response to college drinking amount and frequency. A study by Griggs (2002), age when participants first drink and age of first intoxication predicted the level of alcohol-related consequences. This research demonstrated on age of first drink, desires, alcohol-related problems such as binge drinking increase.

Roth, Schork, and Curby (2006) found elevated rates of symptomatity between binge and alcohol-related problems. Alcohol use problems and their association with marijuana were discussed. Using the Five Factor Model, this underscores complex permutations between factors and style of impulse control, a personality style defined by different combinations of conscientiousness and conscientiousness. Those who use the binge drinkers and entire group reported a higher level of variance than others. This finding supports the suggestion that marijuana is positively related to amount and frequency of binge drinking

Student perception of the number of friends who drink and college drinking amount and frequency were also investigated in the recent study. In a study by Miller and Frank (2004), it was investigated whether there was a relationship between the amount of alcohol students drank themselves and the amount they believed other students drank. Results indicated students who drank more than the median were better beliefs contrary to other college students drank more than students who drank less. In particular, rate of college students, even campus students, and campus student perceptions that college students drink more than they actually do. This suggests that, proportion of friends who drink more, increases college drinking amount and frequency, respectively.

In a study by Jones, Orlanden, Wilson, Bennet, and SEI (2003) the relationship between miscellaneous substance use and binge drinking was investigated. Results showed that students who binge drink more often were more likely to have used cigarettes, marijuana, cocaine, and other drugs. These students were also more likely to report current use of cigarettes, marijuana, and other drugs. This demonstrates a positive relationship between binge drinking and experimental drug use.

Drinking in college, in relationship to quantity and frequency of alcohol intake was discussed in a study by Stewart, Nisbet, McCall, and Broom (2006). Correlational analysis controlling for substance use indicated that recent age of first drink and social avoidance were significantly related to drinking frequency. (1) those of negative evaluation and social avoidance and social acceptance were significantly positively related to drinking in college. Rates of negative evaluation are significantly related to social avoidance and social acceptance. Those who were in higher rates of negative evaluation are more likely to use substances as a coping mechanism in college.

The current study examines binge drinking and frequency as they relate to proportion of friends who drink, substance use, alcohol use problems, and amount of first drink between genders. It is important to examine the relationships between these potential predictors and how and to what extent they affect male and female college binge drinking amount and frequency.

Method

Participants

Participants in this study included college students from a single Midwestern university. This sample ranged in age from 17 to 22 years old. Within the sample, there were 114 males and 91 females with a mean age of 19.00. The majority of the participants were identified as European (White, 62.82%). The remaining participants identified as Asian American (7.15%), African American (7.15%), Hispanic (7.21%), Native American (2.12%), Middle Eastern (2.12%), and Other (2.12%).

Measures

Alcohol Use/Diagnosis Identification Test

Drinking frequency and amount was determined using the Alcohol Use/Diagnosis Identification Test (AUDIT; Saunders et al., 1993). The AUDIT is a 10-item screening questionnaire that was developed by the World Health Organization to identify persons whose alcohol consumption had become hazardous or harmful to their health.

College Drinking Inventory

A modified version of the Canadian College Survey (CCCS; Addle, Denton, & Gilg, 2000) was used to assess age of first drink, proportion of female who drink and age of first intoxication. The CCS is made up of three alcohol consumption and heavy, heavy episodic drinking, homogeneous, and alcohol-related problems, non-medical drug use, psychological distress, and gambling problems in college students via self-report.

Eysenck Personality Questionnaire

The Eysenck Personality Questionnaire (EPQ; Eysenck & Eysenck, 1975) is a self-report inventory designed to assess personality dimensions of extraversion, neuroticism, and psychoticism (P). The EPQ consists of 100 true-false items on Eysenck’s three dimensions: extraversion, neuroticism, and psychoticism (P).

COPE Questionnaire

The COPE questionnaire (Carver, Scheier, & Weintraub, 1989) measures drug and alcohol disengagement techniques that were used in college students. The EPQ consists of 4 items that are part of the 30-item full questionnaire.

Results

The present study analyzes bivariate correlations among five predictors and college drinking amount and frequency respectively with correlations, as well as together with multiple regression analysis and its implications. Correlations among the five predictors and college drinking amount and frequency are shown in Table 1.

Discussion

The purpose of the present study was to explore predictors of college binge drinking amount and frequency among college students. Results showed that age, proportion of friends who drink and substance use to cope were more significant predictors. For females, proportions of friends who drink and substance use to cope were more significant predictors. For males, proportions of friends who drink and experimentation were more significant predictors. Strengths of the present study include the fact that there are several significant results. Results are consistent with previous findings that report a positive correlation between college binge drinking amount and frequency (Eyer, 2003), an experimental drug use increases college binge drinking amount and frequency (Zwanzger, 1993); and as substance use for coping increases college binge drinking amount and frequency (Kirk, 2003).

Future research utilizing a larger, more diverse sample (e.g., across ages and ethnicities) is needed to establish generalizable findings. Further research addressing the association between neuroticism and binge drinking is needed to investigate and validate the relationship between these variables.
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