Psychosocial Factors and Alcohol Consumption among Students at a Public Technological Higher Education Institute

Factores psicosociales y consumo de alcohol en estudiantes de un Instituto de Educación Superior Tecnológico Público

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ABSTRACT

Objective: To analyze the relationship between psychosocial factors and alcohol consumption among third-year students at a public technological higher education institute in Huaraz, Peru.

Methods: The study utilized a quantitative approach with a cross-sectional and correlational design. A total of 232 students were assessed using an instrument adapted for this study, which demonstrated adequate levels of reliability (Cronbach's alpha = 0.82) and validity (Aiken's V = 0.92).

Results: Regarding the main findings related to alcohol consumption, it was observed that 61.21% of the participants reported occasional alcohol consumption. In contrast, 31.48%

reported no alcohol consumption, and 4.31% reported frequent consumption. In this regard, a significant relationship was identified between psychosocial factors and alcohol consumption among third-year students at a public technological higher education institute in Huaraz, Peru.

Conclusions: The study concludes by examining the significant relationship between psychosocial factors, including sociodemographic, socioeconomic, sociocultural, and family variables, and alcohol consumption. Based on these findings, it is crucial to direct future research efforts towards addressing this issue.

Keywords: Psychosocial factors, sociodemographic, socioeconomic, sociocultural, familiar, alcoholic beverages.

RESUMEN

Objetivo: Analizar la relación entre los factores psicosociales y el consumo de alcohol entre estudiantes de tercer año en un Instituto de Educación Superior Tecnológica público en Huaraz, Perú.

Métodos: El estudio utilizó un enfoque cuantitativo con un diseño transversal y correlacional. Se evaluó a un total de 232 estudiantes utilizando un instrumento adaptado para este estudio, el cual demostró niveles adecuados de confiabilidad (alfa de Cronbach = 0.82) y validez (V de Aiken = 0.92).

Resultados: En cuanto a los principales hallazgos relacionados con el consumo de alcohol, se observó que el 61.21% de los participantes reportó un consumo ocasional de alcohol. En contraste, el 31.48% reportó no consumir alcohol y el 4.31% reportó un consumo frecuente. En ese sentido, se identificó una relación significativa entre los factores psicosociales y el consumo de alcohol entre estudiantes de tercer año en un Instituto de Educación Superior Tecnológica público en Huaraz, Perú.

Conclusiones: El estudio concluye examinando la relación significativa entre los factores psicosociales, incluyendo variables sociodemográficas, socioeconómicas, socioculturales y

familiares, y el consumo de alcohol. Con base en estos hallazgos, es crucial dirigir futuras investigaciones para contrarrestar esta problemática.

Introduction

Youth is an important stage of life for all individuals, as it plays a crucial role in the development of their social interactions, the formation of their values, the acquisition of enriching life experiences, and the consolidation of various learning processes. Moreover, young people are more prone to experimenting with substances that are commonly prevalent in society, such as tobacco and alcohol. [1] Regrettably, the consumption of alcohol poses a multitude of issues for individuals' physical and psychological well-being, as well as societal problems. [2]

Currently, alcohol consumption has become widespread in many societies, and young people, in particular, have been increasing their consumption levels. This can be attributed to the absence of social norms that effectively discourage such consumption. Additionally, within Latin-American culture, alcohol consumption is more widely accepted, with even adults promoting it without fully considering the severe consequences it has on people's health. Moreover, from an economic standpoint, the alcohol industry is highly profitable, and there are limited legal restrictions on media, press, and advertising, which indiscriminately promote the consumption of alcoholic beverages. Another cultural factor influencing these

behaviors is the development of traditions that revolve around the consumption of alcoholic drinks, creating a sense of belonging among young people, who eventually accept and engage in this behavior. [3]

According to the World Health Organization, in 2018, the global situation of alcohol and health indicated that the highest prevalence of episodic alcohol consumption occurred primarily among individuals aged 20 to 24 years. [4] As a result, it has been reported that at least 12,000 individuals in Spain lost their lives due to these harmful habits. Furthermore, concerning the consumption of alcoholic beverages in Latin America, the Organization of American States (OAS), [5] in a report published in 2019, highlighted the increasing prevalence of alcohol consumption within societies. For instance, in Argentina and Uruguay, the majority of the population consumes alcohol at a rate of at least 52%, while in Chile, the figure stands at 50%, and in Paraguay, it is 40%. [5]

There are high levels of alcohol consumption among higher education students. For instance, in Uruguay, the prevalence of alcohol consumption among students is as high as 76.90%. Similar patterns are observed in countries such as Ecuador, Colombia, and Brazil, where more than 50% of students consume alcoholic beverages in various ways and situations. In Venezuela, Panama, Bolivia, and Peru, the prevalence of alcohol consumption ranges between 30% and 37%. [5] These figures are worrisome, and what is particularly concerning is that they continue to rise steadily.

The III Andean Epidemiological Study on Drug Consumption in the University Population in Peru, conducted by the National Commission for Development and Life without Drugs, [6] reports that a minimum of 38% of university students in Peru have consumed alcoholic beverages in the last month. This consumption is more prevalent among men compared to women, which could be attributed to cultural factors. Furthermore, within this group of alcohol consumers, at least 21% of individuals exhibit risky or harmful consumption patterns that jeopardize their well-being, putting them at risk of potentially fatal consequences.

Hence, it is evident that there are significant issues within our community regarding the consumption of alcoholic beverages by young people. It is imperative to implement measures to address these conditions. Alcohol consumption holds particular relevance for adolescents

and young adults, who often engage in behaviors that can jeopardize their well-being. Moreover, they tend to engage in risky consumption without adequate control, driven by social pressure or a desire to assume adult roles without possessing the necessary social maturity to exercise self-control. [7] Furthermore, the consumption of alcoholic beverages by young individuals is predominantly observed during weekends or holidays when they seek heightened enjoyment from the effects of these drinks, thus establishing patterns that may lead to increased dependence. [8]

The consumption of alcoholic beverages is influenced by numerous psychosocial factors, and it can result in various types of harm, ranging from experimental use to habitual and addictive consumption. The damages caused by alcohol consumption affect both physical and mental health, as well as hinder proper human development. Two key dimensions of alcohol consumption that correlate with the harm caused are the overall volume of alcohol consumed and the pattern of consumption, including the type of alcoholic beverage, the quantity consumed, and the frequency of consumption. [9]

Several previous studies have highlighted the physical, psychological, and social harm caused by alcohol consumption in individuals. [10] However, despite the available information, the general population often views the consumption of alcoholic beverages as a social norm, tolerating and accepting varying degrees of alcohol consumption among adolescents and young people. [11] This reality is also prevalent among higher education students, as many of them come from dysfunctional households, only staying with their families for educational purposes. They may also struggle with low self-esteem and fail to engage in healthy recreational activities due to a lack of exposure to such practices.

Previous studies examining the prevalence of alcohol consumption among students in technological higher education institutions are limited. Consequently, there is a need to investigate the extent of alcohol consumption and its relationship with psychosocial factors in order to develop strategies for improvement in addressing this issue. The significance of this research lies in the fact that the consumption of alcoholic beverages poses a public health problem due to its various effects, including addictive dependence, physical damage, academic dropout, and financial expenses, among others. Furthermore, there has been a

notable increase in alcohol consumption across different age groups and social spheres, which ultimately impacts the country's overall development. Therefore, this study's theoretical contribution lies in expanding our knowledge about problematic alcohol consumption and its correlation with psychosocial variables among students in technological educational institutions.

The practical significance of this study lies in the valuable insights provided by its results, which can serve as a relevant guide for developing interventions aimed at controlling psychosocial risk factors and reducing excessive alcohol consumption among higher education students. By addressing this issue, the study aims to make a positive impact on the well-being of this vulnerable population. The social significance of the study lies in its focus on a specific group—the youth population in higher education—who are particularly susceptible to the risks associated with legal drug use. By addressing problematic alcohol consumption among this demographic, the study aims to contribute to lower rates of individuals with harmful drinking patterns, ultimately enhancing personal and social well-being.

Thus, this study proposes a general hypothesis that there exists a significant relationship between psychosocial factors and alcohol consumption among students of a public higher education institute, leading to the following specific hypotheses:

1. There is a significant relationship between the consumption of alcoholic beverages and sociodemographic variables.

2. There is a substantial relationship between the consumption of alcoholic beverages and socioeconomic variables.

3. There is a significant relationship between the consumption of alcoholic beverages and sociocultural variables.

4. There is a substantial relationship between the consumption of alcoholic beverages and family variables.

In relation to the current state of research on this subject, several studies have addressed this issue, highlighting the importance of studying the consumption of alcoholic beverages due to the various difficulties it poses within any society. [2] However, in conducting this study, we aim to examine this problem within the specific characteristics of the context where the research is being conducted, thereby making a significant contribution to addressing this issue within this particular area.

One notable publication relevant to this study is the work by Barrera et al., which aimed to identify the prevalence and factors associated with alcohol consumption among a group of young students. [7] This quantitative study employed a non-experimental descriptive design and evaluated a total of 167 students, divided into two groups: one from the eighth grade and the other from the eleventh grade. The researchers administered a 20-item scale to assess alcohol consumption. The main findings of the study revealed that the prevalence of alcohol consumption among the eighth-grade group was 27.3%, whereas it was 6.7% among the eleventh-grade group. The age of onset of alcohol consumption was determined to be 14.3 years for the eighth-grade group and 12.1 years for the eleventh-grade group. Higher levels of alcohol consumption were observed among males compared to females. Additionally, the study found that at least 2.9% of the participants evaluated showed signs of alcohol dependence, 3.8% had harmful levels of consumption, 37.5% engaged in risky consumption, and 55.8% had low-risk consumption. In conclusion, the study identified high levels of alcohol consumption, which poses a risk to the group of students exposed to this harmful practice.

Another key publication relevant to this study is the research conducted by Vargas, [12] which examined the risk factors associated with alcohol consumption among university students. This quantitative study had a fundamental, non-experimental, causal descriptive, and cross-sectional design. A total of 418 students were assessed through surveys and documentary review. The main findings of the study revealed that at least 36% of male students were consumers of alcohol. Economic disposition was cited as the reason for alcohol consumption by 68% of the participants, while 31% consumed alcohol because they had nothing else to do. Approximately 50% of the respondents reported that advertising had influenced their alcohol consumption, and 46% believed they had easy access to alcohol acquisition. Social

pressure was cited as a reason for alcohol consumption by 41% of the participants. In conclusion, these factors were identified as risk factors for alcohol consumption among university students. Therefore, it is crucial to develop control policies within the university where the study was conducted in order to enhance the well-being of the students.

Furthermore, Bajura [13] conducted a study on the risk factors associated with alcohol consumption among students from a school in Panama. This quantitative study adopted a comparative descriptive approach and assessed a total of 756 participants through surveys. The main findings of the study indicated that among individuals who were 13 years old, 43.57% consumed alcoholic beverages. In the group of 14-year-olds, 39% reported alcohol consumption. Among the 15-year-old participants, a high percentage of 41.8% engaged in alcohol consumption. These findings reflect a concerning reality, highlighting the presence of high levels of alcohol consumption among the evaluated students. In conclusion, it is evident that several risk factors contribute to the consumption of alcoholic beverages among this group of students. These factors include having a responsible relative who consumes alcohol, exposure to advertising, age, sponsorship, peer pressure, influence from close relatives, and gender.

Based on the aforementioned information and recognizing the significance of studying alcohol consumption, the main objective of this study is to determine the relationship between psychosocial factors and alcohol consumption among third-year students in a public institution.

Methods

Studio type and design

The study follows a quantitative approach, employing statistical methods to fulfill its objectives. In terms of design, it is a non-experimental study where no variables were manipulated. The study is descriptive in nature, as it aims to describe the characteristics of variables within a specific context. It is also correlational, as it seeks to establish relationships

between variables. Furthermore, the study is cross-sectional, as the measurement process was conducted at a single point in time. [14]

Sample size

The research sample for this study consisted of 232 students in the third academic year from a public technological higher education institute. No specific sampling method was employed since the entire population was included in the study, making it a census study. [15]

The inclusion criteria for participant selection in this study are as follows:

- Students currently enrolled in the academic period of a public technological higher education institute.
- Both males and females.
- Ages ranging from 16 to 30 years.
- Students in their third year of studies, specifically in the V or VI academic semester according to the study program.
- Willingness to participate voluntarily, demonstrated by signing the informed consent form

The exclusion criteria for participant selection in this study are as follows:

- Students who were enrolled but did not continue in the academic semester.
- Students currently undergoing psychiatric and/or psychological treatment.
- Students who choose not to participate in the study

The scoping study was conducted at a public technological higher education institute located in Huaraz, Peru.

Variables used

Independent variable: Psychosocial factors, which refer to a range of social and psychological characteristics, encompass sociodemographic, economic, cultural, and familial variables. [16] The dimensions considered within this variable are as follows:

- Sociodemographic factors: age, gender, and academic semester.
- Economic factors: number of rooms in the residence, number of residents, and primary income source.
- Cultural factors: employment and educational status, academic achievement, and class attendance.
- Family factors: communication patterns and instances of domestic violence.

Dependent variable: Consumption of alcoholic beverages refers to the act of consuming alcoholic drinks within a specific time and place. [17] For the purpose of this study, the frequency and quantity of consumption were taken into account.

Instruments

The questionnaire used in this study is an adapted version of the "Drug use in higher education students" questionnaire developed by Yslado in 1999. [18] The questionnaire consisted of 36 items and included a cover sheet where the interviewer recorded the number of administered questionnaires and the respondent's data provided during the interview. Content validity was assessed using judges' criteria, and an Aiken V coefficient of 0.80 was calculated, indicating satisfactory content validity. Furthermore, the reliability of the questionnaire was assessed using Cronbach's Alpha, resulting in a value of 0.87, which is considered acceptable and indicates that the instrument used is reliable.

Statistical processing

Once the database was structured, the information was analyzed using the SPSS statistical package, version 25. Initially, the frequencies of the variables under evaluation were calculated, along with their respective percentages, for the sociodemographic variables. Subsequently, the relationship between variables was determined using Pearson's chi-square test, employing contingency tables.

Results

Table 1 presents the sociodemographic data of the participants, with a total sample size of 232. Among the participants, 70.26% were women, while 29.74% were men. Regarding marital status, 80.60% were single, 16.38% were cohabiting, 1.72% were separated, and 1.29% were married. In terms of religion, 78.88% identified as Catholic, 17.24% as evangelical, 0.43% as Adventists, Christians, or Israelites, and 2.59% reported having no religious affiliation. In relation to the academic semester, 78.88% were in the fifth semester, while 21.12% were in the sixth semester.

Table 1. Number of participants and sociodemographic data

		Frequency	%
Sex	Women	163	70.26
	Male	69	29.74
Age range	Between 17 and 20 years	99	42.67
	Between 21 and 25 years	101	43.53
	more than 25 years	32	13.79
Marital Status	Married	3	1.29
	Life panther	38	16.38
	Divorced	4	1.72
	Single	187	80.60
Faith	Adventist	1	0.43
	Catholic	183	78.88
	Christian	1	0.43
	Evangelic	40	17.24
	Israelite	1	0.43
	None	6	2.59
Semester	fifth semester	183	78.88
	sixth semester	49	21.12
Total		232	100

Figure 1 illustrates the levels of alcohol consumption based on frequency. Out of the total participants evaluated, 61.21% reported consuming alcohol, 34.48% stated that they do not consume alcoholic beverages, and 4.31% indicated having frequent alcohol consumption.
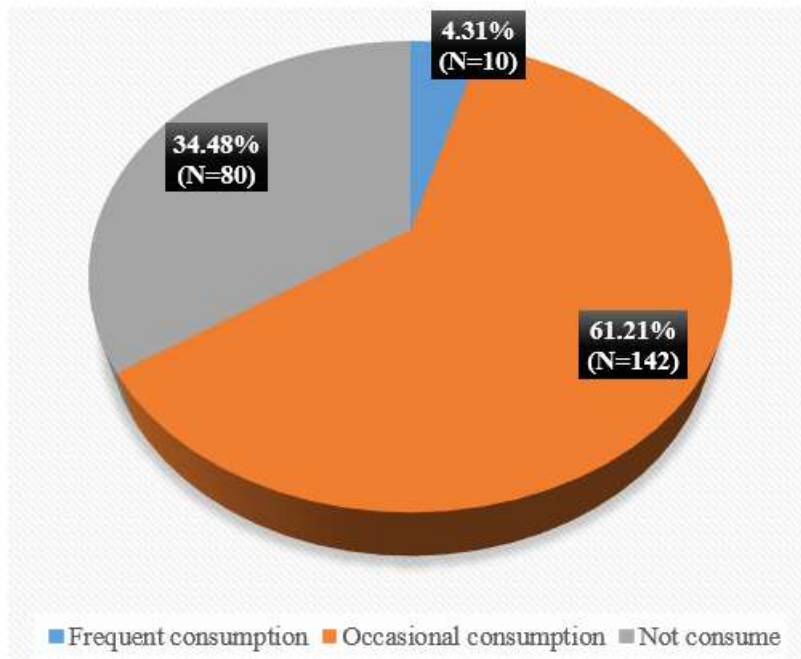
Fig. 1. Levels of alcohol consumption.

Table 2 displays the relationship between sex and alcohol consumption, revealing a statistically significant relationship at a 99% confidence level (p=0.00; p<0.05). This indicates that there is a connection between the consumption of alcoholic beverages and the sex of the individuals evaluated. Furthermore, regarding the relationship between age and alcohol consumption, significant relationships are observed at a 95% confidence level (p = 0.01; p<0.05). The findings indicate that as age increases, there is a higher likelihood of frequent alcohol consumption. Lastly, in the relationship between the academic semester and alcohol consumption, significant findings are observed at a 95% confidence level (p = 0.01; p<0.05). The analysis reveals that students in the sixth semester have a higher percentage of issues with frequent and occasional alcohol consumption compared to those in the fifth semester. Additionally, a higher percentage of students in the fifth semester reported non-consumption of alcoholic beverages compared to the sixth-semester group.

Table 2. Relationship between sociodemographic factors and alcohol consumption

			FC*	EC**	NC***	Total	Chi	P
Sex	Women	F	3	97	63	163		

		%	1.84%	59.51%	38.65%	100%	11.7	0.0
	Male	F	7	Four. Five	17	69	8	0
		%	10.14%	65.22%	24.64%	100%		
Age Range	Between 17 And 20 Years	F	3	52	44	99	13.7	0.0
		%	3.03%	52.53%	44.44%	100%	3	1
	Between 21 And 25 Years	F	3	68	30	101		
		%	2.97%	67.33%	29.70%	100%		
	More Than 25 Years	F	4	22	6	32		
		%	12.50%	68.75%	18.75%	100%		
Semester	Fifth Semester	F	5	108	70	183	9.25	0.0
		%	2.73%	59.02%	38.25%	100%		1
	Sixth Semester	F	5	3. 4	10	49		
		%	10.20%	69.39%	20.41%	100%		

Frequent Consumption **Eventual Consumption ***Not Consume

Table 3 presents the relationship between the number of rooms and the consumption of alcoholic beverages. At a 95% confidence level, significant relationships can be identified ($p = 0.01$; $p<0.05$). The analysis reveals that individuals who have a room tend to have a higher percentage of frequent alcohol consumption. In terms of occasional consumption, those who have two rooms show a higher percentage. On the other hand, among those who do not consume alcoholic beverages, individuals with four rooms have a higher rate of cases, indicating a lower prevalence of alcohol consumption within this group.

Likewise, the relationship between the number of inhabitants and the consumption of alcoholic beverages is examined. At a 95% confidence level, a significant relationship is identified ($p = 0.01$; $p<0.05$). Among those who consume alcohol frequently, families with two members have the highest percentage of consumption. In the case of occasional consumption, families with three members show a higher percentage. Among those who do not drink alcoholic beverages, families with five members have the highest percentage. Furthermore, the relationship between primary conditions and the consumption of alcoholic beverages is explored. At a 95% confidence level, significant values are observed ($p = 0.01$; $p<0.05$). Within the group of individuals who do not have primary conditions, the highest percentage of them reported not consuming alcoholic beverages. Conversely, within the

group of individuals with primary conditions, the most significant portion is found among those who have occasional consumption.

Table 3. Relationship between economic factors and alcohol consumption

			FC*	EC**	NC***	Total	Chi	P
Number Of Bedrooms	**One Bedroom**	F	6	25	13	44	21.54	0.01
		%	13.64	56.82	29.55	100		
	Two Bedrooms	F	1	47	14	62		
		%	1.61	75.81	22.58	100		
	Three Bedrooms	F	1	33	19	53		
		%	1.89	62.26	35.85	100		
	Four Bedrooms	F	2	24	24	50		
		%	4.00	48.00	48.00	100		
	More Than Four Bedrooms	F	0	13	10	23		
		%	0.00	56.52	43.48	100		
Number Of People	**Just Me**	F	2	8	3	13	23.67	0.01
		%	15.38	61.54	23.08	100		
	Two People	F	4	16	5	25		
		%	16.00	64.00	20.00	100		
	Three People	F	0	35	13	48		
		%	0.00	72.92	27.08	100		
	Four People	F	3	21	17	41		
		%	7.32	51.22	41.46	100		
	Five People	F	0	25	18	43		
		%	0.00	58.14	41.86	100		
	More Than Five People	F	1	37	24	62		
		%	1.61	59.68	38.71	100		
Primary Conditions	**No**	F	1	50	20	36	8.38	0.02
		%	2.78	41.67	55.56	100		
	Yes	F	9	127	60	196		

Frequent Consumption **Eventual Consumption ***Not Consume

Table 4 presents the relationship between studying, working, and the consumption of alcoholic beverages. At a 95% confidence level, significant values (p = 0.01; p<0.05) are observed. Among those who consume alcohol frequently, the highest percentage is found among individuals who both work and study, similar to those who only consume alcohol. On

the other hand, among those who do not consume alcoholic beverages, the highest percentage is observed among individuals who do not work or study, compared to the other groups.

Regarding the relationship between levels of academic performance and the consumption of alcoholic beverages, significant values (p = 0.01; p<0.05) are identified at a 95% confidence level. Among those who frequently consume alcohol, the group with the highest percentage is individuals with a terrible academic performance, compared to the other groups. For those who consume alcohol occasionally, the group with the highest percentage is individuals with an excellent academic performance. Finally, among those who do not drink alcoholic beverages, the group with a good academic performance has the highest percentage compared to the other groups.

Regarding the relationship between the frequency of attending virtual classes and the consumption of alcoholic beverages, significant values (p = 0.01; p<0.05) are identified at a 95% confidence level. Among those who frequently consume alcohol, the group with the highest percentage is individuals who miss virtual classes five or more times, compared to the other groups. For those who consume alcohol occasionally, the group with the highest percentage is individuals who miss virtual classes once a week. Finally, among those who do not drink alcoholic beverages, the group with no attendance faults has the highest percentage compared to the other groups.

Table 4. Correlation between cultural factors and alcohol consumption

			FC*	EC**	NC***	Total	Chi	P
Work And Study	No	F	1	48	37	86	6.68	0.04
		%	1.16	55.81	43.02	100		
	Yes	F	9	94	43	146		
		%	6.16	64.38	29.45	100		
Academic Performance	Excellent	F	0	7	1	8	13.63	0.03
		%	0.00	87.50	12.50	100		
	Good	F	5	92	55	152		
		%	3.29	60.53	36.18	100		
	Regular	F	4	42	24	70		
		%	5.71	60.00	34.29	100		
	Bad	F	1	1	0	2		

			%	50.00	50.00	0.00	100		
Frequency Of Attending Virtual Classes	I Miss Once a Week	F	1	38	12	51	15.77	0.02
		%	1.96	74.51	23.53	100		
	I Miss Three or Four Times A Month	F	0	4	2	6		
		%	0.00	66.67	33.33	100		
	I Miss Five or More Times A Month	F	1	1	0	2		
		%	50.00	50.00	0.00	100		
	Cero Absences	F	8	99	66	173		
		%	4.62	57.23	38.15	100		

*Frequent Consumption **Eventual Consumption ***Not Consume

Table 5 displays the relationship between communication with the mother and the consumption of alcoholic beverages. At a 99% confidence level, significant values (p=0.00; p<0.01) indicate that there is a relationship between the variables, as mentioned earlier. Among those who frequently consume alcohol, the group with the highest percentage compared to the other groups is those who never have communication with their mothers. For those who consume alcohol occasionally, the group with the highest percentage is those who have occasional communication with their mothers. Finally, among those who do not drink alcoholic beverages, the group with the highest percentage is those who always have communication with their mothers compared to the other groups.

According to the relationship between physical punishment by the father and the consumption of alcoholic beverages, significant values (p = 0.00; p<0.01) are observed at a confidence level of 99%. This suggests that there is a relationship between the variables, as previously mentioned. Among those who frequently consume alcohol, the group with the highest percentage compared to the other groups is individuals who have experienced physical punishment by their fathers. Similarly, among those who consume alcohol occasionally, the group with the highest percentage is individuals who have been subjected to physical punishment. Finally, among those who do not drink alcoholic beverages, the group with the highest percentage is individuals who have not been subjected to physical punishment, compared to the other groups.

Similarly, in relation to the connection between physical punishment by the mother and the consumption of alcoholic beverages, significant values (p = 0.00; p<0.01) are observed at a confidence level of 99%. This indicates that there is a relationship between the variables, as

mentioned above. Among those who frequently consume alcohol, the group with the highest percentage compared to the other groups is individuals who have experienced physical punishment by their mothers. On the other hand, among those who consume alcohol occasionally and those who do not drink, the group with the highest percentage is individuals who have not been physically punished by their mothers.

Finally, the relationship between paternal sexual assault and alcohol consumption is revealed, with a confidence level of 99%. It is possible to identify significant values ($p = 0.00$; $p<0.01$), indicating a clear association between the variables mentioned above. Among frequent alcohol consumers, individuals who have experienced sexual assault have the highest percentage compared to other groups. Similarly, within the group of non-alcohol consumers, those without a father exhibit the highest percentage compared to other groups.

Table 5. Correlation between family factors and alcohol consumption

			FC*	EC**	NC***	Total	Chi	P
Communication With Mother	Always	F	3	51	36	90	30.09	0.00
		%	3.33	56.67	40.00	100		
	Often	F	2	25	19	46		
		%	4.35	54.35	41.30	100		
	Sometimes	F	1	58	22	81		
		%	1.23	71.60	27.16	100		
	Never	F	4	6	3	13		
		%	30.77	46.15	23.08	100		
	I Don't Have Mom	F	0	2	0	2		
		%	0.00	100	0.00	100		
Domestic Violence (Punishment from The Father)	Yeah	F	2	1	1	4	25.91	0.00
		%	50.00	25.00	25.00	100		
	No	F	4	119	66	189		
		%	2.12	62.96	34.92	100		
	I Don't Have Dad	F	4	22	13	39		
		%	10.26	56.41	33.33	100		
Domestic Violence (Punishment from The Mother)	Yeah	F	2	1	0	3	30.11	0.00
		%	66.67	33.33	0.00	100		
	No	F	8	139	80	227		
		%	3.52	61.23	35.24	100		
		F	0	2	0	2		

			*	**	***			
	I Don't Have Mom	%	0.00	100	0.00	100		
Domestic Violence (Sexual Assault by The Father)	Yeah	F	2	1	0	3	29.99	0.00
		%	66.67	33.33	0.00	100		
	No	F	6	124	68	198		
		%	3.03	62.63	34.34	100		
	I Don't Have Dad	F	2	17	12	31		
		%	6.45	54.84	38.71	100		

*Frequent Consumption **Eventual Consumption ***Not Consume

Discussion

The main objective of this research was to investigate the relationship between psychosocial factors and alcohol consumption. This investigation is crucial as it provides valuable information that contributes to addressing a pervasive issue that affects society as a whole. By improving the conditions of psychosocial factors, better outcomes can be achieved in relation to alcohol consumption, which has various aspects that detrimentally impact individuals' physical and psychological well-being. [19,20]

Psychosocial factors encompass sociodemographic, socioeconomic, sociocultural, and family variables, all of which have been examined to test the specific hypotheses proposed in this study. By considering these results collectively, it was possible to assess the overall theory and determine whether a relationship exists between psychosocial factors and alcohol consumption. The analysis revealed significant associations between the aforementioned variables and alcohol consumption, supporting the notion that these psychosocial factors play a role in influencing alcohol consumption patterns.

These findings are consistent with previous studies that have demonstrated a link between sociodemographic variables and alcohol consumption. [7,12,13,21–24] No research has provided evidence contradicting the results reported in this study. Additionally, each of these studies emphasizes that alcohol consumption can lead to a range of problems, including addiction, physical health issues affecting psychomotor skills, negative impacts on mental health, increased rates of depression, and social difficulties that affect interpersonal interactions.

Therefore, it is imperative to develop behavioral strategies to address excessive alcohol consumption and implement control policies within society to mitigate these issues.

Regarding the results, a relationship between gender and alcohol consumption was identified, indicating that men tend to have higher levels of consumption compared to women. This finding aligns with a common trend observed in Latin American society, where there is a greater propensity among men to consume alcoholic beverages. [25] Similarly, a relationship between age and alcohol consumption was established, revealing that alcohol consumption tends to increase with age. This trend is concerning, particularly considering that alcohol consumption is starting at younger ages. [26]

In addition, it was observed that there is a connection between the academic semester and alcohol consumption, with individuals in more advanced semesters displaying higher levels of alcohol consumption. This relationship may be linked to the age factor mentioned earlier, where higher age is associated with increased alcohol consumption. These findings are consistent with Bajura's [13] assertion that sociodemographic variables, including sex and age, are related to alcohol consumption. It emphasizes that social aspects tied to these variables act as risk factors within this context. Therefore, it is crucial to develop strategies to address and manage these factors in order to effectively tackle the problem.

Similarly, an analysis of socioeconomic variables was conducted, revealing a relationship between the number of rooms and the number of people living in a household with alcohol consumption. In both cases, it was observed that a greater number of rooms or people in a household corresponded to higher percentages of non-consumption. This suggests that individuals who live alone or in smaller households tend to have higher levels of alcohol consumption. Moreover, primary conditions were found to be significantly associated with alcohol consumption, with individuals facing immediate needs exhibiting higher percentages of consumption. These findings align with the results reported by Campos, [24] who identified economic factors as risk factors for alcohol consumption. Therefore, it is crucial to identify specific needs based on different financial segments. Additionally, it is essential to consider the interconnected aspects related to the economy since it cannot be viewed in isolation as the sole cause of higher or lower alcohol consumption. Other behavioral aspects, family

dynamics, or social problems may influence alcohol consumption patterns. No evidence from research excludes these factors as risk factors for alcohol consumption.

The analysis of sociocultural variables revealed a significant relationship between the dual condition of working and studying and alcohol consumption. Individuals who simultaneously work and study tend to have a higher percentage of alcohol consumption. Furthermore, a correlation was identified between levels of academic performance and alcohol consumption, indicating that those with good or excellent performance have higher percentages of alcohol consumption. However, it is important to note that this aspect was self-evaluated by the participants and not based on specific institutional records. It reflects the participants' own perception of their performance, ensuring that it aligns with their self-assessment.

Furthermore, the relationship between the frequency of attending virtual classes and alcohol consumption was examined. Significant values were obtained, indicating that as students miss more classes, their alcohol consumption tends to increase. This suggests that a lack of responsibility in attending these academic events is associated with a higher likelihood of alcohol consumption. Consequently, this behavior can be linked to lower academic performance. [27] Similar findings are reported in other studies, [22,23] where it is determined that academic factors can serve as risk factors for students. Those with low academic performance are more likely to engage in alcohol consumption. Additionally, students who work and study simultaneously often face unique challenges, assuming roles that are typically beyond their age and dealing with increased purchasing power, making alcohol more accessible to them. Of course, these factors are intertwined with other personal, family, and social aspects.

For the analysis of family variables, it was possible to identify a significant relationship between communication with the mother and alcohol consumption. The group of individuals who maintain a higher level of contact with their mothers tends to have lower alcohol consumption compared to those who do not. Similarly, there is a significant relationship between physical punishment by both parents and alcohol consumption. Individuals who experience this form of punishment have a greater tendency to consume alcoholic beverages.

Furthermore, significant associations were found between sexual assault by the father and alcohol consumption. Participants who have experienced this form of violence are more susceptible to engaging in higher levels of alcohol consumption. This finding is supported by other studies, [28–30] which have shown that individuals who have been victims of any form of violence are more likely to seek solace in the consumption of alcoholic beverages or other substances that are detrimental to their health.

One of the primary strengths of this research is its ability to establish a link between alcohol consumption and various psychosocial factors. These factors encompass sociodemographic, socioeconomic, sociocultural, and family aspects. This connection is particularly important because it emphasizes the need to improve the conditions surrounding these variables in order to reduce the rate of alcohol consumption. It is well-known that alcohol consumption adversely affects the overall well-being of individuals, [31] especially within an educational context. Students with high alcohol consumption often encounter personal, emotional, and academic difficulties, making it a significant issue that needs to be addressed by society as a whole.

Limitations

One of the limitations of this study is its contextual focus on a specific public institution. It is important to recognize that the results may vary in different contexts, especially considering the disparities between public and private education systems within the country. The findings may not be fully generalizable to other settings or educational contexts due to the unique factors and dynamics that exist within each institution. Therefore, caution should be exercised when applying these results to broader populations or different educational settings. Further research is needed to explore the potential variations and nuances that may exist across various contexts.

Conclusions

A significant relationship has been identified between psychosocial factors and alcohol consumption among third-year students at a public technological higher education institute in Huaraz, Peru. Additionally, the study investigated the significant relationship between

alcohol consumption and various sociodemographic variables (such as sex, years completed, and academic semester), socioeconomic variables (including the number of rooms, number of inhabitants, and primary conditions), sociocultural variables (such as studying and working, academic performance, and attendance at virtual classes), and family variables (including communication and domestic violence). Based on these findings, it is crucial to direct future research towards samples from private educational institutions. It is also relevant to determine whether these realities are reflected in other regions or at a national level. By doing so, a broader understanding of the behavior of these variables within the target population can be achieved.

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Conflict of interests

The authors declare that does not exist an interest conflict.

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