

English300 ✓

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How Drinking Alcohol Affects College Student's GPA

Introduction

I have a friend who is a neighbor. He has been a friend of mine since the time I was in grade eight. He is, however, older than I am, and therefore, he went to college before me. He pursued a bachelor's degree in Psychology. He was a bright student, and I would ask him to show me his results every semester, which he did. His first semester results in his first year were tremendous, but he began underperforming towards the end of his first year, and the trend continued. Initially, he was not drinking, so I would never have thought he is failing because of alcohol. I watched his progress slowly by the time he began consuming alcohol, and the frequency of drinking increased. The more he drank, the more he failed. I did not understand this relationship until I realized that alcohol use affects college students' GPA. Alcohol consumption is often associated with poor academic performance (Aertgeerts et al. .224). Heavy drinking has also been associated with college and university drop out (Berkowitz et al. 24).

The most considerable percentage of people with alcohol-related disorders are people between the ages of eighteen and twenty-nine years (Turrise et al. 560). According to Turrise et al. (559), this age bracket carries a large percentage of individuals enrolled in colleges and universities. Statistics have it that there is a trend of heavy alcohol use amongst college students (Johnson et al. 12). Hingson et al. (20), note that at the same time, many students embrace the

habit of alcohol consumption for the first time while at their first year of university (Wechsler et al. .13). Turrissi et al. (416) reveal that approximately 20-25 percent of college students have been found to have alcohol drinking problems. At the same time, Berkowitz et al. (26) observe that others have experienced consequences that come with taking alcohol and have a higher risk of drinking heavily episodically. According to White et al. (7), university studies pose severe challenges to many students. A fundamental problem associated with students' alcohol drinking is the students' academic performance often measured by their Grade Point Average. There is a concern about the relationship between academic performance and alcohol consumption habits of college and university students by university administrators and officials.

Defining the Problem of College Drinks

There is an increase in underage and harmful college drinking, which poses serious public health problems and affects the intellectualism of students and their social lives while in college. Students in college have made drinking a habit, and the result is that while so many students join college with alcohol consumption habits, these habits become so pronounced in college. Other students, however, learn alcohol consumption habits during their stay in college. Some national surveys ^{indicate that} ~~conducted, an~~ approximated fifty-five percent of college-going students ~~who are~~ between the ages of eighteen and twenty-two years, drink alcohol at least monthly, and one out of every three students in college has engaged in binge drinking at least once in a month (<https://www.datafiles.samhsa.gov/study/national-survey-drug-ude-and-health-nsduh-2018-nid18757>). *Check out in-text cites proper format.*

Poor academic performance and missing classes are significant problems with college students who take alcohol (Martinez et al. 9). Students who drink heavily episodically have ^{higher} lower chances of missing class due to drinking. These students also have lower chances of

~~They~~ failing to complete their assignments ~~and do not perform~~ ^{well?} as ~~poorly~~ in their academics due to the influence of alcohol (Werner et al. 490). There is a close association between alcohol consumption and one's ^{positive experience} experience in college (Wood et al. 200). Further, Wood et al. (280), ^{notes} ~~finds out~~ that alcohol consumption negatively affects academic attainment. In some countries, the challenge of ^{over} ~~heavily~~ drinking alcohol and the consequences of alcohol consumption in college students is a serious threat to their academic performance (Wood et al., .210).

Research on the relationship between alcohol consumption and academic performance in colleges is of interest to many researchers considering that college students are more likely to consume alcohol as compared to their peers who are not in college (Balodis et al. .20). At least two-thirds of college students drink alcohol at one point in their college career (Parada et al. .1480). He also observes that close to the time spent studying while outside the classroom, the time the student spent drinking is the most significant determinant of the students' grade point average. Alcohol consumption has different levels like casual drinking after dinner or with dinner, social drinking over the weekends, or even daily drinking. All these alcohol consumption levels have a negative impact on college students' GPA and the personal lives of these students (Pascarella et al. .720).

Interestingly, ⁽¹⁾ student's alcohol consumption levels ^{vary} ~~keep varying~~ throughout the semester. Students drink depending on the number of academic activities in a semester or the state of the semester, like the beginning and the end of a semester. Parada (1479) notes that alcohol consumption, despite the level and frequency, negatively affects the memory functions of an individual, and this explains why students who sit an exam after a weekend of drinking do not perform well. Alcohol drinking is further responsible for class absenteeism, failure to complete assignments on time, and lower academic performance (Balodis et al. .13). Alcohol consumption

is still rampant in colleges despite excessive drinking being framed as a hazardous activity that college students all over the world engage in (Porter et al., 463). Alcohol consumption has many adverse effects that impede the judgment of an individual, and in other cases, alcohol consumption can threaten an individual's life. Alcohol interferes with the sleeping pattern and schedule of individuals (Pascarella et al., 719). It has been noted that students who consume alcohol have an interrupted sleeping schedule and pattern. Heavy drinking also makes individuals get to sleep late and wake up late and therefore makes students miss attending classes (Parada et al. 1475).

Any famous stories about the above?

Binge drinking is a preferred drinking habit amongst college students, and this results in the damage of the Hippocampus, which is the brain region that is responsible for memory and helps with learning (Balodis et al. .18). Binge drinking also affects an individual's verbal declarative ability. Binge drinking can also result in brain damage and is likely to make an individual become alcohol dependent and low cognitive performances. There is a close relationship between heavy alcohol consumption ^{result in} ~~episodically~~ ^{episodic} and student conduct on campus (Porter et al. 460). Students who actively engage in clubbing and group activities have a higher possibility of consuming alcohol as compared to those who do not engage in these activities. This is the case because students who participate in these activities tend to be more social than their counterparts (Weitzman et al., 19). The Greek Systems are also a causative factor for drinking alcohol in college. Alcohol is regarded as part of the Greek Systems, and thus, when there are occasions like house parties, alcohol must be part of it as well as be present in all other social gatherings, which are common in colleges.

The Side Effects of the Drinking

Consumption of alcohol has a negative effect on the GPA of students in college besides lowering the chances of these students graduating with an honors degree (Porter et al. 455). Alcohol consumption and abuse also students to early death, physical injury, sexual assaults, underperformance academically, and academic failure (Hingson et al. 16). Student attrition from college also results from alcohol abuse. Anderson, et al. (30) note that in senior-level colleges, a 30% attrition was as a result of alcohol abuse and consumption. Students who abuse alcohol ~~have~~ ^{offer miss} a higher preference of ~~missing their classes, lagging in schoolwork,~~ ^{and} forget or ignore using protection while engaging in sex. ~~They~~ ^{Student drinker} are likely to get into physical fights and even experience alcohol-based disorders that affect their general health (Eastman, 48). Alcohol consumption causes hangovers, which the student's memory, and this makes the students fail to remember what they were taught in class and, in turn, affects their overall GPA (Perkins, 94).

Be specific College students who abuse alcohol, are likely to become criminals and engage in different social crimes besides them performing poorly academically. Blackouts and driving under the influence are also commonly reported by college students who participate in alcohol consumption (Perkins, 91). The sociological theory of the self-fulfilling prophesy by Robert Merton can be used to explain the relationship between alcohol consumption and its negative effect on academic performance (Anderson, & Gadaletto, 11). Alcohol gives students a false hope that occurs when an assertion that was initially false becomes a reality following a prediction. *? Example* Alcohol consumption is also closely related to lack of self-control as students who do not have self-control often end up drinking themselves out. While under the influence of alcohol, students also lack self-control and engage in activities like fighting, which they would not otherwise engage in their sober states of mind. Some students also take alcohol to be able to bond socially

with peers who consume alcohol, and this increases ~~the chances of these students~~ ^{ing} being risk-takers and become very ignorant.

Alcohol consumption also leads to ~~alcohol~~ dependency and addiction. Alcohol is also linked to cancers of the oral cavity, the pharynx, the larynx, the esophagus, the liver, the colon, the rectum, and breast cancer in females, according to the International Agency for Research on Cancer. The chances of an individual having ~~either~~ ^{any} of these cancers increases ~~g~~ ^{with} ~~their~~ ^{the} frequency and level of alcohol consumption, ~~with~~ ^{any} cancer risks increase ~~g~~ ^e with heavy use of ~~alcohol~~ (Rehm et al. 830) ^e for instance, as regards female breast cancer, every extra ten grams of pure alcohol consumed daily, leads to an increased seven percent of the risk of having breast cancer. Colorectal cancer risk also increased by ten to twenty percent for every regular consumption of fifty grams of pure alcohol. Cancer risk of the pharynx, the larynx, and the esophagus increased by one hundred percent for every fifty grams of pure alcohol consumed (Baan et al. 293). Acetaldehyde is a metabolite of alcohol and is responsible for the toxicity that causes ~~these~~ ^{these} cancers. Alcohol also has negative implications for specific cardiovascular functionality. Alcohol consumption readily causes hypertension (Rehm et al. 819), hemorrhagic strokes (Baan et al. 295), and atrial fibrillations. Regular heavy drinking causes ⁱ Ischemic heart disease and ⁱ Ischemic stroke. Alcohol consumption also results in deaths. Baan et al. (297), observes that it is ~~majority~~ ^{mostly} middle-aged men who die as a result of consuming alcohol. There are also injuries like stumbling, which are associated with alcohol consumption and can result in the bodily harm of an individual.

Approximately one thousand, eight hundred, and twenty-five college-going students who are between the ages of eighteen and twenty-four years die from alcohol-related unintentional injuries like motor-vehicle crashes (Hingson et al. 139). There is also a population of six

hundred and ninety-six thousand students of the ages of eighteen to twenty years who ^{have} ~~are~~ assaulted ^{while} ~~by~~ a fellow student ~~who~~ is under the influence of alcohol (Hingson et al. .140). An estimated ninety-seven thousand students of the ages of eighteen and twenty-four, also report having been subjects of alcohol-related sexual assaults or rapes conducted on dates that involve ^d alcohol consumption (Wechsler et al. 200). Likewise, every one in four college students reports adverse effects of alcohol on academics ^{work} ~~including~~ missing classes, being behind in classwork, poor performance in examinations, and attaining lower grades generally. An estimated twenty percent of college students also report alcohol-use disorders, ^{including} suicidal attempts, unsafe sex, ^{and other that are a} ~~and other~~ vandalism, involvement with police, ^{that are a} ~~damages are other~~ consequences of drinking alcohol.

The Solutions

^{Read} Berkowitz et al. (24) that targeting individual students who are at higher risks of alcohol consumption should be done, first-year students, athlete students, members of Greek Organizations as well as mandated students should be targeted. These students can be equipped with information to improve their knowledge of alcohol consumption effects, change their attitudes and behavior related to alcohol so that they can either end up reducing their alcohol consumption levels and frequencies or stop alcohol consumption. The interventions are also aimed at ^{keeping} ~~challenging these~~ high-risk students ^{from} ~~against~~ taking risks so that they can experience lesser and fewer consequences of alcohol consumption. Interventions could include ^{are} ~~but not~~ limited to, educational awareness programs, cognitive-behavioral skill-based techniques, motivation, and positive feedback-related techniques, and outright behavioral interventions provided by health care professionals. Taking care of the campus environment and the surrounding environment could also help resolve the challenge of alcohol consumption. Alcohol

supply and distribution, as well as the sale of alcohol, could be minimized around the college and within the colleges to make it difficult for students to access it.

Execution of anti-alcohol consumption laws could also help. Rules should be made to restrict students from consuming alcohol while at the college (Werner et al. .489). These laws should be integrated into the university laws which govern the general conduct of students while on campus. The rules should be extended to prevent the communities around the colleges from selling alcohol to college students. These laws ^{could} should also be coupled with severe consequences so that people fear to break the set rules. Continuous communication of alcohol policies, both the state, the community, and the institution's alcohol policies to the students and the parents. ^{Read aloud} The procedures shall help the parents regulate the drinking habits of their children while at home. The policies will also guide the students in college and while in the community. The continuous reminders shall instill fear in the students helping them control their drinking habits in whichever environment they are in. The price of alcohol should also be increased to make it out of reach for most students (Werner et al. .490). Limiting the hours of the day within which alcohol is sold would also help. The selling time of alcohol around the college should be minimized so that students only have a few hours to drink ~~as~~ ^{this} could prevent them from drinking heavily.

Anti-alcohol advertisements should also be increased, especially within the college. The advertisements could use images of how an individual has engaged in a terrific road accident because he/she was driving while under the influence of alcohol. These advertisements should be very conspicuous and widespread within the college environs so that everyone notices ^{the} ~~adverts.~~ ^{The presence} ~~Continuous seeing and reading~~ of these adverts will challenge the students consuming alcohol to accept that ^{indeed} alcohol consumption is harmful to one's health. In the long run, these students will be convinced to stop their alcohol drinking habits. These advertisements