

Research Paper

## Consumption of Alcohol Use During the Covid-19 Pandemic: Impact of The Lockdown Conditions and Mental Health Factors

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### ABSTRACT

This study is aimed at finding out the rise in the consumption of alcohol intake, ranging from experimentation to severe alcohol use problems. Adolescents are at risk for short-term issues such as accidents, altercations, inappropriate or unwelcome sexual behavior, and overdoses. Adolescents go through this developmental stage as they start the process of growing up and becoming adults. The Alcohol Dependence Scale (ADS) given by H.A. Skinner and Horn in 1984 (reliability: 0.82-0.84) and the Brief Resilience Scale (BRS) given by Smith et al. in 2008 were used to analyze the correlational study in young adults (18-30) years, and the methodology section allows the reader to critically evaluate a study's overall validity and reliability, as well as the impact of behavioral changes.

**Keywords:** *Pandemic Impacts, Behavioral Issues, Mental Health Effects, Resilience, Substance Consumption*

The coronavirus illness, also known as COVID-19, is contagious. government-led methods of restricting individuals, such as lockdowns, social withdrawal, and self-voluntary isolation. Remaining at home during a pandemic crisis could have a significant impact on the global population's mental health and drug misuse patterns. In India, there is a daily average of about 10% alcohol intake, and 13% of people report problematic lifetime alcohol usage. In addition to increased alcohol consumption and the associated risks from it, a pandemic like COVID-19 can result in a variety of medical, psychological, and sociological issues. Alcohol is a dangerous substance and is currently the fourth most common cause of death that could have been avoided. In addition to these serious public health risks, excessive drinking has been linked to an increase in crime, violence, poverty, and sexually transmitted infections. We can detect many facts about the same event and obtain information from a variety of viewpoints and sources. This investigation adds to the body of knowledge on COVID-19 and is related to a number of articles used during that period. We specifically sought to look into various drinking habits and their relationship to COVID and its related effects.

Adolescent drug use and abuse are serious problems that have a considerable impact on future medical, psychological, and legal outcomes. While preventing and treating teenage

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substance abuse can be challenging, there are a number of approaches that have been found to be successful in this high-risk group.

### ***Need for the study***

During the pandemic, a rise in teen drinking is observed, which can vary from experimentation to serious alcohol use problems. Adolescents are at risk for immediate issues, including accidents, disputes, inappropriate or unwelcome sexual use, and even trial usage. Adolescents start to make the transition from childhood to adulthood throughout this stage of development. Psychosocial disorders as well as mental issues, etc., may start to manifest or develop in this age range (18-30), where suicide is the leading cause of death.

### ***Objective of the study***

1. To find the relationship between the two variables. During covid-19 phase. According to descriptive statistics
2. To study the increase in the consumption of alcohol during the pandemic period in adolescents and adults with the spearman's correlation of resilience, motivational structure, and substance abuse among the population.

### ***Hypothesis of the study***

1. There is no significant difference shown between the two scales with regards to gender.
2. There are two possible scenarios: increased consumption due to stress and free access.
3. The social-economic status is known to be a determinant in alcohol outcomes, especially with a greater amount of alcohol.
4. Motivational structure and resilience predict the number of substances consumed.
5. Motivational structure mediates the relationship between resilience and substance abuse.

## **METHODOLOGY**

The investigator chose the survey method for the study based on the observation of the increase in consumption of substances with a resilience structure of motivation.

### ***Population and sample of the study***

The adolescents in the 18–30 age group in New Delhi are the population of this study. The investigator used non-probability sampling. Sixty-nine adolescents were selected as the samples for this study. The sample has a mix of males and females.

### ***Tool used***

1. Alcohol Dependence Scale (ADS) by Skinner, HA, Allen, B.A. (1982): - No of items :25 The researcher established content validity for the tool and the reliability, cronbach's alpha found (0.732) of the tool has by using descriptive statistics.
2. The Brief Resilience Scale (RS) by Smith and colleagues (2008): - No of items 6 The researcher established the content validity of the tool and the reliability (Cronbach's alpha of (0.641) of the tool by using descriptive statistics.

### ***Statistical techniques used***

The investigator employed descriptive statistics (Mean, standard deviation, skewness and correlation, T-test.)

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**ANALYSIS OF DATA**

*Table 1: Reliability statistics: Alcohol scale*

<b>Cronbach's Alpha</b>	<b>N of Items</b>
.732	25

**Reliability Statistics: Resilience Scale**

<b>Cronbach's Alpha</b>	<b>N of Items</b>
.641	6

*Table 2 of Descriptive Statistics:*

Descriptive Statistics							
	N	Minimum	Maximum	Mean	Std. Deviation	Skewness	
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error
Alcohol Addiction	69	19.00	42.00	34.1449	7.05081	-.367	.289
Resilience	69	13.00	17.00	14.7101	1.04461	1.012	.289
Valid N (listwise)	69						

**Table 2** shows the calculations using descriptive statistics formulas.

**Table 3:** Finding relations between two scales, ADS and BRS, by using the Spearman correlation:

Correlations			
		Alcohol Addiction	Resilience
Alcohol Addiction	Pearson Correlation	1	-.326**
	Sig. (2-tailed)		.006
	N	69	69
Resilience	Pearson Correlation	-.326**	1
	Sig. (2-tailed)	.006	
	N	69	69

\*\* . The correlation is significant at the 0.01 level (2-tailed).

1. The most common justifications for continuing substance use were “easy availability” and “relief from tension.” Adolescents had a very high level of knowledge about the dangers of substance use. Adolescent substance users were effective in persuading themselves through peer pressure to adopt this habit of consuming.
2. Early drug use in adolescence is common. Sometimes they experience difficulties because of their families, their finances, peer pressure, and a variety of other issues. For adolescents, drinking alcohol is a simple way to feel normal. For my research, I use standardized scales and questionnaires to collect data wisely.
3. When changes in behavior are observed, Alcohol and tobacco were the most frequently misused substances during the pandemic period. It is intended to increase the intrinsic desire for behavioral change, even if adolescents are frequently aware of the negative repercussions of substance use. The major findings show that adolescents in COVID-19 are very motivated to consume alcohol in covid-19, and the study shows a positive correlation.

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4. Alcohol addiction mean statistic = 34.1449, standard deviation = 7.05081, skewness: statistic = (-.367), standard error = (.289). N=69, Correlation= (1), sig.(2-tailed)=.006  
Resilience mean statistic = 14.7101, standard deviation=1.04461, skewness: statistic=1.012, std. error= (.289). N=69, correlation= (-.326), sig.(2-tailed) = .006.
5. No significant difference is found between married, unmarried, employed, or unemployed.

### DISCUSSION

The most often abused substances had an influence on their family and personal lives. This research may assist in comprehending pressing public health issues. Basic understanding of the sociodemographic characteristics and behavioral characteristics of substance use poses serious risks for the possible loss of life in adolescents, as well as for their careers, families, and society at large.

### CONCLUSION

According to this research study, we find a positive correlation between the increase in alcohol consumption and the resilience motivational structure during the pandemic period. Due to the easy availability of substances, alcohol intake significantly increases. Alcohol is recognized to be bad for the health of human beings in general and to make people more likely to be hurt.

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### *Conflict of Interest*

The author(s) declared no conflict of interest.

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