Self-esteem and alcohol consumption in adolescents of secondary from Lima-Peru

Autoestima y consumo de alcohol en escolares adolescentes de Lima-Perú

ABSTRACT. Objectives: To determine the association between the level of self-esteem and alcohol consumption in adolescents of the 5th of secondary in a state educational institution of the district San Juan de Lurigancho from Lima-Peru. Methods: The research was quantitative approach, correlational level, non-experimental design, cross-sectional. The population was made up of 200 teenage students, and the sample was 82. Coopersmith's inventory was used to measure self-esteem and the Audit Questionnaire for alcohol consumption. Results: 28% of adolescents have self-esteem at medium level and 9.8% low self-esteem. Regarding alcohol consumption, 56.1% have risk consumption, 24.4% have preliminary consumption and 2.4% are alcohol-dependent. Conclusions: There is a significant association between self-esteem and alcohol consumption.

Keywords: alcoholism, Adolescent Behavior, students, Self Concept, Adolescent Health

RESUMEN. Objetivo: Determinar la asociación entre nivel de autoestima y consumo de alcohol en adolescentes del 5to de secundaria en una institución educativa estatal del distrito San Juan de Lurigancho de Lima-Perú. Métodos: La investigación fue de enfoque cuantitativo, nivel correlacional, diseño no experimental, de corte transversal. La población estuvo conformada por 200 estudiantes adolescentes, y la muestra fue de 82. Se utilizó el inventario de Coopersmith para medir la autoestima y el Cuestionario de Audit para el consumo de alcohol. Resultados: 28% de adolescentes posee autoestima en nivel medio y 9.8% baja autoestima. Respecto al consumo de alcohol, 56.1% tiene consumo de riesgo, 24.4 % tiene consumo prejudicial y 2.4% tiene dependencia al alcohol. Conclusiones: Existe asociación significativa entre autoestima y consumo de alcohol.

Palabras clave: alcoholismo, conducta del adolescente, estudiantes, autoimagen, salud del adolescente.

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INTRODUCTION

The World Health Organization (WHO) reports that worldwide low self-esteem is a trigger for mental health problems, generating emotionally unstable people, so that annually 800,000 young people between the ages of 15 and 29 end their lives. In 2011, it was revealed that 32% of children between the ages of 7 and 17 have a bad concept of themselves, 25% think about committing suicide and 26% detest themselves with low self-esteem. On the other hand, adolescents with low self-esteem focus their time on inappropriate things, which leads them to get together with bad friends and incur vices such as alcohol and lying to their parents.

So much so that, at a global level, it is estimated that each adolescent with 15 years old to more annually consumes about 6.2 liters of alcohol in different presentations. According to the Pan American Health Organization (PAHO), America has 37% of young people aged 14 and 19 who consume alcohol having Paraguay as the country of greatest consumption; while the Organization of American States (OAS) recorded that between the ages of 14 and 17 in 2011, more than 50% of young people consume alcohol.

Studies carried out in Spain, Mexico, and Venezuela refer to the close relationship between self-esteem and alcohol consumption, despite the fact that high self-esteem figures predominate. On the other hand, in Peru, studies conducted in Arequipa, Puno, San Juan de Lurigancho, and San Juan de Miraflores show that adolescents in the last two years of high school have average self-esteem (around 63.5%) and 65.3% consume alcohol. These studies conclude that if the adolescent has low self-esteem, he or she will have a greater chance of being a risk drinker and dependent on alcohol.

The importance of paying attention to the consumption of alcohol in adolescents lies in the fact that the WHO calls it a behavioral disorder due to the consumption of psychotropic substances whose prolonged consumption damages health by inflaming the pancreas, damage to the liver, car accidents, and aggression behavior among others.

At this stage, the nurse has an important role in supporting the adolescent who feels an unsatisfied need, helping him or her to raise awareness, and provide for himself or herself, identifying factors that influence healthy behaviors.

As a result, a study was carried out to obtain the information needed to provide educational guidance to adolescents in their vulnerable stage. Aiming to determine the association between the level of self-esteem and alcohol consumption in adolescents in the last year of high school of a public institution in Eastern Lima during the 2017 period.

MATERIALS AND METHODS

Quantitative approach study, non-experimental and cross-sectional design with correlational level. We worked with a population of 82 adolescents from the last year of high school in a public institution in Eastern Lima, in the district of San Juan de Lurigancho (Lima - Peru) during the 2017 period.

The technique used was the survey. The Coopersmith inventory was applied to measure self-esteem with 25 items and the Audit Questionnaire for alcohol consumption with 10 items. The instruments were validated by expert judgment, obtaining an average acceptance of 100% in the first variable and 96.6% in the second variable. Likewise, to determine reliability, a pilot test was carried out with 20 adolescents who did not belong to the study center. According to Cronbach’s alpha analysis 0.8 was obtained in both cases.
RESULTS
In chart 1, it can be observed that 62.2% of adolescents have high self-esteem; nevertheless, it is in the family dimension where the middle self-esteem predominates (46.3%) followed by low self-esteem (34%).

Chart 1.
Level of Self-esteem according to dimensions, in adolescents from the last year of high school in a public educational institution.

With respect to alcohol consumption, the chart 2 shows that the majority of adolescents present risk consumption (56.1%) followed by harmful consumption (24.4%). When making the difference in alcohol consumption according to gender, it is observed that in women, the tendency is more frequently from risk consumption (19.5%) to low-risk consumption (15.9%), while the two cases of harmful consumption occurred in men.

Chart 2.
Level of alcohol consumption, by gender, among adolescents in the last year of high school in a public educational institution.
In the present study, it was found that most adolescents have high self-esteem. This result coincides with five international studies and one national study. Hernando\textsuperscript{11} found that 55% of adolescents had high self-esteem in Argentina, Solano\textsuperscript{12} found 94.5% of adolescents with high self-esteem in Mexico, Navarro\textsuperscript{13} found 77% of adolescents with high self-esteem in Venezuela, also Alvarez\textsuperscript{14}, in his study conducted in Mexico, found 94.5% of adolescents with high self-esteem; and finally, Del Campo\textsuperscript{15} found 85.2% of adolescents with high self-esteem in Spain. A national study conducted by Morales found 54.8% high self-esteem in Peru. On the other hand, the results of this study differ from two national studies. Fernandez\textsuperscript{16} found 22.8% of adolescents with high self-esteem in Arequipa; likewise, Guillermo\textsuperscript{18} only found 13% with high self-esteem. According to the theoretical basis, self-esteem is a set of thoughts, evaluations, feelings, and behavioral tendencies directed at ourselves encompassing the aspects of life itself, from the physical to the interior of every people, also defines the management of decisions for the welfare of the same person establishing concepts of oneself to feel pleasant.\textsuperscript{24} The nurse has skills such as understanding behavior, which allows her to help others identify their difficulties and apply the principles of human relationships.\textsuperscript{26} For all the above reasons, the high self-esteem found in most adolescents could be due to the fact that the study population has developed its personal self and that internal and/or external problems do not affect its self-esteem. In addition, it is important that health personnel, educators, parents or guardians interact with the adolescent to strengthen and enhance the gains they have made over the years, learning to listen is one of the best pleasures that an adolescent has or feels, because he or she needs someone else to encourage or correct the ideas or thoughts they intend to make. An encouraging attitude toward something positive will help the teen to gain success in his or her education.

Regarding the level of alcohol consumption, the majority of adolescents have risky consumption and harmful consumption. In the international background, Hernando\textsuperscript{11} found that 13.30% of adolescents are at low risk of alcohol consumption in Argentina. On the other hand, three antecedents were found that differ with the results obtained. At the international level, Solano\textsuperscript{12} found that 80.70% of adolescents are not at risk of drinking alcohol in Mexico. As well as Alvarez\textsuperscript{14}, also in Mexico, found that 80.70% of adolescents are not at risk of consuming alcohol. Similarly, Del Campo\textsuperscript{15} found that 64.90% of adolescents are not at risk of drinking alcohol in Spain. According to the theoretical basis, low risk of alcohol consumption is defined as any individual who has not consumed a drop of alcohol in his/her life or who has no intention of consuming alcohol. In view of the above, it can be said that a person who is not at risk of alcohol consumption has little chance of consuming alcoholic beverages in the short or long term.

It is concluded that there is a significant association between self-esteem and level of alcohol consumption, although most have high self-esteem, which is a positive sign at this stage of life.

It is recommended to carry out a study of interventions with parents, teachers, tutors, and adolescents themselves to reduce alcohol consumption; to make them protagonists of their own self-control in matters of health and behavior.

**CONFLICTS OF INTERESTS:** The authors declare that there are no conflicts of interests.
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