

## Identification on the Roads of the Alcoholic Consumption in Diabetic Adolescents

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### ABSTRACT

**Background:** The roads on the alcoholic consumption in diabetic adolescents is an essential element in current healthcare work from the health professionals themselves.

**Objective:** To identify the roads of the alcoholic consumption in diabetic adolescents.

**Methods:** A descriptive, cross-sectional study was conducted in a health area, where from a population of 60 there was a sample of 41 diabetic adolescents with alcohol consumption for different roads, belonging to the "José Ramón León Acosta" policlinic in Santa Clara. Empirical and statistical methods, open interview and review of individual medical records were used.

**Results:** The most frequent route of initiation was sociocultural 39 % followed by those who use the hedonic route as a way of seeking pleasure among their peers 24,4%.

**Conclusions:** Alcohol consumption in diabetic adolescents for different roads is a real health problem. Diabetic adolescents initiate alcohol consumption at increasingly younger ages, but it is very important to carry out health actions to prevent this toxic substance and your repercussion in the diabetic adolescents.

**Keywords:** adolescence; alcoholism; diabetic; prevention.

### INTRODUCTION

Adolescence as a period of human development has been the subject of attention of social scientists and international bodies, who have tried to define its limits, as well as the characteristics that define this stage. <sup>1</sup>

Adolescence is a complex stage of transition between childhood and adulthood, in which the individual feels a member and participates in an "age culture" characterized by its own behaviors, values, norms, slang, spaces and fashions. <sup>2</sup>

Alcoholism is a disease caused by the abusive consumption of alcoholic beverages and by the addiction that this habit creates. The figures of adolescents and young consumers increase every year. <sup>3</sup>

Prevention is an important resource within society to prevent different evils from reaching or expanding. This term is defined as actions aimed at the eradication, elimination and

minimization of the impact of the disease and disability; It includes social, political, economic and therapeutic measures. <sup>4</sup>

It is a reality: teenagers, parties and alcoholic beverages are related, it is not about absolutizing, but neither can one deny vulnerability, the risk to which they are exposed, and, therefore, the most significant efforts in the fight against toxic substances should be directed towards prevention. <sup>5</sup>

The World Health Organization cited by Vignolo et al. <sup>6</sup> states that primary prevention strategies may be aimed at prohibiting or reducing the exposure of the individual to the harmful factor, up to levels not harmful to health.

At present, there are insufficiencies in community care work to address the problem of alcohol consumption in diabetic adolescents, which led to the present study aimed at solving the following scientific problem:

## Identification on the Roads of the Alcoholic Consumption in Diabetic Adolescents

How identify the roads of the alcoholic consumption in diabetic adolescents belonging to the "José Ramón León Acosta of Santa Clara" policlinic? The general objective is to identify the roads of the alcoholic consumption in diabetic adolescents.

### METHODS

A descriptive, cross-sectional study was carried out in a health area, belonging to the "José Ramón León Acosta" policlinic of Santa Clara municipality, in the period from January 2017 to December 2018. Are 60 diabetic adolescents who consumed alcohols were studied, and the simple random sampling without replenishment probabilistic technique was used for the sample selection. It was constituted by 41 diabetic adolescents, who were previously informed consent, as well as their guardians to participate in the study.

#### Methods of the Theoretical Level

- Synthetic analytical: It made possible the interpretation of each one of the studied texts, to conform the criterion assumed in the epigraphs and paragraphs, as well as to particularize in the data obtained in the surveys to integrate them and to establish the corresponding generalizations.
- Inductive-deductive: It facilitated going from the particular to the general in each of the analyzes carried out in the theoretical study and in the processing of the obtained information.
- Generalization: It allowed the establishment of the regularities that were revealed in the study carried out.

#### Methods of the Empiric Level

- Individual clinical histories: It made it possible to provide information on various personal aspects.

### RESULTS

**Chart1.** *Distribution on the roads of the alcoholic consumption in diabetic adolescents by sex*

Roads on the alcoholic consumption in diabetic adolescents	Sex						Z Value -p
	Female		Male		Total		
	No.	%	No.	%	No.	%	
<b>Sociocultural</b>	2	16,7	14	48,3	16	39,0	Z=1,536 p=0,645
<b>Hedonic</b>	4	33,3	6	20,7	10	24,4	Z=0,458 p=0,646
<b>Escape</b>	2	16,7	7	24,1	9	22,0	Z=0,111 p=0,911
<b>Aversive</b>	4	33,3	2	6,9	6	14,6	Z=0,693 p=0,090
<b>Total</b>	12	100	29	100	41	100	

*Source: Individual clinical histories*

### Inclusion Approaches

- All diabetic adolescents with previous consumption of alcoholic beverages.
- That they reside in the health area belonging to a health area and are dispensed.

### Exclusion approaches

- Adolescents whose legal guardians do not give consent to participate in the investigation.

The following variables were used from the data obtained: sex and roads on the alcoholic consumption in diabetic adolescents.

### Statistical Analysis

The information was stored in a data file in SPSS version 21.0 and is presented in tables and statistical graphs, for the description the arithmetic mean, standard deviation, absolute frequencies and percents were calculated. In the analysis we used a comparison test of two proportions and a comparison of means for independent samples through Epidat 4.2. We worked with levels of significance of 5 %.

### Process

To begin the development of the research, a bibliographic review was made with the use of the database by Pubmed of the subject with a thorough analysis of the most relevant aspects in the Cuban environment as well as at an international level.

### Collection of Information

In order to carry out the research, the documentary review and individual clinical histories were used as techniques in order to obtain extended information.

Chart 1 shows a predominance of the path of sociocultural represented by 39 % of the sample, followed by those who use the hedonic route as a way of seeking pleasure among their peers (24,4 %). It must be clarified that adolescents are spoken of where the ages range from 12 to 18 years, which obey an emotional instability typical of age. There are no significant differences in sex ( $p > 0.05$ ).

### DISCUSSION

In the study, the average age of diabetic adolescents ( $14.2 \pm 1.7$ ) who started alcohol consumption was similar to that of Mexican students.<sup>12</sup>

In Cuba, a study conducted in Havana during 2012 found a higher percentage of alcoholics than what was suggested by the analysis of the health situation.<sup>6</sup> The results of the present investigation reflect this reality. While Cuban adolescents reported relatively low alcohol consumption, most began drinking before age 16 and frequently answered that they did so for fun or to relieve stress and feel relaxed influenced by a group contagion.

The early age at the start of alcohol consumption also indicates systematic violations of the regulations regarding alcohol, specifically, of ministerial resolution 334 of 2004 of the Ministry of Domestic Trade of Cuba that prohibits the sale of alcoholic beverages to children less than 16 years of age. in any type of establishment, public or private, regardless of whether it is in pesos or freely convertible currency.<sup>7</sup>

From the results it was evident that the incidence of alcoholism tends to increase in Cuba because from very early ages and through dissimilar routes: social or cultural, the reality is that the trend increases both on weekdays and weekends, to which contributes the sale of beer and alcoholic beverages in free areas; The same happens with respect to the tolerance of consumption in parks and squares on holidays or weekends, despite the existing regulations.<sup>8</sup>

In the revised bibliography<sup>9</sup> it was found that those who are more likely to have alcoholism are those adolescents exposed to the sociocultural pathway, among which is the consumption of alcohol in the male sex. This approach corresponds to the results obtained in the interviews conducted with the group where they said they drink when they go out for a walk, at parties and sharing tastes and preferences with friends. As a motivation, they refer that they do it "... by group imitation", "...

to be approved by the group", "... to comply with rules of friends", "... to seek group pleasure", "... to avoid family conflicts". They also argue: "... I drink because sometimes I feel sad and frustrated", which affirms the low perception of risk when taking this activity as essential for life.

The effects derived from the consumption of alcohol are not only an individual problem, but also a community one.<sup>10</sup>

The centers of studies are called to favor the development of the social context; this is a strategic perspective in its corresponding expression within planning, both at the level of the teacher education system as well as that of the educational institutions themselves and their structures.<sup>11</sup>

Although the risk is defined as an action that may involve a loss, each subject understands it according to their own perceptions;<sup>12</sup> reason why the authors of this article call for reflection all those involved in the adolescent's attendance, including family, schools and community factors.

Previous research reveals the family consequences caused by alcoholism and the presence of rejection of these patients in families with an alcoholic member, which coincides with this investigation. In studies carried out by Sandoval Ferrer, feelings of extreme intolerance predominate, rejection of the alcoholic, guilt and shame among family members, especially on the part of the children; these results agree, in terms of family refusal, with those of this work.<sup>13</sup>

The group of friends appears as the main starting point in consumption, if reference is made to the literature, these young people started in the practice of consumption through the socio-cultural way, based on customs, shared norms and the pressure of the group given the influence on the subject, result obtained in correspondence with research found.<sup>14</sup>

Usually, it is reported that the age of onset of consumption, begins in early adolescence, however, there are other authors who place it after 14 years.<sup>15</sup>

The situation described in the Cuban and Mexican contexts is not unique. For example, a Colombian study found that 85 % of young people between the ages of 20 and 25 had consumed alcohol at some point in their lives. A similar percentage (80,4 %) had done so in the

previous year and approximately half of the young people studied in the previous month. The percentages were higher among university students, 94,6 % of them had tried alcohol and 89,7 % were consumers at the time of the study.<sup>16</sup>

Based on the results of this research, we worked to fulfill the main objective, which was to characterize current alcohol consumption in adolescents and provide comprehensive health care aimed at preventing this scourge from adolescence in its early stage.

### CONCLUSION

Alcohol consumption in diabetic adolescence is a real health problem in Cuba. Diabetic adolescents initiate alcohol consumption at increasingly younger ages, by sociocultural initiation or hedonic route. A high incidence of the male sex prevails with relationship to the alcoholic consumption for the sociocultural road. The most common motive is group imitation and low tolerance to frustrations. By way of conclusion is very important to carry out health actions to prevent the different roads caused by the alcoholic consumption in diabetic adolescents and this way to adopt measures to promote a healthy lifestyle in adolescents in an early way.

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