

Alcoholic Beverages Affecting the Performance of Student- athletes in the Visayas State University: A Descriptive Study

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ABSTRACT

This research study investigates the consumption patterns and perceptions of alcoholic beverages among varsity-athlete players. Employing a descriptive research design, the study utilizes a random sampling method in selecting 50 participants from the varsity athlete population. Data collection is facilitated through a Google Form survey comprising a 10-item checklist and five open-ended questions. The checklist items assess the frequency and quantity of alcohol consumption, while the open-ended questions delve into participants' experiences and perceptions of alcohol consumption. The study's primary objective is to gain insights into the approaches that varsity athletes take toward alcohol consumption, explore its potential impact on their athletic performance and recovery, and gauge their awareness of responsible drinking practices. The research findings are expected to contribute to a deeper understanding of alcohol consumption behaviors among varsity players and inform the development of strategies to promote healthy lifestyles within this particular population.

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INTRODUCTION

Alcohol has existed for a long time and is continuously gaining dominance in a wide area of the world. Various alcoholic beverages such as wine, Beer, and liquors are ubiquitous in many societies, as they have become part of several cultures and traditions, social gatherings, special occasions, or simply a solitary practice daily of the majority (Hirst, 2019).

According to the World Health Organization, any classification of beverages in liquid form can only be associated as "alcoholic" if it encompasses more than one percent of alcohol by volume, which varies depending on the beverage type. Ethanol is a colorless, toxic, and addictive drug with a depressant quality that dangerously targets the body's vital functions. This intoxicating substance is commonly found in specific beverages, including Beer, wine, and liquor, as it is intended for human consumption and yielded through the natural process of fermenting sugar, yeast, and starches. Despite its cons and inconvenience, most people would not budge and remain to indulge in such an unhealthy habit (WHO, 2022).

The Dietary Guidelines for Americans 2020-2025 suggested that people ages 18 years and above refrain from consuming alcoholic beverages or drinking in limited quantities by maintaining intake to 2 drinks or less per day for men and one drink or less per day for women to reduce the likelihood of alcohol-related harms (U.S. Department of Agriculture, 2020). However, the Centers for Disease Control and Prevention stated in opposition to starting to drink regardless of the reason; mounting evidence shows that even moderate alcohol intake has no overall beneficial impact on human health (CDC, 2022) as the National Institute on Alcohol Abuse and Alcoholism (NIAAA, 2021) added that there is no exact amount of alcohol which can guarantee safety for anyone.

The prevalence of alcoholic beverages has affected a broad population of people who actively engage in sports (NCAA, 2014). Few researchers claimed that there is an underlying relationship between alcohol consumption and athletic performance, and both components did not complement one another.

Some studies have addressed that alcohol in moderate consumption can offer substantial benefits but only varies on the person's body type and health condition (Bachai, S., 2017). On the other hand, a comprehensive worldwide study established by The Lancet Public Health disapproved of the claim. Instead, it highlighted that alcohol problems had been recognized as the central risk contributor and elevates the emergence of potential health complications that can be found mainly in the attributes of alcohol, which can be the root of different conflicts associated with human well-being.

With the accelerating cases of alcohol in many parts of the country, it also becomes widespread among college students. It has been socially accepted by all age groups above 18 years old. There is an existing question recognized in the topic. Limited studies are being conducted on our campus about alcohol and sports, which still needs to be fully understood by the majority. Therefore, our research study seeks to provide substantial explanations to fill specific gaps in the previous papers. Because this pressing issue is relevant, our study is crucial and beneficial to the health government, the school, and sports enthusiasts. Furthermore, the findings will suggest clear insights and specific recommendations to benefit the above beneficiaries.



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Research Questions

This research study aimed to identify the influence of alcoholic beverages on student-athletes athletic performance at Visayas State University. The researchers look forward to acquiring definite answers to these specific questions:

1. How frequently do student-athletes partake in alcohol?
2. What are the reasons for student-athletes in alcohol engagement?
3. How do alcoholic beverages influence the sports performance of student-athletes at Visayas State University?

METHODS

Study Design

The study is a quantitative research approach, which utilized descriptive research design. A descriptive research design was incorporated in order to describe how alcohol affects the performance of student-athletes at Visayas State University. Its primary goal is to provide an accurate and reliable representation of the variables pertinent to the research question, aims to describe a phenomenon and its traits, and is more organized (Wyk et al., 2015). This study is more interested in what occurred than in why it occurred. As a result, tools for observation and surveys are frequently used to collect data (Nassaji, H., 2015).

Participants

The participants of this study are the student-athletes who are active in sports, either male or female, at different year levels, exclusively at Visayas State University. There are 50 respondents in the study; simple random sampling was utilized in selecting the respondents, wherein a subset of the population was chosen. Each person in the population has an equal probability of being chosen using this sampling technique, and this one is the easiest to understand because it only requires one random selection and little prior population knowledge. Any research conducted on this sample should have high internal and external validity and be at a lower risk for research biases like sampling and selection bias because it uses randomization (Thomas L., 2020).

Instrumentation

This study incorporated an online instrument tool, considering Google Forms, which can summarize the results of all the data needed for conducting the study. The questionnaire focuses on student-athletes who are part of different sports events. The instrument tools used are checklists and survey questionnaires, consisting of 15 closed-ended or open-ended questions. There are three sections, namely: (a) Athlete profile; (b) Alcohol intake; and (c) Experience(s) with drinking alcohol. These questionnaires are adapted and modified from The Alcohol Use Disorders Identification Test conducted by the World Health Organization. The informants of the study are student-athletes at Visayas State University, with a focus on how engagement in alcoholic beverages affects their performance. This study concentrates on obtaining samples through a simple random sampling technique.

Data Analysis

The study is a quantitative research type in which a descriptive research design is employed to gather numeric data. A checklist and survey questionnaire are the instruments utilized to collect the data and



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condense the findings into a format that can be easily understood and interpreted. The obtained data will be analyzed and interpreted using a descriptive statistical tool that summarizes the data in the form of mean, median, mode, variance, and standard deviation (Bhaskar, S., 2016).

RESULTS

Survey Respondent's Demographic Profile

Table 1. Demographic Profile of Respondents

Respondents Characteristics	Frequency	Percent
GENDER		
Male	28	56%
Female	22	44%
AGE (YEARS)		
18-21	37	74%
22-25	13	26%
NUMBER OF ATHLETES IN EACH SPORTS		
Arnis	1	2%
Badminton	3	6%
Baseball	3	6%
Basketball	4	8%
Chess	1	2%
Futsal	4	8%
Soccer	3	6%
Softball	3	6%
Swimming	10	20%
Taekwondo	1	2%
Table Tennis	1	2%
Track and Field	1	2%
Volleyball	15	30%

The researchers surveyed fifty student-athletes from thirteen varsity sports at Visayas State University. The student-athletes were asked to complete the checklist and survey questionnaire with fifteen questions as a whole, which pertained to their drinking habits or routine. As can be seen in Table 1, it depicts the demographic profile of every respondent, including their gender, age, and the sports they are involved in. There are twenty-eight males, with an equivalent of fifty-six percent (56%), and twenty-two females, which equates to forty-four percent (44%). Hence, males are more significant than females in the sample size.

Moreover, out of fifty student-athletes, thirty-seven were in the age range of 18–21 years old, while a significant number of thirteen were around 22–25 years old. As for their athletic involvement, a more significant number of the student-athletes were part of the volleyball team, which garnered a percentage



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of 30%. In addition, at least two percent (2%) are under table tennis, taekwondo, track and field, chess, and Arnis.

Table 2. Weighted Mean and Standard Deviation of Alcoholic Drink

Indicator	Weighted Mean	Standard Deviation
1. What kind of alcoholic beverages do you usually drink?	2.28	7.57

Legend:

- Wine and Champagne -1
- Any Kinds of Beer - 2
- Spirits and Liquors - 3

Table 3. Weighted Mean and Standard Deviation of Alcohol Intake

Indicator	Weighted Mean	Standard Deviation
Alcohol Intake		
3. How many 1-liter bottles of alcoholic drinks do you usually have on a typical day when you are drinking?	1.6	12.49
4. How many hours do you consume when you're drinking alcohol?	2.68	5.24
Overall WMR	2.14	

Legend:

- 1 to 2 1L-bottles - 1
- 3 to 4 1L-bottles - 2
- 5 to 6 1L-bottles - 3
- 7 to 8 1L-bottles - 4
- 10 to more 1L-bottles - 5

Legend:

- At least an hour per day - 1
- 2 hours per day - 2
- 3 to 4 hours per day - 3
- 5 hours a day - 4
- 6 hours and above - 5



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Table 4. Weighted Mean and Standard Deviation of Alcoholic Drink

Indicator	Weighted Mean	Standard Deviation	Descriptive Equivalent Rating
Experience(s) on drinking alcohol			
2. How often, on the average, do you drink any kind of beverages containing alcohol?	2.52	11	CE
5. How often have you found that you could not stop drinking once you had started?	2.5	6.04	ME
6. How often have you failed to do what was normally expected from you because of drinking?	2.42	6.04	ME
7. How often do you need to drink alcohol to relax and cope with stress?	2.62	4.84	SE
8. How often have you had a feeling of guilt and remorse after drinking?	2.36	5.65	ME
9. How often have you not remembered what happened the night before because you had been drinking?	1.98	8.39	ME
10. How often do you find yourself drinking alcohol than you initially intended?	2.76	7.77	SE
OVERALL WMR	2.45		ME

Legend:

Range	Descriptive Equivalent Rating
4.20 - 5.00	To a considerable extent (CE)
3.40 - 4.19	To a large extent (LE)
2.60 - 3.39	To a small extent (SE)
1.80 - 2.59	To a minimal extent (ME)
1.00 - 1.79	To no extent (NE)

Legend:

Never	-	1
Less than monthly	-	2
Monthly	-	3
Weekly	-	4
Daily or almost daily	-	5

Results from the survey (Table 3) depict the alcohol consumption of the sampled respondents. It has been shown that the total weighted mean of alcohol intake garnered a rating of 4.28 with an average of 2.14, which is described as To a Minimal Extent (ME). Conversely, the total weighted mean of experiences with drinking alcohol accumulated a rating of 17.16 with an average of 2.45 expresses itself



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as To a Minimal Extent (ME). Overall, it means that the respondent's alcohol consumption and experiences with alcoholic beverages are deficient.

1. What kind of alcoholic beverages do you usually drink?

50 responses

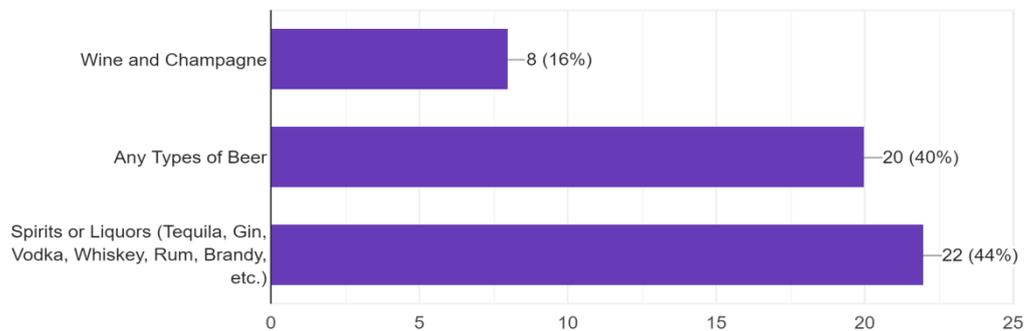


Figure 1. Alcoholic Beverages

Based on Figure 1, the student-athletes usually consumed spirits or liquors, including tequila, gin, vodka, whiskey, and brandy, gathering the highest number of 44%, which has 22 respondents. On the other hand, 40% of the sample prefers to drink any Beer, and the remaining 16% are more likely drawn to wine and champagne. This illustration indicates that most respondents favored strong alcoholic drinks rather than beverages with light alcoholic content.

2. How often, on the average, do you drink any kind of beverages containing alcohol?

50 responses

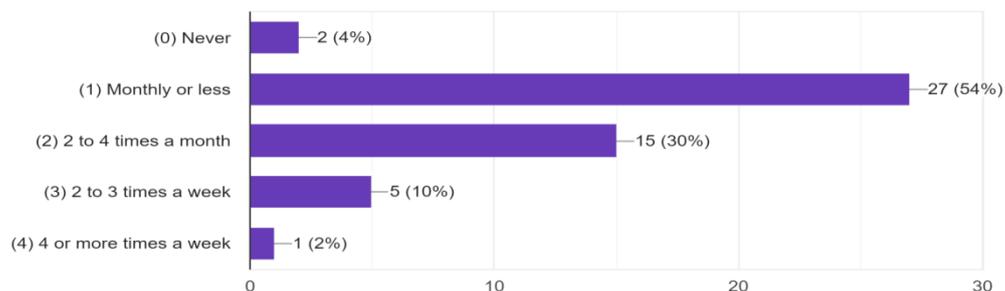


Figure 2. Alcohol Consumption Frequency

In Figure 2, over half of the respondents, accumulates explicitly an average of 54%, engaged in any beverage containing alcohol each month or less. Fifteen of them (30%) have been exposed to alcohol every two to four times a month, 10% every two to three times a week, and one person has been exposed four or more times per week. Therefore, the majority of the student-athletes preferred to drink once a month.



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3. How many bottles of alcoholic drinks do you usually have on a typical day when you are drinking?
50 responses

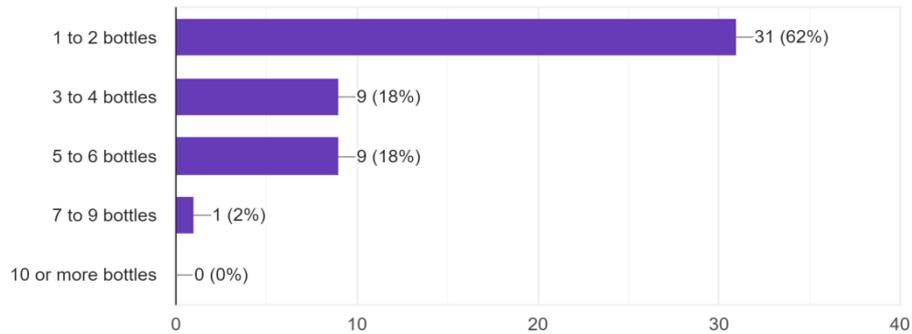


Figure 3. Usual Number of Bottles Consumed

As can be seen in Figure 3, 62% of the sample size can finish one to two 1L-bottle of alcoholic beverages. Eighteen percent of it consumed at least three to four 1L-bottles, while another 18 percent consumed five to six bottles. The remaining respondent, with an equivalent of 2%, devoured seven to nine 1L-bottles. The graph concludes that student-athletes usually accumulate fewer 1-liter bottles of alcohol on a typical drinking day.

4. How many hours do you consume when you're drinking alcohol?
50 responses

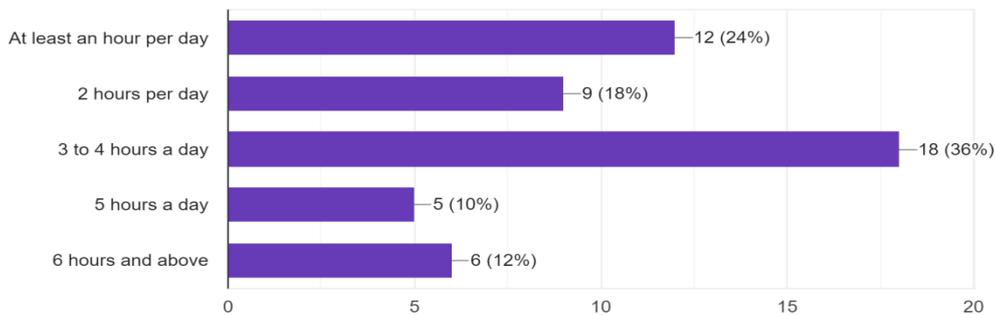


Figure 4. Hours Consumed When Drinking Alcohol

It is shown in Figure 4 that eighteen respondents, which is equal to 36% of the sample size, partake in drinking alcohol, consuming three to four hours each day; 24% of them responded that they spent at least an hour a day, and another 18% spent two hours every day. Six respondents (12%) consumed six hours or more, while the remaining 10% spent five hours daily. In conclusion, more student-athletes are likelier to have allotted 3 to 4 hours per day during alcohol engagement.



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5. How often have you found that you were not able to stop drinking once you had started?
50 responses

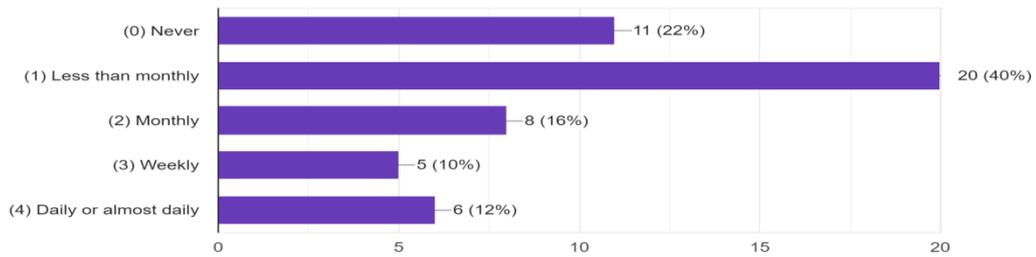


Figure 5. Student-Athletes' Experiences on Alcohol Consumption

Figure 5 clearly shows that forty percent (40%) of the total number of participants have selected the second indicator, which tells that they notice an inability to figure out how to stop drinking less than monthly; twenty-two percent (22%) responded a never; sixteen percent (16%) have recognized it monthly; twelve percent (12%) have known it daily; and lastly, 10% have known it weekly. As has been demonstrated, a more significant percentage of people found out they could not quit drinking.

6. How often have you failed to do what was normally expected from you because of drinking?
50 responses

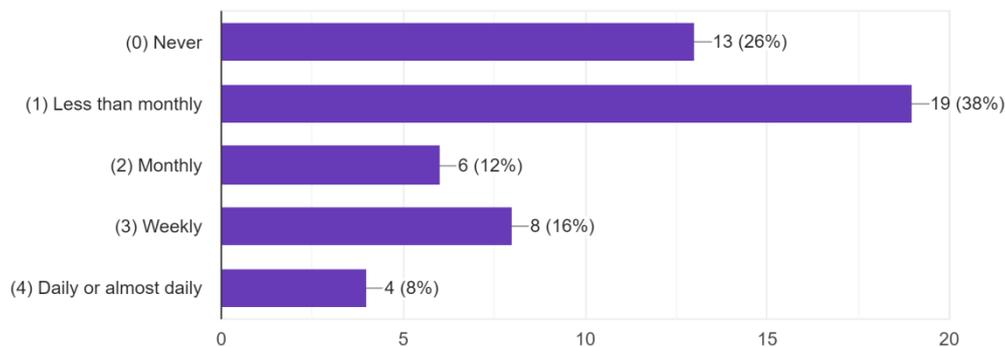


Figure 7. Student-Athletes' Experiences on Alcohol Consumption

As can be seen in Figure 7, the second indicator has accumulated a significant percentage of thirty-eight (38%); never, as the first indicator has twenty-six percent (26%) with a total of thirteen responses; the fourth indicator presented as Weekly gathered sixteen percent (16%); twelve percent (12%) of the sample selected the third indicator, which entails it happened monthly, while the eight percent (8%) were daily. In summary, most student-athletes have responded that less than monthly, they have failed to do everyday things expected from them due to alcohol ingestion.



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7. How often do you feel the need to drink alcohol to relax or cope with stress?

50 responses

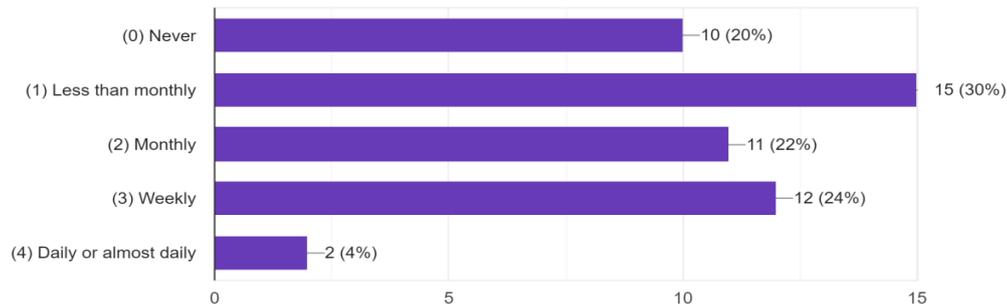


Figure 8. Student-Athletes' Experiences on Alcohol Consumption

Based on Figure 8, thirty percent (30%) of the sample size demonstrated that they feel the need to drink alcohol to relax and cope with stress less than monthly; an equivalent of twenty-four percent (24%) selected the indicator "weekly"; and twenty-two percent (22%) have expressed that it happens monthly. Moreover, the indicator "never" gathered twenty percent (20%), and the fifth indicator got a lower response with a percentage of four percent (4%). At a higher level of 30%, we can infer that less than monthly, student-athletes have felt the need to indulge in alcohol as a means of stress relief.

8. How often have you had a feeling of guilt or remorse after drinking?

50 responses

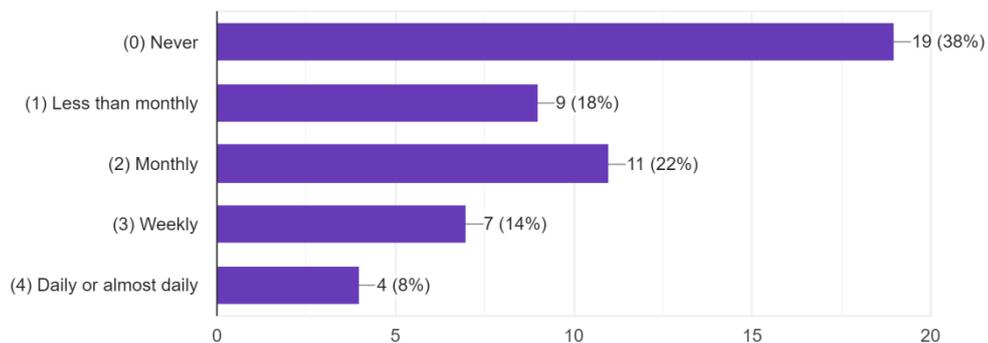


Figure 9. Student-Athletes' Experiences on Alcohol Consumption

By taking a look at Figure 9, the first indicator has obtained thirty-eight percent (38%); the third indicator, presented as monthly, has acquired twenty-two percent (22%); the second indicator garnered a level of eighteen percent (18%); the significant total of fourteen percent (14%) is under the fourth indicator, which is the weekly; and as for the last, the fifth indicator managed to have eight percent (8%). Therefore, the majority of the student-athletes never felt a sense of guilt or remorse for partaking in alcoholic beverages.



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9. How often have you been unable to remember what happened the night before because you had been drinking?

50 responses

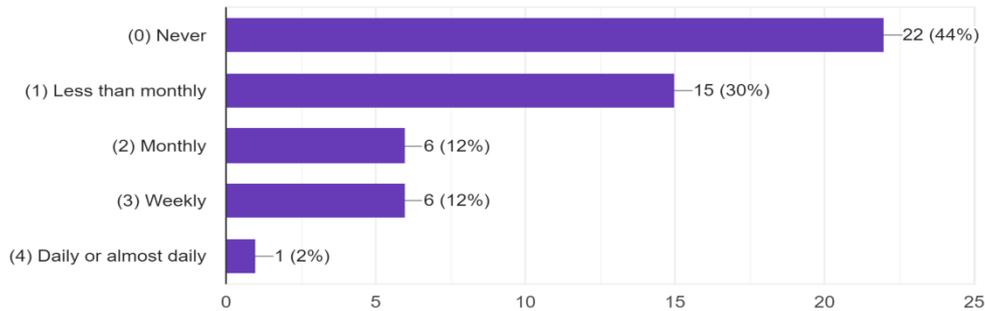


Figure 10. Student-Athletes' Experiences on Alcohol Consumption

In Figure 10, there is forty-four percent (44%) in the first indicator; the second lead has gathered a level of thirty percent (30%); the third and fourth indicators have both accumulated an equivalent of twelve percent (12%); and there is two percent (2%) in the last indicator. About the illustration, the maximum number of sample sizes have established that they have never experienced enough to remember what happened after consuming alcohol.

10. How often do you find yourself drinking alcohol than you initially intended?

50 responses

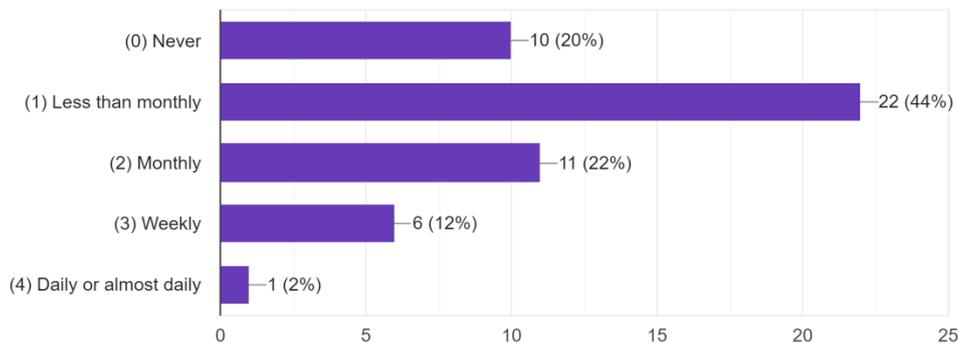


Figure 11. Student-Athletes' Experiences on Alcohol Consumption

Referring to Figure 11, the second indicator has a more significant percentage of forty-four percent (44%). The indicator presented as monthly has obtained a sufficient level of twenty-two percent (22%); on the other hand, there is twenty percent (20%) under the first indicator. Furthermore, the fourth indicator has garnered twelve percent (12%), and two percent (2%) for the last indicator. To summarize, in less than a month, most student-athletes have found themselves more involved in alcoholic beverages than they initially intended.



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The Factors and Experiences of the Respondents on Drinking Alcohol

Table 5. Why do you drink alcoholic beverages?

Factors	Total
Stress Reliever	12
Peer Influence and Socialization	8
Relaxation	8
Celebration	10
Simply for fun	10
It has a good effect for the body	3

A variety of motivations drive alcohol consumption. Stress relief temporarily escapes daily pressures, while peer influence and socialization make alcohol a social lubricant. It is also used for relaxation, celebration, and pure enjoyment. Some point to potential health benefits, though caution is necessary. In a complex interplay of factors, alcohol serves as a coping mechanism and a source of joy, emphasizing our society's need for responsible consumption.

Table 6. What was your experience after drinking alcohol?

Factors	Total
Hangover	18
Sleepy	5
Drunk	9
Neutral	4
Intoxicated	1
Drained	1
Happy	4
Unable to remember	1
Stomach ache	1
Talkative	1
Silent	1

Many individuals report experiencing hangovers, characterized by discomforts such as headaches, nausea, and fatigue, highlighting the aftermath of excessive drinking. Others mention feeling sleepy, a common consequence of alcohol's depressant properties. Many describe the sensation of being drunk, characterized by impaired coordination and judgment. Interestingly, some respondents report neutral feelings, suggesting that alcohol's impact on mood varies widely. Some individuals associate alcohol with happiness and euphoria, while others feel drained or unable to remember events due to excessive consumption. Stomach aches and altered behavior, such as becoming talkative or silent, also emerge as post-drinking experiences. These diverse responses underscore the need for responsible consumption, acknowledging both the potential enjoyment and negative consequences of alcohol use.



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Table 7. Have you tried drinking alcohol the night prior to practice or competition? Yes or No. If yes, what was your experience?

	Total
No	5
No, occasionally drinker	8
No, responsible athlete	1
Yes, not a good experience	1
Yes, to warm the body before practice	1
Yes, to jam with friends	1
Yes, but moderately	1

The survey asked respondents whether they had consumed alcohol the night before practice or competition. Out of the total respondents, five individuals indicated that they had not consumed alcohol in such situations. On the other hand, 8 participants reported having a negative experience when they had consumed alcohol before practice or competition. Interestingly, one person mentioned using alcohol to "warm the body" before practice, and another indicated that they only drank when there was no competition. Furthermore, the responses included an occasional drinker who does not consume alcohol before sports, someone who drinks occasionally but does not let it affect their athletic responsibilities, an individual who drinks to socialize with friends, and someone who drinks moderately. These varied responses highlight the diversity of attitudes and experiences related to alcohol consumption among athletes.

Table 8. Does alcohol affect your athletic performance? If yes, in what way? If no, why do you say so?

	Total
No	2
No, it has limitations	5
No, just occasionally drinker	1
No, not a drinker	2
Not drinking if there is a competition	3
Yes	2
Yes, lack of energy	7
Yes, it lessens the performance	25
Yes, it gives energy	1

The survey aimed to understand the impact of alcohol on athletic performance. Among the respondents, 25 individuals reported that alcohol does indeed affect their performance, indicating that it lessens their athletic capabilities. Seven respondents mentioned a lack of energy as the way alcohol affects them. Additionally, five respondents believed that alcohol has limitations on their performance. Two people stated a direct "Yes" to alcohol affecting their athletic performance.

Conversely, two participants claimed that alcohol does not impact their performance, with one being an occasional drinker and the other not consuming alcohol. Three individuals mentioned that they refrain from drinking when there is competition, suggesting a strategic approach. One person expressed that alcohol provides them with energy, while another specified that they only drink occasionally. Overall,



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these responses underscore the varied ways alcohol can influence athletic performance, including reduced energy, limitations, decreased effectiveness, and instances where athletes take precautions or feel unaffected.

Table 9. Do you consider quitting alcohol in your daily routine? Yes or no, and then explain your reason(s).

	Total
No	3
No, drinking is fun	2
No, but drink responsibly	8
No, drinking to reduce stress	2
No, I like to drink often	1
Yes	3
Yes, for the sake of health	28
Yes, to save money	1

The survey explored respondents' contemplation of quitting alcohol in their daily routines and their reasons for doing so. Out of the respondents, 28 individuals indicated they would consider quitting for the sake of their health. Eight people acknowledged that they do not plan to quit, but they emphasize drinking responsibly. Two participants mentioned that they do not intend to quit due to finding drinking enjoyable or using it to reduce stress.

On the other hand, three individuals stated they would not consider quitting alcohol, and one person mentioned enjoying frequent drinking. Furthermore, three respondents mentioned a straightforward "No" without elaboration. Additionally, one person expressed an intention to quit to save money.

These responses demonstrate various motivations for quitting alcohol, with health concerns being the most prominent factor. Some individuals also highlighted responsible drinking practices, while others cited the enjoyment or stress-relieving aspects of alcohol consumption as reasons to continue.

CONCLUSION

Based on the result of the study, the researchers inferred that there is an underlying relationship between alcohol and the athletic performance of the student-athletes. The various factors shown, whether external or internal variables, significantly influence the athletes' alcohol involvement. About the context, these specific factors should be taken into account by the athletes who drink and those who do not. Furthermore, each type of alcoholic beverage does not have an equal content of alcohol from one another, and the number of bottles consumed depends on the drinker. In conclusion to that, alcohol affects the sports performance of student-athletes; however, it relatively varies depending on the amount intake and body condition.



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