The use of alcohol in the adolescent population and its relationship with suicide ideas

ABSTRACT
Objective: This research aimed to analyze the relationship between alcohol consumption in adolescents and its relationship with suicide in state schools in João Pessoa. Method: To carry out the study, a self-administered questionnaire was used, which addressed issues related to drinking and suicidal ideas. The data were analyzed using descriptive statistics and Chi-square. The sample consisted of 1142 students with an average age of 16.38 years. Results: we can highlight that 12% of the sample population planned to commit suicide and 7.4% tried to commit suicide. Adding to alcohol consumption, where about 40.9% had drunk alcohol in the last month. The analyzes showed the existence of a relationship between the plan for suicide linked to the amount of drink in the last month ($x^2$ 20.116; $p <0.000$), as well as the attempted suicide linked to the amount of drink in the last month ($x^2$ 17.126; $p <0.017$). Conclusion: therefore, to indicate possible strategies for the development of effective interventions in this age group.

DESCRIPTORS: Alcohol; Teenagers; Suicide.

RESUMO
Objetivo: Esta pesquisa teve como objetivo analisar a relação entre o consumo de álcool em adolescentes e sua relação com o suicídio em escolas estaduais de João Pessoa. Método:Para a realização do estudo utilizou-se um questionário autoaplicável que abordava questões referentes ao consumo de bebida e ideações suicidas. Os dados foram analisados por estatística descritiva e Qui-quadrado. A amostra foi composta por 1142 estudantes com média da idade de 16,38 anos. Resultados: podemos destacar que 12% da população da amostra planejaram suicidar-se e 7.4% tentaram suicidar-se. Agregando ao consumo de álcool, onde cerca de 40,9% ingeriram bebida alcoólica no último mês ($x^2$ 20,116; $p <0,000$), assim como o Intento de suicídio vinculado a a quantidade de bebida no último mês ($x^2$ 17,126; $p <0,017$). Conclusão: portanto, indicar possíveis estratégias para o desenvolvimento de intervenções eficazes neste grupo etário.

DESCRITORES: Álcool; Adolescentes; Suicídio.

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A dolescence is the period of transition, in which adolescents develop their skills by experimenting with new types of behavior and face the challenge of adopting healthy behaviors. Corroborating, these statements refer to adolescence as a phase marked by great discoveries and emotional instability, a period in which personality is embodied. This phase cannot be reduced to a simple age group, as they are the transformation to adulthood and, therefore, the phase of biological, social and, mainly, psychological decisions for life.

However, the human development phase associated with adolescence within the legal framework is now described in age groups, and for the World Health Organization (WHO) the chronological age of an adolescent is defined as between 10 and 19 years old, whereas the Statute of the Child and Adolescent (Estatuto da Criança e do Adolescente - ECA) in Brazil, Law 8.069, of 1990, a concept used in Brazil, Law 8.069, of 1990, a concept used in this work is alcohol consumption and its consequences.

The emotional problems faced by young people are one of the causes of high alcohol consumption. A person who is going through a time of tension, conflicts, problems in family or emotional relationships can consume alcohol to fight depression and unwanted feelings. However, consumption has a depressive effect and can only aggravate problems, leading them to present a higher frequency of morbid thoughts.

In view of the above and understanding that puberty is marked by emotional and social insecurity, due to the need for acceptance of these developing subjects by their peers, which can lead to greater consumption of alcoholic beverages. It is understood that the adolescent population is exposed to social vulnerability and that vulnerability can be characterized as people’s exposure to illness. In this perspective, it brings the idea of vulnerability not only in an individual way, but in a logical way that is present in the diverse economic, social, cultural and political relations of society. While risk factors indicate probabilities, vulnerability is an indicator of inequity and social inequality. Thus, vulnerability precedes risk and determines differentiated processes of health and disease and the possibilities for coping with it, since this vulnerability causes the level of morbid ideals and the prevalence of suicide to increase.

Suicide is a word originated in Latin, derived from the combination of the expressions sui (self) and caedere (to kill). In other words, it means the individual’s voluntary act and his desire to take his own life. Facing the reality of adolescents and their relationship with suicide, a survey conducted by Diário do Nordeste in 2017 shows that alcohol use by teenagers increases the risk of suicide and even more, the experimentation of alcoholic beverages by teenagers aged 13 to 15 years went up from 50.3% in 2012 to 55.5% in 2015. In the same research we have some relevant data from the Brazilian Institute of Statistical Geography (Instituto Brasileiro de Geografia Estatística - IBGE) defined by the 2015 National School Health Survey (Pesquisa Nacional de Saúde do Escolar - PeNSE) data for students aged
13 to 15, alcohol experimentation rose from 50.3% in 2012 to 55.5% in 2015. In addition, 21.4% of these adolescents reported having experienced an episode of intoxication in their lives.

According to the WHO (2015)\textsuperscript{13}, the restriction or access to the means of committing suicide, the identification and early treatment of people suffering from psychological disorders, especially depression, as well as those who abuse substances, improving access to social and health services are effective strategies for prevention. Corroborating this statement, Masur and Monteiro\textsuperscript{14} argue that alcohol consumption may result from the current lifestyle, high levels of stress, low self-esteem, depressive feelings, anxiety, susceptibility to peer pressure and problems related to school. Since, the overuse and misuse of alcoholic beverages is considered a serious public health problem.

In this perspective, Reis, Hungaro and Oliveira\textsuperscript{15} report the importance of studies on the topic addressed, raising questions about the need for more intervention programs that have a broader effectiveness in the results of the relationship between alcohol and suicide, as a study by the Ministry of Health, the WHO booklet\textsuperscript{13} and information contained in the magazine A Tribuna (2016)\textsuperscript{16} articulate by showing that in the last five years there has been an increasing increase in suicides and that today it is the second leading cause of death in young people.

Considering the importance of studies above, which had great relevance in the use of alcohol in adolescents, looking for vulnerability as risk factors, and its relationship with morbid ideas, this study aimed to analyze the relationship between alcohol consumption in adolescents and the suicidal idea, which should contribute to the production of results and, indicating possible strategies for the development of effective interventions for this and other future samples.

METHOD

The present study was characterized as an applied research, with a quantitative cross-sectional approach, with the objective of a descriptive and exploratory study, with technical survey procedures to which it refers if the use of alcohol has significant influence on suicidal ideation among the following questions: thinking, planning and attempt.

1142 students from the state school system participated in this research in the city of João Pessoa - PB between the period of September and October. The population of this study was comprised of male and female adolescents aged 12 to 18 years, enrolled in state schools in the region of João Pessoa - PB.

A self-administered questionnaire was used with bio-demographic and alcohol-related questions, age at first experimentation and motivation for use, as well as suicide (ideation, planning and suicide attempt), built based on the studies of “The Behavioral Risk Factor Surveillance System” (BRFSS).\textsuperscript{17,18,19,20}

The research was approved by the Research Ethics Committee of the Health Sciences Center of the Federal University of Paraíba and authorized by the State Department of Education, seeking to respect all ethical aspects that deal with research with human beings. The questionnaire was applied by properly trained researchers and was carried out collectively in a classroom environment.

The data were entered in the form of a software database for Windows, Statistical Package for Social Science - SPSS and descriptive analyzes (Position and Variability Measures) were performed to outline the sample’s sociodemographic profile. Then, we used the Non-Parametric Statistics (Chi-Square) and bivariate tests in order to verify the existence or not of associations between the research variables.

The research was accepted and approved by the ethics committee with CAAE: 95101418.0.0000.5193 and with proof of number 087015/2018 in compliance with Resolution No. 466\textsuperscript{21}, from December 12th, 2012.

RESULTS

The average age among students was 16.38 years (SD = 1.448), where it was characterized by students enrolled in high school, regarding socio-demographic information, 42.1% are male and 57.9% female. Below, Table 1 with the sociodemographic descriptions of the participants:

With regard to the age group, it is clear that the majority of adolescents were aged between 15 and 16 years, with 47.5%, right after with 36.1% of the sample, students between 17 and 18 years old, in followed by 8.8% students between 12 and 14 years old and finally, students between 18 and 19 years old with 7.6%, in which these students had a greater significance in the first year of high school with 39.7%, 36.3% in the second and 24.1% in the first. It is important to point out about the rese-

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Note. C: Variable and F: Frequency
arch that was carried out with students between 12 and 18 years old, where the highest frequency occurs among under age students, thus defining a serious problem of awareness and still reserves the law 243 of ECA (1990) that the sale of alcoholic beverages to young people under the age of 18 is strictly prohibited, which causes more insecurity and greater vulnerability to develop health problems in adulthood, which may highlight alcoholism.

Aiming to analyze the prevalence of alcohol use in adolescents, some averages of variables were performed, about the first time the adolescent ingested alcohol, the motivation for the use and the frequency of times he used in the last month. The average age of the participants for the first experimentation with alcohol was 13,84 years (SD = 1,997). Below is a table that characterizes the variables explained above:

According to Table 2, it is possible to verify that 76,3% of the adolescents have already consumed some type of alcoholic beverage, of those 40,9% had consumed it in the last month, that is, alcohol is present in the daily lives of these students. Neves reports that the drug most used by teenagers is alcohol and also adds that there are motivational factors for its consumption. The offer and accessibility of the use of alcoholic beverages, can direct these students to an early consumption generating a wide availability of alcohol in the environments, leaving them in situations of vulnerability and predisposition to addiction. Corroborating with this data, Ayres portrays that the work in which the vulnerability develops in comprehensive wholeness, where in the issues of exposure the infection and illness are referred to the individual, social and programmatic aspects.

Regarding the motivations for the adolescent to use alcohol, the data show with some relevance “Friendly, cheerful, excited” with 19,1% and “Acceptance or influence of the group of friends with 13,1%, thus showing that these people are exposed to risk factors, are vulnerable to consumption. This is usually where teenagers start to change physically, psychologically and socially, thus changing behaviors relatively and adapting to new behaviors. Corroborating with this data, Cavalcante, Alves and Barroso portrays that the use of alcohol brings security to socializing with friends, due to the early use of alcohol by these individuals. Thus, he realizes that in these individuals issues of a psycho-affective nature and environmental difficulties, which may be linked to disorders such as depression and anxiety, make them look for drinking behavior.

The use of alcoholic drinks with motivation for “sexual relations” had a frequency of 1,1% within the sample, bringing to the reflection that this population can develop serious problems, if they do not use condoms ranging from teenage pregnancy, contamination with STDs (sexually transmitted diseases).
As a way to better understand the purpose of the study, to analyze the relationship between alcohol consumption in adolescents and its relationship with the morbid idea, Table 3 will present data referring to students who reported having some ideation point, or thinking, planning or have tried to take their own life.

According to Werlang, Borges, Fensterseifer, suicidal behavior is interconnected in isolation or frequently, feelings, desires and manifestations of the purpose of wanting to die, thus encompassing the planning of how to do this, when and where it will be done, in addition to thinking about how this “suicide” can develop impacts on the lives of others. Among them, we can evaluate that within the thinking 24.3% have already thought about killing themselves, that is, it is believed that the ideation is not related only to the act, but since the thought, and that it is necessary not only just the detection of these thoughts, but also everything that was done to make those thoughts arise.

In view of the planning it is noticed that there is a decreasing variation where it confirms within the sample that 12% have already made “Plan for suicide” and 7.4% have already practiced the “Suicide attempt” and according to studies the planning is directly linked to the solution of problems and from there comes the behavior of the attempt, that is, there is the idealization to find the solution and uses the attempt as the solution, this happens by mental fixation in thinking, through mental stereotypes and negative biases. Sampaio and Silva corroborate stating that suicide in adolescence is something that portrays a lot of emotional weight to young people and their families, it generates psychological suffering that can sometimes be difficult to satisfy, and also because there are questions about the situation and the "time that was lost".

Aiming to achieve what was planned in the present study, a cross between Tables 2 and 3 (Alcohol Consumption and Suicidal Ideas) was performed, between the crossed data, only presented significant results: Plan for suicide x amount of drink in the last month and Suicide attempt x amount of drink in the last month. In order to identify the association between the amount of alcoholic beverages used in the last month by the adolescents and the suicidal plan, a cross-tabulation (chi-square) was performed, to quantitatively verify the relationship between alcohol consumption and the expected frequency for the phenomenon (suicide plan). These same results were also found at the intersection between suicide attempt (act of killing oneself) and the frequency of alcohol consumed in the last month, Table 5, below:

The two intersections showed that the greater the consumption of alcohol, the greater the frequency of planning, as well as the risk of the act, that is, the attempt, which can lead to the death of these pubescents. To Wilson and Kalander, adolescents are subjected to situations that cause health risk, these factors promote consequences that maximize dependence, it is worth mentioning the use of alcohol and drugs. Ayres on the other hand, brings these factors as risk factors that need attention focused on their prevention.

DISCUSSION

We can confirm about the study that alcohol consumption is linked to emotional factors, as described in the levels to the motivations for alcohol use, and thus we can assimilate that within the sample, there was a large part of the population...
that indicated the need for forgetting bad things and having joy in some way, and also adding consumption is also related to the need for social acceptance, which can outline a suicidal profile. Pires 31 highlights that there are conformities related to suicide that are linked to the social context. Thus, we can use as a caveat that motivational aspects chosen by the participants may have a concomitant connection with the use of alcohol and suicide.

Thus, there is a wide need to assess motivational issues to understand what leads this population to the consumption of alcoholic beverages, because from the data presented here, there is a greater frequency of this behavior linked to suicidal planning and behavior. Thus, offering specialized health care as a form of prevention and care to this population to minimize the rate of extremist behavior towards life.

CONCLUSION

In view of this study, it is concluded that from the results achieved, it is possible to identify that vulnerability is a risk factor that the adolescent affects, that is, the adolescent is predisposed to situations exposed in society. The use of alcohol by them can bring a benefit in the short term, which abstains from the results of the research, evidencing the feeling “friendly, cheerful, excited” as a motivational factor for the consumption of the drug. It is worth mentioning that the acquisition of alcohol is something very accessible, even though there are laws that prohibit the sale to them and that Schlosser 35 corroborates stating that the period of adolescence is considered to be more vulnerable to suicidal behavior.

Thus, we can confirm the hypothesis that there is a correlation between alcohol abuse and suicidal thoughts among adolescents and the research problem that would be the risk factors that are associated with alcohol use in adolescents, which we can highlight “Acceptance in the group” and “Forgetting bad things” and its relationship with suicidal ideas, which ranges from the thought of killing yourself to the act itself.

The research also sought to live up to the importance that the topic can add to studies in the area. Contributing to the literature on adolescence, alcohol use and suicidal ideation. Considering the importance of using alcohol as a psychic escape and suicidal ideation regarding the risks that make adolescents vulnerable to such a relationship, exploratory interventions that seek their well-being are necessary, since these practices entail the aggravation of psychosomatic illnesses within the social, economic, family and educational context.
REFERENCES


