A STUDY ON

"Impact of Alcohol Used Disorder Among Youth with Reference to Lothabori village, Morigaon"

A dissertation submitted to the Department of Social Work for the partial fulfilment of the requirement for the award of the degree of Master of Social Work



Submitted to:

Department of Social Work
MSSV, Guwahati Unit

Submitted by:

Jyoti Bikash Nath

Roll No: MSW-16/23

MSW 4th Semester

Registration No: MSSV-0023-008-001406

Session: 2023-2025

MAHAPURUSHA SRIMANTA SANKARADEVA VISWAVIDYALAYA

Guwahati Unit, Rupnagar: 781032, Assam

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মহাপুৰুষ শ্ৰীমন্ত শঙ্কৰদেৱ বিশ্ববিদ্যালয় MAHAPURUSHA SRIMANTA SANKARADEVA VISWAVIDYALAYA

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CERTIFICATE

Department of Social Work

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I wish him a bright future.

(Dr. Deepshikha Carpenter) HOD (i/c) Department of Social Work Guwahati Unit, MSSV, Nagaon

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The work reported in this research has not been submitted elsewhere and the facts presented here are true to the best of my knowledge.

I wish him all the very best for his future endeavour.

Dr. Monalisha Phukan Roy Assistant Professor Department of Social Work Guwahati Unit, MSSV, Nagaon

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Mahapurusha Srimanta Sankaradeva Vishwavidyalaya (MSSV), Nagaon do hereby declare

that this dissertation entitled, "Impact of Alcohol Used Disorder Among Youth with

Reference to Lothabori village, Morigaon, Assam" is an original work of mine and is

result of my own intellectual efforts, under the guidance of Dr. Monalisha Phukan Roy,

Assistant Professor of the department of Social Work, MSSV, Guwahati Unit. I have

acknowledged and quoted the entire original source (i.e., original documents and name of

the authors) whose work helped me in writing this research project. I have not infringed

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I do hereby also declare that the contents of this dissertation have never been

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Jyoti Bikash Nath

Roll No: MSW-16/23

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Place: Guwahati, Assam

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ABSTRACT

Alcohol Use Disorder (AUD) is a condition where an individual continues to consume alcohol despite facing health, social, or legal problems due to drinking. In the Indian context, excessive and frequent consumption such as drinking multiple pegs (30–60 ml each) daily or consuming over 180 ml regularly often considered a sign of problematic use. This study examines the growing issue of alcohol use among youth in Lothabori, a rural community in Assam, India. Despite its increasing prevalence, the reasons behind youth alcohol consumption and its broader effects remain underexplored. Using Problem Behavior Theory (PBT) as a framework, the study investigates how personal stress, social influences, and environmental factors leading to alcohol use.

A qualitative research design was adopted, involving in-depth interviews with young individuals in the community. Thematic analysis was used to interpret the data, revealing patterns in experiences and behaviors. Findings show that emotional stress, peer pressure, cultural acceptance of drinking, and easy access to alcohol are key contributing factors. Many respondents associated alcohol use with aggression, unsafe driving, strained relationships, and run-ins with the law. While PBT effectively explains the clustering of risky behaviors, it overlooks the protective factors some youth relied on—such as family support, personal ambition, and critical life events.

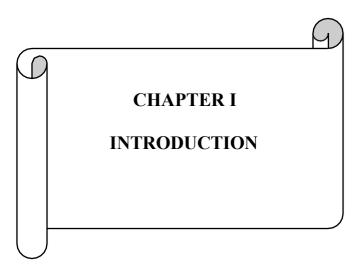
This research explored the urgent need for culturally tailored, community-based interventions. By combining theoretical models like PBT with an understanding of local resilience and social dynamics, stakeholders can more effectively address youth alcohol use in rural settings like Lothabori, Morigaon, Assam

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1.1 Introduction

Alcohol use among young people has become an issue of increasing concern, not just globally but also within specific local communities that are often overlooked in broader discussions. In India, alcohol consumption is growing at an alarming rate, and its impact on the younger population is particularly troubling. When we narrow our focus to smaller, rural areas—such as Lothabori, a village in the Morigaon district of Assam—we begin to uncover a more nuanced and urgent picture of how alcohol use disorder (AUD) is affecting youth in ways that are deeply personal, social, and cultural.

Before diving into the specifics of this study, it is important to understand what is meant by Alcohol Use Disorder. According to the American Psychiatric Association (APA), Alcohol Use Disorder is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. The World Health Organization (WHO) defines it more broadly as a pattern of alcohol use that leads to health problems or distress. Both definitions point to the chronic and relapsing nature of the disorder, which can manifest through compulsive drinking, increased tolerance, withdrawal symptoms, and failure to meet major responsibilities.

Young people are particularly vulnerable to alcohol-related harm due to a combination of biological, psychological, and social factors. Adolescents and young adults are at a developmental stage where their brains are still maturing, particularly in areas related to impulse control and decision-making. This makes them more susceptible to risky behaviors, including substance use. Additionally, peer pressure, curiosity, lack of parental supervision, and exposure to alcohol in their immediate environment all contribute to the likelihood of alcohol experimentation and potential addiction.

In the case of Lothabori, a rural village with limited access to educational and recreational resources, the issue becomes even more pressing. Youth in this area often find themselves trapped in a cycle of boredom, unemployment, and lack of direction, which can lead them to alcohol as a means of escape or coping. Alcohol is not only accessible but in many cases, socially accepted or even encouraged, creating a culture where early exposure and continued use are normalized. The traditional and cultural

landscape of Assam, which includes the production and consumption of locally brewed rice beer and other indigenous alcoholic beverages, further complicates the situation.

What makes this issue particularly concerning in the context of Lothabori is the intersection of social acceptance, economic hardship, and lack of awareness about the dangers of alcohol. Families often overlook the early signs of addiction, dismissing them as a phase or normal youthful behavior. In some cases, young people are introduced to alcohol by their own family members during festivals and social gatherings. Over time, what begins as casual drinking can evolve into dependency, with significant repercussions for the individual's health, education, social relationships, and overall future.

Numerous studies have highlighted the growing trend of alcohol consumption among youth in India. According to the National Family Health Survey (NFHS-5), alcohol use among men aged 15–29 in rural areas of Assam is significantly higher than in urban regions. This gap points to a range of factors including socio-economic conditions, lack of educational engagement, and fewer job opportunities. While national and state-level data provide useful insights, they often fail to capture the ground realities of smaller, less visible communities like Lothabori. This is where the current study seeks to make a meaningful contribution.

The aim of this research is to explore the patterns, causes, and consequences of Alcohol Use Disorder among the youth in Lothabori, Morigaon. The study examined how local customs, social networks, family dynamics, and economic conditions interact to shape drinking behaviors. It also assessed the awareness levels of the youth and their families regarding the health and social risks associated with alcohol use. In doing so, the research hopes to shed light on a complex issue that is often discussed in general terms but rarely understood in depth within the specific cultural and social fabric of small villages.

One of the key motivations for choosing this topic is the increasing number of anecdotal reports and local concerns raised by community leaders, teachers, and parents in Lothabori. They describe a worrying trend where young boys, some as young as 13 or

14, are getting involved in drinking. These behaviors often lead to school dropouts, domestic violence, petty crimes, and deteriorating health conditions. Despite these observations, there is a lack of formal data or targeted interventions in the area, which points to a gap that this research seeks to fill. The need for localized, evidence-based solutions is crucial, as what works in urban or even semi-urban settings may not be directly applicable to rural Assam.

The personal stories behind these trends add another layer of urgency to the issue. Consider a teenager who, lacking any structured activity after school, starts hanging out with older peers who introduce him to alcohol. His parents, occupied with agricultural labor, are either unaware or dismissive of the changes in his behavior. Over time, his academic performance drops, his health deteriorates, and he becomes increasingly isolated. This is not just one story; it is a reflection of many untold experiences that this dissertation seeks to document and analyze.

Another dimension of Alcohol Use Disorder in Lothabori that merits attention is gender. While most visible cases involve young males, there is emerging evidence that young women, too, are engaging in alcohol use, although often in more hidden or socially restricted ways. The stigma surrounding female drinking in traditional Assamese society means that their struggles are less likely to be reported or addressed, leading to even more severe psychological consequences. This gendered aspect of AUD adds complexity to the issue and requires a sensitive, inclusive research approach.

In terms of methodology, the study used qualitative tools to gather data. Surveys, interviews, and focus group discussions helped build a comprehensive picture of the situation. Collaborating with local health workers, educators, and community leaders ensured that the research is grounded in the realities of the village. Ethical considerations would be a top priority, especially given the vulnerability of the participants and the sensitive nature of the topic.

The importance of addressing Alcohol Use Disorder among youth cannot be overstated. Beyond the immediate health risks—such as liver disease, injuries, and increased vulnerability to mental health disorders—there are long-term consequences that affect

not only the individual but also the broader community. Alcohol dependence can lead to a cycle of poverty, broken relationships, and reduced productivity, all of which hinder the overall development of the area. Tackling AUD among youth is therefore not just a public health imperative but also a step toward community resilience and progress.

This introduction serves as a foundation for the chapters that follow, which delved deeper into the literature surrounding alcohol use among youth, present detailed data from the field, analyze patterns and correlations, and offer recommendations for intervention. The ultimate goal of this dissertation is not only to understand the problem but also to suggest practical, culturally appropriate solutions that can be implemented at the community level.

In conclusion, Alcohol Use Disorder among youth in Lothabori, Morigaon, Assam is a multifaceted issue rooted in cultural practices, economic hardship, and social neglect. While alcohol consumption is not new to Assamese society, its growing prevalence among the younger generation poses serious challenges that cannot be ignored. Through this research, I hope to amplify the voices of those affected, raise awareness among stakeholders, and contribute to policy discussions aimed at improving the lives of young people in rural Assam.

1.2 OPERATIONAL DEFINITIONS

Alcohol Used Disorder: Alcohol Used Disorder, is when a person regularly drinks too much alcohol and can't control it, which leads to problems in their health, relationships, and daily life. It's diagnosed when someone shows at least two signs, such as drinking more than planned, feeling cravings, having tolerance, or experiencing withdrawal when not drinking. The severity can be mild, moderate, or severe, depending on how many signs a person has and how much they drink. For example, drinking 2-6+ pegs a day could and consistently drinking more than 60-90 ml (2-3 small pegs) daily increases the risk of AUD and health issues.

Youth: In this study, youth refers to individuals aged between 15 and 29 years who live in Lothabori, Morigaon.

1.3 Statement of the Problem

I conduct my research from a place of deep concern about rural youth welfare because I have documented an increasing concern regarding the alcohol use trends among young people who live in the Morigaon district village of Lothabori in Assam. The problem of youth alcohol use attracts global interest but researchers know very little about this topic in areas such as Lothabori. The area of research is characterized by inadequate localized data about young people who consume alcohol and how this use affects their lifestyle together with their tendency to engage in dangerous activities.

Youths in Lothabori encounter multiple life challenges throughout their days which include poverty along with unemployment and restricted educational abilities and insufficient recreation options. The conditions found in this region lead youth to consume alcohol as a possible solution for stress and boredom as well as to manage social expectations. All the lasting side-effects from this conduct stand as significant causes for concern. People who misuse alcohol develop both physical and mental health issues while their academic performance deteriorates and they suffer from damaged family ties and loneliness followed by increased participation in unsafe activities and crimes.

Support systems and awareness efforts concerning these severe results are currently insufficient. Most families together with educators and local leaders should acquire better methods for detecting the first indicators of Alcohol Use Disorder (AUD) and developing effective intervention strategies. Without appropriate guidance together with intervention these young people face a high likelihood of developing patterns of addiction as well as staying in poverty and becoming socially isolated.

The research goal involves analyzing youth alcohol consumption patterns in Lothabori together with their personal and social consequences of AUD while assessing alcohol's

relationship to dangerous behavior. My goal is to use pattern identification and their related implications for developing rural youth-specific community-based programs and awareness campaigns to encourage healthier lifestyle choices.

1.4 Significance of the Study

Research focuses on examining and solving the increasing alcohol use disorder (AUD) problem that affects youth living in Lothabori of Morigaon district Assam. The research problem of rural youth alcohol misbehavior needs more recognition according to my understanding as the researcher. Research on alcohol use disorder pays little attention to rural youth populations because current studies mainly target urban areas.

This research investigates what drives local youth into alcohol use while analyzing the consequences that drinking causes socially and physically and psychologically for them. The study demonstrated the connections between alcohol use and dangerous actions including violence and school abandonment and improper procedures.

The research findings provided essential knowledge for policymakers from the local area together with both educational and health professionals as well as community leaders. The research data enabled local policymakers to improve their intervention and prevention programs because it comes from authentic experiences and genuine area needs. This research works to establish conditions which promote both health and awareness throughout safe rural Assamese youth environments.

1.5 OBJECTIVES OF THE STUDY

- 1. To understand the factors behind alcohol consumption.
- 2. To understand impact of Alcohol Used Disorder in youth.
- 3. To understand the connection between alcohol use and risk taking behaviours.

1.6 RESEARCH QUESTIONS

- 1. What are the main factors driving alcohol consumption among youth in Lothabori?
- 2. How does Alcohol Used Disorder impact the social, academic, and mental well-being of youth?
- 3. Is there a correlation between alcohol use and engagement in risk-taking behaviors among youth in Lothabori?

CHAPTER II REVIEW OF LITERATURE

2.1 INTRODUCTION

A literature review is an extensive and systematic analysis of existing research on a certain topic or issue. A literature review involves identifying relevant studies and evaluating the findings to get an enhanced insight into that particular subject. The researcher has conducted a systematic search of databases, journals and other sources to be able to identify the research gaps in those literatures.

2.2 REVIEWS DONE BY THE RESEARCHER

Nadkarni et al. (2023) in the article 'Alcohol Use Among Adolescents India :A Systematic Review' discovered major differences in studies which showed that between 3.9% and 69.8% of Indian teens had used alcohol at least once throughout their life and 10.6% to 32.9% used it during the past year. Adolescents start using alcohol most often during the period from 14.4 to 18.3 years of age. Several risk factors affect teenage alcohol use including biological sex, advancing age, educational problems, guardian substance problems, and home violence or mistreatment. Regular alcohol use by young people poses health threats that stay with them long into adulthood and leads to unsafe activities. School-based programs plus community activities alongside family education help stop adolescents from drinking alcohol.

World health organization, (2023) in the article "Youth And Alcohol" A Global Perspective found that while North America and Europe have seen declining alcohol use among young people—due to stricter regulations, shifting social norms, and increased health awareness—regions such as WHO South-East Asia, Africa, and the Western Pacific display more variable trends, with some areas experiencing rising consumption. Similarly,

Williams (2022) in the article 'Digital Influence and Youth Alcohol Consumption' suggested that exposure to online alcohol marketing and peer influence on social platforms plays a critical role in shaping youth drinking behaviors. Hypotheses

explaining these regional variations point to the impact of stronger alcohol control policies, urbanization, and disparities in public health education. To address these concerns, population-level interventions, such as enforcing stricter alcohol regulations, implementing school-based education programs, and restricting digital marketing, are crucial in minimizing youth alcohol exposure. As consumption trends continue to evolve, further research is needed to assess the effectiveness of these strategies and tailor interventions to specific regional contexts, ensuring long-term reductions in alcohol-related harm among young people.

Quigley et al. (2019) in the article 'Alcohol Use by Youth' emphasize the role of pediatricians in prevention, noting that early alcohol use increases the risk of developing alcohol use disorders (AUDs). National surveys, including the Monitoring the Future Study (2018) and the National Survey on Drug Use and Health (2017), report that while overall alcohol use has declined, binge drinking remains prevalent among adolescents. The American Psychiatric Association (2013) acknowledges the challenges of diagnosing AUDs in youth, as many at-risk individuals do not meet formal diagnostic criteria. Given these findings, early intervention and targeted policies are crucial to reducing underage drinking and its long-term consequences.

Holmes et al. (2022) in the article 'Youth Drinking in Decline' explore the decline in youth drinking across high-income countries over the past two decades and its potential implications for public health and alcohol policy. The study highlights that this trend is likely to persist, as structural and cultural factors reinforce lighter drinking habits among younger generations. While this decline is expected to bring substantial public health benefits, these gains may not be immediately visible due to continued harm from older, heavier-drinking cohorts. The authors present two potential policy scenarios: the reinforcement model, where declining alcohol consumption leads to stronger public health policies, and the withdrawal model, where policy focus shifts away from alcohol, allowing industry influence to grow. They argue that the latter is more likely, given differences between alcohol and tobacco regulation histories. The study concludes by

urging public health advocates to maintain focus on alcohol-related harm to prevent policy regression.

McLean Hospital. (2022) in the article 'Drinking Affect The Teenage Brain' examines the significant impact of alcohol on the adolescent brain, emphasizing its heightened vulnerability compared to the adult brain. The study highlights that early alcohol use increases the risk of addiction and long-term cognitive impairments. According to the Centers for Disease Control and Prevention (CDC), excessive underage drinking is responsible for over 4,300 deaths annually in the U.S., with most youth alcohol consumption occurring through binge drinking. The study also challenges the assumption that supervised underage drinking leads to safer alcohol habits, noting that binge drinking rates in Europe, where youth drinking is more culturally accepted, are higher than in the U.S. Furthermore, research from the National Survey on Drug Use and Health suggests that individuals who begin drinking at age 14 or younger have a significantly higher risk of alcohol dependence later in life compared to those who start at 21 or older. These findings underscore the urgent need for increased awareness and preventive measures to protect adolescent brain development.

Meer et al. (2010) in the article 'Binge Drinking Effects On Teenagers' conducted a systematic review to examine teenage drinking patterns and the impact of alcohol on adolescents' physical, mental, and social well-being. The study highlights that alcohol consumption among teenagers poses significant risks, including acute impairment and long-term developmental threats. Findings indicate that teenagers have easy and affordable access to alcohol, increasing opportunities for binge drinking. Additionally, the study explores the relationship between binge drinking and teenage pregnancy in the UK. The authors emphasize the need for stricter alcohol policies and advocate for an integrated approach involving parents, adolescents, and communities to mitigate the adverse effects of binge drinking on young people.

A longitudinal study conducted in Norway, (2020) in the article 'Alcohol Use' explores the factors that influence adolescent alcohol use, focusing on mediators that either

hinder or facilitate drinking behaviors. The study, inspired by Actor Network Theory (ANT), examines 75 adolescents aged 15–17 over two years, identifying three distinct drinking practices: abstainers, initiators, and drinkers. Abstainers refrained from drinking due to parental expectations, academic and sports commitments, and weak social ties. Initiators, who began drinking in upper secondary school, cited peer acceptance, availability, and social benefits as key motivators. Drinkers, who consumed alcohol in both lower and upper secondary school, were influenced by curiosity, social lifestyle, and personal vulnerabilities. The study also highlights the dynamic role of alcohol as a non-human mediator that shapes social interactions, accessibility, and drinking norms. These findings suggest that while adolescent drinking remains prevalent, shifting social and policy contexts are influencing both drinking and non-drinking behaviors.

Mäkelä et al. (2015) in the article 'Mental health and alcohol use a cross-sectional study of the Finnish general population' published in the European Journal of Public Health. The study explored the relationship between various aspects of alcohol use and both positive and negative mental health outcomes in a representative sample of Finns aged 15–69 years. The findings indicated that binge drinking and hazardous drinking were significantly associated with poor mental health, particularly lower life satisfaction and increased psychological distress. Interestingly, former drinkers and abstainers also reported lower sense of mastery, suggesting complex interactions between alcohol use and mental well-being. Protective social factors, such as social support and socioeconomic status, did not significantly modify these associations. The study highlights the importance of understanding how alcohol consumption patterns influence mental health and underscores the need for targeted interventions addressing harmful drinking behaviors.

Mahanta et al. (2020) in the article 'Alcohol use among school-going adolescent boys and girls in an industrial town of Assam, India' which explored the prevalence and patterns of alcohol consumption among adolescent students in Assam, India. The study, a cross-sectional survey, revealed that 36% of the 1,285 students surveyed had tasted

homemade alcoholic drinks (HADs), while 12.3% had used commercially available alcoholic drinks (CADs). It was found that older adolescents who were more than 15 years of age were more likely to consume CADs compared to younger students who were less than 15 years of age, though younger students had higher rates of HAD use. The study highlighted that the earliest age of alcohol consumption was as young as 4 years for HAD and 7 years for CAD. The research also pointed to the influence of parental alcohol and tobacco use on their children's drinking habits, with fathers' alcohol use particularly affecting male students. Additionally, the study revealed that 16% of students used multiple substances alongside alcohol. This research underscores the early onset of alcohol use among adolescents in industrial towns and the significant role parental behavior plays in shaping these habits.

Sukumar et al. (2023) in the article 'Alcohol Use and its Determinants among Youth Attending Mental Health Promotion Clinics in India: A State-Wide Case Record Analysis' which examined the prevalence of alcohol use and its associated factors among youth attending Yuva Spandana Health Promotion Clinics (YSKs) in Karnataka, India. The study, based on a cross-sectional analysis of 10,340 beneficiaries between 2017 and 2020, found that the overall prevalence of alcohol use was 4%. Key risk factors for alcohol consumption included being male, married, having sleep issues, low self-awareness, difficulties with goal setting, poor relationships with parents, and feelings of loneliness. The study also identified protective factors, such as education status, academic engagement, and positive relationships with friends. Notably, youth with parental relationship issues were six times more likely to consume alcohol, while those reporting sleep problems, being male, and being married had higher risks as well. The authors concluded that targeted health education, promotion, and interventions like Yuva Spandana could effectively address the interaction between alcohol use and its determinants, offering early intervention for youth at risk.

The National Institute on Alcohol Abuse and Alcoholism (2024), in the article 'Get the Facts About Underage Drinking', explained that most teen substance use in the United

States is alcohol, as noted by the National Institute on Alcohol Abuse and Alcoholism and it often causes serious problems. Drinking alcohol while our brains are still developing in adolescence can cause difficulty with memory and controlling our behaviors. Discussions with friends, stress and easy access to alcohol encourage teens to start drinking. Interestingly, more than four out of five 15- to 17-year-olds admitted they received free alcohol or had it given to them by acquaintances. Therefore, the NIAAA recommends helping teens find other ways to resist drinking. Steps taken by families, schools, local communities and the government reduce opportunities and increase understanding.

The Substance Abuse and Mental Health Services Administration (2024) in the article '2023 National Survey on Drug Use and Health (NSDUH)' explained that it has become easier to visualize how large the issue is. Of all 14- to 15-year-olds, nearly one in five said they drank alcohol. It is especially worrisome because drinking among teens is often risky. While kids do not drink every week like adults, most occasions of them drinking involve binge drinking. This means that around 91% of young drinkers do it during these parties, increasing their chances of accidents, injuries and regrettable actions.

Better Health Channel (2024), in the article 'Alcohol Teenager's' described alcohol comes from their interest, influence from peers and fear of being left out, but they could harm their health from doing this. It points out that experimenting with alcohol during adolescence should remind parents and carers of their influence on their children's behavior. For those 18 and younger, the Australian authorities recommend refraining from drinking, since it is the safest thing they can do. The survey, published in the article in 2019, showed that 66% of teens in this age group had not had a full alcoholic drink and that only 2.8% consume alcohol regularly. It is good news that the number of teens choosing not to drink rose from 39% in 2007 to 73% in 2019. It is highlighted in the article that the age for first drinking increased, from 14.7 years in 2001 to 16.2 years in 2019. The report mentions how teenage alcohol use may affect the frontal lobe and

hippocampus, since these regions are still developing in the teenage brain, all the way to the mid-twenties. It is very concerning that a lot of young people drink too much and then take risks that involve unsafe sex, driving while drunk and violence. The article explains how parents can guide their children to be more careful by showing good behavior, encouraging them to talk, holding back on providing them alcohol and providing a good environment. It urges readers to avoid taking alcohol with other drugs as it can result in overdosing or taking excessive risks. It is often noticed during schoolies week that almost all school leavers consume alcohol, with them averaging eight standard drinks inside one day.

Jackson Nickel (2024), in the article 'The Risks Associated with Underage Drinking' explained underage drinking can cause multiple problems for adolescents and still represents a significant public health concern. According to the article, drinking alcohol before age 21 can negatively affect the brain's development and may cause problems affecting thoughts and behaviors in the long term. According to the piece, people who drink alcohol early are more likely to struggle with alcoholism or substance abuse later. They also involve immediate safety because people may be more likely to hurt or kill themselves or others because their judgment and movements are not as accurate. Such outcomes result from accidents involving driving under the influence, tragedy in the water and violent disputes. Nickel underlines that underage drinking can cause students to do poorly in school, lose interest in their studies, skip class and become more likely to leave school. Alcohol often encourages individuals to act in ways that can result in risky forms of sex. Chief Medical Officers from England, Wales, Scotland and Northern Ireland (2009). Advice Concerning Children and Teenagers Consuming Alcohol. This document from the UK Chief Medical Officers clarifies both the health and development issues linked to underage drinking. It advises that parents should avoid allowing their children to drink, as alcohol use during childhood is always harmful. The message in the report is that children under 15 should not drink any alcohol, but those aged 15 to 17 may only drink, under parental supervision, once a week. Adults should

avoid binge drinking and follow the guideline's recommendation of not surpassing 14 units in a week. The advice is based on a detailed study of how alcohol affects young people in all aspects and plays an important role in campaigns on youth alcohol consumption in the UK.

NHS Digital (2019), in the article 'Smoking, Drinking And Drug Use by English Young People' describe Each year, the survey collects solid data on the use of drugs by schoolaged children in England aged 11 to 15. The findings from 2019 suggest that the number of people who drink has gone down in recent years, but many youngsters are still consuming alcohol and sometimes in high quantities. The report identifies a link between using alcohol and behaviors such as missing school, failing classes and facing school discipline issues. Studies also show demographic groups by age, gender and wealth, so we can identify issues and recognize any changes in the population. Based on this information, public health officials design helpful programs and share values with young people.

Medicine Net, (2023) in the article 'Alcohol in Teens: Knowing the Danger, Understanding the Side Effects, Signs to Watch Out For, What Causes It, What Risks Factors There Are, Treatments Involved, How to Prevent It, Outcome for Teens and Where to Get Help' raises concerns about the widespread use of alcohol among teenagers. The text indicates that, according to the National Survey on Drug Use and Health in the US, around half of all junior and senior high school students drink alcohol every month and 14% have become intoxicated at some point in the past year. 8% of teen drinkers say that at least once, they have had five or more alcohol drinks in one evening. According to the article, individuals who begin drinking early are more likely to have alcohol use problems and often engage in dangerous actions in adulthood. There are four main stages of alcohol use, with the final stage leading to health and social problems such as academic failure, unsafe sex, physical fighting and upsetting moods. If alcohol is taken in high amounts, it could potentially cause a life-threatening illness

that may stop important body processes. It also explains that, in teens, drinking alcohol can weaken their memory, lessen concentration and distort their brain's development. Alcohol misuse can result in anxiety, depression and thoughts of suicide in people and those under 21 are at risk of violent death because of alcohol in almost half of such cases.

National Health and Medical Research Council (2022) in the article 'Alcohol Affects a Child's Brain As It Grows And Matures' explained that it is safest for every person under 18 to avoid drinking alcohol, as there are dangers for growing brains and general health. People below the age of 15 are thought to be most at risk for harm, so the longer they can avoid drinking, the better. Alcohol harms the youthful brain's development since, during adolescence and early twenties, it can cause slowed brain processes and impact thinking and understanding. Drinking can lead to someone speaking unclearly, feeling confused, lacking coordination and having trouble solving problems. All these effects could have a negative impact on schoolwork and social life. The learning and memory center called the hippocampus and the decision-making and impulse control center in the prefrontal lobe are much affected, with heavy drinking likely to reduce the size of the hippocampus by up to 10% and alter the structure in the prefrontal lobe of those who drink frequently as teenagers. Even though details about permanent damage are not yet clear, scientists have provided enough evidence that underage people should abstain from alcohol because drinking at a young age could harm their minds, feelings and actions years later. It explain that preventing problems, teaching children and offering early support can keep them healthy and safe.

Meer et al. (2010) in the article 'Binge Drinking Effects On Teenagers' conducted a systematic review to examine teenage drinking patterns and the impact of alcohol on adolescents' physical, mental, and social well-being. The study highlights that alcohol consumption among teenagers poses significant risks, including acute impairment and long-term developmental threats. Findings indicate that teenagers have easy and affordable access to alcohol, increasing opportunities for binge drinking. Additionally,

the study explores the relationship between binge drinking and teenage pregnancy in the UK. The authors emphasize the need for stricter alcohol policies and advocate for an integrated approach involving parents, adolescents, and communities to mitigate the adverse effects of binge drinking on young people.

Singh & Lal (2011) in the article 'Substance Use Among Street Children in India' explored the socio-demographic factors influencing substance use in marginalized youth populations. The study revealed that alcohol consumption among street children was closely linked with poor parental supervision, economic hardship, and peer pressure, aligning with Problem Behavior Theory's environmental system.

Kuntsche et al. (2011) in the article "Cultural And Gender Convergence In Adolescent Drunkenness" examined data from 23 countries and found that the gender gap in alcohol use is narrowing due to social and cultural shifts. The study emphasized that both boys and girls are now equally likely to engage in binge drinking, making gender-focused prevention efforts increasingly important.

Mäkelä & Wahlbeck, (2015) in the article "Mental Health And Alcohol Use" explained a cross-sectional study of the Finnish general population published in the European Journal of Public Health – explored the relationship between various aspects of alcohol use and both positive and negative mental health outcomes in a representative sample of Finns aged 15–69 years. The findings indicated that binge drinking and hazardous drinking were significantly associated with poor mental health, particularly lower life satisfaction and increased psychological distress. Interestingly, former drinkers and abstainers also reported lower sense of mastery, suggesting complex interactions between alcohol use and mental well-being. Protective social factors, such as social support and socioeconomic status, did not significantly modify these associations. The study highlights the importance of understanding how alcohol consumption patterns influence mental health and underscores the need for targeted interventions addressing harmful drinking behaviors.

Mahanta et al. (2020) in the article 'Alcohol Use Among School-Going Adolescent Boys And Girls In An Industrial Town Of Assam India' explored the prevalence and patterns

of alcohol consumption among adolescent students in Assam, India. The study, a cross-sectional survey, revealed that 36% of the 1,285 students surveyed had tasted homemade alcoholic drinks (HADs), while 12.3% had used commercially available alcoholic drinks (CADs). It was found that older adolescents (≥15 years) were more likely to consume CADs compared to younger students (<15 years), though younger students had higher rates of HAD use. The study highlighted that the earliest age of alcohol consumption was as young as 4 years for HAD and 7 years for CAD. The research also pointed to the influence of parental alcohol and tobacco use on their children's drinking habits, with fathers' alcohol use particularly affecting male students. Additionally, the study revealed that 16% of students used multiple substances alongside alcohol. This research underscores the early onset of alcohol use among adolescents in industrial towns and the significant role parental behavior plays in shaping these habits.

Des Jarlais & Semaan (2016) in the article "Harm Reduction Research: A Global Perspective" discussed how harm reduction strategies—such as community-based support, awareness education, and access to counseling—can significantly reduce the negative outcomes associated with adolescent alcohol use. The authors stress the need for integrating these strategies into rural and urban health programs.

Nadkarni et al. (2023) in the article "Alcohol Use Among Adolescents In India: A Systematic Review" discovered major differences in studies which showed that between 3.9% and 69.8% of Indian teens had used alcohol at least once throughout their life and 10.6% to 32.9% used it during the past year. Adolescents start using alcohol most often during the period from 14.4 to 18.3 years of age. Several risk factors affect teenage alcohol use including biological sex, advancing age, educational problems, guardian substance problems, and home violence or mistreatment. Regular alcohol use by young people poses health threats that stay with them long into adulthood and leads to unsafe activities. School-based programs plus community activities alongside family education help stop adolescents from drinking alcohol.

World Health Organization (2023) in the article "Youth And Alcohol: A Global Perspective" found that while North America and Europe have seen declining alcohol

use among young people—due to stricter regulations, shifting social norms, and increased health awareness—regions such as WHO South-East Asia, Africa, and the Western Pacific display more variable trends, with some areas experiencing rising consumption. Similarly.

Williams (2022) in the article "Digital Influence And Youth Alcohol" explored that exposure to online alcohol marketing and peer influence on social platforms plays a critical role in shaping youth drinking behaviors. Hypotheses explaining these regional variations point to the impact of stronger alcohol control policies, urbanization, and disparities in public health education. To address these concerns, population-level interventions, such as enforcing stricter alcohol regulations, implementing school-based education programs, and restricting digital marketing, are crucial in minimizing youth alcohol exposure. As consumption trends continue to evolve, further research is needed to assess the effectiveness of these strategies and tailor interventions to specific regional contexts, ensuring long-term reductions in alcohol-related harm among young people.

Quigley et al. (2019) in the article 'Alcohol Use by Youth' emphasized the role of pediatricians in prevention, noting that early alcohol use increases the risk of developing alcohol use disorders (AUDs). National surveys, including the Monitoring the Future Study (2018) and the National Survey on Drug Use and Health (2017), report that while overall alcohol use has declined, binge drinking remains prevalent among adolescents. The American Psychiatric Association (2013) acknowledges the challenges of diagnosing AUDs in youth, as many at-risk individuals do not meet formal diagnostic criteria. Given these findings, early intervention and targeted policies are crucial to reducing underage drinking and its long-term consequences.

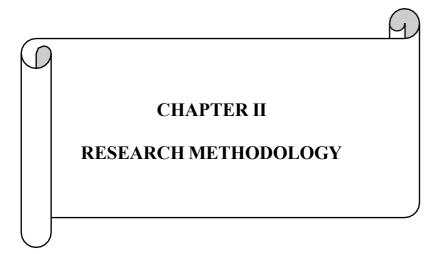
Holmes et al. (2022) in the article 'Youth Drinking in Decline' explored that the decline in youth drinking across high-income countries over the past two decades and its potential implications for public health and alcohol policy. The study highlights that this trend is likely to persist, as structural and cultural factors reinforce lighter drinking habits among younger generations. While this decline is expected to bring substantial public health benefits, these gains may not be immediately visible due to continued harm

from older, heavier-drinking cohorts. The authors present two potential policy scenarios: the reinforcement model, where declining alcohol consumption leads to stronger public health policies, and the withdrawal model, where policy focus shifts away from alcohol, allowing industry influence to grow. They argue that the latter is more likely, given differences between alcohol and tobacco regulation histories. The study concludes by urging public health advocates to maintain focus on alcohol-related harm to prevent policy regression.

McLean Hospital (2022) in the article 'Drinking Affect the Teenage Brain' examines the significant impact of alcohol on the adolescent brain, emphasizing its heightened vulnerability compared to the adult brain. The study highlights that early alcohol use increases the risk of addiction and long-term cognitive impairments. According to the Centers for Disease Control and Prevention (CDC), excessive underage drinking is responsible for over 4,300 deaths annually in the U.S., with most youth alcohol consumption occurring through binge drinking. The study also challenges the assumption that supervised underage drinking leads to safer alcohol habits, noting that binge drinking rates in Europe, where youth drinking is more culturally accepted, are higher than in the U.S. Furthermore, research from the National Survey on Drug Use and Health suggests that individuals who begin drinking at age 14 or younger have a significantly higher risk of alcohol dependence later in life compared to those who start at 21 or older. These findings underscore the urgent need for increased awareness and preventive measures to protect adolescent brain development.

Sukumar et al. (2023) in the article 'Alcohol Use and Its Determinants Among Youth Attending Mental Health Promotion Clinics in India' examined the prevalence of alcohol use and its associated factors among youth attending Yuva Spandana Health Promotion Clinics (YSKs) in Karnataka, India. The study, based on a cross-sectional analysis of 10,340 beneficiaries between 2017 and 2020, found that the overall prevalence of alcohol use was 4%. Key risk factors for alcohol consumption included being male, married, having sleep issues, low self-awareness, difficulties with goal setting, poor relationships with parents, and feelings of loneliness. The study also

identified protective factors, such as education status, academic engagement, and positive relationships with friends. Notably, youth with parental relationship issues were six times more likely to consume alcohol, while those reporting sleep problems, being male, and being married had higher risks as well. The authors concluded that targeted health education, promotion, and interventions like Yuva Spandana could effectively address the interaction between alcohol use and its determinants, offering early intervention for youth at risk.



3.1 INTRODUCTION

Research methodology describes the structured approach which scientists adopt to design research activities along with their technique selection for conducting studies and data interpretation in a reliable format. The research map clearly shows researchers which steps to follow from beginning to end thus creating findings that are both accurate and consistent and meaningful. The qualitative research approach served as my methodology to study Alcohol Use Disorder problems deeply rooted among young people living in Lothabori rural region Morigaon district, Assam. The qualitative approach proves superior for this social research by enabling researchers to examine personal experiences together with social contexts alongside the elements that motivate young people to use alcohol. The researcher used combination methods to collect data through extensive interviews alongside community discussions and casual interaction sessions with youth sufferers along with their parents and leaders and health staff from the community. The established technique facilitates research discovery of fundamental personal life stories combined with individual perspectives and social cultural elements that guide alcohol usage patterns. Through qualitative research we get flexible assessment capabilities which let us react to local context conditions so we can obtain detailed information beyond quantitative limitations.

3.2 Theoritical framework:

Problem Behavior Theory (Jessor & Jessor, 1977)

Problem Behavior Theory (PBT), developed by Jessor and Jessor (1977), suggests that adolescents engage in risky behaviors, such as alcohol use, due to the interaction of three key systems: the personal system, the environmental system, and the behavioral system. The personal system includes traits like impulsivity and sensation-seeking, which make individuals more likely to engage in risky behaviors. The environmental system focuses

on external influences such as peer pressure, family dynamics, and parental supervision, which can increase the likelihood of alcohol use. The behavioral system highlights that engaging in one risky behavior, like alcohol consumption, often leads to further risky behaviors, creating a reinforcing cycle. This theory helps explain the development of alcohol use and its connection to broader patterns of risk-taking in adolescents.

As a researcher conducting a study using Problem Behavior Theory (PBT), the focus would be on understanding the underlying factors that contribute to alcohol consumption and the related risk-taking behaviors. The researcher would begin by exploring the **personal system**, analyzing how individual traits such as impulsivity, sensation-seeking, and low self-control influence adolescents' decisions to engage in alcohol use. The researcher would examine how these personal characteristics increase the likelihood of risky behaviors like alcohol consumption in youth. Next, the researcher would investigate the environmental system, studying how peer pressure, family dynamics, and parental supervision—or lack thereof—affect alcohol use. If an adolescent is from an environment where alcohol is normalized or parental monitoring is minimal, the research would explore how these external influences increase the risk of developing Alcohol Use Disorder (AUD). Additionally, the researcher would analyze the behavioral system, recognizing that alcohol consumption often triggers a cycle of other risky behaviors, such as reckless driving or unsafe sexual practices. By examining these interconnected systems, the researcher can understand how alcohol use is linked to broader patterns of risky behaviors. This research aligns with the study's objectives, focusing on identifying the factors behind alcohol consumption, understanding the impact of AUD, and uncovering the connections between alcohol use and other risktaking behaviors in youth.

3.3 Universe of the study:

The study focused on youth aged 15-29 years residing in Lothabori, Morigaon. This age group is particularly vulnerable to the influence of alcohol and risk-taking behaviors.



Photo: Lothabori, Morigaon

Source: Google Maps, https://maps.app.goo.gl/N3jmnQaLMmca3fRRA?g st=aw

3.4 Sampling Technique:

Sampling is a way of selecting subset of individuals from a larger population for study. It is a fundamental aspect of research that allows the researcher to make inferences about the larger population without needing to collect data from every individual.

The researcher had chosen non – probability sampling, under which purposive sampling be used.

3.5 Sample size:

Sample size refers to the number of individuals or cases selected from a population to be included in the study. For this specific study, the researcher selected 12 respondents.

3.6 Methods for data collection:

The researcher used unstructured interview schedule as the tool for data collection.

1. In-depth Interviews

Technique: For the researcher used –

1. Interview Schedule

2. Observation

3. Active listening

3.7 Ethical Considerations and Consent

The study adhere to ethical guidelines, ensuring confidentiality and anonymity of all

participants. Informed consent would be obtained from all participants, and for minors.

Participation would voluntary, and individuals free to withdraw from the study at any

time without consequences.

3.8 Limitations

The study is limited to the youth population in Lothabori, and findings may not be

generalizable to other regions. Additionally, self-reported data may be subject to social

desirability bias, where participants may underreport or overreport their alcohol

consumption or risky behaviors.

3.9 Exclusion and Inclusion Criteria

Inclusion Criteria:

1. Age Group: Participants aged between 15 to 29 years who are alcoholic.

2. Location: Individuals residing in Lothabori, Morigaon.

3. Alcohol Consumers: Youth who currently consume alcohol or have a history of

alcohol consumption.

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- 4. Willing Participants: Individuals who voluntarily agree to participate in the study.
- 5. Both Genders: The study would include male, female, and other gender identities.

Exclusion Criteria:

- 1. Age Restriction: Individuals below 15 years or above 29 years.
- 2. Non-Residents: People who do not reside in Lothabori, Morigaon.
- 3. Non-Alcohol Consumers: Those who have never consumed alcohol.
- 4. Health Conditions: Individuals with severe medical conditions that may interfere with their ability to participate.
- 5. Unwilling Participants: Anyone who does not consent to be part of the study.

CHAPTER IV DATA ANALYSIS & INTERPRETATION

4.1 INTRODUCTION

Data analysis is a process of examining data to find useful information. The researcher has done the analysis and interpretation of the collected data in this section.

RESPONDENT 1

I am K. M and I live in Lothabori. I finished my education in class 8 and though I rarely consume alcohol, a recent event caused me to start reconsidering how this habit affects me. About six days before Bihu, my feelings made me want to drink. While I was drunk and trying to enter the gate at home, I ended up hitting a car. That night taught me that alcohol can be highly dangerous which is why I try to avoid it. I often encourage the younger generation to avoid drinking alcohol. It may appear safe in the beginning, but gradually it starts to hurt both the mind and the body. Even before substance abuse, I was drinking to battle depression by myself. I decided on it all by myself. Then, whenever I drank alcohol, my worries seemed to go away. I felt calm, relaxed and stressfree. I also felt that I could communicate with anyone or carry out my tasks more effortlessly. However, that accident with the car made me see something different. I observed how things can take a negative turn in no time. Alcohol is something we come across frequently in the current era. Nowadays, many people drink almost every day, starting from dusk to nighttime, especially after their jobs. For me, it shows that television calms many and allows them to rest well after a tiring day. As you continue to drink, it becomes increasingly tough to stop. It is not easy to quit. I think the government might be able to control young people's drinking, though because alcohol brings in tax money, it remains openly sold. Alcohol has not generally changed my mood, but I know it all depends on our outlook. If we are able to control our minds, we can control our drinking. However, after drinking too much, people lose control and may get into fights, begin shouting or drive recklessly. Similarly, once I had a few drinks and drove late from Guwahati to Morigaon and only saw how risky it was afterward. It appears that alcohol boosts your confidence, but the risks can rob you of your good health, peace and future. I believe it is important for people, especially teenagers, to

avoid drinking. Smoking feels regular and enjoyable at the beginning, but eventually, it attacks your lungs, endangers your health, makes your finances worse and takes everything from you. Because of this, I do not drink and hope others would choose to also avoid drinking.

Interpretation:

We can see how K.M's challenges with emotions and social life led to alcohol use, but also see that learning from his journey encouraged him to do better. He understands that alcohol use can lead to problems in someone's life, especially if it's relied on to manage emotions. Because alcohol is well known in K.M's surroundings, he still attempts to guide youth to see the importance of being responsible and aware, as this path is better for their future.

RESPONDENT 2

I am R.B and I live in Lothabori. I finished class 10, then stopped schooling to earn income for my family. I had my first experience with alcohol at age 18. That situation occurred when I had troubles, felt lonely and was not sure where I wanted to go. Drinking alcohol wasn't something I was forced to do by anyone around me. Since all my friends were drinking, I just decided to join rather than decline. I didn't feel too concerned about it in the beginning. I felt that drinking eased my mind and took away my worries. Nerve-wise, I was feeling much better and I stopped holding anything back during our conversation. I didn't realize that those statements gave me false confidence. Later on, I found that alcohol was a frequent addition to both my weekends and weekdays. I realized that the game was beginning to play a big role in my feelings of comfort. After feeling tense or exhausted, I'd think, "A drink will make me feel better." Instead, they continued just the same. There were little moments when I began losing control. Sometimes I would arrive late for my job or skip it, I had more arguments with my parents and I would end up buying drinks despite knowing better. I didn't see how bad things were for me until my young cousin, who admires me, wondered if he

might try drinking. That was a shocking experience for me. I didn't want him to join a life I was trying hard to escape. Here in our area, drinking alcohol is such a routine part of living. There are places to buy liquor nearby and you can get it whenever you like. Many people drink alcohol every evening after they finish work and so it appears normal when you grow up. However, I have realized that popularity doesn't guarantee something is right. Now, I want to help lessen my drinking and talk to young locals in my village about my experiences. It's hard, but I am making efforts. I hope they realize that turning to alcohol appears easy to avoid stress, but it will only increase their stress in the future. Even now, I experience hard times, yet I don't wish for other people to go through what I did.

Interpretation:

R.B's life shows that drinking can slowly find its way into younger people who are going through stress without much support. Joe discovered that although coping with stress through drinking is common, it can later become a dependable habit. R.B's story is meaningful because he realized the consequences his actions could have on his younger cousin. As a result, I began to really consider my actions and decide to shift my behavior. Even though he is still dealing with issues, R.B's desire to inform others about alcohol troubles demonstrates how much he has grown. From his story, it is clear that role models, community involvement and having support can assist young people in finding better ways to cope.

RESPONDENT 3

My name is N.N. and I am 20 years old, living in Lothabori. I drank during the celebration of Bihu a few days ago. In 2021, I had my first experience with alcohol at the hostel. I decided to take it mostly because the seniors urged us to apply. I felt it was necessary to fit into the group. At exam time or when I felt the most stress, my thought was that alcohol would reduce my tension. Actually, it did relax me and made me feel

less anxious while I was in it. Drinking didn't affect me personally much, but I got into a fight one time after I had a lot to drink. I remembered this situation and realized that alcohol sometimes makes people aggressive. I understand now that it may be affecting me. I have noticed firsthand that alcohol sometimes brings people to dangerous situations where they have faced fights, accidents and even been incarcerated. This made me very scared. I am seriously considering giving up alcohol. I feel that having friends who don't support me in drinking could help me stop altogether. I often notice that if I'm drunk, individuals can make me very upset or angry, especially if they say something hurtful. Drinking and driving used to be a habit of mine and I understand how unsafe it really is today. Despite not regretting big choices made under alcohol, I have observed it can make someone behave without much consideration. It gets rid of the restrictions and encourages them to act differently. It can give you the courage to communicate, yet that confidence can cause you to act dangerously. I believe that positive support and good role models would motivate young people to change their behaviors. Alcohol appears harmless at the time, but eventually, it can result in significant challenges for your emotional, social and physical health. I am trying to distance myself from it and I hope others can also do the same.

Interpretation:

Many young people have similar experiences to N.N., who begin drinking because others expect them to. At the beginning, he drank alcohol because he felt it was important to look like everyone else. Eventually, Milo realized that drinking alcohol may offer temporary help. It is clear from N.N's words that he is aware of how much harm the substance brings to his friends, so he wants to do something about it. His decision to cut off old friends and begin new ones proves he is maturing. It point out how being surrounded by support, getting prompt help and having peers guide them can assist youth in improving their health.

RESPONDENT 4

I am T.D., 22 years old, from Lothabori. My first experience with alcohol was when I was just 16. It happened during a picnic with some older boys from my village. They offered it to me like it was something normal—like drinking made you more mature or part of the group. I was nervous but didn't want to say no. That's how it started, just a few sips out of peer pressure. But slowly, it became more than that. After I left school, I started working as a helper in a local shop. The work was tiring, and I often felt stressed, especially when I couldn't support my family the way I wanted to. Drinking started to feel like a way to relax after a long day. At first, it helped me sleep better. I felt like it took my worries away, even if just for a few hours. But I began noticing changes in myself. I became irritated more easily, especially if someone argued with me. I'd sometimes shout or walk away from people I care about. There was one night during a local event when I drank too much. I don't remember everything, but I ended up fighting with someone over a small issue. The next day, I felt embarrassed. My younger cousins had seen me like that. That moment made me realize this wasn't the person I wanted to be.Now, I'm trying to stop. It's not easy, especially when alcohol is everywhere and so common. Most of my friends drink too, so it's hard to say no. But I've started spending more time with my uncle, who never drinks and always encourages me to focus on work and save for the future. I want to live better, not just for myself but to be a good example for my younger siblings. I hope one day, youth in our village will have more awareness and fewer temptations. We need more guidance and safe spaces to talk about these things without judgment.

Interpretation:

T.D.'s story shows how early exposure to alcohol, especially through peer pressure and social norms, can lead to long-term patterns of use. For him, alcohol became a tool to escape life's pressures—but also a source of regret and self-realization. His desire to change, seek healthier influences, and become a positive role model for his family speaks to his inner strength. His story highlights the importance of strong mentorship,

alternative coping methods, and creating supportive environments for youth to avoid harmful habits.

RESPONDENT 5

I am R.B., 21 years old, and I live in Lothabori. My journey with alcohol began when I was 17, during a local wedding celebration. Everyone around me was enjoying themselves—relatives, friends, even some elders—and someone handed me a glass. I didn't think much of it at the time. It felt like a part of growing up, like a rite of passage. I was curious, and honestly, I wanted to fit in. At first, it was rare—just during festivals or community events. But after I moved out for college, it became more frequent. Hostel life brought new pressures—exams, homesickness, and loneliness. I started drinking more with my roommates. It felt like the easiest way to unwind. When I drank, my mind would calm down, and I could forget about whatever was bothering me. I never planned to make it a habit, but slowly it became one. I've never been addicted, but I've definitely had moments I regret. Once, I got into a heated argument with a close friend while I was drunk. I don't even remember all the details, just that it hurt our friendship. Another time, I almost fell from my bike on the way back to the hostel after a party. That moment scared me—I realized how reckless I had become under the influence. Since then, I've tried to limit myself. Now, I mostly avoid drinking. I've seen too many young people lose their path because of alcohol. Some dropped out of college, others fell into bad company. I think what we lack is awareness and guidance. Alcohol feels normal here, but no one talks about the dangers unless something serious happens. I believe parents, schools, and local leaders should talk more openly with youth. It's not just about saying "don't drink," but helping us understand why and showing us better ways to deal with stress or boredom. I'm trying to stay on a better path now, and I hope others around me will too.

Interpretation:

R.B.'s story reflects a familiar pattern—starting alcohol use in a social context, then using it more frequently under stress. His awareness of the consequences and his efforts

to distance himself show personal growth and responsibility. His experiences also highlight a need for more open dialogue and proactive education on alcohol among youth. Through his journey, we see how guidance and self-reflection can lead to change and a more thoughtful future.

RESPONDENT 6

I am S.R., a 23-year-old from Lothabori. My experience with alcohol started when I was around 18. It was during a friend's birthday party—everyone was drinking, laughing, having fun. I didn't want to feel left out, so I tried it too. At first, I didn't even like the taste, but the way it made me feel—light, happy, confident—kept me going back. Over time, drinking became part of my routine, especially during festivals, celebrations, or even just casual meetups in the evenings. In the beginning, it was all about fun. But slowly, I started drinking when I was stressed, angry, or felt lonely. I never told anyone that sometimes I used alcohol to escape my thoughts. It gave me a kind of numbness that felt easier than facing my emotions. But after a while, I realized that it was only temporary. The next day, all the problems would come back—sometimes even heavier than before. There was a time when I missed an important job interview because I was hungover. I had stayed out drinking with friends the night before, thinking I'd manage in the morning. That moment hit me hard. I started thinking seriously about how alcohol was slowly affecting my future. I've also seen friends getting into fights, losing control, and even facing legal trouble after drinking. I didn't want to end up like that. Now, I try to keep my distance. I still drink occasionally, but I'm more careful. I try to avoid places where I know heavy drinking happens, and I talk to friends who support a healthier lifestyle. What worries me most is how normal alcohol has become, especially among young people. It's everywhere—easy to get, cheap, and even seen as "cool." But no one talks about the damage it can cause. That's why I now speak openly with younger boys in my area, telling them what I've learned. I want them to see that alcohol is not the solution—it's often the start of more problems.

Interpretation:

S.R.'s story shows how alcohol use can start with social acceptance and gradually become a coping mechanism for deeper emotional struggles. His experiences reveal the blurred line between enjoyment and dependency, especially when alcohol becomes a way to manage stress or avoid reality. His moment of realization—missing a job opportunity—served as a turning point. Despite occasional use, he now shows a strong awareness of alcohol's risks and a desire to guide younger peers. His honesty and efforts to change reflect a positive shift toward responsibility and long-term wellbeing.

RESPONDENT 7

My name is S.D., and I am 23 years old and from Lothabori. I never imagined that I would be an alcohol drinker, but things evolved over time. The first time I drank alcohol was at a friend's place during a small gathering. I was 19 years old. We were all laughing and enjoying ourselves and I didn't want to be left out. So I went along. At that time, it seemed so small, but over time those instances became more and more common. At first it was during celebrations, but then it became an escape from life's pressure—specially when I was stressed out at workplace or pressurised by family members. Drinking made me feel temporarily at ease. I became lighter and could just forget all that was troubling me. At times, I even became more sociable and confident. But there were moments when I got up and questioned as to how I had drunk again. At one point, I quarreled with my elder brother while under the influence and could see his disappointment in his expression. That moment left an impression on me. That made me wonder if the relief that alcohol offers is worthwhile if it harms relationships as well. I've seen a few friends go down some hard roads—losing control, ending up in trouble with the law, or losing their families' trust. Seeing all that taught me to be more careful. I'd say I've actually cut drinking back significantly, but now I do consider twice as carefully whether I drink. I avoid hanging out with people who drink hard because I figure that being with good people is important. Good friends will keep you clean, while being with the wrong

people is going to lead you down without even knowing it. Now I'm more concerned about my health and trying to get into healthier habits such as early walks and writing in a journal. I have come to see that there is a healthier approach to dealing with feelings and stress. I don't want to be someone who people look up to as being lost in a bottle but rather someone who is aware before they drink and knows what they could be involving themselves in.

Interpretation: S.D.'s story illustrates how alcohol use can start out as a social activity and over time become an emotional crutch. His story is one of both vulnerability and recovery—he drank for stress and peer pressure but gained awareness along the way. Observing alcohol's effect on his own life and that of his friends prompted him to be more aware. S.D.'s movement towards healthier habits and his desire to help others illustrate how personal awareness and introspection become catalysts for change. S.D.'s story reaffirms the role of supportive settings and emotional well-being in reducing youth alcohol abuse.

RESPONDENT 8

I am M.H., 21 years old, and I come from Lothabori. My journey with alcohol started when I was in Class 10. I was around 16 then. A cousin had come to visit during a family function, and he offered me a drink. At first, I hesitated, but he said, "Just one sip won't hurt." That one sip became a full glass. It felt exciting—like I had stepped into a more grown-up world. I didn't feel anything serious at that time, but now when I look back, I realize how early it all started.

Over time, alcohol became something I used whenever I was going through a rough patch. I've never been very open with my emotions, and drinking made it easier to hide pain. When I drank, I felt like I could finally breathe without judgment. It helped me speak up more, especially in groups where I'd usually stay quiet. I felt confident, relaxed, even powerful. But that feeling never lasted. The next day would always bring

back the same worries—sometimes worse, especially when I couldn't remember what I'd said or done. There have been moments I'm not proud of. One time, I said hurtful things to a close friend while drunk. We didn't speak for months after that. That made me realize that alcohol doesn't just affect you—it affects the people around you, too. I've also done risky things like riding my bike after drinking or skipping college the next day because I felt too low to face the world. Sometimes I tell myself I'll quit completely, and I do stop for a while, but then something triggers me, and I go back. Now, I'm more aware. I try to stay busy with work, keep a distance from drinking environments, and surround myself with people who don't push me toward alcohol. I'm not perfect, but I'm trying. I want the younger ones around me—my cousins and neighborhood boys—to see that drinking isn't something to be proud of. It's easy to start, but hard to stop, and the cost is more than just money. It's peace of mind, health, and the trust of the people who care about you.

Interpretation:

M.H.'s story offers a clear picture of how early exposure, peer influence, and emotional struggles can contribute to alcohol use. What begins as harmless curiosity can become a way of coping with unspoken pain. His journey shows both the emotional relief and the regret tied to alcohol use. Despite facing difficult moments, M.H. is aware of his behavior and actively working to change. His story reflects the internal conflict many young people face—seeking comfort in alcohol while knowing its long-term harm. His growing sense of responsibility and desire to guide the younger generation is a hopeful step toward healing and change.

RESPONDENT 9

I am R.A., 22 years old, and I live in the Lothabori area. I started drinking alcohol when I was around 18, during a friend's birthday celebration. At the time, it felt like part of the fun—everyone was doing it, and I didn't want to feel left out. No one forced me, but

the environment made it easy to say yes. At first, it was just for occasions—festivals, parties, or when I was with a close group of friends. But slowly, it became something I turned to when I was feeling stressed or emotionally low. If I had a fight at home, or felt uncertain about my future, alcohol felt like a quick way to escape those thoughts. The truth is, drinking did make me feel lighter. I felt more confident talking to people, even strangers. I wasn't overthinking everything, and I could enjoy the moment. But later, I noticed the flip side. Sometimes after drinking, I would feel empty or sad. I began missing important responsibilities, like helping my parents at home or attending classes. I once got into a heated argument with a friend while drunk, and we didn't talk for weeks after that. That's when it hit me—this wasn't just about fun anymore. Alcohol was changing me, and not in a good way. Now, I try to limit how much I drink. I still join my friends sometimes, but I'm more careful. I've started thinking about my health, and how alcohol can damage the body in ways we don't always see right away. I believe young people need more guidance and safe spaces where they can talk about what they're feeling instead of turning to alcohol. I wish I had someone to talk to back when I first started. These days, I tell my younger cousins not to get involved in drinking. It feels good to share what I've learned, even if I'm still figuring it all out myself.

Interpretation:

R.A.'s story illustrates the common path from casual drinking to emotional dependence, especially in the absence of proper support systems. His alcohol use began socially but slowly evolved into a coping mechanism for deeper emotional stress. Despite the temporary comfort it brought, R.A. became aware of the consequences—strained relationships, neglected responsibilities, and a growing sense of emotional instability. His attempt to reduce consumption and advise younger people highlights a strong inner growth. R.A.'s narrative emphasizes the need for emotional awareness and open conversations among youth, so that alcohol doesn't become a hidden outlet for pain or pressure.

RESPONDENT 10

My name is A.N and I live in the city of Lothabori. I simply could not attend school after class 9 because of financial problems at my home. The first time I tried alcohol was at the age of 19. While I was celebrating with friends at a festival, it felt right to start drinking with them. Since everyone else was doing it, it looked like fun and I didn't want to feel alone. That is how I got into cooking. As time went by, I not only drank at festivals and events, but I also started using alcohol after work as a way to relax. At the beginning, I saw drinking as an escape. I would feel at ease and less concerned. I did not have to worry about family issues or not receiving regular income. However, once I drank more often, I understood that it was not working for me. I was unable to keep calm, started arguing with my parents frequently and at times just stayed at home instead of working, choosing to rest. At times, guilt would overcome me and I reminded myself it wouldn't last. Another night, I had a huge disagreement with a good friend which ended our friendship temporarily. This is when I realized the impact alcohol was having on my life. Here, it is so easy to get alcohol that some people consider it simply a part of normal daily life. Youngsters observe older individuals drinking and take it as a sign of growing up. Many girls get involved in dating as soon as they are 16 or 17. Many people I knew as a child spent their lives drinking and ended up in accidents, fights or family problems. I am frightened by that. These days, I am doing my best to avoid walking in those steps. I make mistakes occasionally, although I drink a lot less than I used to. I explain that alcohol may look like a solution when you feel sad, but it can't resolve any problems. The result is just more postponed pain and additional troubles. I hope to live a better life, be strong and assist others in the village by convincing them there is another way ahead.

Interpretation: A.N.'s, starting with alcohol as something social and gradually transitioning into a coping measure. The thing that is notable is that feeling normal about drinking was just a result of cultural pressure and peer behavior. Yet, a time of regret that followed losing a close friend suddenly made him realize things. A.N's story

demonstrates that the process of getting new insight and making progress typically begins when the truth is clear and difficult to ignore. His choices aren't always right, yet his efforts to control his life and help others avoid alcohol demonstrate his strength, responsibility and the wish to create a better future.

RESPONDENT 11

I am R. B and I currently live in a small village near Jagiroad. My formal education ended after class 10, and for a while, I didn't think much about alcohol consumption. My drinking started casually — just during festivals or when friends insisted. But over time, I noticed I was beginning to drink more frequently, especially during moments when I felt emotionally low or anxious. There was a particular evening, close to Rongali Bihu, when I had a little too much. I ended up getting into a verbal altercation with a close friend, which I deeply regretted the next morning. That incident served as a turning point for me. It made me question my choices and how alcohol was affecting my relationships and peace of mind. Initially, alcohol felt like a temporary relief — a way to quiet my thoughts and forget my worries. I felt more confident and social after a few drinks. But slowly, I began to understand that this feeling was deceptive. I realized I was using alcohol as a coping mechanism, not for enjoyment but to suppress my internal struggles. These realizations didn't come easily, but after a few incidents that impacted my health and interactions with others, I decided to take a step back. In my community, alcohol is quite common, especially among the working population. People return home tired from their jobs and find comfort in drinking, believing it helps them unwind. But over time, this casual habit turns into dependence. I've observed many young people in my area falling into this cycle, drinking regularly without realizing the long-term damage. I often talk to them about what I've learned and encourage them to find healthier ways to cope with stress. The government does have some role to play in regulating alcohol use, but as long as alcohol remains a profitable product, it will continue to be widely available. Ultimately, I believe it's about personal discipline and awareness. If we can control our thoughts, we can control our actions. Once alcohol

begins to take control, people lose their ability to think rationally — they may become aggressive, careless, or even put their lives and others at risk. I had a scary experience once while driving under the influence — it was a close call, and it made me reconsider my lifestyle choices. Today, I try to lead by example. I no longer drink and I openly talk about the negative impact alcohol had on my life. I want the younger generation to understand that while alcohol may seem harmless at first, it can silently pull you into deeper issues. It starts with joy and ends with regret if not managed wisely.

Interpretation:

R.B's narrative illustrates how a seemingly casual habit of alcohol consumption can evolve into a serious issue when used to cope with emotional challenges. His experiences show a personal journey from ignorance to self-awareness. Though he was initially unaware of the consequences, certain events helped him understand the potential dangers of alcohol dependence. He now aims to influence others positively, especially the youth, by promoting awareness and responsible behavior. His story reflects how lived experience can inspire change and a sense of responsibility toward the community.

RESPONDENT 12

My name is D. S. and I live in a small town near Tezpur. I left school after class 9 and have been doing small jobs since then. I started drinking alcohol a few years ago during family gatherings and festivals. At first, it felt normal — just a way to enjoy with others. But slowly, I started drinking when I was alone, especially when I felt stressed or sad. One evening, I had an argument with my brother after drinking. I don't remember everything clearly, but I know I said some hurtful things. The next day, I felt ashamed. That day made me think about how alcohol was changing me. I realised I was drinking not just for fun, but to avoid my problems. When I drink, it feels like the stress goes away for some time. I can talk more freely and feel more confident. But after some time, the sadness comes back, sometimes even worse. I understood that alcohol was not solving

anything — it was only hiding my problems for a short while. In our area, many people drink regularly. They say it helps them relax after work. Some even think it helps them sleep better. But I've seen people become addicted and lose control over their lives. I think it's important to tell young people that alcohol is not a solution. It can lead to more problems — with family, health, and even money. I also feel that the government should take more action. But because alcohol brings in money through taxes, it is still sold easily. People think it is normal to drink. I now try to stay away from alcohol and talk to my friends about the problems it can bring. I don't want others to make the same mistakes I did.

Interpretation:

D.S. shares a story of how alcohol went from being a part of social events to something used to manage personal stress. His experiences show how alcohol may give temporary comfort but eventually causes more emotional and social problems. The turning point for him was a conflict with a family member, which helped him realise the need to change. He now avoids alcohol and tries to help others understand the risks. His story shows that awareness and experience can help individuals make better choices and support others in their community.

4.2 ANALYSIS

This section explores the experiences of young people in Lothabori related to alcohol use through thematic analysis. Thematic analysis is a method used to identify and understand common patterns or themes in the data. After reading and coding the interview responses, three main themes were found: (1) Reasons for Alcohol Use, (2) Effects of Alcohol Use Disorder (AUD), and (3) Risky Behaviors Linked to Alcohol.

Each theme is broken down into smaller sub-themes and supported by direct quotes from the respondents. This helps to show how and why alcohol affects the lives of youth in Lothabori and highlights their personal struggles, decisions, and reflections.

The researcher here wanted to know the factors that lead to alcohol consumption among young people. There are number of different factors that has been thematically explained below.

4.2.1 Peer Pressure & Fitting In

Not everyone started drinking because they were curious, but rather to fit in with their friends. Having others accept them becomes an important reason for building an image. Many people being quietly pressured to drink when spending time socially. One of the respondents, T.D, recalled a moment, "People treated it as if drinking alcohol was no big deal". Rejecting alcohol in these kinds of situations can lead a person to feel that they are being shunned by the group. He also added, 'Alcohol isn't only something to drink, it also acts as a status symbol to show the wealthiness of a person'.

People often face a tough internal conflict because they want to fit in. While they don't always show it, most addicts feel more discomfort in saying "no" instead they prefer to drink. In this way, peer pressure gently leads many into a habit that is difficult to change.

4.2.2 Stress and Emotional Coping

Another recurring reason behind alcohol use is its perceived ability to soothe emotional pain. Respondents frequently described turning to alcohol during moments of intense stress, emotional exhaustion, or uncertainty about the future. T.D. reflected, "Drinking started to feel like a way to relax..." In these accounts, alcohol functions as a temporary emotional escape which is a way to mute the noise of anxiety, family tension, or failure.

However, this relief is fleeting. Many participants recognized that while alcohol may numb feelings in the short term, it ultimately delays healing and sometimes deepens emotional wounds. For some, what began as occasional relief slowly transformed into a habit that was hard to justify but even harder to abandon.

4.2.3 Drinking as a Normal Part of Life

Drinking is considered natural and sometimes even admired in the culture here. At weddings, festivals and many community gatherings, alcohol is often involved. Respondent A.N. said, "All the other students did it too. Being alone didn't feel good to me, so I started taking alcohol". Most people think participating means drinking, as abstaining is not usual in these places.

Because these traditions are so strongly rooted, young people find it hard to see drinking as a concern. Rather, it is regarded as an important experience for social interaction. In many cases, it isn't just drinking that's harmful—it's the way it slowly becomes a routine—while young people are still not aware of the risks.

4.2.4 Easy accessibility

Most of the respondents indicated that they could purchase alcohol nearby, without facing much opposition. Some of the respondents mentioned that if they want liquor, they can find easy places to buy it in their area. Because alcohol is so available, it often seems normal to drink and tends to attract people. Having alcohol accessible both in stores and in social life makes the community partly responsible for youth getting more addicted to alcohol.

4.3 Alcohol Use Disorder (AUD)

When their drinking habits changed from casual to continuous, participants had to face real consequences in different areas of their lives. Such impacts include profound changes in how youth feel, how they interact and the process it takes for them to develop.

4.3.1 Effects of alcohol use

Many respondent said that because of hangovers or alcohol-induced disruptions, they missed important educational or work opportunities. One of the respondent explained, "Being hungover caused me to skip an all-important job interview." In these stories, one can see that alcohol gradually leads to problems with setting goals, managing time and being responsible.

These experiences were not isolated. Across various accounts, many respondents discussed being late to work, skipping college classes, or feeling mentally unprepared to engage in their duties due to fatigue, lack of concentration, or general disinterest caused by previous night's drinking. What initially started as casual drinking for relaxation or fun gradually undermined their routines, ambition, and personal discipline. At the start, entertainment is for relaxation, but it becomes something that keeps them from learning.

This is more than the loss of things; it hits them hard emotionally. Many felt bad and annoyed with themselves, especially because they felt they had let down their families.

4.3.2 EFFECTS ON PHYSICAL AND MENTAL HEALTH

From the collected data, it can be understood that mental health is closely linked to alcohol use. Many individuals said that they often drank to try to get away from feeling anxious, down or like they weren't good enough. One of the respondents, M.H. said that reaching for a drink was a way to reduced their stress and avoid their pain. Thus, many respondents admit that since alcohol is always accessible, non-critical and honest in the short run, it acts as a fake therapist.

They present how many young people suffered from being cut off from others and had no safe way to express their feelings. Therefore, alcohol indicates and forms part of deeper psychological problems.

4.3.3 Dealing with Social Conflict

Drinking has a way of affecting both people's emotions and their relationships. Some participants explained that their drinking made it more difficult to stay close to friends and family. According to a respondent, S.D., 'alcohol can make someone act rudely and lose the ability to be understanding and patient around older siblings'.

They frequently led people to reflect on themselves and want to make improvements. Even so, whether the damage is temporary or lasts a long time, it proves that alcohol has an impact on the user and everyone around them.

4.3.3 The Gradual Path from Routine to Dependence

Young people often did not realize how gradually drinking became part of their everyday life. What began as an occasional act just a way to unwind, to feel light after a stressful day, or to join a celebration started repeating more frequently until it no longer felt like a choice, but a routine. For many, this shift wasn't marked by a specific day or moment, but by subtle changes in how they felt about themselves and their surroundings.

One respondent shared, "Alcohol was making me different," a powerful reflection of the internal conflict that began to surface. This change wasn't always visible from the outside, but it was deeply felt. Some spoke of becoming more irritable, more detached, or less in control. A few admitted to noticing that their thoughts would automatically drift toward drinking at the end of the day, or after a difficult conversation, as if it had become a natural solution to emotional discomfort.

This slow transformation often led to a form of dependence—emotional or even physical—where stopping felt harder than expected. Despite recognizing the risks or regretting certain outcomes, many found themselves returning to the bottle. The urge wasn't always about craving alcohol itself, but rather what it promised: relief, quiet, confidence, or numbness.

4.3.4 Alcohol Effects Negatively

Many in Lothabori told us that alcohol made them do things they wouldn't normally do. Health experts say alcohol can make you behave in unsafe ways and lessen self-control, a point that the respondents' accounts prove.

One of the Respondent told us that, after drinking at Bihu, he collided with a car when entering his gate which taught him that alcohol works fast to cause problems. After drinking, Respondent 3 started a fight, saying it was because the alcohol gave him confidence and then made him aggressive. For people like Respondents 1 and 5, it took realizing later on to see the risk they had caused by driving after taking drugs.

Because of their hangover, respondent 6 missed a job interview, while a few others reported conflicts, challenging relationships and embarrassment after they drank. It's obvious from these stories that even if you feel good at the time, the aftermath can be full of regrets and danger.

The interviews says that alcohol is closely connected to people engaging in fighting, risky driving and poor decision making. It shows that young people need more understanding and assistance in reducing stress in a healthier manner.

4.4 Risky Behaviors

4.4.1 Examine violence

Many respondents stated that alcohol led to occasions of aggression. N.N. admitted, "After having too much to drink, I unfortunately got into a fight." Much of the time, I looked back on these with regret and they made me become more aware of my feelings.

Drinking alcohol and then getting behind the wheel.

Driving with alcohol in your system became a widespread, but dangerous, habit. Respondent K.M. said they drove late out of Guwahati and only saw how dangerous it was in hindsight. Such experiences show that alcohol can distort people's judgment of risks and threatens not only the users but people nearby. We can recognize how afraid and regretful the narrators became, remembering that those acts might have ended in tragedies.

4.4.2 Relationship Difficulties

Some of the volunteers said that alcohol didn't only impact their bodies or minds, but also damaged their relationships. For instance, M.H. explained that often drinking too much caused him to say hurtful things that he didn't actually mean. While it was happening, he didn't understand the harm, but afterward, he would feel deep sorrow. He remembered periods when the things he said hurt the ones he cared about most, even though they were doing their best to assist him.

A lot of survivors complained about the strong feelings of grief, anger, fear and sadness. Some confessed to feeling very ashamed afterwards, most notably when their loved ones looked dismayed at them. As their disagreements kept happening, they became less and less close. There were situations where friendships ended or families became split. Many found that losing human interaction made them feel lonely and sad. They started to realize how alcohol which often brought them comfort at first, had begun pushing them apart from those they cared about.

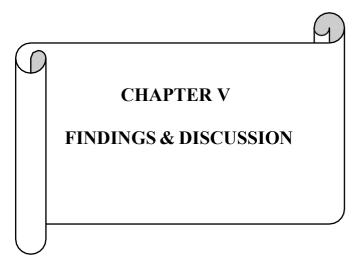
The interviews prove that alcohol misuse affects not only life and health, but also the emotional support system young people count on. After these moments, it's not easy for trust to return and several participants hoped to work on these friendships, realizing it would take time and energy.

4.4.3 People and Problems with the Law

Though most people in the study did not deal with the law because of their alcohol use, a few told of incidents where their drinking led to arguments or actions that caused police attention. Even a short visit to the police station or court appearance was shocking and embarrassing—for people involved and their families.

Such matters had a lasting impression on society. According to one response, someone's college application was delayed because of a minor case brought after an argument at a local party. A single night of alcohol use started a series of lasting consequences for that young person. Apart from the court papers, they had to face community members' judgment. It was tough to get rid of the shame people felt towards me.

Hearing these conversation reminds us that the effects of alcohol misuse can go beyond a person's privacy and touch their future and social relationships. Many youth pointed out that if more people had been informed or the situation had been noticed earlier, those events could have been stopped. They believed that local services and efforts would help more people avoid facing the same problems.



5.1 Findings

• Peer Pressure & Fitting In

Not everyone started drinking because they were curious, but rather to fit in with their friends. Having others accept you becomes an important reason for building an image. Many people took about being quietly pressured to drink when spending time socially.

• Stress and Emotional Coping

Another recurring reason behind alcohol use is its perceived ability to soothe emotional pain. Respondents frequently described turning to alcohol during moments of intense stress, emotional exhaustion, or uncertainty about the future. T.D. reflected, "*Drinking started to feel like a way to relax*..." In these accounts, alcohol functions as a temporary emotional escape—a way to mute the noise of anxiety, family tension, or failure.

• Drinking as a Normal Part of Life

Drinking is considered natural and sometimes even admired in the culture here. At weddings, festivals and many community gatherings, alcohol is often involved. Respondent A.N. said, "All the other students did it too." Being alone didn't feel good to me, so I started talking. Most people think participating means drinking, as abstaining is not usual in these places.

• Easy accessibility

The presence of alcohol and alcoholic drinks in our lives plays a role. Most people indicated that they could purchase alcohol nearby, without facing much opposition. He said, "If you want liquor, you can find places to buy it in the area." Because alcohol is so available, it often seems normal to drink and tends to attract people. Having alcohol accessible both in stores and through social life makes the community partly responsible for wrong actions.

• Alcohol Use Disorder (AUD)

When their drinking habits changed from casual to continuous, participants had to face real consequences in different areas of their lives. Such impacts include profound changes in how kids feel, how they interact and the process it takes for them to develop

• Effects Of Alcohol Use In Studies and Employment

Many people said that because of hangovers or alcohol-induced disruptions, they missed important educational or work opportunities. She explained, "Being hungover caused me to skip an all-important job interview." In these stories, you see that alcohol gradually leads to problems with setting goals, managing time and being responsible. At the start, entertainment is for relaxation, but it becomes something that keeps us from learning.

• Dealing with Social Conflict

Drinking has a way of affecting both people's emotions and their relationships. Some participants explained that their drinking made it more difficult to stay close to friends and family. According to S.D., alcohol can make someone act rudely and lose the ability to be understanding and patient around older siblings.

• The Gradual Path from Routine to Dependence

Young people often did not realize how gradually drinking became part of their everyday life. What began as an occasional act—just a way to unwind, to feel light after a stressful day, or to join a celebration—started repeating more frequently until it no longer felt like a choice, but a routine. For many, this shift wasn't marked by a specific day or moment, but by subtle changes in how they felt about themselves and their surroundings.

• Alcohol Effects Negatively

Many in Lothabori told us that alcohol made them do things they wouldn't normally do. Health experts say alcohol can make you behave in unsafe ways and lessen self-control, a point that the respondents' accounts prove.

• Examine violence

Many respondents stated that alcohol led to occasions of aggression. N.N. admitted, "After having too much to drink, I unfortunately got into a fight."

Much of the time, I looked back on these with regret and they made me become more aware of my feelings.

• Relationship Difficulties

Some of the respondent said that alcohol didn't only impact their bodies or minds, but also damaged their relationships. For instance, M.H. explained that often drinking too much caused him to say hurtful things that he didn't actually mean. While it was happening, he didn't understand the harm, but afterward, he would feel deep sorrow. He remembered periods when the things he said hurt the ones he cared about most, even though they were doing their best to assist him.

People and Problems with the Law

Though most people in the study did not deal with the law because of their alcohol use, a few told of incidents where their drinking led to arguments or actions that caused police attention. Even a short visit to the police station or court appearance was shocking and embarrassing—for people involved and their families

5.2 DISCUSSION

According to this study, there can be seen a well-established and connection between youth and alcohol in Lothabori village. The researcher used Problem Behavior Theory (PBT), introduced by Jessor and colleagues (1977) for this study. This theory looks at how a person's behavior is influenced by their personal traits, their environment, and how these connect. Many of the young people in the study conducted, said they started drinking alcohol because they were dealing with emotional stress, anxiety, or difficult life problems. The findings of this study fit with PBT, which says that people who struggle with emotions, seek excitement, and have low impulse control are more likely to take risks like drinking alcohol. Youth often turned to alcohol when they felt pressure from school, problems at home, or insecurity. The environment around the youth also played a big role in their drinking habits. According to PBT, environmental factors like

social influence and family structure are just as important as personal traits. In Lothabori, many young people said they were pressured by friends or felt the need to fit in with social groups that encouraged drinking. Alcohol is also a big part of local culture, often present at weddings, festivals, and social gatherings. Saying "no" in these situations can feel disrespectful or isolating, so many youths give in to be accepted socially. Alcohol was seen as a way to appear grown-up or to feel accepted. The fact that alcohol is easy to find or even make locally makes the problem even worse.

Another problem is that rules and laws about alcohol are not strictly followed in Lothabori. In other countries, good laws and education have helped reduce youth drinking. Holmes et al. (2022) found that strong public health policies helped lower youth alcohol use in rich countries. But in Lothabori, this is not the case. The law is weak, and there are not many programs that support or educate young people about the risks of alcohol. Because alcohol is part of daily life and culture, many youths start drinking early without understanding the long-term effects.

The effects of alcohol use were also clear in the experiences shared by the youth. Many described how drinking led to other harmful behaviors. These included getting into fights, driving under the influence, damaging relationships, and even getting in trouble with the police. PBT explains that risky behaviors often come in groups i.e., one bad habit can lead to another. This pattern was visible to the researcher while conducting the interviews with the youths of Lothabori. These findings match studies like the one from McLean Hospital (2022), which found that alcohol can affect young people's brains, making it harder for them to control their emotions and make good choices.

However, one limitation of PBT is that it focuses more on risk than on protection. It explains why people take risks, but not how some people avoid or overcome them. In this study, some youth said they were able to change their behavior owing to advice from someone they trusted, a health scare, or a new goal in life. This shows that protective factors like family support, cultural values, and personal ambition can help youth stay away from alcohol or recover from its negative effects. These positive

influences are important and should be included when using PBT to understand behavior.

The alcohol use pattern among youth in Lothabori fits well with Problem Behavior Theory. The theory helps explain how personal stress, peer pressure, and social habits all come together to influence alcohol use. But the theory can be improved by also looking at how young people build resilience, make positive changes, and use support from their families or communities. For Lothabori and similar rural areas, programs that respect local culture and build on community strengths can make a big difference in helping youth avoid alcohol-related harm.

CHAPTER VI SUGGESTIONS AND CONCLUSION

6.1 SUGGESTIONS

- Conduct programs in communities that teach both youth and their families how alcohol can have negative consequences. They should feature activities, positive community figures and information that fits with a variety of cultures to stop the habit of drinking in everyday situations.
- Provide mental health and life skills training to students at schools by encouraging them to manage stress, use emotional strength and decide what to do. Building the personal system in young people may lower their motivation to use alcohol to cope with problems.
- Encourage parents to get involved and try family counseling, particularly where there is already alcohol use at home. Improving how you relate to each other and talking more openly can prevent Alcohol Use Disorder.
- Lay out youth support groups led by peers, so young people can join, talk about their lives, care for one another and gather advice. Trying to influence your friends can move them from doing dangerous things to doing safe ones.
- Work with local health workers and panchayat leaders to spot underage drinking, apply current alcohol rules and spot people at risk who need support.

6.2 CONCLUSION

This study explored the impact of Alcohol Use Disorder among youth in Lothabori village, Morigaon. Using Problem Behavior Theory and qualitative approach, it found that emotional stress, peer pressure, and cultural influences play a major role in how young people start and continue drinking. These factors often combine, leading to repeated harmful behavior and risky choices.

The research is important because it focuses on a rural area where alcohol use has not been widely studied. It highlights the daily struggles faced by young people dealing with alcohol and brings into attention, the deeper reasons behind their choices. These insights

can help local policymakers, teachers, health workers, and community leaders design better prevention and support programs.

Even though the study looked at a small group, it offers a scope for further research to understand polydrug use, since the current findings discussed mentions of drugs being used along with alcohol. More studies can focus on how much, why and what outcomes there are from using more than one substance in rural areas.

The research can be further expanded in terms of both place and population ,additional villages, districts and different genders. As a result, it will help to get a better sense of how substance use affects all members of a community.

Overall, the findings show that solving alcohol-related issues among youth requires more than just individual action. Families, schools, health services, and the police must all work together to build a safe and caring environment. Supporting young people with the right guidance and resources can lead to a healthier and more hopeful future for the youth of Lothabori and other similar communities.

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APPENDIX

Informed Consent

I, Jyoti Bikash Nath, a student of the Department of Social Work, Mahapurusha Srimanta Sankaradeva Viswavidyalaya (MSSV), Guwahati unit, am conducting academic research titled "Impact of Alcohol Used Disorder Among Youth with Reference to Lothabori village, Morigaon" under the guidance of Dr. Monalisha Phukan Roy, assistant Professor. Your participation is voluntary, and you may withdraw or skip questions at any time. All responses will remain strictly confidential, no personal details will be shared, and data will be used for academic use only. By proceeding, you consent to your anonymized insights contributing to this study. For queries, contact me at jyotibikash0290@gmail.com Thank you for your valuable contribution.

Jyoti Bikash Nath Roll no. MSW-016/23

4th semester

Department of Social work, MSSV (Guwahati Unit)

INTERVIEW SCHEDULE

I, Jyoti Bikash Nath, a student of the Social Work Department, Mahapurusha Srimanta Sankaradeva Viswavidyalaya, Guwahati unit, promise that this interview schedule will only be used for my dissertation titled 'IMPACT OF ALCOHOLISM AMONG YOUTH WITH REFERENCE TO LOTHABORI VILLAGE, MORIGOAON'. I assure that your answers will be kept confidential and used only for educational purposes. Therefore, I kindly request your valuable input in responding to the following set of questions.

- 1. Name:
- 2. Age:
- 3. Gender:
- 4. Address:
- 5. Educational qualification:
- 6. Occupation:
- 7. Do you currently consume alcohol:
- To understand the factors behind alcohol consumption.
 - 1. Can you describe your earliest memory related to alcohol? Whather involving yourself or someone else what kind of impression did it leave on you?
 - 2. Who were you with when you first drank, and what kind of influence did they have on you?
 - 3. What personal reasons or motivations (like stress relief, curiosity, social acceptance, etc.) led you or others you know to start drinking?
 - 4. How easy is it for young people to get alcohol where you live or in your social circles?
 - 5. Have you ever turned to alcohol to manage difficult emotions like anxiety, sadness, or loneliness? What was the result?

- 6. How do you feel after drinking emotionally or mentally—do you feel better, worse, or conflicted?
- To understand impact of Alcohol Used Disorder in youth.
 - 1. Has alcohol use ever interfered with your responsibilities—such as school, work, or personal goals? How?
 - 2. Do you feel like you've ever been unable to control your drinking? Has it ever gotten to a point where you felt it was a problem?
 - 3. Have you seen alcohol use affect someone else your age? How did it impact their life or the lives of people around them?
 - 4. What does 'alcohol use disorder' mean to you, and what do you think causes it in young people?
 - 5. Do you think alcohol use among young people is something that can be prevented? What steps should be taken?
 - 6. Has alcohol ever affected your mental health or mood in a negative way?
 - 7. What do you think could be done to support young people who struggle with alcohol addiction or harmful drinking habits?
- To understand the connection between alcohol use and risk taking behaviours.
 - 1. Do you think drinking makes people more likely to take risks? Can you think of an example when alcohol led to risky behavior?
 - 2. Have you ever made a decision you regretted while under the influence of alcohol? What happened?
 - 3. In your experience, do people tend to act more recklessly or impulsively when they drink? Why do you think that is?
 - 4. Do you think alcohol makes you care less about the consequences of your actions? Can you give an example?
 - 5. When you drink with others, do you feel like you're more likely to do things you wouldn't do when sober?

- 6. Do you think risky behaviors related to alcohol use are more common among certain groups of people, like age or gender?
- 7. What do you think could help prevent risky decisions when it comes to drinking? Are there any ways to keep alcohol use safer?

