The Effects of Binge Drinking on College

- Cognition, Behavior, and Environment are all linked.
- By changing one of these factors, the others can be influenced.
- Statistics show that college students binge drink more often, the environment dictates the behaviors.
- Students see their classmates drink heavily and their thoughts change to think that behavior is normal.
- If they try this behavior an individual may begin to seek an environment where this behavior is more accepted.
- These factors can negatively or positively effect behavior choices of college students.

Citations


Images:

https://www.google.com/search?q=alcohol&biw=1920&bih=960&source=lnms&tbm=isch&sa=X&ved=0ahUKEwiWpKLorbjJAhUG4S4KHYaD6wQ_AUIBigB#q=alcohol&tbm=isch&tbs=sur:fc&imgrc=yS7mg4MHlto7cM:

https://www.google.com/search?hl=en&site=imghp&tbm=isch&source=hp&biw=1920&bih=960&q=college+party&oq=college+party&gs_i=l=im3..0l10.104759.109836.0.110452.13120110.165.1197.0j9.9.0...0...1ac.1.64.jpg

This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.
Social Cognitive Theory

- Learning occurs through social context
- What is learned is gained through observation
- Relates behavior to cognition and environment

![Image](social_cognitive_theory.png)

**Graph of Binge Drinking Facts**

<table>
<thead>
<tr>
<th>Problem</th>
<th>Non-binge drinkers</th>
<th>Binged 1-2 in past 2wk</th>
<th>Binged</th>
</tr>
</thead>
<tbody>
<tr>
<td>Miss a class</td>
<td>8.8%</td>
<td>30.9%</td>
<td>62.5%</td>
</tr>
<tr>
<td>Engage in unplanned sex</td>
<td>7.8%</td>
<td>22.3%</td>
<td>41.5%</td>
</tr>
<tr>
<td>Argue with friends</td>
<td>9.7%</td>
<td>23%</td>
<td>42.6%</td>
</tr>
<tr>
<td>Blacked out</td>
<td>10%</td>
<td>27.2%</td>
<td>54%</td>
</tr>
<tr>
<td>Get Into trouble with police</td>
<td>1.4%</td>
<td>5.2%</td>
<td>12.7%</td>
</tr>
<tr>
<td>Damage property</td>
<td>2.3%</td>
<td>8.9%</td>
<td>22.7%</td>
</tr>
<tr>
<td>Drove after drinking</td>
<td>18.6%</td>
<td>39.7%</td>
<td>56.7%</td>
</tr>
</tbody>
</table>

**Binge drinking was classified as having:**
- Five or more drinks in a row for men at least once in the last two weeks.
- Four or more drinks in a row for women at least once in the last two weeks.

**Binge drinking has become a growing concern on college campuses since the early 1990’s.**

Large scale study revealed that 44% of students were classified as binge drinkers, 50% men and 39% women.

**Problems Related to Binge Drinking**
- Unplanned and unprotected sex
- Assault and aggressive behavior
- Serious injury to self or others
- Various social and psychological problems
- Physical or cognitive impairment
- Poor academic performance
- Antibody suppression
- Higher risk of using drugs and smoking cigarettes recreationally

**Variables Influencing Binge Drinking**
- Residence in fraternity or sorority
- Party centered lifestyle
- Homosexual, bisexual > heterosexual
- Students under the age of 24
- Weekly hours of work
- Student-athletes
- Females – when feeling angry or worthless
- Males – to gain approval of peers or to appear fearless

![Image](binge_drinking_facts.png)