

# ALCOHOLISM AND TEENAGE GIRLS IN BALASORE CITY: A SOCIO-EDUCATIONAL ANALYSIS

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## **ABSTRACT**

Following privatisation and globalisation, new trends in the commercialization and competition of education have emerged. Teenagers are now more affected by the internet and the media as a result of globalisation. Teenagers are greatly influenced by how Western culture is portrayed in the media and on the internet. Gender equality has been attained to a larger extent in cities as a result of the impact of education. Consequently, India has progressively begun to adopt the social culture of western nations. Alcoholism has become a modern way of life for teenagers, including girls, especially those who live in cities and is a part of western culture. However, it should be mentioned that drunkenness from a very young age was a major contributor to many social issues, such as crimes, and health issues, such as liver issues, obesity, and Hepatitis-B. Women are the fundamental building blocks of a civilised and healthy society. However, early female drunkenness contributes to an unhealthy society in the future. As a result, it is necessary to evaluate the issue of alcoholism among teenage females, and the current study has proven to be crucial in examining this issue in Balasore City.

## **Introduction:**

The present thesis entitled “**Teenage Girls and Alcoholism: A Socio-Educational Analysis**” is an empirical study and analysis of fast increasing alcoholism among the teenage girls from sociological perspective, focusing specifically on its extent, causes and the consequences. This chapter attempts to summarise the key findings and draw general conclusions on which suggestions of ameliorative, preventive, and curative value could be made after having analysed and explained the various dimensions, manifestations, and ramifications of alcoholism among teenage girls in the city of Bangalore. The government started globalisation and liberalisation agreements 25 years ago with the intention of acquiring and transferring technology from western nations. The infusion of such technology and capital from western nations has coincided with a progressive transformation of Indian culture. In other words, Indian culture is becoming more westernised as a result of the influence of western nations. As a result, some habits, like drunkenness and contemporary lifestyles, have become widespread in Indian society.

Teenage females are picking up on drinking at an early age due to the effects of westernisation and metropolitan lifestyle. They are ignorant of the damaging consequences alcohol has on both physical and mental health. Although value education is taught in schools and universities, many youngsters have fallen victim to alcoholic habits due to the influence of television, friends, the internet, mobile phones, and social networking. When the reasons of alcoholism are examined, the influence of their friends is found to be a significant factor in the addiction to alcohol. A small percentage of teens have also begun drinking as a result of their alcoholic parents. Numerous alcohol-related exaggerated commercials on television, the internet, social media, etc. have a negative impact on many teenage girls. In this way, the prevalence of teen drunkenness in cosmopolitan and urban areas is rising. Teenage females in cities are becoming more likely to become alcoholics, and other variables that are contributing to this trend include parental freedom, increased pocket money, and parental neglect or lack of attention to children. A few young girls are having regular health checkups due to alcoholism-related health issues that they are currently experiencing. Teenage girls are becoming more alcoholics, especially in cities like Bangalore. To gather the initial information required for the research study, the researcher went to bars, social gatherings (where alcoholic beverages are served), hostels, schools, and colleges. Many of these adolescent girls have been seen to reject alcohol use while having a history of doing so out of fear. A few of the adolescent girls provided inaccurate information about their drinking patterns, and the data

gathered from these young girls was not taken into account. Finally, it is determined that the 240 teenage girls' primary data was accurate and dependable. As a result, the conclusions came from an analysis of data gathered from 240 young girls.

### Rationale of the Study:

Following privatisation and globalisation, new trends in the commercialization and competition of education have emerged. Teenagers are now more affected by the internet and the media as a result of globalisation. Teenagers are greatly influenced by how Western culture is portrayed in the media and on the internet. Gender equality has been attained to a larger extent in cities as a result of the impact of education. Consequently, India has progressively begun to adopt the social culture of western nations. Alcoholism has become a modern way of life for teenagers, including girls, especially those who live in cities and is a part of western culture. However, it should be mentioned that drunkenness from a very young age was a major contributor to many social issues, such as crimes, and health issues, such as liver issues, obesity, and Hepatitis-B. Women are the fundamental building blocks of a civilised and healthy society. However, early female drunkenness contributes to an unhealthy society in the future. As a result, it is necessary to evaluate the issue of alcoholism among teenage females, and the current study has proven to be important in examining this issue in Bokaro City.

### Statement of the Problem:

As discussed above, alcoholism has become stigma among present teenagers especially in metropolitan and cosmopolitan cities. Due to impact of modern lifestyle of western countries, the mass media and internet have exaggerated the same and present day teenagers and youth are following the same culture. Surprisingly, teenage girls are also more attracted towards alcoholism especially in metropolitan and cosmopolitan areas. Due to alcoholism among teen girls, there is degradation of social values in society. In this regard, the present study is made under the title “**Teenage Girls and Alcoholism: A Socio-Educational Analysis**”.

**Objectives of the Study:** The study seeks to address and focus upon the following objectives.

1. To delineate the socio-economic and educational profile of the teenage girls addicted to alcoholism.
2. To probe empirically into the reasons and causes for alcoholism among teenage girls.
3. To ascertain the opinions and attitudes of teenage girls toward alcoholism.
4. To identify the drinking patterns among teenage girls in terms types of alcoholic drinks, frequency, quantity of drinks consumed, etc.
5. To analyze the impact of alcoholism on different aspects of health of teenage girls.
6. To ascertain the extent of willingness and probability of teenage girls giving up alcohol and the measures that could prove effective in getting them out of alcoholism.

### Hypotheses:

From the objectives stated above, following hypotheses are formulated for the present study:

1. Alcoholism has not adversely affected the educational attainments of teenage girls
2. Teenage girls take to alcoholic habits before they enter college.
3. Influence of friends has a significant role in increasing alcoholism among teenage girls.
4. Alcoholism among parents induces alcoholism among teenage girls..
5. Modernization, electronic media, social media are the major reasons for alcoholism among teenage girls.

### Methods and Sampling:

Descriptive survey method was employed for the study.

When the alcoholism habits are concerned, people hesitate to provide correct information. In case of girls, who are rarely visit pubs and bars to drink alcohol, it is difficult to interview them as they hesitate to their identification. Under such circumstances, it is impossible to assess the exact teenage girls' population that is habituated to alcoholic drinks. Hence, repeated visits to bars, pubs, hostels, wine stores, etc are the only solution to know about the average number of teenage girls, who are drinking alcoholic drinks. Majority of these girls hesitate to go to wine stores and bars, they purchase alcoholic from their male friends and relatives. Under such circumstances, it has become difficult to the researcher, to get exact number of teenage girls who are addicted to alcoholism and habituated to the same. Though few of the teenage girls are drinking regularly, they are not disclosing the correct information about their alcoholism habits. In this context, the researcher has repeatedly contacted such teenage girls and persuaded to provide information required for the research study. Finally, after assuring confidentiality of the information furnished by the teenage girls, few of the teenage girls have given information needed for the research study. Hence, it is not possible to collect correct information on the estimates of teenage population, especially teenage girls that is addicted to alcoholism in Balasore City

### Tool of the Study:

It was decided to devise and employ an interview schedule to elicit relevant data from the respondents and also, prepare an organizational questionnaire to collect data from the schools, colleges, hostels, bars, pubs, etc studied about the nature of alcoholism among teenage girls. Thus, these were the two principal instruments of data collection.

### Analysis and Interpretation of the study

#### Major Findings:

Following are the major findings of the study:

Though there are thousands of teenage alcoholics in Balasore City, due to their age factor, many of them are hesitated to provide information for the research study. Still, the researcher contacted about 400 teenage girls to collect the primary data. Of these teenage girls, only 240 have given correct information on their alcoholic habits. Hence, the present study is based on the primary data collected from total 240 teenage girls, who are addicted to alcoholic drinks.

Age is the significant factor as the study deals with alcoholism among teenage girls. Hence, the age of the teenage girls shows that, 46.67% of the teenage girls are between 17 to 18 years followed by, 28.33% of the teenage girls are of 19 years, 18.33% are between 15 to 16 years and the remaining only 6.67% are between 13 to 14 years respectively. It shows that, alcoholism is more among teenage girls between the ages of 17 to 19 years.

Along with age, education is also significant factor in determining the knowledge about alcoholic drinks. Education level of teenage girls revealed that, 7.92% of the teenage girls are studying in 7<sup>th</sup> or 8<sup>th</sup> standard, 16.67% of the teenage girls are studying in 9<sup>th</sup> or 10<sup>th</sup> standard, 44.16% of the teenage girls studying in 11<sup>th</sup> or 12<sup>th</sup> standard or preuniversity education and 31.25% are studying in 1<sup>st</sup> year degree or diploma, etc.

Of course, the nature of educational institutions in which the teenage girls are studying is not relevant. Still the primary data collected on the same disclosed that, 10.00% of the teenage girls are studying in Government schools or colleges, 26.25% are studying in Government Aided schools or colleges, 55.00% of the teenage girls are studying in private schools or colleges and 8.75% are working outside or drop outs from their schools earlier.

Balasure City is cosmopolitan city, in which there is increase in industries and as such, there is increase in business and employment. As a result, people from different states and regions are migrated and settled in the city. Hence, their mother tongues are also different from Kannada. The mother tongue of the teenage girls revealed that, 53.75% of the teenage girls are speaking Kannada as their mother tongue, mother tongue of 13.75% of the teenage girls is Hindi, mother tongue of 17.08% of the teenage girls is Tamil, that of 5.00% of the teenage girls is Urdu and the mother tongue of 10.42% of the teenage girls is others such as Gujarati, Marathi, Telugu, etc. It is highlighted that nearly half of the teenage girls are from the other states and regions.

Religions of the teenage girls depicted that, 67.50% of the teenagers belongs to Hinduism, 15.42% of the teenage girls are Muslims, 5.83% are Christians and 11.25% of the teenage girls are from other religions such as Buddhists, Jains, Sikhs, etc.

Caste-wise distribution of teenage girls disclosed that, 14.17% are belongs to scheduled castes, 8.33% of the teenage girls belong to scheduled tribes, 30.00% of the teenage girls are from other backward classes, 32.50% are minorities and the remaining 15.00% are from other categories or forward castes.

The information collected on the native places of the teenage girls revealed that, 41.67% of the teenage girls are from local Bangalore followed by, 29.58% are from other parts of Karnataka, 22.08% are from other parts of India and 6.67% are Non-Resident Indians (NRIs). It is highlighted that Balasure City is multi-cultured city with people from different states and regions.

Among all the teenage girls surveyed, 3.33% of the NRI teenage girls are staying in Balasure City due to their employment, 1.25% of the NRI teenage girls are staying in Balasure City due to their employment, 2.08% of the NRI teenage girls are staying in Balasure City due to their business and it is not applicable to 93.33% of the teenage girls as they are from India.

67.50% of the teenage girls are living in nuclear or single families, whereas only 32.50% are living in joint families.

The size of the family in terms of number of total family members of the teenage girls depicted that, 5.42% of the teenage girls are living in families with only 1 or 2 members, 36.67% of the teenage girls are living in families with 3 to 4 family members, 39.16% of the teenage girls are living in families with 5 to 6 members and only 18.75% of the teenage girls are living in families with more than 06 family members. 55.83% of the teenage girls are from urban areas, followed by 25.42% are from rural areas and the remaining 18.75% are from suburban areas or towns respectively. It shows that, there is increase in migration from different villages and towns to Balasure City.

On the place of residence of the teenage girls surveyed, 27.50% are living in their own houses, 53.75% are living in rented houses and the remaining 18.75% are living in hostels or rented rooms.

Among all the teenage girls surveyed on the status of females in their families, 7.50% have agreed that there is higher status for females in their families, 77.08% have opined that there is equal status for females in their families, 11.25% have felt that there is subjugated status for females in their families and the remaining 4.16% have remarked that the females are neglected in their families. As disclosed, in majority of the families, there is higher or equal status for females.

The role of females or women in the family decision making revealed that, of all the teenage girls surveyed, 5.41% have expressed that the role of females in their family decision making is dominant or higher, 49.17% have felt that the role of female members in family decision making is equal with males, 34.17% have stated that the females are allowed only to make advisory role in family decision making and 11.25% of the teenage girls have agreed that females are neglected in family decision making.

Among all the teenage girls, 15.00% have expressed that their family occupation is agriculture, 35.00% have stated that their family occupation is business, industry or self-employment, 27.08% have remarked that their family occupation is employment in organized sector and 22.92% have mentioned that their family occupation is employment in unorganized sector.

On their family annual income as stated by the teenage girls, 23.33% of the teenage girls have stated that their annual family income is less than Rs. 2 lakhs, 30.42% have expressed that their annual family income varies between Rs. 2 lakhs to Rs. 5 lakhs, 25.00% have remarked that their annual family income varies between Rs. 5 lakhs to Rs. 10 lakhs, 16.25% have mentioned that their annual family income is between Rs. 10 lakhs to Rs. 25 lakhs and the remaining only 5.00% have given that their annual family income is more than Rs. 25 lakhs.

Only 61.67% of the teenage girls covered under the present study are living with their parents, whereas 38.33% are not living with their parents in Balasure City.

It is noted that, 12.08% of all the teenage girls are staying with their uncle and aunty, 5.42% are staying with their brothers, 2.08% of the teenage girls are living with their sisters, 18.75% are living single and it is not applicable to 61.67% of the teenage girls as they are living with their parents.

On the purpose of staying of the teenage girls in Bangalore disclosed that, 26.25% are staying in Bangalore so as to get education in the city, 2.50% of the teenage girls are orphans and as such, they are living with guardians other than their parents, 9.58% are working outside in Bangalore and it is not applicable to 61.67% of the teenage girls as they are living with their parents.

The leisure time activities of the teenage girls revealed that, during their leisure time, 9.58% of the teenage girls are reading and studying, 13.33% are watching television, 4.58% are performing Yoga, physical exercise, sports, etc, 50.42% of the teenage girls are engaged in searching internet, social networking, etc, 8.33% are engaged in shopping and 13.75% of the teenage girls are engaged in picnic, dating, etc during their leisure time.

Only 45.83% of the teenage girls are fully satisfied in their social life followed by, 21.67% are somewhat satisfied, 17.92% are moderately satisfied in their social life and the remaining 14.58% are not satisfied in their social life respectively.

Among all the teenage girls surveyed, only 11.67% have agreed that their mothers were just completed primary or secondary education, 10.00% have opined that their mothers were completed undergraduation and 78.33% have felt that their mothers were completed higher education. It shows that, the mothers of a great majority of the teenage girls are highly educated.

On the education of their father, 4.58% of the teenage girls have expressed that their fathers have completed primary or secondary education, 9.58% have felt that their fathers have completed undergraduation and the remaining 85.83% have stated that their fathers have completed higher education. It shows that, education of fathers of the teenage girls is high.

Of all the teenage girls surveyed, 30.42% have expressed that there is encouragement for female education in their families, 47.50% have stated that their parents are treating females equally with male members, 12.92% have felt that females are suppressed with reference to education in their families and it is not applicable to 9.16% of the teenage girls as they don't have sisters in their families.

As stated by all the teenage girls, parents of 13.33% of the teenage girls wish that their children should become doctor or engineer in future, parents of 9.58% of the teenage girls have planned that their children should get Government job in future, parents of 8.33% have thought that their children should pass administrative exams such as IAS, KAS, etc in future, parents of 23.33% of the teenage girls have thought that their children should get good job in private sector, parents of 20.00% of the teenage girls have thought that their children should start and develop their business or self-employment in future, parents of only 7.50% have thought that their children should get better marriage prospects in future and parents of 17.92% of the children have not thought or planned for the future of their children.

On the parents or guardians' roles in achievement of career goals, among the teenage girls surveyed, 24.58% have stated that their parents urge them to choose a particular career, 30.42% have expressed that their career goals are only decided by their parents, 27.08% have mentioned that their parents are playing advisory role in choice of their career goals and 17.92% have agreed that their parents have never thought for their future career and life.

The amount of annual fees paid by the teenage girls to their schools and colleges disclosed that, 46.25% of the teenagers are paying annual fees between Rs. 25001 to Rs. 1 lakh followed by, 35.00% are paying annual fees of more than Rs. 1 lakh, only 10.00% are paying annual fees of less than Rs. 25000 to their schools and colleges and it is not applicable to 8.75% of the teenage girls as they are drop outs and working outside at an early age.

On whether they have paid the donations to schools and colleges to get admissions, 59.58% of the teenage girls have agreed that they have paid donations to get admissions to their schools and colleges, 14.58% have felt that they have not paid any donations to get admissions to their schools and colleges, 17.08% have no awareness about the amount of donations paid to get admissions to their schools and colleges and it is not applicable to 8.75% of the teenage girls as they are not going to schools and colleges.

On the amount of donations paid by the parents of the teenage girls, it is found that, the parents of 10.00% of the teenage girls have paid

donations of less than Rs. 1 lakh to schools and colleges to get admission, that of 25.83% of the teenage girls have paid donations between Rs. 1 lakh to Rs. 2 lakhs to schools and colleges to get admission, parents of 19.17% have paid donations between Rs. 2 lakhs to Rs. 5 lakhs to schools and colleges to get admission, parents of 4.58% of the teenage girls have paid more than Rs. 5 lakhs to get admission to schools and colleges and it is not applicable to 40.42% of the teenage girls as they are not aware about whether the donation is paid by their parents or few of them are not going to schools or colleges.

The information collected from teenage girls on their monthly expenses for all purposes revealed that, 25.83% of the teenage girls are spending Rs. 2501 to Rs. 5000 in a month, 35.83% are spending expenses between Rs. 5001 to Rs. 10000 and 38.33% of the teenage girls are spending more than Rs. 10000 per month for the personal expenses.

Among all the teenage girls surveyed, 11.66% have stated that their parents are giving pocket money between Rs. 2501 to Rs. 5000 per month, 26.67% have mentioned that their parents are giving pocket money between Rs. 5001 to Rs. 10000 per month, 21.67% have expressed that their parents are giving pocket money of more than Rs. 10000 per month, 31.25% of the teenage girls have remarked that the pocket money given by their parents is depending on their needs and expenses and it is not applicable to 8.75% of the teenage girls as they are drop outs and working outside generating their own income.

As stated by the teenage girls covered under the study, 9.58% have started to drink alcohol for the first between 13 to 14 years of age, 35.00% have started to drink at their age between 15 to 16 years, 36.67% have started to drink alcohol between their 16 to 17 years and 19.75% have started to drink alcoholic drinks at the age between 18 to 19 years of age.

On the first place of drinks as stated by the teenage girls, 26.67% have started drinking at pub and bars, 48.75% have started their first drinks at their friends' house, rooms or hostels, 9.58% have started their first drinks at social party or function, 12.08% have started their first drinks in their own house as kept hidden by their parents and 2.92% have started their first drinks at other places.

The reasons furnished by the teenage girls to drink alcoholic drinks for the first time revealed that, 23.33% of the teenage girls have expressed that they have started to drink due to curiosity, 29.17% have agreed that their friends have forced to drink for the first time, 6.25% have stated that drinking alcohol is part of their religious culture or ritual, 19.17% have felt that drinking alcohol is modern lifestyle and 22.08% have remarked that they have started to drink alcohol so as to get entertainment and enjoyment.

As expressed by the teenage girls, 60.83% of the teenage girls have drunk beer for the first time followed by, 22.92% of the teenage girls have drunk wine for the first time, 8.75% have drunk whisky for the first time, 4.58% of the teenage girls have drunk scotch for the first time and the remaining 2.92% of the teenage girls were drunk vodka for the first time respectively.

Among all teenage girls, 6.25% have stated that their family members were present during their first time drink, 48.33% have expressed that their friends were present during their first time drink, 9.17% have remarked that their family friends were present in social party during their first time drink and 36.25% have mentioned that they were drunk alcoholic drinks alone for the first time.

Of all the teenage girls, 27.50% were brought alcoholic drinks for the first time from pub, bar, wine shop, etc, 14.17% were drunk alcoholic drinks in social parties and religious festivals for the first time, 46.25% were drunk alcoholic drinks as their friends were brought the same and 12.08% of the teenage girls were drunk alcoholic drinks as kept by their parents in their houses.

On the usual drinking places as stated by teenage girls, it is found that, 19.17% of the teenage girls are usually drinking alcoholic drinks at their hostels, 2.50% are drinking at their homes, 5.00% of the teenage girls are drinking in social or religious parties, 17.08% of the teenage girls are drinking at pubs, 34.17% of the teenage girls are drinking at bars or wine stores, 17.92% are drinking alcoholic drinks at their friends houses or rooms and 4.17% are drinking alcoholic drinks at other places.

On the alcoholic drinks regularly drunk by the teenage girls, it is found that, 47.08% of the teenage girls are drinking beer regularly, 13.33% are regularly drinking whisky, 9.58% are drinking scotch, 2.50% of the teenage girls are drinking vodka, 25.42% are drinking

wine and 2.08% of the teenage girls are drinking other types of drinks such as champagne.

On the quantity of drinks as stated by teenage girls, 34.58% of the teenage girls are drinking 01 to 02 peg at a time, 13.33% are drinking 03 to 04 peg on one occasion, 5.00% of the teenage girls are drinking more than 04 pegs on single occasion, 26.67% of the teenage girls are drinking up to 01 bottle beer, 17.08% are drinking up to 02 bottles of beer and 3.33% of the teenage girls are drinking more than 02 bottles of beer. It is concluded that, the quantity of alcoholic drinks consumed by the teenage girls is more.

On the most number of drinks consumed by teenage girls on a single specific occasion, it is revealed that, 26.25% have consumed only 01 to 02 peg, 14.58% of the teenage girls have consumed 03 to 04 peg, 12.08% of the teenage girls have consumed more than 04 pegs, 17.92% of the teenage girls have consumed up to 01 bottle of beer, 24.58% have consumed 02 bottles of beer and 4.58% of the teenage girls have consumed more than 02 bottles of beer on single occasion.

Of all the teenage girls, 60.00% are habituated to alcoholic drinks, whereas 25.42% are not become habituated to such drinks and 14.58% of the teenage girls are not expressed their opinions on the same.

On the frequency of drinks as stated by the teenage girls, 11.67% of the teenage girls are drinking daily, 22.92% of the teenage girls are drinking weekly or on weekends, 9.58% are drinking fortnightly, 4.16% are drinking monthly, 12.92% of the teenage girls are drinking alcohol whenever they wish and it is not applicable to 40.00% of the teenage girls as they are not habituated to alcoholic drinks.

In the last 30 days, only 2.50% of the teenage girls have not drink alcohol, 25.83% have drink alcohol 01 to 02 times in the last 30 days, 48.33% have drink alcoholic drinks 03 to 04 times in last 30 days and the remaining 23.33% of the teenage girls have drink alcohol for more than 04 times in the last 30 days.

69.17% of the teenage girls have agreed that there were incidents took place which induced drinks, 17.08% have disagreed to the same and 13.75% have not expressed their views on the same.

Of all the teenage girls on the particular incidents which were induced them to drink frequently, 4.17% have stated that their parents are staying away from them, 5.42% have expressed that there is suppression in their schools and colleges, 6.67% have felt that there is suppression and discrimination from their friends, 3.33% have agreed that there is death of their near friends and relatives, 23.33% have remarked that due to the force of their friends they are drinking frequently, 25.00% have felt that due to failure in love they are drinking frequently, 1.25% have given other incidents which induced them to drink frequently and it is not applicable to 30.83% of the teenage girls as there are no such incidents which induced them to drink regularly or few of them have not expressed their views on the same.

On their expressions after they drink as stated by teenage girls disclosed that, 3.33% have agreed that they turn up violent after they drink alcohol, 9.17% have felt that they speak truth after they drink alcoholic drinks, 20.42% have stated that they confess on their mistakes after drinking, 17.08% have expressed that they express sorrow on their past memories, 13.33% have remarked that they started to cry due to pain and hurt experience in life, 34.58% of the teenage girls have stated that they relax and sleep after they drink and 2.08% have given other types of expressions after they drink alcohol.

As stated by all teenage girls, 17.92% are spending average of Rs. 501 to Rs. 1000 per month on alcoholic drinks, 30.42% are spending monthly expenses of Rs. 1001 to Rs. 2000 on alcoholic drinks, 45.83% are spending Rs. 2001 to Rs. 3000 on alcoholic drinks and 5.83% are spending more than Rs. 3000 on alcoholic drinks.

As stated by all the teenage girls surveyed, 52.08% are managing their expenses on their alcoholic habits from their pocket money, 38.75% of the teenage girls are sharing expenses with their friends collectively, 5.83% of the teenage girls are earning income by working outside and 3.33% are getting alcoholic drinks that are available in their homes.

The consequences of alcoholism as experienced or felt by the teenage girls revealed that, 14.16% of the teenage girls have agreed that they fight and quarrel with their friends and relatives after drink of alcohol, 16.67% have felt that they feel illness after they taken alcoholic drinks, 10.42% of the teenage girls have stated that they are missing their schools and colleges even after a day, 33.33% have expressed that they feel hangover after they have taken alcoholic drinks and 25.42% have felt that they feel psychological depression and anxiety after they take alcoholic drinks.

On the frequency of quarrels and fights with their relatives and friends after drinking of alcohol, among all the teenage girls, 85.83% never fight or never make quarrels with their friends and relatives, 4.58% of the teenage girls make fight or quarrel after drinking at least once in a month and the remaining 9.58% of the teenage girls fight or quarrel with their friends and relatives occasionally after they drink alcohol.

Only 52.50% of the teenage girls are not feeling ill due to alcoholism, 21.25% of the teenage girls feel illness once in a month and 26.25% of the teenage girls feel occasional illness due to alcoholism.

As expressed by all the teenage girls surveyed, due to alcoholism, 25.42% are suffering from psychological health problems followed by, 12.50% are suffering from hyperacidity, indigestion, etc, 5.00% are suffering from obesity, 2.50% are suffering from liver problems such as Hepatitis, Liver Cirrhosis, etc, 2.08% are suffering from blood pressure and it is not applicable to 52.50% of the teenage girls as they are not suffering from any of such health problems.

As stated by all the teenage girls, to get cure of their illness due to alcoholism, only 18.75% are visiting health centres, 7.08% are performing Yoga, Meditation, Physical Exercises, etc, 1.67% are going to get self-medication, 20.00% are not taking any type of health care activities and it is not applicable to 52.50% of the teenage girls as they are not facing any of such health problems.

Only 5.42% of the teenage girls are visiting to health centres to get treatment once in a month, 13.33% are visiting to health centres occasionally and it is not applicable to 81.25% of the teenage girls as they are not at all visiting to health centres or they are healthy and fine.

The reasons furnished by the teenage girls for not quitting alcoholism shows that, 25.83% have expressed that the health problems are negligible for them, 23.75% of the teenage girls have felt the difficulty to quit the alcoholic drinks, 38.33% of the teenage girls have stated that alcoholism is just irregular habit for them and 12.08% have felt that, if they quit alcoholism, then they are forced to keep away from their friends.

Of all the teenage girls surveyed, 12.08% have stated that none of their friends are addicted to alcoholism, 22.50% have expressed that less than 02 of their friends out of 10 friends are alcoholics, 34.17% have agreed that of their total 10 friends, there are 03 to 05 friends are alcoholics, 17.92% have remarked that of their total 10 friends, 06 to 08 are alcoholics and 13.33% have mentioned that all of their friends are alcoholics.

The frequency of drinking with their friends, as stated by all teenage girls, 38.33% are drinking with their friends weekly or on

weekends, 15.83% are drinking alcohol with their friends fortnightly, 10.42% of the teenagers are drinking alcohol with their friends monthly with their friends, 13.75% are drinking alcohol with their friends whenever they wish or occasionally, 9.58% are drinking alone and it is not applicable to 12.08% of the teenage girls as their friends are not alcoholics.

It is noted that, 77.92% of the teenage girls are drinking alcohol with their friends, whereas 22.08% are drinking alcohol alone.

The frequency of drinks with friends as stated by the teenage girls revealed that, 17.92% are sometimes drinking with their friends, 13.33% are drinking most of the times with their friends, 46.67% are always drinking with their friends and 22.08% of the teenage girls are not drinking with their friends.

As expressed by all the teenage girls, 30.42% have agreed that their fathers or male guardians are addicts to alcohol, 3.33% have felt that their mothers or female guardians are addicted to alcoholic drinks, 16.66% have remarked that both, that is their mother and father are addicted to alcoholic drinks, 21.67% have opined that none of their parents are addicted to alcohol and 27.92% of the teenage girls are unaware about the alcoholic habits of their parents.

The study revealed that, 27.50% of all the teenage girls have expressed that their siblings, brothers and sisters are addicted to alcoholic drinks, whereas 42.50% have not agreed to the same and 30.00% of the teenage girls are not aware about the same.

Only 29.17% of the teenage girls surveyed have agreed that their family members are aware about their alcoholism, whereas 51.25% have disagreed to the same and 19.58% of the teenage girls are not aware about the same.

Of all the teenage girls surveyed, 4.58% have agreed that their father is aware about their alcoholism, 7.92% have expressed that their mother is aware about their alcoholism, 2.92% have agreed that both of their mother and father are aware about their alcoholism, 8.33% have felt that their brothers or sisters are aware about their alcoholism, 5.42% have remarked that all of their family members are aware about their alcoholism and it is not applicable to 70.83% of the teenage girls as they have already stated that none of their family members are aware about their alcoholism.

On the attitudes of family members towards alcoholism of teenage girls, 6.25% of the teenage girls have stated that their parents convinced them to give up alcoholism due to harmful effects, 2.92% have expressed that their parents advised them to reduce and limit the alcoholism, 12.08% of the teenage girls have remarked that their parents put severe restrictions on them to avoid alcoholism, 4.58% have felt that their parents have physically beaten, assaulted and beaten them to warn them to keep away from alcoholism, 3.33% have stated that their parents have done nothing about their alcoholism and it is not applicable to 70.83% of the teenage girls as they have already stated that their parents or siblings are unaware about their alcoholism.

On the adverse effects of alcoholism that are taught in schools and colleges, 70.00% of the teenage girls have agreed that such education is

given in their schools or colleges, whereas 30.00% have felt that such education on the adverse effects of alcoholism is not imparted in their schools and colleges.

It is revealed from the study that, 14.58% of the teenage girls have stated that they sometimes drink alcohol at their homes, 6.67% have agreed that they drink alcohol most of the times at their homes, 17.92% have expressed that they are always drinking alcohol at their homes and 60.83% have mentioned that they never drink alcohol at their homes.

The reasons furnished by the teenage girls for drinking alcoholic drinks by people revealed that, 5.42% of the teenage girls have mentioned that socio-religious culture is reason for drinking alcohol, 36.67% have agreed that modern lifestyle is reason for drinking alcohol by people, 21.67% have stated that people drink for entertainment and enjoyment, 23.33% of the teenage girls have felt that to free from stress and tension and also to get relax to mind, people drink alcohol and 12.91% of the teenage girls have opined that alcohol drinking is learnt as imitation from friends, cinemas and society.

Among all the respondents, 18.33% have mentioned that to become drunkard, it is sufficient to drink 01 to 02 pegs of alcohol, 27.08% have stated that to become drunk, drinking of 03 to 04 pegs are essential, 7.50% have expressed that to become drunk, a normal person has to drink more than 04 pegs, 30.83% have stated that, to become drunk, a normal person can drink up to 01 bottle of beer, 12.08% have expressed that, to become drunk, a normal person can drink 02 bottles of beer and 4.17% have agreed that a normal person can drink more than 02 bottles of beer to become drunk.

On the frequency of drinks for healthy and risk free life and among all the teenage girls surveyed, 5.83% have agreed that weekly drinks helps to lead healthy and risk free life, 14.58% have stated that, normal person can lead healthy and risk free life, if there is monthly consumption of alcoholic drinks, 43.75% have expressed that occasional drinks is ideal to lead healthy and risk free life and 35.83% have felt that quitting of drinking alcohol is help to lead healthy and risk free life.

The opinions of the teenage girls on the safest alcoholic drink revealed that, 47.50% of the teenagers have expressed that Beer is the most safest alcoholic drink followed by, 26.67% have mentioned that Wine is most safest alcoholic drink, 12.92% of the teenagers have felt that Whisky is the safest drink, 11.66% of the teenage girls have remarked that Scotch is safest alcoholic drink and 1.25% have agreed that the other drinks like Champagne are safest alcoholic drink respectively.

The advantages or benefits gained from alcoholic drinks as stated by the teenage girls disclosed that, 22.50% of the teenage girls have agreed that, alcoholic drinks' habit is modern lifestyle, 13.75% have felt that it is entertainment and enjoyment, 10.00% of the teenage girls have gained relaxation from stress and tension, 16.67% of the teenage girls have felt that they have gained health benefits such as skin rejuvenation, etc, 22.08% have mentioned that there is increase in social contacts due to alcoholism, 1.67% have given other advantages or benefits from alcoholic drinks and only 13.33% of the teenage girls have agreed that there are no benefits or advantages from alcoholic drinks.

Only 51.67% of all the teenage girls felt to quit alcoholism, whereas 48.33% are not feeling so.

The actions and steps taken by the teenage girls to give up alcoholism revealed that, 13.75% are going for Yoga, Meditation, Physical Exercise, etc, 17.50% are reducing quantity of alcohol drinks slowly, 12.92% are taking medicines to quit alcohol, 12.92% of the teenage girls have learnt other habits so as to keep the alcoholism away and it is not applicable to 48.33% of the teenage girls as they are not feeling to give up alcoholic drinks.

Of all the teenage girls, 1.67% have learnt to drink only soft drinks, 2.92% have started to chew tobacco or Gutkha, 8.33% have watching cinemas and television and even busy with social networking so as to quit alcoholism and it is not applicable to 87.08% of the teenage girls as they have not learnt other habits to give up alcoholism.

The attitudes of society as stated by the teenage girls disclosed that, as stated by 10.83% of the teenage girls, the society is broad minded and feel alcoholism as modern lifestyle, 4.17% have felt that alcoholism is socio-religious culture, 2.08% of the teenage girls have expressed that the society thinks that alcoholism is usual habit, 9.17% of the teenage girls have stated that society criticize the

alcoholism among teenage girls and persuade to quit the same, 25.42% of the teenagers have remarked that the society criticize the alcoholism among teenage girls and 48.33% have felt that society is not aware about their alcoholism.

Only 37.50% of all the teenage girls have felt bad or guilty about alcoholism, whereas 62.50% have not such feeling about alcoholism. On the frequency of drinking since beginning, 45.00% of the teenage girls have expressed that there are no change of their alcoholism habits since beginning followed by, 34.58% have agreed that there is increase in drinking as they are going for the same regularly and the remaining 20.42% of the teenage girls have felt that their regularity in drinking alcohol has been decreased.

On the change in quantity of drinks since beginning as stated by all the teenage girls, 21.25% have agreed that the quantity of drinks has been increased drastically since beginning, 27.50% have stated that there is moderate increase in quantity of drinks, 34.58% have agreed that there is no change in quantity of drinks and 16.67% of the teenage girls have felt that there is decrease in quantity of drinks since beginning.

Only 51.67% of all the teenage girls would like to quit alcoholism, whereas 48.33% are not thinking to quit alcoholism.

On the impact to quit alcoholism, 19.17% of the teenage girls have agreed that there is impact of teachers in schools or education influenced them to quit alcoholism, 8.75% have agreed that there is persuasion from parents and guardians, 7.50% of the teenage girls have felt that there are health barriers and suggestions of doctors to quit alcoholism, 16.25% have stated that there is persuasion from their friends to quit alcoholism and it is not applicable to 48.33% of the teenage girls as they have not thought to quit alcoholism.

The suggestions given by the teenage girls to quit alcoholism revealed that, 9.58% of all the teenage girls have expressed that, there is need for psychological counseling and guidance, 35.83% have mentioned that there is need for medication to quit alcoholism, 28.33% have agreed that there is need to engage in physical education, sports, yoga, meditation, etc, 23.33% have remarked that there is need to make friendship with good friends and 2.92% have felt that there is need to learn new alternate habits so as to quit alcoholism.

#### Observations and Conclusion:

The present study has focused on the alcoholism among teenage girls in Balasore City and it is based on primary data collected from the teenage girls through questionnaire. When the field work was began, the researcher has visited pubs, bars, social parties, wine stores, etc, where teenage girls are engaged in drinking alcoholic drinks. Further, the hostels are also visited where the school and college going students are staying in Bangalore. Surprisingly, it is highlighted that, many of the girls are started drinking liquor in Bangalore. Though many of the teenage girls were rejected to answer questions of the researcher, few of them were agreed to provide information and the researcher assured them of their confidentiality.

Majority of these teenage girls are between 16 to 18 years and there are also few of the teenage girls between 13 to 14 years, who are drinking liquor. All the teenage girls are going to schools and colleges to get education and a few are drop outs. Almost of the teenage girls are studying in 10<sup>th</sup> standard or pre-university course. Further, majority of these teenage girls are studying in private schools and colleges. Mother tongue of nearly half of the teenage girls is Kannada and there are also considerable numbers of teenage girls, who are speaking Tamil and Hindi.

The religions of the teenage girls disclosed that two-third of these teenagers are Hindus and even there is also considerable number of Muslim teenagers and there are only a few teenage girls from other religions such as Christianity, Buddhism, Jains, etc. When the castes of the teenage girls are analyzed, it is found that, other backward classes, minorities and others are majority in number compared to scheduled castes and tribes. It is surprising to note that, majority of the teenage girls are not from local Bangalore, but their parents or ancestors were from different parts of Karnataka or India and a few are also Non-Resident Indians (NRIs). Due to their education, employment or business of their parents, the NRIs are settled in Balasore City.

Only few of the teenage girls are living in joint families, whereas majorities are living in nuclear families. Similarly, majority of families of these teenage girls are from suburban areas or urban areas. As the living arrangements in Bangalore are costly, only few of the families of the teenage girls are living in their own houses or flats and majority of the families are living in rented houses. Though status of females in many of the families is equal, still there are few families, which have given subjugated or neglected status to females. As per their status in their families, the females are also playing important role in family decision making and in few families, females are just advisory in family decision making.

Family occupations of majority of the teenage girls are business, selfemployment and employment in organized sector. As the present survey is made in cosmopolitan city, the family income of the teenage girls is more that is between Rs. 5 lakhs to more than Rs. 10 lakhs per annum. Though majority of the teenage girls are staying with their parents, still there are also teenage girls who are living in hostels or staying with their relatives.

When the information on leisure time activities of the teenage girls is collected, it is found that, to a greater extent, these teenage girls are spending most of their time in internet, social networking, etc. It shows that, there is impact of internet and social networking on their alcoholic habits. Most of these teenage girls are fully or moderately satisfied in their social life.

The educational background of the teenage girls in terms of educational levels of mother and father are collected, it is found that parents of teenage girls are highly educated. To a greater extent, the female education is encouraged by their parents as stated by teenage girls. As stated by the teenage girls, good job in private sector, doctor, engineer, business, self-employment, etc are planned by their parents for them. It is noted that education is costly in Bangalore as majority of the parents of the teenage girls are paying more than Rs. 1 lakh per annum as school and college fee. Apart from annual fee paid, majority of the teenage girls have also given donations to schools and colleges to get admission. The cost of living in Bangalore is also more and as such, the parents are giving more amounts to the teenage girls as pocket money.

The age of the teenage girls is too small to drink liquor. It is revealed from the study that, a great majority of these teenage girls have learnt to drink alcohol between 13 to 16 years. Friends are playing influential role in spreading drinking among teenage girls as majority of these teenage girls have mentioned that, they start drinking with their friends. Even the alcoholic habits of parents are also more influencing as few of the teenage girls have drink alcohol first time in their house as their parents have kept hidden the alcoholic drinks. Still a few of the teenage girls have learnt to drink liquor in social parties and family parties. The reasons for drinking liquor for the first time by the teenage girls are diverse as they started to drink for curiosity or due to force of friends or even learnt as part of modern lifestyle or enjoyment. Drinking Beer and Wine are started by teenage girls initially. As discussed already, for the first time the teenage girls have started to drink with their friends and a few have started to drink along in their houses or even few of them started drinking in social functions. Friends, pubs, wine stores, bars and the drinks kept in houses by their parents are first sources of drinks for the teenage girls.

The study revealed that the friends' rooms, hostels, pubs and wine stores are usual drinking places for teenage girls. Beer, Wine,

Whisky and Scotch are most favoured drinks of these teenage girls. In a single occasion, generally teenage girls are drinking one bottle of Beer or 03 to 04 pegs of whisky or wine or scotch. Alcoholism among few of the teenage girls is high as they have stated that they are drinking 02 bottles or more beer or more than 04 pegs of whisky or wine or scotch. Almost teenage girls are fully or highly habituated to alcoholic drinks as they are drinking regularly. Most of the teenage girls are drinking alcohol on weekend or whenever they wish or fortnightly. On an average, the teenage girls are drinking for four times or more than four times in a month.

There are different influencing factors which induce the teenage girls to drink more alcohol. Of these factors, love failure, force from friends, suppression by friends and teachers in their schools, etc are inducing teenage girls to drink alcohol. Even though few of the teenage girls relax and sleep after drinking, still they feel sorrow, confess on mistakes, tell truth in life and cry due to bad experiences in their life.

Surprisingly, it is highlighted that, majority of the teenage girls are spending Rs. 1000 to Rs. 3000 on their alcoholic habits in a month. Most of them are paying the same from their pocket money or even their friends also share these expenses. Hang over, psychological depression, anxiety, feeling of illness; quarrels with friends, etc are few of the consequences of alcoholism as opined by the teenage girls. It is emphasized that, few of the teenage girls are already feeling illness monthly or occasionally due to alcoholism. Hepatitis, hyperacidity, live problems, psychological problems, obesity, etc are few of the occasional health problems faced by the teenage girls due to alcoholism. Many of these teenage girls are visiting hospitals and health centres to get rid of this illness monthly or occasionally.

As the teenage girls are suffering from health problems due to alcoholism, it was asked to them on why they can't quit alcoholism and the collected information revealed that, they are habituated to alcoholism. These teenage girls fear that the friends keep them away or health problems are negligible or even alcoholism is not their regular habit. Most of the friends of the teenage girls are alcoholics. The teenage girls are usually drink alcohol on weekends or occasionally or even whenever they wish with their friends. Majority of the teenage girls are drinking alcohol with their friends occasionally or weekends or monthly.

Surprisingly, it is note from the present study that, as stated by the teenage girls, majority of their parents, father and mother are also drinking liquor. Few of the family members of the teenage girls are also aware about the alcoholism of the respondents. As the parents and siblings of few of the teenage girls are aware about the alcoholism of the respondents, they are warned, physically beaten, assaulted, put severe restrictions and also convinced teenage girls to give up the alcoholism. As stated by majority of the teenage girls, awareness on adverse effects of alcoholism is also given in their schools and colleges.

The teenage girls have learnt to drink liquor by observing people. Modern lifestyle, entertainment, enjoyment, free from stress and tension, relaxation of mind, etc are few of the reasons given by the teenage girls for drinking alcohol by people in general. As expressed by the teenage girls, a normal person can drink 03 to 04 pegs of whisky or wine or scotch or drink 01 to 02 bottles in single occasion. For a healthy life and risk free life, as suggested by the teenage girls occasional drinking or no drinking may be made. Even as opined by the teenage girls, Beer, Whisky, Scotch and Wine are safest alcoholic drinks. As understood by teenage girls, modern lifestyle, enjoyment, entertainment, free from stress and tension, health benefits such as skin rejuvenation, etc and getting social contacts are advantages or benefits from alcoholic drinks.

Of course, majority of the teenage girls wish to quit alcoholism now and as such, they are reducing quantity of drinks slowly, going to physical exercise, meditation and a few have learnt other habits to quit alcoholism. The other habits such as drinking soft drinks, chewing tobacco or Gutkha, watching cinema and television, etc are learnt by a few of the teenage girls to quit alcoholism. Many of the teenage girls thought that, the society is not aware about their alcoholism. Further, as opined by the teenage girls, the society thinks that alcoholism is usual habit or reduces and quit the alcoholism.

Surprisingly, it is highlighted that a great majority of the teenage girls are not feeling guilty or bad about their alcoholic habits. When compared to their first drinking habits, as expressed by teenage girls, there is no change in drinking habits or even frequency of drinking habits of few of the teenage girls is increased. To a greater extent, the quantity of drinks of the teenage girls is increased since beginning. To conclude, majority of the teenage girls wish to quit drinking alcohol due to the influence of teachers' suggestions, guidance from parents and suggestions of doctors. The suggestions are also given by teenage girls to quit alcoholism by getting counseling and guidance from psychologists, meditation, physical exercise, sports, medication and getting contact with good friends.

To conclude, it is essential to ban alcoholic drinks by the Government. If it has not been banned, at least there is need to restrict and control alcoholism among teenagers, especially girls that is, the sale of alcoholic drinks to the children and adolescents should be strictly restricted. It is essential on the part of the parents to limit the payment of pocket money to teenagers and children in general and teenage girls in particular. Even it is essential on the part of the parents to observe the activities of their children up to the age of 21 years. Value education to cultivate morality and ethics and impart ethical values among children and teenagers is very essential in education. It is also essential to restrict the internet and social networking habits of children, which also induce alcoholism among teenage girls. Advertisements of alcoholic products, Gutkha, tobacco products, etc should be banned in the television, internet and social networking and exaggeration of smoking and drinking should not be allowed in movies and television serials. In the schools and colleges, the teachers should keep vigilance over their students by observing their movements in society. Then only the society should keep away from alcoholism.

**Suggestions Based on the Findings of the Study:**

Following suggestions are made from the present study that could be viewed as of applied significance in so far as they help control, minimize the incidence of alcoholism though fostering greater levels of awareness among the teenagers and their parents about the ill effects of alcoholism among teenagers at a tender age and to that extent mitigate the social and health cost of teenage alcoholism.

Although a more generic king of a suggestion, there is need to restrict access to alcoholic drinks among teenage girls by the Government.

There should be strict vigilance at Bars, Wine Stores and Pubs to prevent children of less than 21 years age from entering these shops and sale of liquor to children and teenagers of less than 21 years should be strictly banned.

The parents of the teenage girls should limit the pocket money and also keep vigilance on their children, especially on their spending. There should be strict monitoring and vigilance at schools and colleges and their hostels. It is suggested to the hostel wardens and teachers in schools and colleges to keep a close watch on the activities of the teenage girls within and outside the school and college premises.

It is suggested that the parents of the teenage girls should keep away from alcoholic drinks, especially in the presence of their children and also avoid keeping the alcoholic drinks at their homes.

Advertisements of alcoholic drinks and cigarettes in television and internet should be censored. Further, glorification of drinking liquor and smoking in cinemas and television serials should be banned.

The information that contains the use of alcoholic drinks and smoking should be banned in social networking web sites.

Doctors should counsel the teenage girls and their parents with illustrations and information on the harmful effects of alcoholism, particularly during teenage whenever they visit hospitals.

It is suggested that NGOs should organize awareness campaigns in schools and colleges on the adverse effects of alcoholism and smoking on health as well as on the development of their personality.

It is suggested that doctors should visit to schools and colleges regularly and take up medical check-up of the students to detect prevalence of alcoholism among students and inform the teachers and parents about the same.

These are a few suggestions and recommendations based on the findings of the study, which if taken and implemented seriously and sincerely, it is hoped that the incidence of alcoholism among teenage girls and the harmful effects of the same on them could be minimized if not eradicated. As a final and concluding remark it may be stated that, the present study, despite the limitations inherent to a doctoral thesis, has been able to address an issue of contemporary relevance with adequate detail and objectivity and has been able to arrive at findings and conclusions that could be viewed as valid, reliable and verifiable at least in the social and geographical context in which the study was carried out. And to this extent the researcher is justified in having a sense of accomplishment and gratification that follows every successful scientific endeavor.

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