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Research Article

INFLUENCE OF SOCIAL SUPPORT AND RESILIENCE REGARDING THE INTENTION OF ALCOHOL ABUSE IN CHILDREN OF RURAL ZONE

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ABSTRACT

Studies have shown that teenagers considered resilient, do not submit issues in the consumption of alcohol; however, these studies were done in urban zones. It does not exist so far an explanation of interaction of social support perceived with the characteristics of resilience to explain the no consumption of alcohol or the intentions of alcohol consumption in schoolers of rural zones. The purpose was to analyze the influence of social support and resilience regarding the intentions of alcohol consumption in schoolers of rural zones of México. **Methodology:** Descriptive study, predictive correlation in 303 children of fifth and sixth grade of 10 institutions of Elementary School in one rural zone of México. **Results:** 57.8% of the schoolers have consumed alcohol at least one time in their lives, 7.9% reported excessive consume of alcohol, 54.1% declared to have the intention of consuming alcohol in the future. It was shown the relation of social support with the resilience of school children ($r_s=0.231$, $p<0.001$). It showed that the higher resilience index is the lower the probability to show intentions of consumption of alcohol is ($B=-0.0425$, $p=0.001$) and lower probability of alcohol consumption ($B=-0.025$, $p=0.001$). Moreover, men showed higher intentions ($B=-0.842$, $p<0.001$) of alcohol consumption ($B=-0.905$, $p<0.001$) than women. **Conclusion:** These results might be used in future preventive programs to reinforce characteristics of resilience of schoolchildren in rural zones to influence in healthy behavior including the no consumption of alcohol.

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INTRODUCTION

According to the World Health Organization (WHO, 2014) alcohol consumption is associated with the development of more than 200 diseases and injuries. The most vulnerable population to initiate and suffer the consequences derived from the consumption of alcohol is adolescents, due to they have less possibility to compensate the neuropsychiatric effects produced by the consumption of alcohol and it is probable that stops the psychological and emotional development and cause alcohol dependency, diseases and injuries that impact in adulthood (Grigoravicius, Bradichansky, & Nigro, 2012; Myers & Andersen, 1991).

Surveys in schoolchildren in Mexico (Instituto Nacional de Psiquiatría Ramón de la Fuente [INPRF], Secretaría de Salud [SS], 2015), show shocking information, since the prevalence of alcohol consumption reaches 16.9% in schoolchildren of

ages between 10 and 12 years old, for the consumption in the last year the prevalence is of 8.1%. Another factor that attracts attention is the prevalence of excessive consumption (the intake of more than 5 alcoholic beverages) in these students with a prevalence of 2.4%. It should also be noted that the consumption of alcohol in these adolescents is higher in men than in women. However exists the lack of evidence of recent studies that address the consumption of alcohol in schoolchildren and adolescents in the rural zones of Mexico. Countries like Nigeria (Lesabikan & Ola, 2016), South Africa (Onya, Tessera, Myers, & Filsher, 2012), Australia (Chan *et al.*, 2016) and The United States (Dehaan & Boljevac, 2010), show the consumption of alcohol at least one time in their lives between 22% and 70%.

Previous studies, both Mexico and other countries, identify multiple factors of individual, interpersonal and environmental risks for the consumption of alcohol in adolescents, such as

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being older and having higher school grade, being male, having consumers, both friends and parents, having family conflicts, having bad relations with Friends and professors, lack of support from important people, favorable social norms to the consumption and mental health issues (Alonso, López, Armendáriz, & Guzmán, 2012; Guo, et al., 2016; Beheiraei, Soltani, Ebadi, Foroushani, & Cheraghi, 2016; Innamorati & Maniglio, 2015; Morojele, Beook, & Brook, 2016).

In the other hand fewer studies identify the factors that can protect the adolescents from alcohol consumption, among those factors we can mention the support and family protection, as well as perceiving support from professors, Friends and the involvement of family activities. (Handren, Donaldson, & Crano, 2016; Kuttler, Schwendemann, & Bitzer, 2015; Tingey, et al., 2016). Along with these it was shown that some characteristics of resilience in adolescents such as, being self-sufficient, controlling their emotions, being empathetic, proactive, impartial and perseverant, tend to reduce the risk of drug consumption including alcohol (Heinrich, Schumann, Flor, Nees F; & IMAGEN consortium, 2016; Hodder, et al., 2016; Long, et al., 2017; López, et al., 2015).

However the majority of these studies regarding risk and protection factors were done in urban zones, these findings for schoolchildren, of rural zones, are relevant and still unknown. There is not an explanation so far about the influence and the interaction of support perceived from the school children with the characteristics of resilience to explain the no consumption and the intention of alcohol consumption in schoolchildren of rural zones. Considering them in attached form will provide a maximum flexibility to explain with a comprehensive approach and it can strengthen the enforcement in interventions of professionals of nursing targeted to the promotion of health in adolescents. This testifies the evidence of possibility of existence of factors that can favor the characteristics of resilience and can reduce the risk of consumption of alcohol in schoolchildren of rural zones. Consequently the purpose of the study was to analyze the influence of social support that schoolchildren perceived and the resilience regarding the intentions of alcohol consumption in schoolchildren in rural zones of Mexico.

METHODOLOGY

Descriptive study, correlate predictive (Bruns & Grove, 2012). The population was made of 503 schoolchildren of fifth and sixth grade of 10 institutions of elementary school in the state of San Luis Potosi, Mexico. After running a pilot test to confirm the reliability of the instruments, we determined the sample size through the package *nQuery Advisor 4.0*, with a level of significance of 0.5%, power of 90% of coefficient of determination of .30 for a model of logistic regression for 5 variables and *odds ratio* of 1.75 showing a sample of 253, however, we considered a no response rate of 5%, finally it turned out a sample of 303 schoolers, the sampling design was by conglomerates by school and school grade, forming 20 conglomerates (groups) which 12 were taken randomly.

For the data collection, a card was used with personal information to schoolchildren (CDPE) and two instruments, the first the MOS questionnaire of social support perceived by children (MOS-A) adapted by Rodriguez (2011) this study

reported a coefficient of Alpha of Cronbach acceptable ($\alpha=.86$) the second, the scale of resilience (ER) designed by Wangild and Young (1993) which reported an Alpha Cronbach coefficient of acceptable of .80. It should be noted that for the analysis purposes in this study, the sum of every instrument, became indices taking values from 0 to 100, with the higher the score is the higher the social support perceived or the resilience capacity is.

The CDPE includes information such as, age, sex, people they live with, In addition to the issues regarding the incidences of the consumption of alcohol consumed at least one time in their lives, in the last year, in the last month, if you have consumed more than 5 beverages (excessive consumption) and the type of drink of your preference, these questions in base of the recommendations of the Mexican Official Norm for the prevention, treatment and control of addiction (SS,1999) and CONADIC (2012), In another section two issues were included about the intentions of alcohol consumption, which were taken up again from the scale to the measuring of the intention of drug consumption designed by Rodriguez (2007).

Before initiating the recollection of data, there was a favourable opinion of the committees of ethic and research faculty of nursing, UANL, once the 12 chosen groups were located, parents' acceptance was delivered, Subsequently, the instruments were delivered in paper, as well as a pencil, An explanation and lecture were given of each questionnaire, giving a considerable time to be answered. Once the instruments were answered, the schoolchildren were asked to hand in the questionnaires in an envelop and put them in a box when they were finished. For the data analysis the Statistical package was used, 20.0 version for Windows.

RESULTS

53% of the schoolchildren were male, with an average age of 11 years old ($DE=0.69$), 51% and 49% were in fifth and sixth grade respectively, 72% living with both parents, The questionnaires used to measure the social support and resilience showed acceptable internal consistency, registered Cronbach Alpha values of .86 and .80 respectively. Kolmogorov Smirnov's test *p* values less than 0.5, so non parametric tests were taken to answer the objectives of this study.

In relation to the prevalences of alcohol consumption, 57.8% (IC95% [52-63]) of schoolchildren have consumed alcohol at least one time in their lives. 44.9% (IC95% [39-51]) in the last year, 11.6% (IC95% [8-15]) in the last month. In the same way, it was observed that 7.9% (IC95% [5-11]) reported an excessive consumption of alcohol, which it means, they have consumed more than 5 alcoholic beverages in their lives. It is important to indicate that 54.1% of schoolers declared to have the intention of consuming alcohol in the future. In the other hand the consumption one time in their lives, in the last year, in the last month, as well as the excessive consumption and the intentions of consuming alcohol, show to be different from men and women. Standing out a higher prevalence and higher intentions of consumption in men, with a risk, of two times more, in consumption and intention than in women (to see table1).

Table 1 Prevalence in the consumption of alcohol by gender

Prevalences	Men		Women		χ^2	p	OR	IC 95%	
	f	%	f	%				LI	LS
One time in their life	111	68.5	64	45.4	16.5	.001	2.6	1.6	4.2
Lastyear	90	55.6	46	32.6	16.0	.001	2.5	1.6	4.1
Lastmonth	25	15.4	10	7.1	5.1	.023	2.3	1.1	5.1
Lastweek	10	6.2	9	6.4	.006	.940	.96	0.3	2.4
Excessiveconsumption	17	10.5	7	5.0	3.16	.075	2.24	0.9	5.5
Intention of consumption	104	64.2	60	42.6	14.2	.001	2.42	1.5	3.8

Note:f = frequency, % =Percentage , χ^2 = Chi-square test, p=significancy, OR= Reason of probability, IC = Confidence interval, LI = Lower limit, LS = Higher limit, n = 303

According to the average age that in took alcohol for the first time was at 9.17 years old (DE=1.89), It stands out that the average of alcoholic beverages that they have consumed is 1.26 (DE=1.92), the most consumed beverage among schoolchildren was beer (42.2%), followed by prepared beverages (9.2%) and tequila (2.3%).

The results of the 2nd table show that school children who manifest the intention of alcohol consumption will have less score of social support and resilience in the future, compared with the ones who do not show this intention. Moreover, applying Spearman’s correlation coefficient, it showed a positive and meaningful relation of social support with resilience ($r_s=.231$, $p<.001$), It means, the higher the score of social support is the higher the characteristics of resilience are that schoolchildren show, On the other hand, social support ($r_s=-.138$, $p<.016$) and resilience ($r_s=-.499$, $p<.001$) showed a negative relation with the consumption of alcohol, in other words, the higher perception of social support is , the lower intentions are of the schoolchildren to consume alcohol, moreover, the higher the characteristics of resilience are, the lower the intentions of the schoolchildren are to consume alcohol.

Table 2 Contrast of central tendency of the index score of social support and resilience among the intentions of alcohol consumption by the U-test of Mann- Whitney

Variable	Intention	n	\bar{X}	Mdn	DE	U	P Value
Social Support	No	139	82.79	86.84	15.06	9597.0	.018
	Si	164	79.09	81.57	15.51		
Resilience	No	139	82.24	86.84	16.89	5797.0	.001
	Si	164	64.03	65.78	21.45		

Note: \bar{X} = media, Mdn = medium, DE =Standard Deviation, U= U of Mann-Whitney, p=significance

In accordance with the 3rd table, it shows that the model of logistic regression to the social support and resilience, regarding the intentions of alcohol consumption set by sex, was significant with a variance explained of 27.9%. Observing the contribution of each variable, it shows that variables, that displayed an effect, were scores of resilience ($B=-.0425$, $p=.001$) and sex ($B=-.842$, $p<.001$). According to the model of logistic regression to the social support and resilience regarding alcohol consumption set by sex, was significant with a variance explained of 14.2 %. Observing the contribution of each variable, it shows that variables that displayed an effect, were scores of resilience ($B=-.025$, $p=.001$) and sex ($B=-.905$, $p<.001$).

Table 3 Models of logistic regression to social support and resilience regarding the intentions of alcohol consumption set by sex

Model 1 Intention	B	EE	Wald	gl	OR	p Value	IC 95% to OR	
							LI	LS
(Constant)	3.61	.868	17.31	1				
Social Support	-.005	.009	.289	1	.995	.591	.978	1.01
Resilience	-.047	.007	42.31	1	.954	.001	.940	.967
Sex	.842	.262	10.34	1	2.32	.001	1.38	3.87
$\chi^2= 70.95$, $gl= 3$, $R^2 = 27.9\%$, $p<.001$								
Model 2 Alcohol consumption	B	EE	Wald	gl	OR	p Value	IC 95% to OR	
							LI	LS
(Constant)	1.604	.782	4.20	1				
Social Support	.001	.008	.008	1	1.01	.928	.985	1.01
Resilience	-.025	.006	15.40	1	.976	.001	.964	.988
Sex	.905	.247	13.42	1	2.47	.001	1.52	4.01
$\chi^2= 33.82$, $gl= 3$, $R^2 = 14.2\%$, $p<.001$								

Note:B = beta,EE= Standard Error, gl= Degrees of Freedom, OR=Reason of probability, p= Probability, IC=Confidence Interval, LI=Lower limit, LS=Higher limit, n =375

Figure 1 shows that the higher the resilience index the lower is the probability to have intentions of alcohol consumption to the schoolchildren, moreover, men have shown higher probability of intentions than women. Figure 2 shows that the higher resilience index the lower is the probability of alcohol consumption, in the same way, men have shown higher probability of alcohol consumption than women.

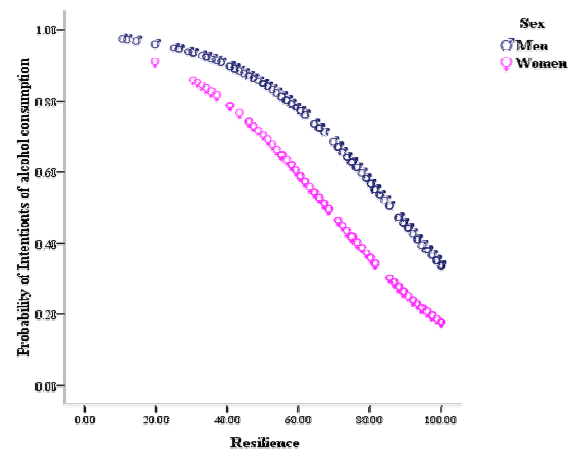


Figure 1 Probability of Intentions of alcohol consumption by resilience and sex

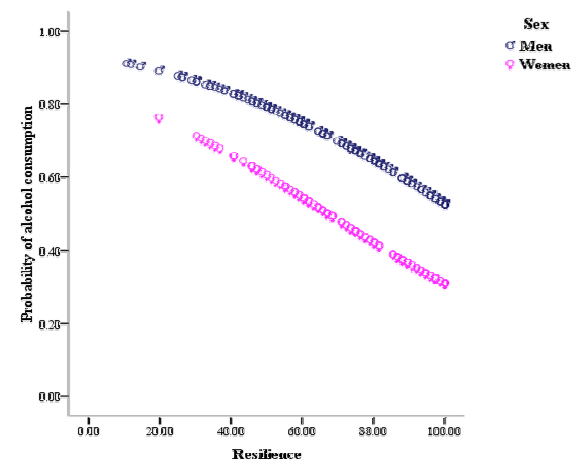


Figure 2 Probability of alcohol consumption by resilience and sex

DISCUSSION

The purpose of this study was to analyze the influence of social support perceived with resilience and intentions of alcohol consumption in rural zones of Mexico. The study data were collected from a sample of 303 children of fifth and sixth grade of 10 institutions of elementary school in a rural zone in the state of San Luis Potosí, Mexico. According to the description of alcohol consumption, it was found that more than the half have consumed at least one alcoholic beverage one time in their lives, and they have the intention to consume it again, in the same way 8% reported excessive alcohol intake. These results show a shocking situation in the Access to alcoholic beverages in schoolchildren of rural zones, since prevalence in the last year is 5 times superior to the one reported in the last survey made nationally (INPRF, CONADIC, & SS 2015), and excessive consumption is 3 times higher in this study.

These previous results show possibly the social conditions of schoolchildren of rural zones are different and can influence in the beginning of alcohol. It has been explained that alcohol consumption in rural zones is due to cultural vulnerability. It means, social life in these communities is determined mainly by the festivities in honor to the local saints and the nearby towns, besides the national festivities. They lack another kind of entertainment, sport is not practiced really often and there aren't adequate facilities. It is common to hear that people drink because life in town is boring and the most attractive activity is drinking. However, there are other sociocultural aspects that must be considered to explain the high alcohol intake in these school children, nowadays studying in rural zones, we can see that its roots have been modified and its traditions because rural schoolchildren are immersed in a process of urban acculturation increasingly stronger due to the Access to digital information, which possibly the urban thing has become a role model and it tends to influence more in its customs, which allows to confirm the intake and abuse of alcohol in schoolchildren of rural zones must be confirmed as health issue, which can emerge as a result of cultural costumes mixed with urban patterns, an issue that has been increasing in the last four years.

As well as urban zones, in this rural zone, boys consume more alcohol and show higher intention of consumption than girls, it was registered that men show higher consumption of alcohol two times more than women. These results have been explained, under the traditional model of masculinity, which implies taking risks to health and a resistance to admit the weaknesses from men (Sánchez-Pardo, 2012), however this model is learned by most of parents, children are often introduced to experiment alcoholic beverages by their families and their knowledge and attitude regarding alcohol consumption, they are influenced by a series of parental practices (Chan et al., 2015).

In relation with the intention of alcohol consumption, it becomes an important indicator to think about the importance of preventive programmes, in accordance with Ajzen (1991) to conduct a behavior is highly predictive when intentions are shown to conduct it. For that matter results have shown that two protective factors to reduce the intentions of alcohol consumption are social support and resilience in

schoolchildren.

It was shown that the higher social support and characteristics of resilience in schoolchildren the lower are the intentions of alcohol consumption. It has to be emphasized that the regression models indicated that the higher the characteristics of resilience are the lower the probability will be that schoolchildren have intentions of alcohol consumption, as well as a lower probability of alcohol consumption.

According to Haase (2004) he indicates in his model of resilience in adolescents that an important element in the protection of adolescents is the social support that they perceive and it can favor the resilience of the adolescent. In this sense it is explained that the feeling of being appreciated and valued by other people and to belong to a social net allows an adolescent to develop resilience as a positive result. It was shown that in previous studies that social support perceived as positive, can generate a better quality of life, as well as facing life successfully, in the same way studies indicate that the higher the social support is the lower the risk is in the beginning of alcohol, interacting in a positive way with other people and using more personal and social resources to face the offers of alcohol consumption (Sánchez, et al., 2016; Stappenbeck, et al., 2015).

Regarding the characteristics of resilience in schoolchildren, it is important to mention that there are researches that show the characteristics of resilience in an adolescent, tends to reduce the risk of alcohol consumption (Heinrich, et al., 2016; Long, et al., 2017; López, et al., 2015) however as Haase indicates (2004) we cannot indicate resilience as if it were an univocal and absolute concept. Resilience is understood as a human capacity that it is present in both in rural and in urban communities, it is believed that it has particular characteristics according to the contexts of the rural zones in Mexico. In this sense, the Exchange of knowledge and experience in this context results extremely useful to the guidance of future Works, as long as specific factors are identified to a specific context.

These results show that together with risk factors that are present in poverty in the rural zones of Mexico. There are mechanisms that can protect schoolchildren from alcohol consumption. In this way, an intervention regarding preventive care must consider its actions through external factors in an integral way, considering the promotion of resilience, the cooperation of the community or social support.

CONCLUSIONS

According to the description of alcohol consumption in these school children, it was found that more than the half (57.8%) have consumed at least one beverage one time in their lives, 8% reported high excessive consumption of alcohol and more than the half (54%) has the intention of consuming an alcoholic beverage again. In this rural zone boys consume more alcohol and show more intention than girls.

Results show that two protective factors to reduce the intentions of alcohol consumption are social support and resilience in schoolchildren. Regression models indicated that the higher the characteristics of resilience are the lower the probability will be that schoolchildren have intentions of

alcohol consumption, as well as lower probability of alcohol consumption, furthermore, it was shown that men have higher probability to show intentions and consume alcohol than women. This present study allows the association among some protective factors to reduce the intention of alcohol consumption and how this can impact in future preventive nursing programs directed to health promotion in adolescents to reinforce characteristics of resilience in schoolchildren of rural zones and favor healthy behavior including the no alcohol consumption.

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