

Abstract

Current situation: Abroad, binge drinking among university students is very frequent. Mostly in the USA, 60% of students from 18 to 22 years of age drink alcohol. Almost 2 out of 3 of them engaged in binge drinking once a week at minimum rate (CollegeAIM,2017). Annual reports on alcohol consumption are issued in Czech Republic. These reports are not focused on university students.

Goal: The purpose of my research is to find out amount and potential patterns in alcohol consumption among university students in Prague, with its main focus on binge drinking.

Survey sample: Non-randomly chosen 891 respondents, who fulfilled inclusion criterion (attending university in Prague) and were willing to participate in the study (convenient sample).

Methodology: Online cross-sectional survey among students distributed via social network Facebook. A descriptive analysis was conducted.

Outcomes: Sample of 891 respondents consisted of 501 women and 390 men with the average age 21,6 years. They were attending 11 universities, from which most of them, 27%, were from ČVUT (Czech Technical University) 26,8% were from UK (Charles University); 23,7% were from VŠE (University of Economics) and 17,4% were VŠCHT (University of Chemistry and Technology). The most of the respondents drunk alcohol once or twice a week in last 12 months (33%). Students drunk alcohol at range from 2-3 times a week to 2-3 times per month in last 12 months and its frequency was approximately the same in all schools. Consumption of alcohol in last 12 months among men and women was also similar. The most of the respondents (27%) have been binge drinking less than once a month. Only 1% of the respondents have been binge drinking every day or almost every day. 16% of all respondents are non-binge drinkers. Students binge drinking based on the university affiliation indicates, that consumption of alcohol is relatively the same. The only exception is VŠCHT students, whose binge drinking was less frequent. Furthermore, binge drinking of women was less frequent than that of men. The most favorite drink was beer.

Conclusion: Frequency of alcohol usage by Prague students is relatively high can vary based on university affiliation. Binge drinking is associated with the vast majority of university students, mainly men. It would be essential to create prevention programs aimed at the alcohol consumption among the university students.

Key words: alcohol, binge drinking, students