

## The Effects of Alcohol Consumption on Academic Performance: A Literature Review

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**ABSTRACT:** Alcohol consumption is known to be an addiction that provides negative outcomes mainly on health, excessive drinking of alcohol brings adverse effects on human health, also on activities that focus on school performance. This research aims to examine the link between alcohol use and the academic success of high school students. The results of the related studies were carried out and found that binge drinking of alcohol brings adverse effects and negative impacts on the academic attainment of undergraduate learners. The findings of this paper recommend that daily consultation is suggested to reduce the addiction to alcohol drinking and enhance students' work rate in their academic success. These findings validated that drinking alcohol brings negative outcomes on students' health and in their learning areas.

**Keywords:**– alcohol consumptions, academic performance, literature review

### I. INTRODUCTION

Overindulgence in alcohol is a widespread harmful habit globally, and it is a particularly prevalent issue among young people who view alcohol as a form of leisure activity [1]. Consumption of alcohol among scholars is generally perceived as socially important content and is a reason for worries among numerous parents and academy directors. The drinking patterns of young students tend to be inconsistent and fluctuate depending on the season and days of the week. In actuality, a pattern of consistent drinking must be established in adulthood before it can be classified as a dependence issue [2]. Previous studies indicated that alcohol consumption has a detrimental effect on the academic performance of students, as it can make it difficult for them to manage their academic responsibilities and social life, leading to a high risk of dropping out or failing classes. Excessive alcohol consumption has also been associated with negative health impacts, including automobile crashes, accidental injuries, and fatalities. On the negative, some inquiries have shown that drinking alcohol has no notable effect on the pupil's performance [3]. The dangers of excessive or binge drinking not only affect the drinkers themselves, but also those around them [4]. A widely accepted and comprehensive indicator of academic performance among high school students is their Grade Point Average or GPA [5]. Only many studies have studied the connection between alcohol input and GPA. Commonly, binge drinking and alcohol-related goods in council scholars constitute serious enterprises in several countries. Similar data have revealed that, in advanced education, there is a high degree of association between undergraduate students' alcohol consumption and their academic performance, with higher levels of alcohol use being associated with lower levels of academic achievement. [6].

A study in the United States investigated the impact of alcohol binge drinking and students' self-reported GPA. By performing separate regression analysis using OLS with marijuana and alcohol use as variables, and joint regression analysis with both drugs as variables. It was discovered that both of these variables affected students' GPAs. Previous studies have demonstrated the widespread use of alcohol among college students, with many participating in drinking [7]. According to the paper by Balsa, Gandelman, and Roldán [8], the extent to which the influence of peers and parents on adolescent drinking behavior and academic achievement are related, and whether one group has a greater impact than the other. They also looked at how these two factors interact and whether they complement or replace each other. In that study, an average of test scores was used to proxy intellectual capabilities, and an assessment of the rate of alcohol intake in the previous 30 days was used to proxy risky behavior. For both males and females, the likelihood of having average or above-average academic performance decreases significantly as the frequency of reported alcohol consumption per month increases, when compared to those who do not drink. Furthermore, when compared to non-drinkers, the likelihood of having average or above-average academic performance significantly decreased with higher

alcohol consumption. Additionally, the likelihood of having average or above-average academic performance only decreases significantly when there is a frequency of severe alcohol intoxication of 1-2 days per month [9]. Based on the study's findings, a huge percentage of respondents were between the ages of 15 and 35, when dangerous behavior like heavy alcohol use is widespread. The main reasons for drinking alcohol, are for fun, staying awake, and courage (being able to interact with lecturers and convey a public talk). Students consume alcohol to cope with stress, stay alert for late-night studying, or as a form of self-treatment for illness. The study found that the participants are individuals who drink alcohol frequently, both daily and weekly. As a result, contrive means to consume the substance, without which life is devoid of the happiest. The study found that the majority of participants consumed more bottles of alcohol in a single sitting, which could be considered alcohol abuse. A previous study investigated the impact of alcohol drinking on students' academic performance [10]. Onyebuchukwu, Sholarin, and Chico [11] conducted a study with 30 students to assess the dependability and accuracy of the study's survey instruments. The study included 200 participants, 114 males and 86 females ranging in age from 13 to 25 years. The study indicates that there's a strong link between alcohol consumption and academic performance, a notable contrast in academic outcomes between drinkers and non-drinkers, and alcohol has a significant impact on academic performance. In Finland, a significant portion of students reported consuming alcohol for extended periods and in large quantities (46% and 50%, respectively). Additionally, a high percentage of students reported drinking frequently (41%), excessive drinking (66%), problematic drinking (29%), and possible alcohol dependence (9%). After adjusting for other variables, gender was related to all alcohol use behaviors, followed by a level of religiosity (related to different alcohol behaviors), living situation, civil status, age (each associated with alcohol behavior patterns), and parental involvement and year of study [12]. A large percentage of students (68%) believe that alcohol rehabilitation facilities are available on campus. This indicates that the institution's caregivers were aware of the poor reputation of alcohol consumption long before the CHE inspection revealed the problem. For some rationale, the problem has been left to fester and is clearly out of control. A significant number of students are terrified as a result of drunken students' behavior. However, after taking into consideration unobserved factors and controlling for them, the results showed that binge drinking can have a slightly negative impact on academic performance, particularly for risk-averse students, who focused on their future and abstain from drug use [13]. More research is needed to determine whether there is a link between those who live in fear and educational attainment. However, it would not be unfair to conclude that this state of mind is likely to provide fertile ground for poor performance. Students should never be permitted to consume alcohol in a learning environment. Universities must take a strong stance to ensure that their campuses are alcohol-free zones. The prohibition of alcohol on campus necessitates regular policing. It is crucial to enforce strict laws regulating alcohol in universities to reduce the negative impact of alcohol [14]. This is because the effects of alcohol are determined by the duration and amount consumed - the negative impact on student's cognitive abilities, as measured by academic performance, grows with an increase in both the quantity and frequency of alcohol consumption [15]. This is a minor price to pay to ensure our children's safety and success [16].

The purpose of this study is to examine the association between alcohol use (during the week or on weekends) and the academic performance of students. And to identify the best set of significantly associated variables for understanding students' final grades. The main objectives of this research are to determine the impact of alcohol on students' final grades and to identify other key factors affecting their grades or school performance.

### **Objectives of the Study**

The objective of this study is to identify the effects influencing learner education with alcohol use that may impact the quality of their learning, particularly their academic performance. It will also be investigated what other negative effects alcohol has on students, particularly college students. In this literature review, we will discuss the reasons why teenagers drink alcohol and the forces that encourage them to continue drinking despite the risks. Aside from that, strategies for reducing alcohol consumption will be investigated.

## **II. METHODS**

A literature review is an academic document that summarizes and evaluates the current research on a specific topic, by considering the available literature in the field. A literature review examines books, scholarly articles, and other relevant sources about a specific topic, area of study, or theory [17]. If you are short on time, a review of the literature can serve as an overview for your investigation. Literature reviews are frequently the most widely read and highly cited articles in both the journal and in general. This is because, when done effectively, they offer a current overview of the state of knowledge on a subject and may or may not include a statistical analysis of the data [18]. Instead of serving as a foundation for an individual researcher's work, it creates a strong starting point for anyone in the community who is interested in a particular field or topic [19]. The extent and thoroughness of the literature review showcase the author's expertise and scholarly proficiency in

their field of study. These reviews also provide a solid foundation for the investigation of a paper or study. The research covered in this paper spans the years 1987 to 2022. Additionally, the researcher selected this time frame to appropriately evaluate the origin and reliability of the research topic being examined, which had previously been examined by several other researchers. The related studies in the research focus on the impact of alcohol consumption on students' academic achievement.

### III. RESULTS AND DISCUSSION

This section contains a summary of the works of literature examined in this study, which focus on the effects of alcohol consumption on student academic performance. The objective, the summary of the results, and the findings that are interpreted for future recommendations are all included in the overview.

#### 1. Objectives of the Study

The objectives used in the table above represent how it is like this study. The specific objective describes will be investigated during the study, whereas e general goal is a comprehensive statement about the overall aim of the study. The objectives that are mentioned above are (1) Investigating outcomes that may affect academic achievement regarding alcohol intake of academic schoolers, and (2) Determining the level of alcohol use and awareness of its harmful impacts on student health.

**Table 1. Objectives of Related Studies**

Objectives	Author(s)
Investigating outcomes that may affect academic achievement regarding alcohol intake	(M, 2020); (Balsa, Giuliano, & French, 2011); (Bolin, Pate, & McClintock, 2017); (Sung, So, & Jeong, 2016); (Onyebuchukwu, Sholarin, & Chico, 2015); (Meda, et al., 2017); (Meier, Hill, Small, & Luthar, 2015); (Tembo, Burns, & Kalembo, 2017); (Welwel, et al., 2022).
Assessing the level of alcohol consumption and understanding the detrimental effects it has on human health.	(Ansari, Stock, & Mills, 2013); (Ukwayi, Lucy, Chibuzo, & Undelikwo, 2013); (Tembo, Burns, & Kalembo, 2017); (Dlamini, Rugbeer, Naidoo, Metso, & Moodley, 2012)

Outcomes in the first objective that is shown in the table above are that alcohol consumption is having a detrimental effect on some students and families, leading to a potential increase in dropouts and poor academic performance [20]. It is very important to examine the level of alcohol consumption or intake and to understand its harmful effects on human health as mentioned in Table 1. The consumption of alcohol harms human health throughout one's life. Previous studies have linked alcohol consumption to numerous diseases including cancer, pancreatitis, liver cirrhosis, tuberculosis, pneumonia, diabetes mellitus, alcohol use disorder, cancers, psychiatric conditions, and injury [21]. The negative effects of drinking alcohol during childhood and adolescence far outweigh the few positive impacts. It's likely that postponing the start of alcohol consumption and reducing the amount consumed by young individuals will improve their health and overall well-being (Birch, et al., 2009). These objectives explore areas that affect the factor of alcoholism.

#### 2. Findings of the Related Studies

This section examines the findings/results of related studies that are indicated in Table 2. above. These findings investigated alcohol consumption and whether it is affecting the learner's academic performance. These studies analyzed the relationships between binge drinking of alcohol and the results of their studies indicating that consuming large amounts of alcohol can lead to missing classes, poor concentration, decreased motivation, and difficulty with memory and learning. It also led to poor decision-making, which result in poor academic performance or even expulsion.

**Table 2. Findings of the Related Studies**

Author(s)	Findings
(Balsa, Giuliano, & French, 2011)	We discover that alcohol increases consumed result in small but statistically significant cutbacks in GPA for male students but not for females.
(Ansari, Stock, & Mills, 2013)	Our data revealed that alcohol misuse, particularly heavy episodic drinking, is highly likely to harm academic performance at university.
(Bolin, Pate, & McClintock, 2017)	Individually, both alcohol and marijuana use predicted GPA; as students' reported alcohol and marijuana use increased, so did their GPAs.

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(Balsa, Gandelman, & Roldán, 2018)	We use an average of test results to proxy cognitive abilities, and we use a measure of the frequency of alcohol dependence in the previous 30 days to proxy risky behavior. Our data come from a sample of ten private high schools' 9th and 10th-grade students.
(Sung, So, & Jeong, 2016)	We discovered a negative association between alcohol consumption and academic achievement in adolescents, even after controlling for covariates.
(Ukwayi, Lucy, Chibuzo, & Undelikwo, 2013)	According to the findings of this study, the majority of respondents are between the ages of 15 and 35, which is the age of unhealthy behaviors characterized by substance use and abuse.
(Onyebuchukwu, Sholarin, & Chico, 2015)	The findings revealed a significant relationship between academic performance, a significant difference in academic performance between students who drink alcohol and those who do not, and a significant effect of consumption on academic performance.
(Meda, et al., 2017)	On the whole, our findings add to the growing body of teenage years use literature by demonstrating that the combined effects of alcohol and marijuana can jeopardize college GPA.
(Meier, Hill, Small, & Luthar, 2015)	Even after controlling for 9th-grade GPA and externalizing symptoms, adolescents from an upper-middle-class institution who used cannabis had lower GPAs and more projecting symptoms in 12th grade.
(Tembo, Burns, & Kalembo, 2017)	A sizable proportion of participants (44%) reported drinking at dangerous or harmful levels. Multiple logistic regression analysis revealed that students who consumed dangerous amounts of alcohol were 1.2 times more likely to report psychological distress than those who consumed less alcohol.
(Ansari, Salam, & Suominen, 2020)	Gender was associated with all alcohol behaviors after controlling for a living situation, marital status, age (all of which were associated with two behaviors), parental education, and year of study (each associated with one behavior).
(Welwel, et al., 2022)	Most students have been involved in accidents and injuries as a result of their alcoholism, making them ill and unable to attend lectures.
(Evans-Whipp, Plenty, Catalano, Herrenkohl, & Toumbourou, 2013)	Six students were no longer in school at the time the Grade 9 survey was administered, so they were excluded from the analysis. 44 students were removed from the sample based on honesty criteria.
(Patte, Qian, & Leatherdale, 2017)	Between students who had never binge drunk before, those who reported regular binge drinking at follow-up were less likely to complete their homework, attend class, value, and achieve high grades, with more frequent binge drinking at follow-up resulting in larger relative risk ratios.
(Andacao & Lad, 2021)	The findings revealed that the student's overall level of alcohol consumption was moderate, while their academic performance score was determined to be satisfactory. Each of the outcomes defined a significant difference in college students' alcohol consumption.

The studies by Balsa et al. [8], Bolin et al. [22], Meda et al. [23], and Meier et al. [24] show that the GPA of students is greatly affected by alcohol intake. It's important to comprehend the connection between teenage alcohol consumption and high school grades, given the widespread use of alcohol among this age group and recent research on adolescent brain development, which suggests that excessive alcohol use during this period can have negative impacts on brain development [25], [26]. On the other hand, studies of Ansari et al. [6], Sung et al. [9], Onyebuchukwu et al. [11], Tembo et al. [27], Welwel et al. [28], and Patte et al. [29] found that alcohol consumption has adverse negative effects on the student's academic performance. Those who frequently engage in binge drinking are more likely to miss classes and fall behind in their studies [30]. Previous research has also shown that alcohol consumption not only poses a threat to one's health but also leads to significant social harm such as alcoholism and traffic accidents [31]. Additionally, based on these studies, alcohol abuse can lead to health problems, which can further negatively impact academic performance. The research examines multiple potential reasons for alcohol's negative impact on academic performance. Along with examining mediators connected to educational attendance, it looks into how drinking affects a student's ability to concentrate and stick to their academic goals [8].

### **3. Recommendations of Related Studies**

Table 3 showed the recommendations of related studies that came from their results and findings. Therefore, the frequent consumption of alcohol during adolescence can be viewed as a potential risk factor or

warning sign of future health and social issues.

**Table 3. Recommendations of Related Studies**

Author (s)	Recommendations
(Balsa, Giuliano, & French, 2011)	The results suggest that alcohol consumption has a slightly detrimental impact on the grade point average of male students and that this effect is notably influenced by elevated school absenteeism and difficulties with academic responsibilities.
(Ansari, Stock, & Mills, 2013)	Future studies should incorporate well-designed methodologies and both objective and subjective evaluations of academic performance.
(Bolin, Pate, & McClintock, 2017)	The findings suggest that prevention efforts provide a focus on marijuana use concerning alcohol use.
(Balsa, Gandelman, & Roldán, 2018)	The outcomes of this research may help explain the reasons behind the lack of parental involvement in areas with low human capital development.
(Sung, So, & Jeong, 2016)	We suggest implementing interventions to decrease alcohol consumption among teenagers as a means of enhancing academic success.
(Ukwayi, Lucy, Chibuzo, & Undelikwo, 2013)	The result recommends daily consultation to reduce damaging results and improve students' academic success, as well as consulting students to drink alcohol in moderation.
(Onyebuchukwu, Sholarin, & Chico, 2015)	<ul style="list-style-type: none"> <li>• A sustained educational program on the impact of alcohol use on academic achievement will be implemented for students.</li> <li>• Alcohol companies' promotional sales will be prohibited.</li> <li>• Prohibiting drinking establishments and bars from operating within or near school grounds.</li> <li>• Self-training will be conducted regularly to ensure that students should understand that it is not a self-esteem booster.</li> <li>• To deter others, universities will conduct alcohol level screenings regularly.</li> </ul>
(Ansari, Salam, & Suominen, 2020)	Universities should evaluate students' problematic drinking and alcohol use disorders to facilitate more efficient and effective interventions.
(Welwel, et al., 2022)	<ol style="list-style-type: none"> <li>1. Universities should develop techniques and strategies to educate students who have not previously been addicted. Counseling should be used to help students overcome their alcoholism.</li> <li>2. There must be strategies, methods, and techniques in place to assist all addicted students in overcoming their alcohol dependency. Guidance and counseling treatment programs for those who have become addicted, so that they can begin to control their drinking or become alcohol dependent.</li> </ol>
(Evans-Whipp, Plenty, Catalano, Herrenkohl, & Toumbourou, 2013)	It suggests that reducing harm messages and advising approaches may also lower damaging drinking habits, as suggested by harm reduction advocates.
(Patte, Qian, & Leatherdale, 2017)	According to the findings, students who begin drinking, have low academic motivation. and effectiveness, which could also obstruct their future academic aspirations.
(Andacao & Lad, 2021)	Each school organization should implement a functional and sustainable moral recovery program that includes threat assessment, substance abuse, and alcohol education.

This highlights the importance of making a concerted effort to find effective prevention and intervention strategies to address this issue [32]. Studies by Sung et al. [9], Ukwayi et al. [33], Onyebuchukwu et al. [11], Welwel et al. (2022) and Andacao and Lad [34] suggested that providing consultation and recovery programs for students for them to do better on their academic performances that affected by alcohol drinking. Investigating the impact of alcohol consumption on the academic performance of college students will result in proposals for reducing alcohol consumption among [35] student drinkers. The table above that contains different recommendations from other studies that are related to this study implying that drinking alcohol has a greater

impact mainly on the health of people and the academic performance of learners. These results align more with the notion that peers influence individuals' preferences rather than limiting their options [36]. These studies also suggest that it affects and increased academic absence, and the probability of difficulty at school. These results lay the foundation for a future research project that aims to determine if certain factors, such as support from a healthy parent, self-control abilities, and other individual assets, can distinguish between a compensating and decompensating response [37]. Prevention strategies are also mentioned in the recommendations above to control drinking that harms learners' health and performance. These recommendations help other ongoing studies to set measures that can be taken. By providing specific and feasible suggestions, these recommendations can facilitate the practical application of findings and promote positive change.

The extent of excessive drinking among students, as well as their comprehension of its effects on their bodies, is a major public health concern around the world. It can lead to poor academic performance, absenteeism, and a greater risk of dropping out. It may also cause physical and mental health issues, as well as social and relationship problems. It is critical for educators and school administrators to recognize the signs of alcoholism and to provide resources and support to students who are suffering from the disease. Furthermore, students should be educated about the risks and dangers of alcohol abuse, as well as the resources available to them if they or someone they know is struggling with alcoholism. For example, the results show that alcohol consumption on workdays affects students' final grades, whereas alcohol consumption on weekends has no effect [3]. According to the findings of the Balsa et al. [38] study, the primary assessment of academic achievement is the student's GPA which is extracted from official school transcripts. Increasing alcohol intake, in contrast, is linked to self-reported academic stress in females. According to Sholarin et al. [39], universities are no longer governed by their parents and are free to pursue their interests. This is evident as some undergraduates go insane during their academic journey and some individuals experience memory impairment, hindering their ability to graduate due to consistently poor academic performance [40].

#### IV. CONCLUSION

To conclude, alcohol consumption can have a negative impact on academic performance by impairing cognitive function, increasing absenteeism, and decreasing motivation and focus. Long-term binge drinking can also result in more serious consequences, such as academic expulsion and a lower chance of graduating. And ensure optimal academic performance, it is generally advised to limit or avoid alcohol consumption while in school.

As a result of these findings, it is generally recommended that alcohol consumption be limited or avoided to maintain academic performance. Alcohol can impair cognitive function, memory, and concentration, all of which are necessary for academic success. Excessive alcohol consumption can also lead to poor decision-making, which can lead to academic and personal problems. It's also worth noting that excessive alcohol consumption can lead to addiction and serious health problems. As a result, it is best to limit or avoid alcohol consumption while at school.

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