

From Alcohol Addiction Behavior of Students and Young Adults in Viet Nam Looking at the Vietnamese Cultural Life

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Abstract

Article refers to the alcohol addiction behavior of students and young adults in Vietnam. The survey results show that "alcohol helps become more bravery to communicate with friends", "alcohol is the way of social communication and it is indispensable to work" is the popular conception variables of students and young adults in Vietnam. More than 50% of students and young adults use alcohol normally and have tendency to abuse alcohol. This situation is one of the causes affecting the Vietnamese cultural life, make a difference in negative trend in the Vietnamese behavior compared to other ethnic groups.

Keywords: behavior, alcohol addiction behavior, alcohol addiction behavior of students and young adults in Vietnam, the Vietnamese cultural life

Introduction

International organizations Euromonitor International statisticed in 2011, Vietnam consumed 2.6 billion liters of beer. Currently this figure could more than 3 billion. That report also brought out that Vietnam is the country has the largest beer consumption in Southeast Asia and in group 3 countries using beer the most in Asia and in 25 countries using beer the most in the world. (Euromonitor International, 2011)

Picture 1: Thirst for beer in South East Asia



According to the Ministry of Industry and Trade, in 2013 Vietnam has produced about 2.9 billion liters of beer, up 7.4 % compared with 2012 (Ministry of Industry and Trade, 2013). Counting beer and wine imported, the average amount of alcohol per capita for Vietnam is huge. In recent years, with the rapid growth of the wine, beer industry, the tendency to abuse them in Vietnam is increasing dramatically. Drinking a lot of alcohol in a long time causes health problems, mental and other social problems. In other words, drinking behavior has been contributing to impact the cultural life of the people in general and the Vietnamese in particular. Therefore, learning about alcohol addiction behavior of students and young adults in Vietnam, from this drawing up a picture of the Vietnamese cultural life is a very practical issue.

Results and Discussion

The Concept of Students and Young Adults about Drinking Alcohol

To learn the concept of students and young adults in HCMC on alcohol, we conducted a survey of 470 male objects, which has 291 students (equally 61.9%) and 179 employees (equally 38.1%). The objects surveyed were students and chosen randomly from three schools: Ho Chi Minh City University of Pedagogy. Ho Chi Minh City University of Natural Sciences - Ho Chi Minh City National University. Ho Chi Minh City Open University and objects are employees in companies and offices in Ho Chi Minh City and Hanoi.

NO	CONTENTS	EXPRESSION LEVELS					GPA
		Very often	Often	Sometimes	Rarely	Never	
1	<i>Drinking alcohol is one way of showing their mature</i>	3 (13.0)	8 (34)	4 (17.4)	3 (13.0)	5 (21.7)	2.04
2	<i>Drinking alcohol reflects the essence " man "</i>	1 (4.3)	7 (30.4)	7 (30.4)	3 (13.0)	5 (21.7)	1.82
3	<i>Drinking more alcohol helped increase bravery to communicate with friends , partners</i>	1 (4.3)	11 (47.8)	4 (17.4)	3 (13.0)	4 (17.4)	2.08
4	<i>Alcohol is not only drinking but also essential " drugs "</i>	0	4 (17.4)	6 (26.1)	6 (26.1)	7 (30.4)	1.30
5	<i>5 In the future , society can not live without alcohol</i>	2 (8.7)	5 (21.7)	5 (21.7)	6 (26.1)	5 (21.7)	1.70
6	<i>Drinking relieve negative emotions, stress or unending sadness</i>	1 (4.3)	7 (30.4)	6 (26.1)	6 (26.1)	3 (13.0)	1.87
7	<i>Drinking alcohol is a way of social communication and it is indispensable when working</i>	3 (13.0)	6 (26.1)	7 (30.4)	4 (17.4)	3 (13.0)	2.09

Table 1: The Concept of Students and Young Adults about Drinking Alcohol

The statistical results in Table 1 show that most perceptions of students and young adults about drinking alcohol are point average falls between 1.70 and 2:09 - equally "sometimes". In particular, the concept of Drinking alcohol is a way of social communication and it is indispensable when working "and" Drinking more alcohol helped increase bravery to communicate with friends "have the highest grade point average, respectively 2.09 and 2:08 . This shows on the one hand , the concept of student and young adults, the purpose of drinking alcohol is moved toward communication , or working or life , on the other hand reflects the fact "drinking culture in the meeting and business "has been a deep-rooted in thinking, lifestyle. In addition, the concept of "Drinking alcohol is one way of showing their mature" gets a GPA is 2:04 at the level often 13.0 % , "Drinking relieve negative emotions, stress or unending sadness" has a GPA is 1.87, Drinking alcohol reflects the essence" man"

has a GPA is 1.82 "in future, society can not live without alcohol ,"has GPA is 1.70 . Although GPA is only at rarely, but the existence of such notions: regarding alcohol as a way to express themselves, gender, relieve sadness and even confirmed the inevitable presence of alcohol in future life really worth mentioning. The such distortion in notion will play a dominant role and influence mainly drinking behavior and alcohol addiction individuals. Thankfully, with the GPA is 1.30 the "Alcohol is not only drinking but also essential "drugs" ranked in the lowest, respectively "never". Although students and young adults today can drink as many different purposes but still awake in judgment and just regard alcohol as a beverage. (Huynh, 2013)

The Level of Alcohol Addiction in Male Students and Young Adults

NO	LEVEL	FREQUENCY	RATE (%)
1	<i>Use alcohol normally</i>	178	37.9
2	<i>Tend to abuse alcohol</i>	100	21.3
3	<i>Light Addiction</i>	95	20.2
4	<i>Addiction</i>	75	16.0
5	<i>Strict addiction</i>	22	4.6
TOTAL		470	100

Table 2: The Level of Alcohol Addiction in Male Students and Young Adults

In 470 male students and young adults surveyed have more than 50% concentrated on the first two levels "Use alcohol normally" and "tend to abuse alcohol". Specifically:

There are 178 (37.9%) male students and young adults fall into the level "Use alcohol normally" This figure suggests that more than one third objectives remained at the level of using alcohol often, people use alcohol as one of the methods serve communication needs, living needs her. Most students and young adults at this level do not have the habit of drinking beer, not define time and a specific amount of alcohol, not be controlled his life by alcohol. Just thinking, data should be higher than 37.9% because it is the most reasonable and proper level in the use of alcohol for male students and young adults in general.

Stading Behind is "tend to abuse alcohol" gets 100 (21.3%) the objects of study. At this stage, the subject use and have a tendency to depend on alcohol, although this is not clear. Individuals may increase the dose of using alcohol in the social behaviors and start to form inside enforcement psychological. Worriedly, when the number of the objects in this level is quite high, using of alcohol at this level may lead to real alcohol addiction.

Next level is slightly addicted with 95 (20.2%) students and young adults. This is not a small number of data. At this level slightly addicted individuals began depending on alcohol, they also appear behaviors such as unpleasant when not drinking beer, evade responsibility for drinking beer. However, alcohol use behavior and the expressions of positive behavior when using alcohol are still in control when having effort in terms of will and a reminder of the people around. With these objectives, the proper and in time impact can be pushed back and improve the addiction level effectively.

However, when students and young adults have the habit drinking regularly with a certain time and intensity they can easily move into medium addiction level. Percentage of students and young adults fall into this level is 16.0%, the number is not too high but also worrying. At this stage, users using alcohol regularly as a sign, they evade the prohibition to drink. More specifically, they are still aware of their negative behavior but could not stop and regardless of probable consequences to themselves and others.

Finally, in 470 male students and young adults surveyed, there are 22 people at a rate of 4.6 % fall in serious addiction. Although the numbers have not yet reached the level of 5 % but serious addiction with worrisome manifestations and consequences, it worths concerning. At this level , individual despite having the will efforts but still can not stop using alcohol with usual level , accompany the expression of negative behaviors such as irritability if not satisfied drinking beer, as well as struggling against to be used in place prohibiting alcohol or a reminder of the others , ready to use violence when using alcohol. The consequences of using alcohol at this level not only strongly influenced the addicts themselves but also harm those around them and society. These cases, the impact of interventions to improve the behavior of using alcohol should be taken with more intensity and longer duration. Typically, along with psychological impact measures also need support medication as medicine. However, for the users themselves, attempt to overcome barriers of stimulants powerfully is the main factor. "The Wall" inside each person can only be overturned by himself, and he himself also enjoys beneficiaries and happiness.

Overall, the survey data above, it can be judged alcohol use behaviors of students and young adults in Vietnam are very popular and need the attention of people and society. On the one hand, it brings extremely serious harm to users. On the other hand it is increasingly affecting the Vietnamese cultural life, make a negative difference in the culture of Vietnam compared to other ethnic groups. (Huynh, 2013)

Cultural Life of Vietnamese People Look from Alcohol Addiction Behavior of Students and Young Adults

For a long time, alcohol has become an indispensable part in Vietnamese cultural life. The ancients have a saying "guests coming house are invited tea or alcohol" Alcohol is considered an essential part to entertain friends of gentlement, as elegant gift to give relatives and friends. When mentioning alcohol, the "Genteels" enjoy the alcohol is enjoy taste of alcohol, while ordinary people are already familiar with the word "drink". "Drink" became the Vietnamese popular saying to imply drinking alcohol. People can "drink" to relieve sorrow, to share joy, to mount friendship, to work smoothly. Indeed, in tropical countries, the beer is the preferred beverage for refreshment, parties ... Once upon a time "betel started the story" but today, undeniable "beer started the story ". Many deals, contracts are agreed on the drinking table. Through alcohol, familyship and friendship closer together, learn and share with each other. This can be seen as the positive impact that alcohol brings in the Vietnamese cultural life.

Drinking alcohol styles also vary from region to region, reflecting the habits, customs and local cultural identity, contributing to build cultural value for Vietnamese ethnic. However, according to lots of current research results, behavioral alcohol use was not normal level any more, but it has tended to become "addicted". Drinking too much is the causes of family violence. From the figure 50 % of students and young adults 'using alcohol in a normal way " and "tend to abuse alcohol" indicates that this is the "premise" of family violence in present and future. In Vietnam, family violence has increasing, alarming trend and contrary to the good traditions of national culture. Family violence is not merely acts that beat, abuse physically, emotionally, sexual violence, economic violence ... but also a serious criminal. Violence arises not only in the well-educated family but also in low-educated family, not only in families with difficult economic conditions, but also in the family good economic conditions and not only in the new couple but also the old one lived together for decades. When using stimulants such as alcohol , beer ... men are more likely to solve problems with violence , such as many people often get drunk as a reason for beating , torturing wife and children , force wife to put money to go drinking. Thus, alcohol is the main factor affecting happiness directly to families, couples relationship, parents with children. This not only creates a conflict in the family, but also cause tremendous harm to the future child , the nursery of future generations . In addition, it also consumes a large amount of family economics. This is a "gray" in Vietnamese culture that might say alcohol and especially alcohol addiction behavior directly or indirectly created .

According to the study of mental health, using alcohol too much , alcohol addiction can cause multiple organ damage from CNS to psychiatric, cardiovascular, muscular, renal failure, especially in the digestive system. Regardless of complications in organs of the body can also cause death for alcohol addict. Undeniably alcohol addiction brings many implications for human health as well as society, excessive alcohol devastating physical and mental human. Moreover, it leads to a range of illnesses related to physical. The cardiovascular disease: high blood pressure, cerebral vascular accident, diseases of the heart, coronary heart; Pathology Gastrointestinal bleeding, stomach ulcers, hepatitis, cirrhosis, kidney inflammation, disease neuropathy: Inflammation of peripheral polyneuropathy, the pathology of mental phenomena cause hallucinations, delirium, memory impairment and dementia due to alcohol". Recently, several studies proved that using alcoholic beverages for a long time causes gout . Thus, alcohol is also a factor that causes gout. However, if alcohol addiction still exists in student and young adult alcohol culture, then this will become an influential habit in psychology and lifestyle of Vietnamese people in long term.

Alcohol also affects seriously the social order and safety, abetted for the human vices . Many Vietnamese people lose themselves when being drunk. They take advantage of alcohol to make the bad things to show up snobbish, bourgeois. Drinking too much, being drunk will cause behavior disorder, fighting, murder, rape, theft ... There are people drinking wastely just for money not earning by hard working but by public fund , or dirty money. In those cases, alcohol was inadvertently abetted for vices. This not only makes the Vietnamese culture somewhat lacking modernity and humanity, but also for the look about the cultural habbits of alcohol use is somewhat judgmental.⁴

Today, alcohol is also a manifestation of corruption, bribery, a major risk and that are destroying not only the culture but the economy of the country. Alcohol also lose postural behavior, style of work, corrupt officials and staffs ... Harm is not easy to measure, but with the guests, with the people and with colleagues , no one can not see. Office culture, alcohol culture does not accept the wrongs, the vices. Not to mention, if kept immersed in beer, race "Dragon and Fairy" will be increasingly lazy thinking, impaired health, creative energy, are degenerating while Vietnamese is inherently small. As can be seen, even among officials, civil servants are also common to drink alcohol during working hours and lunch.

Currently, Vietnamese government has a decree banning the use of alcoholic beverages at government agencies and offices but can see its impact on the community is not high. 30 years ago, the Ministry of the Interior also made the rule prohibiting the use of beer, wine, and it does not bring the desired effect. At the national conference summarizing the work of Traffic Safety in 2013 and implementation of 2014, Deputy Prime Minister Nguyen Xuan Phuc has proposed "The whole countries need to say no with alcohol in lunch and working hours".[Gia, 2014]

In addition, alcohol is also cause of traffic accidents. According to statistic of the National Highway Traffic Safety Committee , about 40 % of traffic accidents and 11 % of deaths from crashes involving alcohol.[Gia, 2014] Recently, the violation of traffic rules have happened complicatedly, in which causes associated with alcohol evaluated by experts quite serious . Characteristics of vehicle controller after drinking alcohol, usually run at high speed , zigzagging , not controlling , and judging, handling the situation poorly. Consequently , drunk often closely related to the violation of speed , avoid , overcome wrong with regulations , go wrong part of the road ... In fact , the number of people can not control his actions after drinking is so high. According to the analysis in terms of health , with alcohol concentration level of 0.05 mg/1l breathe air , drinker will be decreased thinking and slightly agitated , talkative, 0.1 mg/1l breath air, difficulty to grasp, walking clumsily, 0.2 mg/1l breath , easily inhibited , easily angry, go back staggeredly .If higher, depending on the level, the drinker may be confused, not aware of things happening around ... The number of accidents, even traumatic brain injury due to control vehicle after using alcohol always at an alarming rate.

In terms of social interaction of Vietnamese, the alcohol is almost indispensable in the party ... In a certain sense, they are used to assess alcohol to judge a man, friendliness level and the long-term relations. From the small business to the director in big companies had at least one time using alcohol in the relationship business. This is not a bad thing. But the negative side is that a lot of people in Vietnam today, especially young students and public servants abusing executive meetings, festivals ... to find opportunities to satisfy the alcohol addiction behavior. This creates an imbalance in communication. On the one hand, the consequences of being drunk last will affect both health and relationships to other communication. On the other hand, while drinking beer , people often lose control and can easily bad behavior . These behaviors occur severely affect relationships have been formed earlier. NTT shared: "After drinking, I used to beat my wife. It is the main cause to the our breakup" [Gia, 2014]

Many foreigners come to Vietnam for the first time are surprised why the Vietnamese is poor without "austerity" on the contrary spending too much . Afternoon sun is just set off the shops become bustling. Everywhere everywhere heard "100 % , DZO ... " Meanwhile , Vietnam is still poor with the majority of farmers, having low income. Exports are still mostly raw materials and semi- processed goods consumption, domestic investment just a little mainly foreign loans and grants from international credit institutions are the name "spend most optimistically in the world" really is not worth to be proud of. In fact, in recent years , the income of the Vietnamese people have better, so purchasing and spending also increased , but looking at numbers 3 billion liters of beer consumed every year show that there are many negative side in Vietnamese life . Perhaps , the end of working hours people are back home taking care of children , sharing the home with his wife and resting , reading books, listening to music , gardening , decorating home , doing exercises , learn a skill certain power ... But now , many rich families are still unfamiliar with the reading habit , newspapers , participating in activities to enhance the intellectual , emotional , instead they seek to pubs or places to spend luxuriously . Thus, speaking on field of playing , entertainment , alcohol has become an indispensable component so spending time drinking with friends is a normal thing. So fun activities, entertainment of the student and young adult become very poor. Its implications are activities such as watching television, listening to the radio, reading books, newspapers, doing exercises regularly and participating in promotional activities, public folk art, karaoke, coffee, communication at the cultural center ... are rarely noticed. The poor in fun activities, entertainment easily make the Vietnamese lives becomes tedious.

The consumption of alcohol too much by domestic production also cause economic waste, if the change instead of Vietnamese o consumed 3 billion dollars to purchase beer, then this 3 billion will be money exports, bring great economic benefit. Much greater than Vietnam's rice exports in a year. On the other hand, the government budget must also spend a huge economic resources for overcoming the consequences of the harm by alcohol to health, traffic.

The Vietnamese are still addicted to alcohol, self - aggressive behavior or aggressive others, continuous acts of social vices revolve around alcohol addiction behavior ... These are things that existed in Vietnamese society present as well as affect the general Vietnamese culture in perspective assessment of cultural behavior . (Khe, 2014)

Conclusion

Vietnam belongs to the top the world's abortion rate, traffic accidents, the "power of population" is now "power consumption of alcohol" (the first in Southeast Asia, the third in Asia, only after Japan and China). With a big number of students and young adults Vietnam tends to abuse alcohol, needs some measurers to eliminate bad habits, build a civilized lifestyle. Waste of time and money for the endless fun is still worth for Vietnamese looking at himself, especially students and young adults today. Alcohol should only make human life more aftertaste not "vices".

From alcohol addiction behavior of students and young adults in Vietnam looking at the Vietnamese cultural life showed that relations cultures across alcohol is also characteristic but we can alcohol addiction become antisocial behavior. To limit alcohol abuse need to raise awareness and culture of each person. The well-educated will control amount of alcohol, in which the most important responsibilities is for the leader. There should be a large movement to limit in society to restrain alcohol, control alcohol industry, alcohol sales must be conditional, not selling anywhere like usual. That's the humane action from governments, unions as well as the strength of the movement of the mass organizations and especially the Vietnamese self-consciousness about alcohol problems there is no black issue affect behavior culture or Vietnamese cultural life today and tomorrow.

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