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## **RESEARCH SURVEY ON THE IMPACT OF ALCOHOL ON HEALTH AMONG FOREIGN MEDICAL STUDENTS IN BELARUS**

### ***Introduction***

In Belarus, where a significant number of foreign medical students are enrolled, the implications of alcohol consumption on health and academic performance warrant careful examination. Preliminary data suggest that nearly 40% of foreign medical students in Belarus consume alcohol regularly, with 15% identifying their drinking habits as problematic. These statistics highlight a critical public health issue that could impede not only individual well-being but also academic success and future professional competencies.

This research aims to explore the impact of alcohol consumption on the health and academic performance of foreign medical students in Belarus. By analyzing survey data, we seek to identify patterns of alcohol use, associated health outcomes, and the perceived pressures that contribute to these behaviors. Understanding these dynamics is essential for developing targeted interventions that promote healthier coping mechanisms and enhance the overall well-being of students during their medical training. Through this study, we aspire to shed light on the broader implications of alcohol use in this vulnerable population and advocate for supportive measures within educational institutions.

### ***Goal***

The number one goal of this studies survey is to research the styles and incidence of alcohol intake amongst scientific college students in Belarus. This have a look at seeks to apprehend the demographic factors, cultural influences, peer relationships, pressure levels, and educational pressures which can make contributions to alcohol use inside this particular population. By studying those factors, the studies goals to become aware of capability fitness dangers and offer insights for growing focused interventions to sell accountable ingesting behaviors and beautify the general health of scientific college students.

### ***Material and methods of research***

A cross-sectional survey of 74 international clinical students in Belarus assessed alcohol intake's impact on their health. The survey revealed that 55.4% were elderly, with 48.6% male and 51.4% female. Participants reported various alcohol intake frequencies and knowledge about alcohol's effects on liver function, cardiovascular health, and intellectual well-being. The study highlighted the need for targeted academic interventions to address short-term happiness from alcohol use versus long-term health issues.

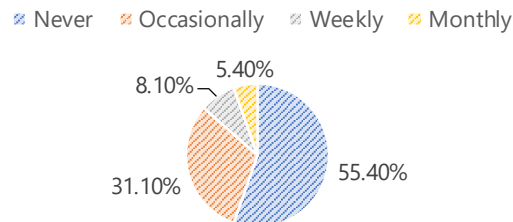
### ***The results of research and their discussion***

#### ***Demographics***

A survey of 74 medical students revealed that the majority were younger, with a majority in their 3rd year (36.5%). The majority consumed alcohol, with 55.4% never consuming it, 31.1% occasionally, 8.1% weekly, and others monthly. This research aims to understand the symptoms experienced after alcohol consumption and assess their knowledge about its impact

on liver function. This information can help develop better public health strategies and raise awareness about the risks associated with alcohol consumption.

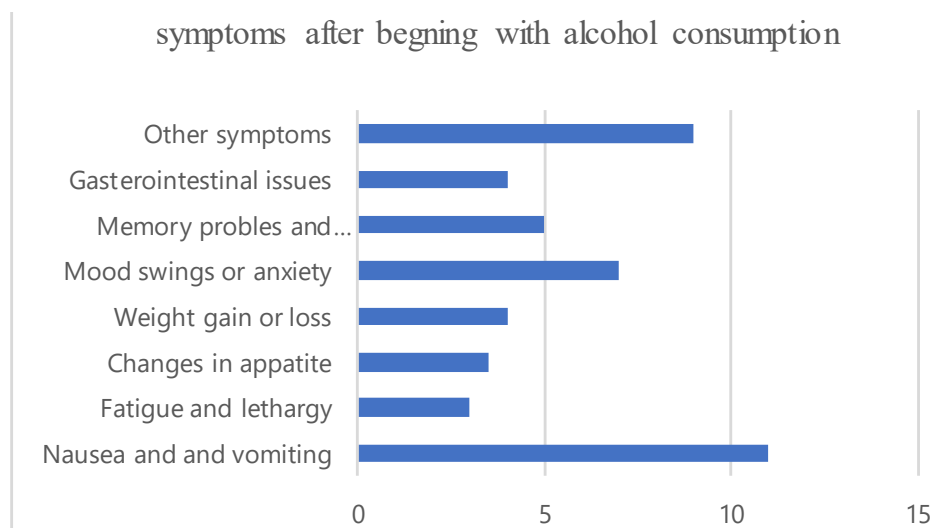
## ALCOHOL CONSUMPTION



*Figure 1 – Alcohol Consumption percentages*

1. There are some symptoms experienced after alcohol consumption (41 responses)

Nausea or Vomiting: The most common symptom, experienced by 26.8% of respondents. Mood Swings or Irritability: Reported by 17.1% of respondents. Fatigue or Lethargy: Experienced by 9.8% of respondents. Memory Problems and Gastrointestinal Issues: Both reported by 12.2% equally. No Symptoms: 34.1% of respondents reported experiencing no symptoms at all after alcohol consumption.



*Figure 2 – Symptoms after begning with alcohol consumption*

A survey of 74 medical students revealed a diverse age distribution, with the majority being younger (36.5%). The majority consumed alcohol, with 55.4% never consuming it, 31.1% occasionally, 8.1% weekly, and others monthly. The research aims to understand symptoms and knowledge about alcohol's impact on liver function, which can help develop better public health strategies and raise awareness about alcohol-related risks.

The majority of respondents (55.4%) believe their peers are aware of the risks of alcohol consumption, while 32.4% believe they are not well-informed. However, 12.2% are uncertain about their peers' awareness of alcohol risks. Key risks associated with alcohol consumption include liver damage, addiction, cardiovascular issues, and potential cancer. Out of 67 responses, 44 reported never witnessing negative health effects related to alcohol consumption, while 44

experienced physical health issues and severe cases. Some reported mental health issues related to addiction and mental health disorders. Personal experiences or observations regarding alcohol-related diseases included the impact on others, health problems like kidney failure, high blood pressure, and liver diseases, emotional tolls on families, and general awareness of the long-term consequences of alcohol use versus short-term enjoyment.

### ***Conclusions***

The survey among clinical college students highlights a complex relationship with alcohol, revealing both awareness and gaps in knowledge regarding its health impacts. While there is a general recognition of the risks associated with alcohol consumption, particularly in terms of liver damage and addiction, many respondents do not feel adequately informed about the broader implications for mental health. The absence of reported alcohol-related diseases among participants may indicate either low consumption levels or a lack of awareness about potential health risks. These findings emphasize the need for targeted educational initiatives that address the knowledge gaps identified in the survey. By enhancing understanding of the effects of alcohol on both physical and mental health, particularly among young adults, we can promote responsible consumption and foster healthier attitudes towards alcohol. Furthermore, personal experiences shared by respondents underscore the importance of discussing the social and relational consequences of excessive drinking, reinforcing the call for greater awareness and proactive measures in addressing alcohol-related issues within this demographic.

### **LITERATURE**

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