

## Prevalencia de consumo de drogas en alumnos del último semestre de la carrera de medicina y su repercusión académica

*Prevalence of drug use in Senior Medical Students and their academic impact*

*A prevalência de uso de drogas em estudantes no último semestre de seu impacto médico e acadêmico*

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### Resumen

El uso de drogas en las escuelas ha ido en aumento; en el nivel secundaria ya se ha detectado este problema, pero en el nivel superior no se han realizado suficientes estudios.

Para el presente estudio se aplicó una encuesta a 108 alumnos del último semestre de la carrera de medicina del Centro Interdisciplinario de Ciencias de la Salud, Unidad Milpa Alta del Instituto Politécnico Nacional.

Los resultados son los siguientes: 40 alumnos (37 %) son del sexo masculino y 68 (63 %) del sexo femenino, en total 97 alumnos consumen alcohol (89.8 %), de los cuales 58 son mujeres y 39 hombres. Con respecto al consumo de tabaco, 52 consumen tabaco (48 %), 27 son mujeres y 25 hombres. En cuanto al consumo de otras drogas, 16 alumnos (14%) admitieron que las han probado (siempre en fiestas), de los cuales 8 son hombres y 8 son mujeres, mientras que los 16 alumnos restantes solo han probado marihuana.

Por otro lado, 15 alumnos aceptaron tener algún problema debido al consumo de alguna droga, siendo el de mayor frecuencia el escolar; de entre estos alumnos, 3 bajaron su promedio y 2 consideran que el consumo de drogas les quita demasiado tiempo.

Las campañas de prevención de la drogadicción deberían realizarse también en alumnos de nivel superior y no solo de nivel medio.

**Palabras clave:** consumo de drogas, estudiantes, alcohol.

### Abstract

Drug use in schools has been increasing; this problem has already been noted at the high school level, but at Higher Education level not enough studies have been conducted.

For this study, a survey was applied to 108 students in the last semester of medicine of the Interdisciplinary Center for Health Sciences, Milpa Alta Unit of the National Polytechnic Institute, IPN.

The results are as follows: 40 students (37%) are male and 68 (63%) of the female sex, total 97 students consume alcohol (89.8%), of which 58 are women and 39 men. With regard to the consumption of tobacco, 52 consumed tobacco (48%), 27 are women and 25 men. As for the use of other drugs, 16 students (14%) admitted that they have tried them (always in Parties), of which 8 are men and 8 are women, while the 16 remaining students have only tried marijuana.

On the other hand, 15 students accepted have a problem due to the consumption of any drug, being the most often the school; among these students, 3 lowered its average and 2 considered that the consumption of drugs makes them wasted too much time.

Drug prevention campaigns should be conducted also on Higher Education level students and not only on middle level students.

**Key words:** drug use, students, alcohol.

### Resumo

O uso de drogas nas escolas tem vindo a aumentar; no nível secundário já foi detectado este problema, mas no nível superior não foram realizados estudos suficientes.

Para este estudo, um inquérito foi aplicado a 108 alunos do último semestre estudando medicina no Centro Interdisciplinar de Ciências da Saúde, Unidade Milpa Alta Instituto Politécnico Nacional.

Os resultados são os seguintes: 40 alunos (37%) são do sexo masculino e 68 (63%) do sexo feminino, um total de 97 estudantes consumiram álcool (89,8%), dos quais 58 são mulheres e 39 homens. No que diz respeito ao consumo de tabaco, rapé consumido 52

(48%), 27 mulheres e 25 homens. Quanto ao uso de outras drogas, 16 alunos (14%) que admitiram que tentei (sempre em festas), dos quais 8 homens e 8 eram mulheres, enquanto os restantes 16 alunos só têm tentado maconha.

Por outro lado, eles aceitaram 15 alunos tem quaisquer problemas devido ao consumo de drogas, sendo a escola mais frequente; Entre esses estudantes, 3 e 2 baixou sua média acreditam que a droga leva longe por muito tempo.

Campanhas de prevenção às drogas também deve ser realizado em estudantes de nível superior e não apenas média.

**Palavras-chave:** o uso de drogas, estudantes, álcool.

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## Introduction

The use of Substances Hazardous to Health is a Health Care-Social Issue; for example, the easy availability of these on the market (alcohol, tobacco and marijuana), causes that people are likely to consume them. In the schools the results of consumption surveys vary depending on the school grade and the region. In some studies the age of initial tobacco and alcohol consumption is 17 years old on average (Herrera Vázquez, 2004; López Cota, 2016). We recall, for example, that global tobacco addiction causes morbidity and mortality of five million people a year: one out of ten deaths of adults in the world (Moreno, 2008a), and that the prevalence of the consumption of alcohol among students College is of approximately 83% (Barradas Alarcón, 2016). Another of the most consumed drug is marijuana (Font Mayolas, 2006), that reaches some studies up to 20% (Department of Health and Social Security, 1986).

The objective of this work is know the index of the drugs consumption in students of the last semester of the career in medicine, with the background that they are the future Health workers and who already know the risks and consequences (depression, suicide, school dropout, etc). Is interesting knowing the frequency of the consumption of drugs in this social group, that can be accompanied of depression (Ato Quiste, 2014).

## **Method**

A cross-sectional study was conducted on the last semester students of medicine of the Interdisciplinary Center for Health Sciences, Milpa Alta Unit of the National Polytechnic Institute (CICS-UMA IPN by its name in Spanish).

The survey was applied to all students of the generation that graduated: 108 of a total of 400 of the medical career. Were asked to students that they answer the questionnaire on the following headings: whether they have consumed alcohol, tobacco or other drugs and if that has affected their school performance.

The survey was applied during the last days of their stay in the school (May-June 2016), before attending to the Compulsory Rotatory Residential Internship (CRRI), anonymously to help the results be more possible truthful.

Data analysis was conducted through the statistical program for Social Sciences (SPSS - Statistical Package for the Social Sciences), windows version 23.0.

## **Results**

In all, 40 students (37%) are male and 68 (63%) female (Table 1); 97 students in total consume alcohol (89.8%), of which 58 students and 39 students consume alcohol at parties. For its part, 75 students (69.4%) do it followed and 8 students (7.4%) once a week. Of these, generally 39 consume from two to four glasses (36%), and 24 students a single glass (22.2%); The most common is that the same student acquires it on his own (48 students) (Tables 2 to 7).

With regard to tobacco consumption, 52 students use tobacco (48%), 27 are female and 25 are male; 40 students usually smoke at parties (37%), 7 do daily (6.5%), 25 smoke a single cigar (23%) and 22 students consume a single cigar at parties. The age at which they started smoking is 16 to 21 years (33%); They also purchase cigarettes on their own account (Table 8 to Table 14).

On the consumption of other drugs, 16 students (14%) admit to having tried other drugs, of which 8 are men and 8 women (always at parties); 16 students have tested only marijuana; This is often at the invitation of friends: 12 students (11%), or out of curiosity: 9 students (8%) (table 15 to table 20).

On the other hand, 15 students (13.9%) accept to have some problem due to the consumption of some drug, which is often school. Likewise, 3 students (2.8%) lowered their average and 2 considered that this activity absorbed them too much time (table 21 to table 23).

**Table 1.** Gender of students

	Frecuencia	Porcentaje
Masculino	40	37.0
Femenino	68	63.0
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina CICS-UMA IPN.

**Table 2.** Alcohol consume

	Frecuencia	Porcentaje
Sí	97	89.8
No	11	10.2
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina CICS-UMA IPN.

**Table 3.** Alcohol consumption by gender

Consumo de alcohol	Sexo		Total
	masculino	femenino	
Sí	39	58	97
No	1	10	11
Total	40	68	108

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina CICS-UMA IPN.

**Table 4.** Frequency of alcohol consumption

	Frecuencia	Porcentaje
Cada tercer día	1	0.9
Una vez a la semana	8	7.4
Cada quince días	7	6.5
Cada mes	6	5.6
Ocasionalmente en fiestas	75	69.4
Total	97	89.8
Alumnos que no consumen alcohol	11	10.2
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina CICS-UMA IPN.

**Table 5.** Amount of alcohol consumed

	Frecuencia	Porcentaje
Una sola copa	24	22.2
De 2 a 4 copas	39	36.1
De 5 a 7 copas	22	20.4
De 8 a 10 copas	10	9.3
Hasta perder el conocimiento	2	1.9
Total	97	89.8
Alumnos que no consumen alcohol	11	10.2
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina CICS-UMA IPN.

De esto se desprende:

**Table 6.** Amount and frequency of alcohol consumption

	Cada tercer día	Una vez a la semana	Cada quince días	Cada mes	Ocasionalmente en fiestas	
Una sola copa	0	1	0	0	23	24
De 2 a 4 copas	0	4	3	2	30	39
De 5 a 7 copas	1	2	2	3	14	22
De 8 a 10 copas	0	1	2	0	7	10
Hasta perder el conocimiento	0	0	0	1	1	2
Total	1	8	7	6	75	97

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina CICS-UMA IPN.

**Table 7.** How to buy alcohol

	Frecuencia	Porcentaje
Lo proporciona un familiar	9	8.3
Por amigos	40	37.0
Adquirido por su cuenta	48	44.4
Total	97	89.8
Alumnos que no consumen alcohol	11	10.2
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina CICS-UMA IPN.

**Table 8.** Frequency of smoking

	Frecuencia	Porcentaje
Sí	52	48.1
No	56	51.9
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina CICS-UMA IPN.

**Table 9.** Tobacco use by gender

Has fumado tabaco	Sexo		Total
	masculino	femenino	
Sí	25	27	52
No	15	41	56
Total	40	68	108

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina CICS-UMA IPN.

**Table 10.** Frequency with which they smoke tobacco

	Frecuencia	Porcentaje
Diario	7	6.5
Cada tercer día	4	3.7
Cada quince días	1	0.9
Ocasionalmente en fiestas	40	37.0
Total	52	48.1
No fuman tabaco	56	51.9
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina CICS-UMA IPN.

**Table 11.** Number of cigarettes you smoke

	Frecuencia	Porcentaje
Un solo cigarro	25	23.1
2 a 5 cigarros	22	20.4
6-10 cigarros	2	1.9
Otro	3	2.8
Total	52	48.1
Alumnos que no fuman	56	51.9
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina CICS-UMA IPN.

**Table 12.** Quantity and frequency of tobacco they consume

	Cuánto fuman				Total
	un solo cigarro	2 a 5 cigarros	6-10 cigarros	otro	
Diario	2	4	1	0	7
Cada tercer día	1	3	0	0	4
Cada quince días	0	1	0	0	1
Ocasionalmente en fiestas	22	14	1	3	40
Total	25	22	2	3	52

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina  
CICS-UMA IPN.

**Table 13.** Age at which they started smoking

	Frecuencia	Porcentaje
12 a 15 años	7	6.5
16 a 18 años	17	15.7
19-21 años	16	14.8
22-25 años	11	10.2
Otro	1	0.9
Total	52	48.1
Alumnos que no fuman	56	51.9
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina  
CICS-UMA IPN.

**Table 14.** How to buy tobacco

	Frecuencia	Porcentaje
Lo proporciona un familiar	1	0.9
Por amigos	21	19.4
Por su cuenta	30	27.8
Total	52	48.1
Alumnos que no fuman	56	51.9
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina  
CICS-UMA IPN.

**Table 15.** Students who have tried other drugs

	Frecuencia	Porcentaje
Válido Sí	16	14.8
No	92	85.2
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina  
CICS-UMA IPN.

**Table 16.** Consumption of other drugs and gender

Has probado otras drogas	Sexo		Total
	masculino	femenino	
sí	8	8	16
no	32	60	92
Total	40	68	108

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina  
CICS-UMA IPN.

**Table 17.** Frequency of use of other drugs

	Frecuencia	Porcentaje
Ocasionalmente en fiestas	16	14.8
Alumnos que no han probado otras drogas	92	85.2
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina  
CICS-UMA IPN.

**Table 18.** What types of drugs have you tried?

	Frecuencia	Porcentaje
Marihuana	16	14.8
Alumnos que no han probado otras drogas	92	85.2
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina  
CICS-UMA IPN.

**Table 19.** How do you get this kind of drugs?

	Frecuencia	Porcentaje
Por amigos	12	11.1
Por mi cuenta	4	3.7
Total	16	14.8
Alumnos que no han probado otras drogas	92	85.2
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina  
CICS-UMA IPN.

**Table 20.** What motivated you to use drugs?

	Frecuencia	Porcentaje
Válido Curiosidad	9	8.3
Amigos	5	4.6
Otro	2	1.9
Total	16	14.8
Alumnos que no han probado otras drogas	92	85.2
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina  
CICS-UMA IPN.

**Table 21.** Have you had problems using some type of drugs?

	Frecuencia	Porcentaje
Sí	15	13.9
No	93	86.1
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina  
CICS-UMA IPN.

**Table 22.** Problems caused by drug use

	Frecuencia	Porcentaje
Emocionales	3	2.8
Económicos	4	3.7
Escolares	5	4.6
Interrelación personal	1	0.9
Otro	2	1.9
Total	15	13.9
Alumnos que no han consumido drogas	93	86.1
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina  
CICS-UMA IPN.

**Table 23.** Type of academic problems

	Frecuencia	Porcentaje
Ha bajado mi promedio	3	2.8
Me absorbe demasiado tiempo	2	1.9
Total	5	4.6
Alumnos que no tuvieron problema con drogas	103	95.4
Total	108	100.0

Fuente: encuestas realizadas a alumnos del último semestre de la carrera de medicina  
CICS-UMA IPN.

## **Conclusions**

In a total population of 68 women and 40 men, the consumption of alcohol was presented by 58 students and 39 students; On the other hand, 52 students have smoked tobacco and 16 have tried other drugs. Although these results are similar to those described by other studies, it is important to mention that although they are still medical students, they are already aware of the serious problem that it entails. On the other hand, the causes of their consumption are of diverse origin: cultural, depression, solitude, etcetera.

Only 5 students (4.6%) reported having had school problems due to the use of some type of drug, for example, lowering their average and wasting time.

In conclusion, it is important to carry out prevention campaigns at all educational levels, including the higher level, since they usually focus more on secondary and high school students.

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