The Enlightenment of the Research on the Relationship between Residents' Drinking and Emotional and Spiritual Problems

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Keywords: Drinking; Emotional and spiritual problems; Analysis of current situation; Enlightenment

Abstract. This paper analyses people who are aged 50, living in three communities of Kunming, and its theme is to find out the relations between old residents’ drinking and emotional and mental problems in present situation. The study of the influences of such residents’ drinking frequency, quantity, type, age of starting drinking, drinking age on emotional and mental problems, comes to the conclusion that can be useful for community health service centers and related health ways of life, and the education sector to provide the theoretical basis and policy support. In this study, 1039 residents aged 50 and above in three communities of tangshuang, yiyuan and jinjiang road in Kunming city were selected as subjects by using the whole group sampling method. They were investigated by questionnaire survey from two aspects: drinking situation, emotional and mental problems. The final conclusion is that frequency, quantity, type of drinking, age of starting drinking and age of abstaining are not the influencing factors of emotional and mental problems, and there is no correlation between drinking and residents' emotional and mental problems. The Suggestions for dealing with adverse events related to alcohol consumption are put forward.

1. The preface

In 2016, The Dietary Guidelines for Chinese Residents recommended that residents practice healthy lifestyle, quit smoking and limit alcohol, and pointed out that high alcohol calories have adverse effects on the cardiovascular system and nervous system, and the outline of healthy China 2030 program requires people to implement healthy lifestyles, such as quitting smoking and limiting alcohol, so domestic and foreign experts have conducted relevant research. Zhao Ying's study found that symptomatic treatment and related nursing intervention can effectively improve the prognosis of patients with niacin deficiency and neuropsychiatric symptoms[1]; Zhang Lan's study found that high school students' drinking was negatively related to loneliness[2]; Wang Jing-shi study on College Students' drinking attitude studied both the internal and external perspectives[3]; Sun Feng's study found drinkers' drinking frequency, drinking amount, risky and harmful drinking occurred, and the rate was related to mental health[4]; Chen Farong et al found that drinking 100ml 52%vol white wine and the drinking time in 30-60 minutes had a positive impact on people's body and spirit through the study of physiological indicators after drinking[5]; Liang Zhen-tao et al found that group psychotherapy could improve the effect of alcohol withdrawal, improve anxiety, depression, and reduce alcohol craving[6]; Aurora palllavi et al found that there was a significant direct relationship between impulse and alcohol problems in human body[7]; Simons Ralucam et al found that the greater difficulty in emotional regulation was related to the increase of drinking problems[8]; Stappenbeck Cynthia A et al found that the positive correlation between heavy intermittent drinking history (HED;Drink alcohol within 5 plus 2 hours) and dating violence was found for men with greater difficulty in impulse control[9]. Malgorzata Dragan et al found drinking is mainly related to the positive metacognition of cognitive emotion self-regulation[10]. Through the author's research and analysis, it is found that at present, there are few studies on the relationship between drinking and emotional and mental problems of residents aged 50 and above in local and even domestic areas. This
study takes residents aged 50 and above in three communities of Kunming as the research object, and reveals the impact of drinking on emotional and mental problems of local residents.

2. The current situation of drinking by residents

2.1. Drinking frequency.
This survey investigates the drinking frequency of residents from three dimensions: 1-2 times a week, 3-5 times a week and more than 6 times a week. It is found that 52 people have 1-2 times a week, accounting for 47.71% of the total number of objects; 24 people have 3-5 times a week, accounting for 22.02% of the total number; 33 people have 6 times a week, accounting for 30.27% of the total number. (As is shown in Figure 1)

![Figure 1. Drinking frequency of residents in three communities of Kunming.](image)

2.2. Types of wine.
According to the investigation of five kinds of beer, yellow rice wine, liquor, white wine and mixed wine, it is found that 86 people drink white wine, accounting for 59.31% of the total number of the objects, 29 people drink wine, accounting for 20.00% of the total number of respondents, 21 people drink mixed wine, accounting for 14.48% of the total number of respondents. (As is shown in Figure 2)

![Figure 2. Composition of drinking types of residents in three communities of Kunming.](image)

2.3. Alcohol consumption.
It is found that 56 people (60.22%) drink alcohol each time, and 26 people (27.96%) drink alcohol. (As is shown in Figure 3)
2.4. Age of starting drinking.

The survey found that 55 residents aged 20 and below started drinking, accounting for 49.11% of the total number of respondents, and 45 residents aged 21-30 drink, accounting for 40.18% of the total number of respondents. (As is shown in Figure 4)

2.5. The age of quitting drinking

12 respondents quit drinking at the age of 50 and below, accounting for 33.33% of the total number of respondents, 11 respondents is at the age of 51-60, accounting for 30.56% of the total number of respondents, 13 respondents is at the age of 61 and above, accounting for 36.11% of the total number of respondents. (As is shown in Figure 5)

3. Current situation of residents' emotional and spiritual problems

The survey finds that 82 respondents have emotional and mental problems, accounting for 7.89% of the respondents. Check Table 1 for details:

| Project                        | Number (n) | rate (%) |
|--------------------------------|------------|----------|
| Emotional and mental problems  | 82         | 7.89     |
| No emotional and mental problems | 957       | 92.11    |
4. Analysis of the relationship between drinking and emotional and mental problems

Taking whether the residents have emotional and mental problems as the dependent variable, the number of hours without emotional and mental problems as 0, the number of hours with emotional and mental problems as 1, and take the frequency of drinking x1, the amount of drinking X2, the type of drinking X3, the age of starting drinking x4, the age of abstaining from drinking X5 as the independent variable, and quantifying according to the specifications of Table 2, the two-dimensional unconditional logistic multiple factor regression analysis is carried out, and statistics are made. The analysis level is $\alpha = 0.05$. See Table 2 for details:

| Factor                          | Code | Assignment of quantized units                           |
|---------------------------------|------|-------------------------------------------------------|
| Emotional and mental problems   | Y    | 1=YES, 2=NO                                           |
| Frequency of drinking           | $X_1$| 0=<1time/week, 1=1-2 time/week, 2=3-5 time/week, 3=>6 time/week |
| Drinking volume                 | $X_2$| 0=<50 ml, 1=50 ml, 2=100 ml, 3=150 ml, 4=300 ml, 5=250 ml |
| Types of drinking               | $X_3$| 0=No drink, 1=Beer, 2=Rice wine, 3=Grape wine, 4=Liquor, 5=Mixed wine |
| Age of initiation of drinking   | $X_4$| 0=No drink, 1=<20 years old, 2=21-30 years old, 3=>31 years old |
| Abstinence age                  | $X_5$| 0=No drink, 1=<50 years old, 2=51-60 years old, 3=>61 years old |

The results shows that: drinking frequency, drinking amount, drinking type, drinking age and giving up drinking age are not the influencing factors of emotional and mental problems. See Table 3 for details:

| independent variable | B    | S.E.  | Wals | df  | Sig. | OR   | 95% C.I.          |
|----------------------|------|-------|------|-----|------|------|------------------|
| Type of drinking     | 0.18 | 0.16  | 1.22 | 1.00| 0.27 | 1.19 | 0.87 - 1.63      |
| Drinking frequency   | 0.19 | 0.26  | 0.50 | 1.00| 0.48 | 1.20 | 0.72 - 2.01      |
| Drinking quantity    | -0.82| 0.49  | 2.78 | 1.00| 0.10 | 0.44 | 0.17 - 1.15      |
| Drinking age         | -0.33| 0.38  | 0.72 | 1.00| 0.40 | 0.72 | 0.34 - 1.53      |
| Abstinence age        | -0.85| 0.76  | 1.25 | 1.00| 0.26 | 0.43 | 0.10 - 1.89      |
| Constant             | -2.42| 0.12  | 1.00 | 0.00| 0.09 | 0.00 - 0.09      |

386.05

Discussion:

4.11. Drinking is only a personal hobby and habits, emotional and mental problems have nothing to do with drinking, there is no negative impact.

4.2. If an individual or group event such as a fight occurs among students on campus, which causes adverse effects, the statement that he evades responsibility or is unwilling to accept punishment on the grounds of drinking alcohol is not true, and if such a vicious incident occurs, the party concerned should be given severe punishment.

4.3. Any real-life violation of national laws and regulations on the grounds of alcohol consumption will be subject to legal sanctions.
5. Conclusion

Through statistical analysis and research, the final conclusion is that there is no correlation between alcohol consumption and residents' emotional and mental problems. The frequency, quantity, type, age of starting drinking and age of quitting drinking are not the influencing factors of emotional and mental problems.

For the drinking problem of minors, it is the parents’ duty to supervise them in a powerful and effective way. They should use their parents’ examples, life cases and behaviors to persuade and guide them in their daily life, study and behavior habits, and even in the whole process of accompanying and growing up. They should explain the consequences of the situation and the responsibilities that individuals should bear for everything, so as to guide them from time to time. It is a good policy to reduce the risk of harming others or society due to drinking events from the source.

For college students, psychological counseling should be the main way. All decisions that cause adverse events should be discussed and talked about individually and collectively, with emotion, reason and earnest admonition. As the counseling work of students' psychological problems, drinking cannot solve any actual problems, not to mention the existing contradictions. All the keys to solve the problems must be in everyone’s hands. As to school, it should often carry out lectures or exercises in the school to form adverse events or consequences related to drinking. In spare time, we will carry out a series of warning education activities with various forms, rich contents and positive development, taking classes, grades or departments as units, such as cultural and entertainment activities, professional skills competitions, academic lectures, external learning exchanges and social public welfare activities, etc. in all aspects and from multiple angles, to minimize drinking and its adverse events, so as to ensure the safety and harmonious of the campus.

For the social crowd, all the adverse events caused by drinking should be considered from the aspects of comprehensive quality, ethics and moral cultivation, and personal words and deeds should be strictly restricted and managed.

At the national level, the adverse events caused by drinking should be dealt with in the way of maintaining the seriousness of the law and ensuring the stability of the social order. At the same time, it should also be considered comprehensively from the perspective of people-oriented. In addition, it should not violate the laws and regulations, but also play a role in deterrence and punishment to the drinkers, so as to punish the perpetrators slightly. Those who intentionally, maliciously and deliberately cause damage to social public interests, seriously and with relatively bad influence, must be severely punished so as to leave a deep lesson on their economy, personal freedom and ideology, so as to promote the national law, establish the reputation of the legal society and boost the national prestige of China.

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