

Fatigue and alcohol use by undergraduate Nursing students

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Objective: to analyze the use of alcohol in the binge drinking pattern and the levels of fatigue in graduates of the Nursing course at the Federal University of Uberlândia. **Method:** the research is of quantitative approach, using descriptive and bivariate statistics, with the value of $p > 0.05$, and carried out according to Resolution 466/12 of the NHC. Thus, questionnaires were applied to a sample of 202 university students from the Nursing undergraduate program of the Federal University of Uberlândia. **Results:** the study showed the highest predominance of alcohol in females, with a mean age of 22.6 years. **Conclusion:** the analysis and discussion of the data made it possible to affirm that the abusive use of alcohol is present, mainly in the form of binge drinking, and is associated with the presence of fatigue and academic performance in undergraduate students of Nursing, in different school periods.

Descriptors: Nursing Students; Binge Drinking; Fatigue; Consumption of Alcoholic Beverages; Public Health; Young Adult.

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Fadiga e uso de álcool por graduandos do curso de Enfermagem

Objetivo: analisar o uso de álcool no padrão *binge drinking* e os níveis de fadiga em graduandos do curso em Enfermagem na Universidade Federal de Uberlândia. **Método:** a pesquisa é de abordagem quantitativa, utilizando estatísticas descritivas e bivariadas, com o valor de $p > 0,05$, e realizada conforme a Resolução nº 466/12 do CNS. Assim, foram aplicados questionários em uma amostra com 202 universitários da graduação em Enfermagem da Universidade Federal de Uberlândia. **Resultados:** o estudo mostrou a maior predominância do álcool no sexo feminino, com idade média de 22,6 anos de idade. **Conclusão:** a análise e a discussão dos dados possibilitaram afirmar que o uso abusivo de álcool está presente, principalmente na forma de *binge drinking*, e encontra-se associado à presença da fadiga e ao desempenho acadêmico nos universitários da graduação em Enfermagem, em diferentes períodos letivos.

Descritores: Estudantes de Enfermagem; Bebedeira; Fadiga; Consumo de Bebidas Alcoólicas; Saúde Pública; Adulto Jovem.

Fatiga y consumo de alcohol por estudiantes de pregrado de enfermería

Objetivo: analizar el uso de alcohol en el patrón de consumo excesivo de alcohol y los niveles de fatiga en estudiantes universitarios de enfermería de la Universidad Federal de Uberlândia. **Método:** la investigación tiene un enfoque cuantitativo, utilizando estadísticas descriptivas y bivariadas, con un valor de $p > 0.05$, y realizada de acuerdo con la Resolución 466/12 del CNS, por lo tanto, se aplicaron cuestionarios a una muestra de 202 estudiantes universitarios en enfermería en la Universidad Federal de Uberlândia. **Resultados:** el estudio mostró un mayor predominio del alcohol en mujeres, con una edad promedio de 22.6 años. **Conclusión:** el análisis y discusión de los datos permitió afirmar que el abuso de alcohol está presente, principalmente en la forma de *binge drinking*, que se asocia con la presencia de fatiga y rendimiento académico en estudiantes de licenciatura en enfermería, en diferentes periodos académicos.

Descriptores: Estudiantes de Enfermería; Borrachera; Fatiga; Consumo de Bebidas alcohólicas; Salud Pública; Adulto Joven.

Introduction

The initiation into a degree course in the lives of young people is a remarkable moment, and occurs in a phase of significant change, in a period of psychosocial development, marked by many explorations of the new, many possibilities, but surrounded by instabilities, making this process of maturation very complex⁽¹⁾.

The theory of psychosocial development characterizes a young person in transition from the adolescent phase, already with less dependence, however, with little autonomy and without conditions to assume expected responsibilities of an adult. There is a confusion of identity where the main factors are the loss of family ties and lack of support in decision making, expectations of the family and social group about their choices, difficulty in dealing with change, relating to another social group and emotional processes in the transition of the young person to adulthood⁽²⁾.

The university environment is favorable to new experiences where young people participate in various celebrations, such as the reception of fledglings, parties where the drinks are released, events to raise money for graduation and where there are bars near the university campus and the residence itself. There is an opportunity to get to know and experiment with legal and illegal drugs and to encourage risky behavior, such as the pattern of consumption and frequency of use of psychoactive substances, drunk driving, sexual relations without condoms, violence, problems in academic performance and others⁽³⁾.

The consumption of alcohol by young people physically harms the formation of the brain, causes several negative consequences, such as early pregnancy, and euphoric behaviors that cause accidents and aggressions. When the use of alcohol starts before the age of 15, the probability of developing alcohol dependency is increased five times and the risk of getting involved in traffic accidents or fights is increased seven times⁽⁴⁾.

Alcohol is a licit drug, composed of natural and synthetic substances, which alter the individual's capacity to act and reason, whose production, distribution and consumption are approved by law. It is known that alcohol is consumed practically all over the world and an average intake of 6.2 liters of pure alcohol is estimated by individuals aged 15 and over in 2010. The consumption in Brazil is around 8.7 liters *per person*, a value higher than the world average⁽⁵⁾.

In Brazil, alcohol is responsible for 63% of the population with cirrhosis and 18% of traffic accidents in 2012. It is believed that 5.6% (3% women and 8% men) of Brazilians correspond to alcohol abuse and dependence users. Society suffers direct and indirect consequences, either by the costs with the health system, judiciary, social security, absenteeism, unemployment, or deaths

associated with the use of alcohol, in which the age group of drinkers is between 20 and 49 years, by economically active people⁽⁶⁾.

In the "I National Survey on the Use of Alcohol, Tobacco and Other Drugs" carried out with university students from Brazilian capitals, it was shown that 86% of students used alcohol at least once in their lives and 72% consumed drinks in the last year, confirming the recurrent use of alcohol among this population. Another important data is that the majority of the interviewees is composed by scholars in the human area⁽⁷⁾.

"Binge drinking" or "heavy episodic drinking" is defined by the World Health Organization (WHO) as the ingestion of 60 g or more of alcohol (about 5-6 doses) on a single occasion in the last 30 days. It is a pattern of consumption that exposes the individual to a greater risk of social and health damages, such as losses in academic and labor activities⁽⁸⁾. This pattern of alcohol abuse is especially common among young people.

In research conducted with university students to understand what leads young people to consume alcoholic beverages, the most cited reasons were: fun or pleasure; change in routine; feeling the effects of the drug; reducing anxiety; tiredness and stress⁽⁶⁾. In this sense, it seems that there is an important correlation between the abusive use of alcoholic beverages and the feeling of fatigue by these graduates that needs to be better investigated, as well as its intervening factors.

The daily stress experienced by the university students, in the various activities and commitments that they need to go through during the course, provides a few hours of sleep, since many study full time and need to continue studying at night. Other factors are: extracurricular activities; sedentariness; many say they don't have time for physical activities; bad nutrition because they live alone or in boarding schools, and also because of the financial expense, generating fatigue and the sensation of incessant tiredness⁽⁹⁾.

Fatigue can be evaluated, by several authors, as severe and chronic physical and mental wear, which is different from fatigue and lack of motivation due to physical activity or a disease already diagnosed. This diagnosis is difficult to conceptualize, analyze and assess, and is very worrying, because it ends up naming a global state arising from an internal unbalanced result of the systems between the relationship of the body, in which an alteration of one system affects the others⁽¹⁰⁾.

Nursing professionals make up almost half of the entire health workforce in Brazil and the world⁽⁶⁻⁹⁾ and the wear and tear experienced during their graduation, as well as the adoption of unhealthy living habits, such as abusive drinking, may reflect negatively on the health of the future worker in the medium and long terms.

Therefore, the purpose of this study was to analyze the use of alcohol in the binge pattern and the levels of fatigue in graduates of a Nursing course at a public university in the State of Minas Gerais.

Method

It is a descriptive, transversal research, with quantitative approach, to identify the correlation between the use of alcohol in the binge pattern and the fatigue among the undergraduates who study Nursing at a public university in the State of Minas Gerais.

The study was carried out with 440 university students of Nursing in the different periods of the course. The criteria for inclusion were to be regularly enrolled in the Nursing undergraduate course at any period and to accept to participate in the study. The exclusion criteria were students being formally removed from their school activities. All undergraduates were invited to participate in the study, however, 202 subjects accepted to participate, thus making up the population of this study.

When considering the ethical aspects related to research involving human beings (NHC Resolution 466/12), this study received the authorization of the service to carry it out, being submitted to the evaluation of the Ethics and Research Committee, with a final Consubstantiated Opinion approved nº 1.315.972, obtained in 10/11/2015. All participants in the study were properly informed about the research, and their rights and care are guaranteed. After agreeing to participate, they signed the Free and Informed Consent Term (TCLE) in two copies signed by the researcher and participant, being one copy of the researcher and the other copy of the participant, as regulated by the provisions of Resolution 466/12 of the National Health Council (NHC).

Data collection was conducted in February and March 2017. For this, visits were made to classrooms, of different school periods, in which the day and time to collect the study material were marked.

The data collection instrument consisted of a structured, self-applicable questionnaire containing a socio-demographic information script and the Alcohol Use Disorders Identification Test (AUDIT-C) and Dutch Fatigue Scale (DUFS) instruments, detailed as follows:

- a) Sociodemographic information - the questionnaire was designed to characterize the study sample, in which the socio-demographic variables were collected, including information related to marital status, religion, race, occupational and educational situation with the intention of evidencing the characterization of the students;
- b) AUDIT was developed by WHO in the late 1980s and translated and validated into Brazilian Portuguese in 1997. The AUDIT consists of ten items, scored on a Likert scale from zero to four, with total scores

from zero to forty. Originally, the cut-off point eight was recommended for assessing alcohol dependence. However, later studies indicated the need to use different cut-off points, as they had better sensitivity and specificity values⁽¹¹⁻¹²⁾.

When considering the need for instruments with faster application, abbreviated versions of AUDIT were developed. The short versions allow a quick screening of alcohol use disorders, thus AUDIT-C is one of the most used versions in the world, corresponding to the first three questions of AUDIT⁽¹³⁻¹⁴⁾. Its total score ranges from zero to 12, with the cut-off point being five, the most recommended in the literature;

c) Fatigue was evaluated by the Dutch Fatigue Scale, developed by Tiesinga, Dassen and Halfens and published in 1998. The DUFS scale measures fatigue defined as "an oppressive and sustained feeling of exhaustion and diminished ability to perform physical and mental work at the usual level". Composed of eight assessment items, with Likert type responses of five points (1 to 5), the scores on the items can be summed into a total score ranging from eight to 40 (the higher the score, the greater the intensity of fatigue) and substantial fatigue considered by the score \geq to 14.5. The source of items for DUFS were the defining fatigue characteristics proposed by the North American Nursing Diagnosis Association (NANDA)⁽¹⁵⁾.

For the statistical analysis, a database was prepared in the Statistical Program of Social Science (SPSS.20) - version 20 for Windows. The data were presented in absolute (n) and relative (%) frequencies. The statistical tests used were the chi-square (χ^2), to evaluate the association of categorical variables, and the Spearman correlation coefficient (R_s), to evaluate the correlation between two dependent samples. The significance level (p-value) was set at 0.05 for all analyses.

Results

In this stage of the study, we tried to show, with tables, the results raised by means of simple and applied statistics, of the population formed by 202 students of the Nursing course, constituted by the majority of women (n=165) (81.6%), being the majority single (n=151) (91.6%), of Catholic religion (n=78) (47%), with an average age of 22.6 years.

Table 1 shows that the binge pattern alcohol consumption is present in 33.7% (N=68) of the interviewees and 37.6% (N=76) declare not to make this type of heavy alcohol use. Almost one third (28.7%) of the undergraduates did not answer.

Regarding the frequency of beverage consumption, it was observed that 31.7% (n=64) of graduates use two to four times a month. In number of doses per

event, the consumption varies from one to two doses containing alcohol, representing 30.7% (n=62) among the respondents. When approached to inform if they use more than six doses in the same event, 40.6% of the young people (n=82) said they never used this amount and 29.2% (n=59) use it in a period less than one month.

Table 1 - Consumption of alcoholic beverages and use in binge drinking by students of Nursing at UFU* (N=202). Uberlândia, MG, Brazil, 2017

Use of alcohol	Results n (%)
Alcohol (binge drinking)	
No	76 (37.6)
Yes	68 (33.7)
Did not answer	58 (28.7)
Frequency of consumption	
None	53 (26.2)
Once or less than once a month	63 (31.2)
2 to 4 times a month	64 (31.7)
2 or 3 times a week	21 (10.4)
4 or more times a week	0 (0)
Did not answer	1 (0.5)
Number of doses per day/event	
1 to 2	62 (30.7)
3 to 4	36 (17.8)
5 to 6	38 (18.8)
7 to 9	18 (8.9)
10 or more	22 (10.9)
Did not answer	26 (12.9)
Frequency of consumption of more than six doses per day/event	(to be continued...)

Use of alcohol	Results n (%)
Never	82 (40.6)
Less than Monthly	59 (29.2)
Monthly	31 (15.3)
Weekly	19 (9.4)
Daily or almost daily	1 (0.5)
Did not answer	10 (5.0)

*UFU = Federal University of Uberlândia

Table 2 is represented by the eight question items of the DUFFS, which was used in this population of 202 university students and demonstrates a higher average (3.64) in the variable DUFFS 5, which refers to the "need for more rest". The second highest average was found in variable DUFFS 2 referring to: "need more energy to cope with daily tasks", in the value of 3.20.

At the end of the same table, the total score of the DUFFS scale is represented, which shows a variation from eight to 40, where the minimum value obtained corresponds to the lowest possible score and thus the lowest fatigue index. The maximum score of 39.00 approximates the limit of the score, indicating that the higher the score, the more intense the levels of fatigue. In this study, the average fatigue found was 22.48, which indicates that fatigue is present and with significant intensity, which may cause damage to the students. Considering this average, it was seen that 70.3% (n=142) of university students present fatigue. The high standard deviation shows variation in the levels of fatigue of the interviewees.

Table 2 - Items of the DUFFS* fatigue scale among nursing undergraduates at Universidade Federal de Uberlândia (N=202). Uberlândia, MG, Brazil, 2017

Item	Num. (202)	Minimum - Maximum	Average	Standard Deviation
DUFFS* 1 (strong and constant feeling of lack of energy?)	199	1-5	2.74	1.538
DUFFS* 2 (more energy to handle daily tasks?)	199	1-5	3.20	1.527
DUFFS* 3 (do you feel unwilling to do things?)	200	1-5	2.95	1.418
DUFFS* 4 (awake with the feeling of exhausted and worn out?)	198	1-5	3.18	1.602
DUFFS* 5 (need for more rest?)	200	1-5	3.64	1.491
DUFFS* 6 (being able to do your day-to-day activities?)	199	1-5	2.08	1.216
DUFFS* 7 (has your desire to have sexual intercourse decreased?)	196	1-5	1.80	1.171
DUFFS* 8 (hard to concentrate on one thing for a long time?)	198	1-5	2.74	1.481
DUFFS* Fatigue Scale (TOTAL)		8-39	22.4815	8.15384

*DUFFS = Dutch Fatigue Scale

Table 3, when comparing the items of DUFFS by the variable sex, shows that there were statistically greater differences for females in the following statements:

"waking up with the sensation of exhausted and worn out" (p=0.020) and "decreased the desire to have sexual intercourse" (p=0.038).

Table 3 - DUFSS* Association and the gender variable (N=202). Uberlândia, MG, Brazil, 2017

Item	Sex	n (202)	Average	P value
DUFSS* 1 (strong and constant feeling of lack of energy?)	Female	173	02.26	0.142
	Male	26	84.96	
DUFSS* 2 (more energy to handle daily tasks?)	Female	173	101.25	0.417
	Male	26	91.67	
DUFSS* 3 (do you feel unwilling to do things?)	Female	174	102.23	0.264
	Male	26	88.92	
DUFSS* 4 (awake with the feeling of exhausted and worn out?)	Female	172	103.08	0.020†
	Male	26	75.83	
DUFSS* 5 (need for more rest?)	Female	174	101.97	0.332
	Male	26	90.69	
DUFSS* 6 (being able to do your day-to-day activities?)	Female	174	99.42	0.691
	Male	25	104.06	
DUFSS* 7 (has your desire to have sexual intercourse decreased?)	Female	170	101.41	0.038†
	Male	26	79.48	
DUFSS* 8 (hard to concentrate on one thing for a long time?)	Female	172	100.63	0.464
	Male	26	92.02	

*DUFSS = Dutch Fatigue Scale; †Significant association in the significance level of the chi-square test

In Table 4, there is a positive correlation between the frequency of consumption of alcoholic beverages and the number of failures ($p=0.001$), between the frequency in which six or more doses of alcoholic beverages are consumed on one occasion and the

number of failures ($p=0.006$) and also in the use of alcohol in binge pattern and the number of failures ($p=0.022$). There is also a negative correlation between the use of alcohol in binge pattern and the school period ($p=0.018$).

Table 4 - Correlation between AUDIT* C variables and the number of failures, school period and age (N=202). Uberlândia, MG, Brazil, 2017

Item		Failures	Academic Semester	Age
How often do you consume alcoholic beverages?	Ro =	0.323	-.089	0.028
	p =	0.001†	0.265	0.700
How many doses containing alcohol do you consume in a typical day when you are drinking?	Ro =	0.165	-.162	-0.115
	p =	0.100	0.053	0.140
How often do you consume six or more doses of alcoholic beverages on one occasion?	Ro =	0.269	-0.149	-0.024
	p =	0.006†	0.65	0.749
Binge (total value)	Ro =	0.230	-0.200	-0.077
	p =	0.022†	0.018†	0.327

*AUDIT = Alcohol Use Disorders Identification Test; †Significant association in the level of significance of the Spearman post correlation test

In Table 5, a negative correlation between age and item four of the DUFSS scale is observed, pointing out that, the younger, the greater the feeling of "having woken up with the sensation of being exhausted and worn out" ($p=0.043$).

Negative correlations were also found between item eight on the DUFSS scale and age and school term, showing that the older the age and school term, the more it has been "difficult to concentrate on one thing for a long time" ($p=0.046$).

Table 5 - Correlation between the DUFFS* variables and the number of failures, school period and age (=202). Uberlândia, MG, Brazil, 2017

Item		Failures	Academic semester	Age
DUFFS* 1	Ro = p =	-0.082 0.397	0.071 0.378	-0.064 0.385
DUFFS* 2	Ro = p =	0.133 0.164	0.015 0.848	0.029 0.696
DUFFS* 3	Ro = p =	-0.009 0.930	0.096 0.231	-0.029 0.976
DUFFS* 4	Ro = p =	0.114 0.164	-0.079 0.328	-0.149 0.043 [†]
DUFFS* 5	Ro = p =	-0.041 0.668	-0.082 0.307	-0.083 0.260
DUFFS* 6	Ro = p =	-0.125 0.195	-0.028 0.728	-0.043 0.558
DUFFS* 7	Ro = p =	-0.84 0.384	-0.059 0.465	-0.021 0.775
DUFFS* 8	Ro = p =	0.56 0.562	0.288 0.000 [†]	0.147 .046 [†]
Fatigue (Total)	Ro = p =	-0.87 0.375	.051 0.529	-0.049 0.514

*DUFFS = Dutch Fatigue Scale; [†]Significant association in the level of significance of the Spearman post correlation test

Discussion

Psychoactive substances (PAS) or psychotropic drugs are substances that act in the Central Nervous System (CNS), altering their functions and, consequently, producing psychic and behavioral effects in the individual⁽¹⁶⁾. Alcohol can be classified as a psychoactive substance that exerts a depressant function of the CNS⁽¹⁷⁾. Among the substances, alcohol and tobacco deserve special attention due to the prevalence of users in the world and the high social, economic and health costs they entail⁽⁵⁾.

This research named the PAS consumption profile of a young population with an average age of 22.6 years, university and with a predominance of the female gender (81.6%), as in the research done in a Nursing course where women represented the majority (87.13%), maintaining the historical characteristics of the Nursing profession, because the greatest demand for this course is for women⁽¹⁸⁻²⁰⁾.

Nursing academics are part of this context of alcohol consumption. In view of this, special attention should be given to undergraduates, in which, in this investigation, 33.7% admitted the heavy use of alcohol - binge drinking (more than six doses in one event) demonstrated in Table 1. In the study conducted on Nursing undergraduates in the city of Ribeirão Preto, 35% reported having already consumed more than six doses on a single occasion, at least once in the last year, characterizing binge drinking⁽²¹⁾.

The consumption of alcohol by students, according to AUDIT, identified that most students (82.9%) are abstinent or have made low risk use in the past 12 months⁽²²⁾. However, 17.1% of the students fit into the risk group, demonstrating a consumption considered harmful and with possible negative consequences. In another study on the use of the binge type, this pattern of excessive drinking, observed among the men of the study (42.6%), was superior to that of university students of national survey whose prevalence was 31.3%⁽⁷⁾. However, women presented a very close prevalence of binge between this study and the others performed^(7,18).

Table 1 shows a high prevalence of alcohol consumption in the last three months (73.3%), similarly to that found in another survey, which shows the use of alcohol in the 107 largest cities in Brazil, with an index of 74.6%⁽²³⁾. A similar survey identified a population of 84% of students who had already used alcohol⁽²⁴⁾.

These data confirm the position of the Ministry of Health in considering the abusive use and dependence on alcohol and other drugs as an issue that needs to have a social, psychological, economic and political approach, not being restricted to the merely clinical aspects⁽¹⁹⁾.

The population formed by young adults presents a higher risk for the consumption of alcohol, since the academic, who experimented with this substance, tends to continue its use until recently (last month), as shown by the data that 31.2% of the interviewees drink at least once a month (Table 1). Among university students in the

municipality of Ribeirão Preto - SP, the percentage was higher, 57.5%, in which alcohol consumption is identified once a month⁽²¹⁾.

Young people have been the target audience for advertising and merchandising in the consumer and leisure industries because they are potential consumers of psychoactive substances. This condition may be aggravated by access to university, considering a new phase in which independence and freedom will be outside the family circle, particularly for those students who move to other larger cities that have a university degree and, in the search for group integration and new experiences, may trigger the consumption of licit and illicit drugs⁽¹⁹⁾.

In Table 2, the highest average on the DUFFS scale was 3.64 on the variable that refers to the "need for more rest", these reasons being mentioned below as a reality also experienced by the graduates of this survey. Most of the Nursing undergraduate courses have, in their pedagogical project, full-time classes, congresses, seminars, internships, practical classes, besides teaching and research projects and others more. Because it is difficult to carry out all the planned activities, there is not much time left for other commitments, such as leisure, religious commitments, physical activity, sleeping and resting, especially for students who work or do extracurricular internships⁽¹⁾.

In the same table, it was observed that 70.3% of university students feel fatigue. This was observed in another survey in which 83.5% of their undergraduate students also complained of fatigue⁽⁹⁾.

In a similar study, the majority of the students were female with an average age of 21.6 years and with extracurricular occupations; they were overweight and about 20% with signs of depression and dysphoria in which fatigue was less intense in the first school year⁽⁹⁾. They were students from 18 to 23 years of age, mostly from the third term of their Nursing degree, when students started their supervised practical classes and the changes in environments and routines caused greater physical and mental fatigue, compromising their academic performance⁽¹⁾.

At the end of Table 2, in this study, an average of fatigue is presented among the students with a value of 22.15 in which it is verified that fatigue is present in a great part of the interviewees and with various levels, what can be related to the school period and age.

Fatigue is a state that can be present in healthy people or not, being a multifactorial, multidimensional and subjective phenomenon. It is considered a fatigue that does not improve with rest or other means of invigorating energies. It causes limitations in the learning process of university students, impairing professional training and quality of life⁽⁹⁾.

In research, with the theme of the quality of life of undergraduate students, with reports and monitoring

of factors found in the daily process of teaching and learning that have a direct impact on the health of these university students who begin their academic lives, strong pressure and stress were demonstrated since the process to enter college⁽¹⁾.

Table 3 shows the sex variable in which the DUFFS 4 ($p=0.020$) is perceived in the female population, referring to "waking up with the sensation of exhausted and worn out" and also the DUFFS 7 ($p=0.038$) in which the women did not "decrease the desire to have sexual intercourse" because they were fatigued. Female students refer to the highest average of changes in quality of life, as well as changes in emotional and mental aspects, due to the routine experienced in the Nursing degree⁽¹⁾.

A worrying result, found in this study and represented in Table 5, shows that the more reproaches, the greater the frequency of alcohol consumption and, mainly, the consumption in binge. The abusive use of alcohol is directly related to the difficulties of how to act in face of changes and in the adaptation of the university students in dealing with problems such as disapproval, routines and troubled relationships⁽²⁴⁾.

A similar situation was found in another study in which it was shown that 33.6% of the researched students had failed subjects, which can be explained by the fact that, when alcohol abuse occurs, students tend to sleep in the classroom, miss classes and, consequently, suffer from poor academic performance⁽²⁰⁾.

A study carried out with 189 academics from the Nursing course identified that the younger the age, the more intense were the symptoms of fatigue⁽⁹⁾. According to the study, even though fatigue rates were high among university students, they did not cause great harm to the interviewees, as they were able to work on individual training to reduce fatigue and reduce the damage to their commitments and performance in academic and extracurricular activities⁽⁹⁾. It is important to point out that this correlation was also demonstrated in this research, in Table 5, in which, the younger the age, the more significant this sensation of "waking up with the sensation of being exhausted and worn out".

Conclusion

The results of this study bring worrying data regarding the use of alcohol in binge by students of Nursing courses. The research also showed that the use of alcohol is not related to fatigue, but finds correlation with its academic performance. In this same sense, the feeling of fatigue seems to be correlated with the age of the student.

Undergraduate students experience, in the teaching and learning process, an overload of curricular activities, especially when the course is integral, together with strong pressure and stresses in the varied social

relationships. It is necessary that the student knows how to deal with the situations that are causing fatigue and act in a way to reduce stress, to feel rested and willing for the daily activities.

It is necessary to rethink the way to act in the preventive attention of the use of alcohol and other drugs and in the stressful situations that cause fatigue, before and during graduation. It is important to point out, in view of the relevance of the subject, that the results of this study can provide subsidies for actions and programs of promotion, prevention and treatment appropriate to the different needs of the population in question.

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