

April 4, 2014
2014 Meeting of the Minds Conference

STUDENT ALCOHOL ABUSE:
WHAT'S GENDER GOT TO DO WITH IT?

H. Wesley Perkins, Ph.D.
Professor of Sociology
Hobart and William Smith Colleges
Geneva, New York
www.AlcoholEducationProject.org

SIX PERSPECTIVES
on Gender and Drinking

Perspective I

Gender Convergence

Myth or Reality: Are Women Really
 Becoming More Like Men?

TABLE 1. Prevalence of women's drinking in 1981, 1991, and 2001

Age	1981 % (weighted <i>n</i>)	1991 % (weighted <i>n</i>)	2001 % (weighted <i>n</i>)
21-30	75.5 (169)	73.7 (174)	79.7 (167)
31-40	72.1 (145)	69.3 (163)	78.8 (196)
41-50	66.3 (92)	66.2 (141)	72.9 (160)
51-60	55.9 (83)	51.3 (72)	61.3 (118)
61-70	38.8 (47)	40.6 (59)	46.0 (48)
≥71	33.0 (25) ^a	24.2 (30) ^a	33.5 (50) ^a
Total sample	61.7 (562)	58.4 (639)	65.8 (740) ^b

Notes: Age group *n*'s may not sum to total sample *N* because of rounding.
^aAge trend, *p* < .001; ^bdifference, 1991-2001, *p* < .001.

Source: Wilsnack, R.W. et al. 2006. "Are U. S Women Drinking Less (or More)?
 Historical and Aging Trends, 1981-2001," Journal of Studies on Alcohol 67: 341-348.

TABLE 2. Prevalence of 30-day abstinence (12-month drinkers) in 1981 and 2001

Age	1981 % (weighted <i>n</i>)	2001 % (weighted <i>n</i>)
21-30	13.9 (29)	30.5 (59) ^a
31-40	15.1 (27)	23.1 (52)
41-50	12.5 (14)	25.5 (47) ^a
51-60	24.0 (24)	28.3 (38)
61-70	6.4 (3)	23.7 (13)
≥71	27.1 (9)	36.7 (21)
Total sample	15.5 (106)	27.1 (231) ^a

Notes: Age group *n*'s may not sum to total sample *N* because of rounding.
^aDifference, 1981-2001, *p* < .01.

Source: Wilsnack, R.W. et al. 2006. "Are U. S Women Drinking Less (or More)?
 Historical and Aging Trends, 1981-2001," Journal of Studies on Alcohol 67: 341-348.

TABLE 3. Prevalence of heavy episodic drinking (12-month drinkers) in 1981, 1991, and 2001

Age	1981 % (weighted <i>n</i>)	1991 % (weighted <i>n</i>)	2001 % (weighted <i>n</i>)
21-30	51.3 (108)	37.2 (78)	29.2 (56) ^a
31-40	30.5 (53)	24.9 (49)	25.1 (57)
41-50	30.2 (34)	13.9 (23)	24.3 (45)
51-60	16.6 (17)	21.1 (18)	12.9 (18)
61-70	22.6 (12)	14.5 (10)	14.3 (8)
≥71	2.8 (1) ^b	8.6 (3) ^b	1.5 (1) ^b
Total sample	32.9 (224)	23.7 (182)	21.6 (185) ^a

Notes: Age group *n*'s may not sum to total sample *N* because of rounding.
^aHistorical trend, *p* < .001; ^bage trend, *p* < .001.

Source: Wilsnack, R.W. et al. 2006. "Are U. S Women Drinking Less (or More)?
 Historical and Aging Trends, 1981-2001," Journal of Studies on Alcohol 67: 341-348.

Student Alcohol Abuse: What's Gender

Got to Do with It?

Meeting of the Minds, Kansas City, Missouri

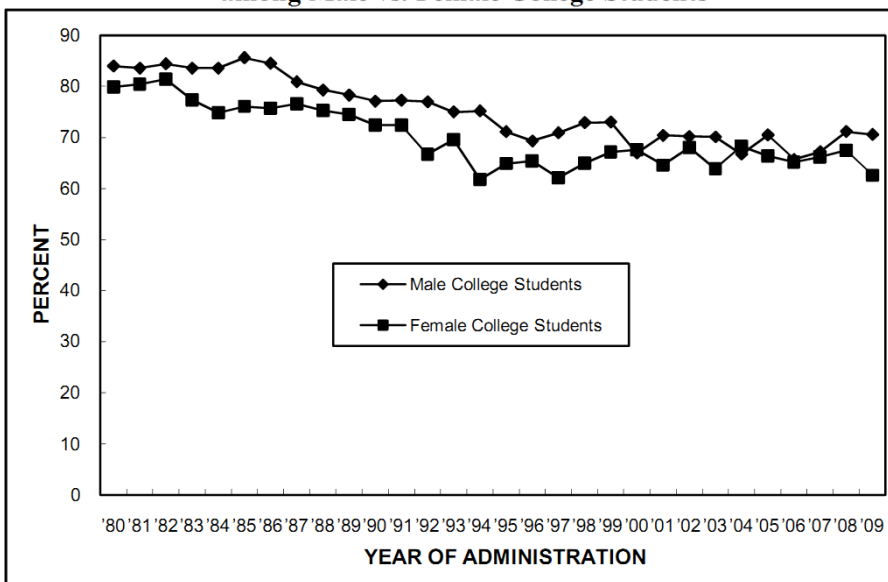
TABLE 4. Prevalence of intoxication (12-month drinkers) in 1981, 1991, and 2001

Age	1981 % (weighted <i>n</i>)	1991 % (weighted <i>n</i>)	2001 % (weighted <i>n</i>)
21-30	47.6 (100)	55.2 (115)	62.7 (121) ^a
31-40	24.4 (42)	50.5 (100)	52.6 (119) ^a
41-50	21.5 (24)	19.4 (33)	46.3 (86) ^a
51-60	14.2 (15)	25.2 (22)	24.4 (33)
61-70	8.9 (5)	9.1 (6)	8.8 (53)
≥71	2.8 (1) ^b	4.7 (2) ^b	3.9 (2) ^b
Total sample	27.4 (187)	36.2 (278)	42.9 (365) ^a

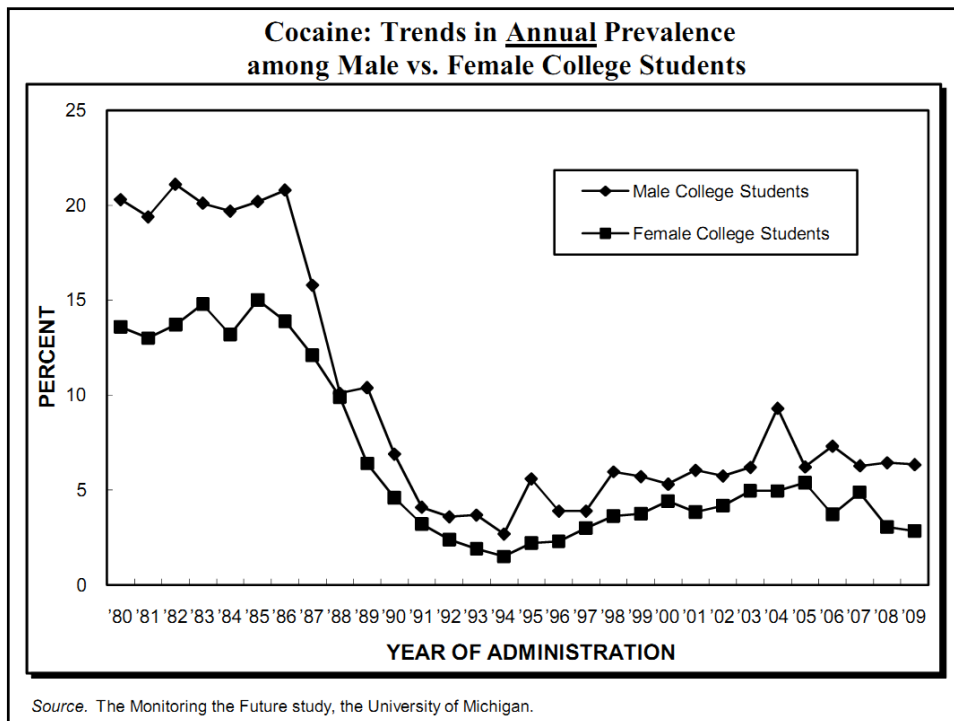
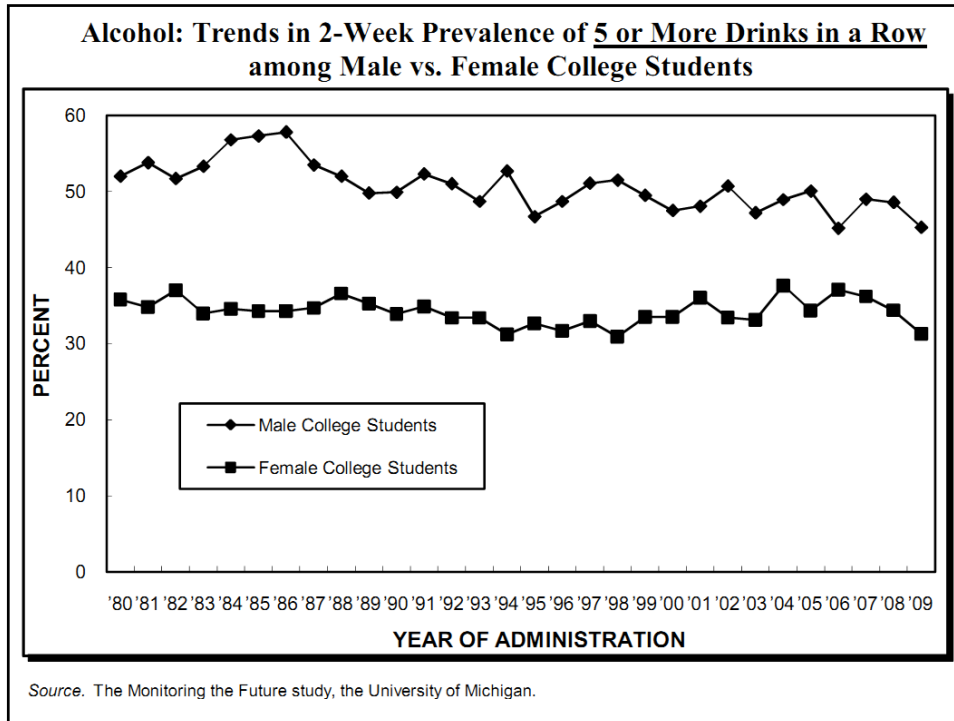
Notes: Age group *n*'s may not sum to total sample *N* because of rounding.
^aHistorical trend, *p* < .001; ^bage trend, *p* < .001.

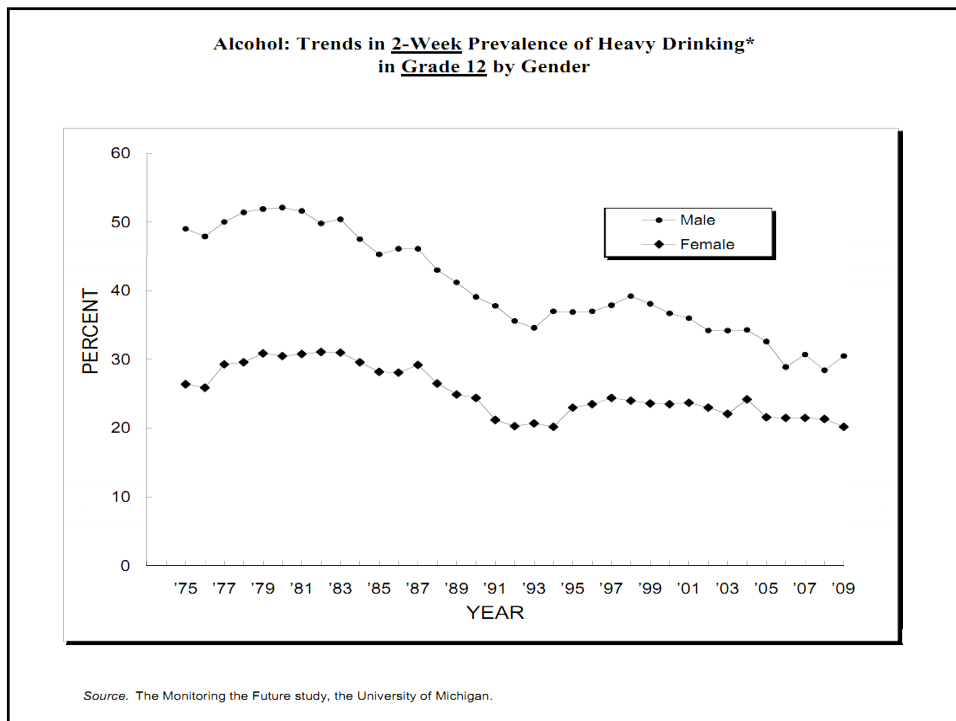
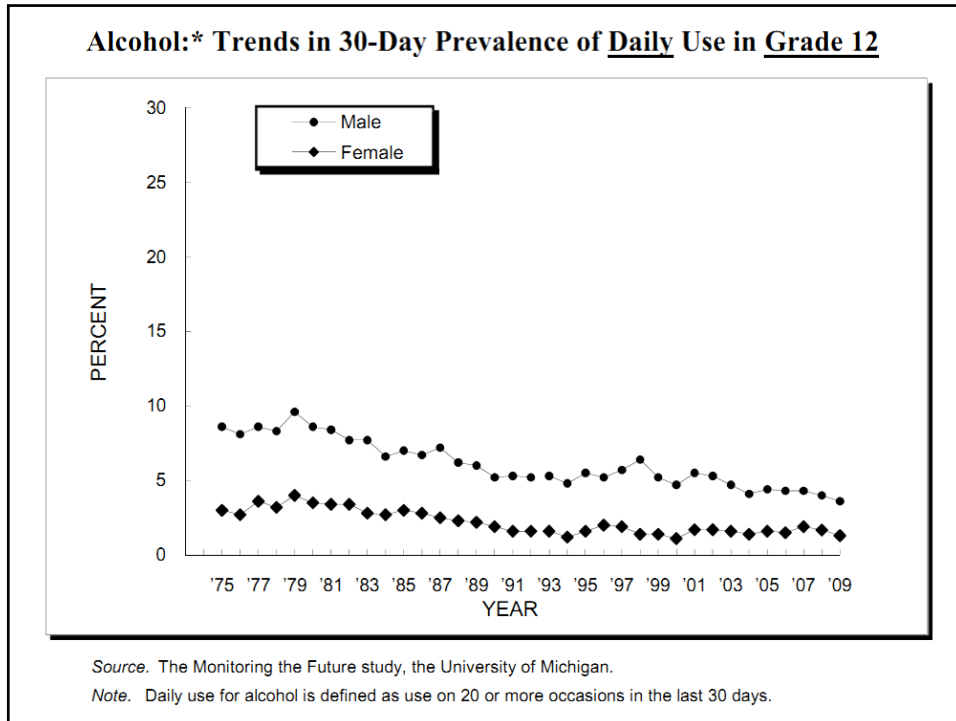
Source: Wilsnack, R.W. et al. 2006. "Are U. S Women Drinking Less (or More)?
 Historical and Aging Trends, 1981-2001," Journal of Studies on Alcohol 67: 341-348.

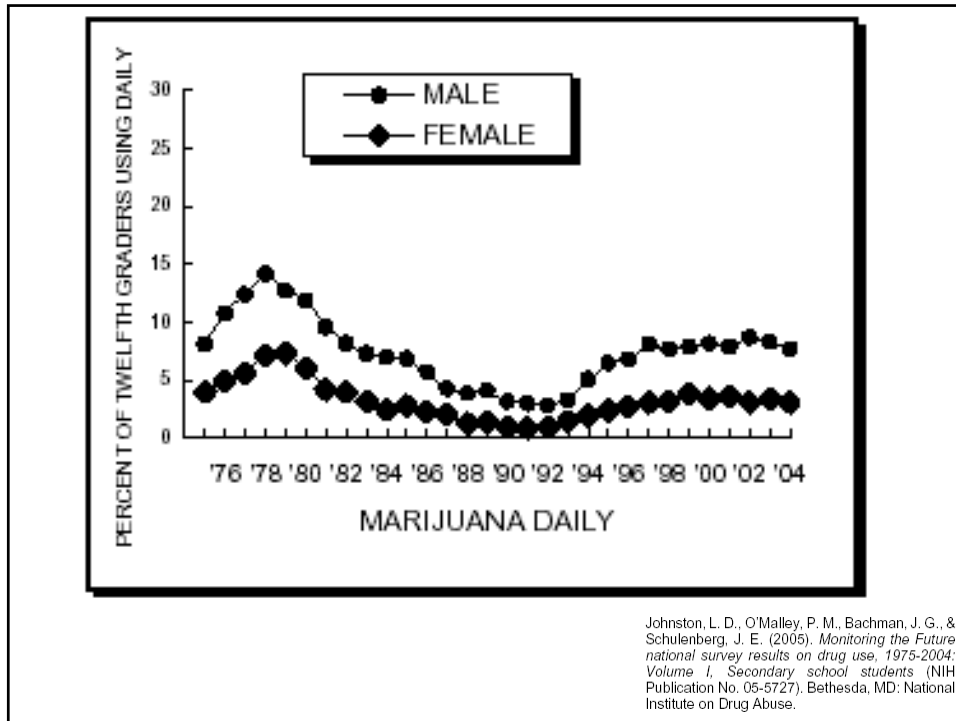
Alcohol: Trends in 30-Day Prevalence among Male vs. Female College Students



Source: The Monitoring the Future study, the University of Michigan.







Perspective II

The Biochemist's Law:

Sex Inequalities in Consumption

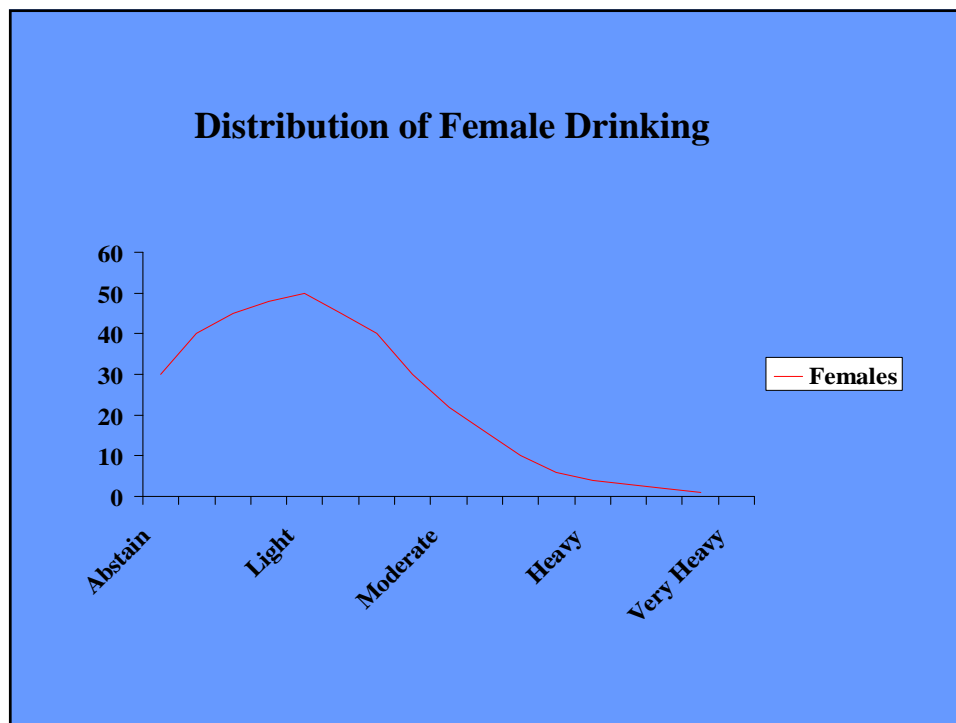
=

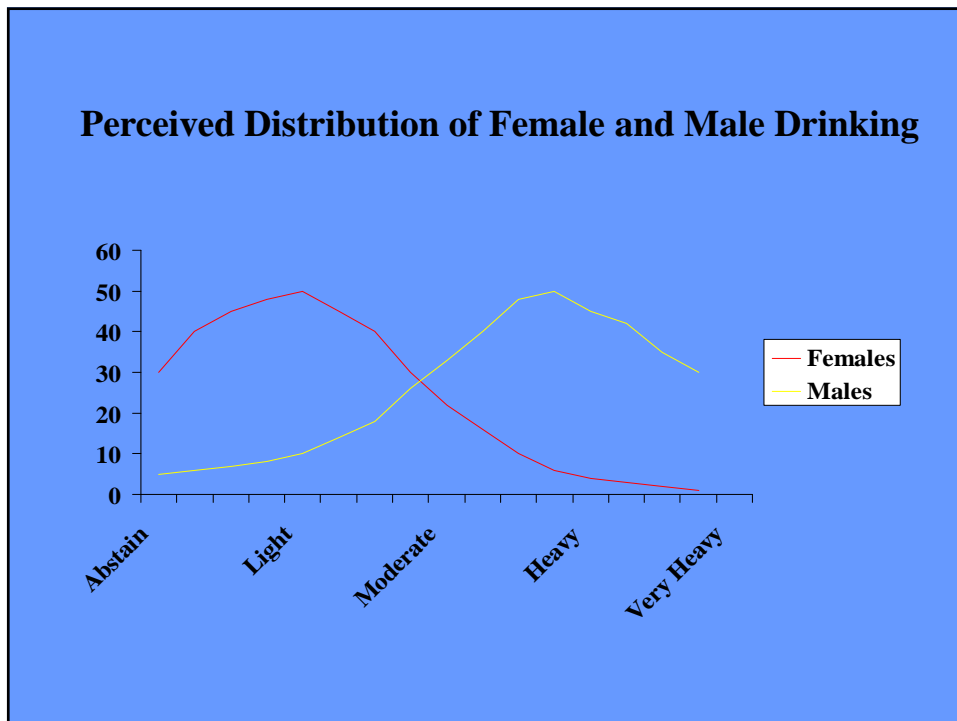
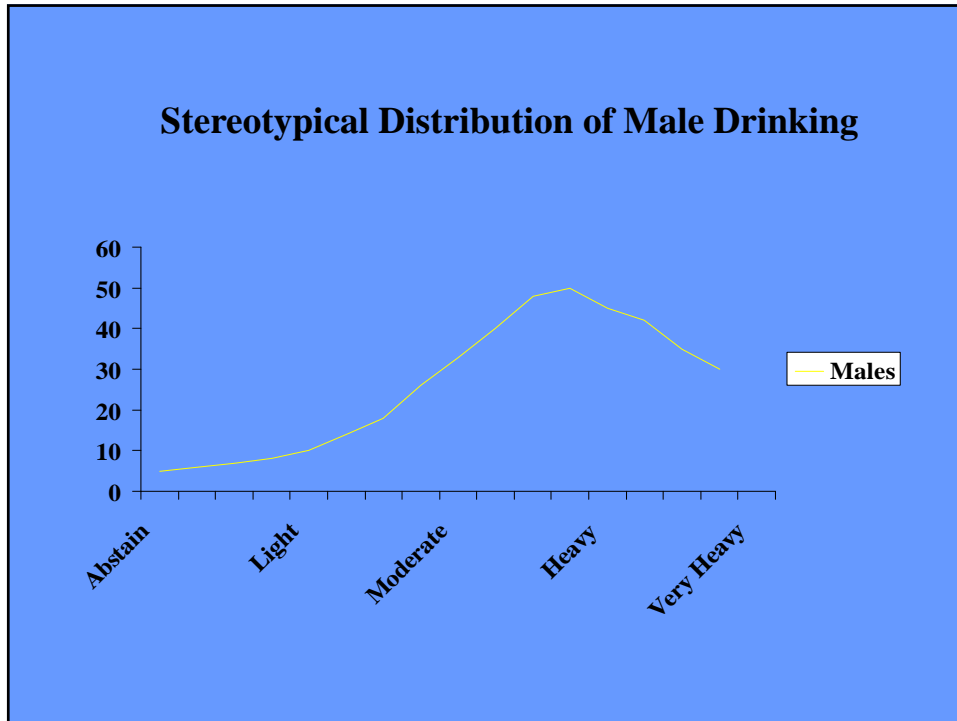
Sex Equity in BAC

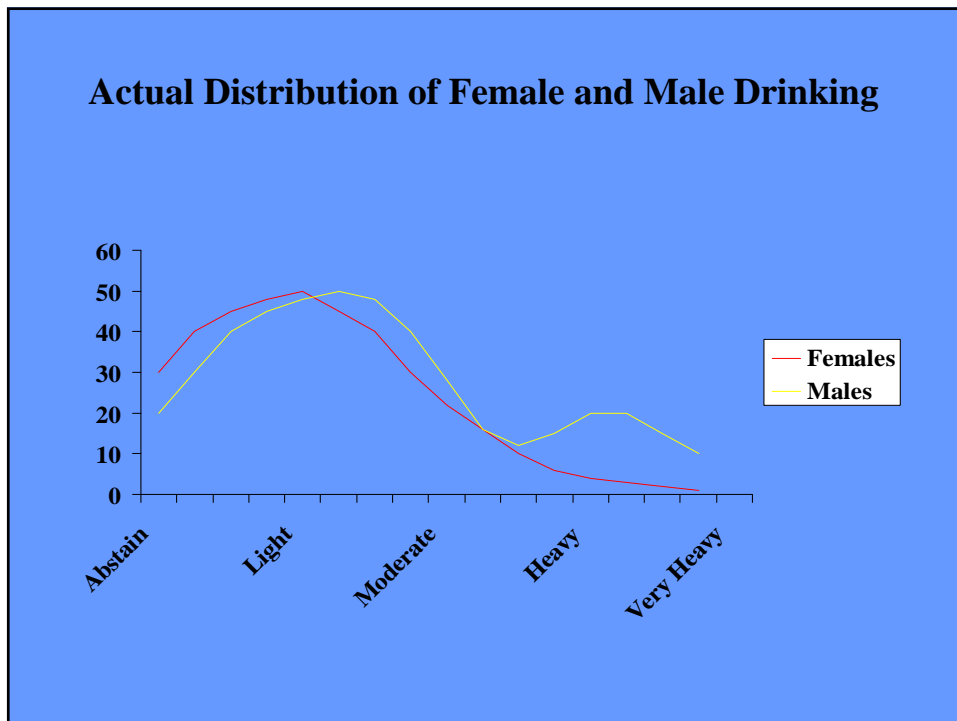
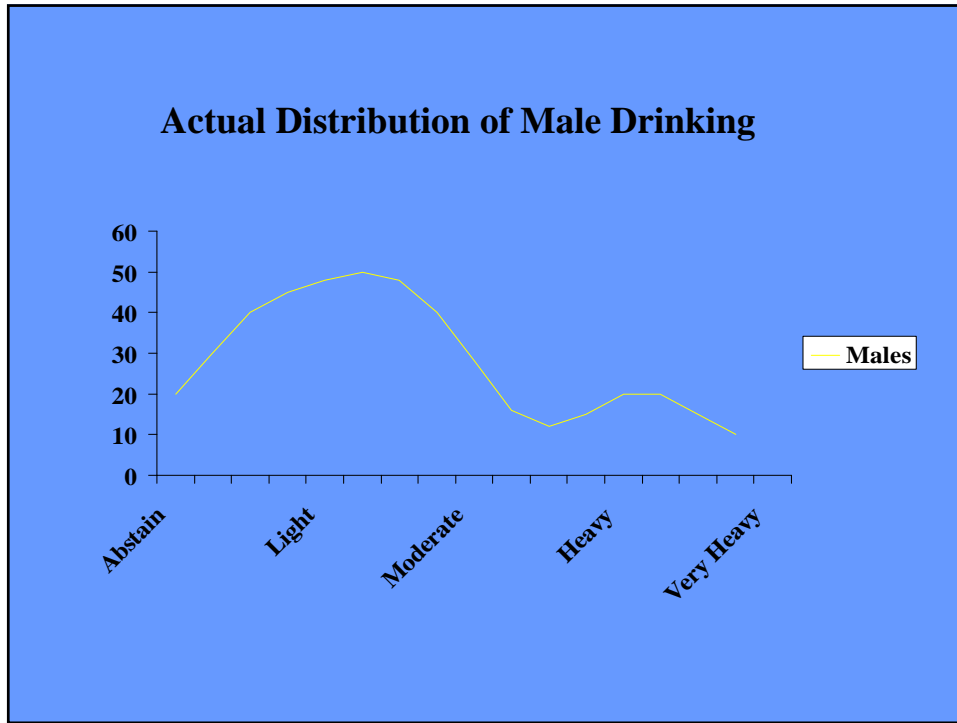
- Body Weight Differences
- Fat-to-Water Ratios
- Enzyme and Metabolism Differences

Perspective III

What does the Distribution of Women's and Men's Drinking Look Like?







Perspective IV

**Which Perceived Gender Norm for
Student Drinking Is More Important
in Predicting Personal Use?**

Among today's college students
it is still a sexist world.

**Survey Data from All Schools Using the
Campus Survey of Alcohol and Other Drug Norms
(Core Institute)**

- 1996 through Spring 2010
- Sample sizes of 100+ respondents
- 164,653 respondents
- 387 survey cohorts
- 194 schools
- 40 states and DC across the US

Coefficients ^a				
GENDER	Model		Unstandardized Coefficients	Standardized Coefficients
			B	Beta
Male	1	PERCEIVED MALE DRINKING NORM	.840	.622
		PERCEIVED FEMALE DRINKING NORM	-.111	-.064
		ACTUAL MALE DRINKING NORM	.569	.146
		ACTUAL FEMALE DRINKING NORM	-.074	-.012
Female	1	PERCEIVED MALE DRINKING NORM	.445	.494
		PERCEIVED FEMALE DRINKING NORM	.067	.055
		ACTUAL MALE DRINKING NORM	-.065	-.025
		ACTUAL FEMALE DRINKING NORM	.608	.143

a. Dependent Variable: HOW MANY DRINKS AT PARTY/BAR: YOURSELF

Perspective V

Inequalities/Equalities in Consequences of Misuse

Is Hurting oneself and others an “equal opportunity” experience for men and women?

Experience of Negative Consequences from
Drinking Within Year for College Students
Nationwide by Gender (N=41,581)

<u>Consequence</u>	<u>% of Males / Females & Ratio</u>
• Property damage	• 14% / 3% 4.6
• Trouble with police or authorities	• 18% / 7% 2.6
• Driving while intoxicated	• 40% / 27% 1.5
• Been hurt or injured	• 16% / 11% 1.5
• Poor work on test or project	• 26% / 18% 1.4
• Missed class	• 34% / 24% 1.4
• Fight or argument	• 33% / 27% 1.2
• Hangover	• 65% / 56% 1.2
• Memory loss	• 29% / 24% 1.2
• Thought about suicide	• 6% / 5% 1.2
• Vomiting or nausea	• 50% / 45% 1.1

Source: Alcohol and Drugs on American College Campuses, Core Institute.

Perspective VI

**Stress and Drinking
in Student Life and Later**

We always knew women “matured” faster.

Student Alcohol Abuse: What's Gender

Got to Do with It?

Meeting of the Minds, Kansas City, Missouri

<p>Source: Perkins, H. Wesley. 2000. "Drinking Motivated by the Desire to Reduce Stress: Life Course and Gender Patterns among College-Educated Young Adults." <i>Alcoscope: International Review of Alcoholism Management</i>, Vol. 3, Issue 4, pp. 10-14.</p>	<p>Table 2. Survey response items indicating stress-reduction motivations and other reasons for drinking</p>
	<p>Stress-reduction motives</p> <ol style="list-style-type: none"> 1. To relieve work pressures 2. For a sense of well-being 3. To help forget disappointments 4. To relieve anxieties <p>Other motives</p> <ol style="list-style-type: none"> 1. To facilitate work or study 2. To feel more relaxed with friends and acquaintances 3. To feel more relaxed with the members of the opposite sex 4. To reduce inhibitions 5. To improve sexual performance 6. To gain attention 7. To 'break the ice' in certain social situations 8. Nothing better to do 9. To celebrate 10. Because friends drink alcohol

Table 1. Drinking characteristics of collegiate/post-collegiate young adults by gender and life stage				
		Post-college		
		Undergraduates ^a	3-8 years post-college ^b	11-18 years post-college ^c
Currently drinks alcohol	Men	92.4%	96.3%	91.4% [†]
	Women	93.7%	95.0%	87.3% [†]
Average number of drinks per week	Men	17.3	7.4 [†]	5.5 [†]
	Women	7.5 [*]	3.5 [†]	3.2 [*]
Multiple negative consequences of drinking in the last 9 months	Men	68.6%	34.6% [†]	18.8% [†]
	Women	59.0% [*]	25.0% ^{*†}	9.7% ^{*†}
Prominent stress-reduction motivation (for drinkers identifying motivations)	Men	15.4%	33.7% [†]	41.2%
	Women	24.7% [*]	28.7%	37.2% [†]
Number of cases	Men	226	296	382
	Women	317	319	362

^aIncludes 17-24 year olds; ^bIncludes 24-30 year olds; ^cIncludes 31-42 year olds.
^{*}Significant difference compared with males (p<0.05).
[†]Significant difference compared with previous life stage category (p<0.05).

Student Alcohol Abuse: What's Gender

Got to Do with It?

Meeting of the Minds, Kansas City, Missouri

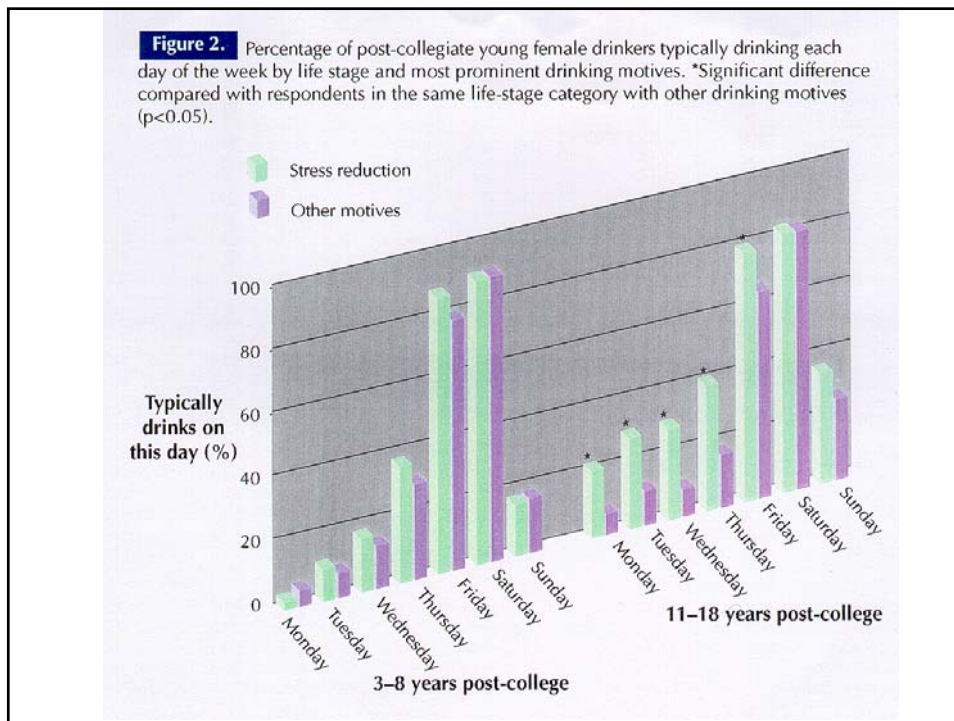
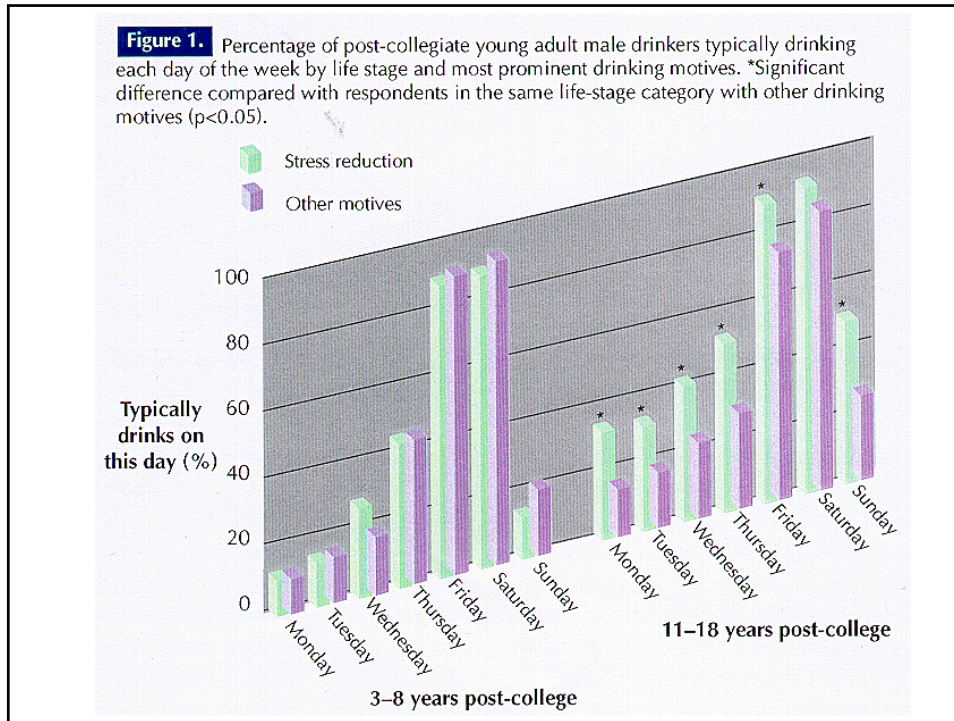


Table 3. Mean drinks per week and percentage with multiple negative consequences among collegiate/post-collegiate young adults by life stage, gender and most prominent drinking motivation

	Men		Women	
	Stress reduction	Other motives	Stress reduction	Other motives
Undergraduates				
Drinks per week	17.4	17.9	6.8	8.0
Multiple negative consequences of drinking in the last 9 months	74.2%	74.1%	67.6%	62.5%
3–8 years post-college				
Drinks per week	7.1	8.7	4.2	3.7
Multiple negative consequences of drinking in the last 9 months	34.9%	42.5%	24.4%	29.9%
11–18 years post-college				
Drinks per week	7.0	5.9	5.0*	2.9
Multiple negative consequences of drinking in the last 9 months	17.2%	26.4%	17.9%*	6.7%

*Significant difference compared with respondents in the same life course and gender category with other drinking motives as more prominent ($p < 0.05$).

April 4, 2014
2014 Meeting of the Minds Conference

STUDENT ALCOHOL ABUSE:
WHAT'S GENDER GOT TO DO WITH IT?

H. Wesley Perkins, Ph.D.
Professor of Sociology
Hobart and William Smith Colleges
Geneva, New York

www.AlcoholEducationProject.org