Peer pressure and alcohol consumption compared between women in their twenties and older women.

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Abstract
This research develops on the area of alcohol consumption in women and whether women in twenties actually consume larger amounts of alcohol than older women. The women who partook in this research where aged from twenty to sixty-seven and where split into two age groups in order to analyse the data, the first group of women were aged between twenty and twenty-nine the second group consisted of women aged from thirty years and above. The research on alcohol consumption consisted of questions from how often these women drink and how much alcohol they consume to question on whether they had ever felt any feelings of guilt or remorse after consuming alcohol to whether they had ever been injured or injured someone else due to their drinking habits.

Introduction
Alcohol presents health challenges for everyone, however even in small amounts alcohol affects women differently from men, in some ways heavy drinking is much more risky for women than it is for men. Seen as alcohol affects women differently than it does men even the consumption of it in small amounts is a challenge to people’s health. Women have a higher risk of developing problems from alcohol consumption. Although women have a higher risk of gaining health issues due to alcohol consumption (Reed, S. 2012, p. 454)

Method
This research was that of a quantitative nature, using questionnaires to gather the relevant information to the study. The research was quasi-experimental as all participants had to specify their age at the beginning of the questionnaire which they were answering; this was to help distinguish age groups so a comparison could be made between alcohol consumption of those women who were in their twenties and the women who were older, when running correlations and frequencies in SPSS. The research was designed to access two hundred women, ranging from the age of twenty and above; to measure their consumption of alcohol.

Results
Table 2 as seen below, shows how often alcohol is consumed by the two hundred participants who partook in the research, the table is split into two category’s ‘younger women’ who were aged between twenty and twenty-nine and the second group was ‘older women’ aged between thirty and sixty-seven. The research shows that there were a higher percentage of older women who have never consumed alcohol at 12.1% than the extreme contrast of 2.2% from the group of younger women. The percentage difference between the younger group of women and the older group of women, in having never consumed alcohol is not the only huge difference between how regularly alcohol is consumed within the two groups of women.

Discussion
This research works to see if this evidence can be supported. It is stated that the younger generation of people in Western societies consume more alcohol than in the past as it has become more normative and there is no longer as many social constrictions and stigmas associated with the consumption of alcohol (Helene Raskin White, 2005, p. 183). It is said that younger people also consume more alcohol in their twenties as it is a time of change from adolescents to adulthood and these people in early adulthood are developing their identities and new intimate, interpersonal relationships and different adult-type responsibilities (Helene Raskin White, 2005, p. 182). The research done by Helene Raskin White, gives an insight into why women in their twenties consume the vast quantities of alcohol they do.

References