

Running Head: STUDENT ATHLETE'S ALCOHOL USE

THE COLLEGE STUDENT ATHLETE AND ALCOHOL: A STUDY OF THE  
STUDENT ATHLETE USE AND ABUSE OF ALCOHOL CONSUMPTION

A Thesis

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By

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## DEDICATION

I would like to dedicate this paper to my parents Bob and Sara and my sister Gretchen. They have been extremely supportive in helping me through this process. I appreciate the love and support they have provided throughout the years. Without their support, time, and patience, none of this would have been possible. Thank you for everything.

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## ABSTRACT

The alcohol use and abuse of college athletes is a rapidly growing concern in colleges and universities across the country. The purpose of this study was to research and evaluate a group of college student athletes at a small liberal arts college in southeastern Ohio. The researcher obtained statistical information from the student athletes at Marietta College by giving them a fifteen question survey. The researcher conducted his research the 2<sup>nd</sup> semester of 2007. The student athletes were asked to participate by completing both a confidential and anonymous survey. The survey asked questions in direct relationship to alcohol consumption and patterns of use. The statistical information was obtained with permission from the Director of Athletics and the respected coaches from the varsity teams at Marietta College. This study was designed to investigate the drinking habits of student athletes at a division 3 liberal arts college. Statistical tests were run through the data analysis program SPSS. The frequency tests indicated that Marietta College student athletes do consume alcohol; however the statistics were not as alarmingly high as other studies that have been conducted at other colleges and universities.

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## CHAPTER 1

### INTRODUCTION

After an intense confrontation with his offensive coordinator, the star quarterback slowly runs onto the field with only three seconds left in the game. As he enters the field ready to relay the miraculous game winning play to his teammates, he cannot focus on the play or his reads, but only the pressure he feels from the fans, coaches, family, friends and teammates to succeed by winning the game. He then questions his ability to be successful while dealing with the constant pressure of being in the spotlight, when in reality he should be having fun and playing a sport he loves to play.

Throughout the history of division three athletics, student athletes all over the country have dealt with the pressure to win and have found themselves in many similar circumstances. Over the last twenty years division three athletics has developed a large fan base. Division three athletics has grown into a very competitive business as well, and applies many avenues for athletes to receive pressure to succeed on and off the field (Fang, Freedman, Gieck, & Grossman, 1993). Recent studies have shown that student athletes are more likely to be at risk from alcohol consumption and abuse due to the stress and pressure associated with maintaining a balance between student and athlete (Watson, 2002).

In today's society it is clearly evident that alcohol use and abuse plagues college sports teams in America (Choi, Kueffler, & Lim, 2005). Alcoholism in our society has become a major point of emphasis in today's social atmosphere (Fang, Freedman, Gieck, & Grossman, 1993). In recent studies, the U.S. government has clearly emphasized a

major concern for the increasing problem of alcohol abuse in our country (Department of Health and Human Services, 2000). This problem is also especially evident in athletics at all levels. It is well known through research, that substance use and abuse has been a long-standing concern for coaches, trainers, parents, and administrators at the division three level (Bray, Green, Petr, & Uryasz, 2001). Researchers usually find that there are many different factors that contribute to this use and abuse by student athletes.

The U.S. Department of Health and Human Services defines alcoholism and drug dependence and addiction as a substance use disorder (U.S. Department of Health and Human Services, 2006). Researchers have discovered people can develop a substance use disorder from a dependence and long term use, which essentially can be considered a serious illness (U.S. Department of Health and Human Services, 2006).

Substance use and abuse is a major concern on many university and college campuses throughout the country. The college environment makes college students very susceptible to an unhealthy lifestyle, which can be surrounded by substance use and abuse for a number of reasons. For many students the college experience is their first time away from their families and parents, which in turn premises no rules or curfews. Students struggle to keep control of their lifestyle because there are no authority figures to watch over their decision making (Watson, 2002). This new found freedom and a sense of invulnerability and a strong desire for exploration, can lead to the development of a substance abuse problem. Students tend to abuse this privilege and thus struggle in the classroom, athletics, and in their social lives. Researchers have found that college students are amongst the highest percentile for binge drinking due to the increases in stress level from school and academics (Watson, 2002).

According to Bacon and Russell (2004), there continues to be a rising number of students who use and abuse harmful substances on division three campuses. Problematic behaviors such as alcohol use, steroid use, illegal drugs and tobacco use are common maladaptive behaviors within division three athletic programs (Bacon and Russell, 2004). In today's society, the media continues to spotlight professional athletes who have suffered serious injury and harm due to the use and abuse of these substances (Bacon and Russell, 2004). In recent years, alcohol and drug use by college athletes has received much negative attention by the media and public eye (Moulton, Moulton, Gallien, and Roach, 2000). Alcohol and drug related arrests and deaths have also fueled much concern and a public interest in examining the role which alcohol and other drugs play in the lives of college athletes. In a recent article, Moulton illustrated, "Despite the general perception that athletes are more health-conscious than their non-athlete counterparts, studies indicate that athletes abuse drugs regularly, while alcohol is the most widely abused drug of all" (Moulton, Moulton, Gallien, and Roach, 2000).

However, this study explored statistical variations among student athletes - the substance use and abuse habits of Marietta College student athletes, specifically alcohol. This researcher surveyed student athletes from Marietta College, a NCAA Division III Institution located in southeastern Ohio. Marietta College consists of 13 varsity sports, in which the researcher surveyed six men's sports teams and six women's sports team; Men's Teams: Football, Baseball, Soccer, Basketball, Crew, and Track and Field; Women's Teams: Soccer, Basketball, Crew, Volleyball, Tennis, and Softball. The Marietta College athletic teams compete in the Ohio Athletic Conference (OAC), which

is represented by nine thriving colleges and universities located in Ohio. The OAC is a very strong conference both athletically and academically.

Through the process of research and surveying, the researcher distinguished the various reasons why student athletes consume alcohol. These themes included:

- Constant Exposure and elevated status on campus (Watson, 2002)
- Constant levels of stress and apprehension (Moulton, 2000)
- Difficulty handling athletics and school (Drug Free Sports, 2004)
- Adapting to Social Change (Watson, 2002)
- Attempting to Gain the upper edge in athletics (Drug Free Sports, 2004)
- Coping with Hardships on and off the field (Watson, 2002)

However, the premise of this study was to provide knowledge and research that demonstrates that student athletes at Marietta College consume and abuse alcohol.

#### *Statement of the Problem*

The alcohol consumption and abuse among student athletes at Marietta College is at a very high rate and essentially continues to pose as a negative factor in both academics and athletics (SIUC, 2006). Ultimately, this a major growing concern for coaches and trainers, administrators and faculty, parents, teammates and classmates. The researcher wanted to statistically indicate that student athletes at Marietta College consume and abuse alcohol. The researcher felt that there was a direct relationship between alcohol consumption and athletics.

### *Purpose and Research Question*

Ultimately, the purpose of this study is to investigate alcohol consumption among student athletes at Marietta College. Data was collected to measure both the degree of, and rational for, abusing alcohol.

### *Research Hypothesis*

The research hypotheses expressed below were tested using statistical procedures. The researcher perceives results of the study will portray the notion that Marietta College student athletes do have a serious problem with alcohol consumption, in a small liberal arts college setting.

### *Null Hypothesis*

There will be no problems and patterns associated with Marietta College Student Athletes and alcohol use and abuse.

### *Alternative Hypothesis*

There will be evidence of a problem and pattern associated with Marietta College Student Athletes and alcohol use and abuse.

### *Limitations of the Study*

This study was strictly a quantitative study at Marietta College. This researcher did not venture into qualitative research and did not attempt use personal situations or opinions of student athletes. This study was limited to one college in the Ohio Athletic Conference and did not cross reference other Division three institutions. This study solely focused on Marietta College student athletes. This study did not compare student athletes at Division one, two, NAIA, or junior college institutions. Marietta College is a private liberal arts college; therefore the survey was anonymous. Study results were

limited by the student athlete's ability to read and understand the questions, as well as a willingness to answer all the questions honestly.

Another limitation of the study was the time commitment needed to collect data. The researcher's time frame to collect surveys and data from Marietta College student athletes was limited. Also the Marietta College athletic programs are not highly diverse throughout the different teams and vary in numbers of participants.

Another limitation to this study was that student athletes might not be completely honest in answering the questions due to fearing a reprisal from their coaches or the college administration if they are specifically identified as an alcohol abuser. The researcher exercised the greatest degree of caution to protect the names of the individual participants.

## Chapter 2

## REVIEW OF LITERATURE

*Alcohol Abuse in America*

In today's society it is all too frequent to turn on the news or open a newspaper and read or hear about the tragic death of a person due to the irresponsible use and abuse of alcohol. This problem is a reoccurring issue in our society among youths, high school student's, college students, and adults. The National Institute of Alcohol Abuse and Alcoholism (NIAA) indicated that alcohol is the drug of choice among Americans (NIAA, 2004). The NIAA further suggests that alcohol is also the leading cause of injury and death for people under twenty-one years of age and is the associated with the increased risk of developing an alcohol disorder later in life.

In today's society America has many social ills: crime and violence, poverty, teen pregnancy, domestic violence, child abuse, the wide spread of disease and high health care costs (American Journal of Public Health, 1998). The list of such problems continues to plague our current society and rumble full speed into the twenty first century. However, there is a new front runner that plagues our society, which is referred to as substance abuse and addiction (American Journal of Public Health, 1998). Research from the American Journal of Public health shows that statistical evidence gives substance abuse and addiction its status as the number one concern in public health. Some seventy six million Americans have experienced alcoholism in their families, while eleven million binge drink (five or more drinks on one occasion) at least once a week on average (American Journal of Public Health, 1998). Shockingly in 2000 the National

Survey on Drug Abuse proves that almost half of America's population over the age of twelve has agreed with consuming at least one drink of alcohol within the month they were surveyed (U.S. Department of Health and Human Services, 2002). In 2001, the National Survey of Drug abuse conducted the same survey and found an increasing rise from one hundred and four million (46.6%) to one hundred and nine (48.3%) million people from the age of twelve or older that consumed one or more alcoholic drink (U.S. Department of Health and Human Services, 2002).

The National Household Survey on Drug Abuse reported three distinctions concerning the amount of alcohol consumed by Americans. The first category consists of people who consume one alcoholic drink at least once thirty days before the survey; the second category is labeled binge drinking, which is defined as five or more drinks at least once; the final category is labeled heavy drinking, which is defined as anyone who has consumed five or more drinks at least five different times before the survey (National Household Survey on Drug Abuse, 2002). The National Household Survey on Drug Abuse states that twenty percent of Americans twelve or older had binge drank in the thirty days prior to the test, while almost six percent reported heavy drinking (National Household Survey on Drug Abuse, 2002).

### *Under Age Drinking*

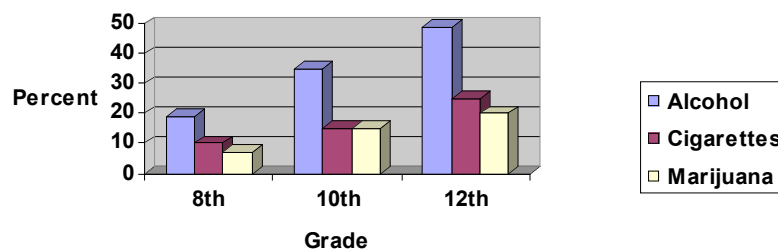
Why do adolescents drink? What are the risks of adolescent consumption? These are questions that our society is continuing to try and answer. According to the U.S. Department of Health and Services, alcohol is the drug of choice among youth (U.S. Department of Health and Human Services, January 2006). Many young people in our society are using and abusing alcohol at an alarming rate, which has helped establish



underage drinking as a leading public health problem in America. The Department of Health and Human Services research proves that 5,000 people under the age of twenty one die as a result of underage drinking, which includes 1,900 deaths from motor vehicle accidents, 1,600 as a result of homicides, 300 from suicide, as well as hundreds from other injuries such as falls, burns, and drowning.

The National Institute on Alcohol Abuse and Alcoholism states that youth drinking continues to be a widespread issue. According to data from the 2005 Monitoring the Future study, an annual survey of youths, three-fourths of students in twelfth grade, two-thirds of students in tenth grade, and about two in every five students in eighth grade have consumed alcohol (U.S. Department of Health and Human Services, January 2006). Research also shows that many youths tend to start drinking at very young ages. In 2003, the average age of first alcohol use was an alarming age of fourteen, compared to about seventeen years of age in 1965 (U.S. Department of Health and Human Services, January 2006).

**Figure 1. Alcohol and Adolescents**



The National surveys make it clear that alcohol drinking among youth is both very wide spread and harmful. These national surveys provide both information about the ages of youth and how much they actually consume when drinking alcohol.

According to a 2004 survey from the NIAA, the data shows that when youths drink, they drink heavily in comparison to adults, consuming an average of four to five drinks about five times a month, compared to two to three drinks per occasion about nine times a month (NIAA, 2004). A recent study also proved information in regards to drinking starting at very young ages; a recent survey found that one-fourth of fourteen year olds reported drinking within the last year (NIAA, 2004).

### *Negative Consequences of Underage Drinking*

The number of negative consequences from underage drinking can be very serious and cause much harm to the individual both now and in the future. Alcohol use at a young age can cause poor grades in school, can negatively affect social aspects, and can also hinder physical traits (NIAA, 2004). The NIAA indicates that alcohol serves as the number one cause of deaths for people younger than twenty one. Alcohol can also play a major role in unsafe and premature sexual behavior. Underage drinking can result in a range of adverse short-term and long-term consequences, including:

- Academic problems
- Social problems
- Physical problems
- Unwanted, unintended, and unprotected sexual activity
- Physical and sexual Assault
- Memory problems
- Increased risk for suicide and homicide
- Alcohol-related car crashes and other alcohol related injuries
- Death from alcohol poisoning and alterations in brain development

The NIAA indicates that alcohol is the leading contributor to injury death, the main cause of death for people under the age of twenty one. In today's society the numerous cases of alcohol poisoning have been reported by the media and continue to plague underage victims' everyday in America. These alcohol poisonings can be a result of the acute toxic effects of alcohol that can range from gastritis to severe gastrointestinal bleeding to respiratory arrest and death (NIAA, 2004). According to the NIAA, many of these cases have been most popular on college campuses, but recently in Montana two eleven year old boys were found dead in a snowy field due to alcohol poisoning. The evidence of the numerous amounts of cases of adolescent death directly related to alcohol helps support the increasing problem of alcoholism in America's youth.

In the National Longitudinal Alcohol Epidemiologic Survey, people eighteen and older in the U.S. have been reported as starting to drink at the early age of fifteen and were statistically proven to be at risk for meeting the criteria for dependence (NIAA, 2004). This survey also indicates that children who are fourteen or younger and experience drinking at a young age are more inclined to develop a serious problem, sustain physical and mental injuries, and become a high risk factor in car accidents (NIAA, 2004).

#### *Substance Abuse on College Campuses*

In a recent study assessing the potential for alcohol related issues among college student athletes, Joshua Watson indicates the significant issues faced by many college student athletes due to stress and pressure associated with maintaining a balance between athletics and academics. Universities and colleges throughout the country have steadily felt the negative effects of the prevalent usage of alcohol. In a 1994 report to university

and college presidents, Presley and Meilman surveyed 58,625 undergraduate students with the goal to prove the abundance of substance usage on college campuses (Watson, 2002). After researching the data, Presley and Meilman came to the conclusion that most college students drink, and found a nationwide average of five drinks consumed per week (Watson, 2002). During the survey the researches found that the level of alcohol abuse was very high and was the cause of main problems such as drunk driving, sexual harassment, fighting, residence hall damage, and poor grades.

The Harvard School of Public Health recently completed a study assessing the use of alcohol on College campuses around the country. The College Alcohol Study (CAS) is a continuous study, which surveys over 14,000 students at 120 four-year colleges and universities in forty states (Harvard School of Public Health, 2005). Dr. Henry Wechsler is the main investigator of the study and has identified binge drinking as, “the consumption of five or more drinks in a row for men and four or more for women at least once in the past two weeks” (Harvard School of Public Health, 2005).

Misuse and abuse of alcohol are among the most prevalent mental health problems among young college students (Weitzman, 2004). In a recent article from the Harvard School of Public Health, Dr. Weitzman indicated that young adults are among the heaviest drinkers in the United States and college students drink more heavily than their non-college attending peers (Weitzman, 2004). According to Weitzman, about 44% of U.S. college students binge drink or consume five or more drinks in a row for males and four or more for females on one or more occasions during a two-week period. Watson explains, “The college environment is ripe for substance abuse for a number of reasons. For many students, this is their first time away from home parental control”

(Watson, 2002). Watson then explains how the new found freedom and desire for exploration can lead to the development of substance use and abuse, as well as a higher percentage of traditional age college students drinking alcohol than any other age cohort in our society.

The director of the National Institute of Alcohol Abuse and Alcoholism Dr. Enoch Gordis commentated on the overwhelming number of college students actively involved in binge drinking:

“It is clear that an overwhelming number of college students, many of whom are below the minimum drinking age, use alcohol and that the pattern of binge drinking is widespread among our college campuses. Binge drinking is of particular concern, not only because of its risks to the drinker but because of the problems it causes for those around the drinker. Research on the extent of the problem is detailed and persuasive. Unfortunately, comparatively little evidence exists about which interventions would be successful if applied widely and at an acceptable cost” (NIAA, 1995, pg.1)

#### *Marietta College Alcohol Survey 2005*

In 2006 Marietta College students participated in The Core Alcohol and Drug Survey. This survey was developed to measure alcohol and other drug usage, attitudes, and perceptions among college students at two and four year institutions. The survey included several types of items concerning drugs and alcohol. The completed survey results were based from 257 Marietta College participants. The results showed that 84.4% of the students consumed alcohol in the past year, 68.9% of the students consumed alcohol in the past thirty days, 61.8% of underage students consumed alcohol in the

previous thirty days, and 39.9% of students reported binge drinking in the previous two weeks (binge drink-consuming 5 or more drinks in one sitting) (SIUC, 2006). Other results showed that 15% take one or two alcoholic drinks nearly everyday, 65.4% take four to five drinks every day, and 43% have had five or more drinks in one sitting (SIUC, 2006).

### *Alcohol Abuse with College Students and Athletes*

In 1996 five students from schools in Virginia were killed in alcohol related accidents within a span of 30 days (Do Choi, Kueffler, & Lim, 2005). These incidents that occurred in Virginia, plus the reoccurring theme of binge drinking across college campuses, have sparked much concern for alcohol abuse in college athletics. The literature suggests alcohol use among adolescent athletes is fairly high, but the problem is rather complex (Schwenk, 2000). Young athletes may be more likely to abuse alcohol than their non-athlete peers and more likely to suffer from behavioral and psychological problems as a result of drinking (Schwenk, 2000).

The problem of alcohol abuse among competitive athletes can be rather complex, partly because of their high visibility (Schwenk, 2000). Recently the media has focused on reporting the alcohol use of both professional and college athletes. In 1998 a University of Kentucky football player and another college student were killed in a car accident when a teammate was driving legally drunk (Schwenk, 2002). The drug related deaths and arrests of several professional and college athletes have fueled a public interest for examining the role which alcohol plays in the lives of athletes (Moulton, Moulton, Gallien, Roach, 1999).

Over the last twenty years division three athletics has developed into somewhat of a national icon and has gained a large fan base. Division three athletics has grown into a very competitive business as well, and applies many avenues for athletes to receive pressure to succeed on and off the field. Recent studies have shown that student athletes are more likely to be at risk from substance use and abuse due to the stress and pressure associated with maintaining a balance between student and athlete (Watson, 2002).

In today's society it is clearly evident that alcohol consumption and abuse plagues college sports teams in America. Alcoholism and substance use in our society has become a major point of emphasis in today's social atmosphere. In recent studies, the U.S. government has clearly emphasized a major concern for the increasing problem of alcohol and substance abuse in our country (Department of Health and Human Services, 2000). This problem is also especially evident in athletics at all levels. It is well known through research, that substance use and abuse has been a long-standing concern for coaches, trainers, parents, and administrators at the division three level (Bray, Green, Petr, & Uryasz, 2001). Despite the general perception that athletes are more health conscious than their non-athlete counterparts, studies indicate that athletes widely abuse alcohol (Moulton, Moulton, Gallien, Roach, 1999). Researchers usually find that there are many different factors that contribute to the use and abuse of student athletes.

#### *Reasons why Athletes Abuse Alcohol*

The literature shows that alcohol abuse within college athletics has been recognized as a major problem plaguing universities and colleges across the country (Choi, Kueffler, & Lim, 2005). Recently researchers have investigated the alcohol usage rates of college students, student-athletes, their motives for use, perceptions of alcohol

use by their peers, and alcohol consumption based on selected demographic characteristics (Choi, Kueffler, & Lim, 2005).

In a study published in the *Journal of Athletic Training*, researchers studied the reasons why athletes turn to alcohol use. Student athletes feel more pressure to perform at a higher level than their peers, both inside and outside the classroom (Grossman, Gieck, Freedman, & Fang, 1993). Student athletes strive to excel not only athletically, but academically and socially as well (Grossman, Gieck, Freedman, & Fang, 1993). Research also provided evidence that notes the pressures that these athletes encounter on a daily basis such as, the isolated living quarters, long hours spent practicing, lifting, and traveling (Grossman, Gieck, Freedman, & Fang, 1993). These demands can have a tendency to overwhelm some athletes, who then turn to alcohol to cope with problems (Grossman, Gieck, Freedman, & Fang, 1993). The study then identified four behavioral tendencies which might cause an athlete to use and abuse alcohol:

1. Opinions by the public eye and media
2. Fear of Intense Failure
3. Fear of Aggression
4. Peer Pressure associated with athletes

In 2000, The Physician and Sports Medicine Journal published an article dealing with the problem of alcohol use among competitive athletes and stated, “The problem dealing with alcohol abuse with athletes is very complex, partly because of their high visibility” (Schwenk, 2000). Joshua Watson works at the Counseling and Educational Development Department at the University of North Carolina at Greensboro agree with this philosophy by saying, “Because of their constant exposure and elevated status on



campus, college student-athletes are typically placed in situations that cause stress and anxiety” (Watson, 2002). Watson then explains that student athletes struggle with stress management and choose poor coping strategies, which can cause athletes to engage in excessive drinking behaviors. These excessive drinking habits can also be caused by the tremendous time commitment involved in achieving success in both academic and athletic success, which can allow the athlete to have no social and leisure time (Watson, 2002).

In colleges and universities all over the country student athletes at all academic and athletic levels, are prone to a huge amount of pressure both on and off the court. Student-athletes sometimes feel that they must please too many people including coaches, teammates, teachers, classmates, friends, family, the media, and alumni (Watson, 2002). According Watson, many studies have shown that the stress a student-athlete can face can be very overwhelming and cause alcohol to acts as a stress reliever, which will temporarily take away the worries and anxieties.

Watson also indicated another major cause for alcohol consumption by student athletes has to deal with termination of an athletic career. The end of a student athlete’s career can be devastating when understanding their career is over because of an injury or lack of skill for the professional level (Watson, 2002). Watson explains, “When a student athlete recognizes that a professional career is not an option, there may be reluctance to give up the identity of an athlete...which forces student athletes to redefine their identity from something they have known their entire life” (Watson, 2002).

The United States Sports Academy published *The Sport Journal*, which in 1999 released an article that researched the use and abuse of alcohol among college athletes.

In recent years alcohol use has received increased attention by the media, which has fueled the public interest in examining the role of alcohol in the lives of student-athletes (Moulton, Gallien, Moulton, & Roach 1999). Despite the general opinions that athletes are more concerned about living a healthy lifestyle than non-athletes, research indicates that athletes abuse alcohol more frequently (Moulton, Gallien, Moulton, & Roach 1999). Research provides various possibilities to why athletes have a tendency to abuse alcohol more than non-athletes. In 1990 research investigated the various sociological and psychological factors associated with the chemically dependent athlete (Moulton, Gallien, Moulton, & Roach 1999). This study also indicated that athletes have a tendency to possess, “obsessive compulsive personality features, difficulty in maintaining interpersonal relationships, preoccupation with body image and physical appearance, and inability to cope with high expectations,” (Moulton, Gallien, Moulton, & Roach 1999).

#### *Recent Studies on Athlete Alcohol Consumption*

College sports have provided student athletes a competitive atmosphere to actively participate in sports at the collegiate level. However, college sports have become big business and a highly visible college athlete is subject to pressure to win and perform at maximum capacity (Fang, Freedman, Gieck & Grossman, 2001). College sports have helped young people stay not only active, but also to live a healthy lifestyle. New research suggests the most popular drug on college campuses is alcohol, which is frequently used and abused by college student athletes (Fang, Freedman, Gieck & Grossman, 2001). In recent research by the National Collegiate Athletic Association (NCAA), shows that most college athletes drink, often to excess (Axiom Medical Consulting, LLC, 2005).

In a recent study, the researchers at Harvard School of Public Health studied the amount of consumption of 13,000 college students, 2,220 which were college athletes throughout the country (Axiom Medical Consulting, LLC, 2005). The study indicates that college student athletes, both male and female, have a higher chance to participate in binge drinking, “Getting drunk was an important reason...”(Harvard Alcohol Study, 2001). The NCAA study confirmed that drinking is a common theme among college athletics and indicated that about 80% of student athletes drink (Axiom Medical Consulting, LLC, 2005).

In a similar yet smaller study, 146 college students in Mississippi participated in a survey based on alcohol consumption (Schwenk, 2000). The researchers surveyed 71 athletes and 75 non-athletes and reported that there was no found difference in alcohol consumption, however the athletes felt that alcohol was more damaging (Schwenk, 2000). This did in fact provide indications that male athletes who reported frequent consumption of alcohol were more likely to start drinking at the age of 12 (Schwenk, 2000).

A similar study was published in *The Physician and Sports Medicine Journal* in June of 2000, which studied the lifestyles and health risks of college athletes. The study included 2,981 students, which was further broken down into 2,298 athletes and 683 non-athletes enrolled at seven colleges and universities (Schwenk, 2000). According to Schwenk, the participants completed confidential survey questionnaires, which focused their lifestyles and risk behaviors over the last calendar year. The study indicated that athletes demonstrated significantly higher risk taking behaviors, mainly alcohol consumption. The study showed that 58% of student athletes reported to actively partake

in binge drinking (five or more drinks during one occasion), compared to 42% of non-athletes. The study also provided significant evidence that male athletes had a higher percentage of binge drinking than female athletes, especially those who participate in contact sports.

The Harvard School of Public Health College Alcohol Study is an ongoing survey of over 17,000 students at 140 four-year institutions in 40 states (Harvard College Alcohol Study). Henry Wechsler, Ph.D. is the principal Investigator of the study, which has surveyed random samples of students at the same colleges and universities four times; 1993, 1997, 1999, and 2000 (Harvard College Alcohol Study, 2005). Dr. Wechsler's study involved a twenty page questionnaire that correlated alcohol use with the level of involvement in athletic activities (Schwenk, 2000). The study indicated that 61% male athletes actively participating in college sports binge drank in the previous two weeks, compared to 55% who were partly involved and 43% who were not involved at all. The corresponding data indicated that 50% of women actively involved in athletics binge drank in the previous two weeks, compared with 36% for women having no involvement.

Recently, a national study conducted by the NCAA indicated that 81 percent of student athletes had consumed and abused alcohol in the year 2000 (Green, Uryasz, Petr, & Bray, 2001). The objective of this study was to determine the substance abuse patterns of 991 student athletes actively involved in 30 varsity sports at all NCAA divisions. The overall response rate was 64.3% with 637 of 991 schools reporting viable data on 13,914 student athletes. The study indicated that alcohol was the highest substance consumed (80.5%) in the past year out of eight categories of substance use.

In a recent study conducted by the NCAA, 78.3% of student athletes reported to consume alcohol within the last year and indicated that the problem began in high school (Bacon & Russell, 2004). The purpose of this study was to measure five addictive behaviors primarily problematic and clinically diagnostic. The study involved of 185 student athletes, categorized into 99 male athletes and 86 female athletes between the ages of 18-23, primarily Caucasian, middle class students from a division three college in New England. The participants were selected from twelve varsity teams: baseball, football, field hockey, lacrosse, softball, volleyball, men's and women's soccer, basketball, and swimming (Bacon & Russell, 2004).

In 2005, *The Sports Journal* published a journal article indicating the vast amount of alcohol abuse that plagues college athletics. The study targeted the alcohol consumption rates of college student athletes vs. non-athletes (Kueffler, Lim, & Do Choi, 2005). The study was conducted at a NCAA division II institution in the Midwest and was composed of 121 student athletes and 87 non-athletes. The student athlete group was comprised of varsity teams from men's and women's track and field, men's and women's basketball, volleyball, soccer, softball, baseball and wrestling. The answers from the 26 question survey indicated that the student athletes had a significantly higher rate of alcohol consumption than there non-athlete peers. The results of this study denote that athletes were also more likely to drink twice a week, while non-athletes drank only once a month over the past year (Kueffler, Lim, & Do Choi, 2005).

*Summary*

In today's society alcohol abuse is a very prevalent problem, which continually plagues youths, high school students, college students, athletes and adults. This disease is referred to as substance abuse and addiction. The research shows statistical evidence that alcohol abuse is the number one concern in public health. The literature indicates that alcohol consumption among youths and athletes is at an all-time high, especially in college athletics. Alcoholism in college sports has become a major point of emphasis and is a growing concern for coaches, parents, administrators, trainers, and the U.S. government.

## Chapter 3

## RESEARCH DESIGN AND METHODOLOGY

*Study Design*

This study was conducted to examine the overall use and abuse of alcohol by student athletes attending Marietta College, during both their competitive and non-competitive seasons. This method was accomplished by obtaining permission from Marietta College's Human Subjects Committee Department and completion of a short form IRB (See Appendix B). This study used a quantitative method to determine the significant prevalence of alcohol use among Marietta College student athletes. In this study student athletes at Marietta College were asked to complete a confidential and anonymous survey, which asked questions based on alcohol consumption, as well as a participant consent form (See Appendix A & C). The survey was created by the researcher.

In recent years the majority of college alcohol studies compared many different schools across the country. Many studies conducted have largely researched Division I Universities. The lack of research at small liberal arts colleges provoked the researcher to conduct this study at Marietta College. The focus of this study was to determine how much and how often the student athletes at Marietta College consume alcohol. The advantage of this approach was the easy access to survey Marietta College student athletes. The researcher is an employee of Marietta College and has access to student athletes. The researcher administered the survey to varsity athletic teams at Marietta College. There were however, some disadvantages to this study. Marietta College is a

small private liberal arts college and only has an average of 1,400 students, with athletes making up about 20 to 25 percent of the entire student body. The number of participants completing the survey was substantially low. The researcher only surveyed student athletes at Marietta College. Also a qualitative researcher could argue that the results were based too much on statistics rather than the student athlete's opinions and observations.

### *Participants*

In this study, the participants were student athletes from Marietta College. This study explored statistical data from student athletes and their overall use and consumption of alcohol. The researcher surveyed student athletes from Marietta College, a NCAA Division III Institution located in southeastern Ohio. Marietta College consists of 12 varsity sports, the researcher surveyed six men's sports teams and six women's sports teams. The men's teams included: football, baseball, soccer, basketball, crew, and track and field. The women's teams will include; soccer, basketball, crew, volleyball, tennis, and softball. The Marietta College athletic teams compete in the Ohio Athletic Conference (OAC), which represents nine respected colleges and universities located in Ohio. These student athletes consisted of athletes competing in their varsity season and student athletes who were in their off-season.

The researcher was able to access the student athletes because the researcher is an employee of this institution. Permission to use Marietta College student athletes to obtain statistical information was requested from the Marietta College Human Subjects Review Board. (See Appendix B)



*Procedure*

The data collected for this quantitative study regarding the alcohol consumption of Marietta College Student Athletes was collected in the Spring Semester of 2007. To obtain and collect this data, the researcher individually set up meetings with the specific athletic teams. During these meetings with the particular sports team, the researcher explained the technicalities of the data collection instrument. The researcher surveyed two hundred and eight student athletes on twelve varsity sports teams at Marietta College. Of the twelve teams included in this study, six of them were male and six of them were female. Data was collected from; Men's football, soccer, crew, baseball, track and field, and basketball. Data was also collected from; Women's soccer, crew, track and field, tennis, volleyball, and basketball.

The instrument used for the data collection was a fifteen question survey that was created by the researcher, which pertained to student athlete alcohol consumption. Before completing the survey, the student athlete must have been eighteen years of age and filled out a consent form stating that they understood the parameters of the survey. The student athletes were informed that the survey was one-hundred percent confidential and anonymous. The results from the collected data would have no effect on the student athlete's playing time. The questions on the survey specified gender, age, sport, and drinking patterns during the athlete's off-season and regular season. The goal of the survey was to provide support to the researcher's hypothesis. The researcher envisioned the results of the study would portray the notion that student athletes as a whole, at a small liberal arts college, do in fact have a serious problem with the use and abuse of alcohol.

*Data Analysis*

The statistical software package SPSS for Windows was used for the quantitative data analysis. Once the data was collected from the twelve varsity teams at Marietta College, the researcher used the data analysis program SPSS, which assigned each subject a number and allowed the researcher to input results. The SPSS computer program used also used to run the statistical data, which allowed the researcher to study results of each of the fifteen variables surveyed. Reports were generated in the form of frequency tests and split variable frequency tests.

*Preliminary Results*

The researcher expected the data to show evidence that student athletes at Marietta College do in fact use and abuse alcohol. The research expected to find data to support the literature dealing with alcohol abuse and athletes. The researcher expected to find a direct correlation between athletics and alcohol consumption.

*Potential Ethical Issues*

In order to eliminate all possible ethical issues, the researcher obtained permission from the Human Subjects committee and the respected coaches. The applicant's survey remained anonymous and the results were viewed under the confidentiality of the researcher.

## Chapter 4

## DATA ANALYSIS

*Data Analysis*

The data collected for this quantitative study regarding the alcohol consumption of Marietta College Student Athletes was collected in the Spring Semester of 2007. To obtain and collect this data, the researcher individually set up meetings with the specific athletic teams. During these meetings with the particular sports team, the researcher explained the technicalities of the data collection instrument. The researcher surveyed two hundred and seven student athletes on twelve varsity sports teams at Marietta College. Of the twelve teams included in this study, six of them were male and six of them were female. Data was collected from; Men's football, soccer, crew, baseball, track and field, and basketball. Data was also collected from; Women's soccer, crew, track and field, tennis, volleyball, and basketball.

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The researcher surveyed 207 student athletes from twelve varsity sports at Marietta College. The student athletes were asked to complete the fifteen question survey which pertained to their individual drinking habits. Listed below is the break down of the various varsity sports and student athletes surveyed.

**Figure 2. Break down of Student Athlete's Sport**

<b>Varsity Sport</b>		<b>Frequency #</b>	<b>Percent</b>
Valid	Football	52	25.1
	W Soccer	10	4.8
	M Soccer	22	10.6
	W Crew	18	8.7
	M Crew	16	7.7
	Baseball	8	3.9
	W Track	18	8.7
	M Track	22	10.6
	W Tennis	8	3.9
	Volleyball	10	4.8
	W Basketball	10	4.8
	M Basketball	13	6.3
	<b>Total</b>	<b>207</b>	<b>100.0</b>

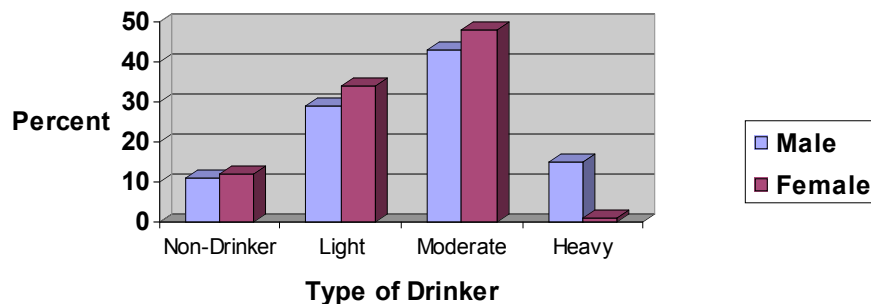
The next graph depicts the category that each student athlete falls into concerning their drinking habits and how they described themselves as a drinker. This graph represents all 207 student athletes who participated in the survey.

**Figure 3. What type of Drinker?**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Abstainer or Non Drinker	23	11.1	11.1	13.0
	Light Drinker	64	30.9	30.9	44.0
	Moderate Drinker	93	44.9	44.9	88.9
	Heavy Drinker	20	9.7	9.7	98.6
	Total	207	100.0	100.0	

While the graph above strictly represents the entire field, this graph illustrates the comparison between gender and the different types of drinkers.

**Figure 4. Gender vs. Drinker**



The following result is a frequency test which compares the student athlete's gender and age.

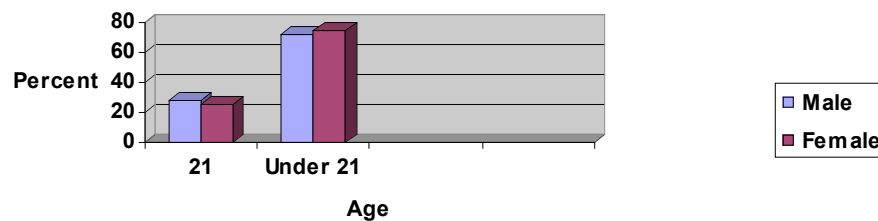
**Figure 5. Gender Percent**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	130	62.8	62.8	62.8
	Female	77	37.2	37.2	100.0
	Total	207	100.0	100.0	

**Figure 6. Are you 21 of age?**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	151	72.9	72.9	72.9
	Yes	56	27.1	27.1	100.0
	Total	207	100.0	100.0	

This graph illustrates the total number of men and women who are of the legal drinking age and under the legal drinking age.

**Figure 7. Gender vs. Drinking Age**

The next table compares student athletes who are under the legal drinking age to students who are legal consume alcohol with drinking habits.

**Figure 8. Under Age Drinking Habits of Student Athletes**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Abstainer or Non Drinker	19	12.6	12.6	15.2
	Light Drinker	46	30.5	30.5	45.7
	Moderate Drinker	69	45.7	45.7	91.4
	Heavy Drinker	10	6.6	6.6	98.0
	Total	151	100.0	100.0	

a 21? = No

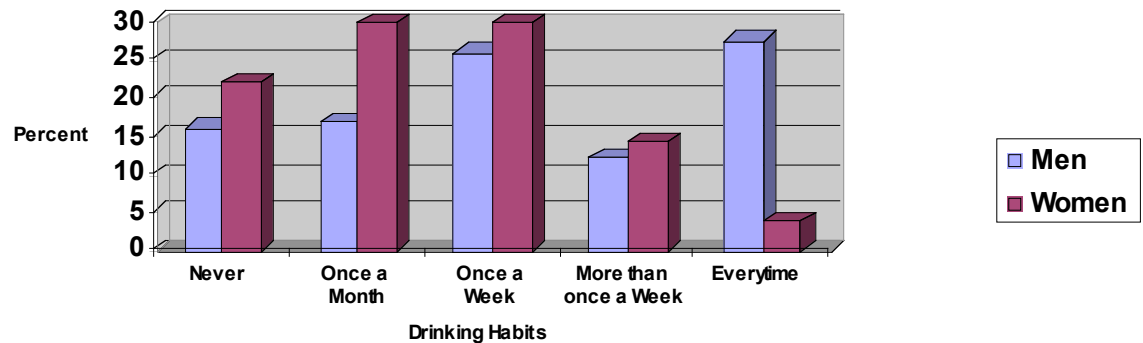
**Figure 9. Drinking Habits for Student Athletes who are 21 years old**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Abstainer or Non Drinker	4	7.1	7.1	7.1
	Light Drinker	18	32.1	32.1	39.3
	Moderate Drinker	24	42.9	42.9	82.1
	Heavy Drinker	10	17.9	17.9	100.0
	Total	56	100.0	100.0	

a 21? = Yes

The National Institute on Alcohol Abuse and Alcoholism (NIAA) defines binge drinking to consist of five or more drinks. The next graph demonstrates the difference of binge drinking patterns between men and women student athletes at Marietta College.

**Figure 10. Binge Drinking vs. Gender**



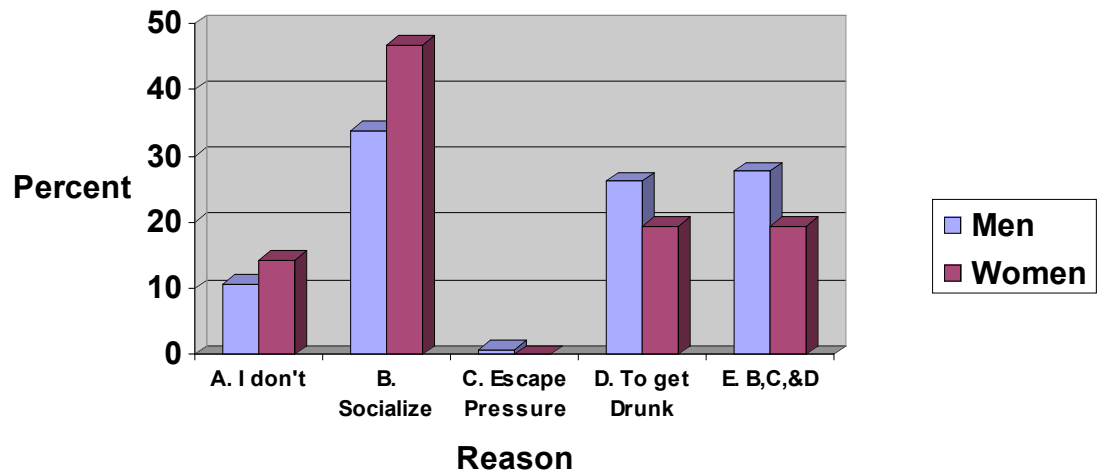
The researcher was curious to learn from the student athletes the main reason to consume alcohol. The table illustrates the reason why student athletes at Marietta College consume alcohol.

**Figure 11. Student Athletes at Marietta College Drink to?**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I don't	25	12.1	12.1	12.1
	Socialize with friends	80	38.6	38.6	50.7
	Escape Pressure	1	.5	.5	51.2
	To get Drunk	49	23.7	23.7	74.9
	B,C,&D	51	24.6	24.6	99.5
	Total	207	100.0	100.0	

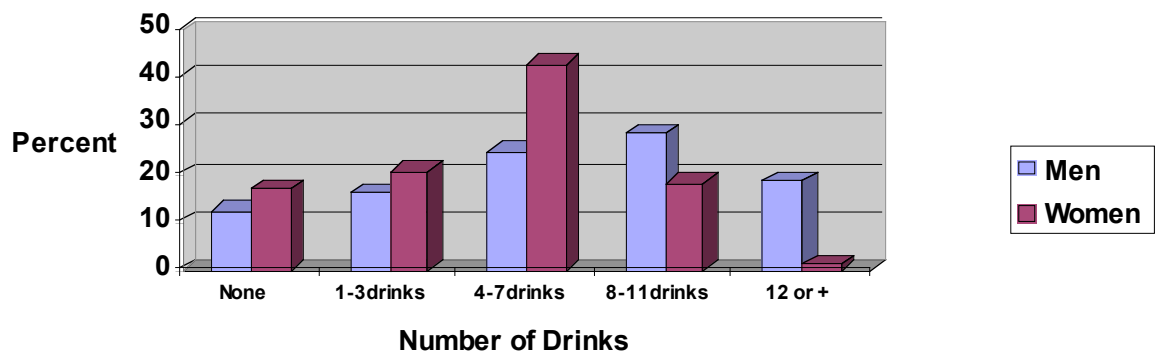
The next graph illustrates the difference of the specified reasons for drinking, between men and women athletic teams at Marietta College.

**Figure 12. Reason to Drink vs. Gender**



The researcher was curious to determine the difference between drinking habits in men and women. The next graph compares the amount of drinks that men and women consume in one sitting or at a party.

**Figure 13. Drinking Habits vs. Gender**





The researcher was interested to know if student athletes consume alcohol to cope with the various amounts of stress and pressure associated with the extreme intensity of balancing both academics and athletics. The first table represents the patterns of consumption related to coping with the pressure of athletics and academics. The second table illustrates the main reasons why student athletes tend to consume alcohol.

**Figure 14. Drink to Cope with the Pressures of Academics and Athletics?**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	74	56.9	56.9	56.9
Once a Month	34	26.2	26.2	83.1
Once a Week	13	10.0	10.0	93.1
More than Once a week	4	3.1	3.1	96.2
Everytime	5	3.8	3.8	100.0
Total	130	100.0	100.0	

a Gender = Male

**Figure 15. Drink to Cope with the Pressures of Academics and Athletics?**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	60	77.9	77.9	77.9
Once a Month	13	16.9	16.9	94.8
Once a Week	4	5.2	5.2	100.0
Total	77	100.0	100.0	

a Gender = Female

In 2006, Marietta College implemented a new alcohol consumption policy, which is extremely important for student athletes to know and understand. After a student athlete's second violation for drinking they are suspended for the entire athletic season. Marietta College implemented this policy in hopes to reduce the number of alcohol violations on campus.

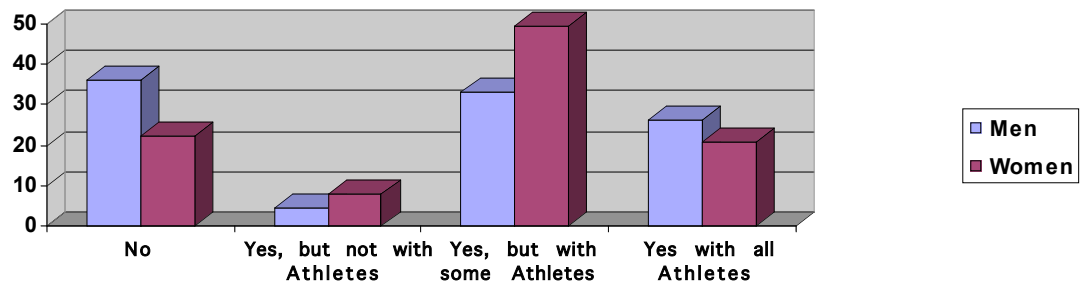
The next table illustrates the overall awareness of the alcohol policy from student athletes' perspectives.

**Figure 16. As a Student Athlete do you know Penalties for getting caught?**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No, not at all	9	4.3	4.3	4.3
	Yes, but unclear	39	18.8	18.8	23.2
	Yes, understood	159	76.8	76.8	100.0
	Total	207	100.0	100.0	

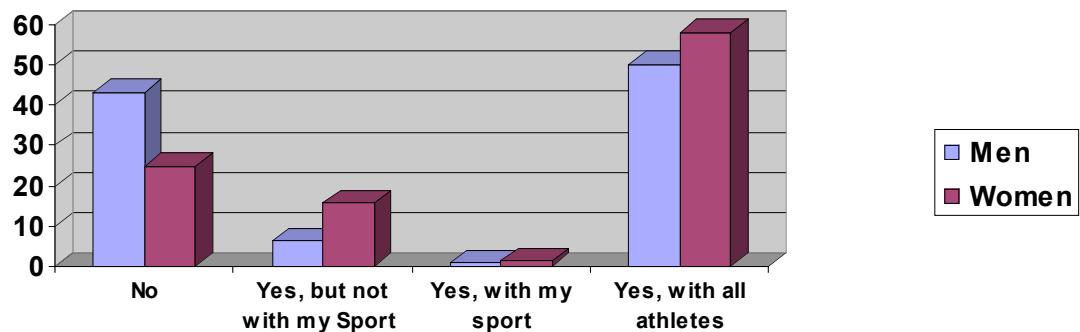
The researcher was interested to learn the statistical evidence concerning the data that illustrates whether or not there is an alcohol problem on Marietta College's Campus.

**Figure 17. Alcohol Problem on Campus**



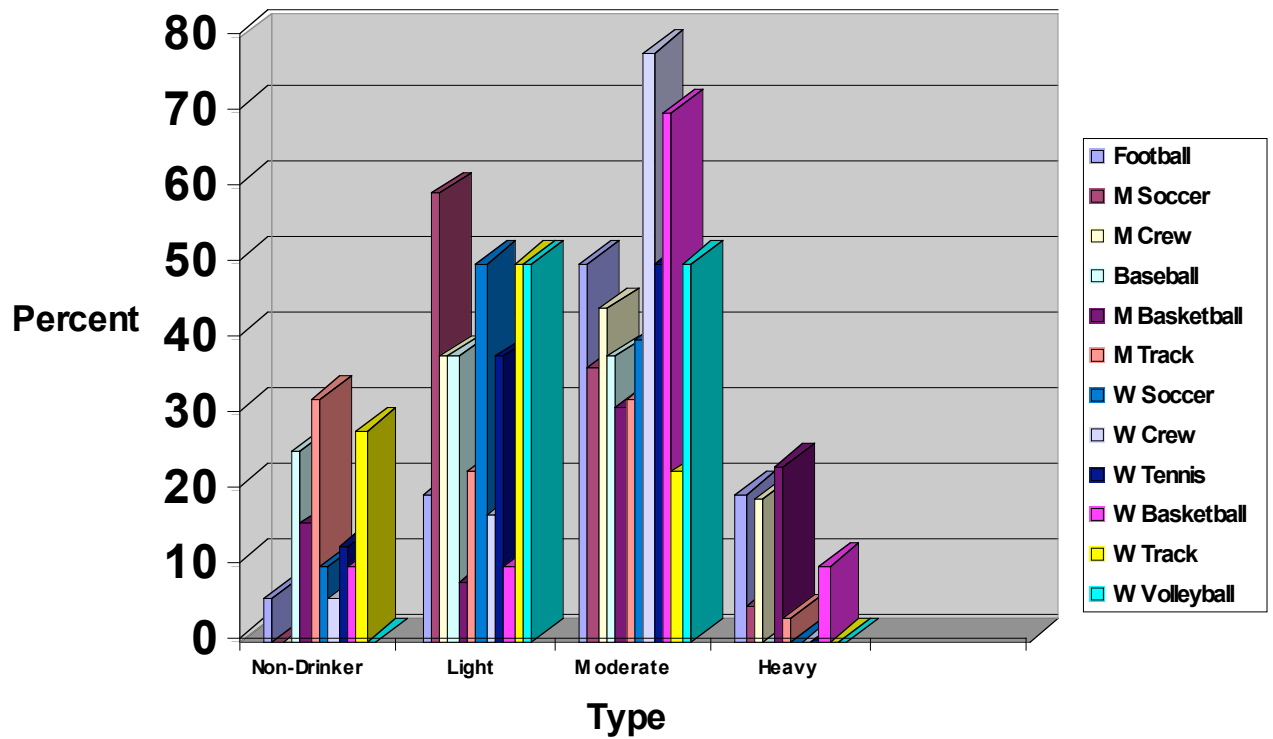
The next graph illustrates the statistical evidence regarding whether or not there is a drinking problem within Marietta College athletic teams according to student athletes.

**Figure 18. Drinking Problem with Athletic Teams**



The next graph is a comparison between male and female, as well as the different sports teams and the difference between the types of drinkers.

**Figure 19. Sports vs. Drinker**



## Chapter 5

## SUMMARY AND RECOMMENDATIONS

*Summary*

Throughout the history of division three athletics, student athletes all over the country have dealt with the pressure to win and have found themselves in many similar circumstances. Over the last twenty years division three athletics has developed a large fan base. Division three athletics has grown into a very competitive business as well, and applies many avenues for athletes to receive pressure to succeed on and off the field (Fang, Freedman, Gieck, & Grossman, 1993). Recent studies have shown that student athletes are more likely to be at risk from alcohol consumption and abuse due to the stress and pressure associated with maintaining a balance between student and athlete (Watson, 2002).

In today's society it is clearly evident that alcohol use and abuse plagues college sports teams in America (Choi, Kueffler, & Lim, 2005). Alcoholism in our society has become a major point of emphasis in today's social atmosphere (Fang, Freedman, Gieck, & Grossman, 1993). In recent studies, the U.S. government has clearly emphasized a major concern for the increasing problem of alcohol abuse in our country (Department of Health and Human Services, 2000). This problem is also especially evident in athletics at all levels. It is well known through research, that substance use and abuse has been a long-standing concern for coaches, trainers, parents, and administrators at the division three level (Bray, Green, Petr, & Uryasz, 2001). Researchers usually find that there are many different factors that contribute to this use and abuse by student athletes.

The alcohol use and abuse among student athletes at Marietta College is at a very high rate and essentially continues to pose as a negative factor in both academics and athletics. Ultimately, this a major growing concern for coaches and trainers, administrators and faculty, parents, teammates and classmates. The researcher wanted to statistically prove that student athletes at Marietta College consume and abuse alcohol. The researcher felt that there was a direct relationship between alcohol consumption and athletics.

The data collected for this quantitative study regarding the alcohol consumption of Marietta College Student Athletes was collected in the Spring Semester of 2007. To obtain and collect this data, the researcher individually set up meetings with the specific athletic teams. During these meetings with the particular sports team, the researcher explained the technicalities of the data collection instrument. The researcher surveyed two hundred and eight student athletes on twelve varsity sports teams at Marietta College. Of the twelve teams included in this study, six of them were male and six of them were female. Data was collected from; Men's football, soccer, crew, baseball, track and field, and basketball. Data was also collected from; Women's soccer, crew, track and field, tennis, volleyball, and basketball.

The researcher wanted to statistically prove the exceedingly high relationship between athletics and alcohol consumption. The researcher envisioned the results of the study to portray the notion that student athletes at Marietta College do consume and abuse alcohol. In Figure 3, the researcher found that out of 207 (male=130, female=77) participants 11.1% of student athletes are non-drinkers, 30.9% are light drinkers (1-5 drinks per week), 44.9% are moderate drinkers (6-11 drinks per week), and 9.7% are

heavy drinkers (12 or more drinks per week). In figure 4, the researcher compared the gender of the student athlete to what type of drinker. The results showed that male athletes at Marietta College consist of 11% non-drinkers, 29% light drinkers, 43% moderate drinkers, and 15% heavy drinkers. The results of the women's results indicated that there is not much difference between the men and women; 12% non-drinkers, 34% light drinkers, 48% moderate drinkers, and 1% heavy drinkers.

In Figure 8, the table indicated that they were 151 underage student athletes. Out of 151 underage drinkers, 31% were light drinkers, 46% were moderate drinkers, and 7% were heavy drinkers. In Figure 9, the table indicated that they were 56 student athletes who were of the legal drinking age. The table showed that 32% were light drinkers, 43% were moderate drinkers, and 18% were heavy drinkers. This data indicated that underage student athletes are consuming alcohol at moderate rate.

Binge drinking has become a serious problem on college campuses and universities all around the country. In Figure 10, the researcher compared the binge drinking habits between males and females. The graph indicated that female athletes binge drink less than male athletes at Marietta College. Male athletes indicated that 28% of 130 athletes binge drink every time they drink, while out of 77 female athletes only 4% binge drink every time they drink.

In Figure 11, the results proved that student athletes at Marietta College drink to socialize with friends and to get drunk. The table indicates that 39% drink to socialize, 24% drink to get drunk, and 25% drink to socialize, escape the pressure, and to get drunk. The researcher learned that lowest reason for drinking with both men and women was to

escape the pressures of athletics and academics. However, Figure 13 indicates that men consume a higher amount of alcohol at a party or in one sitting than women.

In figure 17, the graph illustrated that 50% of male athletes at Marietta College indicated that there is a drinking problem with all student athletes. However, 57.9% of female athletes indicated there is a drinking problem with all student athletes.

The purpose of the study was to investigate alcohol consumption among student athletes at Marietta College. The researcher's alternative hypothesis stated, there will be evidence of a problem and pattern associated with Marietta College Student Athletes and alcohol consumption and abuse. The researcher concluded that the evidence from the data analysis was proved to be true and that the researcher could accept the alternative hypothesis. The data analysis clearly showed that both male and female student athletes at Marietta College do consume and abuse alcohol. However, even though the statistics did indicate that Marietta College student athletes do consume alcohol, the statistics were not as alarmingly high as other studies that have been conducted at other colleges and universities.

### *Recommendations*

The researcher's recommendations consist of many avenues that might clarify the statistical results. The researcher indicated that the instrument used to survey the student athletes should have been more conducive to "yes or no" questions, which would have changed some of the questions overall results.

Another recommendation that the researcher deemed necessary for improved statistical results was to access more student athletes. This study was limited to one

college in the Ohio Athletic Conference and did not cross reference other Division three institutions. This study solely focused on Marietta College student athletes.

Study results were limited by the student athlete's ability to read and understand the questions, as well as a willingness to answer all the questions honestly. Another limitation of the study was the time commitment needed to collect data. The researcher's time frame to collect surveys and data from Marietta College student athletes was limited. Also the Marietta College athletic programs are not highly diverse throughout the different teams and vary in numbers of participants. Another limitation to this study was that student athletes might not be completely honest in answering the questions due to fearing a reprisal from their coaches or the college administration if they are specifically identified as an alcohol abuser.

In closing, the researcher would like to recommend that colleges and universities all over the country realize that student athletes are using and abusing alcohol at an alarming rate. It is extremely important that these student athletes be properly educated on the dangers of alcohol and how it can negatively effect athletics, academics, and life in general.



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APPENDIX A

Marietta College  
Human Subjects Consent Form

Dear Student-Athlete

This letter is to inform you that I will be conducting research for my Master's Thesis project. As an active student athlete in the Marietta College community, you have met the criteria needed for me to assess the consumption and abuse of alcohol among student athletes. In order to fill out this survey, you must be an active member of a Varsity team at Marietta College.

There are no potential risks while being involved in this survey. You will be asked to complete a 15 questions survey dealing with your consumption of alcohol. All survey results will be completely confidentially and remain anonymous. This information will not negatively effect your playing sports at Marietta College. Your coaches will have no knowledge of your personal information or questions you have answered on the survey.

The goal of the study is to determine whether or not there is an alcohol abuse problem with the Varsity Athletic teams at Marietta College. The subjects will all be 18 years of age and will be asked to complete a 15 question survey. However, you do have the freedom to withdraw from the survey at anytime. Ultimately, the goal of the project is to determine if there is an alcohol problem with student athletes and if the college needs to implement more programs to further educate the dangers of alcohol abuse.

If you have any questions please contact Dr. Skouzes at (740)-376-4796 or mowrerc@marietta.edu or myself at (740)-376-4866 or erik.pedersen@marietta.edu. If you have any questions or concerns regarding the research participants rights, please contact Dr. McCabe at (740)-376-4795 or jam002@marietta.edu I appreciate your help with this research and I hope the study will prove helpful and useful information for Marietta College.

Sincerely,

Erik Pedersen

I have read and understand this consent form.

Date \_\_\_\_\_ Age \_\_\_\_\_

Print Participants Name \_\_\_\_\_

Sign Participants Name \_\_\_\_\_

\_\_\_\_\_ I have given permission for my information to be used and understand it will remain anonymous.

\_\_\_\_\_ I do not give permission for my information to be used

APPENDIX B

Marietta College  
Human Subjects Committee Approval Form

**Marietta College  
Human Subjects Committee**

**PROPOSAL APPROVAL FORM**

*This page is to be completed by HSC members, although investigators may use it as a guide for submission of materials.*

**Principal Investigator(s):** Erik Pedersen  
**Date Submitted (MM/DD/YY):** 3/7/2007

**HSC #** 07-022  
**Form** ☐ Short  
**Submitted:** ☐ Long

**Materials Needed .** Identify materials that were *not* received, but are necessary for evaluation.

☐ Informed consent form      ☐ Letters of permission      ☐ Tests/surveys/questionnaires  
☐ Recruiting ads      ☐ Training certificate(s)      ☐ Additional items (specify)

**Additional criteria for approval:**

	<b>YES</b>	<b>NO</b>	<b>N/A</b>
1. The appropriate review form is used (i.e., short vs. long).	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. All information requested on the review form is complete and clearly stated.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The submission date is at least two weeks prior to the proposed start of data collection.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. For student projects, an e-mail stating support for the research was received from the faculty advisor.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The risks and benefits of the study are judged to be acceptable in relation to the study's goals, and are clearly stated in the consent form.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. If deception will be used, the type and level is acceptable for the research study, and is adequately justified by the investigator(s).	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7. The informed consent form contains all required information. If no consent form is provided, a request for a waiver is included.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. The review form and supplemental materials (consent form, etc.) are free of spelling and grammatical errors that interfere with comprehension.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Recruiting advertisements are appropriate and indicate that the project was approved by the Marietta College Human Subjects Committee.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Approval Decision:**

☒ The proposed research is approved. The investigator(s) may proceed with data collection.  
This approval expires on **July 1, 2007** (3 months past the projected end of data collection).

☐ The proposed research is denied. Reason(s) for denial are listed below. The investigator(s) may not begin data collection until a revised and resubmitted HSC proposal is approved.

**Comments:**

**HSC Member Name (s):** Sarah A. Manspeaker, MSED, ATC

**Date:** 03/08/2007

**Signature:** \_\_\_\_\_



APPENDIX C

Marietta College  
Student Athlete Alcohol Survey

**Marietta College Student-Athlete Alcohol Survey**

1. Are you 21 years of age? \_\_\_\_\_
2. What is your gender? \_\_\_\_\_
3. What sport do you play? \_\_\_\_\_
4. How would you describe yourself as a drinker?  
Abstainer or non-drinker  
Light Drinker 1-5 Drinks per Week  
Moderate Drinker 5-10 Drinks per Week  
Heavy Drinker 10 or More Drinks per Week
5. What is the average number of drinks you consume in a week in your off season?  
\_\_\_\_\_ Drinks
6. What is the average number of drinks you consume in a week during your season?  
\_\_\_\_\_ Drinks
7. What is the average number of drinks you consume when you drink socially?  
\_\_\_\_\_ Drinks
8. Binge drinking is considered to be consumption of 5 or more drinks. When drinking how often do you binge drink?
  - A. Never
  - B. Once a month
  - C. Once a week
  - D. More than once a week
  - E. Every time I drink
9. When at a party or on campus, how many drinks do you have in one sitting?
  - A. None
  - B. 1-3 Drinks
  - C. 4-7 Drinks
  - D. 8-11 Drinks
  - E. More than 12 Drinks

**10. How often do you drink alone?**

- A. Never
- B. Once a month
- C. Once a week
- D. More than once a week
- E. Every time I drink

**11. When you drink, do you drink to...?**

- A. I don't drink
- B. To socialize with friends
- C. To escape the pressure of athletics
- D. To get drunk
- E. B, C, and D

**12. Do you drink to cope with the pressure of academics and athletics?**

- A. Never
- B. Once a month
- C. Once a week
- D. More than once a week
- E. Every time I drink

**13. As a student athlete, do you understand the penalties for getting caught consuming alcohol?**

- A. No, not at all
- B. I have heard, but the potential consequences are unclear
- C. Yes, I know consequences and they are clearly understood

**14. As a student-athlete, do think there is a drinking problem on the Marietta College campus?**

- A. No, not at all
- B. Yes, but not with athletes
- C. Yes, but with some athletes included
- D. Yes, with all students including athletes

**15. As a whole, do you think there is a drinking problem among all student-athletes at Marietta College?**

- A. No, not at all
- B. Yes, but with the exception of my particular sport
- C. Yes, but with just my sport
- D. Yes, with all the student-athletes as a whole