

IMPACT OF PARENTAL MONITORING IN HIGH SCHOOL ON COLLEGE DRINKING DURING STUDENTS' FIRST SEMESTER

Kylie Cunningham, Department of Public Health

Introduction

College drinking is defined as any type of alcohol consumed by someone under the age of 21 for reasons other than religious practices, who is attending a two- or four- year university (“Alcohol behaviors and academic grades”, 2021). Independent of sex or religion, parental monitoring is associated with students drinking compared to students whose parents are not as protective. Research indicates parental monitoring in high school is an indirect protective factor on the same students who begin college (Arria et al., 2008).

The purpose of this study is to analyze parent-child relationships and how parental monitoring while students are in high school impact them in college. This study will assess parental monitoring in high school and its impact on drinking patterns for first semester Belmont students.

Methods

A cross-sectional study was performed that collected quantitative data from participants who were at least 18 years of age, in their first semester of college and a full-time student at Belmont University. Recruitment for participants through first year seminar professors and honors first year seminar professors. Demographic data was be collected for benchmarks of each participant (Appendix A).

The Alcohol Use Disorders Identification Test: Self-Report Version (AUDIT) analyzed drinking habits in college and the Parental Monitoring Scale measured parental monitoring while students were in high school. Both surveys asked questions on a Likert scale. (Appendix C).

Aggregate scores were collected from both surveys and compared with Pearson’s R statistical test. Individual questions were selected to run Chi- squared tests on, looking for a significant relationship between college student’s drinking habits and parental monitoring while in high school. Microsoft excel will be used to calculate all data and stored on a password protected computer.

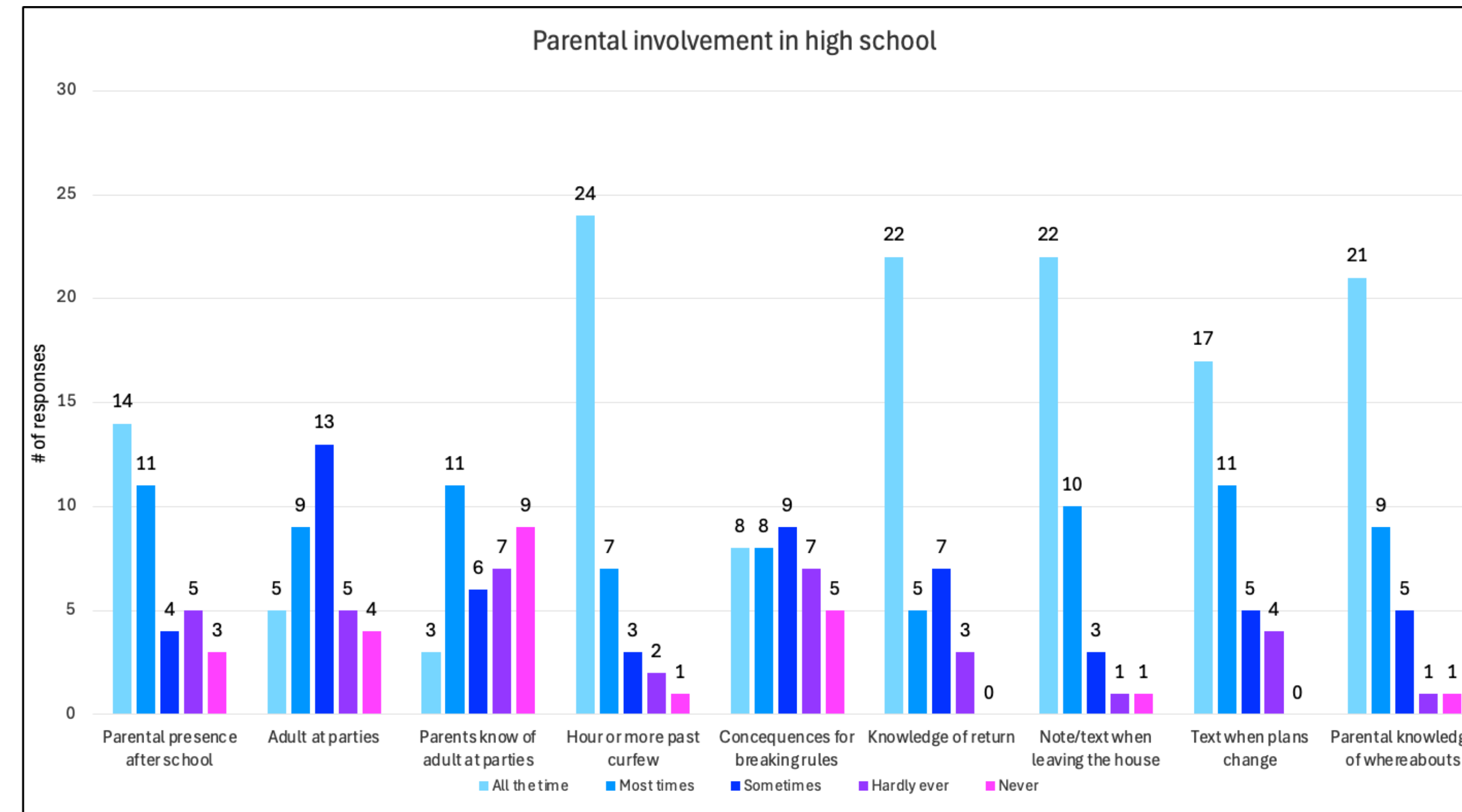


Table 2. Chi-square (X^2) results comparing collegiate drinking behavior variable to parental involvement variables.

Collegiate Behavior Variables	Parental Involvement Variables	Total Sample (n = 37)
6+ drinks	Parental presence afterschool	0.523
	Adults at parties	0.377
	Parents know of adult at party	0.377
	Hour + past curfew	0.065*
	Consequences for breaking rules	0.875
	Knowledge of return	0.416
	Note/text when leaving home	0.648
	Text to parents when plans changed	0.380
	Parental knowledge of whereabouts	0.940
		P-values

* p < 0.10, indicating significance at 90% confidence interval

Table 3. Chi-square (X^2) results comparing collegiate drinking behavior to parental involvement variables

Collegiate Behavior Variables	Parental Involvement Variables	Total Sample (n = 37)
Drinking frequency	Hour + past curfew	0.243
	Consequences for breaking rules	0.517
Drinks per sitting	Hour + past curfew	0.026*
	Consequences for breaking rules	0.729
		P-values

* p < 0.05, indicating significance at 95% confidence interval

Results

The only variable that had statistically significant results was parental knowledge of being an hour or more past curfew. A chi squared test run at a 90% confidence level is statistically significant based on a chi-squared result of $p < 0.065$ (Table 2). The test run at the 95% level was not significant.

There was a statistically significant relationship between the number of drinks per sitting a freshman has and if their parents knew if they were more than an hour late past curfew in high school at a 95% confidence interval with $p = 0.026$ (table 3). All other p values were greater than 0.05 and the null failed to be rejected.

A Pearson’s r correlation coefficient was run in addition to the chi-squared tests. A correlation value of 0.1134 is a “very weak positive” (Table 3). The p-value for the Pearson’s r correlation coefficient was not statistically significant with $p = 0.504$. The null hypothesis that there is no relationship between the two will fail to be rejected.

Conclusion

Students drinking at different rates could potentially not be associated with their parent’s involvement but rather their relationship with the parent. Family history is a predictor of how much a student may drink in college which was not accounted for in this study (LaBrie et al., 2010).

Parental involvement in their child’s is a protective factor in relation to collegiate drinking. Knowledge of if students are arriving home on time is the only variable that makes an impact on both less drinks per night when drinking and having less than 6 drinks on one occasion. More extensive research is required to determine the extent that specific parental actions and presence impact college freshmen.

References

- Arria, A. M., Kuhn, V., Caldeira, K. M., O’Grady, K. E., Vincent, K. B., & Wish, E. D. (2008). High school drinking mediates the relationship between parental monitoring and college drinking: A longitudinal analysis. *Substance abuse treatment, prevention, and policy*, 3, 1-11.
- Centers for Disease Control and Prevention. (2021, January 26). Alcohol behaviors and academic grades. Centers for Disease Control and Prevention. https://www.cdc.gov/healthyschools/health_and_academics/alcoholuse.htm
- LaBrie, J. W., Migliuri, S., Kenney, S. R., & Lac, A. (2010). Family history of alcohol abuse associated with problematic drinking among college students. *Addictive behaviors*, 35(7), 721-725.