

The Impact of Alcohol Consumption on the Physical and Mental Health of Young Adults in Barangay 440, Zone 44, District IV, Sampaloc, Manila

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Abstract

This research studies the impact of drinking on the physical and mental well-being of Young Adults in Barangay 440, Zone 44, District IV, Sampaloc, Manila. Quantitative descriptive research design was utilized, with a self-administered survey questionnaire being the key research tool. The instrument was validated by specialists to ensure its accuracy and reliability.

Data was collected from a structured survey distributed to respondent, following ethical considerations and informed consent procedures. Descriptive and inferential statistical measures such as mean, and standard deviation were used in analyzing the responses. The results show that the majority of respondents are rarely affected by alcohol but symptoms such as dizziness, lightheadedness, restlessness, and disturbed sleep were reported in some, indicating possible long-term consequences

In general, the findings emphasized variety in physiological and psychological reactions to alcohol among young adults. For the possibility of adverse effects on health, the research brings out prevention through stricter alcohol regulations as well as awareness campaigns. Future studies can look into interventions to counteract adverse effects of alcohol on the health of students.

Keywords: *Alcohol consumption, physical health, mental health, young adults, cardiovascular system, respiratory system, endocrine system, digestive system, genitourinary system, anxiety, depression, suicidal thoughts, stress management, emotional stability, preventive measures.*



I. INTRODUCTION

Background and Rationale

Alcohol has been present in human society since prehistoric times and remains one of the most commonly used psychoactive substances today. Its consumption is deeply embedded in modern culture and is often associated with socialization, celebration, and tradition. While alcohol is widely accepted as part of daily life, its effects extend beyond social contexts and significantly influence physical and mental health. These effects are especially concerning among young adults, a group that is at a critical stage of development characterized by increasing independence, identity formation, and strong social influence.

In recent years, alcohol consumption among young adults has become a major public health concern worldwide, particularly in densely populated urban communities such as Barangay 440, Zone 44, District IV, Sampaloc, Manila. Access to alcoholic beverages and social influences may contribute to increased alcohol consumption among young adults. Although alcohol is widely consumed, its potential impact on both physical and mental health is often underestimated. This study introduces the concern regarding alcohol use among young adults and highlights the need to examine its health-related consequences within the local community.

As nursing students and future healthcare professionals, it is essential to understand not only the biological and clinical effects of alcohol but also its broader impact on the health and development of young adults. Increasing levels of alcohol consumption among this age group raise serious concerns regarding their overall well-being and long-term health outcomes. Examining how alcohol use affects young adults within their specific community context can provide valuable insights for developing effective intervention strategies, awareness programs, and health-promoting initiatives. Understanding the role of environmental and social factors, such as peer influence and community dynamics, is crucial in addressing alcohol-related risks.

This study aims to evaluate the impact of alcohol consumption on the physical and mental health of young adults in Barangay 440, Zone 44, District IV, Sampaloc, Manila. It also seeks to examine how environmental and social relationships may either increase or reduce the risks associated with alcohol use. This research is significant as it addresses a gap in local public health literature by focusing on young adults as an underserved population within a specific urban community. The findings of this study may contribute to the development of culturally relevant and community-based interventions, as well as inform policies related to health education, mental health services, and preventive healthcare programs. Ultimately, this research aspires to support improved well-being among young adults and reduce alcohol-related harm within Barangay 440 and similar urban settings.

Review of Related Literature and Studies

Local Studies

West et al. (2020) indicated that alcohol consumption is a significant problem in the Philippines, especially among young people, and has severe consequences for physical and mental well-being. They concluded that physical inactivity was strongly linked to alcohol



consumption among Filipino youth, and that if this issue is addressed at the local level and increased physical activity is encouraged, then this cycle can be interrupted.

As per Lees et al. (2020), the issue in the Philippines, where academic achievement is a top priority, is alcohol's effect on teenagers' brains. As per their study, excessive drinking compromises learning, memory, and concentration, which affect students' school performance and ability to form social relationships.

The Lancet (2019) reported that depression and anxiety are the largest mental health problems in the Philippines. Individuals tend to use alcohol as a coping mechanism for stress, but this has the unintended consequence of aggravating the mental health in the long run. Therefore, culturally appropriate interventions are required to handle these problems effectively.

Chronic alcohol use severely weakens the immune system of an individual, making such people more susceptible to infections, according to Crotty et al. (2022). This can very conveniently be hazardous for most patients in the Philippines who may never receive appropriate healthcare and further their risk of contracting infections along the way.

From the World Health Organization (2024), alcohol use is among the top reasons for health issues in the world, including in the Philippines, to affect the body and the mind. It is linked to over 200 diseases such as heart disease, liver cirrhosis, and cancer, and to the noncommunicable disease burden that kills millions of people annually. The heavy consumption of alcohol in the Philippines is the reason why these conditions reflect the significance of acting in time and implementing public health measures that would help lower the risks associated with alcohol.

International Studies

Suliga et al. (2019) revealed that alcohol is significantly associated with metabolic syndrome, one of the major risk factors for heart disease, stroke, and diabetes. Recently, Anderson et al. (2021) have noted that moderate to heavy alcohol consumption is one of the important contributors to obesity since most alcohol use often leads to weight gain and a chance of chronic diseases.

The National Health Service (2022) stated that alcohol abuse is linked to mental problems such as depression and anxiety. Continuous drinking may put the patient at risk, especially to develop these health problems. Individuals with grave mental disorders use alcohol in attempts to medicate psychological anguish. Although alcohol would initially offer a reprieve against anxiety, it typically would only worsen the condition through time, thereby creating dependency with extreme effects on psychological wellness.

Better Health (2020) reported that while alcohol is often used to cope with stress, anxiety, and depression, it ultimately worsens these conditions by disrupting neurotransmitter balance, leading to heightened impulsivity and mental distress. Prolonged use may also result in dependence, increasing the risk of severe mental health disorders. Early intervention is crucial in



breaking this cycle and mitigating the long-term physical and psychological effects of alcohol use.

According to the Institute of Alcohol Studies (2020), alcohol misuse affects the both body and mind and leaves the affected person with chronic health conditions, such as cancers, osteoporosis, liver diseases, and weaknesses in both the immune system and sexual health. Quality of life is considerably lost in due course for such a person, not just as a personal matter, but as a social dimension also. The Institute pointed out that alcohol is associated with psych problems, which include anxiety disorders, depression, suicide trends, and other psychosocial issues.

Freichel et al. (2023) found that those who consume alcohol to have fun or socialize are more likely to continue with alcohol use, but those who drink for other reasons may face more dire consequences over time. This demonstrates how varied motivations to drink can mold the risks and consequences associated with alcohol use.

Hammerton et al. (2023) reported that while alcohol use among adolescents has decreased in high-income countries over the past two decades, alcohol-related harm among young adults has not followed the same trend. It is country-specific, where alcohol use peaks between ages 15 and 18 years and then gradually declines to age 22 in the UK. The relationship between depression and alcohol use remains complex. Some experts believe that depressed individuals might use alcohol to manage negative emotions, which may lead to increased drinking among adolescents. Conversely, alcohol use can contribute to depression through negative social, psychological, and physical effects. Understanding how different drinking patterns predict depression risk is still an area needing further exploration.

Statement of the Problem

The study's aim is to investigate the impact of alcohol intake on the physical and mental health of the Young Adults in Barangay 440, Zone 44, District IV , Sampaloc, Manila.

1. What is the demographic profile of the correspondents in terms of:
 - 1.1 Age
 - 1.2 Gender
 - 1.3 How often do you drink alcohol?
 - 1.4 What type of Alcoholic Beverages do you consume most often?
 - 1.5 How many Bottles do you typically have in one sitting?
 - 1.6 Who encourages you to drink Alcoholic Beverages?



2. What are the influence of alcohol consumption on the physical health of the Young Adults in Barangay 440, Zone 44, District IV, Sampaloc, Manila, particularly in terms of:

- 2.1 Cardiovascular system
- 2.2 Respiratory System
- 2.3 Endocrine System
- 2.4 Digestive System
- 2.5 Genitourinary System

3. What is the impact of alcohol consumption on the mental health of Young Adults in Barangay 440, Zone 44, District IV, Sampaloc, Manila, particularly in terms of:

- 3.1 Anxiety
- 3.2 Depression
- 3.3 Suicidal Thoughts
- 3.4 Stress Management
- 3.5 Emotional Stability

4. What resources or interventions could effectively reduce alcohol consumption and promote healthier lifestyle choices among Young Adults in Barangay 440, Zone 44, District IV, Sampaloc, Manila?

Hypothesis of the Study

This study investigates the impact of alcohol consumption on the physical and mental health of young adults in Barangay 440, Zone 44, District IV, Sampaloc, Manila. It aims to identify the relationship between alcohol intake and health outcomes, and determine whether alcohol consumption significantly affects their physical and mental well-being.

1. Null Hypothesis (H₀): There is no significant impact of alcohol consumption on the physical and mental health of young adults in Barangay 440, Zone 44, District IV, Sampaloc, Manila.



2. Alternative Hypothesis (H₁): Alcohol consumption has a significant impact on the physical and mental health of young adults in Barangay 440, Zone 44, District IV, Sampaloc, Manila.

3. Specific Hypotheses:

- H₀₁: There is no significant relationship between alcohol consumption and physical health symptoms (e.g., nausea, bloating, frequent urination) among young adults.
H₁₁: There is a significant relationship between alcohol consumption and physical health symptoms among young adults.
- H₀₂: There is no significant relationship between alcohol consumption and mental health symptoms (e.g., anxiety, depression, emotional instability) among young Adults.
H₁₂: There is a significant relationship between alcohol consumption and mental health symptoms among young adults.
- H₀₃: There is no significant difference in the perceived impact of alcohol consumption based on gender or age group.
H₁₃: There is a significant difference in the perceived impact of alcohol consumption based on gender or age group.

II. MATERIALS AND METHODS

Research Design

This study utilized a descriptive quantitative research design to determine the effects of alcohol consumption on the physical and mental health of young adults aged 18–25 in Barangay 440, Zone 44, District IV, Sampaloc, Manila. This design was appropriate because it allowed the researchers to systematically gather, describe, and analyze data regarding respondents' alcohol consumption and its associated health effects.

Participants

The respondents of the study were young adults aged 18–25 residing in Barangay 440, Zone 44, District IV, Sampaloc, Manila. A random sampling technique was used to select participants to ensure each eligible respondent had an equal chance of being included in the study.

Instruments of the Study

Data were gathered using a validated 41-item Likert-scale questionnaire designed to assess alcohol consumption and its effects on physical and mental health. The questionnaire consisted of sections covering respondent profile, factors influencing alcohol consumption, physical health

effects, mental health effects, and preventive measures. Responses were measured using a Likert scale to determine frequency or level of agreement.

Data Gathering Procedure

The researchers drafted a formal letter to Barangay Captain Barangay 440, asking for permission to carry out a survey among young adults. They also drafted a consent form to enumerate the objectives of the study, to enhance their rights as respondents, and to guarantee confidentiality in their responses. Everyone was voluntary.

In order to do this, the researchers held a meeting to ensure that all of them were on the same page as far as doing this survey was concerned. They discussed goals, how to clearly explain instructions, and how to answer the participants responsibly.

The researchers focused on those young adults aged 18-25 years old living in Barangay 440. The survey was distributed through a Google Form, and researchers went around Barangay 440 to invite the residents to fill out the survey. The barangay secretary also helped in distributing the survey, as they knew the residents. The respondents were invited to fill it out as soon as they received it. Follow-ups were also done to give all of the mentioned participants a chance to respond.

After collecting the surveys, the researchers analyzed the data and present the findings using mean, median, and mode. That was usually used to recommend and eventually complete the study in an organized way.

Data Analysis

The collected data were analyzed using descriptive statistics, specifically mean, median, and mode, to summarize the responses and identify patterns related to alcohol consumption and its effects on physical and mental health.

III. RESULTS

Assessment on the Demographic Profile of the Respondents

Table 1. Distribution of the Respondents Based on their Demographic Profile

Profile	Frequency	Percentage
Age		
18 – 19	60	28.3
20 – 21	68	32.1
22 – 23	51	24.1



<i>24 – 25</i>	33	15.6
Gender		
<i>Male</i>	120	56.6
<i>Female</i>	92	43.4
How often do you drink alcohol?		
<i>Rarely (Less than once a month)</i>	64	30.2
<i>Occasionally (1–2 times a month)</i>	74	34.9
<i>Frequently (1–2 times a week)</i>	41	19.3
<i>Regularly (3 or more times a week)</i>	17	8.0
<i>Daily</i>	16	7.5
What type of Alcoholic Beverages do you consume most often?		
<i>Beer</i>	63	29.7
<i>Wine</i>	19	9.0
<i>Spirits (e.g., whiskey, rum, vodka)</i>	103	48.6
<i>Cocktails</i>	25	11.8
<i>None</i>	1	.5
<i>All of them</i>	1	.5
How many Bottles do you typically have in one sitting?		
<i>1 -2 drinks</i>	103	48.6
<i>3 – 4 drinks</i>	70	33.0
<i>5 or more drinks</i>	39	18.4
Who encourages you to drink Alcoholic Beverages?		

<i>Friends/Peers</i>	187	30.7
<i>Family Members</i>	165	27.0
<i>Social media/Influencers</i>	101	16.6
<i>Cultural or Social Norms</i>	70	11.5
<i>Personal Preference</i>	87	14.3
Total	212	100

Multiple Responses

Demographic Profile of Respondents

The demographic profile of the respondents is presented in Table 1. The age distribution shows that the majority of respondents were aged 20–21 years (32.1%), followed by those aged 18–19 years (28.3%). Respondents aged 22–23 years comprised 24.1%, while the smallest group, 24–25 years, accounted for 15.6%. In terms of gender, 56.6% of respondents were male, and 43.4% were female, indicating a higher prevalence of alcohol consumption among males in the community.

Patterns of Alcohol Consumption

The frequency of alcohol consumption among respondents revealed that most engaged in occasional drinking (1–2 times per month) at 34.9%, followed by rare drinkers (less than once a month) at 30.2%. Regular drinking (1–2 times per week) was reported by 19.3% of respondents, while 8.0% drank regularly (3 or more times a week), and 7.5% consumed alcohol daily.

Regarding types of alcoholic beverages, spirits such as whiskey, rum, and vodka were the most commonly consumed (48.6%), followed by beer (29.7%), cocktails (11.8%), and wine (9.0%).

Very few respondents reported drinking all types or none at all (0.5% each). Most respondents consumed 1–2 drinks per session (48.6%), 3–4 drinks were reported by 33.0%, and 5 or more drinks were reported by 18.4%.

Social influence was found to be a significant factor in drinking behavior. Friends and peers encouraged drinking in 30.7% of respondents, family members in 27.0%, social media or influencers in 16.6%, cultural or social norms in 11.5%, and personal preference in 14.3%. These

findings suggest that both social and familial factors play a key role in alcohol consumption patterns.

Assessment on the Level of Influence of Alcohol Consumption on the Physical Health Among Respondents

Table 2. Assessment on the Level of Influence of Alcohol Consumption on the Physical Health Among Respondents in terms of Cardiovascular System

Statement	Mean	Standard Deviation	Interpretation
<i>I notice changes in my blood pressure after consuming alcohol.</i>	2.03	1.07	Rarely
<i>I experience heart palpitations or irregular heartbeat.</i>	2.20	1.17	Rarely
<i>I feel chest discomfort or tightness.</i>	2.02	1.10	Rarely
<i>I experience dizziness or lightheadedness after drinking alcohol.</i>	2.91	1.25	Rarely
Total	2.29	1.15	Rarely

Legend: 1.00 – 1.79 Never; 1.80 – 2.59 Rarely; 2.60 – 3.39 Occasionally; 3.40 – 4.19 Frequently; 4.20 – 5.00 Always

Respondents reported rarely experiencing cardiovascular-related symptoms after alcohol consumption, with an overall mean of 2.29 (SD = 1.15). Among specific symptoms, dizziness or lightheadedness had the highest mean (M = 2.91, SD = 1.25), categorized as "occasionally," while changes in blood pressure, palpitations, and chest discomfort were all "rarely" experienced.

Table 3. Assessment on the Level of Influence of Alcohol Consumption on the Physical Health Among Respondents in terms of Respiratory System

Statement	Mean	Standard	Interpretation
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		Deviation	
<i>I experience shortness of breath or difficulty breathing.</i>	2.08	1.22	Rarely
<i>I experience coughing or wheezing.</i>	2.04	1.07	Rarely
<i>I notice increased throat irritation or mucus production.</i>	2.03	1.12	Rarely
<i>I experience nasal congestion or sinus issues after consuming alcohol.</i>	1.89	1.09	Rarely
Total	2.01	1.12	Rarely

Legend: 1.00 – 1.79 Never; 1.80 – 2.59 Rarely; 2.60 – 3.39 Occasionally; 3.40 – 4.19 Frequently; 4.20 – 5.00 Always

The overall mean score of 2.01 (SD = 1.12) indicated that respondents "rarely" experienced respiratory issues such as shortness of breath, coughing, throat irritation, or nasal congestion. Shortness of breath was the most frequent symptom (M = 2.08, SD = 1.22), while nasal congestion was the least reported (M = 1.89, SD = 1.09).

Table 4. Evaluation on the Extent of Influence of Drinking on the Physical Well-being of Respondents in terms of Endocrine System

Statement	Mean	Standard Deviation	Interpretation
<i>I experience changes in appetite or weight.</i>	2.49	1.15	Rarely
<i>I feel changes in my sleep pattern (e.g., difficulty falling asleep, waking up frequently).</i>	2.88	1.30	Occasionally
<i>I experience excessive sweating or feeling overheated.</i>	2.64	1.32	Occasionally

<i>I notice changes in my energy levels after consuming alcohol.</i>	2.86	1.29	Occasionally
Total	2.72	1.27	Occasionally

Legend: 1.00 – 1.79 Never; 1.80 – 2.59 Rarely; 2.60 – 3.39 Occasionally; 3.40 – 4.19 Frequently; 4.20 – 5.00 Always

Respondents "occasionally" experienced endocrine-related effects, with a mean of 2.72 (SD = 1.27). Sleep disturbances (M = 2.88, SD = 1.30) and changes in energy levels (M = 2.86, SD = 1.29) were the most commonly reported symptoms, while appetite or weight changes were reported less frequently (M = 2.49, SD = 1.15).

Table 5. Assessment on the Level of Influence of Alcohol Consumption on the Physical Health Among Respondents in terms of Endocrine System

Statement	Mean	Standard Deviation	Interpretation
<i>I experience nausea or vomiting.</i>	2.92	1.23	Occasionally
<i>I notice issues like acid reflux or bloating.</i>	2.82	1.27	Occasionally
<i>I have noticed changes in my appetite or eating habits.</i>	2.57	1.21	Occasionally
<i>I experience abdominal pain or discomfort after drinking alcohol.</i>	2.28	1.23	Rarely
Total	2.65	1.24	Occasionally

Legend: 1.00 – 1.79 Never; 1.80 – 2.59 Rarely; 2.60 – 3.39 Occasionally; 3.40 – 4.19 Frequently; 4.20 – 5.00 Always

Alcohol had an occasional impact on digestive health (M = 2.65, SD = 1.24). Nausea or vomiting was the most reported symptom (M = 2.92, SD = 1.23), followed by acid reflux or bloating (M = 2.82, SD = 1.27). Changes in appetite and abdominal discomfort were less frequent.

Table 6. Assessment on the Level of Influence of Alcohol Consumption on the Physical Health Among Respondents in terms of Genitourinary

Statement	Mean	Standard Deviation	Interpretation
<i>I experience increased frequency or urgency of urination.</i>	3.15	1.37	Occasionally
<i>feel discomfort or burning sensation while urinating.</i>	2.02	1.15	Rarely
<i>I notice changes in sexual health (e.g., libido, performance).</i>	2.34	1.30	Rarely
<i>I experience dehydration-related symptoms such as dry mouth or fatigue.</i>	2.33	1.34	Rarely
Total	2.46	1.29	Rarely

Legend: 1.00 – 1.79 Never; 1.80 – 2.59 Rarely; 2.60 – 3.39 Occasionally; 3.40 – 4.19 Frequently; 4.20 – 5.00 Always

Respondents rarely experienced genitourinary issues overall ($M = 2.46$, $SD = 1.29$). The most frequently reported effect was increased frequency or urgency of urination ($M = 3.15$, $SD = 1.37$), classified as "occasionally," while discomfort during urination, sexual health changes, and dehydration-related symptoms were rare

Assessment in the Impact of Alcohol Consumption on the Mental Health Among Respondents

Table 7. Assessment in the Impact of Alcohol Consumption on the Mental Health Among Respondents in terms Anxiety

Statement	Mean	Standard Deviation	Interpretation
<i>I feel uneasy or restless the day after drinking alcohol.</i>	2.38	1.16	Rarely
<i>I experience difficulty falling or staying asleep.</i>	2.48	1.18	Rarely
<i>I feel an increase in overthinking or self-doubt after drinking.</i>	2.22	1.14	Rarely
<i>I experience panic or increased nervousness after consuming alcohol.</i>	2.03	1.08	Rarely
Total	2.28	1.14	Rarely

Legend: 1.00 – 1.79 Never; 1.80 – 2.59 Rarely; 2.60 – 3.39 Occasionally; 3.40 – 4.19 Frequently; 4.20 – 5.00 Always

Alcohol rarely influenced anxiety, with a total mean of 2.28 (SD = 1.14). Difficulty falling or staying asleep was slightly higher than other symptoms (M = 2.48, SD = 1.18), though still within the "rarely" category.

Table 8. Assessment in the Impact of Alcohol Consumption on the Mental Health Among Respondents in terms Depression

Statement	Mean	Standard Deviation	Interpretation
<i>I prefer to withdraw from social activities after consuming alcohol.</i>	2.09	1.10	Rarely
<i>I find it difficult to</i>	2.31	1.28	Rarely

<i>concentrate the next day.</i>			
<i>I experience a shift in my mood after drinking.</i>	2.43	1.23	Rarely
<i>I feel unmotivated or lethargic after alcohol consumption.</i>	2.19	1.21	Rarely
Total	2.25	1.21	Rarely

Legend: 1.00 – 1.79 Never; 1.80 – 2.59 Rarely; 2.60 – 3.39 Occasionally; 3.40 – 4.19 Frequently; 4.20 – 5.00 Always

Depressive symptoms were also rare ($M = 2.25$, $SD = 1.21$), with mood shifts after drinking being the highest-reported symptom ($M = 2.43$, $SD = 1.23$). Social withdrawal, lethargy, and concentration difficulties were infrequently reported.

Table 9. Assessment in the Impact of Alcohol Consumption on the Mental Health Among Respondents in terms Suicidal Thoughts

Statement	Mean	Standard Deviation	Interpretation
<i>I prefer to withdraw from social activities after consuming alcohol.</i>	2.07	1.18	Rarely
<i>I find it difficult to concentrate the next day.</i>	2.14	1.25	Rarely
<i>I experience a shift in my mood after drinking.</i>	2.00	1.15	Rarely
<i>I feel unmotivated or lethargic after alcohol consumption.</i>	1.72	1.03	Never
Total	1.98	1.15	Rarely

Legend: 1.00 – 1.79 Never; 1.80 – 2.59 Rarely; 2.60 – 3.39 Occasionally; 3.40 – 4.19 Frequently; 4.20 – 5.00 Always

Respondents rarely experienced suicidal thoughts related to alcohol consumption ($M = 1.98$, $SD = 1.15$). Social withdrawal was the most reported ($M = 2.07$, $SD = 1.18$), while lethargy was never reported ($M = 1.72$, $SD = 1.03$).

Table 10. Assessment in the Impact of Alcohol Consumption on the Mental Health Among Respondents in terms Stress Management

Statement	Mean	Standard Deviation	Interpretation
<i>I rely on alcohol to feel relaxed after a stressful day.</i>	2.54	1.35	Occasionally
<i>I find it difficult to stay focused or make clear decisions after drinking.</i>	2.29	1.24	Rarely
<i>I use alcohol as a coping mechanism for stress or anxiety</i>	2.51	1.31	Occasionally
<i>I feel more irritable or impatient after consuming alcohol.</i>	2.14	1.14	Rarely
Total	2.37	1.26	Rarely

Legend: 1.00 – 1.79 Never; 1.80 – 2.59 Rarely; 2.60 – 3.39 Occasionally; 3.40 – 4.19 Frequently; 4.20 – 5.00 Always

Alcohol was rarely used as a coping mechanism for stress ($M = 2.37$, $SD = 1.26$). Respondents occasionally used alcohol to feel relaxed ($M = 2.54$, $SD = 1.35$) or to cope with anxiety ($M = 2.51$, $SD = 1.31$), but these behaviors were not habitual.

Table 11. Assessment in the Impact of Alcohol Consumption on the Mental Health Among Respondents in terms Emotional Stability

Statement	Mean	Standard Deviation	Interpretation
<i>I experience sudden changes in mood.</i>	2.60	1.20	Occasionally

<i>I find it harder to control my emotions or reactions.</i>	2.47	1.26	Rarely
<i>I become more sensitive to criticism or social interactions after drinking.</i>	2.21	1.23	Rarely
<i>I experience increased impulsivity or reckless behavior after alcohol consumption.</i>	2.42	1.34	Rarely
Total	2.42	1.25	Rarely

Legend: 1.00 – 1.79 Never; 1.80 – 2.59 Rarely; 2.60 – 3.39 Occasionally; 3.40 – 4.19 Frequently; 4.20 – 5.00 Always

The overall impact on emotional stability was rare ($M = 2.42$, $SD = 1.25$), with sudden mood changes being the most reported symptom ($M = 2.60$, $SD = 1.20$), classified as "occasionally." Difficulty controlling emotions, sensitivity to criticism, and impulsivity were reported infrequently.

Assessment on the Preventive Measures and Intervention Suggested by the Respondents

Table 12. Assessment on the Preventive Measures and Intervention Suggested by the Respondents

Profile	Frequency	Percentage
<i>Education and awareness campaigns</i>	85	40.1
<i>Support groups or counseling</i>	18	8.5
<i>Stricter alcohol regulations</i>	41	19.3
<i>Promotion of alternative stress-management activities</i>	65	30.7
<i>Others</i>	3	1.4
Total	212	100



Respondents recommended multiple interventions to mitigate the effects of alcohol. The most suggested measures included education and awareness campaigns (40.1%), stricter alcohol regulations (30.7%), support groups or counseling (19.3%), and promotion of alternative stress-management activities (8.5%). A small proportion (1.4%) suggested other measures. These findings indicate that respondents favor a multi-component approach involving policy, education, mental health support, and personal strategies to reduce alcohol-related risks.

IV. DISCUSSION

Analysis

The findings indicate that most respondents are young adults who consume alcohol rarely to occasionally, with peer influence identified as the primary factor affecting alcohol consumption. This suggests that social interaction plays a significant role in drinking behavior among young adults, especially during social gatherings and stress-related situations.

Results further show that alcohol consumption has a generally low to moderate effect on physical health. Symptoms related to the cardiovascular and respiratory systems were rarely experienced, while endocrine, digestive, and genitourinary effects such as sleep disturbances, nausea, and increased urination were occasionally reported. These findings suggest that while immediate severe physical effects are uncommon, repeated alcohol intake may still affect body systems over time.

In terms of mental health, alcohol consumption rarely affected anxiety, depression, emotional stability, and suicidal thoughts. However, some respondents reported occasional mood changes and the use of alcohol for stress relief. This indicates a potential risk for unhealthy coping mechanisms if alcohol use becomes habitual.

The findings highlight that alcohol consumption among young adults is influenced by social factors and may pose potential health risks if frequency and dependency increase.

Conclusion

Young adults aged 18–25 in Barangay 440, Zone 44, District IV, Sampaloc, Manila are at a critical stage of identity formation and independence, making them particularly vulnerable to the physical and mental health effects of alcohol consumption. While drinking remains embedded in social and cultural practices, the findings of this study underscore alcohol as a significant health risk. Guided by Betty Neuman's Systems Model, the study views young adults as open systems exposed to internal and external stressors, where alcohol consumption disrupts system stability and overall well-being. The results demonstrate that alcohol intake is associated with adverse physical outcomes affecting the cardiovascular, respiratory, endocrine, digestive, and



genitourinary systems, as well as mental health consequences such as anxiety, depression, emotional instability, stress management difficulties, and suicidal ideation.

These findings are consistent with both local and international literature, which emphasizes that alcohol consumption, even at moderate levels, is linked to serious health conditions including liver disease, cardiovascular disorders, obesity, neurological damage, and psychological distress. Local studies further highlight the negative effects of alcohol use among Filipino youth, such as poor academic performance, weakened immune response, and declining mental health. The synthesis of current research supports the conclusion that alcohol consumption poses substantial risks regardless of quantity, while also revealing a research gap in understanding how mental health consequences vary across different social and community settings. This study addresses that gap by focusing on young adults within an urban Filipino barangay context.

Using random sampling, data were collected through a validated 41-item Likert-scale questionnaire assessing physical health, mental health, and preventive measures. Statistical analyses using mean, median, and mode revealed clear patterns linking alcohol consumption to compromised health outcomes. Although the study is limited to a specific age group and location and does not include socioeconomic or family background factors, its findings provide valuable insights relevant to community-level health promotion.

Based on these findings, several recommendations are proposed. First, barangay-led health education programs should be strengthened to raise awareness of the physical and mental health risks of alcohol consumption among young adults. Second, preventive interventions such as counseling services, peer-support groups, and stress-management programs should be implemented to promote healthier coping mechanisms. Third, collaboration between local health workers, schools, and community leaders is encouraged to develop policies and activities that discourage harmful drinking behaviors. Lastly, future studies should explore the influence of socioeconomic and family factors to provide a more comprehensive understanding of alcohol-related health risks among Filipino youth.

Recommendations

In order to strengthen the understanding of alcohol consumption and its impact on the physical and mental health of young adults in Brgy. 440, Zone 44, District IV, Sampaloc, Manila the following recommendations for future research are proposed:

- Explore the long-term physiological and psychological effects of alcohol consumption among young adults, with emphasis on chronic diseases and mental health disorders.
- Examine the influence of socioeconomic status, employment, and financial stability on drinking behaviors to identify underlying causes and guide effective intervention strategies.



- Assess the effectiveness of existing alcohol awareness programs and policies in Barangay 440, Zone 44, District IV, Sampaloc, Manila in reducing alcohol-related health risks.
- Conduct comparative studies between urban and rural communities to determine differences in alcohol consumption patterns, cultural influences, and availability of preventive and intervention resources.
- Investigate gender differences in the physical and mental health effects of alcohol consumption to support the development of gender-specific prevention and intervention programs

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