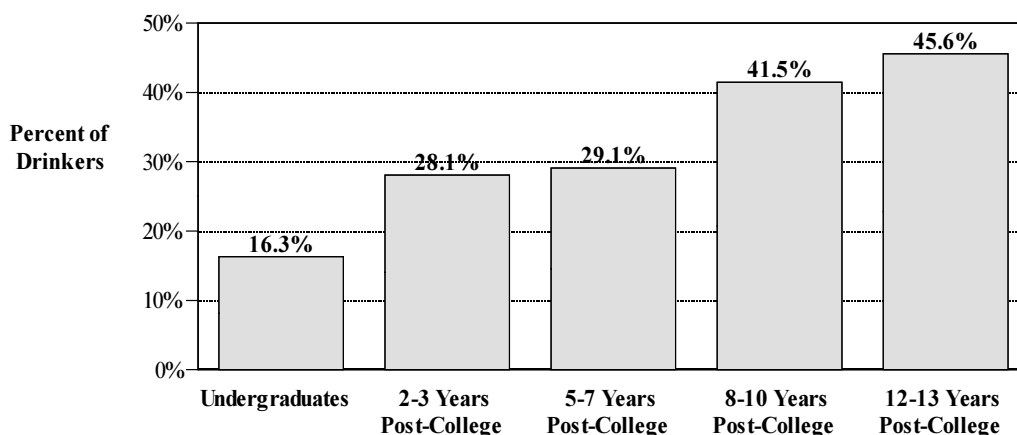


Stress-Motivated Drinking Increases Dramatically in Post-College Years

While the frequency of drinking is higher among undergraduate students, drinking to relieve and reduce stress is more prominent in the years after college, according to a recent study of drinking patterns among students and graduates of a college in New York State. Post-collegiate males were 1.8 to 2.9 times more likely than undergraduate males to report primarily stress-related reasons for drinking (see figure below). In addition, drinking primarily for stress-reduction became more problematic in post-college years; men who reported that their drinking was primarily motivated by stress drank more heavily than men who did not report stress-motivated drinking. Similar results were found for female students and graduates. The author recommends that future research attempt to replicate these results in other collegiate/post-collegiate populations.

Percentage of Undergraduate and Post-Collegian Male Drinkers Reporting Predominantly Stress-Motivated Reasons for Drinking, 1991



NOTE: These data were collected from undergraduate surveys conducted in 1982 (n=1,516), 1987 (n=659), and 1991 (n=926) and from surveys conducted in 1987 (n=870) and 1991 (n=1,151) with graduates of the classes of 1979, 1982 and 1985.

SOURCE: Adapted by CESAR from data from H. Wesley Perkins, "Stress-Motivated Drinking in Collegiate and Postcollegiate Young Adulthood: Life Course and Gender Patterns," *Journal of Studies on Alcohol* 60:219-227, 1999. For more information, contact Dr. Wes Perkins at 315-781-3437 or perkins@hws.edu or visit www.hws.edu/~alcohol.