Heavy alcohol use is a serious health risk for many college students. However, it is uncertain how cultural variables may act on heavy episodic drinking (HED) among Mexican American college students. The current study aimed to evaluate the extent to which conventional Mexican values relate to heavy episodic drinking (HED) in a Hispanic college sample.

Method

Participants

133 Hispanic college students (66% males, 63.9 years of age, 43.3% Mexican American National, 17.1% Other Hispanic group) were recruited from a large southwestern university. Consenting participants completed a 25-30 minute survey which included demographic questions, a HED inventory, and a Bicultural Identity Integration Scale (BIIS; Padilla-Di The, 2000). A total of 133 participants (66 males, 63.9 years of age, 43.3% Mexican American National, 17.1% Other Hispanic group) were included in the final sample.

Using a student’s t-test of 40.8% of the participants in the present study (α = .05, 1.96), students’ drinking (p = .12, u = 188) was not significantly different from national estimates (Nagelkerke R² = .10). Table 2 displays the results of the analysis of variance (ANOVA) and the overall results for the study. While the overall model was not statistically significant, individual predictors were marginally significant.

Discussion

The results of the current study offer valuable insight into the manner in which Mexican American college students relate to heavy episodic drinking (HED). The results of the current study highlight the importance of understanding the cultural values that influence heavy drinking among Mexican American college students. The results of the current study emphasize the need for culturally sensitive intervention programs that are tailored to the unique cultural values of Mexican American college students.

References