2015

The BGSU True Life Stress and Substance Use Campaign. HANDOUT

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Available at: https://works.bepress.com/kate_magsamen-conrad/10/
There is no surprise that substance use is a huge part of college life. Alcohol, Marijuana, and Adderall are just to name a few of the many substances you can see floating around college campuses. But what a lot of people miss is that the substance use and abuse often stems from seeking a stress relief. College students often turn to alcohol, marijuana, and other substance to help ease the stress that comes with being a college student. The NIAAA (National Institute on Alcohol Abuse and Alcoholism) stated these facts on college drinking.

About four out of five college students drink alcohol.

- Death: 1,825 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries.
- Academic Problems: About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.
- Health Problems/Suicide Attempts: More than 150,000 students develop an alcohol-related health problem and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use.

With our project and research we want to help college kids figure our safer ways to relieve stress. The danger that comes from the abuse of substances does not out weigh the benefits.

We are creating a short video based off of MTV’s reality show True Life. We will depict every day college life and the stressors that cause three students to choose three different substances and the consequences of those decisions. This video will be shown during freshman orientation, the recreation center, and other programs and venues on the campus of BGSU to spread awareness. The purpose is not to shame or scare simply to make aware that there is a better way to deal with being a college student.

University Students’ Motives for Drinking Alcohol are Related to Evening Preference, Poor Sleep & Ways of Coping With Stress

Nancy Digdon & Kristina Landry

This study that was done on college students showed that alcohol and substance was more likely to be abused in the evening time due to sleeping problem and issues in dealing with stress. They predicted that drinking at night is associated with coping with negative states such as depression, lower life satisfaction and less anticipation of negative consequences (Digdon Landry 2).

Stress, Race & Substance Use in College

Clifford Broman

The role of stress in substance abuse in all races. Those who experience high stress levels are more likely to use substances at higher levels and have a high chance of having substance-related issues further down the road. This study also suggests that abusing alcohol will more than likely increase after college years for those who use it to reduce stress.

Stress & Coping Mediate Relationships Between Contingent & Global Self-Esteem & Alcohol-Related Problems Among College Drinkers

Joe Tomaka, Storm Morales-Monks & Angelee Shamaley

In this study it is suggested that alcohol related issues and consumption can depend on self-esteem of an individual. It is suggested that contingent self-esteem is related to maladaptive outcomes due to stress (Tomaka Morales Shamaley 211). Variation of self-esteem levels can disturb behavioral results.
These photos and captions were submitted anonymously by BGSU students in a Health Communication Class. The instructions were simply take a picture and write a short summary of why it is a stressor or stress reliever. These were only some of those submitted.

**Alcohol**

For this picture the alcohol is the de-stressor. Not all but lots of Bowling Green State University students drink alcohol and lots of it. This particular student drinks in his days off. He is always working and on the go. He rarely gets time off so when he does just wants to hang out with his friends and have a good time. While it is not the healthiest way to de-stress, it does lower inhibitions and help you to relax. I think in his case he doesn’t want to think about anything, not about school or work and that is why he gets highly intoxicated. I had heard of a new “drinking game” called bro-loco in which a group of guys shotgun a can of four loco. This is an example of how easy things can get out of control. Case he doesn’t want to think about anything, not about school or work and that is why he gets highly intoxicated. I had heard of a new “drinking game” called bro-loco in which a group of guys shotgun a can of

**Alcohol cont.**

I’m not going to lie. I am an adult and above the legal age. This bottle is a de-stressor. On the weekends whether going out with friend or staying in and chilling with one alcohol has a way of just relaxing me. I’m not saying get trashed every weekend but just taking time out with no worries and a liquid that makes you feel warm and tingling inside. It may not be the healthiest choice but in a stressful college town environment with not much other to do drinking is very much the norm. Even for those who are underage, shocking I know. But this is the reality of our world more and more people are starting to drink and unfortunately at a younger age.

**Nicotine**

This picture is of a can of Grizzly Wintergreen Long cut dip and provides a source of stress relief that is nicotine. This drug is popular among students because of the feeling associated. Chewing tobacco, or dip, is a way for students to cope with stress and anxiety. A momentary pleasure helps relieve students of worry. Nicotine helps calm students down when they are overly worried about something such as schoolwork, work, or bills. The case is especially true when one is already addicted to nicotine. An addiction to the drug causes a need for the drug. After a period of time, a user will need their dose of nicotine or they will get more stressed out than normal. Once they get the nicotine in their bloodstream then they feel more calm.