

Final Presentation

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Research Questions

- Primary Question: Should the legal Drinking Age be lowered to eighteen?
- Secondary Question: What can be the most effective prevention method to avoid underage drinking?

Methodology

- Distributed a survey to NMC students and will give about three weeks for the students to complete the survey. Doing a survey with college students can be more helpful since they are the age group that the student researcher would want to target. How it was accomplished, is by using an online survey tool. The main purpose for this survey is to know what they think about the legal drinking age to be lowered to eighteen. With this information, the student researcher analyzed if the public here in CNMI agree to be legally drinking at eighteen. The type questions that are going to ask if they agree or disagree with the question, and ask if they know the consequences of drinking underage.

Methodology Cont.

- Sent out ten email letters to experts that were chosen. The experts the student researcher selected is various doctors internationally, and a few people who lives in their communities here in the CNMI that experienced alcohol substance abuse with underage young adults. With doctors, the student researcher asked questions about negative effects that alcohol has on a young adult's body. Other questions will be like why the age of twenty-one is perfectly the best legal age and if the different ways to prevent young adults from drinking against the law.. The main question that was asked is how they are trying to prevent underage drinking. For people with experience, questions that will be asked is how they feel about the issue in their perspective since accidents here in the CNMI happens because of drinking alcohol. All this information will be useful to the student researcher to understand more about why the drinking law is set at twenty-one. At the end of the wait, the student researcher has only interviewed three people in the CNMI and one expert from off-island has decided to answer the questions given.

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Methodology Cont.

- The third method is another set of survey. This time, the survey is targeted at adults and young adults nationwide. To distribute this survey, the student researcher will reach out to acquaintances online through twitter to ask for their time to answer questions momentarily. The student researcher did this survey because it will be important on what opinions that people have about the drinking age to be set at eighteen. The student will also ask what experiences that people encounter with the issue. The questions that will be asked will not be that different from the first survey that was done. Only different questions like where they live, and if they know a great method to prevent underage drinking.

Analysis of findings

- The first survey was conducted by twenty NMC students dealing with what were their opinions on the issue of underage drinking (see Appendix Section A). The goals were to find out if they agreed with the legal drinking age to be lowered to eighteen or if it should not. More than half of those twenty people, had to agree that drinking at eighteen was not a very delightful idea. They all knew the consequences that came with drinking alcohol. The most common answer to why alcohol was popular among students was due to peer pressure. In today's society, peer pressure is the most common factor to underage drinking.
- The student researcher has interviewed four experts recently (see Appendix Section B). From here on CNMI, the student researcher has interviewed three experts. All these experts were an expertise on the subject due to the fact that they had experiences with the issues in their families and surroundings. Two of the on-island experts had agreed that alcohol consumed by an eighteen-year-olds will not be a very wise decision. Since at eighteen, people's mindset is still set at developing. Prevention methods that were agreed upon to have some set of support group for people to go to if they have issues that they can't face alone. But the last expert had said that alcohol is tolerated at a young age, will benefit the person to have a higher tolerance to alcohol. Dr. Robert Cook from the University of Florida has answered that alcohol has very limited benefits. Putting the body in a bad condition can be alarming. Underage drinking consequences will be the responsibility of every community. Between all four, the common answer they had was that Alcoholics Anonymous Meetings do help those that are in need of getting rid of the bad habit.

Analysis of Findings Cont.

- The survey conducted by ten students nationally to address the issue of underage drinking (see Appendix Section C). There are different answers to what is the primary source of underage young adults to get alcohol but the most common one is through friends. Peer pressure again has been mentioned and it got the student researcher thinking that drinking alcohol is mainly because the person is somewhat forced to do something. But those who get into accidents can be a pure tragedy. Like for example in parties when one must be drinking alcohol to get attention from another.

How does it answers the research questions?

- Each survey and interview has indicated that alcohol is not a benefit to young adolescent. There are some benefits it has but with more of the consequences overpowering against the benefits, it is not profitable to have young adults at the age of eighteen to already be drinking.
- With the second question, having the knowledge of what the consequences are really makes a person think twice before consuming the alcoholic beverage.

Strengths & Weakness

- Overall, there was an adequate time to finish the research report. But one of the strengths I had with doing this was that there are a lot of online articles to look for with my topic.
- One of my weaknesses was time. Especially when emailing experts, two weeks is not enough to wait for all of them, and at the end, only four people has chosen to answer the questions provided.

What I would have done differently

- Definitely I would have search more for local articles. I would suggest to anyone that might want to do this topic is to have more patience with looking for local articles in the library and online.
- Emailing experts can be easy but the wait can be long. I guess maybe a month ahead before the deadline would have made more experts respond to me.
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What have I learned from this?

- I have discovered is that alcohol does have some great benefits but also more side-effects for one's health. For example, drinking too much alcohol can make digestive enzymes activate pancreatitis. Which is basically the inflammation of one's pancreas. Although alcohol brings bad health effects, it also has benefits. Alcohol has some sort of chemical that allows to reduce the body's risk of heart disease. But it still does not change anything that an adolescent's body is developing at the moment, which makes it bad to drink alcohol at a young age.
- I have found out that in order to prevent America from spoiling is to set a minimum age for people to follow through. Basically to keep everyone healthy and the environment safe, the government had to blackmail most of the states from before to agree with their terms in exchange for public funds that are to be used for the people.