Sport Specific Drinking Motives Among Male Collegiate Hockey Players

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Introduction

- Student athletes are consuming more alcohol than any other population on college campuses
- 90% of student athletes are drinking alcohol compared to 82% of the general student body
- Alcohol abuse is linked to environments with peer group conformity
- Understanding why people drink (drinking motives) is important for developing effective prevention programs

Abstract

Research shows that student athletes are consuming more alcohol than any other population on college campuses. Many studies have suggested that the culture of sport combined with the social setting and pressures of playing on a team put these athletes at a high risk for drinking heavily and suffering multiple alcohol related consequences. One area of research that has not been studied is the concept of sport specific drinking motives. Each individual sport has a unique culture and with it very diverse personalities. For this reason, we hypothesize that individual sports will likewise have unique drinking motives and expectations with regard to alcohol use. In particular, hockey players at UAF may drink for different reasons than the general UAF population.

Method

Participants
- 25 male Division I collegiate hockey players completed a packet of self-report questionnaires on drinking behavior, consequences, and expectancies along with measures of depression and history of concussions
- The mean age was 21.52 (SD = 1.47) years
- 64% of the population was Canadian with the remaining 34% from the United States
- All participants were of white ethnicity

Questionnaire Measures
- AUDIT- Likelihood of having an alcohol use disorder
- YAACQ- Alcohol problems/consequences
- SADD-Symptoms of alcohol dependence
- DMQ- Drinking motives (standardized measure)
- BDI- Depression symptoms
- IHM- Ice hockey specific drinking motives (developed specifically for this study)

Analysis
Athletes' scores were compared to those from an existing sample of UAF students using independent samples t-tests

Results

	BDI	AUDIT	SADD	YAACQ	DMQ-Social	DMQ-Coping	DMQ-Enhance	DMQ-Conform
UAF	9.52*	5.23	3.13	8.83	11.18*	8.87	10.09	6.56
Hockey	5.88*	11.25	8.20	16.00	13.68*	9.32	10.76	8.52

*Mean difference is significant at the 0.05 level

IHM Subscale	Mean Score
Cohesion	3.34
Social	2.65
Stress	2.50
Conformity	2.21

Conclusions

- Players were significantly less depressed than the general UAF student body
- Players are more motivated to drink for social reasons than the general UAF population
- Cohesion shown as strong motive without the pressure of conformity
- Harm reduction intervention techniques recommended to reduce drinking consequences