

# [Mixed consumption of alcohol and energy drinks research paper](https://assignbuster.com/mixed-consumption-of-alcohol-and-energy-drinks-research-paper/)

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## INTRODUCTION

Undergraduates and youths in general have different opinions on the outcome of drinking alcohol alone and mixing it with energy drinks. Their perceptions differ because of the variant experiences the individuals have had for long. There are different articles used in this report that have significant information to the opinions of undergraduates concerning the outcome of drinking alcohol alone and mixing it with energy drinks. This report includes different journal articles with different and relevant information on the mixed consumption of alcohol and energy drinks.

## The Social Learning Theory

The social learning theory plays an elemental role in the identification and analysis of the opinions of the undergraduates and other youths (Skewes, Decou & Gonzalez, 2013, p. 5). The theory postulates that the individuals learn from each other through modeling, imitation and observation (Verster & Scholey, 2014, p. 16). Additionally, the theory exists as a bridge between the cognitive learning and behaviorist theories because it encompasses motivation, memory and attention.

## The Health Belief Model

The health belief model is also significant in the explanation of the perspectives of the undergraduates because it is a psychological model that seeks to explain and predict the anticipated health behaviors such as the outcome of drinking alcohol alone and mixing it energy drinks(Schry & Norberg, 2013, p. 17). By use of the model, it would be proficient to understand their assumptions by stating that the anticipated negative conditions of health can be avoidable. On the other hand, the model states the positive expectations of the intended actions.

## Overview of Articles

In the discussion of the individual-focused approaches to prevent undergraduates drinking of alcohol, there is an evident support for the feedback-based interventions and their focus on the blood alcohol concentrations (Striley & Khan, 2014, p. 28). Additionally, the feedback interventions (PFIs) co-exist with the personalized normative feedback (PNFs) (Ham & Hope, 2003, p. 14). Therefore, these feedbacks suggest the degree of effects of alcohol consumptions among the youth. The mixed consumption of alcohol with the AMEDs has both long-term and short-term risks that are beyond those of consumption of alcohol alone (Droste, Tonner, Zinkiewicz, Pennay, Lubman, Miller, 2014, p. 25).   
In the problematic drinking of undergraduates, the binge drinkers are most likely to experience adverse effects of alcohol compared to other drinkers (Morean, Corbin & Treat, 2012, p. 25). Huntley gives expectancies for the effects of drugs including relapses and cessations and relates them to caffeine, which is in energy drinks (Huntley & Juliano, 2012, p. 27), which relates the effects of mixed drinking of the AMEDs. In a letter to the editor, the university students drink more hazardously than their peers do (Peacock, Pennay, Droste, Bruno & Lubman, 2014, p. 11). AEAS have tangible effects on the issue (Mallet, Marzell, Scaglione, Hultgren & Turrisi, 2014, p. 28). AMEDs have psychological and hazardous drinking practices (Varvil-Weld, Marzell, Turrisi, Mallet & Cleveland, 2013, p. 28).   
The problem of energy drinks and alcohol is a risky behavior among undergraduates (Kypri, Cronin & Wright, 2005, p. 16). The motives for the mixing of energy drinks with alcohol by Verster et al., presents the potential risks of issue (Verster, Aufricht, & Alford, 2012, p. 28). Additionally, the mixing of alcohol consumption with energy drinks has many cognitive, behavioral and health consequences (Cronce, Larimer, 2011, p. 22). Lastly, in the NSW research, mixing of energy drinks with alcohol has significant consequences (NSW, 2013, p. 18).

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