

# The drinking age



The Drinking Age The perpetual argument that goes on about what is the most suitable age to permit drinking has very acute arguments from both sides of the debaters. Some people argue that the legal age observed in most countries, which is 21 years old, is a little extreme and that the age should be lowered down to somewhere around the 18-19 year old mark. The people who hold this view believe that if young adults begin at an earlier age with proper supervision and in a controlled environment then they can be more aware as to the effects of alcohol on their systems and would know their own limits instead of going wild when they are given the chance for any intake of alcohol. This phenomenon is known as “binging” when the young adults begin consuming above the average amount of alcohol a body should consume- often they do this action as a sign of rebellion against the institution and the authority. A study conducted by Indiana University showed that 32% of underage drinkers are heavy drinkers as compared to the 24% of legal aged drinkers (Engs). The most underage drinking is observed by college students who while trying to get initiated into fraternities try to impress their peers or simply just because they get the chance to experience drinking.

Many of the problems affiliated by drinking such as getting low grades in class, skipping out classes due to overdrinking the previous night, and getting into fights due to drinking are observed to be higher among people falling below the age of 21. The incidents of such acts occurring over the legal age are relatively less. It is recommended that young adults should be given proper awareness of the effects of alcohol and they should be permitted to drink alcohol in a controlled environment where they can be observed and assisted if they face any complications. That may be a reason

why more than 100 college presidents signed a petition to lower the drinking age (Roan).

One of the arguments in support of the 21 age restriction is that there has been a noted decrease in the number of traffic accidents caused by young adults who were intoxicated. But the decrease could also be attributed to more awareness of the effects of drinking while driving, implementation of designated driver programs, lower speed limits and free taxi services from drinking establishments. So the argument placed that it is solely the implementation of a higher age limit which has reduced the number of car accidents is incorrect.

The drinking age should be decreased to 18. If the young adults are considered to be mature enough to vote and make such an important decision then they should also be given the responsibility and the authority to make their own judgments about the consumption of alcohol that they could take. If at a younger age when they can still be monitored by and supported by their parents, they would know the best way to handle the consumption of alcohol and would not have to be "rebellious" or "against the establishment" and wind up causing harm to themselves or others.

Proper guidance, supervision and teaching about the pros and cons of drinking as a social past time could be discussed at an earlier age and when these young adults go forward with their lives then they can be expected to act in a more mature and sensible manner rather than binging on alcohol and eventually making decisions that they would wind up regretting for the rest of their lives.

#### References

Engs, Ruth C. " Why the drinking age should be lowered: An opinion based  
<https://assignbuster.com/the-drinking-age/>

upon research." CQ Researcher (1998): 257.

Roan, Shari. " A lower legal drinking age? Health experts, college presidents debate." Los Angeles Times 1 September 2008.