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ABSTRACT

The study dealt with the alcohol consumption and manifestations of ailments associated with alcohol among male residents in the selected barangays of San Juan, La Union for calendar year 2012 – 2013.

Descriptive method was used in this research. Self-made questionnaire was utilized as the main tool for data gathering and frequency, percentage, and Chi-square Contingency Table Test for independence as the statistical tool in treating the data.

The following findings were drawn: (1) the alcohol consumption of alcohol consumers along types of spirits is high to Beer and moderate consumption to Brandy and Gin. Alcohol consumers can consume 2-3 bottles of 330ml each on beer, 6 or more glasses of around 25ml each on brandy, and 1 bottle of 350ml on gin per occasion. Frequency of consumption is at 3-5 times a week, (2) the extent of manifestations of ailment of the alcohol consumers experienced health impairment that is partly attributed to their alcohol intake, (3) there is significant relationship of alcohol consumption mainly on type of spirits and manifestations of ailments associated with alcohol.

A Health Guide is proposed to address issues and concerns related to alcohol consumption, a more intensive campaign and information dissemination on alcohol use, and intensify the implementation of alcohol taxes by the government.