

## The Effect of Gender On Drinking Patterns of Greek Young Adults

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**Introduction:** Alcohol consumption is a widespread behavior across Europe. It can adversely influence health on a biopsychosocial level, being the leading cause of mortality among young adults. Gender differences regarding drinking patterns are supported by a strong evidence base.

**Aim:** To investigate gender differences regarding drinking patterns of Greek young adults.

**Sample and Methodology:** 207 Greek young adults participated in the study, 75 (36.2%) males and 132 (63.8%) females, with a mean age of 29. Analysis of data was conducted with t-test and chi-square, using SPSS software.

**Results:** The findings showed clear differences among the two genders with regards to their drinking patterns. Males consumed more alcohol compared to females ( $t: 3.122 p < 0.01$ ), consuming on average 18.64 alcoholic drinks per month compared to 9.80 drinks per month on average for women. Men were also more likely to engage in binge drinking behaviour ( $\chi^2: 18.493 p < 0.001$ ), with 13.3% of men ( $N=10$ ) reporting engaging at least once in heavy episodic drinking. There were also clear differences regarding the preference of alcoholic beverage ( $\chi^2: 19.967 p < 0.01$ ), with men preferring beer ( $N=27(36\%)$ ) and women wine ( $N=63(47.7\%)$ ), over other beverages. There were no differences among the two groups with regards to their drinking motivations ( $\chi^2: 2.704 p = NS$ ), with most of the participants reporting social drinking motivations.

**Conclusions:** The results of this research are generally consistent with previous literature on this subject. Further studies on this population could concentrate on gender differences regarding the health effects of alcohol in Greek young adults.