

**ALCOHOL CONSUMPTION BEHAVIORS AMONG ATHLETES
OF PUBLIC UNIVERSITY**

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Thesis
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OF PUBLIC UNIVERSITY**

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ALCOHOL CONSUMPTION BEHAVIORS AMONG ATHLETES OF PUBLIC UNIVERSITY

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ABSTRACT

This research aimed to study alcohol consumption behaviors among athletes of a public university. The researcher used qualitative study via in-depth interviews and non-participatory observation. The key elements examined were personal background, family factors, social and environmental factors, and alcohol drinking behaviors.

The results showed the majority of participants were athletes who were studying in the 3rd or 4th year and were domiciled in the central region of Thailand. Most athletes had a good GPA in elementary and secondary education, but had a low university GPA. Most athletes were competitive at the regional level and their sports performance had declined from past levels. Most stayed in dormitories at the university. Most athletes had been drinking since secondary school. Their reasons for drinking were curiosity and peer pressure. All athletes were from a single cohesive family. Most members of their families drank alcohol, especially male members. Social and environmental factors also affected behaviors of athletes. Their associates and friends had similar behaviors. They liked drinking the same brand of beverage, the same drinking places, and preferred identical drinks. Most athletes liked the liquor brand Blend 285 and Leo beer and generally drank 5-10 glasses. The most common reason given for drinking was a friend's suggestion or birthday party. The most frequent place of drinking was the dram shop near the university and dormitory. Or some occasions, the athletes drank at places of amusement in Bangkok and karaoke cafes that are cover ups for prostitution. All of the athletes had a positive attitude towards alcoholic beverages at social gatherings and gala festivities. They believe their bodies and health are stronger than normal people's and don't realize the harm of alcohol in any way.

This study suggests that alcohol consumption behaviors of athletes have more disadvantages than advantages in several aspects. Changing the attitudes of athletes towards alcohol by focusing, enhancing, and understanding the harm of alcoholic beverages could improve the performance and potential of the athletes to excel.

KEY WORDS: ALCOHOL / ATHLETES / BEHAVIORS

212 pages

พฤติกรรมการดื่มเครื่องดื่มแอลกอฮอล์ของนักกีฬามหาวิทยาลัยของรัฐ

ALCOHOL CONSUMPTION BEHAVIORS AMONG ATHLETES OF PUBLIC UNIVERSITY

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บทคัดย่อ

การวิจัยในครั้งนี้มีวัตถุประสงค์เพื่อศึกษาหาความจริงของพฤติกรรมการดื่มเครื่องดื่มแอลกอฮอล์ของนักกีฬากรีฑานักกีฬามหาวิทยาลัยแห่งหนึ่งของรัฐ กลุ่มตัวอย่างที่ศึกษา 19 คน ผู้วิจัยใช้วิธีการวิจัยเชิงคุณภาพโดยใช้แบบสัมภาษณ์เชิงลึกและแบบสังเกตการณ์แบบไม่มีส่วนร่วมมุ่งเน้นศึกษาพฤติกรรมของนักกีฬา โดยมีองค์ประกอบสำคัญคือ ภูมิหลังด้านบุคคล, ปัจจัยด้านครอบครัว, ปัจจัยด้านสังคมและสิ่งแวดล้อมและพฤติกรรมการดื่มเครื่องดื่มแอลกอฮอล์

ผลการวิจัยพบว่า ภูมิหลังด้านบุคคลนักกีฬา โดยส่วนใหญ่กำลังศึกษาในชั้นปีที่ 3 และ 4 มีภูมิลำเนาอยู่ในภาคกลาง ด้านการเรียนโดยส่วนใหญ่มีผลการเรียนในระดับประถมถึงระดับมัธยมศึกษาอยู่ในเกณฑ์ที่ดี เมื่อเข้าเรียนในระดับอุดมศึกษามีผลการเรียนลดลง ด้านการกีฬาส่วนใหญ่มีความสามารถในระดับภูมิภาคถึงระดับประเทศ เมื่อเข้าเรียนในระดับอุดมศึกษามีผลการแข่งขันลดลง นักกีฬาส่วนใหญ่อาศัยในหอพักของมหาวิทยาลัย ด้านการดื่มส่วนใหญ่เริ่มดื่มในช่วงมัธยมศึกษา เหตุผลคือ อยากรู้ อยากลองและเพื่อนชักชวน ปัจจัยด้านครอบครัว ส่วนใหญ่มีลักษณะเป็นครอบครัวเดี่ยว มีสมาชิกในครอบครัวที่ดื่มเครื่องดื่มแอลกอฮอล์ โดยเฉพาะสมาชิกที่เป็นเพศชาย ปัจจัยด้านสังคมและสิ่งแวดล้อมส่งผลต่อพฤติกรรมของนักกีฬา โดยเฉพาะการคบหาเพื่อนมีพฤติกรรมเหมือนกัน ชอบดื่มเครื่องดื่มชนิดเดียวกัน มีสถานที่ในการดื่มที่เดียวกันและมีความสามารถในการดื่มใกล้เคียงกัน ส่วนใหญ่ชอบดื่มสุรายี่ห้อเบลนด์ 285 และเบียร์ยี่ห้อลิโอ ส่วนใหญ่ดื่มได้ประมาณ 5-10 แก้ว โอกาสในการดื่มที่มากที่สุดคือ เพื่อนอยากดื่มและงานวันเกิด สถานที่ที่ดื่มส่วนใหญ่คือร้านอาหารกึ่งผับบริเวณโดยรอบมหาวิทยาลัย และหอพักของตนเอง ในบางโอกาสได้ไปดื่มที่สถานบันเทิงในกรุงเทพมหานครและมีการเที่ยวร้านคาราโอเกะ ซึ่งแอบแฝงขายบริการทางเพศ จึงทำให้นักกีฬามีโอกาสมีเพศสัมพันธ์หลังการดื่ม การดื่มไม่มีผลต่อการขาดเรียน การฝึกซ้อมและการทำกิจกรรมต่างๆของคณะ นักกีฬาทุกคนมีทัศนคติที่ดีต่อเครื่องดื่มแอลกอฮอล์ เป็นเครื่องดื่มแห่งการเข้าสังคมและความรื่นเริง และคิดว่าตนเองมีร่างกายและสุขภาพที่แข็งแรงกว่าคนปกติ จึงไม่ได้ตระหนักถึงพิษภัยของเครื่องดื่มแอลกอฮอล์แต่อย่างใด

ข้อเสนอแนะ ผลการวิจัยยืนยันว่า พฤติกรรมการดื่มเครื่องดื่มแอลกอฮอล์ของนักกีฬา ส่งผลเสียมากกว่าผลดีต่อด้านต่างๆของนักกีฬา ดังนั้นผู้ที่มีส่วนเกี่ยวข้องกับนักกีฬา ควรให้ความสนใจและจริงจังต่อการดูแลเอาใจใส่นักกีฬา โดยเฉพาะการเปลี่ยนทัศนคติของนักกีฬาที่มีต่อเครื่องดื่มแอลกอฮอล์ โดยการมุ่งเน้นส่งเสริมความรู้ความเข้าใจถึงพิษภัยของเครื่องดื่มแอลกอฮอล์ เพื่อพัฒนาศักยภาพและสมรรถภาพของนักกีฬาสู่ความเป็นเลิศต่อไป

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CHAPTER I

INTRODUCTION

1.1 Background and Rationale

Alcohol beverages are origin of social problems, crime and a lot of sad situations. In the present, alcohol production has been increased continuously. Current total products of alcohol beverages in the world have increased about 60 percentages. Important, quantity of production and consumption has been growing rapidly in developing countries more than developed countries. World Health Organization (WHO) warn that the most realizing thing in the present is no signal to tell about possibilities of decrease of alcohol beverage consumption especially in underdeveloped countries. Furthermore, we will found that alcohol beverage drinking affect to social and nation because high losing of medical budget and pay for prevent and solve crime and accident problems. We can conclude that alcohol beverage have bad result more than good result. Many countries such as Belgium, Bulgaria and Australia etc. realize in this problem and try to control alcohol beverage drinking by enforce production control law, distribution and advertisement. (Pakis Potias, 1998)

Thailand legislates to enforce about alcohol beverage seriously in communication. And an act of liquor which is about value added tax imposition of alcohol beverages. And the new thing is alcohol beverage drinking in government place and education place regulation but found that alcohol beverage is widespread among adolescents and students. The important origin of alcohol drinking is adolescent because adolescence is changing period from children to adult and identity searching themselves. Meanwhile, social and friends acknowledgement requirement is impulsion of many behaviors especially copy behavior both copy from friends, all mediums, parents or adult, actors and singers etc. They will copy in thing that they accept and good thing for them. A lot of adolescents hold wrong popularity, especially alcohol beverage drinking. Adolescents get all mediums about alcohol beverages from television, radio, poster, advertising board. When they get these mediums frequently, it

becomes the important thing to persuade their alcohol beverage consumption are increase. In the present, alcohol beverage becomes to one social media which the people use to congratulate, show success or meeting party. From study about alcohol beverage consumption affect both health and social, Effect of alcohol for health compilation and many related research indicate that alcohol relate to be cause of social problem, injury problem, acute and chronic disease problem.

It is accepted that one factor in life of human is health. Healthy is basic of many activity in everyday life. People who grow up normally and good body development, they will have good body capability too. In one life, all of human desire to be healthy like the saying of The Buddhist that “Health is better than wealth”. How to be healthy? Human invent the best health promotion process because exercise or sport help to develop physical fitness especially sport, athletes race for their victory so the athletes must maintain their health to be healthy, high efficiency and excellent skill. Above-mentioned is heart of athlete. Athletes, trainers and team controllers know well about health maintenance and efficiency of athletes. So don’t do anything which is bad result for health and efficiency. Especially, alcohol beverage according to study about bad results of alcohol beverage. Researcher found lot of alcohol beverage consumption in sport such as Thairath Newspaper, 59th year. Issue 18558 (2008) publish in topic “Scholar sports No alcohol” it is information from Office of the Alcohol Control Committee. In case of Stop Drink Network present demand to university Sport 36th “Hua Mak Games” at Ramkhamhaeng University by call for 3 points namely:

- 1) Request Ramkhamhaeng University to navigate no alcohol University Sport arrangement and not gain support from alcohol beverage business by begin in Hua Mak Games for conform to policy of The Higher Education Commission (Ohec) and act of alcohol beverage control which forbid to sale alcohol beverage in education places.

- 2) Request for public relations about aforementioned laws in University Sport for prevent the violating of students.

- 3) Request for guideline to specify the obvious measure. Forbid the university sport ask for support from alcohol beverage business.

From above news indicate that national level sport racing such university sport of Thailand also recognize the important of alcohol beverage problem. In order that alcohol consumption control always has used in sport circle by specify to be forbidding substance. There are many organizations in the world such as:

1) WADA (World Anti - Doping Agency): The highest organization which is responsible about forbidding substance control management in athletes. WADA enforce set of regulations with forbidding substance control committee which is in International Olympic Committee, Olympic committee of each sport types and the highest committee of athlete in each sport types such as FIFA which is the highest organization must enforce forbidding substance control act too.

2) Medical and Doping Control Committee: The committee about medical and forbidding substance control who are committee in other athletics (Dr.Paisan Chantorn from www.bangkokhealth.com 2007)

From background and all mentioned problems. Researcher who is both a student and an athlete of University, so I realize on behavior and effect of alcohol drinking. Especially, athletes of the university because they are students too so they must study and rehearse sport simultaneously for university sport games of Thailand which was arranged in January of every year. In this month, student's life is confused, a lot of activities to do and there are both internal impulsion and external impulsion conduct to various behaviors. The most important in this period of life is their high quality making for live in the social. So researcher wants to study about how are alcohol drinking behaviors of athletes. This study will be basic information which the university uses for project planning or properly sport activity and recreation arranging. All for health promotion and alcohol drinking behaviors of athlete protection. Research result is valuable for the university and all of school because it's guideline to manage problem directly to the point and high efficiency.

1.2 Objective of the study

To study alcohol consumption behavior among athletes of public university.

1.3 Scope of the study

1.3.1 Study method: Because of a great number of athletes who have alcohol drinking behavior, so researcher study with qualitative approach to collect data by in-depth interview and informal conversation cooperate with non-participant observation, recording and note detail of event of population in this study.

1.3.2 Population in this study are the athletes who is student of public university in Nakhonpathom province.

1.4 Conceptual Framework

From journals, papers, textbooks and documentary research, can summarize that background and athlete's alcohol drinking behavior must consist of many components by was divided as follow:

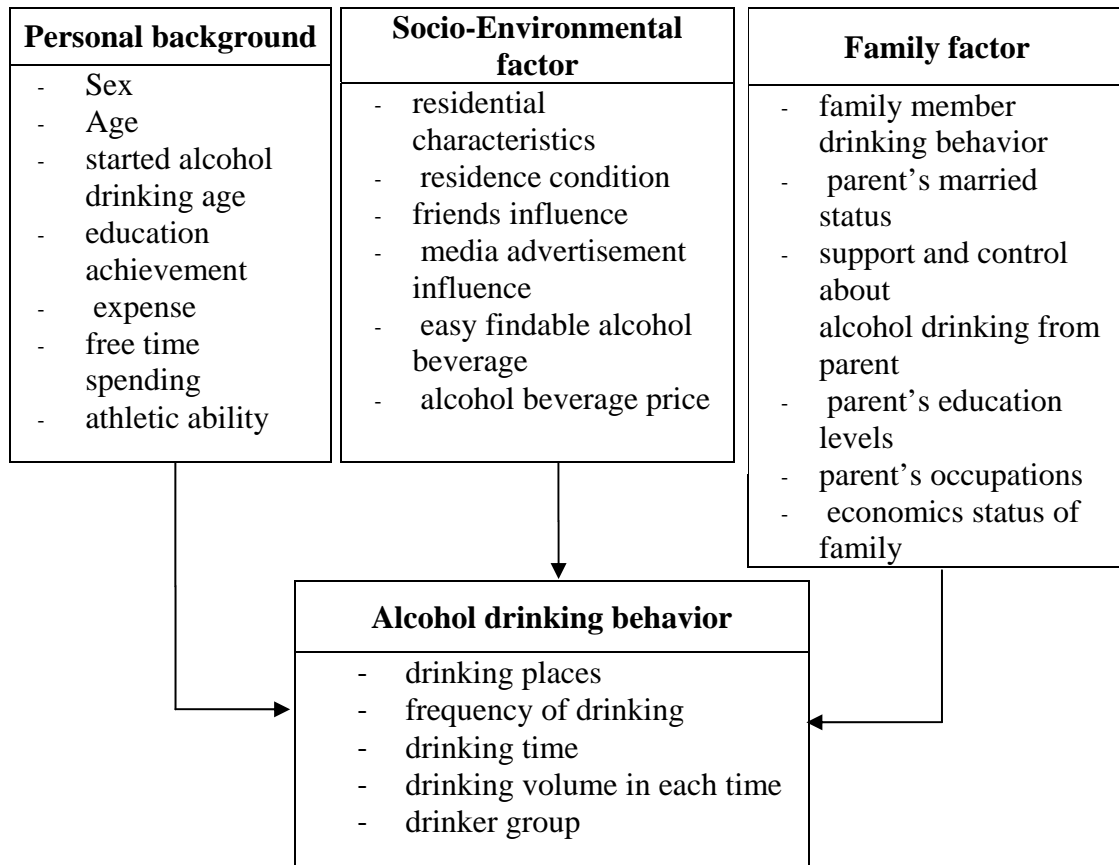
1.4.1 Personal background: To study sex, age, started alcohol drinking age, education achievement, expense, free time spending and athletic ability.

1.4.2 Family factor: To study family member drinking behavior, parent's married status, support and control about alcohol drinking from parent, parent's education levels, parent's occupations and economics status of family.

1.4.3 Socio-Environmental factor: To study residential characteristics, residence condition, friends influence, media advertisement influence, easy findable alcohol beverage and alcohol beverage price.

1.4.4 Alcohol drinking behavior: To study drinking places, frequency of drinking, drinking time, drinking volume in each time, and drinker group.

Conceptual Framework



1.5 Definition

1.5.1 Alcohol beverage: The beverage that mixed with not more than 60 degrees of ethyl alcohol and able to drink.

1.5.2 Alcohol drinking: Alcohol drinking of athletes in practice period.

1.5.3 Started alcohol drinking age: Athlete's age started alcohol drinking at the first time.

1.5.4 Education achievement: Grade point average (G.P.A.) of athlete

1.5.5 Expense: Net income from parents include with other income but not deduct expense that pay for themselves.

1.5.6 Free time spending: The surplus time after practice time in each day which can do anything they want. In this research, free time spending are many activities both inside and outside the university but beyond practice time.

1.5.7 Easy findable of alcohol beverage: Easy ability to buy alcohol beverage.

1.5.8 Alcohol drinking behavior: Alcohol drinking of the athletes in the government university was considered from drinking frequency, drinking volume, drinking place and peer group.

1.6 Expected Benefits

1.6.1 Knows situation, factors and behavior that effort to alcohol drinking of athletes.

1.6.2 Be basic information to the university for teaching management about alcohol drinking.

1.6.3 Be basic information for student activity department to manage, protect and control alcohol drinking behavior of students and athletes efficiently.

1.6.4 Information from research was used to develop latency of athletes and make awareness of wicked things and effect of alcohol drinking which effort to physical fitness and mind of athletes.

1.6.5 Be guideline for the university use to be defensive and solve measure.

CHAPTER II

LITERATURE REVIEW

This research aimed to study about alcohol consumption behaviors among athletes of public university: Case study The Public University in Nakhonpathom Province. The extent of the literature review and related research in the following order:

2.1 Concepts about alcohol beverages

2.1.1. The meaning of alcohol beverages

Sompop Ruengtrukoon (2000) explained that: In 1992 the chemists have found the debris contaminated with crockery at historic site of Sumerian. (Iran in the present) Found that contaminated with beer and alcohol. So assume that, human know to drink beer and wine for about 6000 years ago. The word “methanol” means alcohol came from Greek that “methyl” and Sanskrit word “Ma-thu” that means honey. Arabs discovered the process of alcohol distilling when 800 BC. The word “alcohol” came from the Arabic word, which means distilled.

World Health Organization (WHO, 1994): antidepressant that acts like barbiturate. The toxicity of alcohol is drunk or even death because of high volume and long time of alcohol drinking affect to addict symptom, or physical and mental disorders. Alcohol made from starch or yeast fermentation, which is important element of all types of alcohol. When drink alcohol, their effects are drunk and apply to use to be solvent and fuel.

Thailand uses the word “Sura” in the same meaning to alcohol beverage; the meaning of liquor in Liquor Act 1950 is all things or Mixtures with alcohol that drinkable.

Chanutt Sriprabb (1956: 92-93) as mentioned in Kamonthip Wijitsunthonkul (2540: 16-17): Liquor in act must have this characteristic as follow.

- 1) Liquor are mixture contain with alcohol
- 2) Liquor is drinkable. There are 2 types of alcohol as drinkable alcohol is ethyl alcohol and Undrinkable alcohol is methyl alcohol. Alcohol that mix in liquor must can drink
- 3) Undrinkable mixture mix with water or liquid. They are undrinkable but when mix with water or liquid because to drinkable beverage.

The meaning of Alcohol from The Royal Academy dictionary 1979 is on liquid organic substance, tang, volatile and boiling point at 78.5 C. The full name of alcohol is ethyl alcohol. They were made from the fermentation of years that is the important components of all kind liquor.

Boonchai Pithakdamrongkit (1981: 17-18) defined liquor as drunk water or beverage that mix with drunk element. When drink, will be drunk. We drink then for party, in sometime use to be drugs. Drunk elements contain in liquor is alcohol. Seventy level of drunk depend on amount of alcohol that mixes in that liquor. Many several kinds of alcoholic beverages such as liquor, beer, wine, sake, rice wine, etc. Liquor was made from distilled called distilled liquor such as rice whisky, mixed liquor, etc. If liquor was made from the fermentation called fermented liquor such as beer, etc.

2.1.2. Type of alcohol beverages

From liquor Act 1950 (www.krisdika.go.th 2009) divide into 2 groups.

- 1) Distilled liquor was made from the fermentation of yeast and starch or sugar (alcohol) and distilled and then maybe improve its color smell and taste.
- 2) Fermented Liquor was made from the fermentation of yeast from cereal or starch from vegetables and fruits and sugar from vegetables for examples beer, wine, rice wine and palm wine.

Liquor can be classified by cooking to several type method production and concentration of alcohol.

1) Brandy is liquor from distillation of grape wine and keep in cherry wood barrel after that contain in the bottle may be called cognac

2) Whisky is liquor from fermentation and distillation of all rice for example barley, rye, oat, corn and sticky rice, etc. And then aged liquor in oak barrel before containing in bottle may be called Whisky rice, whisky burben, etc.

3) Rum is liquor from distillation of the liquor made from fermentation of sugar cone water, molasses and syrup.

4) Gin is liquor from distillation like whisky but mix distillation liquor with spices such as parsley, fennel and herb and fake liquor to distill again.

5) Vodka is liquor like whisky but whisky is distilled in lower degree and vodka is distilled in higher degree.

6) Rice whisky is liquor was made from distillation of liquor from the fermentation of molasses, rice, coconut sugar and Brown palm sugar.

7) Cocktail is mixing of many types of liquor according to formula depend on taste of drinker.

8) Champagne is liquor from the fermentation of grapes. There are bubbles because of carbon dioxide mix in liquor like beer.

9) Wine and cyder are liquor from the fermentation of grapes or other fruits or grapes with other fruits. If raw material in the fermentation is grapes not less 60% they are wine but less than 60% they are cyder.

10) Beer is liquor from the fermentation of malt from berrley grinding it and boil and ferment done to a turn so fill hop and yeast in.

11) Traditional fermented liquor is from the fermentation of rice fruits sugar such as rice wine wort and palm wine.

Excise Department classified type of alcoholic beverage as following.

1) Fermented liquor: They are Liquor which not distilled yet and Fermented liquor that already mix with distilled liquor but concentration of alcohol is not over 15 degree such as Beer wine.

2) Beer is fermented liquor which mad of malt hop or rice.

3) Fruit Fermented liquor is liquor which made of grapes:

Divide to 2 groups as

- 3.1) Made of green grape
- 3.2) Made of red grape
- 4) Native fermented liquor
 - 4.1) Fermented liquor that was made from sugar or rice for example; rice wine and wort.
 - 4.2) If was made from other fruits must specify kind of liquor too such as pineapple wine mangosteens wine, etc.
- 5) Distilled Liquor is the product of the distillation and also included liquor mixed with Fermented liquor too but the concentration distilled of alcohol is not over 15 degree.
- 6) Rice whisky is distilled liquor without color or flavoring and the concentration of alcohol is less than 80 degree.
- 7) Community distilled liquor is rice whisky which the concentration of alcohol is over 15 degree but not over 40 degree.
- 8) Mixed liquor is distilled liquor which made from flavoring of rice whisky or Sam-Tab Liquor Their concentration of alcohol is less than 80 degree for example; Chinese liquor, Hong-Thong and Seang-Thip.
- 9) Special flavor liquor (Maekhong) is distilled liquor that made by special process and they are less than 80 of alcohol degree.
- 10) Special Liquor
 - 10.1) Whisky is the product of the fermentation of grains such as malt, rice, corn and keeping liquor at least 2 year before flavoring for sale.
 - 10.2) Brandy is product of the distillation of wine
- 11) Other distilled liquor for example Rum is the product of the distillation of sugar or molasses.
- 12) Sam-Tab Liquor is distilled liquor that mawe 80 of alcohol degree.

2.1.3 Cause of alcohol drinking

Stop alcohol organization network (2003) have found average amount of alcohol consumption in 1989 is 20.2 / person per year, in 2003, alcohol consumption

was increase about or liter / person / year or increase about 3 times, especially beer consumption rate is over 8 times. The worried group is new drinker that is female aged 15-19 year because have found from data collection since 1996-2003, new female drinker rate was increase about 6 times from 1% to 5.6% calculate to 21.23% of population group and 5.6% of regularly drinking rate, 14.1% of 1-2 time per week drinking and have found that tendency of female drinks will be increased to 3-4 times per week. Not only amount of female drinker was increase but also have found average age of new drinker was decreased that average age was about 15-19 years old about 46.9 %.

National Statistical office (2004) mentioned to average age to population started to drink alcohol for the first time: Male was 19.4 years old and female was 25.4 years old. Addition, the male population 52.8% started alcohol drinking in span of age 15-19 years old and the female population 29.3% started alcohol drinking in span of age 20-24 years old. In overall image of national house hold have found population age 12-66 years old about 58.5% have drunk alcohol once in life and 48.4% have drunk in last 1 years period. The most favorite alcohol beverages population was beer, rice whisky and china liquor. And alcohol beverages popular in female than male is punch, traditional wine and wine cooler.

Sukuma Sangduanchay (2004) mentioned alcohol drinking beverage in the sense of cause of continua drinking amount drinking , drinking time, drinking amount per day, drinking frequency, alcohol beverage type drinking characteristics reason of stop drinking, and behavior while drinking between drinker and alcoholic are significant different at 0.05. The same reason of drinking of drinker and alcoholic is enjoyment, party and unexpected to addict. But when drink for little period of time. They will begin feeling to drink and drink longer. From alcohol drinking behavior of drinker have found that like to drink color liquor at least 1 bottle per day pure drinker for 1-2 hour per day and like drinking with friends and stop drink when drink according specific amount of drinking. As for alcoholic like to drink rice whisky about less than 1 bottle per day same to drinker but amount of drinker 1-3 person/bottle more than drinker (23.6%) , spent time in drinker for 3-4 hrs and 19.4% spent time for over 7 hrs. Alcoholic like to drink pure and drink alone at their house. They will stop drinking when drunk and sleep. Withdrawal by decrease amount of alcohol drinking in

alcoholic groups and drinker group is significant different at 0.05. Alcoholics group is more severe than drinker group. So this is one cause to return drink continuously. Most symptoms in drinker group are muscle weakness numb on foot and hand and cramp. As for symptoms of alcoholic group are weaken remembrance.

Assoc. Prof. Dr. Yaowarat Porapakham, Assoc. Prof. Dr. Pornpan Boonyaratta and group (2006): Summarized alcohol drinking of Thai people that male and female in municipal area drinking is danger than male and female over municipal area, alcohol drinking frequency of female in Bangkok is in dangerous level more than other parts of Thailand and alcohol drinking frequency of male in the North of Thailand is danger than other parts. Both male and female who aged 15-29 years old drink alcohol more than other age group that is male 51.8 grams/day, female 7.9 grams/day. For binge drinking, have found the most is age of male 15-29 years old, drink about 13 times in 12 months or 1 time/month. In all age male group who have drunk, 57% have been binge drinking. In all age of female group who have drunk, 19% have been binge drinking. And in municipal area have heavy drinking group more than over outside municipal area. Male drinking in central part has proportion of binge drinking more than other part. Besides in all of public health areas, Frequency of binge drinking over 50% of male population and over 10% of female population. The most favorite beverage is Beer and inferior is whisky.

Alcohol Drinking Factors (www.thaihealth.or.th, 2009)

- 1) Biological factor from study found that Genetic affect to alcohol drinking.
- 2) Social and culture factors. All social and cultures often have alcohol drinking.
- 3) Personality and mind factor; temper and feeling affect to alcohol drinking.
- 4) Family background factor. Live hood and looking after are the important cause of alcohol drinking.
- 5) Crisis factor which occur from unexpected situations and occur from growth and development of life.

2.1.4 Alcohol drink related to bring about to problem in the present.

Alcohol drinking problems

2.1.4.1 Drinking problems and violence

From research result of Phuen Ying foundation in title effect of liquor as a contributing factor of domestic violence problem by work with women network in 4 areas of nationwide. The result showed that 70-80% of male drinker use violence against children and women by beaten & rape. Furthermore, still have gather to fight problem, use vulgar language, accident include alcohol drinking behavior that affect children imitate adults who drink alcohol. Moreover, sample mention domestic violence problem is the result of patriarchy so wife are in servitude (Chaded Chaowilai, 2009) Solving of Alcohol Area Domestic Violence Problem Organization assured that alcohol drinking of males affect domestic violence against children and women. And it had an effect on family both physical, mind, temper social and economic. The important was social impact about alcohol drinking behavior and domestic violence was epidemiology. Alcohol problem and domestic violence problem solving are solved by promote woman adaptation and good model in mother and wife part. However, it can't solve problem sustainable, so try to solve alcohol drinking problem and domestic violence more than. (Nuanyai Wattanakul, 2009)

2.1.4.2 Drinking problems and accidents

Alcohol drinking is the cause of most accidents that is worry because in the present, The amount of alcohol beverage drinking increase every year, average rate of amount of alcohol drinking of Thai people in 1961 was 0.26 liters/person/year and grew on until 8.47 liters / person / year in 2001 that was increase 33 times in 40 years. Moreover, Thai people also are drinker which is ranked of the world. Who ranked in 2001, Thai people drink alcohol at the 40th largest of the world and drink distilled liquor at the 5th largest of the world. The worried thing is alcohol beverages in younger group and high amount in woman group. There are a lot of impact of alcohol drinking such as accident, crime problem lost annual government statement of expenditure. Furthermore people who doesn't drink alcohol may receive bad result of alcohol drinking. (Winit Rangpueng mentioned in Manager online newspaper April 3, 2007)

Coordination Committee for the injury Public Health Ministry concluded important point of road accident in Songkran Festival 2009 that alcohol drinking before driving is important cause of accident. In festival time of many festival of country, especially Songkran Festival has found the first cause of accident of more than half of total accident (40.7%) is drunk. From information of Department of Disaster Prevention and Mitigation which did not different from Songkran Festival in 2008 (40.6%). From Information of severe injury have found 72% of male wounded people, 28% of female wounded people, 66.9% of driver and 48.5% of drink alcohol before driving (average beside festival whole year in 2007 was 42.2% of severe wounded people in all type of vehicle and in New year of 2009 was 57.4% decreased from New year 2008 (59.6%). The highest proportion of drink before ride motorcycle was 51.4 (51% of New Year 2008 and 55.5% of Songkran Festival 2008). The second was pick up, bicycle, Sam-lor and personal car.

2.1.4.3 Drinking problem and addiction

Dr. Pichai Saengcharnchai from Department of Psychiatry and Neurology (Household Network Foundation, 2009): Alcohol make happy and hilarious because sedative effect and stimulate brain to run happy substance such as dopamine and endorphins. But continuous and regular drinking makes brain change and happy substance is depleted affect to sadden changeable temper and addictive brain disease. Alcohol make brain reword pathway change that is sensitive to alcohol easily crave alcohol difficult to be felt happy because only alcohol enough to stimulate brain to run happy substance. So alcohol drinker could be responsible oneself because the drinking age is much less opportunity to able growth and because to be alcoholic is more than normal. If drink alcohol continually for a long time. The brain will adapt by more alert cause drinker to drink more and more for feel the same happy. So they will alcohol tolerance symptom. High volume of alcohol is harm organs system. When stop drinking they will have withdrawal symptoms because brain and nervous system is much alert. Dangerous symptoms are convulsion confused brain is cause complication mental symptoms. Alcohol drinking affects studying of young drinkers and drinkers who are student. Alcohol makes brain related thinking and decision which is prefrontal cortex work worse. Worse thinking and decision, have no restraint temper is more

important than reason action is line with temper for example oneself harm others harm and brawl

2.1.5 Health effects of alcohol beverages

Pharmacology of alcohol

Alcohol is absorbed well and quickly and into blood in stomach, small intestine and large intestine. Absorption will slow down if there is food in stomach and small intestine. Alcohol will be absorbed and spread around the body and can more through the placenta to the fetus. Therefore, alcoholic patients who still drink alcohol during pregnancy, infant often growth retardation craniofacial anomalies, microcephaly, mental retardation called Fetal Alcohol syndrome (FAS). Generally, female digest alcohol by lose alcohol dehydrogenase in stomach lining less than male, make alcohol level high faster than drink alcohol, so female drunk easier than male. There is study, have found that the offspring of alcoholic patient drunk harder than the offspring of not alcoholic.

Few alcohol is excreted by lungs, found that alcohol smell from breath is not relative with amount of drank alcohol. Metabolism rate of alcohol depend on weight, usually the body of adult will extirpate pure alcohol about 10 ml. per hour. From study in the past, have found that alcohol cause environment changing of lipid and cell wall and then cause brain membrane fluidity changing. From study in the present found that alcohol affect specific receptors such as ligand-gated ion channel as following.

1) Inhibitory channel that is GABA-A receptor and strychnine sensitive glycine receptor. Alcohol helps GABA to activate receptors and cause chloride which has negative ion flow in cell more and more. So, nervous cell is activated harder.

2) Excitatory channel that is NMDA and receptors and 5-HT₃ subtype receptor when they are activated by glutamate or aspartate, will make sodium and calcium which have positive ion flow in cell more and more and make easier to activate cell. As for non-NMDA and 5-HT₃ subtype receptors, when activate them make sodium flow in cell more than calcium. Alcohol inhibits working of this receptor type and believed that NMDA receptors inhibition control release of dopamine in

mesolimbic areas such as nucleus accumbens. Alcohol drinking for a long time cause up-regulation of receptor which take a role of spasm in alcohol withdrawal.

From studying, also found that alcohol affect neurotransmitter of other systems such as

1) Dopamine: From study found that there is increasing of neuron work dopamine in VTA area that connects with nucleus accumbens. Believe that is cause by alcohol inhibit NMDA receptor.

2) Opioids: From study found that alcohol increase endogenous opioids release in the body. From study naltrexone and naloxone using which opioid antagonist found that can decrease alcohol drinking behavior.

3) Serotonin: From study found that alcoholic patients have decrease 5HT and 5HT metabolite in spinal cord fluid and from study SSI using such as fluoxetine or sertraline contribute to decrease alcohol drinking.

(Sarayuth Boonpanit, Nuntana Khawlaor mentioned from www.doctor.or.th, 2006)

Table 2.1 Show estimating blood alcohol levels

BAC Level	Generalized Dose Specific Effects
0.020-0.039%	No loss of coordination, slight euphoria and loss of shyness. Relaxation, but depressant effects are not apparent.
0.040-0.059%	Feeling of well being, relaxation, lower inhibitions, and sensation of warmth. Euphoria. Some minor impairment of judgment and memory, lowering of caution.
0.06-0.099%	Slight impairment of balance, speech, vision, reaction time, and hearing. Euphoria. Reduced judgment and self-control. Impaired reasoning and memory.
0.100-0.129%	Significant impairment of motor coordination and loss of good judgment. Speech may be slurred; balance, peripheral vision, reaction time, and hearing will be impaired.
0.130-0.159%	Gross motor impairment and lack of physical control. Blurred vision and major loss of balance. Euphoria is reducing and beginning dysphoria (a state of feeling unwell)
0.160-0.199%	Dysphoria predominates, nausea may appear. The drinker has the appearance of a sloppy drunk.
0.200-0.249%	Needs assistance in walking; total mental confusion. Dysphoria with nausea and vomiting; possible blackout.
0.250-0.399%	Alcohol poisoning. Loss of consciousness.

(Source: Office of alcohol and drug education, University of Notre Dame, 2009)

Table 2.2 Show estimating blood alcohol level (Based on weight) males

Weight	1 drink	2 drinks	3 drinks	4 drinks	5 drinks	6 drinks	7 drinks	8 drinks	9 drinks	10 drinks
100 lbs	.043	.087	.130	.174	.217	.261	.304	.348	.391	.435
125 lbs	.034	.069	.103	.139	.173	.209	.242	.278	.312	.346
150 lbs	.029	.058	.087	.116	.145	.174	.203	.232	.261	.290
175 lbs	.025	.050	.075	.100	.125	.150	.175	.200	.225	.250
200 lbs	.022	.043	.065	.087	.108	.130	.152	.174	.195	.217
225 lbs	.019	.039	.058	.078	.097	.117	.136	.156	.175	.195
250 lbs	.017	.035	.052	.070	.087	.105	.122	.139	.156	.173

(Source: Office of alcohol and drug education, University of Notre Dame, 2009)

Table 2.3 Show estimating blood alcohol level (Based on weight) females

Weight	1 drink	2 drinks	3 drinks	4 drinks	5 drinks	6 drinks	7 drinks	8 drinks	9 drinks	10 drinks
100 lbs	.050	.101	.152	.203	.253	.304	.355	.406	.456	.507
125 lbs	.040	.080	.120	.162	.202	.244	.282	.324	.364	.404
150 lbs	.034	.068	.101	.135	.169	.203	.237	.271	.304	.338
175 lbs	.029	.058	.087	.117	.146	.175	.204	.233	.262	.292
200 lbs	.026	.050	.076	.101	.126	.152	.177	.203	.227	.253
225 lbs	.022	.045	.068	.091	.113	.136	.159	.182	.204	.227
250 lbs	.020	.041	.061	.082	.101	.122	.142	.162	.182	.202

(Source: Office of alcohol and drug education, University of Notre Dame, 2009)

Action mechanisms of alcohol

Effect on the body and disease caused by alcohol beverages

Of the Thai Junior Encyclopedia Volume 27 on the harm of alcohol (1997) has said.

1) **Effect on the central nervous system**

Alcohol has a sedative effect on the control of the decision, consciousness and discretion, causes speak prattling, muscular system work uncoordinated, loss of balance, being in a dreamy state and the wrong decision. Plenty drinking will depress the respiratory center and blood circulation.

1.1) **Psychosis and Hallucination:** Alcoholics have to hear vaguely and hear someone abuse caused fear, paranoid, cannot control themselves or confused, cannot remember time, places, people or intimate and hallucination. These symptoms usually occur after stopping or reducing alcohol consumption within 1-3 days. Convulsion induces before in someone. These symptoms could be an indication

that brain has been poisoned from alcohol and go to a serious level. In addition, alcohol deficiency cause only have to hear vaguely by hallucinations, think that someone want to hurt caused a paranoid, fear of being killed and cannot control themselves. How to injure themselves or hold others hostage. Psychological symptoms such as these. Found up to 10 percent of alcoholics.

1.2) **Alzheimer's diseases:** The vitamin B 1 is reduced due to the consumption of alcohol and from the fact that alcohol is directly toxic to brain cells cause alcoholics have Alzheimer symptoms. The memory is clearly impaired. Decision and the reasons for errors or failure to and the decline in thinking skills. In some cases, if not treated, they may become permanent Alzheimer's disease. In addition, alcohol also affects a small part of the brain called cerebellum of this brain part to degenerate, which has a direct impact on the standing balance and gait instability.

2) Effects on the cardiovascular system

Alcohol effects on the compression of the heart muscle causes vessels to expand, slightly lower blood pressure, blood vessels in the skin expand made a face and a neck felt hot. If the amount is much, body temperature will be lower because the distal blood vessels extension and loss of body heat. Another, large amounts of alcohol can affect the function of white blood cells, this is one of the body's immune system and makes the ability to eliminate pathogens decline. Resulted in weakened condition and severe infection easy. In addition, alcohol also affects erythropoiesis and the platelets pellet cause anemia and abnormal blood clotting.

3) Effect on the digestive system

Alcohol effect the secretion of the gastric juice, resulted in irritation to the lining of the stomach ulcers and vomiting, cause other complications such as blood loss, anemia, deficiency of vitamin B 1 (Thiamine) of hand and toes numbness. Small amounts of drinking before or with food to appetite because alcohol reduces anxiety and stress, stimulate the secretion of gastric juice increased.

4) Effect on the liver

People who drink alcohol for a long time will have the abnormality of metabolism of the liver make sugar production decreased cause low blood sugar. There are ketoacidosis and liver Parenchyma or Fatty liver), which cause hepatitis, cirrhosis and liver cancer. In addition, the residual of alcohol effects endocrine glands and others cause an imbalance of minerals in the body, an imbalance of steroids hormones cause breast bigger, shrunken testicles, cognitive decline and mood swings.

4.1) Fatty liver disease from alcohol: This condition is most found in people who drink heavily. If stops drink, then you can return to normal. This condition is caused by abnormal metabolism and fat synthesis. As a result of alcohol, resulting in the accumulation of fat in liver cells, it makes cell tumor, hepatomegaly and may have symptoms join with bad press. Generally, this condition is less likely to show symptoms are bad effect on them because there are no signs warning that the body is having trouble, although the disorder is in progress. But if is in this severe condition, will have symptoms of jaundice, abdominal swelling and limbs swelling. The cause of this may not become severe cirrhosis, unlike those of alcoholic hepatitis with very high risk. Eventually become cirrhosis.

4.2) Hepatitis is caused by alcohol: Alcohol causes inflammation of the liver cells, that make degeneration and cell death. To repair eroded part of these cells affect the structure of the liver cell is deformed, which is the one that leads to cirrhosis. The symptoms of hepatitis are various, since no symptoms, symptoms to a lesser degree, severe symptoms until death. In general, symptoms usually include body aches, nausea, vomiting, anorexia, weight loss, discomfort in the abdomen and jaundice. Some are associated with high fever. When have a check up, will found hepatomegaly and bad press, about 1 in 3 is found splenomegaly. In severe cases, the condition is abdominal swelling, bleeding, limbs swelling and confused due to brain. Even when stopped drinking alcohol. The symptoms are jaundice, abdominal swelling or confused situation even better. However, if continue the alcohol drinking, it can lead to inflammation of liver continue indefinitely. In some cases to recover from the disease takes a very long time, about 6 months or more. These conditions are the initial conditions that lead to the occurrence of cirrhosis in the future.

4.3) Cirrhosis: Alcohol consumption continuous resulted liver cells is damaged more. Finally, will have the liver atrophy and cirrhosis condition, most take about 10 years. Persons who are in this condition will be anorexia and thin, style to malnutrition, fatigue, easy bleeding and bruising easily. When cirrhosis occur, the circulation of blood in the liver, proceed with difficulty. The higher pressure in the blood vessels of aneurysm maybe is in the esophagus area, that risk of blood vomiting. It also causes water retention in the abdomen and swelling of stomach. Normally, the liver is responsible eliminate waste in the body. When Cirrhosis occur, the liver function is not good. The result is liver failure and brain confusion. Although cirrhosis is a disease with continuous progression, if not treated properly together with stop drinking alcohol strictly. It may stop the disease progression, as a result, the health of your body better.

5) Cancer

Cancers rates are significantly higher in alcoholic patients, especially cancer of the esophagus and stomach. There is also the risk of cancer of the colon, liver, and lungs. The causes of cancer may be due to the fact that alcohol affects the body's immune system to deteriorate and from the fact that alcohol is directly toxic to these organs. Although, studies have found that primary cause of death in alcoholics can be caused by coronary artery disease. However, death from cancer in these men was a considerable amount. The statistics from the study showed that women who drink alcohol and about 1.5 drinks per day will increase the risk of breast cancer was 1.4 times and drink alcohol about 4 drinks per day in both sexes, the risk of cancer of the esophagus and oral cavity about 3 times. If the volume is increased to 7-8 drinks per day, the risk of these cancers will increase to 5 times. In conclusion, anticipated to found various cancers of the advanced system in alcoholics is 10 times of normal peoples.

6) Sleep

Many people believe that alcohol helps sleep. Many people always consume alcohol to help themselves sleep better. In fact, alcohol affects sleep over the thought that alcohol caused sleepy feeling actually when started drinking early and

then, when alcohol enters the body and is metabolized by the liver to make new chemicals, which causes the brain to wake up. So the first half night of sleep may be sleep due to the effects of alcohol. However, the quality of sleep during the night would be disturbed extremely and on the use of alcohol on a daily basis will cause alcoholism. In addition, alcohol can cause brain associated with sleep is deterioration and also make the poor quality of sleep even though they stopped drinking. It can be concluded that alcohol consumption for help them to sleep become to cause the insomnia further.

7) Reproductive system

For men has continued alcohol drinking as a result of infertility to decline. In some cases, the infection can cause testicular and water pipes atrophy and decreased amount of semen and sperm, which is the cause of infertility. In woman, a regular large quantity of alcohol drinking may result in no menstruation, smaller ovaries, endometrial abnormalities. These which causes sterile, it may cause miscarriage during pregnancy.

7.1) Effects of alcohol on the fetus: Have found a clear relationship between the effects of alcohol drinking while pregnant with disorders of infants born of alcoholic mothers. Alcohol can pass through the placenta to the fetus easily, which may result in fetal and infant deaths due to abortion. The babies of women who drink alcohol may be found in these disorders such as mental retardation conditions, small skull, Low birth weight, body weight in the physical development of the children low abnormally and disorders of the face. And as the children grow up to behavioral problems such as attention deficit hyperactivity disorder and deficient in intelligence. It is also possible abnormalities of the heart's innate. By these disorders occur permanently. Since the current is not found. There is no safe level of alcohol effects on the fetus. So alcohol drinking during pregnancy should be avoided as well.

8) Alcoholism

Alcohol consumption on continuous and large amount doses can cause addiction. The addiction is divided into two types; physical and psychological addiction. Nature of the addiction, will notice when stop drinking or reduce their

drinking amount within 24 hours as caused restlessness, irritability, insomnia, palpitations, nausea, and vomiting, and in some people can be heard faintly, psychedelic, confusion and seizures. The aspects of the mental addiction is noted that have always crave symptom, cannot lack of it, have to try to be consumed. Although the risk to work progression. When alcohol addiction happens, it will become alcoholism finally. Alcohol starts to affect the vital organs of the body, as mentioned above, such as the brain, liver, heart and blood vessels. Cause cirrhosis, memory loss and heart disease, down decision and reasons, lose one's sense that affects responsibility and career extremely.

(<http://kanchanapisek.or.th>)

Alcohol deficiency

Dr. Anant Thanaprasertkorn said that Alcohol withdrawal syndrome caused by changes in the central nervous system of stop or reduce drinking alcohol suddenly. Previously, this had been drinking alcohol for one consecutive period, cause the increase in both central nervous system and peripheral nervous system. This may be just a little bit or symptoms of Autonomic hyperactivity, seizure, delirium or general physiologic dysregulation. The study found that about 5% of people who are alcohol dependent are treated to the Delirium tremens, in 10-15% of these deaths are not caused Delirium tremens, will cause a serious medical complication are seizure, pneumonia, infection cardiovascular disease, electrolyte imbalance, etc.. (Ramathibodi Mental Health Homepage, 2009)

2.1.6 Concepts and theories related to alcohol drinking behavior: The definition of "Behavior" by the Royal Institute Dictionary BE 1999. Defined as "the act or symptoms of muscle ideas and feelings expression for response to stimulus" and the meaning of learning is "To understand the meaning of something by experiences" to describe the behavior which different from these theories.

Freud's psychoanalytic theory 1856-1939 (Allpsych online, 2009): He is Austria. He is believed that the adult personality is different because each person's experience at an early age and depending on how to solve problem of the conflict in each ages of individual child. The first 5 years of life are very important. Freud

divided the human mind into three levels, are conscious, Pre-conscious and unconscious. In addition, Freud also said that the human body has innate instincts and is divided into two types: Life Instinct and Death Instinct. Some instincts are suppressed in the unconscious mind, have hypothesized that Humans have innate energy, called this energy "Libido" is the energy that makes people want to live, want to be creative and love, have the gender or sex drive. For the goal is to be happy and pleasure with the body's sensitivity and called this section Erogenous Zones.

Id is the part of our personality ingrained from birth but it is part of the unconscious mind. There are the principles to meet only their own needs and the goal is pleasure principle. Id push the Ego to do what Id needs.

Ego is part of the personality develop from a child that contact or interact with the outside world. Normal personality person is the person whose Ego can adapt to have a balance between the demands of the Id and the Superego. The principle of Ego is Reality Principle.

Superego is the personality of the third stage of development called Phallic Stage. Phallic Stage as part of personality set the measures of individual behavior by inherit the values and ethical standards of their parents ,and set as a measure of notoriety. This measure is a substitute parent will tell you what you should do or should not do. At most, measures of behavior were from the regulation which parents teach and often are ethical standards and values of their parents.

Superego is divided into two, as conscious which are said to avoid undesirable behavior and one is Ego ideal encourage good behavior. Conscious is usually caused by the threat of punishment for doing so is not good. I should be ashamed to behave like that. Ego ideal is often due to the addition of a plus or recognized as mother loves me because I am good.

Freud said development of personality change over time, especially, the infancy, childhood and adolescence. All three systems work together better because the child contacts with the environment or the outside world more. The Ego will grow even stronger. Id be able to control it more. Elements that contributed to the development of personality, Freud stated as follows.

- 1) Maturity refers to the development of the youth.

2) Frustration caused by fulfillment and disappointment. When interacting with the external environment.

3) Frustration due to internal conflicts.

4) Their own unreadiness of physical, intelligence and lack of experience.

5) Anxiety because of their fear.

Freud believed that frustration as the basis for the development of personality but must be sufficient to develop the Ego. But if there is too much frustration it causes problems in defense mechanism which is an adaptation of the unconscious mind. By Freud and his daughter (Anna Freud) classify defense mechanisms include.

1) Repression refers to suppressed upset feeling or frustrated, and frustration in the subconscious.

2) Projection means to reduce anxiety and put the blame on others.

3) Rationalization refers to the adaptation by rationalization with acceptable description for others.

4) Regression means to escape back into the past to make their stay happy.

5) Reaction Formation represents the defense mechanisms by committed in the opposite behavior of their own sense that they think what is society may not acceptable.

6) Fantasy or Day dreaming; this is a defense mechanism of the imagination or conception of what they are looking for but It is impossible.

7) Isolation means to separate themselves from the situation which leading to frustration by separating to be alone.

8) Displacement is to vent anger or frustration towards people or things that are not a source of frustration.

9) Identification refers to the adaptation of their praise perso copying.

Learning theory: Learning is the process of making people change behaviors that can be learned from hearing, touching, reading and technology using. Learning of children and adults are different. Children will learn by studying and questioning, adults often learn by available experience. But learning will come from experience that the instructor presents by the interaction between teachers and students. The instructor will create a psychological climate conducive to learning. and occur in any form, for example informality, strictness or no discipline. These teachers will build conditions and learning situation for the students, so teachers will need to consider alternative forms of teaching including the interaction with the students. (Wikipedia, the Free Encyclopedia, 2009).

Emotional Intelligence Theory: Emotional Quotient referred to as EQ.

1) Baron (1997): Provide a means of emotional intelligence that Is the private ability, emotional and social of individual to adapt to the environment can be achieved. So when a person is in a situation, society or the environment associated with the drug or the sale or manufacture. That person would have to adapt to the environment by following for society acknowledgement.

2) Cooper & Swaf (1997): The definition of emotional intelligence that person's ability to recognize, understand and use the power of their emotions for being foundation to build relationships and convince others.

Other social theories related to the reasons for drinking

1) Humanistic theories of Carl Rogers (1902-1986): Describes the process of personality development that has the following four aspects.

1.1) Organizing Valuing Process: Rogers believed that people are born with power or motivation to improve themselves to the state of the real self known. And because people come from different environments, so it is necessary to understand the environment and the privacy of individuals. (Internal Frame of Reference). It is important that people be aware and meaningful experiences. The conclusion is that if a person was born in a warm environment, safety and full of care, make individuals to recognize and value the experience then. In addition, children will get to know the environment. And provide a means of recognizing the

fact, the opposite party has been negative environment. He will give you the experience of negative values. These are considered as a values developmental process, has changed as a result of increased experience. So the experience of the individual have contributed significantly to the development of the individual values and can explain the use of alcoholic beverages in the development of personal values on their own.

1.2) Positive Regard from others: We see that self of the person starts to develop when individuals interact with the environment around them. They will acknowledge the real of environment and bring experience to significant effect on the perception that Self-Experience. Interaction between themselves and the important people in his environment will lead to the development of self-concept because that makes sense of their own identity. Development of the personality of a person is in the early stages of life, Infants cannot separate themselves from the environment and they think are part of the environment make the child addicts to parents and their environment. And begin to understand self identity. However, in this phase child will be to seek the needs, satisfaction to meet their demand because he did not rely themselves, have to rely on others. So, learn to get attention and recognition from others. When growing up, children will learn that certain behaviors make others to respond him lovingly. Some may make others unhappy, not recognized and not responding. These reactions cause a child choose behavior that makes other people happy. And avoid behavior that makes others unhappy. Children can learn to accept the values of others into their own, result in self-evaluation from the behavior of others accept or did not as a judgment.

2) Theory associated with deviant behavior and the expression of human behavior (Mr. Kanti et al, 2000): Deviant behavior is behavior that violates social norms of the society it rules. Functions structure in social cannot be done perfectly, which may lead to problems in social. Theory related to sociology and deviant behavior to explain human behavior as follows.

2.1) Human have free will in decision of action choosing, think about the advantages and disadvantages. People with deviant behavior because think that have benefit rather than a penalty that was not afraid of punishment.

2.2) The concept of Classical School by Cesare Beccaria (1738-1794) cited in Groenewegen, Peter D. (2002): Humans are free to decide on something that is more useful than what it was. "Human have free will to select the action" There are criminal people because they do not fear law, or punishment had been no violence.

2.3) Rational Choice Theory by Allingham, Michael. (2002): Expression of human behaviors is an act of reason. Reason to consider the advantages and disadvantages are. Show all circumstances including the behavior deviates from the calculation of the benefits and satisfaction as a major cause. Decision behavior depends on the penalty given. The state has a duty to make a fear of punishment, does not cause deviant behavior.

2.4) The concept of Positive School, of Goring, Charles (1913): The deviant behavior is the various environment and extortion. (Determinism).

2.5) Structural Functional Theories by Merton, Robert (1957): Deviant behavior about social systems. Social structure result in deviant behavior, depending on the social opportunities (Opportunity Structures), culture or values and is a component of the normative structure.

2.6) Sub cultural Theories by Frederic M. Thrasher (1927) cited in Cohen, P. (1972): Related to social learning theory, learn to violate social norms but want to support that such behavior is correct. Sub cultural theory learns different cultures of all from society and accept such behavior.

2.7) Process Theories by Whatmore, Lynne (2009): deviant behavior is the behavior from the decision. The comparison of result behaviors that show from learning, interpretation, and socialization.

2.8) Socialization refers to the process of social and psychology, which has resulted in individuals have personality with social approaches. Children would born have been taught to be a real person and can coexist and relate to one another seamlessly. (<http://rirs3.royin.go.th/dictionary.asp>, 2009)

2.9) Differential Association Theory by Ross L. Matuseda, (2000): Has been described as the meeting place in society of people this will be the moral and behavior of others to follow.

2.10) Miller (1958) agreed with Cohen that there was a delinquency subculture, but argued that it arose entirely from the lower class way of life.

2.2 Definition and concept of physical fitness

2.2.1 Definition of physical fitness

The term "physical fitness", experts have given meaning to the widely, may be possible to conclude that Physical fitness Refers to the ability of a person. In order to use the body system of any physical activity regarding the expression that the ability of the body effectively or hard consecutively without showing signs of fatigue appearance and able to recover to normal in no time. (Library System of Thailand, 2009)

Wassana Kunaabhisit (1998) states that the physical fitness elements and is defined as follows.

1) Circulo - respiratory Capacity or Circulo - Respiratory or Cardiovascular Endurance potential or the ability of the respiratory system and the circulatory system also called Cardiovascular Endurance is a feature that can withstand heavy activity for a period of time or can be said that performance of the circulatory system (Circulo = Respiratory Fitness) is included in the activities that require the most of muscle of the body like running, swimming, cycling because these activities stimulate the heart and blood circulation and respiration has worked in higher than normal efficiency.

2) Muscular Endurance: Muscular endurance is a feature that a person can strive to work on activities that require muscle in same the groups for a long time as the chin-up, pushups, sit-up.

3) Strength: Strength refers to the ability to take the matter up with a single run in two types up.

3.1) Isometric or Static Strength refers to the use of maximum force at once up. A person can do with resistance to type in all the muscles are contracted up.

3.2) Isotonic or Dynamic Strength refers to the amount of resistance that a person can do to elapse between the use of force as the full force of the movement of specific joints or joints of the body are also included, bent arm lift the barbell, so strength is the only part or muscle group, depending on the nature of resistance (defined as static or mobile resistance).

4) Flexibility: The elasticity or flexibility refers to potential or the ability of the joints to move through a period of normal movement. Flexibility is quite specific on the joints, depending on the nature of the musculature and connective Tissue around the joints rather than the structure of joints bones,(Except in the case of osteodystrophy or not work) than the normal movement of the joints is the talent of each of the training, such as motion of the acrobats or gymnasts that normal people cannot.

5) Body Composition: The composition of the body as part of physical fitness because there is the present evidence assures that excess fat stored in the body is associated with limitations of health and physical fitness. Measurement of body composition is measured as the percentage of body fat (% fat).

Types of physical fitness (Library System of Thailand 2009)

1) Isometric exercise is a form of muscle contraction without moving any part of the body, is used to contract muscles which want to train and relax, then contract again alternately or pulling objects which not move, such as push the wall, push the door jamb or pulling chair we were sitting, etc. This Doing will help your muscles strong.

2) Isotonic exercise is exertion by resistance fighting. There are contraction and relaxation of muscle that refers to the movement of the joints, such as object lifting up and down, a weight lifting, etc.

3) Isokinetic exercise is the exercise by the body to fight against resistance with a constant velocity. It is a new exercise by inventing the

modern exercise tools or may be integrated into the computer such as the mechanical tract that use for training can be defined movement speed, etc.

4) Anaerobic exercise is exercise that uses energy stored in the muscles. Including light working, sprint, weights lifting, etc.

5) Aerobic exercise is often called as transliteration. "Aerobic exercise" as an exercise to the body, enhancing the ability to pick up oxygen, makes to activate heart and lungs long enough to cause benefits change. Physical exercise with the other parts movement of the body with mild velocity in at least 10 minutes. The body breathes oxygen into to create more energy than normal levels of the respiratory system and circulatory system work more for a period, induce tolerance of the system. Aerobic exercise include, swimming, running, cycling, brisk walking, aerobics, rowing, rope jumping, running in place. And various sports, etc.

Training and development of the sport requires physical fitness as well. In the build up to the following factors (Library System of Thailand 2009):

1) Principles of physical fitness training. We often find that it is always a question, how much is the amount of exercise will be sufficient, and how to exercise to improve physical fitness as well as possible. There are four key aspects to consider:

1.1) Frequency of training: Should exercise training 3-5 days per week, or day except day.

1.2) The intensity of the exercise: Training should be hard enough by holding the heart rate, the heart rate target is between 60-90 percent of maximum heart beating. (Used to check the pulse. While exercise for 10 seconds and multiply by six to get the pulse rate of 1 minute).

$$\text{Maximum heart rate} = 220 - \text{age}$$

In the aerobic training. The heart rate is between 60-90 percents of the maximum beats rate, Period between 15 to 60 minutes. For example, male students aged 20 years maximum heart rate = 200 beats/ minute, the

pulse is high (90%) = 180 beats / min, the pulse of aerobic training = 120 beats /minute.

1.3) The duration of the training. Exercise With high intensity should take between 15-60 minutes to enhance the performance was good. The low intensity exercises, although it takes a long time to train. May be suitable of exercise for health.

1.4) Form of exercise. In general, the exercise will use a large muscle, continuity of activities, the rhythmic and aerobic in nature, including such activities - sprint jog switch, rowing, the common switch brisk walking - long distance running, swimming, jumping rope, cycling, step up onto the bench, also may be used to other sports also like tennis, badminton, handball, football, basketball, volleyball, gymnastics, etc. (Library System of Thailand 2009).

2) Factors associated with physical fitness: The physical fitness reinforcement is much or less effective and not only that depends on the following factors.

2.1) Factors on trainee, sex, age, physical condition, mental and genetic that how of readiness.

2.2) External factors

2.2.1) Food, eating should be completely and sufficient.

2.2.2) Climate, weather suits should be enhancing body temperatures are about 25 degrees Celsius.

2.2.3) Dress appropriately and succinctly.

2.2.4) The use of drugs will cause more harm than good. The heart must work harder than normal.

2.2.5) Alcohol drinking makes heart work heavy and a loss of balance, the wrong decision and cause an accident easily.

2.2.6) Smoking is an enemy of the exercise, due to the toxicity of the smoke damages the cardiovascular system and the respiratory system to loss of performance.

2.2.7) Relax and recreation, relax is necessary to strengthen. When trainees are exhausted of strengthening should provide sufficient relax, may be supplemented with recreation activities, it will make more effective of relax.

2.2.8) Excess practice, it is bad effect to a physical fitness strengthening because may be injured or may be fed up with the practice.

2.2.9) Too long confinement, the sport confinement, if necessary to keep for a long time, need to break the hold time is about 10-14 days alternate recreation activities or go back to stay at home for 7 days.

2.2.10) Warming it is essential to do before and after exercise regularly. This will help to reduce the injury rate and enhance the ability of muscles to work very well.

2.2.2 The training concept

Training Theory

Paramet Wongpuithichai (2009) noted that; the practice is several parts of the body used to moving work more than normal orderly, and an increasing successively affect changes of shape and function in several parts of the body and associated organs enough or fit to neediness of each sports. Training planning with systematic procedure and correct theoretically of sports sciences, will cause the athlete development and success in the tournament effectively, reduce injury and will be a proud victory. Training theories, is collecting of social sciences or scientific information to be approach to consider data for planning of concise and complete training program. The elements of training theory is philosophy of teaching, skills training, physiology, anatomy, development and growth, sports psychology, sports biomechanics, sports history, sports nutrition, and injury and first aid etc. These elements are what modern coaches must learn and understand, for preparing to contribute to the development of sport and have a systematic process, which is the heart of a sports training. Athlete developments by using any shortcuts, such as the use of hormones or stimulants, even act to increase the amount of blood in athletes are not sustainable development. True success is athletes will be successful in the long-

term, developed continuously and more expert in order that match philosophy. "the athlete first, the winning second, so trainers and athletes must be clearly understood.

Considerations in training or sports training planning

- From easy to difficult.
- From slow to fast.
- Of what is known to the unknown.
- From general aim to specific.
- From the beginning to the end.

General factors affect training

- Growth, nutrition and relax.
- Climate.
- Structure of the body.
- Age, gender, heredity.
- Equipment.
- Environment.
- Injury.
- Physical fitness of athletes.

Components of physical fitness

- Strength.
 - Endurance consists of the resistance of the circulatory system and muscle endurance.
 - Flexibility.
 - Speed and deftness.
 - Powerful explosion.
 - Coordination of the nervous system and muscular
- Content.
- Equilibrium.

2.3 Related Research

Jiraporn Thepnoo (1997) studied on “Factors affecting alcohol consumption of students of high school education, Ordinary lines Education in Phatthalung Province”, the study found that 1,261 people in the age group 15-22 years (mean 17.4, SD 1.02 years) had been alcohol drinking 489 persons (38.78 percent of the total samples) were male 83.4 percent and female 16.6 percent. Study relationship, have found that male have the risk to drink alcohol is 13.3 times of females (95% CI = 10.46-18.56). The study found that gender as a disturb variable in other factors when control the gender factor, found that students at least 18 years have risk of alcohol drinking was 1.54 times of aged <18 years students, students have low and moderate studied have risk of alcohol drinking is 9.85, 2.30 times (95% CI = 6.07-15.98, 1.56-3.38) of high studied result students respectively. Students with low and moderate efficacy have risk of alcohol drinking was 17.68, 1.76 times (95% CI = 9.15-34.15, 1.11-2.80) of high efficacy students in order. Students with a positive attitude of alcohol drinking have risk of alcohol drinking is 55.32 times (95% CI = 28.00-109.30) of students with a negative attitude. Students who are supported alcohol drinking high from parents, low control and medium control. The risk of alcohol drinking is 14.23, 1.83 times (95% CI = 8.15-24.85, 1.08-3.10) of students receiving low support from parents and high control. Friends influenced high and medium have risk of alcohol drinking. was 10.64, 0.30 times (95% CI = 5.12-22.12, 0.18-0.52) of students they have less influenced by friends in order. Students who was influenced by media high and moderate have risk of alcohol drinking is 18.28, 3.62 times (95% Ci = 10.17-32.86, 2.02-6.50) of students to media influence lower order. From multiple logistic regression found that male students have a chance to drink alcohol to 8.94 times of female students (95% CI of OR 6.31-12.66) To have been influenced from media, high and moderate had risk of alcohol drinking was 4.11, 2.40 times of gain. The influence of the low mass of high-risk parents. The alcohol is 3.43 times the support of parents, low alcohol, high control (95% CI of OR 1.67-2.05) with the appropriate equation. To predict the sensitivity and specificity of 77.10 percent, 89.12 percent and cannot accurately predict the overall result was 84.46 percent of the estimated equations to

predict. Can be used in screening students at risk of alcohol drinking in Phatthalung Province.

Prakit Bodhiart (1998) studied on “Factors influencing alcohol drinking behavior of teenagers in Ayutthaya province” selected sample of stratified random sampling of adolescents aged 15-19 years were studied. Samples were consist of the high school students, college students and students of vocational education center for 411 people. A study found, samples have a regular alcohol drinking behavior was 2.7 percent and rarely is 46.7 percent. And found that the results of the study, including gender, age, type of education, the residential attitudes, values, perceived impact of alcohol drinking, were relative with alcohol drinking behavior statistically significant. Contributing factors include, access to trading, family relationships were associated with alcohol drinking behavior statistically significant. Reinforcing factors, including alcohol drinking behavior of close friends, and the influence of the media associated with alcohol drinking behavior statistically significant. Multiple classification analysis found that the best variables that can predict the behavior of alcohol drinking was alcohol drinking behavior of close friends. The second is the attitude to alcohol beverages, gender and the influence of media respectively.

Kamonthip Wijitsunthornkul (1999) studied on “The factors that influence alcohol drinking behavior of students in male vocational education in Bangkok” of 614 samples, the results of studies found that student of male vocational education in Bangkok, 66.8 percent of student had alcohol drinking level was relatively high. Male vocational students who drink alcohol are 65.1 percent more likely to drink or drinking in the wrong, age range 14-18 years to 81.5 percent drank the most and will drink more when older. The drinking characteristic is drinking to social such as drinking as a group, is persuaded by his friends and drink a lot in several opportunities and conforming to peer. We can predicted alcohol drinking misuse was also found that 20.3 percent and also found that attitudes and perceptions of alcohol drinking were significantly associated with alcohol drinking behavior.

Thanalak Thepthepa(2004) studied on “Alcohol consumption behavior with the activities of daily life: analysis in Kanchanaburi” Population and Social Research of the population aged 15 years and over (excluding students), in the study were 25,546 people. Results of study were found almost half of studied population

drank liquor or beer (42 percents) and 1 of 10 of population (9 percents) drank alcohol regularly were at least 1 day per week. Those who drank both beer and liquor regularly as 4 percent, drank only liquor as regular was 3 percent and beer only 2 percent on a regular basis. And on the relationship between the work characteristics of the population with alcohol consumption behavior, found that there were relative statistical significance ($P\text{-value} = 0.05$). Those who worked in the industry, skilled craftsman and driver drank liquor regularly more than other occupational groups. And similarly found that people who work in the industry, skilled craftsman and driver drank beer regularly more than other occupational groups. It was also found that males of working age (25-59 years) who are married, higher education and those who live in urban areas drank beer regularly more than females, adolescents or old age people with lower education and those living in rural areas. This study suggest that the various departments such as Relevant provincial public health offices, should be a campaign against the consumption of alcohol and should give priority to those who work in the industry, skilled craftsman and driver were the first target.

Patravadi Chumponviraphong assembly (2005) studied on "Alcohol drinking behavior of female teenagers, case studies in, vocational education in Ranong" aged 15-20 years of 10 people. The results showed that the first drink when was 16 years old, when he began to live in a dorm were 80 percent, the remaining had been drinking before. Samples accepts that they have a habit of alcohol drinking with 4 group as tour group, party group, problems group and wanted to try group. Steps leading to the third stage is the first experience, learn to adapt and accept. Samples group with alcohol drinking behavior have idea. "These women drink alcohol do not loss but was media of modern and smart, funny, society cause courage and used to be suffering thing" Place of residence, skip facilities, shops, restaurants and natural resources. Frequency of alcohol drinking is 2-3 times per month. Type and quantity were depending on taste, health and the amount of money.

Kunnatee Poomsanguan (2007) studied on "Social context and culture with alcohol drinking behaviors of reproductive women". Objective was to study the systemic of women's lives under social context and culture in the suburbs, Bangkok which affect the women's thoughts, beliefs and behavior of alcohol drinking. The results showed that all women know the dangers, the impact of alcohol on health and

accidents. This is a result of the integration bring her to smoke and subsequent gambling made the debt burden has increased. The starting point for real women drink alcohol is a problem within the family, between "the woman" and "husband". Alcohol is used to relieve the conflict and suffering caused by the failure of the marriage relationship. So the solution to alcohol drinking of reproductive women requires cooperation between the family. If there is a strong relationship within the family, in particular, husband, the important social context in which has the responsibility to solve the problem of alcohol drinking in Thai women.

sanisha Khankam (2007) studied on "The opinion of students on the alcohol advertising with sport" a sample of a population of 800 people, 400 male students and 400 female students. The results showed that was what opinion of students were agree in alcohol advertising with sport, comparing opinions on alcohol advertising with sport by sex showed that there are differences that are statistically significant at the 0.05 level and comparing opinions on alcohol advertising with sport classified as marital experience, that there are differences significant statistically at the 0.05 level. Recommendations from the study are as follows.

- 1.) Should not be cut to advertise during televised sports. It can be a small area. One corner of the screen for advertising.
- 2.) The logo should be used in advertising is a symbol of the alcohol to the drunk to remember the order of things.
- 3.) Companies produce alcohol. Do not print the logo on the shirt or label support. This may result in children remembering what it was alcohol.
- 4.) Government should consider what alcohol advertising in national competition only. To reduce the frequency of getting alcohol all the ads.

Salika Mabjabok (2008) studied on "Alcohol drinking behavior of adolescent of Vocational School in Nakhon Ratchasima". The study population was 362 students aged 15-20 years in five vocational schools, Nakhon Ratchasima. The results showed that general characteristics of the sample, the majority (56.9%) were female students, aged 15-20 years, with the majority of pride, family factors, social factors, and perceptions of drinking alcoholic beverages. And attitudes towards alcohol drinking was at a moderate level. 74 percent of vocational students have a alcohol drinking history, most were female. And began drinking alcohol at age 10-15

years, first by drinking wine, spy or beer about 1-2 bottles or cans. A popular type of alcohol beverage is Leo beer, volume of intake liquor about 1 peg by drank seldom and started drinking because of wanted to try. Where to buy alcohol for most of the grocery stores, purchases during the period. 15:01 to 21:00 am, what is the most likely to drink at home. By paying for a period of not more than 250 Bahts, considering factors related to the group of students who drink and do not drink alcohol. Such as, average income of family and close friends who drank alcohol. Found that the average incomes and points of the student two groups were statistically significantly different, with a p-value equal to 0.321 and 0.929 ($\alpha = 0.05$). The family members who drank alcohol and close friends who drank alcohol. No significant differences between the two student groups (p-value 0.004 and 0.001, $\alpha = 0.05$, respectively), and also found a relationship between the perception of alcohol beverages and attitudes with alcohol drinking are statistically significant at $p < 0.05$.

Punnapa Suwanchote (2009) studied on "Factors affecting alcohol drinking behavior". A case study for students was studying at to "ergeant school". Education Department of the Air Force, education Training Command, Air Force, of 280 samples. The results showed that Sergeant students of alcohol drinking 183 people (65.4%), which still is in percent 39.6 in knowledge about alcohol, drinking behavior, alcohol a person's family, the. they associate with the alcohol and the influence of the media at a moderate level. The perception of risk, impact and severity of disease caused by alcohol and relationships within the family is high. The analysis of factors associated with drinking alcohol, age, income or place to stay during your vacation. History of substance abuse alcohol drinking behavior of family members and they associate with alcohol drinking. Recommendations from this study offer relevant agencies and government should realize the importance of children and youth. Prepared by the parents be a good role model for the youth. And advertising of alcoholic beverages is strictly prohibited. Including the creation of the social values that are non-alcoholic.

Chanida Lertpitakpong (2009) studied on "Evaluation and enforce measures to restrict access to buy alcohol" among population aged 15-60 years who were employed during the 7 days before the interview and who drank alcohol in the past 12 months, sample of 2368 people. The study found that the percentage of 71.1 of

the samples bought alcohol the last time at the grocery store, followed by convenience stores are percentage of 8.0 is found that 0.4 percent of samples bought at stores in oil station that was prohibited to distribute place. Considering the time of purchase. Found that 34.2 percent bought alcohol at 18:00 to 18:59 pm, during which time the highest bought. However, 10.4 percent of the samples at the time of bought was not available between 14:01 to 16:59 am and 00:01 to 10:59 am. The age limits bought measures that 0.9 percent of people aged 15-17 years bought whom the law is under 18 years old. From the results of this study showed that there is still a violation and what measures restricting access. The government and relevant agencies should be forced to take such measures. More stringent and the measures restrict access to the site, and find the sales and distribution for the consumer to be able to restrict access to affordable and efficient.

Pannasorn Phopan (1999) studied on "Study of behavior and factors associated with alcohol drinking behavior of Athlete in Institute of Physical Education". The sample consisted of athletes of Institute of Physical Education. A total of 400 people, a study found, most athletes begin drinking alcohol for the first time at the age of 13-18 years, which first drink reason was wanted to try, most popular beverages were beer, and often drank seldom with friends. From the analysis of the factors associated with alcohol drinking behavior, including sexual, the influence of alcohol advertising, alcohol beverages access, friends association and they found that males are more frequent than females to drink alcohol. And the influence of media and access to alcohol and from the high frequency dating friends in the alcohol group were more than in the low and moderate. Recommendations from this study, Institute of Physical Education, and related agencies should be rigorous strict about alcohol drinking of athletes more, to reduce the risks to physical fitness training and sports. And promote the construction of the athlete's attitude with regard to not drink alcohol.

A review of the theoretical literature and research related with alcohol drinking behavior conclude that, most of the quantitative study is focus to statistical values such as critical thinking, values, beliefs and attitudes. The results are similar and in the same direction, are a looking the relationship of the individual, lack of deep perspection of a life, decision and views in sport. Alcohol drinking behavior is a

multidimensional perspective behavior due to the larger society such as country is divided into a wide variety of social groups and the sum of each group have culture about alcohol consumption vary, athlete social is the same. However, there are no research on the perspectives why athletes choose to drink alcohol beverages. Therefore, find the right point and accessible exploration of the athlete. For create a strategic approach, direction of prevention and sustainable solutions. Researcher creates a variable using the framework and theory in psychology, social science and addictionology. The aim is to study the alcohol drinking behavior of athletes, which includes the following elements, study and analyze the alcohol drinking behavior of athletes by sample ideas perceptions about alcohol beverages drinking. The definition, believes, experience, pattern and effects of alcohol drinking behavior, which these elements are factors of each other as shown in the chart in a single framework.

Wichuda Kijtorntam (2012) studied on “The Cause and Effect of Drinking Behavior of Thai Undergraduate Students”. The recent studies indicate the increase in drinking behavior of undergraduate students in Thailand. This article aims to present the cause-effect relationship between factors affecting drinking behavior of undergraduate students. The five causal factors compose of three psychological factors: alcohol expectancy, drinking motive, and sensation seeking; one social factor, peer, parental and social network influences; and biosocial factor: all of which influence on undergraduate students’ drinking behavior. The problems related to undergraduate students’ risk behaviors consist of three domains: 1) problems with themselves such as acute and chronic health damage, brain damage and poor academic achievement; 2) problems with others close to them, such as conflicts and unplanned sex; and 3) social problems such as drunk driving accidents. Therefore, solving problems and consequence of undergraduate students’ drinking behaviors requires focus on reducing the effect of causal factors and strengthening of psychological factors: 1) decrease the influence of three causal factors, alcohol expectancy, drinking motive, and sensation seeking by promoting the understanding of acute and long term effect of alcohol consumption on themselves, close people and social groups; 2) modify the attitudes of undergraduate students by increasing of positive motivation and positive sensation seeking of new experiences of benefit to society and the public;

3) promote the family to serve as the child's positive socialization agent; 4) In-Depth Research to study the proper way to change undergraduate students' behavior to effectively stop drinking; and 5) longitudinal study among high-school students to propose the way to reduce the new alcohol consumers.

CHAPTER III

RESEARCH METHODOLOGY

This study was design as a qualitative research which aimed to study alcohol consumption behavior among athletes who is a student of the university.

In the first part, study from other research and documentary research with the research title which study from former paper for completeness of data.

In the second part, study as a field work research which design interview form as a in-depth interview and non-participant observation. Researcher interviews athletics who had alcohol consumption behavior by this research method as follow.

- 3.1 Population in this study
- 3.2 Research instruments
- 3.3 Make research instruments
- 3.4 Data collection
- 3.5 Data analysis

3.1 Population in this study

This study is a qualitative research which intend to get the fact and lie from population in this study. The population in this study were students who is an athlete from each sport club of the public university and were willing to participate in this study.

3.2 Research instruments

In this study, researcher sets the research instruments into 3 sets by using structured interview form and non-structured interview form to interview athlete composed with non-participant observation ,that have been detail.

3.2.1 Athletics interview concept was used as a title in conversation and interview athletics was divided into 5 parts as follows:

Part I Personal background: To study sex, age, started alcohol drinking age, education achievement, expense, free time spending and athletic ability.

Part II Family factor: To study family member drinking behavior, parent's married status, support and control about alcohol drinking from parent, parent's education levels, parent's occupations and economics status of family.

Part III Socio-Environmental factor: To study residential characteristics, residence condition, friends influence, media advertisement influence, easy findable alcohol beverage and alcohol beverage price.

Part IV Alcohol drinking behavior, drinking places, frequency of drinking, drinking time, drinking volume in each time and drinker group.

3.2.2 Observation form researcher use non-participant observation to observe key informant and record all of data related to the study from athletes. Divide data into 3 parts:

Part I: For recording data about athlete, place, study program and training program.

Part II: For recording all of behavior about research such as drinking behavior, avoidance behavior, daily life behavior related to drinking.

Part III: For recording other behavior.

3.3 Make research instruments

3.3.1 Study from journal, paper, textbooks, theses, research about and impacts of athlete's alcohol drinking behavior.

3.3.2 Collect data, interview concept and observation form with the content consist of

3.3.2.1 Personal background

3.3.2.2 Family factor

3.3.2.3 Socio-Environmental factor

3.3.2.4 Alcohol drinking behavior

3.3.3 Bring athletes interview concept and observation form to the advisor for checking and improve on. And then, bring to professor for checking content validity.

3.3.4 Bring checked athletes interview concept and observation form to try out with the other informants who are not population in this study for checking about validity and completeness of content.

3.3.5 Improve on athletes interview concept and observation form by passing the advisor's opinion for using with sample populations in this study to collecting data.

3.4 Data collection

In this study, researcher collects the important data from 2 sources as:

3.4.1 The secondary data is data collection from textbooks, books, academic paper, printed matter, newspaper, article, journal, research, theses and internet searching for validity and completeness of data to answer the research question. In qualitative data collection, researcher interviews athletes who had alcohol drinking behavior by using main point determined question and gave the chance for the athletes can answer independent.

3.4.2 The primary data is a field work data collection by using interview form. Researcher will collect data by oneself. The data collecting places are sport ground of each sport club (most of each sport club are in public university), study place, dormitories, and relaxing place of athletes or the place where can interview the athletes conveniently for follow up for continuity and can answer the question of research absolutely. Researcher must explain to the subjects that data from interview will be secret for reliability and confidence of researcher.

3.5 Data analysis

In this study is a qualitative data analysis by using descriptive in content analysis from collecting data of key informant and bring to analyze the obtained data from structured interview, non- structured interview and non-participant observation. Researcher analyzes data as following:

3.5.1 Summarize the data which obtained from journal, paper, textbook, theses and documentary research about athlete's alcohol drinking behavior to the essay.

3.5.2 After data collection every time, divided data into categories and analyze to relation of data.

3.5.3 If the obtained data were not absolute and clear, so re-collecting the data. Bring obtained data to analyze for getting the answer about athlete's alcohol consumption behavior such as how about behavior of drinker, causes of alcohol drinking, impacts and problems. Try to answer the purpose of study clearly.

3.5.4 Bring conclusion which is the result of data analysis to write in descriptive for understanding and smoothly.

CHAPTER IV

RESULTS

The purpose of this research was to study the alcohol consumption behavior among athletes of public university. Data was obtained from in-depth interview and non-participant observation. The sample 19 athletes of cases study which compose of 16 males and 3 females and 11 sport types (Table 4.1). The results are presented in 4 parts as follows:

- 1) Personal Background and General Information
- 2) Family Factor
- 3) Social and Environmental Factors
- 4) Alcohol Drinking Behaviors

Table 4.1 explains the category, total number, faculty, academic year, gender, and domicile of the key informants

No	Sport Clubs	Number of Informants	Year	Gender	Domicile	Remark
1	Judo	3	4	Female and Male	Bangkok	
2	Athletics	2	3-4	Male	North-East	
3	Thai Sword	1	3	Male	North-East	
4	Badminton	1	3	Male	Bangkok	
5	Rugby	2	3-4	Male	Bangkok and South	
6	Soccer	3	3	Male	Bangkok	
7	Basketball	2	3- Master's degree	Female and Male	Central and Bangkok	
8	Volleyball	1	4	Male	North-East	
9	Softball	2	3- Master's degree	Male	Central	
10	Takraw	1	4	Male	North- East	
11	Rowing	1	4	Female	Bangkok	Other members did not show drinking behavior

Table 4.1 explains the category, total number, faculty, academic year, gender, and domicile of the key informants (cont.)

No	Sport Clubs	Number of Informants	Year	Gender	Domicile	Remark
12	Swimming	-	-	-	-	The practice took less than 5 days per week, therefore it was not in criteria
13	Tennis	-	-	-	-	No drinking behavior
14	Table Tennis	-	-	-	-	No drinking behavior
15	Shooting	-	-	-	-	No drinking behavior
16	Taekwondo	-	-	-	-	No drinking behavior
17	Golf	-	-	-	-	No drinking behavior

4.1 Judo Athletes

4.1.1 Personal Background and General Information

4.1.1.1 Personal and Educational Background

The interview and observation found that three from total eight athletes often had alcohol drinking. The three athletes were chosen to be the population in this study. All of them were 22 years old, born in Bangkok, and studying in the 4th year. They had classes five days per week from 9.00 a.m. to noon and 1 p.m. to 4 p.m. except Wednesdays in the afternoon. During the secondary school, they studied in Arts-English program. Their academic records from the primary school to university level were fair. Their information is explained as followed:

The GPAs from the primary school to the secondary school were 3.00, while the GPA in the university was 2.5.....

Female Judo athlete

Now I'm studying in the College of Sports Science and Technology, Bachelor degree of Arts, major in Exercise Science. I have class 5 days per week, but some of the lecturers provide extra classes.....

First male Judo athlete

4.1.1.2 Sport

All of the three athletes began to play sports since secondary school. Normally, there were new members joining Judo club every year. With their effort and interest, these three athletes have continuously practiced Judo and achieved

green belts (four levels under the black belt). The first male athlete did some muscle building with his friends in the secondary school. The second male athlete was a black-belt Taekwondo athlete competing in national-level competitions when he was in the secondary school. He joined the club with his classmate because he wanted to explore other type of martial arts. The female athlete has played Judo since the secondary school and has been in Thailand National Youth Games.

The Judo club scheduled the training on Mondays to Fridays from 6.30 a.m. to 8.00 a.m. and from 5.30 p.m. to 8.30 p.m., according to the information below:

My first competition was occurred when I was in Mathayomsuksa 4 (equivalent to grade 10).... My biggest achievement was the gold medal in the secondary school-level in Thai-Korea Taekwondo Competition....I tried Judo because a place in Taekwondo's category I used to compete in was filled. I am a green belt in judo.

Second male Judo athlete

I had played Taekwondo for two years before switching to Judo when I was in Pratomsuksa 3 (equivalent to grade 3). I was a green belt. I joined the first competition when I was in Pratomsuksa 5 (grade 5). My biggest achievement and pride was the first runner up in the Office of Sports and recreation Competition when I was in the secondary school.

Female Judo Athlete

4.1.1.3 Daily Life

All the three athletes stayed in the dormitories inside the university. There were 10 dormitories. Six of which were girl's residence including Dorm.1-2, Dorm 3-4, Dorm 10, and Dorm 11. The other four dormitories were men's including Dorm 6-7 and Dorm 8-9. All the dormitories, except Dorm.10 and11, were connected in pairs, for example Dorm. 1 and 2 were connected by walkways on every floor. The athlete's daily lives, thus, involved with activities inside the university because all facilities such as minimarts, cafeteria and restaurants, shops, banks, etc. were inside the university. The first two male athletes were in the same group of close friends so they always had activities together. They usually shared the same hobbies after class or Judo training such as watching movies, listening to music, playing

computer games, etc. The female athlete's close friends were her classmates. They always spent time together except during sports training; each of them would go to their clubs to practice. On weekends the three athletes would go home to see their families in Bangkok. Each of them received weekly expense from their parents approximately 700-1,500 Baht, and earned about 1,000-2,000 Baht per month from their part-time job as a swimming trainer. They spent 200-300 Baht on average on their meals and 3,000 Baht every semester for their dormitories. The information was based on the interviews below:

“I stay with my two classmates in the university dormitory..... It is 3,000 Baht per semester, and we have to share the electricity expense.”

Second male Judo athlete

My father gives me 800-1,500 Baht per week, depending on the necessity. I also have a part-time job as a swimming teacher, earning 90 Baht per hour.... The biggest amount of the monthly expense is meals. It is about 3,000-5,000 Baht.....

First male Judo athlete

I spend my free time for relaxing, talking, and watching movies with my friends at the dormitory.... Sometimes I go to the cinema with them..... I go back home every weekend, and rarely go out with my friends on some weekend usually after examinations or competitions.....

Female Judo athlete

4.1.1.4 Background in Alcohol Drinking Behaviors

The first male athlete and the female athlete started to drink alcohol when they were in the secondary school, while the second male athlete did when he was in the 1st year in the university. The causes and the feelings were different. The first male Judo athlete had liquor for the first time because their seniors in the judo club forced him. The first feeling was the drink was bitter and hot in his stomach. The second male athlete did because his father's friend encouraged him to learn what it tasted like. He tried liquor and felt his body was hot and becoming red, and he became dizzy. The female athlete had rice liquor because her friend asked her to try. “It was sweet” said her friend. But she felt hot in the stomach and dizzy and wanted to vomit. After that they rapidly developed their drinking ability because they

had more chance to have alcohol drinking, not other kinds of drugs, in the university life. The information is shown below:

I first drank alcohol when I was 18 years old because I just wanted to try and I was just done with the examinations. So, my friends and I had a celebration. After that I have continued my drinking until now..... I think I can drink more than before because I go out more and have more chance to drink.... But I never have other kinds of drugs.

Female Judo athlete

I first drank when I was 19 because my seniors encouraged.... The first feeling was my body became hot and red. I was quite dizzy... After that I continue drinking and feel I can drink more and know how much I should drink. I never have other kinds of drugs.

First male Judo athlete

I started to try alcohol when I was 11 years because my father's friends told me to try so I that I knew how it tasted like..... It was bitter and burning my stomach.... I didn't drink it often after that because I didn't get the chance to..... I started to drink again when I was 19 when my seniors told me to.... I never take any other drugs....

The second male athlete

4.1.2 Family Factors on Alcohol Drinking Behaviors

4.1.2.1 Primary information of Family and Parents

The athletes had the similar family background. They all had single families with 4 - 6 family members, and lived in Bangkok. The first male Judo athlete had four members - the father, the mother, the grandmother, and himself. His guardian was his father who held a Bachelor's degree and worked as a governmental agency (sports and recreation). He earned 20,000 Baht per month. No one in his family consumed alcohol. The second male Judo athlete had five family members; the father, the mother, the aunt, the sister, and himself. His father completed Prathomsuksa 4 (grade 4) whereas his mother finished Prathomsuksa 5. Their income was about 30,000 Baht per month.

4.1.2.2 Background in Alcohol Drinking Behaviors of Family Members

Whereas none of the first male Judo athlete's family members drank alcohol, the second male Judo athletes' father and elder brother did. According to the second athlete's observation, the father drank more often than the brother. The father usually had drinks with his friends whom he always got together at home. They mostly drank beer, but not too much to get drunk. Normally, they either tended to have a conversation during the drinks, or became quiet and went to bed when they were intoxicated. The athlete never saw his elder brother had alcohol at home, but knew that his brother had drinks with his friends at a night club. His behavior after drinking alcohol was like the father's. The athlete's point of view toward this issue, however, was neutral. He thought that both of his father and brother were mature enough and could take care of themselves well. For the female athlete, her mother, aunt, and younger sister had drinks, normally only on special occasion such as New Year, Song Kran festival, etc. They appeared abnormally more cheerful, then began crying when they got very drunk. The sister had drinks most often as she went out with her friends, and then passed out when she returned. The athlete, indeed, worried about her sister the most. She did not want her to have drinks so in accordance with this information:

In my family, my mother, aunt, and sister drink alcohol.... Normally my mother and my aunt are not drinkers, but they drink with the family only on special occasion such as New Year or Song Kran festival, which is the time when they always get drunk. When they are unconscious, they sob to release their stress and misery.... The sister drinks most often as she always goes out with her friends, and go straight to bed when she returns.... This worries me and I do not want her to drink so often....

The female Judo athlete.

4.1.3 Social and Environmental Factor on Alcohol Drinking Behaviors

4.1.3.1 Location and Resident Factor

All the three athletes stayed in the university dormitories whose regulations were issued by the university. The assigned organization appointed staff, called "head of the dorm", to take care of students in each dormitory. There were

many regulations. For example, the opening hours were between 5 a.m. to 11 p.m.... No drugs or alcohol were allowed in the dormitory. The students were not allowed to bring any electrical appliances, etc. There was no minimart around the dormitories, except the minimart at Dorm 10 which alcohol drinks were not sold. However, the athletes have brought alcohol drinks into the dormitories many times by hiding them inside their bags and had them wrapped to avoid noises from bottles. They claimed that they have been to the bars near the campus several times, as mentioned below:

The dormitory's regulations prohibit loud noise, pets, drugs and alcohol, etc. Moreover, we cannot bring appliances and we have to return to the dorm by 11 p.m.... I have drunk alcohol in the dorm many times. My friends and I take turn to buy them and carry them in a big bag and just walk straight to the room. We always turn on the music to cover the noise when we have drinks.... Bars and pubs are widely seen not far from the campus. I go out once a week....

The second Judo athlete

4.1.3.2 Individual and Friend's group Factor

These three Judo athletes' society tied with the same groups of friends-the classmates, seniors, juniors were in the same faculty and on the same campus (not separated like some other faculties). The relationship among the students in this faculty, therefore, was close. The three athletes had 120 classmates, scattered into 10-12 smaller groups. The first and the second Judo athletes were close friends and had the same group of friends with 12 persons. Three of which were rugby players, and the rest were not athletes. Everyone in the group drank alcohol, and the two Judo athletes had drinks with the friends most often. One of the friends would initiate the idea of having drinks when everyone in the group was all available. Thus, it was rare to reject an invitation from friends, but if it happened to reject the get-together, both of the athletes would explain the reasons. On the other hand, both of the athletes' girlfriends did not have drinking behavior.

The female Judo athletes had 13 people in her close classmate group. All of them consumed alcohol, but only within the group. People outside the group, even the member's date, were not invited because they had an agreement - "It is fine to date someone, but each of us has to agree to hang out together, return home altogether, and friends are the most important." According to the information below, if

someone broke the agreement, the person would be blamed and not be invited until she accepted the agreement, referred from the information below:

In our year, there are about 120 people which were separated into 12 smaller groups of friends. My group consists of 10 guys. Nine of them drink alcohol, but the other one does not at all.... My two best friends are a judo player and am rugby player, and both of them drink....

The first male judo athlete

I have a girlfriend and she always tells not to drink much. It intoxicates....

The second male judo athlete

The activities, I do with friends are watching movies, karaoke, going to the malls, etc....

The female judo athlete

4.1.3.3 Factor in Media and Information

The three judo athletes normally received news and information from the Internet and newspaper. All of them mostly heard about liquors and drinks from newspaper, but did not have any comments on that as the advertisement did not have influence to them. It, therefore, can be inferred that their drinking behavior among them was not influenced by advertisement. Moreover, none of them thought that the alcohol control regulation by the public sector was not strict enough. "It is not strict and cannot really solve the problems" they thought, according to this information.

I think the alcohol control regulation is fine; it well can control the age of customers and selling time period....

The first male judo athlete

4.1.4 Alcohol Drinking Behaviors of Athlete

4.1.4.1 General Information of Alcohol Drinking Behaviors

Alcohol Drinking Behaviors among the three athletes were different. Both of the male judo athletes had the same group of friends. Thus, the frequency and the kind of alcohol they had were the same. "I normally drink 2-3 times a month. The drink we usually have is Blend 285." They spent about 4-6 hours to hang

out at a time and spent 400-500 Baht. However, their drink preferences were different. The first judo athlete liked Blend 285 the most, and then Sato (or rice wort). He could have 5-6 glasses of alcohol per time and after that he would start to feel drunk. The most he ever had was 10-12 glasses. He could continue drinking until he could take no more drinks. On the other hand, the second judo athlete's favorite drink was Blue Hawaii alcohol smoothies, then Leo beer, but the drinks he always had was Blend 285 because of his friends' choice. He could drink about 7-8 glasses, or 12-13 glasses the most. For the female athlete, she got the chance to drink 2-3 times a month and spent 3-4 hour per time. But the longest she spent was 5-6 hours because one of her friends was heart-broken. Her favorite drink was Blend 285 because of cheaper price, good taste, and most of her friend's choice. She could normally drink 6-7 glasses and the most 15-16 glasses when her friend was heart-broken.

Now I drink 1-2 times a month.... I spent about 4 hours and the most was 6 hours because of the nice atmosphere and the good conversation with friends.... The liquor I like the most is Blend 285 because it is cheap and tastes as good as other more expensive liquor, then Sato Siam, or Thai wort because it is cheap and strong....

The first judo athlete

My favorite drinks are Blue Hawaii alcohol smoothie because it taste good, then Leo beer because it is cheap.... But I always had Blend 285 since my friends wanted to.... Normally I drink 5-6 glasses and after that I would feel drunk.... The most I ever had was 12-13 glasses of beer....

The second judo athlete

Usually I can drink 7-8 drinks, and I will be drunk if I drink more.... The most I had was 12-13 glasses.... It costs about 300-400 Baht per time. If I do not have enough money, I will borrow from my best friend who also does judo....

4.1.4.2 Behaviors before Alcohol Drinking

Internal Factor

The three judo athletes had the same attitudes toward drinking alcohol. Alcohol generated a fun atmosphere, connected people, and reveal hidden thoughts and feelings. That was the reason to drink alcohol when getting together and having emotional problems....

The reason why I drink when I hang out with my friends is because we can spend a long time together. And I also think it is a value among us that soft drink is for kids.... If alcohol is not available, we will do something else such as watching movies, etc.... I once felt like drinking because I had a heart broken.... and it might be able to make me forget....

The female judo athlete

Sometimes I feel like drinking because I want to have fun... I believe this thought partially stimulates drinking behavior....

The first male judo athlete

I once felt like drinking because I had a heart broken and alcohol might help me sleep.... But I do not think this feeling starts the drinking behavior.

The second male judo athlete

External Factor

To plan and set a schedule, to find a place, as well as to have difficulties made the drinking behavior of the three athletes interesting. The key stimulator which drove the similar behaviors, among them was due to their friends. Before going out, they would have steps of planning, i.e. "clarify which bar to go, how many people would join, appoint a place and time. For example, meet up at 8.30 p.m. after the judo practice, 7.00 p.m. If there was no practice, then, they could plan about expenses." The reason they most often had to drink was that friends invited. Referring to the information from the first and the second male judo athletes, the place they got together most often was "Nam", a pub and restaurant located in the eastern side of the campus. Moreover, both male athletes had similar place preference which was pubs, especially those where friends in the same faculty always went to, because they were familiar with the place and the location was not too far. They both had drinks at the bar until the closing time - 2.00 a.m. However, they still prefer drinking at the dorm, they would have someone owning a motorbike buy the drinks from a grocery store or a liquor store. The snacks to eat nibble with were roasted peanuts. Like the male athletes, the female judo athlete also hung out and had drinks with her friends at a bar

and restaurant located in the north-western side of the campus. But she still preferred drinking at the dorm because it was private and they were able to do whatever they wanted. Also, the way they brought alcohol was like that of the male athletes'. For the difficulties obstructing them from having alcohol were money, education, and responsibilities and sports respectively. But the female athlete had another different obstacle which was the agreement that "we will not drink and have fun if every person in the group cannot join." When a conflict occurred, such as an examination, all the three athletes would re-consider about having alcohol and explain the truth to their friends. Nevertheless, if it was undeniable or the difficult did not much matter, they would join the get together with their friends, but had smaller amount of drinks and left early, as seen from the information below:

Firstly, I need to check my money if it was enough for the rest of the week. If yes, then I will join as we all know where and what time to meet....

The female judo athlete

The main reason I drink because my friends persuade, and it is a special occasion like a birthday.... The place I also go to is the bar located in the eastern side of the university named "Nam".....

The first male judo athlete

My favorite place is "Nam" because of its nice atmosphere.... My favorite one is a high-rise place with breeze and ventilation and provides a live band.... And of course, my friends must be there with me too.

The second judo athlete

4.1.4.3 Behavior during Alcohol Drinking

Drinking styles and preferences of these three judo athletes were quite alike. When having liquor, they all preferred to have it mixed with soft drink or club soda. The female judo athlete claimed that "it must be mixed with coke only. Otherwise, it will not be sweet or taste tingle enough." It usually took them 4-5 minutes to finish a glass of drinks, and they considered themselves as general drinkers compared with their friends.

"I think I can drink quite much, but I am not a big drinker" one of them said, and all of them would not drink too much to be completely intoxicated. But if a friend appeared to become very drunk in a pub, there would be someone to

take care of him or her to avoid unexpected arguments with other people. In case it happened at the dorm, they would just let the person sleep in the room. Although they drank and some of their friends smoked, none of the key informants used any other kinds of drugs. "My friends smoke more often when they drink alcohol." This summary is from the information below:

I like to drink liquor and either club soda, water, or soft drink. But I like it with soft drink the most because it taste better and is easier to drink.... I can talk and drink constantly. It takes about 4-5 minutes to finish a glass....

The first judo athlete

If a friend becomes drunk, I will take care of the person. But if I get drunk myself, I will just go to bed, not bothering other people. Normally, we do not get drunk because it will spoil a good time and we all have to leave. But we can be dead drunk in the dorm.... I have seen only one person in my group smoking when drinking. She usually smokes occasionally....

The female judo athlete

4.1.4.4 Behavior after Alcohol Drinking

After drinking alcohol, all the three key informants returned to their dormitories. A friend who had a vehicle would take responsible dropping off everyone. All of them would get into the dorm by climbing on a hydrant. When they could get into the dorm, they took a shower and went straight to bed. Many of them had the same reactions which were having a headache, getting tired easily, vomiting, etc. due to lack of sleep. However, none of them had sexual desires, accidents, or fights "The rule is everyone must go and leave altogether. Everyone, though her dates join us or not, has to accept the rule. So, we do not have those problems." said the female judo athlete.

There were some funny and strange behaviors found after intoxication among the three main informants. "One of the friends always became a fortune teller predicting everyone in the group. But we never know if the predict is accurate. Other guy will do something exciting like sneaking inside the faculty's pool and jumped into the pool after the opening hours." told the two male athletes. The female judo athlete's story was "One night we did not have snacks to eat with the drinks. So, we sneaked into men's dorms to get some star gooseberries. When we were

climbing up, we then saw a guy with no shirt on hanging his clothes. We were shocked and fell from the tree, so we hurriedly went back to our dorm.” Another story also took place at the dorm. “We had drinks at the dorm that night. And we were hungry but there was no food. So, we stole some chocolate in the fridge. In the morning, we saw a note on the fridge badly complaining about us. We were all embarrassed.”

The three judo athletes did not think they were addicted to alcohol because they could omit it. They understood the term of alcohol addiction as “everyday consumption with a big amount.”

All the information above was based on the data below: We have to climb on the red pipe to get into the dorm after the gate is closed. I will go to bed right away because I know it is time to rest.... When I get drunk I feel tipsy. I cannot walk straight, talk, and I vomit.... I don’t think I’m addicted to alcohol because I can omit it, while some other people have to drink everyday and can’t stop....

The female judo athlete

When I get back to the room, I just go to take a shower and then go to bed.... My body turns red and I feel tipsy, unable to control myself when I am drunk....

The first male judo athlete

I never ignore tasks or responsibilities in the following morning if I drink because I would get some sleep and it is my responsibility to do.... I heard about the disadvantage about alcohol that it delayed consciousness and caused many problems such as fights etc.... I don’t think I’m addicted to alcohol because I can control myself.... Those who are addicted are not able to stop drinking and always drinking a lot, but I’m not....

The second male judo athlete

4.2 Athletes

4.2.1 Personal Background and General Information

4.2.1.1 Personal and Educational Information

There were totally 12 athletes in the athletics club. According to the interview and behavior observation, there were four drinkers, all are male. Two of the drinkers were selected to be the population in this study because they had interesting behaviors and they could provide best details. The first athlete was 22 years old from Phetchaboon province. He was studying in the 4th year. His educational record was in average level - a GPA of 2.40 in the Primary School level, a GPA of 2.69 in the Secondary school level, and a GPA of 2.47 at present. Both of the two athletics athletes had classes five days per week, from Monday to Friday. The data above were referred from the information below:

Now I'm 22 years old, male, and studying in the 4th year.... I was born in Phetchaboon....

The first athlete

Now I'm 20 years old, male. I was born in Chaiyaphoom... I studied in science and mathematics when I was in the Secondary school. My GPA was 3.2 in the Primary school, 2.82 in the Secondary school, and 2.47 at present.... I have classes five days per week....

The second athlete

4.2.1.2 Sport

Both athletes have practiced athletics since they were in high school. They attended and succeeded in a number of completions. For examples, the biggest achievement the first athlete received was the first runner up in a sports game in the educational-district level, while the second athlete was selected to be the representative to compete in a National Youth Sports Competition. Both of them were in the university's athletics club. The club's culture was to be disciplined and to take care of the members in the club as a team culture. The senior would be the leader in the training set by the coach. The training schedules and atmosphere were therefore strict and quite tough. The training was six days per week, Monday to Saturday from 6.30 a.m. to 8.00 a.m. and 5.30 p.m. to 8.00 p.m. Thus, all the athletes, including the

key informants, thought that “The duration of the training is the same as it was in the past. But it now is tougher.”

I started athletics six years ago. I joined the first competition when I was in Mathayom 5 (equivalent to grade 11) I competed in all levels of competition, from school level to educational area level.... My biggest success was the first runner up in educational area level....

The first athlete

Now I practice six days a week, from Monday to Saturday from 6.30 a.m. to 8.00 a.m. and 5.30 p.m. to 8.00 p.m..... The training now takes as long as those in the past, but it is harder....

The second athlete

4.2.1.3 Daily Life

Both athletes stayed at the university dormitory. Their daily routines involved a lot with activities inside the campus. Their lives were quite simple. Their living expenses were much similar to those of the male judo athletes, but the amount they earned was different, based on the family. The first athlete got 5,000-6,000 baht every month from the parents, and plus another 5,000 baht scholarship per year. He mostly spent about 200 baht per day. The biggest portion was meals, which was approximately 3,000-4,000 baht per month. In his free time, he always hung out with his friends, or relaxing at the dorm on weekends. The second athlete earned 4,000-5,000 baht per month from his parents, and had no extra earning. His daily expense was pretty much like that of the first athlete. But he tended to spend his free time with his friends in the same volunteer club, and relaxed in the room on weekends:

I stay in Dorm 9 with other three roommates from the same faculty.... My parents give me 5,000-6,000 baht a month and I also have 5,000 baht scholarship per year.... I spend about 200 baht per a day, and I mostly spend on party. About 3,000 baht per month.... I usually spend time with friends and relax in my room on weekends....

First athlete

I get 4,000-5,000 baht per month from my parents.... I do activities at the volunteer club in my free time....

And I always either go to see movies, go to the bar, or stay in my room during weekends....

Second athlete

4.2.1.4 Background in Alcohol Drinking Behaviors

Both athletes started their drinking behaviors in about the same age. The first athlete first drank when he was 18 years old. He was persuaded by a friend when they had school sports day. His first drink was white liquor. After the first glass, he felt his throat was hot and his stomach was burning. Then, he did not have any alcohol until he turned 21 years old because he was tired from athletics training and thought the alcohol would help ease the sores in his body. He persuaded his friends to have the drinks, and he continued to drink after that time. Now the first athlete claimed that he could drink more than then he used to in the past because he got more chances and he liked that. Besides alcohol, he used to smoke when he was in high school. But he stopped because of the chest pain.

The second athlete had alcohol the first time when he was 18 years old after a final examination. The drink he had that time was beer, and he first felt bitter and tipsy, but was still conscious. After that, he continued drinking until at present. He thought he could drink more because he drank often and his body got used to the alcohol. However, the second athlete was not addicted to other kinds of drugs. The summary is based on the information below:

The first time I drank alcohol was when I was 18 years old because my friends persuaded. I drank white liquor, and then I felt my throat was hot and my stomach was uneasy.... After that I did not get the chance to drink. I drank again when I was 21 years old.... Now I can drink more than before because I got to drink more often and I like it more.... I used to smoke when I was in high school, but I don't know because I felt painful on my chest when I have a hard training....

The first athlete

I first drank when I was in Mathayom 6 (equivalent to grade 12) because of graduation party, and I continued drinking since then.... I had beer, and I felt it was bitter and tipsy, but I was still conscious.... Now I think I can drink more than before as I got the chances to drink.... and I never took any drugs....

The second athlete

4.2.2 Family Factor on the Alcohol Drinking Behaviors

Both of the athletes' families were settled in upcountry. The first athlete was from the north of central part of Bangkok, but the area was near North-eastern, the community was influenced by the neighbor's culture. The second athlete was from North-eastern Thailand. So, these families had a similar alcohol drinking behavior and preference. Another point was that they both were nucleus families, meaning there were only parents and children. But in this case, the two families had only one son (population in this study). The first athletes' family consisted of three members - the father, the mother, and the athlete. However, the aunt and the mother were the guardians, responsible for his financial support. His mother was a staff in the province's Transportation Association while his aunt was a farmer. They earned roughly 60,000 baht. His mother held a Bachelor's degree and his aunt completed Prathomsuksa 4 (equivalent to grade 4). The only person in his family who drank alcohol was his father, but the father drank occasionally such as during the New Year festival, or when he got together with his old friends, etc. The behavior shown during the drinking was common conversations without obvious intoxicated manners, and he would go to bed afterward. From this, the first athlete's point of view toward the drinking behavior of his father was normal because he thought "the father was already mature and could take care of himself". Nevertheless, his guardian did not know about his drinking behavior and always told him "Do not drink alcohol - it is no good."

There were four people in the second athlete's family, consisting of the parents, the younger sister, and the athlete himself. The parents were general contractors earning about 14,000 Baht per month. They completed the Primary school level. The father had an occasional drinking behavior i.e. just on special occasion such as family get-together, etc. With the drinks, the father became quiet, and would go to bed. The second key informant, like the first athlete, did not have anything against the drinking behavior. But his parents knew about his drinking behavior, but never let him drink with the relatives because he was afraid to be a bad example for the sister. In the meantime, the mother would always tell him it was ok to drink, but not too disappoint her. "I know my mother was worried about me...." said the second athlete. This conclusion was based on the information below:

I'm the only child. There are 3 members in my family - my mother, my father and myself.... The guardians who were responsible for my financial support are my aunt (mother's sister) and my mother.... My mother is a staff at the province's Transportation Association, and my aunt is a farmer. They both earn about 60,000 Baht per month.... The only person who has alcohol was my father, but he drank on special occasions.

The first athlete

The person who drank is my father, but he drinks in the family gatherings.... I do not have a negative view toward my father's drinking because he does not drink so much to get drunk.... My guardians know that I also drink but I do not dare drinking with the family because I do not want to be a bad example to my sister.... My mother always reminds me "It's ok to drink, but do not disappoint me." I understand she worries about me....

The second athlete

4.2.3 Social and Environmental Factor on Alcohol Drinking Behaviors

4.2.3.1 Location and Resident Factor

According to the information above, both of the athletes stayed at the university dormitories. The condition, the environment and the rules and regulations were the same as those of the judo athletes. During their free time, the athletes spent time with their roommates in the dormitory. Also, they sometimes had alcohol at the dorm. They bought alcohol from minimarts, mostly located in the north of the campus, and hid it in a backpack to take it into the dormitory. Although they mentioned that there were a number of bars and pubs nearby the campus, the athletes did not spent time at those bars so often.

In my free time from classes and athletics trainings, I just stay at the dormitory with my friends and roommates because there was nowhere else to go.... The condition of the facility is acceptable.... Though it is a bit too small, but everything is equipped and it is close to school.... The rules and regulations are the same as other apartments' i.e. no pets and drugs are allowed. But the appliances are not allowed either.....

The first athlete

I have alcohol with my friends inside the university dormitory. My friend drives his motorcycle to buy some drinks and put them in the backpack to take it in the dormitory. We always turn on the music to cover the noises during drinking.... There are pubs and bars not so far, about 1-3 kilometers away, from the campus.... I go there once a month....

The second athlete

4.2.3.2 Individual and Friend's group Factor

The friends groups of two athletes were different. Their classmates in the same year were approximately 170 students, divided into roughly 10 groups. The first athlete, however, did not show specific group of friends. He claimed he could get along and blend himself with anyone. But he mostly spent time with his friends from the athletics club. And he drank alcohol with his 2-3 classmates but in different sports clubs. Thus, his group of friends did not have much influence on his drinking behavior.

In order to go have drinks, a friend from the table tennis club, would be the first to persuade people to go out. But the first athlete did not join many times because he did not want to. Normally, they would share the drinks bill. Besides drinking, they would play Futsal together.

The first athlete had a date, but she did not have problems about his alcohol drinking because she also drank alcohol, too. "I always tell her not to drink because I'm worried about her." he said.

The second athlete had 120 classmates in the same year, separated into 4-5 smaller groups. He had 15 people in his group of close friends, 12 of which drank alcohol. His best friend was a rugby player whom he drank alcohol with most often. Another person, he also drank alcohol with was from the volunteer club as they always drank when they had a volunteering trip, where many other people would join the drinks. "If we do not know each other much, the atmosphere is quite uncomfortable." Mostly, the second athlete would be the first person to start the drinking idea, but sometimes he also turned down other people's offers due to sports trainings. And he had no date at that time. The data above were based on the interviews below:

There are 170 classmates in the same year, split into 10 smaller groups... I do not have specific group because I can get along with any groups, but I mostly spend time with friends from the athletics club. I also have a couple of friends to hang out and drink with.... I think the people joining us have small influence on us.... A friend who is a table tennis player will be the first person to create the idea to drink.... I turned down the invitation sometimes because I did not feel like drinking....If we have time together and do not drink, we will play Futsal together.... Now I have a girlfriend. She does not stop me from drinking as she also drinks, too....

The first athlete

There are 120 students in my year, divided into 4-5 smaller groups. I have about 15 close friends, and 12 of them drink alcohol. My best friend and the guy I go out with most often is a rugby player.... And the other person I hang out with second most often is a friend from the volunteer club.... Normally, I'm the person to start the idea of going out.... But if my friends invited, sometimes I reject because I have sports trainings, and they understand.... I do not have any girlfriend....

The second athlete

4.2.3.3 Factor in Media and Information Acknowledgement

Both athletes received news and information from newspaper and the Internet, where they usually saw alcohol advertisement. The first athlete was not influenced by the advertisement since the willing to drink was not urged by the ads. In the meantime, the advertisement could stimulate the second athlete's interest, but he did not try the product advertised on the newspaper. Moreover, both of them thought that the alcohol controlling was not strict at all. Here is some interviewed:

Mostly I receive news from the internet.... I have not seen much of alcohol advertisement. But if I do, sometimes it interests me and I want to try the drink, but I never get the chance.... I think the alcohol control regulations are good, but should be more strict as I have seen many people still do not aware of them....

The second athlete

4.2.4 Alcohol Drinking Behaviors of Athlete

4.2.4.1 General Information of Alcohol Drinking Behavior

The drinking behaviors of these two athletes were different. The first athlete drank more often and in a greater quantity. "I could drink 6 - 7 times a month, but sometimes I just drink a little to make myself more comfortable before bed after the athletics training." said the informant. His favorite drink is beer (Singha and Leo). He spent about 2-4 hours to drink. And I once drank for 8 hours as his friends and he drank more until dawn after returning from a bar. He could drink about 4-5 bottles of beer per a time, and spent about 500-600 baht. On the other hand, the second athlete drank twice a month and spent about 4-5 hours per time. The longest hour he could drink was 10 hours during a New Year Party with his old friends from high school. The favorite drink was Leo beer and Red Label liquor. His drinking capacity was about 4-5 bottles of beer. He was not drunk as it was not too much. "I have to drink more and continuously to get drunk." The second athlete could drink about 12 bottles the most. He spent about 400 - 500 baht per time. But if he did not have much money left, he would borrow from a friend in the volunteer club. The conclusion can be submitted from the information below:

If I need to drink a lot, I can drink 6-7 times a month, but I always drink a small amount almost every day. It normally takes 2-4 hours to drink, but it could be up to 8 hours.... My favorite beverage was beer. I like Singha because of its taste, and my second favorite is Leo beer due to its cheaper price and good taste.... normally I drink about 3-4 bottles and I don't get drunk.... The most I drink was 6 bottles.... The expense was about 500-600 baht per time....

The first athlete

Now I drink twice a month for about 4-5 hours per time. The longest I have drunk was about 10 hours. It was a New Year Party with my friends.... The beer that my friends and I like the most is Leo because of its taste, and my second favorite drink is Red Label liquor because of the smooth taste and light scent. I mostly drink about 4-5 bottles of beer, but I do not get drunk with that quantity. If I drink more than this, I'll become tipsy.... the most I could drink was 12 bottles. I spend about 400-500 baht per time.

If I do not have enough money, I'll borrow money from a friend from the volunteer club....

The second athlete

4.2.4.2 The Behaviors before Alcohol Drinking

Internal Factor

Both informants had positive points of view toward drinking. They thought it was the way to get into a social connection. Alcohol made conversation more fun. People tended to speak what they think. They both wanted to drink alcohol to release stress and to relax. This is based on the information below:

Every time we have a get-together, we will think of alcohol because it makes a party more fun. We tend to talk more and talk what we feel and think.... Sometimes I just want to drink as I am stressed out and thought it could help me sleep well.... I think this feeling urges the drinking behavior.

The first athlete

I feel like drinking because of the hard sports training and I wanted to release the tiredness. But I think this feeling has minor influence on drinking behavior....

The second athlete

External Factor

The two athletes had different ways of planning, mostly depending on their friends. The first athlete had a good planning, starting from what to drink, how much to spend, where to go, and how to get there. The reason supporting him to go to drink was friend's invitation on weekends or a friend's birthday. He also added that "Mostly I just wanted to drink, but in a small amount. But I also drink because my friends invite during the weekends or a friend's birthday. But I drink with my girlfriend the least often." The factor to consider the place to drink was girls. But the place he drank at most often was at the dormitory. He bought alcohol from a minimart and he also had some snacks, such as nuts and chips, to eat with the drinks. The constraints for drinking were the examination, classes, sports trainings, appointments with doctor, lack of money, etc. If these obligations happened, the first athlete would join the drinks but for a short time.

The second athlete, in contrast, would consider about the number of people going, the place, and the meeting time. The occasions he could have drinks most often were new year and Song Kran festivals, end of examination or sports competitions, birthday parties, and volunteering trips. The place was not the main factor for the second athlete as he thought he could “drink anywhere”, but his preferable place was nice, having live music bands, having many people especially girls, and somewhere he could be comfortable. But the places the second key informant visited most often were the bars on Khao San road. And in case he drank at the dormitory, he could buy alcohol at a local minimart located in the north of the campus as it was open until late at night. Like the first key informant, the second informant also had snacks to eat with the drinks. The obstacles keeping him from drinking were unavailability of friends, education, and sports practices, respectively. Provided that the obstacles occurred and he could not reject the offer, he would join the drink and leave early. The information above was referred from the information below:

Before I drink, I have to plan what to drink, how much I will spend, where to go, what time to meet, and how to get there.... I go out to drink mostly because my friends persuade over weekends and on friends’ birthdays, and I go out to drink with my girlfriends the least.... The place I always have alcohol is at the dormitory.... A place to drink actually matters. The more girls there are, the more fun it is.... We usually have snacks to nibble with the drinks.... The constraints that keeps me from drinking are examinations and other appointments, as well as lack of money.... But If I can’t reject the invitation, I would show up for a bit and leave early....

The first athlete

Before I drink I will consider about the number of people joining, places, and then meeting time respectively.... The occasions I get the chance to drink is festivals such as New Year and Song Kran, after completion of examination or competitions, birthday parties, and volunteering trips.... The place I always go to hang out is the bars on Khao San road, or somewhere comfortable and having live music bands, and many girls.... But if I drink at the dormitory, I would buy some drinks at the minimart on the Sahaporn alley because it is open all night long. The

obstacles I face is the unavailability of my friends, education, and sports practice.... If I can reject the persuasion, I will just show up for a short time and leave early....

The second athlete

4.2.4.3 Behavior during Alcohol Drinking

The drinking behaviors and preferences of the 2 informants were different, based on the environment and friends.

The first athlete drank alcohol with club soda and water because it was not too tingle or too plain. His friends and he would toast the first glass and drank all, and slowly drank following glasses while chatting. On the other hand, the second athlete drank alcohol with club soda because it did not taste good with other mixer. It took about 2-3 minutes for both informants to finish a glass of liquor. If some companies appeared to get drunk, both athletes would not take actions.

In term of quantity, they would order the drinks to be enough for the drinkers and the time they had. Neither of them took other kinds of drug. But they friends smoke....

If I drink liquor, I prefer it with club soda and water because it is not too tingle but not too plain.... My friends and I always toast the first glass and drink it all, and just drink more slowly for the following glasses. It takes about 2-3 minutes to finish a glass.... If someone gets drunk, I will not involve, just observe. We normally finish all the drinks we buy. My friends smoke cigarettes and shisha, but I don't.....

The first athlete

I prefer to drink liquor with only club soda because it does not taste good with other kinds of mixers.... It takes about 2-4 minutes to drink a glass, but if someone wants to toast, then we all would finish the whole glass.... If someone gets drunk, we would tell one another to keep an eye on the person whether he will be fine or not. If not, we will leave and take that person back to his place.... Usually we will finish all the drinks we order because we just order more if needed and will or order too much.... My friends smoke and will do more if they drink....

The second athlete

4.2.4.4 Behavior after Alcohol Drinking

Most of behaviors after drinking alcohol of both athletes were quote similar in terms of relaxation, problem solving, and attitudes toward disadvantages of alcohol. They both felt tipsy. Their bodies turned red. They became braver, more talkative. They would not walk straight and then started to vomit.

In terms of sexual behavior, the first athlete had sexual experience after drinking, which was explained in three cases.

The first case, his girlfriend would meet him after he got back from the bars. They would rent a room at an apartment nearby the campus and then had the protected sexual intercourse, by using condoms. This happened every time his girlfriend met him after drinking.

The second case, the first athlete and his friends bought a prostitute from a karaoke located in Nakhornchaisri sub-district as they got the information from a friend. They had something to drink to build encouragement before going to the place. After having three bottles of beer, they went to have the service. Behind the karaoke bar, there were small rooms to serve the guests. They had the protected sex by using condoms.

The first athlete added that before having sex, he could feel the intense need. But when he actually was having it, he felt numb and it took so long to finish.

The second athlete also had sexual experience. The first case, after drinking alcohol at his friend's place with his ex-girlfriend, he and his girlfriend would stay over at a friend's place and they had the protected sexual intercourse by using condoms. He also added he regularly had sex with his ex-girlfriend....

The second case, he had drink with his old friends in Nakhorn Ratchaseema province. He took a friend of his friend's back to her place because she got drunk, and they had protected sex by using condoms.

The third case, it happened when he went to a bar and met a girl. He took her back to her place and they had the intercourse, using condoms.

He also claimed that alcohol made him feel numb and it took a while until the ejaculation.

Neither of the key informants never had any fights or strange behaviors during the drinks as they both would return to their places after drinks. Moreover, they both had task prioritizing, meaning that they would complete they tasks before going to drink.

Also, they both had side effects from drinking such as hang over which showed in easy tiredness, slow movement, terrible headaches, vomiting, faints, etc. They both agreed that it was caused from lack of sleep and over drinking.

They both thought they had enough understandings about disadvantages of drinking alcohol such as illnesses, physical deterioration, etc. However, they did not think they were addicted to alcohol since they could stop drinking if needed and they defined the addiction as “inability to stop drinking, slow brain function, red eyes, strong body odor, and restless. The information above was summarized from the data below:

We do not have strange behaviors after drinking because we just return to our places.... If we have to get something done, we will just finish it before taking a long sleep.... I used to hang over and go to have sports training or to class. I was easily tired moving slowly.... I think this symptom was from over drinking.... I know the advantages of drinking alcohol such as cancers, liver disease, nerve deterioration, slow reflection, etc. I don't think I am addicted to alcohol because I can stop drinking, while alcohol addicted person is unable to stop, think slowly, having lost of memories, red eyes, and strong odors.....

The first athlete

We do not have any strange behaviors after drinking as it is always late and we are sleepy.... If I need to get something done in the morning, I will finish it first then go back to sleep.... I got some hangover to class, but once I got there I just fell asleep right away. And I had a headache, got tired easy, vomited, fainted, etc. because of lack of sleep.... I understand that alcohol causes the cirrhosis and the stomach and intestinal inflammation. I understand that alcohol causes the cirrhosis.... I don't think I am addicted to alcohol because I want to drink just sometime but the addicted must drink all the time and cannot stop....

The second athlete

4.3 Thai Sword Athlete

4.3.1 Personal Background and General Information

4.3.1.1 Personal and Educational Background

There were 10 members in Thai Sword club, four of which had a occasional drinking behavior. One of the four drinkers was an intensive drinker. Therefore, the person was selected to be the key informant from Thai Sword club.

The key informant was 21 years old. He was born in Ubon Ratchathani province. His GPAs from the Primary school to the Secondary school was 3.89 and 2.50 respectively. At present he got 2.50, and he was studying at College of Sports Science and Technology (Bachelor of Arts). He studied five days per week.

I'm now 21 years old. I was born In Ubon Ratchathanee.... In high school I studied in the mathematics- science.... The GPAs I have received since the Primary school to the Secondary school were 3.89 and 3.20 respectively. Now I have got 2.50.... I'm studying in the College of Sports Science and Technology (Bachelor of Arts).... I have classes five days a week.

The Thai sword athlete

4.3.1.2 Sport

Before being a Thai sword player, the key informant was an athlete. When he was in the second year in college, he switched his interest to Thai sword because his friends recommended. He started the athletics when he was in the Primary school, and he joined the first competition when he was in Prathomsuksa 5 (equivalent to grade 5). His biggest achievement was the winner in provincial level and was the representative to compete in the educational area level. But what he was proud of the most was that he became an athlete. He had sports training three days per week - Mondays, Wednesdays, and Thursdays, from 5 to 8 p.m. Other than those training days, the athlete would go jogging and go to the fitness center. He pointed out that the training nowadays was more intensive than that in the past.

In the past I had been a 200-400 meter runner since the Primary school. I joined the competition when I was in Prathomsuksa 5.... The biggest achievement was the winner of provincial level and I was the representative of the province.... My pride is being an athlete.... Now I train three days a week - every

Monday, Wednesday, and Thursday. I go jogging and go to the fitness center on other days.....The training takes longer and harder than before.....

The Thai sword athlete

4.3.1.3 Daily Life

The athlete spent his days inside the university. He stayed at the Dorm 7. The accommodation expenses were the same as mentioned earlier. He received 5,000 baht per month from his family, and he also earned 2,200 baht educational loan. He spent 180 baht per day and he spent mostly on the meals, about 5,000 baht per month. On weekends or long holidays, he would stay in his room or meet his old friends from time to time. The information can be concluded from the data below:

Now I stay in the Dorm 7, a university dormitory. I stay with a roommate from the Faculty of Public Health.... The accommodation is 3,500 baht per semester included water and electricity expenses.... I get 5,000 baht from my parents and 2,200 baht educational loan. On average I spend 180 baht a day with the biggest portion on meals which is about 5,000 baht per month.... In my free time I just stay in my room....

The Thai sword athlete

4.3.1.4 Background in Alcohol Drinking Behaviors

The athlete has had a drinking behavior since he was in Mathayom 2 (equivalent to grade 8) because he was curious to try and his friends persuaded. Since then, he has continuously drunk. The first alcohol he had was liquor. The first feeling he got was that it was bitter and wasn't not delicious at all. But once he had 2 glasses, he felt more fun. He believed he had a drinking ability, but the athlete himself declared he was bored of it and alcohol made him tired easily when he exercised. Aside from alcohol, the athlete once took some other kinds of drugs such as cigarette, marijuana and amphetamines. It was only trial not addiction

I drank for the first time when I was in Mathayom 2 because I was curious and I got the chance to drink with my friends.... I have drunk since then.... The first time I tried liquor I felt it was bitter but it got more fun when I had more drinks....

But now I am getting bored of it as it makes me tired easily....
I tried other kinds of drugs such as cigarettes, marijuana and amphetamines.

The Thai sword athlete

4.3.2 Family Factor on Alcohol Drinking Behaviors

The athlete was the only child in the family. There were only his mother, his cousin (his aunt's daughter), and himself. His family status was middle class. His parents divorced, making her to be his only parent. She was a nurse, earning 12,000 baht per month. None of the members had a drinking behavior. But the mother knew about his drinking and would warn him not to drink too much.

There are three people in my family - my mother, my cousin who is my aunt's daughter, and me.... My father and my mother got divorced when I was young. So, my mother was the only parent.... She is a nurse, earning about 12,000 baht.... There is no one in my family drink alcohol but my mother knows I drink alcohol and she always tells me not to drink much.... I am obedient to my mother, just sometimes I need to connect with my friends.

The Thai sword athlete

4.3.3 Social and Environmental Factor on Alcohol Drinking Behaviors

4.3.3.1 Location and Resident Factor

The conditions and rules and regulations of the dormitory the athlete stayed at were the same as mentioned previously. He did not drink at the dorm very often because he could not spend a long time and it was not well equipped like drinking at a bar. He took alcohol into the dormitory like other key informants did. He thought the bars were very near the campus but he only went there from time to time....

In my free time, I just come back to my room because I do not know where else to go and I feel most comfortable here.... The room is not big but fully equipped with everything I need and to be shared with other students.... The regulations are common such as loud noises are not allowed, no pets, no drugs, etc.... I drink alcohol with friends in the dormitory from time to time because we cannot drink for long and it is not fully equipped. But when I did, I just took the alcohol

drinks inside a big bag and took it into the dorm.... There are a number of bars nearby the campus but I go there once in a while....

The Thai sword athlete

4.3.3.2 Individual and Friend's group Factor

There were 110 students in the same year of the sword athlete, split into 7-8 smaller groups. There were 12 people in his group. All of them drank alcohol. However, the Thai sword athlete was not, so close with his classmates as with his old friends from high school. So, the athlete always hung out and drank with his old friends more. He added that "it is not as fun as hanging out with someone we are close with." Normally, his old friends would be the first to ask other people to go out and drink, and the athlete rarely denied the persuasion. When going out, everyone would equally share the expenses. Aside from drinking, the athlete would do other activities, such as playing football, with his friends. The athlete did not date anyone.

I have 110 classmates in the same year. They are split into 7-8 groups. There are 12 people in my group and all of them drink alcohol.... My best friends are a rugby player and a Thai sword player. Usually 12 people of us would go drink altogether, but I go out with my old friends from high school more often.... I think companies matter with the atmosphere.... It is not as fun to drink with someone we do not know.... I do not turn down the persuasion from my friends and we all will share the expense equally.... If we do not go out, we will do other activities together like playing football.... Now I don't have a girlfriend.

The Thai sword athlete

4.3.3.3 Factor in Media and Information

The Thai sword athlete's source of news was the Internet. He has often seen some advertisement. He claimed that "The ads does interest me if I feel like drinking, but if I don't, the ads does not bother me at all." He also pointed out that the alcohol control regulations did not have much effectiveness.

Normally I learn news from the Internet and I have seen some alcohol commercials from it.... The ads do interest me if I feel like drinking, but if I don't, the ads do not bother me at all.... I think the alcohol control regulations are not very effective....

The Thai sword athlete

4.3.4 The Alcohol Drinking Behaviors of Athlete

4.3.4.1 General Information of Alcohol Drinking Behaviors

According to item 4.3.3.2, the athlete drinks alcohol with his old friends more often. He did not drink much, just a small amount to have a social connection. The opportunities I got the chance to drink were birthdays and celebration after the examinations. He, thus, drank only 2-3 times per month. His favorite drink was a liquor branded “Regency” because of its taste, and the second favorite was Leo beer because it was sweet. These were the drinks that he and his friends usually had. They could drink 4-5 bottles and more than 8 bottles would make them start to get drunk. The most they could drink was 10 bottles. The common expense was

200-300 Baht per person. This can be referred from the raw data below:

I drink 2-3 times a month with my old friends mostly. I also drink with my friends from college once a while, on special occasions like birthdays or after the examinations in particular.... My favorite drink is Regency liquor because of its good taste. And the second favorite one is Leo beer because it is quite sweet, and we drink it more often. I usually drink 4-5 bottles, and I will get tipsy after 8 bottles. The most I have had is 10 bottles.... The expense is about 200-300 baht per person.....

The Thai sword athlete

4.3.4.2 Behaviors before Alcohol Drinking

Internal Factor

The athlete would think about alcohol first when he and his friends wanted to go to celebrate. He believed alcohol made the conversation more fun and sincere. But if there was no alcohol involved, something was missing. Sometimes, the athlete addressed, that he just wanted to drink because of cool nice weather and thought a can of beer would be great. The key informant said this also initiated the drinking behavior. It can be concluded from the information below:

If there is a celebration I would have alcohol every time.... Sometimes I feel like drinking. For example in a nice and cool night, a can of beer would make me feel good.... I think feeling is a factor of drinking alcohol.

Thai Sword Athlete

External Factor

Prior to drinking alcohol, the Thai sword athlete would persuade his friends first, then find a place where many girls hung out at, sold alcohol at the reasonable price, and had good atmosphere. The occasions to drink were friends' birthdays and celebrations, etc. He drank most often at his old friend's rented house in Bangkok and a bar nearby his old friend's university. In the athlete's point of view, the place did not as matter as having all the members to drink with. But he preferred a place where was decorated in natural environment, particularly a water decoration, and had a music band. Usually, the athlete would buy alcohol from a minimart nearby the restaurant. The food he had with the drinks was nuts and spicy salad.

The constraints of drinking alcohol were sport and education. If the key informant was obliged by any of the constraint, he would not go to drink, and he would explain the fact to his friends. But in case he could not reject, he would go and leave early. This information can be concluded from the data below:

Before going to drink, I need to find a place to go. It must be somewhere a lot of girls go to, having the good environment, and inexpensive. The occasions I get the chance to drink are my friend's birthdays and celebrations of something, like after the examination.... I go to drink the most often at my old friend's rented house, and at the bar nearby the campus. Personally, a place does not as matter as having all the friends together.... My ideal place is somewhere decorated in the natural environment, having a pond and a music band.... Normally I bought alcohol from a minimart. But during the alcohol-selling prohibition hours, my friend would go and buy it from somewhere I don't know. But I always buy some from a grocery store in the north eastern side of the university. The food to eat with drinks was peanuts and spicy salad.... The obstacles keeping me from drinking are sports and study.... If I have tasks I will not go to drink with friends. But in case I can't deny, I will just show up and leave early....

Thai sword athlete

4.3.4.3 Behavior during Alcohol Drinking

The key informant was an out-going and frankly speaking person. When drinking, he would be very good-humored and talkative. He preferred

drinking liquor with club soda and water because it made good taste. He would drink continuously and took 4-5 minutes to finish a glass. He thought he could drink less than any other friends. Once someone in the group got drunk, the person would be taken to other places or back to his place. The key informant and his friends will not order a lot of drinks in a time, but in a small amount, as they could order anytime until the bar was closed. But if they drank in the friend's house, they would briefly anticipate the amount they would drink at a time to be enough for the drinkers and not to have any drinks left. They could drink until the dawn on a following day. He also smoked, and would smoke even more if he drank. Here are the data:

I prefer to drink liquor with club soda and water.... It takes about 4-5 minutes to finish a glass... In the group, I am the little drinker.... If someone gets drunk, we will take the person along with us wherever we go, and we will all leave together because the drunk person will recover soon anyway. We will continue order more drinks as much as we need, but little by little. But if we drink at home, we will decide how much we want to drink and we will buy enough drinks for a time. My friends and I also smoke and will do more if we drink....

The Thai sword athlete

4.3.4.4 Behavior after Alcohol Drinking

The athlete had routines after drinking alcohol. He and his friends would clean up the place after drinking because they were neighbors. For sexuality, he did not have much chance to do it.

The first case, when he was in Mathayomsuksa 4 (equivalent to grade 10) he took a drunk female friend back to her place after a sports day event. They had an unprotected sexual intercourse since there was no condom. He claimed that the girl started first and he did not prepare for it.

The second case, he went out with his friends to a beer barn in Bang Khae area. There were many female friends of his senior friends'. He was tipsy as he drank continuously. And there was a one of the senior's female friends admiring and asking him to go back home with her. Finally they had a sexual intercourse without using condoms as he did not prepare for that. He admitted that he was afraid of sexual transmitted diseases, but too afraid to have a medical checkup.

The third case, he drank with the old friend. Once they got tipsy his friends persuaded him to a Thai massage place in Ratchdaphisek area. It was a regular massage at first, but the masseuse told him there was a special service. So, he bought the sexual service from her, using a condom. But he did not know the expense as his friends took care of it.

The athlete had an accident once as he was driving a motorcycle to buy alcohol and the road was slippery after rain. But he did not have big injury.

He also had a fight at a bar once in Ubon Ratchthani province when he was in Mathayom 4. His friend requested a song from the music band, and there was a nearby table shouted out loud to request a song. So, they had a big fight but no injury.

The key informant, moreover, had some strange behaviors but these are two most interesting cases:

The first case, when he was in high school he drank and became tipsy so his friend drove to a graveyard. They shut down the engine in front of the graveyard, but the car moved inside by itself. Immediately they re-start the engine and drove out.

The second case, he drank at the rented house which had a swimming pool. So, they agree to drink by the pool. Getting into the pool, one of them got cut by a pool tile. So, they had to treat the wound.

In case the athlete had a task to complete, he would get it done before going to drink. He once hung over and went to the sword training. He had a terrible headache, vomited, and had a muscle spasm. These symptoms were caused by alcohol, making him feel like he should not drink it. He had a good understanding about disadvantages of alcohol, such as the decrease of effectiveness, bad effects to the liver, negative manners, and slow physical reaction. He, however, did not think he was addicted to alcohol as he defined the addicted person as someone who could not omit from alcohol and needed to drink all the time. The summary was based on the information below:

We will clean up after drinking because we do not want to bother the house owner. I sometimes have a sexual intercourse if the chances come. I

had only one accident when I was driving a motorcycle to buy alcohol. I failed because it was raining and I failed.... I had a fight at a bar when I was in Mathayom 4. The people at the table nearby shouted out for a song and we fought. But no one got hurt.... There were some strange behaviors. The first case was we wanted to drink at the pool at the rented house. But I got cut from the broken tile so we needed to heal it. Another one was that we were tipsy and wanted to try to explore a graveyard. But the car was moving by itself when we shut down the engine. So, we hurried back home.... If I need to get something done the following day after drinking, I'll go to do it though I won't be able to do well. I once hung over to practice Thai sword and I appeared to have a bad headache, vomit, and muscle spasm. I think alcohol causes these things. That's why I do not want to drink it. I understand the danger of drinking alcohol. It decreases the effectiveness, harms the liver, enforces negative manners, and renders slow response.... I don't think I am addicted to alcohol because my drinking behavior was from the environment.... the addicted ones cannot omit it, and must drink it all the time...

The Thai sword athlete

4.4 Badminton Athletes

4.4.1 Personal Background and General Information

4.4.1.1 Personal and Educational Background

Badminton club have 12 members and it's divided into 8 men and 4 women. Although member in club have drinking behavior but it is for social only, so the club have only one male athlete who is usually drink a lot. So researcher selects him to be the main contributor. Currently, the male athlete is 21 year olds and he was born in Bangkok. In the secondary level, he was learned in art and society program. The average grade in primary school is 2.84; secondary is 3.00 and currently is 2.5. Now, he has class 5 days a week with the following information.

Now, I am 21 years old. I am fourth-year student and I was born in Bangkok. In the secondary level, I learned in art and society program. The average grade in primary school is 2.84; secondary is 3.00 and currently is 2.5. Now, I

am studying at College that has teaching class 5 days a week with the following information.

Badminton athlete

4.4.1.2 Sport

Athlete has good sport ability because in the past, he can make a good work in many tournaments. Athlete plays badminton since he was 10 years and start first competition when he was in grade 6. He has been participating in all the government and private sectors. Highest success is he won the championship in sport competitions that setup by private sector and this is the major nationwide and it is most proud of the athletes as well. Now, athlete has training class on a regular basis 5 days a week that are Monday - Friday from 17:00 to 21:00 in time. The athlete has commented that the current practice is less than in the past and the reason is “In the past, I had practice in every morning and several hours a day, But Now is no”. The detail is below.

I had play badminton for 10 years and join first competition when I was in grade 6. I had been participating in all the government and private sectors. Highest success is I won the championship in sport competitions that setup by private sector and this is the major nationwide and it is most proud of me as well. Now, athlete has training class on a regular basis 5 days a week from 17:00 to 21:00 in time. Now, the current practice is less than in the past and the reason is “In the past, I had practice in every morning and several hours a day, But Now is no”.

Badminton athlete

4.4.1.3 Daily Life

Current, Athlete lives at north dormitory outside the campus and paid a rent for 3500 Baht per month. Athlete is staying with one friend from same faculty and share rental and utility. He uses an everyday life inside and outside university but almost is outside university. Expense or income of athlete was quite good because his family is rich. Weekly expense that athlete was receive is 2000 baht and daily is about 150 baht. When he has a free time, he will stay with friends at dormitory and play game and come back home every weekend. Detail is below.

Now, I lives at north dormitory outside the campus and paid a rent for 3500 Baht per month. I am staying with one friend from same faculty and

share rental and utility. Weekly expense that athlete was receive is 2000 baht and daily is about 150 baht. When I have a free time, I will stay with friends at dormitory and play game and come back home every weekend

Badminton athlete

4.4.1.4 Background in Alcohol Drinking Behaviors

Athlete start drank alcohol since he was in secondary schoolboy drinking beer. The tastes is very bitter sweet, cannot drink and he didn't want to drink again but your friends refuse after that he feel giddy and hot said by athlete. But athletes do not have to drink continuously. At the end of grade 12, Athlete will have the opportunity to drink again because it is a farewell party and drink has continued to the present. Now, athlete thinks that drink a lot make he's strong. The other use of drugs, he uses to smoke a cigarette but he choke when he try it, so he didn't smoke again. Detail is below.

Start drinking when I was in grade 8 because my friends ask me to go with after the match. The tastes is very bitter sweet, cannot drink and I didn't want to drink again but my friends refuse after that I feel giddy and hot. I didn't drink again until I graduate grade 12 because it has a farewell party. Now, I drink a lot and make me strong. I use to smoke but choke so I didn't smoke again.

Badminton athlete

4.4.2 Family Factor on Alcohol Drinking Behaviors

Athlete's family is a single family with 5 peoples that are father, mother, older brother, younger sister and athlete. The parents are father and mother and occupations of them are government's employee and wholesale shop that older brother take care it. All income of this family is about 150,000 baht per month. Father and mother graduated bachelor degree, older brother graduate diploma and waiting for learn in bachelor degree and athlete and sister studying at university. Father and older brother have a drinking behavior which father drink alcohol when he met an old friend or in social club but older brother have a chance to drink often because he sent product out to customer and he was drink alcohol with jackal and old friends. All of them can take care yourself because athlete never see they drunk but he see only they come back home and take a bath then go to bed said by athlete. That reason make athlete don't worry about father and older brother. The recognition of

family to drink's behavior of athlete. Athlete said that father and older brother allow athlete to join with your relative on new year party so he think that father know he drink alcohol and father said that athlete should drink a little and choose learning first. Older brother said that he can drink but need to take care yourself too but athlete thinks that he is older and can take care myself. Detail is below.

Family has 5 peoples that are father, mother, older brother, younger sister and me. The parents are father and mother and occupations of them are government's employee and wholesale shop that older brother take care it. All income of this family is about 150,000 baht per month. Father and older brother have a drinking behavior which father drink alcohol when he met an old friend or in social club but older brother have a chance to drink often because he sent product out to customer and he was drink alcohol with jackal and old friends. All of them can take care yourself because I was never see they drunk but he see only they come back home and take a bath then go to bed. Father and older brother allow me to join with your relative on new year party so I think that father know I drink alcohol and father said that I should drink a little and choose learning first. Older brother said that I can drink but need to take care yourself too but I think that he is older and can take care myself.

Badminton athlete

4.4.3 Social and environmental factors on Alcohol Drinking Behaviors

4.4.3.1 Location and Resident Factor

Athlete is staying in dormitory outside the university that control by private sector. It is in north of university and next to main road. Dormitory have 8 floors and each floor have 10 rooms. In room have bathroom, cabinet, bed, vanity and air-condition. Outside have cars and motorcycles parking. Roomer must have a key card for enter and exit dormitory and have 24 hours guard. Rule of dormitory are don't make a noise, don't take out shoes in front door, don't sweep trash outside, and don't stay more than 2 peoples. Athlete stays with 2 friends and used to drink alcohol in room but not often. Athlete gives a reason that in the past he drinks at room but administrator warn him not to drink so he move outside near dormitory for drink. Detail is below:

My dormitory has 8 floors and each floor have 10 rooms. Each room have bathroom. In the past I drinks at room but administrator warn me not to drink so I move outside near dormitory for drink.

Badminton athlete

4.4.3.2 Individual and friend's group Factor

In class have 150 persons and divide to 14-15 groups. Athlete friend have 10 persons that each person play different sport and everybody drink an alcohol except best friend of athlete that not play sport but go to gym instead. Most of time, Athlete drink with friends in group and every time friend who play rugby is the first to create event. Athlete used to drink with other person such as juniors in club especially when athlete have a match outside university, athlete have a party after match or junior request athlete for taking to entertainment venue. People who drink with athlete have an effect with athlete that athlete give a reason that if people is not close friend, he didn't drink. Sometimes athlete reject invite of friends by explain the reason why athlete didn't come and friends are understand. The cost of drink athlete and friends will share equally. But if this event is for birthday party, owner will have to buy first drink and mixer after that we will share equally. In addition of drink, athlete and friends are playing other sport such as rent a small football field for play football. Now, athlete have a girlfriend and she didn't drink an alcohol but didn't disallow athlete by give reason that she understand that men should be drink but she will angry when he come late and not calling to her. Detail is below:

In class have 150 persons and divide to 14-15 groups. Athlete friend have 10 persons. I have one close friend that not plays sport. Every time friend who plays rugby is the first to create event. I don't drink if person that come is not my friends or I don't know. In the past I reject invite of friends by explain the reason why athlete didn't come and friends are understand. The cost of drink I and my friends will share equally. But if this event is for birthday party, owner will have to buy first drink and mixer after that we will share equally. In addition of drink, I and my friends are playing other sport such as rent a small football field for play football.

Now, athlete have a girlfriend and she didn't drink an alcohol but didn't disallow athlete by give reason that she understand that men should be drink but she will angry when he come late and not calling to her.

Badminton athlete

4.4.3.3 Factor in Media and Information Acknowledgement

Athlete receives information from television and sometime sees ads of alcohol. Athlete said about felled to ads that he don't go to drink because of ads. Athlete gives an opinion to the rule for control alcohol products in current that today rule is not strong although alcohol can't sell to children but children can drink. Detail is below.

Normally, I receive information from television and see ads about alcohol product at night and when I see that it is not make me to go for drink. For control rule is not strong because it allow children to drink.

Badminton athlete

4.4.4 Alcohol Drinking Behaviors of Athlete

4.4.4.1 General Information of Alcohol Drinking Behaviors

Most of athlete drink alcohol for socializes with friends and junior in club but in addition to drink with club; athlete will usually drink with close friends. Now, athlete drink 3-5 times per month depends on chance such as birthday party of friends or junior in club but athlete always drink because of friends invite to drink such as weekend or have an event in university. Opportunity to have a drink with close friends is friend want to drink and invite him to join. The duration of each session is approximately 6-7 hours. The longest duration that athlete drink is 12 hours by give reason that athlete goes to travel with friend at Cha-Am after finish exam. The most favorite alcohol that athlete like is Red Label and it is a beverage that athlete and friends drink it often. The second is beer; brand Singha, if athlete drinks with friends, almost of them drinks draft beer. Athlete can drink 5-6 glasses by give information that if he drinks more than 5-6 glasses, I fell giddy. The cost for drink time is about 300-500 baht. If athlete doesn't have money, he will borrow girlfriend by give a reason that when return money or not return money is comfortable because my girlfriends are quite wealthy people. Detail is below:

I drink 3-5 times per month depends on chance such as birthday party of friends or junior in club but I always drink because of friends invite to drink such as weekend or have an event in university. The duration of each session is approximately 6-7 hours. The longest duration that I drink is 12 hours because I go to travel with friend at Cha-Am after finish exam. The most favorite alcohol that I like is Red Label. The second is beer; brand Singha. I can drink 5-6 glasses, if I drink more than 5-6 glasses, I feel giddy. The cost for drink time is about 300-500 baht. If I don't have money, I will borrow girlfriend because when return money or not return money is comfortable because my girlfriends are quite wealthy people

Badminton athlete

4.4.4.2 Behavior before Alcohol Drinking

Internal factor

When athlete has meeting, he will think about alcohol drink first by give a reason that it is a drink that adult had drink and it make fun, can discuss for a long time and if you drink a lot in entertainment venue, it can make fun. In case that cannot find alcohol, athlete thinks that we need to come back to dormitory. Sometime athlete wants to drink alcohol by itself especially when he is alone or stress such as quarrel with girlfriend. Athlete think about the feeling that it is just we want to find something to do and it is not about drinking behavior. Detail is below.

When I have meeting, I will think about alcohol drink first by give a reason that it is a drink that adult had drink and it make fun, can discuss for a long time and if you drink a lot in entertainment venue, it can make fun. In case that cannot find alcohol, I think we need to come back to dormitory. Sometime I want to drink alcohol by itself especially when he is alone or stress such as quarrel with girlfriend. I think about the feeling that it is just we want to find something to do and it is not about drinking behavior.

Badminton athlete

External factor

Before drinking, friend of athlete who initiated the idea to invite a group of friends in order to find out how many people are going to drink at a time. If it is a small number of people, athlete and friends choose to drink in a place close to campus but if it is a big number of people, athlete and friends will go to

entertainment venue in Bangkok. The next step is to find a place for drinking by a friend who was invite will offer first and final is travel; friend who has a car will pick me up and send me back to dormitory. An opportunity for athlete to drink alcohol exclude drinking socially with members of badminton, most likely athlete drink with friend and second is birthday of friend in group. If it is a friend's birthday, athlete will drink more than usual and drink long time. The place where athlete goes to drink often is entertainment venue around Kao-San Road which place has an effect to drinking by give reason that we didn't want to go to place that have a lot of people but if that place have women, it is ok. Personal of athlete like a place that combines with a lot of women, friends, good music and drink are not expensive. Eating foods with drink, athlete give reason that normally we didn't eat food because it is too expensive that outside so we need to eat outside. Most obstacles for drinking of athlete are examination or important event and second are no friend to drink or girlfriend doesn't allow drinking. If obstacles happen, athlete doesn't drink for avoid problem and then explain a reason to friends. In case that athlete cannot refuse, Athlete will fix problem by offer the nearest place around university because athlete can come back dormitory early and comfortable. Detail is below:

Before drinking, friend of mine who initiated the idea to invite a group of friends in order to find out how many people are going to drink at a time. If it is a small number of people, athlete and friends choose to drink in a place close to campus but if it is a big number of people, I and friends will go to entertainment venue. Friend who was invite will offer first, if no one refuses, we will go because my friend has a car. An opportunity to drink alcohol exclude drinking socially with members of badminton, most likely I drink with friend and second is birthday of friend in group. If it is a friend's birthday, I will drink more than usual and drink long time. The place where I go to drink often is entertainment venue around Kao-San Road which place has an effect to drinking by give reason that we didn't want to go to place that have a lot of people but if that place have women, it is ok. I like a place that combine with a lot of women, friends, good music and drink are not expensive. Normally we didn't eat food because it is too expensive that outside so we need to eat outside. Most obstacles for drinking are examination or important event and second are no friend to drink or girlfriend doesn't allow drinking. In case that I cannot refuse, I

will fix problem by offer the nearest place around university because I can come back dormitory early and comfortable.

Badminton athlete

4.4.4.3 Behavior during Alcohol Drinking

Athlete has a hilarious personality so when he drink with his friends, he will talk too much and enjoyable. Normally athlete drinks alcohol with soda and water. Athlete thinks that if mix alcohol with soft drink, the taste of alcohol is not good. Style of athlete when drinking, athlete has drinking and talking with friends but if it is first glass of alcohol, athlete likes to give a toast and drink all at once. One glass of alcohol, athlete uses 1-2 minutes. Friends of athlete that have ability to drink a lot is friend who play rugby by athlete give a reason that he never see friend drunken. In case if someone in athlete group was drunk, the other one will take care and control them don't cause a disturbance and bring them back together. Normally athlete will buy alcohol that can drink it all at once so it is not left but if it is left, athlete and friends will leave it with a shop for return to drink in the future. If athlete and friends want to buy alcohol in time that shop cannot sell, they will go to shop in Sahaporn lane in northwest of university. Athlete never uses other drug but 2 friends of athlete who did not play sport which smoke regularly and smoke a lot when drink alcohol. Detail is below:

If I drink I will mix an alcohol with soda and water because if it mix with soft drink, the taste is not good. Style of me when drinking, athlete has drinking and talking with friends but if it is first glass of alcohol, I like to give a toast and drink all at once. My friend that has ability to drink a lot is friend who plays rugby by I never see friend drunken. In case if someone in my group was drunk, the other one will take care and control them don't cause a disturbance and bring them back together. Normally I will buy alcohol that can drink it all at once so it is not left but if it is left, I and friends will leave it with a shop for return to drink in the future. If I and friends want to buy alcohol in time that shop cannot sell, they will go to shop in Sahaporn lane in northwest of university. I never uses other drug but 2 friends of athlete who did not play sport which smoke regularly and smoke a lot when drink alcohol

Badminton athlete

4.4.4.4 Behavior after Alcohol Drinking

After athlete drinking alcohol, every time they returned to the apartment with a friend who has a car and has duty to send all friends. For friends who live in dormitory inside the campus or friends have drunk will stay at dormitory of friends who doesn't live inside campus. When athlete is at dormitory, he and friends will find something to eat before go to bed by they give a reason that I had to find something hot to eat before go to bed because it make me sleep well. Athlete thought that cause of drunken are look like stagger, lose consciousness, gibber and vomit. Sexual behaviors in the past, athlete have enough experience by this example such as

Case 1 is the experience of athlete. Normally athlete usually have a sex girlfriends in dormitory but if athlete came back from drinking, athlete will have an erection than normal and every time athlete will take girlfriends to dormitory and after roommate know what happen so they go to stay at another friends room and also in otherwise case. When athlete has a sex with girlfriend, he will use a condom. Athlete give a reason that when he drunk, he didn't had emotional, sexual organ is not dysfunction and girlfriend didn't like because he use a long time and abuse.

Case 2 is experience of athlete and friends. When athlete is in second year in university before he met girlfriend, he go to entertainment venue around Kao-San road and he met women near our desk come with 4 friends. Athlete and friend like that women so they give a toast with women many time. Friend of athlete can invite women come to his dormitory and have a sex with her and after that one friend an athlete have a sex with women too. That woman stays 2 days in his dormitory and come back. Friends who invite women still connect to women for have a sex together and use condom every time. Athlete gives reasons that after finish have a sex all tissue papers and condoms are all in room.

Athlete never has an experience in accident but only friend used to drive a car and almost catch by police cause of drink alcohol but he can run away. Athlete never has a controversy experience after drink by reason that athlete has controversy before drink, friends have controversy with engineer student in Engineer faculty event but athlete can dissuade. Athlete never met strange bravery because athlete usually drinks at entertainment venue and after finish athlete head to dormitory. After drink, if athlete has any event in next day, athlete will analyze that event is

important or not and if it is not important such as learning or practicing in morning, athlete will not go to do that event but if it is important such as examination or sport event, athlete give reason that he need to go first after will think again. In the past athlete never hangover to practice because almost of practice is in the evening so athlete can rest a lot. Understanding of danger of alcohol, athlete understand that it make liver work harder, weaken remembrance and broken body. Athlete thinks he is not an alcoholic because he didn't drink often and sometime he didn't want to drink and athlete gives a meaning to alcoholic is drink too much, always drink in everyday and need alcohol.

After drinking alcohol, every time they returned to the apartment with a friend who has a car and has duty to send all friends. For friends who live in dormitory inside the campus or friends have drunk will stay at dormitory of friends who doesn't live inside campus. I and my friends will find something to eat before go to bed by they give a reason that I had to find something hot to eat before go to bed because it make me sleep well. I thought that cause of drunken are look like stagger; lose consciousness, gibber and vomit. Athlete never has an experience in accident but only friend used to drive a car and almost catch by police cause of drink alcohol but he can run away. I never have a controversy experience after drink by reason that I has controversy before drink, friends have controversy with engineer student in Engineer faculty event but I can dissuade. I never met strange bravery because I usually drink at entertainment venue and after finish I head to dormitory. After drink, if I has any event in next day, athlete will analyze that event is important or not and if it is not important such as learning or practicing in morning, I will not go to do that event but if it is important such as examination or sport event, I think that I need to go first after will think again. In the past I never hangover to practice because almost of practice is in the evening so I can rest a lot. Understanding of danger of alcohol, athlete understand that it make liver work harder, weaken remembrance and broken body. I think I am not an alcoholic because I didn't drink often and sometime I didn't want to drink and I gives a meaning to alcoholic is drink too much, always drink in everyday and need alcohol.

Badminton athlete

4.5 Rugby football athletes

4.5.1 Personal Background and general information

4.5.1.1 Personal and Educational Background

There are 15 members of rugby football club. There are 13 people who have the drinking behavior. Mostly, it was the social drink. There were 3 people who usually drink and drink a lot. The researcher selected 2 people from them in order to interview because they had very interesting drinking behavior. The first athlete was male and 22 years old. He graduated the high school level from the school in Bangkok metropolises and also from art department in language major. His grade level in the primary school was 3.57, in high school was 3.08, and now is 2.77. At present, he is studying in the fourth year. The second athlete was 21 years old and came from Songkhla Province. He graduated from the mathematics and science program from the high school with getting the grade level at 2.97. In the primary school, he got the average education result at 85 percent. Currently, he gets 2.65 of the grade level at the faculty of sport science in the discipline of arts in the department of exercise and sport. He is in the third year.

Now, I'm 22 years old. I was born in Bangkok. In the duration of studying in the high school, he studied in Arts of language. In the present, I have class 5 days a week.

The first rugby football athlete

Now, I'm 21 years old and studying in the third year.

The second rugby football athlete

4.5.1.2 Sport

The first rugby football athlete claimed that he has played rugby football since he was 13 years old in the first year of high school. He used to participate in the group of school sport competition and also the regional youth sport competition. Moreover, he used to participate in the completion which was not under the Ministry of Education. The most successful of him was that he was the champion runner up of Bangkok student sport competition. He said that it was the most proudness of an athlete. Now, he was still hard working for training every workday

(Monday to Friday) since 6.3-7.30 am and 5.00-8.00 pm. Of his present training, he show the opinion that “training time of the pass and the present are equal whereas the training is rather less hard than the pass training because he got more freedom to go anywhere and there is no punishment”. For the second athlete, he told that he used to be the runner when he was in the first year of high school. He participated in many running competitions. He was persuaded by his friend who was the rugby football athlete in the second year. After that, he tested and tried to play it and has still played up until now. The highest successful of the second athlete was the province represent to participate in the southern student sport competition. He said that being the sport province represent was sufficiently proud. Currently, the second athlete has still train regularly in order to prepare himself for the Thai university sport competition.

I used to be the runner in the first year in high school and accessed to be the rugby football athlete in the second by persuasion of my friend. The highest successful of the second athlete was the province represent to participate in the southern student sport competition. My most proud was every times being the sport province representative. Currently, I still trains always.

The second rugby football athlete

4.5.1.3 Daily lives

Both rugby athletes lived outside the university. Thus, the daily life activities were not only in the university but also in the communities outside the campus. The first athlete dwelled with his 3 friends in the apartment which priced 4,500 baht per month. The rent was divided by them. The first athlete was receipt 3,000 baht for his expense per week form his parent.

4.5.1.4 Background in Alcohol Drinking Behaviors

Both rugby football athletes started to drink different time and type. The first athlete started to drink when he graduated from the third year of high school. He informed that it was occurred at his friend’s restaurant. He ordered Spy to drink and then his friends offered to order beer. He told his first feeling when he drank alcohol. He said that Spy and beer were incompatible hence it made his stomach so warm and uncomfortable. He felt to omit every time. Whereas he continued to drink, he felt numb, warm face, and did not unconscious. After that event, he has tested to drink other type of alcoholic beverage up until now. Currently, he thinks that he is so

good at drinking and more amount in each time. He gave the reason that if he did not drink high volume, he was not hanging over. He used to only test cigarette. For the second athlete, he started to drink at 17 years old. He informed that he traveled after his competition and his friends persuaded him to try the alcohol beverage. His first feelings after drinking was warm his throat, his stomach, and his face. After that, he has continually drunk until now. He thought that he could drink more a lot than in the past because he often drank that liked training to drink. For other drugs using, he used to test the Rubeaceae sp. leave, marijuana, and cigarette.

He started to drink alcohol when he was in the third year of high school at his friend's restaurant. He started with low alcohol like Spy and followed by beer from his friends' persuasion. After his drinking of both things, he felt uncomfortable to omitting because Spy and beer were incompatible. He still drank and felt uncomfortable but he was not hanging over.

The first rugby football athlete

He started to drink at 17 years old. His first time was occurred after his competition. He was persuaded by his friends. For the first feeling, alcohol made him warms his throat, stomach, and face. He used to try Rubeaceae sp., marijuana, and cigarette.

The second rugby football athlete

4.5.2 Family Factor on Alcohol Drinking Behavior

The families of the athletes were different. The first rugby football athlete was in the single family in Bangkok metropolises. There were 4 members who were his father, mother, little brother and himself. His father was a mechanic who had own gadget shop. His father got the income per month about 50,000-100,000 baht. His father's highest education was bachelor degree. Two members of this family drank alcohol. His father drank sometime when he was in the party but his brother drank more often with his friends. They always drank outside their home because of their mother thoughtful. After drinking, they came regularly at home to sleep. His family had not known about his drinking behavior. The reason why he had to conceal was that he did not want his mother to be worried about him because his mother used to say that she did not want him to drinking a lot like his father and brother. The family of the second athlete was so big. His family was one of many

families in the same area of his grandmother and cousin. There were 6 members who were his father, mother, grandmother, big sister, little brother and himself in his family. His parents were the official of the irrigation department. Their total income per month was 30,000 Baht. Two family members who were his father and his brother drank alcohol. Both of them usually speak a little bit but after drinking they were talkative. His father drank more often than his brother. His father drank about 3-4 times per week. His little brother regularly grouped with his friends to drink together. After finishing his drinking, both of them must take a shower before go to bed. He said that he was worried about his father's health very much because of his father's often drinking. His parents told him that he had to assess himself for drinking. He clearly understood and concerned that always.

I have 6 persons (my father, my mother, my big sister, my little brother, my grandmother, and myself) in my family. I dwell in the house which is near the grandmother's cousin hoses. My parents are the Irrigation Department official. Their total income per month is 30,000 Baht. Their highest education is diploma degree. Two members who drink alcohol of his family are my father and my brother. My father drinks more often than my brother. Usually, they speak a little bit, but after drinking, they are talkative. After finish their drinking, they back to home and take a shower before got to bed. I am worried about my father's health because he drinks a lot and more often. I used to drink with them in the New Year party. My parent and my cousin always ware me to assess myself always when I drink. I understand and concern about it every time I drink.

The second rugby football athlete

4.5.3 Social and Environmental Factor on Alcohol Drinking Behaviors

4.5.3.1 Location and Resident Factor

Beside learning and training, both athletes mostly spent their time in their dormitory. The first athlete lived in the 8 storey dormitory that had wild parking area, air conditioner, bed, and internet. The rules of the first athlete's dormitory were not different from others. He used to drink in his dormitory often especially in the case of his friend wanted to continually to drink after the pub closing. There was a pub in front of his dormitory but he did not like to go there because it was

small and unfashionable. The second athlete rented the two storey of the townhouse which was consisted of 3 rooms. He lived with his 2 friends. The rules for this rented townhouse were “do not make a loud noise”, “do not feed the pet”, and “do not take any drugs”. The athlete and his friends always drank in their townhouse. He gave the reason that after hanging over he comfortably sleep. The entertainment site was far away from his rented house about 1 kilometer. He used to take the service sometime with his friends’ persuasion.

The eighth storey dormitory has full of furniture. I used to drink inside sometime when my friends wanted to continually drink. The reason why they chose my dormitory to be the place for drinking was my wilder dormitory. There is entertainment site in front of my dormitory. I sometime take the service from there. The reasons that make me do not like to go there are because of its small size and unfashionable style.

The first rugby football athlete

My resident is the rented townhouse with my 2 friends. My friend lived with his girlfriend. The rules for this place are “do not make a loud noise”, “do not feed the pet”, and “do not use any drugs”. I and my friend often drink in our rented house. I think, it is very convenient for hanging over and sleeping.

The second rugby football athlete

4.5.3.2 Individual and Friend’s group Factor

Both athletes chose to make friends by their habit and domicile. Thus, habit, lifestyle and even drinking behavior were similar and influence together. The first athlete had 130 friends which divided into 11-12 groups. Somebody did not participate in the groups. His group was consisted of 8 friends. There were 3 friends played football. There was a volleyball athlete. 4 friends were not played any sports. All of his friends in his group drank alcohol. He had two closest friends; the first one played football and the second one did not play any sports. Mostly, he drank with his friend in his group. His friend who played football was the starter to drinking. The first athlete had not refused the persuasion. At that time, it was the occasion of drinking willingness of everybody. The expense in each time was calculated. After drinking, if his group had enough time, they often rent the futsal cord to playing. He did not make relation with any girls. The second athlete had 110 friends that could be

divided into 10 groups. His group was consisted of 10 members. There were 5 football athletes, 3 Thai sword athletes, and 2 runners in his group. The football players were the starter to drinking. He said that if he drank with unclosed friends, he would drink a little whereas if he familiar with them, he would drink more. He sometimes refused the persuasion from his friend because he had the duty or the competition in the next day morning. He had a girlfriend. His girlfriend did not drink but she did not forbid him to drink because she knows that she could not forbid him.

There are 130 friends in the same year at the campus. All of them can be divided into 11-12 groups. Somebody did not participate in any groups. He had 2 closest friends who resided together. The persons who joined with his friends to drink were influenced the amount of drinking. If he familiar with them he would drink more but if he did not familiar he would drink a little. Mostly the football player was the persuader to drinking. He had never refused because he wanted to drink as well. The expense for drinking was divided before paying. If they had enough time, they would rent the cord for playing football.

The first rugby football athlete

4.5.3.3 Factor in Media and Information Acknowledgement

Both athletes were similar to consume the media. The first athletes mostly consumed the media and news from the internet and television. In that media, he used to see the advertisements about alcoholic beverage, In the television, he saw it more frequent but it did not influence him to drink. He said that he wanted to drink by himself. He gave the opinion about the current mitigation of alcohol drinking control that it was so flexible and it was not practically used. The second athlete mostly recognized the news from the television. He also saw the alcohol beverage advertisements often. He said that sometime he felt a little bit bitter in his throat like what he liked to drink. The opinion for the measurement of drinking control was that it was good but it was rather not practically used.

Mostly, I realize the news from television and the internet. I used to see the alcohol beverage advertisements but I do not feel anything. I want when I really want to drink it by myself. For alcohol drinking control measurement, it is so flexible. Although it was determined strongly, it was not practically used.

The first rugby football athlete

I see the advertisement of the alcohol beverages always. Sometime, when I saw it, I felt bitter my tongue. For the alcohol drinking control measurement, I think, it is good but it is not practically used.

The second rugby football athlete

4.5.4 Alcohol Drinking Behaviors of Athlete

4.5.4.1 General information of Alcohol Drinking Behaviors

Both athlete had similar drinking behavior because they liked the same beverage to drink. The first drank 2-5 times a month especially in the birthday party or the concert ceremony arranged in the campus. Time period for drinking was about 5-6 hours. They used to spend the highest time for drinking about 14 hours. He went to the sea after his final examination and spent time for drinking at the pub in front of the bungalow. Someone slept and woke up to drink continually until the morning time of the new day. His favorite alcohol beverage was beer. The most favorite beer trademark was Leo beer because it was optimum cost and good taste. For liquor, it was up to the soling in the pub or restaurant. Mostly, he drank Blend 285. He could drink 3-4 bottles of beer for a time. His highest amount of beer drinking was 8-9 bottles for one time. The expense for each drinking time was about 300-500 Baht. If it was not enough, they would divide it. IN the case of money lacking, he required his friends to pay for him. After that, he paid back to his friends not over 7 days. The second athlete drank 3-4 times per month. Each time, he spent 4-5 hours for drinking. 17 hours was the longest time for drinking on the bus with his seniors and friends when he was the runner. For both of them, beer was their most favorite beverage. Commonly, he could drink 2-3 bottles for each time. 12 bottles were his highest amount for his drinking.

Currently, I drink 2-5 times a month. I spent 5-6 hours for drinking. 14 hours are the longest time for drinking when I went to the sea with my friends. I like to drink Leo beer very much because of its good taste and optimum price. The expense of each drinking time is about 300-500 Baht per person.

The first rugby football athlete

4.5.4.2 Behavior before Alcohol Drinking

Internal factor

When he heard the word of party, the first athlete thought of alcohol every time. He gave the reasons that it made him and his friends' fun, long time talking, and opened mind talking. In the case of no alcohol, they separated themselves and waited for the next time. He felt wanted to drink when he faced with the good condition similar to the first athlete. The feeling was one of the crucial factor that influenced his drinking wanting.

In the party time, I usually think of alcohol because it made us fun, long time talking, and opened mind talking. If we have not any alcohol beverage, we chose to separate ourselves and wait for the next time.

The first rugby football athlete.

4.5.4.3 Behavior during Alcohol Drinking

In the case of liquor, the first athlete liked the liquor mixed with soda and water. He said that the liquor only mixed with soda was so shape taste while water added for reducing the sharp taste and offering the sweet taste. The drinking character of the first athlete was that he and his friends in his group gave a toast and finished the first glasses. After finishing the first glasses, the followed glasses were synchronously drunk and talked for 2-3 minutes. Everybody could drink similar amount. Except the football athlete, he could drink more than other friend in his group. He smoked the cigarette only while he drank. The second athlete was not drink often because he was quickly hanging over. It could make him and his friends were not fun. The second group calculated the budget before buying the beverages and mixers and the amount for 1 time drinking. He sometime smoked while he drank.

For drinking liquor, I like to mix with soda and water. Since only mixed with soda make me feel sore throat, water can reduce that and offer the sweet test. We give a toast and finish their first glasses. After that, we gradually drink and talk. The amount of drinking for our group was similar except the football athlete who is the highest amount of drinking. I always smoke while I drink.

The first rugby football athlete

I do not drink liquor because it makes me quickly hanging over. It makes us were not fun with talking. We gradually drink for 2-3 minute after

giving a toast. We usually buy enough beverages for 1 time drinking. I sometime smoke and more while I drink.

The second rugby football athlete

4.5.4.4 Behavior after Alcohol Drinking

After drinking, both athletes were hurry up to take a rest. The first athlete was brought to the dormitory by his friend car. Everybody slept until the late of the next day. Hanging over for his opinion was the condition of unconsciousness and omitting. For sexual behavior, he told that he had two important case.

Case 1: It happened when he was in the sixth year of high school. It occurred after graduated party at his friend's home. His friends persuaded him to the pub at Ratchdaphisek Road. He met a girl there and satisfied together. Then he invited her to back friend's home together. He had sex affair with her and followed by his friend. They were swinging until the morning.

Case 2: It happened when he was in the third year of the University campus. After drinking at the dormitory, his 4 seniors induced him to the brothel at Mahachai District of Samutr-Sakhon by the taxi. On that road, it was full of karaoke restaurants and pubs which hided the business of prostitutes. He could not choose the satisfied prostitute hence, his senior chose her for him and then he made love with her behind the karaoke restaurant.

His feeling that drank alcohol before making love was longer than the normal condition and retained to response the sexual arousing. He did not face the experience about the accident. After drinking, he considered the next day duty, if it was not necessary, he would choose to take a rest at his dormitory. Because he used to train in the condition of hanging over, it was very terrible. He realized the disadvantages of the alcohol such as cirrhosis of the liver, deteriorate the sexual efficiency, and easy to ill. He thought that he was not alcohol addict because when he did not drink, he was not feel hungriness. After drinking, the members who did not sleep cleaned and watched everything. The second athlete thought that the characteristic of the hang man was unconsciousness, and severe temper. For sexual behavior, he did not have the experience. He told that his friend who was the football athlete have to make love after drinking. If he had girlfriend, he would make love with

her but if he did not have girlfriend, he would make love with a prostitute. The second athlete did not face the accident after drinking. He and his friend used to jump from the 10 floor height platform at the campus swimming pool. His friends did not brave to jump, but after drinking, they dare to jump. Although he was during hanging over stage, he went to do his duty such as learning and training. He knew the poison of the alcohol that influenced the drinkers to be aggressive, unconscious, and health damage.

After drinking, my friend drove me and all of friends to the dormitory and finally he drove himself to his home. All of us sleep until the late of the new day always. Sexual behavior after drinking was sometime happened with his protection. I never face with any accident after drinking. I used to hanging over when I am during the training and learning. I know about the toxic of the alcohol that can make the drinker sexual deterioration, and liver cirrhosis.

The first rugby football athlete

4.6 Football athlete

4.6.1 Personal background and general information

4.6.1.1 Personal and Educational Background

Football club was consisted of 25 members. Mostly, the football club members had the drinking behavior but it was the drinking for social relation and for celebration in the important occasion such as birthday party and finishing the examination. There were 10 members who drank always. The researcher talked and basically interview about basic information. 3 football athletes were interested to give the core information. The first athlete was a boy, 21 years old and born at Ubonrajchthanee Province. He graduated the high school level from mathematical and science department He got the grade level in the primary level at 3.50, in the high school at 2.77, and currently at 2.50. The second athlete was a guy, 21 years old, born at Bangkok metropolises. He graduated from the art and calculation department. He got the grade level from the primary school at 3.50, from the high school at 3.80, and at present at 2.89. The third athlete was male, 21 years old, and

born in Bangkok metropolises. He got the grade level from the primary school at 3.88, from the high school at 3.50, and at present at 2.69.

At present, I am 21 years old. I was born at Ubonrajchthanee province. I graduated from mathematical and science department. I got the grade level in the primary level at 3.50, in the high school at 2.77, and currently at 2.50.

The first football athlete

Currently, I am 21 years old. I was born at Bangkok metropolises. I was graduated from the department of art and calculation.

The second football athlete

4.6.1.2 Sport

All 3 athletes played football for a long time. The first athlete began to play football when he was in the third year of the primary school. He was the football athlete of the primary school every year. It made him entry to the high school of Ubonrajchathanee Province. He used to participate all of competition levels which were school, regional, and national levels. His most successful and was the participation in the national competition. The second athlete started to play football since he was in the primary school. Playing at that time was not serious. He really full team for competition when he was in the high school. He and his team were sent to participate in the competition every time. His most proudness was the runner up champion of the national private school competition. The third athlete started to play and to participate in the competition when he was in the second year of high school. His friends persuaded him to play with the school athlete and then he was a school athlete. He has still trained at 5 pm every day.

I have played football since I was in the third grade of the primary school. He was always the primary school athlete. Hence, it made me to get the athlete quota of the province high school. I used to participate all of the competition. His most successful was the participation of the national competition. Currently, I usually train every day 5 pm. Someday I may train in the morning because of coach's appointment.

The first football athlete

I started to play football when I was in the primary school. I really train and participate in the competition when I was in the high school. My most pride was the runner up champion of a private sector competition.

The second football athlete

4.6.1.3 Daily Life

The second athlete resided in the dormitory outside the campus but the first athlete and the third athlete resided in the dormitory inside the campus. Therefore, life style of the second athlete was different from the first athlete and the third athlete. The price of the dormitory number 8, the dormitory of the first athlete was 3,500 Baht per month. He lived with his two friends. The first athlete got money from his parent 5,000 Baht per month and received the rented scholarship 2,200 Bath per month. He had the expense per day about 150 Baht. He spent his free time for football training and staying with his friend in his room. The third athlete got the money from his parent about 1,500 Baht per week. His expense was about 150-200 Bath per day. In the holiday, the third athlete went to meet his girlfriend at Rajvitee campus. The second athlete stayed with his girlfriend in one room. He got the money from his parent about 10,000 Baht per month. His expense was about 200 Baht per day.

Currently, I reside in the dormitory number 8 in University campus. The price of it was 3,500 Baht per semester. I dwell with my 2 friends. My expense per day is about 150 Baht. In my free time without learning and train, I always stay in my room at the dormitory.

The first football athlete

I gain the money from my parent about 1,500 Baht per week. I always back to my home every week. Before I go home, I often go to meet my girlfriend at Rajvitee.

The third football athlete

At present, I reside in the apartment outside the campus. The price for this apartment for a room is 3,500 Baht per month. I share it by a half with my girlfriend. My parents give me 10,000 Baht per month. My expense per day is about 200 Baht. My free time is mostly spent with my friend in the campus....

In the holiday, I mostly stay in the apartment.

The second football athlete

4.6.1.4 Background in Alcohol Drinking Behaviors

All 3 athletes started to drink when they were in the high school. The first athlete started to drink when he graduated from the third year high school. His first drinking feeling was warm in his throat and uncomfortable in the stomach. After that, he had still drunk. His first alcoholic beverage was beer. He thought that he could drink more a lot than in the past. He used to test the cigarette and amphetamine from his friend when he was in the high school. The second athlete started to drink when he was 14 years old by his friend's persuasion at the birthday party of his friend. His first drinking feeling was uncomfortable and worm. After that, he had not drunk since in the fifth year in the high school he had started to drink again. The third athlete started to drink when he was in the second year of high school. His first feeling was a little bit bitter, difficult to swallow, and worm his stomach. He used to test cigarette and marijuana.

I started to drink when I finished the examination of the third year high school. My first feeling is worm and uncomfortable but I continue to drink, I was in whirl. After that, when I have a chance, I often drink. My first alcohol beverage is beer. I think, currently, I drink more a lot than in the past. I used to try cigarette and amphetamine but now, I have never touched them.

The first football athlete

I started to drink when I was 14 years old. My first time was occurred at my friend's birth day party. Its taste was a little bit sweet, bitter, and sharped smell. After my first time drinking, I had never drunk again. Until when I was in the fifth grade of high school, I started to drink again. Currently, I think, I can drink more a lot than in the past because I drink more often. I used to test the cigarette with my friend but now I never touch it.

The second football athlete

I started to drink when I was in the second year of high school. My seniors and friends brought me to drink after the competition. My first alcoholic beverage is liquor. Its taste is very bitter and difficult to swallow. But after I swallow, it make me worm in my stomach. After that, I often drink with my friends. At present,

I can drink more a lot. I used to try cigarette and marijuana. Now, I sometime smoke the cigarette.

The third football athlete

4.6.2 Family Factor on Alcohol Drinking Behaviors

The families of all three athletes were similar in some parts such as the single family. The family of the first athlete was in the municipal area. Thus, his threatening was not different from the threatening in Bangkok metropolises. His family was consisted of 4 members. His father career was the provincial office. His father income was 40,000 Baht per month. His highest father education was master degree. His father and big sister drank alcohol. His big sister drank when she go to the party with her friend. He though that his father knew about his drinking behavior. His father always talked to him that he should take care himself when he drank. The second athlete's family was consisted of 5 members. His father and mother opened the restaurant. Their income per month was about 100,000 Baht. His highest parents' education was bachelor degree. His father and his 2 brothers drank alcohol. When his father was hanging over, he was so kindness and loud noise maker. His father did not know about his drinking behavior. He tried to conceal his mother because he was so thoughtful his mother. There were 4 members in the third football athlete's family. His parents were the official of Thai military. Their total income was 80,000 Baht per month. Their highest educations were bachelor degree. His father drank when he went outside and got in to the social. The third athlete mentioned his father's behavior after drank that "his mother prepared food for his father then she normally went to bed." He really worried about his father; consequently, he drank alcohol. His father always told him "should not drink alcohol".

There are 4 people in my family: my father, my mother, my sister and I. My father is an officer and earns 40,000 Baht/ month. He graduated Master degree. In my family, only my father and my sister drink alcohol for socialize. However, I believed my parents know I drink alcohol because he always reminds me.

The first football athlete

There are 5 people in my family: my father, my mother, my younger brother and I. My parents open a restaurant. Their income is around 100,000

Baht. My father rarely drinks alcohol. When he got drunk, he was very kind and gave everything. I always asked money from him when he got drunk. In fact, my parents do not know that I drink alcohol as well.

The second football athlete

There are 4 people in my family; my father, my mother, my younger sister and I. My father and my mother are a soldier and army official. My father regularly drinks alcohol but not much. When my father goes with his boss, he always comes home late. However, my parents always remind me not to drink alcohol.

The third football athlete

4.6.3 Social and Environmental Factor on Alcohol Drinking Behaviors

4.6.3.1 Location and Resident Factor

These 3 athletes mostly spent their times at their faculty and practicing. The dormitory of the first and the third athletes is inside the university; therefore, their daily life is inside the university. The dormitory of the second athlete is outside the university. His accommodation has air-condition, car park and regulations as other dormitories and does not far from entertainment spot. The second athlete told that this place is just the entrance the side street. He rarely goes there because his friends do not go.

When he has free time, he always stays at the dormitory with his friends, 4 people. He stays at the fourth floor. His dormitory closes at 11.00 P.M. and does not allow drinking alcohol and playing gamble.

The first football athlete

In general, when I have free time, I always spend my time with my friends and my girlfriend. My dormitory has 7 stories, air-condition, car park and grocer's shop. His place is not far from the entertainment spot but he rarely goes there because his friends do not go there.

The second football athlete

4.6.3.2 Individual and Friend's group Factor

These three athletes are the classmate, they have friends around 110 people which are divided into 10-11 groups. But the first and the third athletes are the same group who stay inside the university so that they always drink

together. The first athlete said that “if I go with my friends who are not close to me, I would not drink too much.” Friends of the first and the third athletes, who play rugby, regularly invite them to drink but both of them generally deny because in general if few friends come, the party will postpone. For the expense, they equally pay except a birthday party. Moreover, the first and the third athlete rent the football field. At the present time, the first athlete does not have girlfriend yet but the third already have. She is studying at faculty Theology. The second athlete has 10 friends and everyone drinks alcohol. His close-friend does not play any sports. In fact, this second athlete often drinks with his friends more than the first and the third athletes. He often denies his friends when he has physical test or quarrel with his girlfriend. Consequently, his friends always say that he is afraid of his wife. Another activity, instead of drinking alcohol is to play snooker and football.

There were 110 people in my class which was divided into 10-11 groups. In my group, there were 12 people and every one drank alcohol. We regularly met each other. I did not have girlfriend at the moment.

The first football athlete

In general, my friends who played rugby invited me to drink and I rarely refused my friends. We equally share except on the birthday party. I had a girlfriend who studied at faculty of Theology.

The third football athlete

4.6.3. Factor in Media and Information Acknowledgement

The first and the third athlete got the information through newspaper and internet but the second athlete accessed from television and internet. There three athletes used to see the alcohol advertisement. The first and the third athlete said that the advertisement did not influence on their decision making; in contrast, the second athlete felt when he saw the alcohol advertise, he wanted to drink sometimes but he did not go. These athletes had the same attitude toward the alcohol control measurement as following:

I usually received the information via newspaper and internet. All these advertisement did not have any influence on my decision making but the alcohol control measurement at the moment did not work well.

The first football athlete

I often surf the internet and always saw the alcohol advertisements from the television after 10 PM. I sometimes wanted to drink alcohol when I saw the advertisement but I did not do. According to the alcohol control measurement, I thought it was good but no one followed.

The second football athlete

I read the newspaper and always saw the alcohol advertisement but I did not feel that this kind of advertisement could motivate people to drink. However, the alcohol control measurement was good but did not work well.

The third football athlete

4.6.4 Alcohol Drinking Behaviors of Athlete

4.6.4.1 General information of Alcohol Drinking Behaviors

The first and the third athlete were in the same group so their drinking behaviors were quite similar. They drank 2 or 3 times per month and spent 4-5 hours and the longest time was 10 hours. The first athlete said that "After the Byenior party, his friends invited him to go to the pub; then, they continued drinking at the dormitory until morning." His favorite alcohol brand was Regency and Leo, respectively because he used to drink with his friend since primary school and his friend's house sold alcohol. Moreover, he could drink 12 bottles but generally drank only 3-4 bottles. Furthermore, the most favorite alcohol brand of the third athlete was Singha beer but it is rather expensive and Leo and he could drink 10 bottles in maximum but generally drank only 7-8 glasses. The second athlete said that he celebrated the school-closed and was too drunk. Both of them generally paid only 500 Baht and if they needed to borrow, they would borrow from each other. Nevertheless, the drinking behavior of the second athlete was different from the others because he usually drank 3-4 times a month and spent 4-5 hours but the longest time was 10 hours for drinking. His favorite brand was Leo because of its taste and price. He could drink 3 bottles but the maximum was 8 bottles; in addition, spent 300-500 Baht per time.

I drank 2-3 times per month and spent only 4-5 hours. I used to drink 10 hours in spite of Byenior party....

I preferred Regency and Leo for the reason that my friend's house sold them. Actually, I could drink 3-4 bottles but on Songkran Festival, I drank 12 bottles.

The first football athlete

The most favorite brand was Singha beer and Leo, respectively. I normally drank only 7-8 glasses but the maximum was 10 bottles because of the school-closed celebration.

The third football athlete

I drank 3-4 times per month and normally spent only 4-5 hours but when I went to the beach with my friends, I spent times for drinking around 12 hours. My favorite alcohol brand was Leo because of its taste and price and Singha beer. I could drink only 3 bottles but the maximum was 8 bottles as well as spent 300-500 Baht.

The second football athlete

4.6.4.2 Behavior before Alcohol Drinking

Internal factor

When there was the celebration, the first athlete thought of alcohol because it could make the party be more enjoyable. He wanted to drink alcohol when he had spare time and was surrounded by his friends in line with the second athlete. When he felt upset or tired of practicing, he wanted drink alcohol as well as the third athlete said that drinking alcohol was a kind of socialize.

When having meeting, I wanted to drink alcohol because it made the atmosphere better and people were more enjoyable.

The first football athlete

When there was a meeting, it should have alcohol instead of soft drink. As I felt upset, I wanted to drink beer.

The second football athlete

External factor

The first and the third athletes told that there were a few friends invite them to drink but if there were few friends come, the meeting would be cancelled. In fact, both of them drank only on the important days. They often went to Khoa Sarn road and their dormitory. The first athlete preferred to go where had many friends, girls and good

music; on the other hand, the third athlete would rather had friends than girls. They particularly calculated the expense before drinking. In case, they drank alcohol at their dormitory, they bought at the grocer's shop "Sahaporn" because they could sell things back. The examination and fewer friends made them not to drink alcohol. They avoided these problems by showing up for a while. However, the second athlete always prepared or planned at first; for example, what they were going to drink, how many friends could come and where their friends wanted to go. He rarely drank on the important days comparing with the others. He often drank at the dormitory and Khoa Sarn road, respectively. He mentioned that places did not influence on his drinking and would like drinking at home. He preferred having a lot of friends and live music plus with cheap price. The second athlete generally bought the alcohol from the convenient store which was located at the north of university. The examination and assignments made him cannot hang out.

There were few friends inviting me to hang out and I usually went to Khoa Sarn road or drank at the dormitory. I preferred having my friends, girls and good music. If I had things to do on the following day, I would leave early.

The first football athlete

Before hanged out, I always planned what I ordered and how many friends would come. I often drunk at my friend's accommodation and Khoa Sarn road; however, places did not influence on my drinking behavior. It would rather be surrounded by friends, good music and inexpensive price. I always bought alcohol from the grocer's shop near gate 6. The examination and assignments were my obstacles for drinking.

The second football athlete

4.6.4.3 Behavior during drinking alcohol

All of them selected soda and drinkable water as a mixer. The drinking characteristics of these three are similar; for example, they drank the whole glass at the first time. The first athlete mentioned that the fencing athlete got red when he got drunk. The first and the third athlete always asked their friends whether they got drunk or not but the second athlete let his friends slept at the table because he usually drank at the accommodation. Three of them normally calculated the expense before.

Moreover, they did not use any drugs but their friends smoked cigarette and marijuana.

As I drank alcohol, I always order soda and water. My friend, who was the fencing athlete, became red when drunk. I asked my friends whether they got drunk or not. If they got drunk, our group would go back home. I used to smoke but I did not like it. My friends who were not the athlete often smoke while drinking.

The first football athlete

I usually let my friend slept when they got drunk due to the fact that I drank alcohol at my accommodation. My friends smoked cigarette and marijuana during drinking.

The second football athlete

4.6.4.4 Behavior after Alcohol Drinking

As mentioned above the drinking behavior of the first and the third athletes was similar; for instance, after drinking I went back with my friends, who had car and when he reached his accommodation, he called his roommate to open the door. The second athlete said that if I were not too drunk, I would go back to my dormitory but if my girlfriend were not in my room, I would stay at my friend's accommodation. The characteristic and behavior after got among these 3 athletes were different: the first athlete would be talkative, could not control himself and walk straight. Moreover, he sometimes had sex after drinking as he mentioned following:

Case 1: This situation happened when he was in grade 12 after the examination. He went to celebrate with his classmate at Ratchada road. One of his girlfriends was broken heart so he looked after her. He sent her off but she did not want to go home; then, he brought her to his friend's room. We talked about sex. Finally, we had sex together without using condom.

Case 2: When I was in the second year of the university, I always had sex with my ex-girlfriend. At first, he lusted but he did not feel anything after that.

The first athlete did not drive when got drunk because he always went with friends.

Nonetheless, the second athlete sometimes vomited, could not walk straight and control himself as well as he had sex from time to time.

Case 1: The second athlete normally had sex with his girlfriend 3-5 times a week; however, if he did not have sex, he would probably have sex with his girlfriend more often, 5-8 times. He said that while he was having sex, she complained though he used condom.

Case 2: When the second athlete was in grade 11, he celebrated a birthday party; then, one of his friends invited him to buy sex at Suan Lum Pini. At that time, he went with friends, altogether 5 people and 3 prostitutes. His friend paid 1,500 Baht. They rented 3 rooms, 700 Baht per room. He had sex the same girl with his friend, the host of the birthday party.

He always rode his motorcycle back to his accommodation and used to fight after drinking 2 times when he was in grade 10. At that point in time, there was a football match at Chonburi province. The second athlete and his friends celebrated at the restaurant along the beach, where had another football team. They fought each other until the police came.

The third athlete talked when he got drunk, he could not control his mind, but he had never had sex after got drunk. His friends always told him that that they had sex with a prostitute. However, both of the first and the third athlete did not had this kind of experience.

The impressed events of the first and the third athletes was when they were junior, they got drunk and could not go inside the dormitory so they went to swim until the security chased them away. In contrast, the second athlete fought when he was in grade 10. In addition, these three athletes never got drunk when they did exercise. The symptoms when they got drunk were headache, vomit and easily exhausted. The first and the third athletes mentioned the causes of these symptoms that “people did not have enough rest.” In contrast, Got drunk caused these symptoms, the second athlete said. All of them knew the negative impacts of alcohol such as cirrhosis and Dysfunction. These athletes insisted that he were not alcoholism because they could not drink for few months. The second athlete defined alcoholism as “the alcoholism had to drink alcohol all the time.” As following:

My friends who had car would send me off at my dormitory and I called my roommate to open the door but in case my roommate did not come, I took the fire escape....The characteristic of drunken man should be too enthusiastic,

talked too much, could not control themselves, and could not walk straight.... I had not fought or quarrel with other people.... The bravery in my group happened when I was in first year after drinking, I could not enter my dormitory so my friends and I went to swimming pool until the security chased us away. I was very drunk and went to practice; consequently, I felt dizzy, headache, vomit and spasm. I believed that the cause of these symptoms was not enough rest and I was not alcoholism.

The first football athlete

I normally went back to my room when I got drunk but in case my girlfriend did not stay in my room, I often stayed with my friends. I had to ride motorcycle back to my room often. The most impressed situation occurred when I was in grade 10. I used to hang out while I was regularly practicing which made me feel dizzy, easily tired and sometimes vomited. I was not alcoholism because I could not drink it for a while.

The second football athlete

I had never had sex after drunk; however, my friends generally told me. My friends mostly brought girls from the pubs or had sex with prostitutes. I often hanged out while I was practicing but I was not alcoholism.

The third football athlete

4.7 Basketball Athlete

4.7.1 Personal Background and General Information

4.7.1.1 Personal and Educational Background

The basketball had 24 members which was divided into male and female teams, 12 and 12 people respectively. The most interesting within this group was every basketball player did not go with other groups. In other words, they palled only their team; therefore, the researcher was able to scope the drinking behavior of the athlete. The basketball players, junior and senior, stucked together in every activity including alcohol drinking. It can be assumed that every basketball player drank alcohol. The researcher selected 2 persons: the first one was a respective

senior and the second one was the only girl in a man group. The first interviewer was male and born in Bangkok but grew up at Petchaburi province. He always got a higher grade point, 4.00, at secondary school, 3.85, at primary school and 3.22, at the bachelor degree. He was studying Master degree at Faculty of Engineering, majoring Biomedical Engineering. He was doing his thesis and had to conduct the experiment 5 days a week. Furthermore, the second athlete was female, 20 years old. She was born and grew in Bangkok. Her grade point was 3.70 at secondary school, 3.14 at primary school and 2.97 at the present time. She was studying at College of Sports Science and Technology, Bachelor of Arts majoring Exercise and Sports.

At the present time, I was 24 years old and born in Bangkok but grew up at Phetchabun province. I was studying Master degree majoring Biomedical Engineering, Faculty of Engineering and doing thesis, 5 days a week

Male basketball athlete

4.7.1.2 Sport

Both athletes played only 1 sport and competed at the same level, at the primary school. Men's basketball player had played this sport for 8 years since he was 16 years old. He competed in all level, from school level to national level. His great success was when he won the second place at the National Youth Game. He was practicing everyday at 06.30-09.00 in the morning and 06.00-09.00 in the evening. He said that "The practicing at the moment was less at the previous time fifty-fifty in terms of toughness and time because of studying. On the other hand, women's basketball player had played this sport for 6 years and joined the competition when she was in grade 7. She competed in all level as well; in addition, she was practicing everyday and harder because of many techniques.

I became a basketball player for 8 years. The most successful in his life happened when he won the second place from the National Youth Game. I did practice every day but it was not so hard because of my studying

Men's basketball athlete

I practiced everyday but it was harder comparing with the previous time because of many techniques to learn.

Women's basketball athlete

4.7.1.3 Daily Life

The way of living of these two athletes was so different, especially men's basketball player due to the fact that he stayed outside the university but women's basketball player stayed at her home in Bangkok. He rented and shared room with his friends, 7,500 Baht. His parents gave him 8,000 Baht per month; however, he has an extra job through being tuition and research assistant, altogether 4,000-5,000 Baht. He mostly spent his money on food. Moreover, he regularly went back to his hometown, Phetchabun province. In contrast, she stayed with her parents at Pathumawan district, Bangkok province. Her parents gave her 1,500 Baht a week; in other words, she spent 200 Baht a day, which was food the most. She normally spent her spare time at the park near her house. The details were following:

I rent an accommodation with my 2 friends and we equally shared; as well as, my parents supported me 8,000 Baht a month; nonetheless, I got an extra job as being tutor and research assistant at my faculty. I got around 4,000-5,000 Baht. I really used money for food.

Men's basketball athlete

I stayed with my parents at the moment and my parents gave me 1,500 Baht a week so that I spent only 200 Baht a day, which mostly spent on food. When I had free time, I did exercise at the park near my house.

Women's basketball athlete

4.7.1.4 Background in Alcohol Drinking Behaviors

They started drinking alcohol since they were primary school. Men's basketball player started drinking alcohol since he was 17 years old. He said that "his friend invited." since then he continually drank. He started drinking whisky but he disliked. He mentioned that it was bitter so he did not like. Moreover, he used to use drug such as cigarette, marijuana, baraku and cough syrup. Nevertheless, he just smoked during drinking. For women's basketball player, she started drinking alcohol when she was 13 years old with her father. She explained that "her father let her try." but she did not continually drink since she was 15 years old. I drank whisky with my father and Spy with my friends. She felt dizzy after drink for a while. She had never used drug before:

I started drinking when I was 17 years old because my friends let me try after that I normally drank. I could drink much more than the past because of occasion. I used to try drug such as cigarette, marijuana, baraku and cough syrup; however, I smoke only while was drinking.

Men's basketball athlete

I started drinking alcohol when I was 13 years old because of my father. He wanted me to know its taste. I drank again when I was 15 years old because my friends invited. At first, I felt dizzy but now I felt normal.

Women's basketball athlete

4.7.2 Family Factors on Alcohol Drinking Behaviors

The families of these two athletes were quite similar. There were 4-5 members in the family. The educational level of their parents was the professional certificate. There were 5 people in men's basketball player's family: father, mother (just died), two elder sisters and himself. His father opened the construction equipment shop and his income was around 50,000 Baht. The level of education of his father was the professional certificate. No one in his family drank alcohol but his parent knew that he drank alcohol and his father always reminded him not to drink too much. He knew that his father worried about him. Furthermore, there were 4 people in women's basketball player's family: father, mother, younger brother and herself. Her parents were the chief of staff at Gogi company. Their income was 25,000 Baht. Her father graduated the professional certificate as well but she did not know about her mother. Only her parents drank alcohol, 3-4 times a week. But her father did not drink because of blood pressure. The drinking behavior of her father, both before and after drinking, was "he spoke loud and was very kind as well as drank till the next day. After drinking, he slept until the morning and vomited." She did not want her father to drink alcohol and used to drink with her father on holidays. Her father always told her that "Do not drink with other guys. It is too dangerous."

There were 5 people in my family; father, mother (just passed away), two elder sisters and I. My father opened the construction equipment shop. No one in my family drank alcohol. My parent knew I drank alcohol so he always told me not to drink too much....

I knew he really worried about me but I could not avoid.

Men's basketball athlete

There were 4 people in my family; father, mother, younger brother and I. Only my father often drank alcohol, 3-4 times a week. But he refrained at the moment because of blood pressure. When my father drank, he was very kind and enjoyable and drank until the next day. He slept and vomited after drinking. My father always told me that should not drink with other guys because it was dangerous.

Women's basketball athlete

4.7.3 Social and Environmental Factor on Alcohol Drinking Behaviors

4.7.3.1 Location and Resident Factor

The accommodation of men's basketball player was old but was full-furnished such as cabinet, bed and air-condition. This room could stay 3-4 people and there was a rule as other dormitory. He often drank alcohol with his roommate. He put the whisky inside his bag. In terms of the entertainment spot, it was in front of his dormitory and he used to go there 1 time. For women's basketball player, she stayed at two-story house. When she had free time, she and her friends always went to the basket ball court. She used to drink alcohol at home when her parents were away. She said that she always bought at the grocery's shop and drank alone in her room. Her house was next to the pub but she had never been there before it was crowded.

I normally spent my times on research. I often brought alcohol to my room but I rarely went to the pub, where was in front of my accommodation.

Men's basketball athlete

When I had spare time before practice, I often went to the basketball court. I used to drink when my father was away during vacation. I brought alcohol near my house and drank in my room.

Women's basketball athlete

4.7.3.2 Individual and Friend's group Factors

These two athletes had different kind of friends. The male athlete was studying Master degree so they did not have many friends because his friends were busy about their researches. Consequently, he always hanged out with his

old friends. He could drink alcohol with everyone. Generally, his friends invited him for drinking but he recently did not go because of his research. He did not have any girlfriend. In contrast, the classmate of female athlete was more than 100 people but her closed friends were only the basketball players and other sports. She drank with her boyfriends. However, she often refused her friends. Other activities instead of drinking were to go to the beach. At the moment, she did not have any boyfriend.

There were 19 people in my class and they had their jobs and works so that I often drank with old friends from Srinakarin. I could drink with everyone but after I did the research, I hardly hanged out. I did not have any girlfriend.

Men's basketball athlete

My classmate altogether 120 people and could be divided into 10 groups. My group had 15 people and everyone drank alcohol. Person did not have any influence on my drinking and I often refused my friends. The activity instead of drinking was one day trip. I did not have any boyfriend.

Women's basketball athlete

4.7.3.3 Factor in Media and Information Acknowledgement

They similarly received the information; in other words, they knew the information from internet and TV. Their attitudes towards media related to alcohol and its measurement were similar. He thought that the advertisement did not make him want to drink alcohol and the measurement did not work well because it could not control. Additionally, she mentioned that the advertisement did not influence on her drinking behavior and the measurement did not work because it was not so strict.

I search the internet to get the information and watched TV. I saw many advertisements related to alcohol but I did not feel anything.

Men's basketball athlete

The measurement did not work well. It could not control because it was not so strict.

Women's basketball athlete

4.7.4 Alcohol Drinking Behavior of Athlete

4.7.4.1 General Information of Alcohol Drinking Behavior

At the moment, he normally drank twice a week and spent around 4 hours; in addition, the longest time he used to spend on drinking was 12 hours. He said that it was a welcome party. The most favorite alcohol was beer, Chang, because of its taste and price. He could drink 3 bottles. He said that he would get drunk if he drank over than this but the maximum was 12 bottles. He spent 500 Baht. For women's basketball player, she drank three times a week and spent 7 hours and the longest time for drinking was 14 hours. She said that it was her friend's birthday so she drank at her friend's house until the next day. She preferred drinking whisky, Red Lebel because it had good smell and so tasty. But my friends and I often drank Ben 285 and I could drink around 20 glasses. If drank over 30 glasses, I would get drunk. I spent around 200 Baht and if I had to borrow money, I would borrow from my friends, who were rugby player and football player, because they were rich.

I drank twice a week and spent around 4 hours. The longest time was 12 hours on the welcome party day. I liked to drink beer, Chang beer, because of its taste. If I drank over 3 bottles, I would get drunk but the maximum was 12 bottles.

Men's basketball athlete

I liked to drink Red Lebel because of its taste and smell but I frequently drank Ben 285. I normally drank 20 glasses and up to 30 glasses. I used to drink 1 bottle alone. In case, I would like to borrow money, I usually borrowed my friends, who played rugby and football, because they were rich.

Women's basketball athlete

4.7.4.2 Behavior before alcohol drinking

Internal factors

When men's basketball player celebrated, he always thought of alcohol because a drunk man was frankly speaking and it was more enjoyable. In case of lack of alcohol, he just ate with his friends. He wanted to drink alcohol when he was so stress from his study and practicing. He mentioned that he rarely got this feeling. According to women's basketball player, when she had a party, she thought of alcohol as well because everybody could drink. In case of could not find any alcohol,

she would do another activity such as playing football. She felt want to drink alcohol when she got stress in line with men's basketball player.

My party always had alcohol because drunk people are sincere and more fun. However, if the party did have alcohol, my friends and I would just eat. As I got stress from my study and playing sports, I drank alcohol but it hardly happened.

Men's basketball athlete

I always thought of alcohol when there was a party because everyone could drink.

Women's basketball athlete

External factors

Before drinking, the man's basketball player and his friends always surveyed the restaurant. They mostly went to Tak Su Ra at victory monument because of the travel and convenience. He had to check his schedule on the following day. The location did not effect on him. He and his friends got the alcohol from the pub and if it finished, he would get another bottle from his car. While he was drinking, he always had hors d'oeuvres, sunflower seed or fried spicy pork. He said that the spicy pork at this restaurant was delicious. The obstacle of his drinking was the shop closed too early; then, he had things to do on the next day such as research. However, he went with friends for a while then went back home. The women's basketball player did the same thing but she and her friends normally drank at her friend's accommodation in the north of the university spite of convenience. She drank alcohol when all of her friends wanted to drink or a birthday party. She generally bought whisky from the shop, opposite the north gate of the university due to the fact that it was cheap. She always ate jerked meat while drinking alcohol. Her obstacle was money and the number of friends.

I always went to Tak Su Ra at the victory monument because of travel and convenience. I mostly ordered alcohol from the restaurant especially fried spicy pork. I did have the whisky in my car.

Men's basketball athlete

I went to my friend's house because it was easy to make an appointment and bought alcohol from the shop at gate 6. Even I had the duties on the next day; I still went to drink alcohol.

Women's basketball athlete

4.7.4.3 Behavior during Alcohol Drinking

Man's basketball player normally drank whisky with soda and drinkable water but woman's basketball player drank whisky with drinkable water because she wanted to know the whisky's taste. The drinking characteristic of these two athletes was similar. The first glass was bottom up. He spent 2-3 minutes for each glass. He said that he could drink less than his friends but she spent only 1 minute per glass. In case of their friends got drunk, they let their friends sleeping at their place at first then brought them home. Only man's basketball player smoke cigarette while he was drinking but woman's basketball player did not use any drugs.

When I drank whisky, I normally mixed with water and soda. The first glass generally bottomed up. If my friends got drunk till slept, I would let them sleeping at that place.

Men's basketball athlete

I preferred drinking whisky with water because I wanted to know its taste. I drank the first glass at one time and spent only 1 minute per glass.

Women's basketball athlete

4.7.4.4 Behavior after Alcohol Drinking

After drank alcohol, he separated with his friends but she said if she did not get drunk, she would find some restaurant and talk with her friends. They defined a drunk person as a person could not control him/herself and walk straight. In terms of having sex after drinking of both athletes, they had never had a direct experience. Only woman's basketball player had an indirect experience from her friends, other 2 basketball players and rugby player. She mentioned that these three athletes always had girls when they went to the pub or had sex with prostitutes such as karaoke restaurant. According to driving and quarrel behaviors, the man's basketball player used to have these kinds of experience as he mentioned that when he was a senior, he went to drink with his friends and quarreled with another group, physical education students, by throwing bottles; on the other hand, the woman's basketball

player had never had any experience but her friends got the motorcycle accident. The impressed experiences of these athletes were that when he was in the second year of the university at Ongkharak and got drunk as well as raced with his friends. He ran until fell into the rice fields which caused damage. Nevertheless, she was in a second year, her friends got drunk and jumped into the river without any clothes. They were recorded by her. They used to hang while they were playing sports which made them feel tired, headache, and vomiting. They believed that lack of rest and drinking alcohol caused all that symptoms. Furthermore, they knew the negative impacts of alcohol together with were not alcoholism. They defined “alcoholism” as a person wanted alcohol all the time.

A drunk person could not control him/herself. I had never had the car accident or sex but I used to quarrel with the others when I was the senior, the fourth year student. The most memorable experience happened when I was the third year student; I ran and fell into the rice field. However, I was not alcoholism.

Men’s basketball athlete

After drank with my friends, we always found something to eat. Even I went back home late, I never felt afraid. Only my friends had sex experience because they sometimes got women from the pub or had sex with prostitutes. When I was a second year of the university, my drunk friends jumped into the river without any clothes; as a result, we recorded them.

Women’s basketball athlete

4.8 Volleyball Athlete

4.8.1 Personal Background and General Information

4.8.1.1 Personal and Educational Background

The volleyball team had 25 members which were divided into 2 groups: men’s volleyball team, 12 people, and women’s volleyball team, 13 people. As from interviewing, the researcher found that every volleyball player drank alcohol in order to be outgoing. It was remarkable that the trainer, who was the senior, had a great influence on athletes. It could say that the trainer could prohibit the athletes not

to drink alcohol during the competition and everyone in the team strictly believed. However, there was an athlete often drink alcohol. The researcher selected that athlete as a key informant. This athlete was male and 22 years old. His hometown was Bangkok. His level of education was high school, major science and mathematics. His score was 3.50 in secondary school, 3.20 in primary school and 2.80 at the moment, respectively. He study 5 days a week as following:

I was 22 years old and born in Bangkok. I studied science and math at high school.

Volleyball athlete

4.8.1.2 Sport

The volleyball player played volleyball for 8 years. He firstly joined the competition when he was 15 years old. He attended the competition from school level till regional level. He won the second place in Air Force Volleyball Game which was the greatest success in his life; moreover, he was so proud to be university athlete. Now, he had to practice from Monday to Saturday at 18.30-20.30 o'clock. He thought that "he practiced less than before because he had studied at boarding school".

I played sports for 8 years and competed in every matches but the highest match was the regional level. Now, I had to practice for 6 days. Only on Saturday, I practiced only half day. I thought that I did practice less than before due to the fact that I used to study at boarding school.

Volleyball athlete

4.8.1.3 Daily Life

He rented the dormitory outside the university. The rental price was 3,000 Baht per month. He stayed with his girlfriend and shared all expenses. His parents gave him 1,000 Baht a week and he taught swimming so that he earned 3,000-4,000 Baht/month. He spent 120 Baht/day and mostly on food. If he had free time, he normally stayed at his room or went to department store.

I stayed with my girlfriend and shared the rental. My father gave me 1,000 Baht/week and I taught swimming. I spent only 120 Baht.

Volleyball athlete

4.8.1.4 Background in Alcohol Drinking Behaviors

I started drinking alcohol since I was 18 years old. My friends invited me to celebrate after the examination. I firstly drank alcohol. I felt its taste was bitter but after that it was sweet and its taste was good. Since then, I continually drank. I could drink more than the past but I never involved with any drugs.

I started drinking alcohol when I was 18 years old after the examination. My friends invited me. At first, I felt its taste was so bitter then its taste was so good and sweet.

Volleyball athlete

4.8.2 Family factors on Alcohol Drinking Behaviors

There were 6 people in his family: father, mother, 2 older sisters, older brother and himself. His parents opened the repaired tire shop and earned 20,000 Baht/ month. His father graduated grade 4. Only his father drank alcohol, 3 times/ week. The behavior of his father and his friends during and after drinking was normal. The athlete did not feel anything towards the drinking behavior of his father because he also drank alcohol. Nonetheless, he had never drunk with his father but his parents knew that he also drank alcohol. His parents always told him not to drink.

I had 4 brothers and sisters. My parents opened the repaired tire shop. Only father drank in my family, 3 times/ week. I never drank with my parents and they always reminded me not to drink alcohol.

Volleyball athlete

4.8.3 Social and Environmental factors on Alcohol Drinking Behavior

4.8.3.1 Location and Resident Factors

His dormitory was near the railway. There was the rule and regulation like other dormitories. He never drank alcohol in his room because he was too courteous. His dormitory was far from pub around 300 meters but he never went there because he preferred to drink with friends at Aksa road.

My room was near the railway and there was the regulation like other dormitories. I never drank alcohol in my room because I preferred drinking at Aksa road.

Volleyball athlete

4.8.3.2 Individual and Friend's group Factors

There were 120 people in my class which were divided into 11-12 groups. I had only 2 friends: football player and swimmer but they did not drink alcohol. He always drank alcohol with club's friends and friends from other majors. Person had less influence on athlete. He never refused his friends. Other activities instead of drinking alcohol were gamble and play VDO games. He already had girlfriend and his girlfriend did not forbid him not to drink alcohol.

I had only 2 closed friends: football player and swimmer but they did not drink alcohol so I went with another group. If I did not drink alcohol, I would gamble or play game. I already had girlfriend.

Volleyball athlete

4.8.3.3 Factor in Media and Information Acknowledgement

He knew the information mostly from television and saw many advertisements related to alcohol. He sometimes wanted to drink because he wanted to try new thing. According to controlled alcohol measurement, he believed it was good.

I mostly knew the information from television and sometimes saw the alcohol advertisement. If there was new thing, I would like to try. The measurement was good enough.

Volleyball athlete

4.8.4 Alcohol Drinking Behaviors of Athlete

4.8.4.1 General Information of Alcohol Drinking Behaviors

I drank once a week and spent around 8 hours. The longest time for drinking was 12 hours. It happened when I was in the third year, I drank with my friends till the next day. I preferred drinking Ben 285 because of its taste and price. I sometimes drank beer, Leo, with my friends and could drink one big bottle and never drank over than this. I spent around 500-600 Baht.

I spent 8 hours and the longest time was 12 hours when I was in the third years. I like Ben 285 because of its taste and price. I could not drink over 1 big bottle.

Volleyball athlete

4.8.4.2 Behavior before Alcohol Drinking

Internal factor

I drank alcohol every time when there was a party because it was more enjoyable. I sometimes wanted to drink alcohol as I felt stress or insomnia.

I drank alcohol in every party to be more fun and when I got stress or felt insomnia, I would drink alcohol.

Volleyball athlete

External Factor

I thought of place before and generally went to Uthayard road then invited friends. It was great time to drink after match or birthday party. The place influenced on the athlete because if there were many mosquitoes, it would annoy. The ideal place should have good music, girls, being cheap and friends. In fact, the athlete bought alcohol from outside to drink at the pub because he knew the owner so it was okay. His obstacle for drinking alcohol was the examination and study. He solved this problem by going back early or not going.

I went Aksa road before drinking. Place had less influence on me. I bought alcohol to drink inside the pub because I knew the owner. If I had duty, I would go back early.

Volleyball athlete

4.8.4.4 Behavior during Alcohol Drinking

He normally mixed his whisky with soda and water because mixing whisky with coke easily got drunk. His drinking characteristic was similar with the other respondents: one glass was only 1 minute. In case, his friends got drunk, he would let his friends wait. He often pretended getting drunk because he did not want to drink. He never used any drugs but his friends smoked.

I preferred mixing my whisky with soda and water because mixing with coke was easier to get drunk. In fact, I pretended to get drunk for not drinking much.

Volleyball athlete

4.8.4.4 Behavior after Drinking Alcohol

The athlete and his friends always continually drank at his room. He tried to vomit after drinking before he went to bed. When he got drunk, he felt dizzy, could not speak clearly and wanted to vomit. He rarely had sex experience. He went to the beach, Cha-Am. He told that his senior athlete brought his girlfriend. When they got drunk, they went to toilet for a long time. In terms of drinking and disputing, he never had these experiences as well. However, his friends just quarreled. The most memorable experience was that he walked back to his accommodation. He hung when he played which made him move very slowly. The cause of this symptom was because of alcohol. He believed that alcohol caused social problem for example car accident. He was not alcoholism because he just drank alcohol only in a special occasion. He defined a drunk person as a person had to drink everyday at least one bottle.

After drinking, I walked back to my accommodation with my friends. When I reached my dormitory, I would drink hot water and tried to vomit because if he did not vomit before sleep, he would feel dizzy. Hanging caused slow reaction, vomiting and being weak. I did not have sex but my senior did. He hung when he played which made him move very slowly. The cause of this symptom was because of alcohol. A drunk person was a person had to drink everyday at least one bottle.

Volleyball athlete

4.9 Softball Player

4.9.1 Personal Background and General Information

4.9.1.1 Personal and Educational Background

The softball club had 13 members and only male. Only 10 athletes drank alcohol; therefore, the researcher studied and interviewed all these 10 athletes; then, selected only 2 athletes. The first athlete was 25 years old and born in Nakhon Pathom province. He studied math and science when he was in high school. Moreover, he graduated his Bachelor degree (Bachelor of Science) major sport science. His grade point was 3.85 in secondary school, 2.9 in primary school and 2.8 in bachelor degree, respectively. He was studying master degree now. Another athlete was 22 years old and born in Bangkok province. He studied math and science at high school with the grade 3.50, secondary school, 2.77, primary school, and 2.50. He studied 5 days/week.

I was 25 years old and born in Nakhon Pathom province. I studied math and science when he was in high school. I graduated Bachelor degree (Bachelor of Science) major sport science.

The first softball athlete

I was 22 years old and born in Bangkok province. I was studied 5 days/ week.

The second softball athlete

4.9.1.2 Sport

The first athlete had started playing softball for 3 years and attended the Thailand University Games and Softball Thailand League. He won the third place. The most honorable experience was that he won the third place of Thailand University Games. Moreover, the second athlete had been playing softball since he studied grade 10. He used to be rugby player because he changed the school so coach invited him to play this sport. He won the second place of Bangkok Games. He still practiced every weekday, Monday-Friday, in the morning at 06.30-07.30 am. and in the evening at 17.00-20.00 pm. He insisted that he had to practice harder comparing with the past in terms of time and practicing program.

I started playing softball when I was the second year. My friends invited me. I used to complete the Thailand University Games that made me so proud. Now, I had to practice Monday-Friday in the morning at 6.30-7.30 am and in the evening at 17.00-20.30 pm.

The first softball athlete

When I was in the primary school, I played rugby but I moved to new school, softball coach invited me to play due to the fact that my new school did not have rugby. I was practicing harder than before because I had to practice in the morning.

The second softball athlete

4.9.1.3 Daily Life

The first athlete rented the accommodation whose rental was 3,500 Baht/ month. He stayed alone. His parents gave him 7,000-8,000 Baht/month; in addition, he was a research assistant so he earned 1,000-2,000 Baht/month. He spent 200-300 Baht/ day, mostly on food. He spent his time on doing thesis but he always went back home, Nakhon Pathum, every weekend. Furthermore, the second athlete rented the accommodation whose rental was 3,500 Baht/month. He stayed with his girlfriend and equally shared. His parents gave him 2,000 Baht/week. His mother forced him to go back home every week to get money. His part-time job was the volunteer football for Pachanukroh club so he earned 800-1,200 Baht/month. He spent 200 Baht/day, mostly on food. On the weekend, he and his girlfriend went back home, Bangkok province.

I rented the accommodation because I was so tired. My parents gave me 7,000-8,000 Baht/month; in addition, I was a research assistant so I earned 1,000-2,000 Baht/month.

The first softball athlete

I stayed with my girlfriend and we equally shared everything. My parents gave me money 2,000 Baht/week because my mother wanted me to go home every week. Before I went back home, I always sent my girlfriend at Ladprao.

The second softball athlete

4.9.1.4 Background in Alcohol Drinking Behavior

The first athlete started drinking alcohol when he was 17 years old. He said that his friends invited him on their birthday. But he did not continually drink because of age. He started drink alcohol again when he was 19 years old as he was studying at the university because he was forced by the senior. At first, he felt bitter and its taste was strange so he mixed with Pepsi. At the moment, he could drink much more than the past. For the second athlete, he had drunk alcohol when he was in grade 10. He celebrated with his friends and tried to drink beer. He felt bitter and was not delicious since then he had been drinking alcohol. He thought that he could drink more than the past because he often drank. Both of them never used any drugs.

I started drinking alcohol since 17 years old at my friend's birthday party. At first, I felt bitter and its taste was strange so he mixed with Pepsi. When I was 19 years old as I was studying at the university. I had to drink alcohol again because he was forced by the senior. I could drink more than the past.

The first softball athlete

I had drunk alcohol when I was in grade 10. I celebrated with my friends and tried to drink beer. I felt bitter and was not delicious since then I had been drinking alcohol. I thought that I could drink more than the past because I often drank.

The second softball athlete

4.9.2 Family Factor on Alcohol Drinking Behaviors

Their families were quite similar. For the first athlete, there were 4 people in his family: father, mother, younger sister and himself. His parents were a government officer. Their income altogether was 60,000 Baht/month. The level of education of his parents was bachelor degree and no one in his family drank alcohol; however, his parents knew he drank alcohol. So his parents told him that drinking alcohol caused accident. There were 5 people in the second athlete's family: father, mother, grandmother, younger sister and himself. His father was a policeman and his mother was a state enterprise staff and opened coffee shop. Their income altogether was 200,000 Baht/ month. His parents graduated bachelor degree. Only his father drank alcohol because of being outgoing but he had never seen his father's drinking

behavior because his father drank only at the party. His father was courteous his mother. His parents always told him that should not drink.

There were 4 people in my family. No one in my family drank alcohol. My father knew that I drank alcohol so he always said that should not drink because it caused accident.

The first softball athlete

My family had 5 members. My father was a deputy superintendent at Huai Kwan and my mother worked at electricity authority. My father drank only at the party. He was courteous my mother. I did not let my parents know that I drank alcohol because they told me that should not drink.

The second softball athlete

4.9.3 Social and Environmental Factors on Alcohol Drinking Behavior

4.9.3.1 Location and Resident Factors

The dormitory of both athletes was in the northwestern part of the university. Their room was full-furnished and had the regulations as other dormitories. They used to drink alcohol in their room by hiding in their bags. The pub was not far from their accommodations and they often went there. Nonetheless, the second athlete did not like because of many Rajamangala students.

My dormitory was opposite Mahidol Wittayanusorn School. My room was full-furnish. I often drank alcohol in room when my friends came.

The first softball athlete

There were the regulations as other accommodations. I just walked to the main road and there was a pub. My friends often went there but I did not like because of many Rajamangala students.

The second softball athlete

4.9.3.2 Individual and Friend's group Factors

There are 20 people in the room of the first athlete but they scattered. He explained that each friend had their works so it was different with bachelor degree. Therefore, he mostly spent his time with his friends, only 4 people. However, they regularly drank alcohol with softball players. A person greatly influenced on the first athlete. He said that he drank alcohol because of his friends, but

he often refused his friends because of his duty such as doing thesis. If he went his junior friends, he would pay more than the others: the junior paid 200 Baht. The first athlete already had girlfriend and she did not want him to drink. There were 120 people in the second athlete's class that was divided into 10-12 groups. His group had 14 people, 7 males, all drink alcohol, and 5 females, only 3 people drinking alcohol. His closed friends played softball. He frequently drank alcohol with his club. He explained that he drank every time have the competition. He always refused his friends because he worried about his girlfriends. He equally shared with the others. He explained that the host of birthday party paid only for the mixers. In case of borrowing money, he rarely borrowed money from his friends; in contrast, he always lent his friends money.

I had 20 friends from master degree but we were not in group. My junior friends in the softball club always invited me to drink. I was the senior so I had to pay more.

The first softball athlete

I often drank with my friends in the club because I often drank after the match but I seldom went to drink due to the fact that I worried about my girlfriend. The host of the birthday party paid only the mixer. I occasionally borrowed my friends' money.

The second softball athlete

4.9.3.3 Factor in Media and Information Acknowledgement

Both athletes received the information from TV and internet. They always saw the alcohol advertisement and felt that they had no idea about it. The first athlete thought about the measurement as actually, it was good even it could not control 100%.

The first softball athlete

The measurement was not so strict.

The second softball athlete

4.9.4 Alcohol Drinking Behaviors of Athlete

4.9.4.1 General information of Alcohol Drinking Behaviors

Their characteristic was alike because they often drank within the club. They drank 1-2 times/ week and spent 3 hours. The longest time was 8 hours. They said that they continually drank until the following day. Both of them preferred beer, Leo. The first athlete could drink 20-30 glasses but the second athlete could drink only 10-20 glasses. They spent 200-300 Baht but the first athlete paid more than the others 500 Baht.

I drank 1-2 times/week and spent 3 hours. I preferred beer, Leo and could drink 30 glasses.

The first softball athlete

I drank 1-2 times/week and spent 3-4 hours. The longest time was 8 hours. I continually drank until the following day.

The second softball athlete

4.9.4.2 Behavior before Alcohol Drinking

Internal factor

As they had a party, they thought alcohol. The first athlete explained that alcohol was a part of party because it made people more fun. The second athlete sometimes felt want to drink alcohol because of stress or weather.

I always thought of alcohol when there was a party because it made people more enjoyable so that the alcohol was a part of the party.

The first softball athlete

I wanted to drink alcohol when I felt so stress or it was a good weather.

The second softball athlete

External factor

They always planned before drinking. They chose the pub at the east of the university. Place had less influence on them. The first athlete explained that if there were many people, it would not be fun. They preferred spacious and cheap pub and have live music and girls. They bought alcohol from the grocer's shop in case

of overdue. The obstacle of these athletes was that they had to go back home early as mentioned above and they solved it by joining and going back earlier.

My friends invited me and we chose the restaurant which was in front of the university. I wished the pub which had space, cheap price and live music. I had to go back home on Friday that was my problem.

The first softball athlete

Place had less influence on me. I preferred the pub which had reasonable price, no mosquitoes, live music and many women. I always bought alcohol from the grocer's shop when it was so late at night.

The second softball athlete

4.9.4.3 Behavior during Alcohol Drinking

They generally drank beer but when they drank whisky, they normally mixed with soda and water. Their drinking characteristic was similar with the other respondents: one glass spent only 3-5 minutes. The first athlete said there was no one get drunk within his group. They always bottomed up.

I always mixed my whisky with soda and water and spent only 3-5 minutes. I never saw my friends get drunk.

The first softball athlete

4.9.4.4 Behavior after Alcohol Drinking

After finished drinking, both of them bought something to eat and went to their accommodation. When they got drunk, they normally felt dizzy, sleepy and vomiting. They had sex experiences: the first athlete had direct experience from his junior as the case below:

Case 1: The athlete and his friends joined the competition at Chonburi province; his friends invited him to prostitutes at the karaoke restaurant. But he did not like so he went back first.

Case 2: It was the same situation as the first case. His friend flirted the waitress in the restaurant at Ban Sang. His friend brought the waitress to the beach and had sex with her. But I did not know whether they protected or not. For the second athlete, he had direct experience as below:

Case 1: He regularly had sex with his girlfriend but when he got drunk and had sex he felt that he felt so lust at first but he did not feel anything after a while. His girlfriend said it was pain. He never used condom with his girlfriend.

Case 2: When I was in grade 10, a girl, who was my senior, flirted me. They went to the birthday party together after the party she asked him to stay with because there was no one. They slept together without protection. He said that the girl started.

Case 3: When I was in the third years, my friend, basketball player, invited him to massage. He wanted to try. There was a big window and women staff that were called “Nong” altogether 20 people; furthermore, the receptionist was called “Cheer”. There were 3 catalogs: 1,200 Baht, 1,500 Baht and 1,800 Baht. He chose 1,500 Baht so the woman brought him upstairs. The room was similar with small hotel. Then, he was taken a shower by that woman and had sex with protection.

They used a car of their parents but when they hung out, they did not drive their car. They never had the memorable experiences because they went back home after finished drinking. They used to hang to practice. They felt tired, dizzy and awkward. These symptoms caused from less rest. They knew the negative effect of alcohol. They insisted that they were not alcohol addicted.

I went 7-11 after drinking. My friends often invited me to hang out. I never had any disputing or driving while got drunk. I was not alcohol addicted.

The first softball athlete

I frequently had sex with my girlfriend but if I got drunk at first I felt lust. When I drank, my girlfriend did not allow me to have sex with. I used to have sex when I was in grade 10. The girl was in grade 12. She started and I felt very dizzy. Furthermore, I had sex when I was in third year. My basketball player invited me to massage.

The second softball athlete

4.10 Sepak Takraw Athlete

4.10.1 Personal Background and General Information

4.10.1.1 Personal and Educational Background

Sepak Takraw club had 17 members, only male. Only 15 athletes drank alcohol. However, there was only one athlete be interested. He was the senior and captain team. He was 22 years old and born in Udonthani province as well as studied at Suphanburi Sports School. He studied science and math. His grade point in secondary school was 4.00, in primary school 2.78 and 2.22 at the moment. He was studying in the fourth year. He studied 5 days/week.

I was 22 years old and born in Udonthani province as well as studied science and math. I was studying in the fourth year.

Sepak Takraw athlete

4.10.1.2 Sport

He had been playing Sepak Takraw for 10 years. I joined the competition since 10 years old. He joined from district level till national level such as Sepak Takraw Cup. The greatest success in his life was the Department of Physical Education Games and the representative of Suphanburi province to join National Youth Games. He must practice Monday to Friday in the morning at 06.30-07.30 am. and in the evening at 05.00-08.30 pm. He mentioned that he practiced less than before in terms of time and program.

I had been playing Sepak Takraw for 10 years and joined from district level till national level such as Sepak Takraw Cup. The greatest success in his life was the Department of Physical Education Games and the representative of Suphanburi province because there were many good athletes.

Sepak Takraw athlete

4.10.1.3 Daily Life

He stayed at the university dormitory and its rental was 3,000 Baht/semester. There were 3 people in room. His parents gave him 1,000 Baht/week so spent only 100 Baht/ day, mostly on food. If he had free time, he would stay in his room and he played sports with his friends on the weekend.

My dormitory was number 9 and there were 3 people in room, who were my classmate. The rental was 3,000 Baht/semester. My father gave me 1,000 Baht/week. I played sports or stayed at the university on the weekend.

Sepak Takraw athlete

4.10.1.4 Background in Alcohol Drinking Behaviors

He started drinking alcohol since 17 years old because I thought that I already grew up so I invited my friends to drink. The first alcohol that I had tried was beer. Its taste was so bitter but I can drink. Up to the present time, I have continually drunk alcohol. I could drink more than the past. I used to use drug.

I started drinking alcohol since 17 years old because I thought that I already grew up so I invited my friends to drink. The first alcohol that I had tried was beer. Its taste was so bitter. I could drink more than the past.

Sepak Takraw athlete

4.10.2 Family Factor on Alcohol Drinking Behaviors

There were 6 people in his family; father, mother, younger sister, niece, nephew and himself. His parents were a vendor and their income was 20,000 Baht/week. The level of education of his parents was grade 9 and grade 6. Only father drank alcohol, twice a week. After drinking, his father went to bed. However, the athlete worried about his father. He said that his father used to play Takraw so he was very strong. His father invited him to drink because his father knew he drank alcohol because his father always said that though he drank alcohol, he should take care of himself. My family had 6 members: father, mother, younger sister, niece, and nephew. My parents were a vendor and their income was 20,000 Baht/week. My father drank alcohol. He used to play Takraw so he was very strong as well as my father invited me to drink because my father knew I drank alcohol because my father always said that though I drank alcohol, I should take care of myself.

Sepak Takraw athlete

4.10.3 Social and Environmental Factor on Alcohol Drinking

Behaviors

4.10.3.1 Location and Resident Factor

He spent most of his time at the faculty and court. He stayed at the dormitory inside the university; consequently, his daily life was in the university which was not so different with the other respondents.

I spent my time at the faculty and court. My dormitory, 9 and on the fourth floor, had regulations like other dormitories. I often drank alcohol in my room.

Sepak Takraw athlete

4.10.3.2 Individual and Friend's group Factor

There were 120 people in his class which was divided into 10-12 groups. In his group, there were 20 people and everybody drank alcohol. I had 4 closed friends whom I always drank alcohol with. Person had a great influence on the athlete because he was enjoyable to drink with closed friends. He rarely refused his friends. At the present time, he already had girlfriend and she did not want him to drink alcohol.

There were 120 people in my class which was divided into 10-12 groups. In my group, there were 20 people and everybody drank alcohol. I rarely refused my friends. At the present time, I already had girlfriend and she did not want me to drink alcohol.

Sepak Takraw athlete

4.10.3.3 Factor in Media and Information

Acknowledgement

He received the information mostly from newspaper and often saw the alcohol advertisement but he never wanted to drink. According to the measurement, there was advantage more than disadvantage.

I mostly read newspaper and always saw alcohol advertisement, Change or Leo. According to the measurement, there was advantage more than disadvantage.

Sepak Takraw athlete

4.10.4 Alcohol Drinking Behaviors of Athlete

4.10.4.1 General information of Alcohol Drinking

Behaviors

He drank alcohol twice a week and spent 5 hours. The longest time was 36 hours. He explained that it was the farewell party, at grade 12, he and his friends drank over day over night. If anyone got drunk, they would sleep and continue drink. The athlete likes Leo beer because of its taste and price; moreover, his friends liked to drink. For the whisky, he preferred Ben 285. He could drink 6 bottles and the maximum was 12 bottles. He spent around 500-600 Baht. In case he did not have money, he would borrow his friend who was athlete.

I drank alcohol twice a week and spent 5 hours. The longest time was 36 hours. I explained that it was the farewell party, at grade 12, my friends and I drank over day over night. If anyone got drunk, they would sleep and continue drink. I liked Leo beer because of its taste and price. I drank until get drunk. I spent around 500-600 Baht.

Sepak Takraw athlete

4.10.4.2 Behavior before Alcohol Drinking

External factor

When there was the party, it always had alcohol due to the fact that alcohol made people more enjoyable. He sometimes wanted to drink alcohol. He drank alcohol in spite of the invitation of his friends.

When there was the party, it always had alcohol due to the fact that alcohol made people more enjoyable. I sometimes wanted to drink alcohol. I drank alcohol in spite of the invitation of my friends.

Sepak Takraw athlete

External factor

He made a decision whether drink alcohol or not; then, chose the place. He and his friends normally went the pub at the east of the university. Because of friends' invitation and birthday party, these caused him drink alcohol. He preferred the shop which was cold, cheap and friendly. He bought alcohol at the pub but if it was overtime, he would buy from the grocer's shop which was located in the

north of the university. Money was the great problem so that to solve this problem was to not drink. If he could not refuse his friends, he would go but would leave early.

I made a decision whether drink alcohol or not; then, chose the place, which normally was in front of the university. Because of friends' invitation and birthday party, these caused me drink alcohol. Place had less influence on me. I bought alcohol from the shop at gate 6. Money was the great problem.

Sepak Takraw athlete

4.10.4.3 Behavior during Alcohol Drinking

He mixed whisky with soda due to the fact that the others made him want to vomit. His drinking characteristic was similar with the other respondents. One glass spent around 2 minutes. If his friends got drunk, he would take care of them very well in order to avoid outcry. He was smoking a lot while was drinking.

I mixed whisky with soda due to the fact that the others made me want to vomit. One glass spent around 2 minutes. If my friends got drunk, I would take care of them very well in order to avoid outcry. I was smoking a lot while was drinking.

Sepak Takraw athlete

4.10.4.4 Behavior after Alcohol Drinking

As he got drunk, he would sleep. He had sex experiences after drinking which was divided into cases below:

Case 1: When he studied third years, he went to the pub with girlfriend, hidden lover. This woman brought him to hotel and had sex without any protection.

Case 2: When he studied third years, he went to the pub at Nakhonchaisri. Then, his friends invited him to have sex with prostitutes at Nakhon Pathom province. They went to one hotel. He paid 1,500 Baht. This time, he used condom.

Case 3: He and his friends went to Pinkloa. He met one girl and they liked each other. He brought this girl to a motel near Arun Ammarin bridge. Since then, he always used condom.

Case 4: It happened when he was high school, he went to Lampang for the competition. After the match, he celebrated with his friends and many girls. He sent one girl off at her dormitory and had sex with her without using condom because of drunk.

He never had driving while get drunk and disputing experience. The most memorable experience was that he went to ordination ceremony at Suphanburi province. One of his friends ate until shit inside pants and another slept until ordinary candidate could not enter the temple. He never hung to practice. He knew the impact of alcohol on health such as diseases. He defined a drunk person as a person needed to drink alcohol every day.

I slept immediately after drinking. Even I got drunk, I still had consciousness. I had many sex experiences after drinking but did have driving while get drunk and disputing experience. The most memorable experience was that I went to ordination ceremony at Suphanburi province. One of my friends ate until shit inside pants and another slept until ordinary candidate could not enter the temple. I never hung to practice. I defined a drunken person as a person needed to drink alcohol every day.

Sepak Takraw athlete

4.11 Rowing athlete

4.11.1 Personal Background and General Information

4.11.1.1 Personal and educational Background

The rowing club had 15 athletes which were divided into 7 males and 7 females. Everyone did not drink alcohol because the coach, their senior, had a great influence on the team. The athletes said that their coach did not allow them drinking alcohol and every athlete strictly obeyed. However, there was only 1 athlete regularly drink alcohol; as a result, the researcher selected this person. This female athlete was 22 years old and born in Bangkok. Her major was math and science and

her grade point was 3.40 in secondary school, 2.48 in primary school and 2.56 at the moment. She had to study 5 days/week.

I was 22 years old and born in Bangkok. My major was math and science. I had to study 5 days/week.

Female rowing athlete

4.11.1.2 Sport

She had been swimming for 6 years old but shifted to be rowing athlete when she was third years. She joined the competition from school level till national level. The most honorable experience was that she won the first place of Youth Swimming Games and got trophy. She practiced everyday: Monday to Saturday, in the morning at 06.30-07.30 am. and in the evening at 05.00-07.30 pm. She said that her practicing was harder than the past because swimming had practiced only in the evening.

I had been swimming for 6 years old but shifted to be rowing athlete when I was third years. The most honorable experience was that I won the first place of Youth Swimming Games and got trophy. I practiced everyday: Monday to Saturday, in the morning at 06.30-07.30 am. and in the evening at 05.00-07.30 pm.. My practicing was harder than the past because swimming had practiced only in the evening.

Female rowing athlete

4.11.1.3 Daily Life

She rented the university dormitory, 3,600 Baht/semester. She had 3 roommates. Her parents gave her 2,000 Baht/week and she borrowed money from the government 2,200 Baht/month. She spent 120 Baht/day mostly on personal things. If she had free time or weekend, she would stay with her friends or teach swimming.

I rented the university dormitory, 3,600 Baht/semester. I had 3 roommates. My parents gave her 2,000 Baht/ week. I taught swimming every weekend.

Female rowing athlete

4.11.1.4 Background in Alcohol Drinking Behaviors

She started drinking alcohol since 19 years old. She explained that her senior invited her to drink. She firstly drank beer and felt that its taste was bitter which made her want to vomit. She had continually been drinking alcohol since then. But she had never used drug.

I started drinking alcohol since 19 years old because my senior invited me to drink. I firstly drank beer and felt that its taste was bitter which made me want to vomit. I never used drug.

Female rowing athlete

4.11.2 Family Factor on Alcohol Drinking Behaviors

There were 4 people in my family; father, mother, elder sister and herself. Her father, whose income was 40,000 Baht/month, was engineering. Her parents graduated Master degree and no one in her family drank alcohol. Therefore, she did not let her parents know that she drank alcohol.

My family had 4 members; father, mother, elder sister and myself. My father, whose income was 40,000 Baht/month, was engineering. My parents graduated Master degree and no one in my family drank alcohol. Therefore, I did not let my parents know that I drank alcohol.

Female rowing athlete

4.11.3 Social and Environmental Factor on Alcohol Drinking Behavior

4.11.3.1 Location and Resident Factor

She spent her times with her friends at the dormitory and court. She stayed inside the university so most of her time was at the university.

I mostly spent my time at court. I stayed in building 1 second floor and there were regulations as the others dormitories. I often drank alcohol with my friends at my room because of convenience.

Female rowing athlete

4.11.3.2 Individual and Friend's group Factor

In her class, there were 120 people which were divided into 10-12 groups. Her group had 10 people and everyone drank alcohol. She had 5 closed friends. They always drank together. A person influenced on the athlete. She often

refused her friends accepting her senior. Another activity instead of drinking alcohol was to watch movie or chat with friends. She already had boyfriend and her boyfriend did not want her to drink.

In my class, there were 120 people which were divided into 10-12 groups. My group had 10 people and everyone drank alcohol. I had 5 closed friends. They always drank together. A person influenced on me. I often refused my friends accepting my senior.

Female rowing athlete

4.11.3.3 Factor in Media and Information

Acknowledgement

She always accessed the information from the internet. She rarely saw the alcohol advertisement. Media could not induce her to drink. The attitude towards measurement was good.

I always accessed the information from the internet. I rarely saw the alcohol advertisement. Media could not induce me to drink. The attitude towards measurement was good.

Female rowing athlete

4.11.4 Alcohol Drinking Behaviors of Athlete

4.11.4.1 General information of Alcohol Drinking

Behaviors

She drank twice a week and spent around 6 hours. The longest time was 10 hours when her friend was broken heart. She liked whisky, Blend 285 because of its taste and price. She could drink 10 glasses and spent 300-400 Baht.

I drank twice a week and spent around 6 hours. The longest time was 10 hours when my friend was broken heart. I liked whisky, Blend 285 because of its taste and price. I could drink 10 glasses and spent 300-400 Baht.

Female rowing athlete

4.11.4.2 Behavior before Alcohol Drinking

Internal factor

She always thought alcohol when there was a party. She sometimes felt want to drink alcohol. She said that when she quarreled with her

boyfriend, she always drank. She believed that this was a cause that made her drink alcohol.

I always thought alcohol when there was a party. I sometimes felt want to drink alcohol. When I quarreled with my boyfriend, I always drank. This was a cause that made me drink alcohol.

Female rowing athlete

External factor

She considered the place, northeastern part of the university. Be invited and birthday party were the chance to drink alcohol. If the shop was so crowded, she would not go. The ideal place should be cold and cheap as well as have live music. She bought alcohol from the grocer's shop in the north of the university. The problem of drinking alcohol was money and her feeling. She could not deny her friends because they promised each other to come when there was a party.

I chose the place at first; then, invited friends. A place had less influence. I bought alcohol from the grocer's shop in gate 6. The problem of drinking alcohol was money. I could not deny her friends because they promised each other to come when there was a party.

Female rowing athlete

4.11.4.3 Behavior during Alcohol Drinking

She normally mixed her whisky with soda and Pepsi because Coke was too sweet. Her drink characteristic was similar with the others. One glass spent only 2 minutes. There was an agreement among her group if anyone got drunk, should let friend know. She never used drugs but only one of her friends smoked.

She normally mixed her whisky with soda and Pepsi because Coke was too sweet. One glass spent only 2 minutes. If there was any of her friends get drunk, they would look after each other. I never used drugs but only one of her friends smoked.

Female rowing athlete

4.11.4.4 Behavior after Alcohol Drinking

After drinking, she would take a shower and go to bed as soon as possible. When she got drunk, she would feel dizzy, walk slowly, vomit and raise her voice. She had never had sex experience after drinking alcohol because her group

had only female so they had to take care each other. The memorable experience was that she got drunk and step on pipe; then, it was broken. She hung during the practice which made her vomiting and be giddy. The cause of these symptoms took less rest. She was not alcohol addicted because she could survive without alcohol. She defined alcohol addicted as a person could not lack of it.

After drinking, I would take a shower and go to bed as soon as possible. When I got drunk, I felt dizzy, walk slowly, vomit and speak very loud. I had never had sex experience after drinking alcohol because my group had only girls so we had to take care each other. The memorable experience was when I got drunk and step on pipe; then, it was broken. I hung during the practice which made me vomit and be giddy. The cause of these symptoms took less rest. I was not alcohol addicted because I could survive without alcohol. An alcohol addicted was a person could not lack of it.

Female rowing athlete

Results Conclusion

1. Personal Background and General Information

1.1 Personal and Educational Background

Study results showed that personal background of athletes, most are male and studying in Years 3rd and 4th, which are domiciled in the central region of Thailand. Education, most athletes graduated high school of science and mathematics in schools under the Office of Basic Education, Ministry of Education. The GPA of the primary and secondary school level was good, but when they were studied at university, all athletes have lower academic performance.

1.2 Sports

All 19 key informants are 11 types of athletes of the university. Most have played sport since secondary education. Most athletes have ability and used to participate in sports competition from school level to regional level and had always been good. But when they were studying at university, sports performance of all athletes is decline.

1.3 Daily Routines

Most athletes are staying in dormitories of the university, only a few stay outside the university, which is a private apartment and rental house located around the university. Most of resident are at the north side of the university. Co-residence with the athletes, most athletes stay in dormitories of the university will have to follow the rules of the dorm by 2-4 people sharing a room by the office of the dormitories list. However, most athletes have signed to stay with friends in the same room. Athletes who stayed outside the university, there are co-residence but difference too. The majority stayed with friends for about 2-5 people (5 people in case of rental house) and stay with lover, or single. Most, these are sports team such as rugby, football and softball. Etc., by share cost of room, water and electricity are all equal. The main income of the all athletes received money from their parents. The difference in that, athletes living off dorm of university get money from parents more than athletes who are staying in the university is about doubled. The special income of athletes are from sports coaching and volunteering at various sporting events, both in and outside the university such as swimming teaching and, volunteer work of football clubs, etc. The daily expenses, all athletes spent all day for most studies. The second is to train their sport. And remainder of time, both at relaxing with friends in the university or in the dormitory of them. Activities in the weekend, most are at their dormitory, these athletes come from the provinces. And partly back houses in Bangkok to stay with their families. There are just a few athletes to have the opportunity to meet with old friends and drinking alcohol on a regular basis, such as Thai fencing athlete.

1.4 Background in Alcohol Drinking Behaviors

Most athletes began drinking from a secondary education or from age of 15-17 years, with the first beverages was liquor. And most are caused by curiosity and persuasion of friends. Some athletes have a drinking first as parent try to drinking to know how the taste is, such as women basketball. And some of athletes such as the 1st judo athletes and the rowing athlete began drinking when he was studying at university because they are forced to drink and needs to acceptance by the group of friends. Then most drink continued until the present because had a chance and more time, especially in high school graduation celebration. The use of other

drugs, mainly athletes used smoking and increase when drinking alcohol. Part of athletes such as 2nd rugby football player, Thai fencing athlete, 3rd football player and male basketball player, they are tried other drugs beside cigarettes, as marijuana, cottage, Barbara and drugs, etc., but they just try.

2. Family Factors on Drinking Behavior

Most athletes have the status of a family is a single family, and status of the parents are living together. Occupation and education of parents, the majority graduated the bachelor's degree and work in the government service. Only a minority is self-employed but all revenue estimates 15000-100000. Baht Per month, especially those who are self-employed earn more than those who are civil servant. Drinking behavior of members in athlete's family by most are father and man family members who is like a brother. Frequency of drinking is 1-2 times per month. Most behavior of the members is drinking with a group of close friends at their homes or restaurants. They have a serious or hilarious and not drunk. Behavior after drinking of members, this is mainly to sleep normally, no violent behavior but some strange behavior, such as more generous than usual, etc. In addition, a family of few athletes has no family members who drink alcohol as a family of 1st man judo athletes and the family of the rowing athletes etc. The perception of parents of drinking behavior of athletes, most parents recognize that athletes have drinking behavior. However, only a minority know because athletes hide it in various ways, such as not drinking or not a drunken etc. A parents or a family member not drink alcohol and most of the parents teach athletes in the same way that do not drink or drink moderately etc.

3. Social and Environmental Factors on Drinking Behavior

3.1 Resident Factors

Rules in residences of athletes, in largely are focused in drug, especially, alcohol beverages. But all athletes had been drink alcohol in their own residences. Most of the reasons, that is comfort, can drink fully and not have to worry about traveling. Bringing alcohol beverages into the residences by use the similar method, that is taking into pockets which large enough and is not suspected. When have drinking, the athletes use to a minimum noise.

3.2 Personal and Social Factors

Most athletes have a group of friend about 7-20 people, and most of your friends have drinking behavior. All athletes have drink with friends regularly, there are three different people: 1). 1st athlete has no close friends because he is able to compatible with all groups of friend. However, he has friends who drink alcohol with him 3 persons. 2). Thai fencing athletes, there are 12 persons in a group of current friends but athletes have drinking with an old school friend, because athletes are close and know each other more than friends now 3). Volleyball players, there are 12 members in group of friends but athletes often have drinking with members of volleyball club. Denial of drinking of athletes, largely have refusal on a regular basis because of responsibility for studying. But there are some part has never denied as a female judo athletes and volleyball player, etc. for influencing their group of friends. The lovers of athletes, from total number of athletes, athletes who have lovers and no have lovers are equal. Most the athletes who have lover affect alcohol drinking more than athletes have no lover as 2nd softball player stay with his lover. It is often a problem with drinking so he was complained by a group of friends regularly.

3.3 Factors in Media and Information

Athletes who live in the University most have the perception of newspapers. The athletes live outside the university, most of get TV news. The second one has the same perception, of the Internet. And all of them have been exposed to the media about alcohol beverages. But have not felt any media. The opinion of athlete on alcohol beverages control in the present, most think that cannot control or reduce the consumption.

4. Alcohol Drinking Behaviors of athletes

4.1 General information of Alcohol Drinking Behaviors

In the present, most athletes drink 1-2 times a week by using about 3-5 hours of drinking The most favorite alcohol beverages of athletes is Leo brand of beer and 285 Blend brand of liquor, the same reason is two types of beverages are cheap and taste good. Most of the alcohol group of friends and is often preferred by athletes as well. The ability to drink most of the athletes can usually drink about 3-6 bottles of beer and 5-10 glasses of liquor. The cost for each drinking of

athletes, most cost about 300-500 baht, depending on the occasion and place, as if drinking as entertainment, it costs a lot or less according to the distance and the luxury of entertainment. If drink at their residence, is less than half the cost.

4.2 Behavior before Alcohol Drinking

Internal factor

When have the party, all think of alcohol at first, all gave information similarly that when drinking alcohol made it fun for, can drink for a long time. Everyone can drink and talk with an open mind. Requirements, is the result of feeling of athletes. Most, they want to drink when they are in good place and good atmosphere such as in the cold weather and another feeling is exhausted of training so to relax muscles and sleep well.

External factor

Before having party every time, athletes planed on drinking process, most have a group of friends before and then find a place and process to go. The opportunities most affect drinking of athletes are group of friends want drinking and birthday party. However, there are important opportunity to make athletes who have been drinking and cannot be denied is the birthday of their friends. Location where the athletes often drink is Pub-restaurant, north area of the university. Follow by entertainment area at Khao-San Road. Location factors affect drinking of athletes moderately because if it is a pleasant place for athletes. Athletes will drink plenty, enjoy and stay in place longer than the usual. If athletes do not satisfy, athletes will drink shortly and not enjoy. Mostly, athletes have the similar ideal place is inexpensive, offer live music or pleasant music and have a lot of the opposite gender fiends. The athletes are planning to drink in each times, that is order in a number of alcohol beverages appreciate with time and number of people. The beverages can be bought from general convenience store but if over determine time to buy beverages, most buy at the grocery store where is at the north of the university and buy at the grocery store in Soi Sahaporn. What athletes eat together with drinking are peanuts or other foods that taste salty such as potato chips snacks, etc. when drink alcohol with salty food makes it even more delicious and drink longer.

4.3 Behavior during Alcohol Drinking

In the case of alcohol drinking, most athletes liked drinking liquor mixed with soda and water. Because mixing with soda for tingle of drinks and mixing with water to dilute the bitter taste and intensity of alcohol. But there are two female athletes who liked to drink alcohol mixed with soda and soft drinks. Coke or Pepsi because it is sweet made easier to drink but drink less than male athletes. All athletes had drinking tradition in common was giving a toast at the first glass of drink and drink it all at once. Then drink as normal, it was customary that have seen in people who had general alcohol drinking behavior. The time spent on drinking for a glass was about 1-3 minutes, which is based on an individual's drinking ability and depended on drinking of a group of friends such as if your friend drink fast, will drink caught up friends. If there was any friend in group drunk, all friends would be interested, took extra care and took back home after finish drinking. Every groups of friend always have people who care very seriously as 1-2 people such as took to the bathroom, took to vomiting, sleep and take care closely etc.

4.4 Behavior after Alcohol Drinking

Each athlete had to deal themselves differently such as bathroom, pick the neck to vomit, intake a food and not open a fan because the weather was cold etc. And similar is sleep as soon as possible because each drinking spent for a long time and at night. When finished drinking, it was late at night so they must hasten to the bed. Sexual behavior after drinking of athletes and most experienced friends are male athletes. With the following information,

Direct experience was the experiences with manually directly, most athletes always had sex with their lover whether had drinking or not. Most athletes had protected sex all time but some athletes had risk of sexual behavior by having sex with the opposite sex person who met in the entertainment both known and unknown. In this case, the athletes were not preparing to have sex and occurred from the effects of alcohol and often unprotected having sex. Other cases, paying prostitutes service such as karaoke cafes where covers up the prostitution, traditional massage where covers up the prostitution, massage parlor and paid for prostitute (Side Line) etc. In this case, athletes had protected sex at all times. The female athletes did not have sexual experience after drinking.

Indirect experience was recognition and seeing etc. For indirect experience, both male and female athletes recognize that their friends having sex after drinking even not see but recognize from the behavior and their friends told directly, for example female basketball player who was only one female in her group but her male friend told her every time after sexual intercourse.

All athletes who had sexual behavior after drinking gave similar information were when drink alcohol and having sex, at first feel more sexual than normal but later sexual feelings go lower and sometimes have no feeling at all.

Driving and accidents, most athletes did not drive, only friends of the athletes took a group of friends by a private car to go entertainment. But no one has ever had an accident or alcohol monitoring because they had covenant that did not drive if drink alcohol or can drink only a little. Bickering, for the most part there was no dispute to fistfights but only dislike and taunt both with one another and in their group. But finally reconcile until come to an end. The strange behavior or impressive and memorable bravery of friends group after drinking, all athletes have ever had bravery by strange depend on courage to express of the members of each group, for example dived secretly in the swimming pool of the university, bike race in university, like foretelling and climbed the dorm to stole underwear etc. The symptoms of sport training after alcohol drinking, most athletes had a lot of headaches, unusual fatigue, dizziness, but not with faint, the movement of the body slow down and muscle spasms, etc., Most thought, these symptoms having because of the body did not relax fully. The understanding of athletes on the harm caused by alcohol, most had social understanding similarly that caused social problems such as domestic violence and the physical problem was cause the disrepair of the body, damage the liver, physical deterioration, etc., but none provided information to serious diseases such as cancer and a liver disease or a direct effect on the brain. The athletes thought they were not alcoholic with the understanding that alcoholic must need to drink alcohol at all and cannot live without. But they cannot drink alcohol for a long time and cannot restrain themselves to drink.

CHAPTER V

DISCUSSION

In this chapter, the results will be presented and discussed according to the objective of the research. The study of alcohol consumption behaviors among athletes of public university intended to get the fact from the athletes who was a student of the university and had alcohol consumption behaviors. All variables such as personal background, family factors, social and environmental factors affected the behaviors and habits of athletes combined with of beliefs, values, social imitation, social acceptance, traditions and character style of drinking were discussed. Therefore, the data analysis based on the concept, hypotheses, journals, papers, books, and literature review of the past theory to guide and concept of the study. The results were discussed in 4 parts as follows:

- 5.1 Personal background
- 5.2 Family factor
- 5.3 Social and environmental
- 5.4 Alcohol drinking

5.1 Personal background

5.1.1 Individual and education

The GPA of the primary and secondary school level was good but when they were studying at university, all athletes had lower academic performance may have the cause of study and activities are more than in the past which resulted the current study clearly. But did not appear lower academic performance caused by drinking which was not consistent with Wichuda Kijtorntam (2012) said that the problems related to undergraduate students' risk behaviors was problems with

themselves such as acute and chronic health damage, brain damage and poor academic achievement.

5.1.2 Sport

The most athletes played sport since secondary education and had ability sports in school level to regional level. But sports performance of all athletes is decline in the present. This may be because of the studying and activities more than in the past and included the university's competition which there was talented athletes so they required more effort in the competition.

5.1.3 The daily life.

The most athletes daily use in the university by spent most time in studying and sports training. At the weekend, they used different daily life was depending on domicile and residence. Most were in their own residences.

5.1.4 Drinking behavior background

The most athletes began drinking from a secondary education and most were caused by curiosity and persuasion of friends which was consistent with Thaksaphon Thamarangsi (2006), StopDrink Network (2003), Center For Alcohol Studies (2006), Assoc. Prof. Yaowarat Porapakham, Assoc. Prof. Pornpan Boonyarattapan and group (2006) said in a similar way to the age of the person who began alcohol drinking that the average age range was 15-19 years of age of the majority of people, both males and females started to drink alcohol and tended to less. The other types of drug use, mainly was smoking and increased when drank alcohol. But some people had tried drugs other than cigarettes, these were cannabis, *Mitragyna speciosa*, Baragu and amphetamine but just trying from persuasion of their friend which was consistent with the concept of Positive School of Goring, Charles (1913) that deviant behavior was the person who was constrained various environment and factors (Determinism). When the persuasion of friends and the society they were forced to act for to be accepted and was consistent with the humanistic theories of Carl Rogers (1902-1986) mentioned to Positive Regard from others that when people grew up, begin to understand that some behavior made others respond lovingly so people

learned and received values of others into their own and were consistent with Baron (1997) has said that in private aspects, emotions and social of individuals needed to adapt to the environment successfully. So when a person was in a situation, social or environmental involved substance abuse, that person must adapt to the environment by following for acceptance from such society.

5.2 Family factor

The most athletes had a single family, the majority was civil servant. Members in family who had alcohol drinking behavior, most was male and most behavior of the members drank with a group of close friends at their homes or restaurants and no violent behavior. All athletes had expression behavior were similar to family members and was consistent with psychoanalytic theory of Freud, (1856-1939) was said to copying was adaptation by imitating people they considered popular. For example, a boy tries to act like a father, girl try to act like a mother ,etc. and was consistent with learning theory by described that people could learn from hearing, touching, reading and technology.

5.3 Social and environmental

5.3.1 Place and resident factor

Rules in residences of athletes, in largely were focused in drug, especially, alcohol beverages. Although there were strict rules of the residence, all athletes had been drink alcohol in their own residences. It showed that rules of residence did not affect the behavior of athletes by the not be afraid of rules and any punishment. In another aspect, although there were violence rules in the dormitories but was lax in practice. These was consistent with the concept of Classical School by Cesare Beccaria (1738-1794) cited in Groenewegen, Peter D. (2002) that human is free to decide on something that is benefit more than lost. The human have free will to decide to choose an action and people with deviant behavior because think that made benefit more than penalty by was not afraid of punishment. Entertainment aspect, most

athletes had opinion that place of amusements were very close to the University because there were around in the north area of the university. This showed the location factors were conducive to drinking behavior of athletes, that was consistent with Prakrit Phodhiard (1998) said that leading factors of alcohol drinking included gender, age, grades, type of education, residential style, attitudes and values.

5.3.2 Personal factor and groups of friends

Mainly, this factor affected drinking behavior of athletes adversely because when drank with close friends, could drink and relax fully. That showed groups of friends adversely affect drinking behavior of athletes, most athletes choose to make friends whom had similar behaviors to them was consistent with Prakrit Phodhiard (1998) said that reinforcing factors of drinking behavior such alcohol drinking behavior of close friends. On the other hand athletes who had lover had an influence in drinking more than athletes who had no lover because denial of friends due to lover forbade to drink so they was complained by a group of friends are regularly. This showed lover factors affected the behavior of athletes moderately.

5.3.3 Factors in media and information acknowledgement

The information acknowledgement was varies depending on residence and daily life of the athletes. Most athletes who lived in the university had the perception of newspapers. Athletes lived outside the university, most got TV news, similar was had perception of the Internet. And all of them had been exposed to the media about alcohol beverages but not feel to any media. These showed that media related with alcohol beverages was not affect the behavior of Athlete, these were conflict with Prakrit Phodhiard (1998) discussed that the influence of the media associated with alcohol drinking behavior are statistically significant. And from Multiple Classification Analysis found that variables that can predict the alcohol drinking behavior the best was alcohol drinking behavior of close friends. The second were attitude to alcohol drinking, sex and influence of media, respectively. The opinion of athletes on alcohol beverages control in the present, most think that cannot control or reduce the consumption which was consistent with Chanida Lertpitakpong and group (2009) said that there was still violation of alcohol access and buying restricting

measures. The government and relevant agencies should be forced to take such measures more strictly. And should issued measures to restrict access to buy cover to sale place and sale time that had high consumer for restrict access buy efficiently.

5.4 Alcohol drinking behaviors of athletes

5.4.1 General Information

In the present, most athletes drink 1-2 times a week by using about 3-5 hours of drinking The most favorite alcohol beverages of athletes is Leo brand of beer and 285 Blend brand of liquor, the same reason is two types of beverages are cheap and taste good. The ability to drink most of athletes can usually drink about 3-6 bottles of beer and 5-10 glasses of liquor. These showed the ability of athletes to drink corresponds to Table 2, which showed the amount of drinking and the result of mental, emotion and behavior changes that person who over 0.020% BAC Level were guilty according to driving prohibition law and affects body to be move slow down, awkwardly and lisp out. (Source: Office of alcohol and drug education, University of Notre Dame, 2009) Which indicated that athletes who had drinking behavior risked be traffic illegal and had negative effects on the body regularly.

5.4.2 Behavior before alcohol drinking

Internal factors

Study of the idea of athletes, When had the party, all thought of alcohol at first because when drank alcohol made them funny, can drink for a long time. Everyone can drink and talked with an open mind represented a symbol of happiness, merriment, enjoyment. This was consistent with Assoc., MD. Boonserm Hutapat, and group (Information Center of Thai Health Promotion Foundation 2010) refer to social and cultural factors, there are always alcohol drinking in every society etc. Most, they wanted to drink when they were in good place and good atmosphere such as in the cold weather and another feeling was exhausted of training so to relax muscles and sleep well. That showed the misunderstanding of athletes on alcohol drinking was consistent with the Thai Junior Encyclopedia Volume 27 about the harm

of alcohol (1997) gave information that in fact, alcohol affected sleep over the thought that alcohol caused sleepy actually when started drinking early and then, when alcohol entered the body and was metabolized by the liver to make new chemicals, which caused the brain to wake up. So the first half night of sleep may be slept due to the effects of alcohol. However, the quality of sleep during the night would be disturbed extremely and on the use of alcohol on a daily basis will caused alcoholism that was, when did not drink or reduce their drinking will make insomnia symptoms, nightmares, restlessness, finally had to turn to alcohol for suppress these effects became the cycle of alcohol addiction further.

External factors

The study found that athletes planed on drinking process very good. The best opportunities was group of friends want drinking and birthday party. Location where the athletes often drank was Pub-restaurant, north area of the university, followed by entertainment area at Khao-San Road. Athletes planed to drink in each times, that was order in a number of alcohol beverages appreciated with time and number of people. The beverages could be bought from general convenience store but if over determine time to buy beverages, most bought at the grocery store where is at the north of the university and bought at the grocery store in Soi Sahaporn. That showed the ease of access to alcohol, which was the violation of measure and any regulations were consistent with Chanida Lertpitakpong and the group (2009) said that there was still violation of alcohol access and buying restricting measures. The government and relevant agencies should be forced to take such measures more strictly. What athletes eat together with drinking were peanuts or other foods that tasted salty such as potato chips snacks, etc., when drank alcohol with salty food made it even more delicious and drank longer. These were consistent with Dr.Somkid Sriwisan from www.krumontree.com (2010) explained that the level of alcohol in the blood depended on conditions such as the presence of food in the stomach slows down the absorption of alcohol. In addition, the presence of food in the stomach makes alcohol through to the small intestine slow down. It could be concluded that eating before or while drinking affected the level of alcohol in blood or understood that made drunk slow down. The obstacles affected drinking of athletes, most athletes focused on studying the most. Therefore, study is the most important obstacles and sports training

is the last obstacles of athletes. These showed that athletes regard to study and their future mainly, problem solving when occurred obstacles depend on the importance of the obstacles and opportunities to drink. Most athletes solved problems by drinking as usual but back home before time to finish drinking. It showed considerate, wards at the wards and care each other habits of the society of Thailand.

5.4.3 Behavior during alcohol drinking

The study found that the style and preferences of the athletes in the case of liquor, most athletes liked drinking liquor mixed with soda and water. But there were two female athletes who liked to drink alcohol mixed with soda and soft drinks and drank less than male athletes. If there was any friend in group drunk, all friends would be interested, took extra care and took back home after finish drinking. Every groups of friend always have people who care very seriously as 1-2 people such as took to the bathroom, took to vomiting, slept and took care closely etc. Usually, that person will be leader of group which was consistent with emotional intelligence theory of Cooper & Swaf, 1997. They defined emotional intelligence that was person's ability to recognize, understand and use the power of their emotions for being foundation to build relationships and convince others.

5.4.4 Behavior after alcohol drinking

The results of the study about behavior after alcohol drinking showed that each athlete had to deal themselves differently but similar was sleep as soon as possible. These showed that all athletes were aware of the consequences of the long time drinking and requirement to rest of the body as soon as possible. In sometime such as went to place of amusement in Bangkok or sport competition in the province so there were sexual behavior after alcohol drinking, most was male athletes. And some athlete had risk sexual behavior by having unprotected sex and the use of prostitutes. All athletes who had sexual behavior after drinking gave similar information were when drank alcohol and then had sex. At first felt more sexual than normal but later sexual feelings went lower and sometimes had no feeling at all. These were consistent with the Thai Junior Encyclopedia Volume 27 about the harm of alcohol (1997) mentioned the effects of alcohol on the reproductive system. For men, drank alcohol continually affected impotence. Bickering, for the most part there was

no dispute to fistfights but only dislike and taunt both with one another and in their group. But finally reconcile until come to an end. It showed of not being pugnacious or a low-class of athletes and their friends when drank alcohol that did not match with Lower-Class Culture theory by Miller 1958 by saying that the culture of the lower classes was leading to deviant behavior such as a pugnacious, involvement with alcohol and drugs, liked excitement, held fate of the middle class or lower values practiced included liked Trouble, Toughness, Smartness, Excitement, Fate and liked Autonomy. In case of sports training after alcohol drinking, there was occurring of unusual symptoms. They thought that, these symptoms occur because the body did not relax fully, were conflict with Dr.Chatree Banchuen, Director General of Medical Department in the Bangkok Business on January 23, 2549 on the website of Office of Alcohol Beverage and Tobacco (2009) states that hangover symptoms in people who drank liquor and alcohol caused headache, feel dry, vomiting, the stomach irritation, decreased blood pressure, severe dehydration and malnutrition, tachycardia. These symptoms were not related to lack of relax. That showed most athletes lack understanding of alcohol actually. The understanding of athletes on the harm caused by alcohol, most had social understanding similarly that caused social problems such as domestic violence and the physical problem was cause the disrepair of the body, damage the liver, physical deterioration, etc., but none provided information to serious diseases such as cancer and a liver disease or a direct effect on the brain. Athletes thought they were not alcoholic with the understanding that alcoholic must need to drink alcohol at all and could not live without. But they could not drink alcohol for a long time and could not restrain themselves to drink. All this showed that athletes did not fear the effects of alcohol on all sides.

Therefore, researcher thought that Personal background, Family factor, Social and environmental factor influenced and affected the behaviors of athletes a lot. Especially, alcohol drinking behaviors which had the trends in good sides more than the bad sides because athletes were responsible for their routines to some extent. So athletes had good attitudes on alcohol beverages and didn't realize the harm of alcohol in any way.

CHAPTER VI

CONCLUSION AND RECOMMENDATIONS

This study aimed to study alcohol consumption behaviors among athletes of a public university. The researcher used qualitative study via in-depth interviews and non-participatory observation. The key elements examined were personal background, family factors, social and environmental factors, and alcohol drinking behaviors.

6.1 Conclusion

6.1.1 Personal background

The study found that athlete who had alcohol drinking behavior, most was male and studied in Years 3rd and 4th, which were domiciled in the central region of Thailand. Education, most athletes graduated high school of science and mathematics in schools under the Office of Basic Education, Ministry of Education. The GPA of the primary and secondary school level was good but when they were studying at university, all athletes have lower academic performance. All 19 samples were 11 types of athletes of the university. Most have played sport since secondary education. Most athletes have ability and used to participate in sports competition from school level to regional level and had always been good. But when they were studying at university, sports performance of all athletes is decline. Most athletes are staying in dormitories of the university, only a few stay outside the university, which is a private apartment and rental house located around the university. Most of resident are at the north side of the university. Co-residence with the athletes, most athletes stay in dormitories of the university will have to follow the rules of the dorm by 2-4 people sharing a room by the office of the dormitories list. However, most athletes have signed to stay with friends in the same room. Athletes who stayed outside the

university, there are co-residence but difference too. The majority stayed with friends for about 2-5 people (5 people in case of rental house) and stay with lover, or single. Most, these are sports team such as rugby, football and softball. Etc., by share cost of room, water and electricity are all equal. The main income of the all athletes received money from their parents. The difference in that, athletes living off dorm of university get money from parents more than athletes who are staying in the university is about doubled. The special incomes of athletes were from sports coaching and volunteering at various sporting events. The daily expenses, all athletes spent all day for most studies. The second is to train their sport. Activities in the weekend, most are at their dormitory, these athletes come from the provinces. And partly back houses in Bangkok to stay with their families. There are just a few athletes to have the opportunity to meet with old friends and drinking alcohol on a regular basis. Most athletes began drinking from a secondary education or from age of 15-17 years, with the first beverages was liquor. And most are caused by curiosity and persuasion of friends. Some athletes have a drinking first as parent try to drinking to know how the taste is, and some is forced to drink by senior in the university. Then most drink continued until the present. The use of other drugs, mainly athletes used smoking and increase when drinking alcohol. They are tried other drugs beside cigarettes, as cannabis, *Mitragyna speciosa*, Barragu and amphetamine, etc., but they just try not addict.

6.1.2 Family Factor on drinking behavior

Most athletes had the status of a family was a single family, and status of the parents were living together. Occupation and education of parents, the majority graduated the bachelor's degree and worked in the government service. Only a minority was self-employed but all revenue estimates 15000-100000 Baht Per month. Family members who had alcohol drinking behavior, most were male without any violent behavior. There were just some people who had strange behavior was more generous than usual that behavior of a family member as a role model for the behavior of athletes.

6.1.3 Social and environmental factors on drinking behavior

The residences of all athletes had similar rules, in largely were focused in drug, especially, alcohol beverages. But all athletes had been drank alcohol in their own residences. Most of the reasons, that was comfort, could drink fully and not have to worry about traveling. Bringing alcohol beverages into the residences by using the similar method, that was taking into pockets which large enough and was not suspected. Most athletes had a group of friend about 7-20 people who had similar behaviors, and most of their friends had drinking behavior. There were denial of drinking of athletes in some time when had important mission but most chose to drink and then get back. Lover affected drinking moderately because of the concerns and need not reactant with their lover. News media perceptions, most was from newspapers and television, followed by the internet. And all of them had been exposed to the media about alcohol beverages but had not feeling with any media. The opinion of athletes on alcohol beverages control in the present, most think that could not control or reduce the consumption.

6.1.4 Alcohol Drinking Behavior of athletes

When had the party, all athletes thought of alcohol at first, all gave information similarly that when drinking alcohol made it fun for, could drink for a long time. Everyone could drink and talked with an open mind. Requirements, was the result of feeling of athletes. Most, they wanted to drink when they were in good place and good atmosphere and another feeling was exhausted of training so to relax muscles and slept well. The factor affected drinking behavior of athletes adversely was group of friend, most athletes chose to make friends whom had similar behaviors, liked the same beverages, drank at the same place and had drinking ability similarly. Before having party every time, athletes planed on drinking process, mostly must grouped friends before and then found a place and process to go. The opportunities most affected drinking of athletes were group of friends wanted drinking and birthday party. In the present, most athletes drink 1-2 times a week by using about 3-5 hours of drinking The most favorite alcohol beverages of athletes was Leo brand of beer and 285 Blend brand of liquor, the same reason was two types of beverages were cheap and taste good. The drinking ability, most of the athletes could usually drink about 3-6

bottles of beer and 5-10 glasses of liquor. In the case of alcohol drinking, most athletes liked drinking liquor mixed with soda and water. Because mixing with soda for tingle of drinks and mixing with water to dilute the bitter taste and intensity of alcohol. But there were two female athletes who liked to drink alcohol mixed with soda and soft drinks. Coke or Pepsi because it was sweet made easier to drink but drink less than male athletes. All athletes had drinking tradition in common was giving a toast at the first glass of drink and drank it all at once. Then drank as normal, it was customary that had seen in people who had general alcohol drinking behavior. The expense for drinking was about 300-500 baht per time. The most frequent place of drinking was Pub-restaurants around the university and their dormitory. Some occasion, the athletes had been drinking at the place of amusement in Bangkok city and karaoke cafes where covered up the prostitution induced to the sexual opportunity after drinking, mostly were male athletes. Each athlete had to deal themselves differently but similar was sleep as soon as possible. From study found that drinking of athletes did not adversely affect training and activities of the faculty. But was aware of attitude of the athletes to alcohol beverages that it was social gatherings and merriment and they thought that they were stronger than a normal. Most athletes lack understanding of alcohol actually so all athletes didn't realize the harm of alcohol in any way.

6. Recommendations for study

6.2.1 This is qualitative data which interviewed 19 athletes who have alcohol drinking behavior. The result showed negative influence on study, sport training and activities. However it was small sample and limitation on collecting data. Since the finding of this study revealed that 11 sports from public university, any sports and university should play attention to key informants.

6.2.2 According to the finding of this study, the athletes were not understand about effect of alcohol to physical fitness. To whom it may concern of university committee should be promote knowledge among all athletes and sports.

6.2.3 Since the study the university's athletes has drinking alcohol in dormitory. However the use of alcohol is permitted in the campus residents. Staff of dormitory will confront any resident who is violation of the law or policies regarding misuse of alcohol.

6.3 Recommendations for future study.

6.3.1 There should be study the behaviors of athletes who do not drink alcohol and sport clubs which can force athletes do not drink alcohol.

6.3.2 There should be study about sexual behavior of athletes who drink alcohol.

6.3.3 There should be more study about the effects of alcohol drinking behavior of athletes.

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APPENDIX

เครื่องมือที่ใช้ในการศึกษา

เรื่อง

พฤติกรรมการดื่มเครื่องดื่มแอลกอฮอล์ของนักศึกษา

ในการศึกษานี้ได้กำหนดเครื่องมือที่ใช้ในการศึกษาออกเป็น 2 ชุด โดยใช้แบบสัมภาษณ์แบบมีโครงสร้าง (Structured Interview) เพื่อสัมภาษณ์นักศึกษา โดยประกอบการสังเกตการณ์แบบไม่มีส่วนร่วม (Non-participant Observation) ซึ่งมีรายละเอียดดังนี้

1) แนวการสัมภาษณ์นักศึกษา ใช้เป็นหัวข้อสนทนาและสัมภาษณ์สำหรับนักศึกษา แบ่งเป็น 5 ส่วน คือ

ส่วนที่ 1 ภูมิหลังด้านบุคคล ได้แก่ เพศ อายุ อายุที่เริ่มดื่มเครื่องดื่มแอลกอฮอล์ครั้งแรก ผลสัมฤทธิ์ทางการศึกษา ค่าใช้จ่ายที่ได้รับ การใช้เวลาว่าง ความสามารถด้านกีฬา

ส่วนที่ 2 ปัจจัยด้านครอบครัว ได้แก่ ประวัติการดื่มเครื่องดื่มแอลกอฮอล์ในครอบครัว สถานภาพสมรสของบิดามารดา การสนับสนุนและการควบคุมการดื่มเครื่องดื่มแอลกอฮอล์จากบิดามารดา การศึกษาของบิดา มารดา อาชีพของบิดามารดา ฐานะของครอบครัว

ส่วนที่ 3 ปัจจัยด้านสังคมและสิ่งแวดล้อม ได้แก่ ลักษณะการพักอาศัย, สภาพที่อยู่อาศัย อิทธิพลจากกลุ่มเพื่อน อิทธิพลจากสื่อมวลชน การหาได้ง่ายของเครื่องดื่มแอลกอฮอล์ ราคาเครื่องดื่มแอลกอฮอล์

ส่วนที่ 4 พฤติกรรมการดื่มเครื่องดื่มแอลกอฮอล์ สถานที่ดื่ม ความถี่ของการดื่ม ,ช่วงระยะเวลาดื่ม ปริมาณการดื่มในแต่ละ โอกาส กลุ่มที่ดื่มเครื่องดื่มแอลกอฮอล์ร่วม

2) แบบสังเกตการณ์ ผู้วิจัยเข้าไปสังเกตแบบไม่มีส่วนร่วม (Non-participant Observation) กับผู้ให้ข้อมูลหลัก (Key Informants) โดยผู้วิจัยใช้การบันทึกข้อมูลที่เกี่ยวข้องกับการศึกษาทั้งหมดจากนักศึกษา แบ่งเป็น 3 ส่วนคือ

ส่วนที่ 1 สำหรับบันทึกข้อมูลเกี่ยวกับ ตัวนักศึกษา สถานที่ โปรแกรมการเรียน และการฝึกซ้อม

ส่วนที่ 2 สำหรับบันทึกพฤติกรรมทั้งหมดที่เกี่ยวข้องกับการวิจัย เช่น พฤติกรรม
การดื่ม พฤติกรรมการหลีกเลี่ยง พฤติกรรมการใช้ชีวิตประจำวันที่ได้รับเนื่องจากการดื่ม เป็นต้น

ส่วนที่ 3 สำหรับบันทึกพฤติกรรมอื่นๆ

นายณรงค์ปกรณ์ หงสาลา
ปริญญาศิลปศาสตรมหาบัณฑิต (วิทยาการเสพติด)
มหาวิทยาลัยมหิดล

แบบสัมภาษณ์
เรื่อง พฤติกรรมการดื่มเครื่องดื่มแอลกอฮอล์ของนักกีฬา
 โดย
 นายณรงค์ปกรณ์ หงสาธา
 นักศึกษาปริญญาศิลปศาสตรมหาบัณฑิต
 หลักสูตรวิทยาการเสพติด
 สถาบันพัฒนาสุขภาพอาเซียน มหาวิทยาลัยมหิดล

คำชี้แจง

การศึกษานี้ เป็นการวิจัยเชิงคุณภาพที่มุ่งเน้นหาความจริงจากผู้ให้ข้อมูลหลัก (Key informant) โดยกำหนดผู้ให้ข้อมูล คือ นักศึกษาของมหาวิทยาลัยแห่งหนึ่งของรัฐ ซึ่งเป็นนักกีฬาสังกัดชมรมกีฬาต่างๆของมหาวิทยาลัยแห่งนั้นที่มีพฤติกรรมดื่มเครื่องดื่มแอลกอฮอล์ โดยยังมีสถานภาพเป็นนักศึกษา และยินดีให้ความร่วมมือในการศึกษานี้ โดยแบบสัมภาษณ์นี้ ใช้เป็นหัวข้อสนทนาและสัมภาษณ์สำหรับผู้ให้ข้อมูลหลัก ผู้วิจัยจึงขอความกรุณาตอบคำถามตามความเป็นจริงทุกประการ

ส่วนที่ 1 ภูมิหลังด้านบุคคลและข้อมูลทั่วไป

ข้อมูลทั่วไป

1. ปัจจุบัน อายุ.....ปี เพศ.....ส่วนสูง.....น้ำหนัก..... ศึกษาอยู่ชั้นปีที่.....
2. เกิดที่จังหวัด..... เดิมโตที่จังหวัด.....
 ที่อยู่ปัจจุบัน (ตามบ้านเลขที่).....

ความสามารถด้านการกีฬา

3. ท่านเป็นนักกีฬาประเภท (ตอบได้มากกว่า 1 ประเภท).....เล่นมาเป็นเวลา....ปี
4. แข่งขันกีฬารั้งแรกเมื่ออายุ.....ปี เรียนอยู่ในระดับ.....
5. เคยเข้าร่วมการแข่งขันกีฬาในระดับ (สามารถตอบได้มากกว่า 1 ข้อ)
 () โรงเรียน () จังหวัด () เขต (แบ่งเขตตามการแข่งขันกีฬาเยาวชนและนักเรียนนักศึกษา)
 () ภาค(ระบุ).....
 () ประเทศ (ระบุ).....

- () นานาชาติ (ระบุ).....
- () อื่นๆ.....
6. ความสำเร็จสูงสุดในการกีฬา คือ
7. ความภูมิใจสูงสุดในการกีฬา คือ
8. ปัจจุบันท่านได้ฝึกซ้อมกีฬายูเป็นประจำหรือไม่ () ไม่ใช่ () ใช่
9. ปัจจุบันท่านได้ฝึกซ้อมกีฬาทุกวันต่อสัปดาห์.....
10. ปัจจุบันท่านเริ่มฝึกซ้อมกีฬาดังแต่เวลา.....ถึง.....และ.....ถึง.....คิดเป็น.....ชั่วโมงต่อวัน
11. ปัจจุบันท่านใช้เวลาในการฝึกซ้อมกีฬามากหรือน้อยกว่าในอดีต.....แต่ต่างกัน.....ชม. เพราะ(จงอธิบาย).....
12. สมาชิกในชมรมกีฬาของท่านในปัจจุบันมีกี่คน.....

ด้านการเรียน

13. ในอดีตท่านเรียนในหลักสูตรได้ () มัธยมศึกษา ระบุสาย..... () อาชีวะ
14. ท่านมีค่าเฉลี่ยทางการเรียนเท่าไร
- 14.1 ระดับประถมศึกษา.....
- 14.2 ระดับมัธยมศึกษา.....
- 14.3 คะแนนเฉลี่ยล่าสุดในปัจจุบัน.....
15. ปัจจุบันท่านเรียนในคณะ.....หลักสูตร.....
16. ปัจจุบันท่านมีเรียนกี่วันต่อ 1 สัปดาห์.....

ด้านชีวิตประจำวัน

17. ปัจจุบันท่านพักอาศัยอยู่ที่..... ราคาที่พักรวมทั้งหมดคิดเป็น.....
18. ท่านอาศัยอยู่กับใคร.....
19. ได้มีการแชร์ค่าใช้จ่ายหรือไม่ อย่างไร
20. ท่านได้รับค่าใช้จ่ายจากผู้ปกครอง อย่างไร
21. ท่านมีรายได้จากส่วนอื่นหรือไม่ () ไม่มี () มี ระบุ

-เป็นจำนวน.....
22. ค่าใช้จ่ายรายวันโดยเฉลี่ยของท่าน.....บาทต่อวัน
23. ค่าใช้จ่ายที่มากที่สุดภายใน 1 เดือนของท่านคือ..... คิดเป็น.....บาทต่อเดือน
24. ท่านใช้เวลาว่างนอกเหนือจากการเรียนและการฝึกซ้อมกีฬาไปกับกิจกรรมใดมากที่สุด
() อยู่กับเพื่อน () อยู่กับคนรัก () พักผ่อนคนเดียว (รวมไปถึงการดูหนัง ฟังเพลง) () เล่นกีฬา (ในประเภทอื่นหรือกีฬาของตนเอง) () อื่นๆ ระบุ.....
25. ในช่วงวันหยุดสุดสัปดาห์ท่านทำกิจกรรมอะไรเป็นประจำ
.....
.....

ภูมิหลังด้านพฤติกรรมการดื่ม

26. ท่านเริ่มดื่มเครื่องดื่มแอลกอฮอล์ครั้งแรกเมื่ออายุปี เพราะเหตุใด
.....
27. หลังจากนั้นท่านได้ดื่มอย่างต่อเนื่องหรือไม่ () ใช่ () ไม่ใช่ เพราะ.....
แล้วกลับมาดื่มอีกครั้งเมื่ออายุ.....ปี เพราะ.....
28. เครื่องดื่มแอลกอฮอล์ชนิดแรกที่ท่านดื่มคือ
.....
29. ความรู้สึกและอาการทั้งหมดที่เกิดขึ้นเมื่อดื่มครั้งแรก (บรรยายโดยสรุปและชัดเจน)
.....
.....
30. ปัจจุบันท่านดื่มเครื่องดื่มแอลกอฮอล์ได้มากหรือน้อยกว่าเมื่อครั้งเริ่มดื่ม.....
เพราะอะไร
.....
.....
31. ท่านเคยใช้สิ่งเสพติดชนิดอื่นหรือไม่ () ไม่เคย () เคย ระบุ(ได้มากกว่า 1 ชนิด)..... ปัจจุบันท่านยังใช้สิ่งเสพติดชนิดอื่นอยู่หรือไม่ เพราะเหตุใด
.....

ส่วนที่ 2 ปัจจัยด้านครอบครัวต่อพฤติกรรมการดื่มเครื่องดื่มแอลกอฮอล์

1. ท่านมีพี่น้องทั้งหมดกี่คน.....ท่านเป็นคนที่.....
2. ครอบครัวของท่านมีสมาชิก.....คน มีใครบ้าง.....
3. สถานะภาพของบิดาและมารดาของท่านเป็นอย่างไร
() อยู่ด้วยกัน () แยกกันอยู่ เพราะ..... () หย่าร้าง () เสียชีวิต (ระบุ).....
4. ปัจจุบันท่านมีผู้ปกครองคือ
() บิดาและมารดา () บิดาผู้เดียว () มารดาผู้เดียว () ญาติ (ระบุ).....
5. ผู้ปกครองมีอาชีพ.....รายได้โดยประมาณ.....ต่อเดือน
6. การศึกษาของผู้ปกครองของท่านคือ.....
7. ท่านมีสมาชิกในครอบครัวที่ดื่มหรือไม่ () ไม่มี (ข้ามไปข้อ 13) () มี ระบุ.....
8. สมาชิกในครอบครัวของท่านดื่มบ่อยครั้งแค่ไหน.....
9. พฤติกรรมการดื่มของสมาชิกในครอบครัวของท่านเป็นอย่างไร (อธิบายตามที่พบเห็นส่วนใหญ่)
.....
.....
10. พฤติกรรมหลังจากดื่มแล้วของสมาชิกในครอบครัวของท่านเป็นอย่างไร (อธิบายตามที่พบเห็นส่วนใหญ่)
.....
.....
11. ท่านมีความรู้สึกอย่างไรต่อพฤติกรรมการดื่มของสมาชิกในครอบครัวของท่าน
.....
12. ท่านเคยดื่มกับสมาชิกในครอบครัวของท่านหรือไม่ เพราะเหตุใด
() เคย กับใคร.....อย่างไร.....
() ไม่เคย เพราะ.....
13. ผู้ปกครองของท่านรู้หรือไม่ว่าท่านดื่ม.....
14. ผู้ปกครองของท่านได้สอนถึงพิษภัยของเครื่องดื่มแอลกอฮอล์หรือไม่ อย่างไร
() ไม่
() ใช่ สอนว่า.....
ท่านมีความรู้สึกเช่นไร.....

ส่วนที่ 3 ปัจจัยด้านสังคมและสิ่งแวดล้อมต่อพฤติกรรมการดื่มเครื่องดื่มแอลกอฮอล์

ปัจจัยด้านสถานที่และที่พักอาศัย

1. โดยปกตินอกเหนือจากการเรียน ท่านจะใช้เวลาอยู่ในสถานที่ใดมากที่สุด.....
เพราะ.....
2. ที่พักปัจจุบันของท่านมีลักษณะและสภาพสิ่งแวดล้อมเป็นอย่างไร (จงอธิบายพอสังเขป)
.....
.....
3. ที่พักปัจจุบันของท่านมีกติกาในการอยู่อาศัยอย่างไร (สามารถตอบได้มากกว่า 1 ข้อ)
() ห้ามเลี้ยงสัตว์ () ห้ามเลี้ยงสัตว์ () ห้ามดื่มเครื่องดื่ม
แอลกอฮอล์
() ห้ามพักเกินสองคน () ห้ามกวาดขยะออกนอกห้อง () ห้ามถอดรองเท้าหน้าห้อง
() อื่นๆ
.....
4. ท่านเคยดื่มเครื่องดื่มแอลกอฮอล์ในที่พักของท่านหรือไม่ อย่างไร
() ไม่เคย เพราะ.....
() เคย อย่างไร.....
5. ที่พักของท่านมีร้านค้าหรือไม่ อย่างไร
() ไม่มี () มี อย่างไร.....
6. มีพักของท่านอยู่ใกล้หรือไกลจากสถานบันเทิงมากเพียงใด
.....
7. ท่านเคยใช้บริการสถานบันเทิงเหล่านั้นหรือไม่
() ไม่เคย เพราะ.....
() เคย บ่อยครั้งแค่ไหน.....

ปัจจัยด้านบุคคลและกลุ่มเพื่อน

8. เพื่อนในชั้นปีของท่านมีกี่คน.....แบ่งออกเป็นกี่กลุ่ม.....
9. ท่านมีเพื่อนในกลุ่มทั้งหมดกี่คน.....คน เล่นกีฬาประเภทใดบ้าง
.....ดื่มเครื่องดื่มแอลกอฮอล์กี่คน.....คน
10. เพื่อนที่สนิทที่สุดของท่านมี.....คน เล่นกีฬาประเภท.....
11. เพื่อนสนิทของท่านดื่มหรือไม่ () ดื่ม () ไม่ดื่ม

12. ท่านดื่มกับใครบ่อยครั้งที่สุด.....รองลงมาคือ.....
13. บุคคลที่ร่วมดื่มกับท่านมีผลต่อการดื่มของท่านมากน้อยเพียงใด
() ไม่มี เพราะ.....
() มีเล็กน้อย เพราะ.....
() มีมาก เพราะ.....
14. โดยส่วนใหญ่ใครเป็นผู้เริ่มความคิดการดื่ม () ท่าน () เพื่อน.....เล่นกีฬา.....
15. ท่านเคยดื่มกับคนที่ไม่รู้จักหรือไม่ () ไม่ () เคย บ่อยครั้งแค่ไหน
.....
16. ท่านเคยปฏิเสธเพื่อนหรือไม่ () ไม่เคย เพราะ.....
() เคย เพราะ.....
17. เพื่อนท่านเคยต่อว่าเมื่อท่านปฏิเสธหรือไม่ () ไม่เคย เพราะ.....
() เคย ท่านทำอย่างไร.....
18. ค่าใช้จ่ายต่อการดื่มในแต่ละครั้งของท่านกับเพื่อนส่วนใหญ่ได้มาจาก.....
19. ในกรณีที่ท่านมีเวลาว่างและได้รวมกลุ่มกันเพื่อน หรือได้พบเพื่อนเก่า นอกเหนือจากการดื่มแล้วท่านมีกิจกรรมอื่นหรือไม่ อย่างไร
.....
.....
20. ท่านมีคนรักหรือไม่ () ไม่มี (ข้ามไปข้อที่ 24) () มี
21. คนรักของท่านห้ามไม่让您ดื่มหรือไม่
() ห้าม เพราะ.....
() ไม่ห้าม เพราะ.....
22. คนรักของท่านดื่มด้วยหรือไม่

ปัจจัยด้านสื่อและการรับข่าวสาร

23. ท่านรับข้อมูลข่าวสารจากสื่อทางใดบ่อยที่สุด
-
24. สื่อที่ท่านได้รับมีโฆษณาของเครื่องดื่มแอลกอฮอล์มากเพียงใด

25. เมื่อท่านได้รับรู้โฆษณาแล้ว ท่านอยากดื่มเครื่องดื่มแอลกอฮอล์หรือไม่
- () ไม่ เพราะ.....
- () ใช่ เพราะ.....
- () บางครั้ง เพราะ.....
26. ท่านมีความคิดเห็นอย่างไรกับมาตรการควบคุมเครื่องดื่มแอลกอฮอล์
-
-
-

ส่วนที่ 4 พฤติกรรมการดื่มเครื่องดื่มแอลกอฮอล์ของนักศึกษา

ข้อมูลทั่วไปของพฤติกรรมการดื่มเครื่องดื่มแอลกอฮอล์

1. ปัจจุบันท่านดื่มบ่อยครั้งแค่ไหน
2. ระยะเวลาที่ใช้ดื่มปกติ (โดยเฉลี่ย).....ชม. ระยะเวลาที่เคยดื่มนานที่สุด.....ชม.
เพราะเหตุใด
3. เครื่องแอลกอฮอล์ที่ท่านโปรดปรานที่สุดคือชนิดใด.....ยี่ห้อ.....
เพราะ.....รองลงมาคือ.....ยี่ห้อ.....
เพราะ.....
4. เครื่องแอลกอฮอล์ที่ท่านโปรดปรานที่สุด เป็นเครื่องดื่มที่ดื่มบ่อยที่สุดของกลุ่มเพื่อนของท่านด้วยหรือไม่
() ใช่ () ไม่ เพราะ.....
5. เครื่องแอลกอฮอล์ที่ท่านดื่มบ่อยที่สุดคือ.....ยี่ห้อ.....
6. ปกติส่วนใหญ่ท่านดื่มในปริมาณเท่าใด.....
7. ปกติท่านดื่มจนเมาหรือไม่ () ใช่ () ไม่ มากเพียงใดจึงจะเมา.....
8. ท่านเคยดื่มมากที่สุดแค่ไหน.....กับเครื่องดื่มแอลกอฮอล์ชนิด.....
9. ค่าใช้จ่ายในการดื่มของท่านต่อครั้งประมาณเท่าไร (โดยส่วนมาก).....คิดเป็นต่อเดือนโดยเฉลี่ยคือ.....
10. หากท่านจำเป็นต้องยืมเงินเพื่อนในกรณีที่ค่าใช้จ่ายของท่านหมด ท่านจะยืมจากใครเป็นคนแรก.....เพราะ.....

พฤติกรรมก่อนดื่มเครื่องดื่มแอลกอฮอล์

ปัจจัยภายใน

11. เมื่อท่านมีการสังสรรค์เครื่องดื่มที่ท่านคิดสิ่งแรกคือ “แอลกอฮอล์” ใชหรือไม่.....เพราะ
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12. จากข้อ 11 หากไม่สามารถหาเครื่องดื่มแอลกอฮอล์ได้ ท่านและเพื่อนจะอย่างไร
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13. ท่านเคยมีความรู้สึกอยากดื่มเครื่องดื่มแอลกอฮอล์ขึ้นมาเองหรือไม่
() ไม่เคย
() เคย อย่างไร (จงอธิบาย)
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14. จากข้อ 13 ท่านคิดว่าความต้องการของท่าน เป็นเหตุให้เกิดพฤติกรรมการดื่มหรือไม่ เพราะเหตุใด (จงอธิบาย)
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ปัจจัยภายนอก

15. ก่อนการดื่มทุกครั้ง ท่านวางแผนอย่างไร หรือคิดถึงเรื่องใดเป็นอันดับแรก
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16. โอกาสที่มีผลต่อพฤติกรรมการดื่มของท่าน ให้เรียงลำดับจากมากไปหาน้อย
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17. สถานที่ที่ท่านดื่มบ่อยครั้งที่สุดคือ.....รองลงมาคือ.....
18. สถานที่ที่มีผลต่อการดื่มของท่านมากน้อยเพียงใด จงอธิบาย
- () ไม่มี เพราะ.....
- () เล็กน้อย เพราะ.....
- () มาก เพราะ.....
19. สถานที่ดื่มที่ท่านชอบมากที่สุดคือ.....เพราะ.....
20. สถานที่ดื่มในอุดมคติของท่านควรจะต้องเป็นอย่างไร
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21. โดยปกติเมื่อมีการดื่มส่วนใหญ่ท่านได้เครื่องดื่มแอลกอฮอล์มาจากที่ใด
-เพราะ.....
22. ในกรณีที่เกินเวลากำหนดของการซื้อขายเครื่องดื่มแอลกอฮอล์ ท่านจะสามารถหาได้จากที่ใด.....เพราะ.....
23. ท่านมีสิ่งอื่นที่รับประทานร่วมกันการดื่มเครื่องดื่มแอลกอฮอล์หรือไม่
- () ไม่มี () มี ส่วนใหญ่ท่านเลือกรับประทานอะไร.....เพราะ.....
24. อุปสรรคใดที่มีผลต่อการดื่มของท่านมากที่สุด
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25. หากจะเรียงลำดับอุปสรรคที่มีผลต่อการดื่มของท่านจากมากไปหาน้อย ท่านจะสามารถเรียงลำดับได้ดังนี้
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26. หากท่านมีภารกิจในวันต่อไป เช่นการฝึกซ้อมกีฬา, การเรียนหรือหน้าที่อื่นที่สำคัญ ท่านจะ
- ทำอะไร
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27. เมื่อกลุ่มเพื่อนชวนหรือ ในกรณีที่มีการดื่ม แต่ท่านไม่ยอมดื่ม หรืออาจเกิดจากปัจจัยอื่นที่ทำให้ท่านไม่สามารถดื่มได้เลย ท่านจะอย่างไร และปัจจัยอื่นนั้นท่านคิดว่าจะเป็นอะไร

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28. ในกรณีเดียวกันกับข้อที่ 27 แต่ท่านไม่สามารถปฏิเสธเพื่อนได้ ท่านจะอย่างไร และมีทางหลีกเลี่ยงอย่างไรบ้าง

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พฤติกรรมระหว่างการดื่มเครื่องดื่มแอลกอฮอล์

29. ในกรณีที่ท่านดื่มเครื่องดื่มแอลกอฮอล์ประเภท “สุรา” ท่านชอบดื่มในรูปแบบใด

.....เพราะ.....

30. ลักษณะการดื่มโดยปกติของท่านเป็นอย่างไร จงอธิบาย

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31. โดยส่วนใหญ่ท่านใช้เวลาดื่มต่อ 1 แก้วนานแค่ไหน

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32. ในกลุ่มที่ท่านดื่มด้วยประจำ ใครดื่มได้มากที่สุด และน้อยที่สุด

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33. หากท่านหรือเพื่อนดื่มจนเมามา ย ท่านและกลุ่มเพื่อน ทำอย่างไร

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34. โดยปกติท่านจะดื่มเครื่องดื่มแอลกอฮอล์จนหมดทั้งเลยหรือไม่ ()ใช่ ()ไม่ (เข้าไปข้อ 36)

35. เมื่อท่านดื่มเครื่องดื่มแอลกอฮอล์หมดจากที่ซื้อมาแล้วในครั้งแรก จากนั้นโดยส่วนใหญ่ท่านและกลุ่มทำอย่างต่อเนื่อง เพราะเหตุใด

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36. ในกรณีที่ดื่มไม่หมด ท่านและกลุ่มเพื่อนทำอย่างไร

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37. มีสถานการณ์ใดที่ทำให้ท่านและกลุ่มเพื่อนเลิกดื่มในแต่ละครั้ง

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38. ท่านหรือเพื่อนเคยใช้สารเสพติดชนิดอื่นร่วมกับการดื่มเครื่องดื่มแอลกอฮอล์หรือไม่
() ไม่เคย (ข้ามไปข้อที่ 40) () เคย อะไรบ้าง

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39. สารเสพติดชนิดอื่นที่ท่านหรือเพื่อนใช้เมื่อดื่มเครื่องดื่มแอลกอฮอล์บ่อยครั้งที่สุดคือ

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พฤติกรรมหลังการดื่มเครื่องดื่มแอลกอฮอล์

40. หลังจากดื่มเสร็จแล้ว โดยส่วนใหญ่ท่านทำอะไรต่อไป เพราะเหตุใด

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41. ท่านคิดว่า “เมา” มีอาการเป็นอย่างไร

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42. ท่านหรือเพื่อนมีพฤติกรรมเหล่านี้หลังการดื่มหรือไม่ (ให้ตอบในช่องที่มีพฤติกรรม และตอบได้มากกว่า 1 ข้อ)

() มีเพศสัมพันธ์

(อธิบาย).....

.....

() ขับรถ

(อธิบาย).....

.....

() ทะเลาะวิวาท

(อธิบาย).....

.....

43. ท่านหรือเพื่อนเคยมีพฤติกรรมแปลงอย่างอื่น หรือวีรกรรมที่น่าประทับใจ และเป็นที่ยึดจำในกลุ่มเพื่อนหลังจากดื่มเครื่องดื่มแอลกอฮอล์หรือไม่ อย่างไร

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44. หลังจากดื่มเสร็จ หากท่านมีภารกิจที่สำคัญที่ต้องทำในตอนเช้า หรือในวันรุ่งขึ้น แต่ท่านไม่สามารถทำภารกิจนั้นได้ หรือทำได้ไม่เต็มที่ ท่านจะอย่างไร เพราะอะไรจึงทำอย่างนั้น

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45. ท่านเคยดื่ม, เคยเมาหรือมีอาการเมาก้าง แล้วไปซ้อมกีฬา, ไปเรียนหรือทำหน้าที่อื่นที่สำคัญหรือไม่

() เคย () ไม่เคย (ข้ามไปข้อ 48)

46. ในกรณีที่ท่านมีการฝึกซ้อมกีฬาในวันรุ่งขึ้น ท่านเคยมีอาการเหล่านี้หรือไม่ (ตอบได้มากกว่า 1 ข้อ)

() ปวดหัวมาก () เหนื่อยง่ายกว่าปกติ () อาเจียน () หน้ามืด, เป็นลม () การเคลื่อนไหวของร่างกายช้ากว่าปกติ () Muscle Cramp () กล้ามกระตุก () กล้ามเนื้อฉีก

47. ท่านมีความคิดเห็นอย่างไรกับอาการเหล่านี้ ที่เกิดขึ้นกับร่างกายของท่าน

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48. ท่านทราบถึงผลิตภัณฑ์ที่เกิดจากแอลกอฮอล์มากแค่ไหน จงอธิบายพอเข้าใจ

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49. ท่านคิดว่าท่านติดแอลกอฮอล์หรือไม่ เพราะเหตุใด

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50. ท่านคิดว่าผู้ที่ติดแอลกอฮอล์ต้องเป็นเช่นไร

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แบบสังเกตการณ์นักกีฬา
เรื่อง พฤติกรรมการดื่มเครื่องดื่มแอลกอฮอล์ของนักกีฬา
 โดย
 นายณรงค์ปกรณ์ หงสาธา
 นักศึกษาปริญญาศิลปศาสตรมหาบัณฑิต
 หลักสูตรวิทยาการเสพติด
 สถาบันพัฒนาสุขภาพอาเซียน มหาวิทยาลัยมหิดล

คำชี้แจง

การศึกษาครั้งนี้ เป็นการวิจัยเชิงคุณภาพที่มุ่งเน้นหาความจริงจากผู้ให้ข้อมูลหลัก (Key informant) โดยกำหนดผู้ให้ข้อมูล คือ นักศึกษาของมหาวิทยาลัยแห่งหนึ่งของรัฐ ในพื้นที่ตำบลศาลายา อำเภอพุทธมณฑล จังหวัดนครปฐม ซึ่งเป็นนักกีฬาสังกัดชมรมกีฬาต่างๆของมหาวิทยาลัยแห่งนั้นที่มีพฤติกรรมดื่มเครื่องดื่มแอลกอฮอล์ ซึ่งยังมีสถานภาพเป็นนักศึกษา และยินดีให้ความร่วมมือในการศึกษาครั้งนี้ โดยแบบสัมภาษณ์นี้ ใช้เป็นหัวข้อสนทนาและสัมภาษณ์สำหรับผู้ให้ข้อมูลหลัก ผู้วิจัยจึงขอความกรุณาตอบคำถามตามความเป็นจริงทุกประการ

ส่วนที่ 1 สำหรับบันทึกข้อมูลเกี่ยวกับ ตัวนักกีฬา สถานที่ โปรแกรมการเรียนและการฝึกซ้อม

ด้านการเรียน

ตารางที่ 1.1 ตารางเรียนในภาคเรียนปัจจุบันของนักกีฬาและสถานที่เรียนในแต่ละวัน

วัน, เวลา	จันทร์	อังคาร	พุธ	พฤหัสบดี	ศุกร์	เสาร์	อาทิตย์
เช้า							
บ่าย							

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ด้านการกีฬา

ตารางที่ 1.2 ตารางการฝึกซ้อมและสถานที่ซ้อมในปัจจุบันของนักกีฬา ต่อ 1 สัปดาห์

วัน , เวลา	เช้า	เย็น
จันทร์		
อังคาร		
พุธ		
พฤหัสบดี		
ศุกร์		
เสาร์		
อาทิตย์		

3. บันทึกการเข้าฝึกซ้อมและเลิกซ้อมของนักกีฬาโดยปกติ

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4. บันทึกพฤติกรรมในการฝึกซ้อมปกติของนักกีฬา

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ส่วนที่ 2 สำหรับบันทึกพฤติกรรมทั้งหมดที่เกี่ยวข้องกับการวิจัย เช่น พฤติกรรมการดื่ม พฤติกรรม
การหลีกเลี่ยง พฤติกรรมการใช้ชีวิตประจำวันที่สืบเนื่องจากการดื่ม

1. บันทึกพฤติกรรมของนักกีฬา ก่อนการดื่มเครื่องดื่มแอลกอฮอล์

[illegible]

2. บันทึกพฤติกรรมของนักกีฬาในระหว่างการดื่มเครื่องดื่มแอลกอฮอล์

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[illegible]

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พระราชบัญญัติ

ควบคุมเครื่องดื่มแอลกอฮอล์

พ.ศ. ๒๕๕๑

ภูมิพลอดุลยเดช ป.ร.

ให้ไว้ ณ วันที่ ๖ กุมภาพันธ์ พ.ศ. ๒๕๕๑

เป็นปีที่ ๖๓ ในรัชกาลปัจจุบัน

พระบาทสมเด็จพระปรมินทรมหาภูมิพลอดุลยเดช มีพระบรมราชโองการโปรดเกล้าฯ ให้ประกาศว่า

โดยที่เป็นการสมควรมีกฎหมายว่าด้วยการควบคุมเครื่องดื่มแอลกอฮอล์

พระราชบัญญัตินี้มีบทบัญญัติบางประการเกี่ยวกับการจำกัดสิทธิและเสรีภาพของบุคคลซึ่งมาตรา ๒๙ ประกอบกับมาตรา ๔๑ มาตรา ๔๓ และมาตรา ๔๕ ของรัฐธรรมนูญแห่งราชอาณาจักรไทย บัญญัติให้กระทำได้โดยอาศัยอำนาจตามบทบัญญัติแห่งกฎหมาย

จึงทรงพระกรุณาโปรดเกล้าฯ ให้ตราพระราชบัญญัติขึ้นไว้โดยคำแนะนำและยินยอมของสภานิติบัญญัติแห่งชาติ ดังต่อไปนี้

มาตรา ๑ พระราชบัญญัตินี้เรียกว่า “พระราชบัญญัติควบคุมเครื่องดื่มแอลกอฮอล์ พ.ศ. ๒๕๕๑”

มาตรา ๒ พระราชบัญญัตินี้ให้ใช้บังคับตั้งแต่วันถัดจากวันประกาศในราชกิจจานุเบกษา เป็นต้นไป

มาตรา ๓ ในพระราชบัญญัตินี้

“เครื่องดื่มน้ำแอลกอฮอล์” หมายความว่า สุราตามกฎหมายว่าด้วยสุรา ทั้งนี้ ไม่รวมถึงยาวัตถุออกฤทธิ์ต่อจิตและประสาท ยาเสพติดให้โทษตามกฎหมายว่าด้วยการนั้น

“ผู้ดื่มเครื่องดื่มน้ำแอลกอฮอล์” หมายความว่า บุคคลที่ดื่มเครื่องดื่มน้ำแอลกอฮอล์จนก่อให้เกิดผลเสียต่อสุขภาพร่างกายหรือจิตใจ โดยการดื่มนั้นมีลักษณะที่ต้องเพิ่มปริมาณมากขึ้น และเมื่อหยุดดื่มจะมีอาการแสดงของการขาดเครื่องดื่มน้ำแอลกอฮอล์ในร่างกาย

“ขาย” หมายความว่า รวมถึง จำหน่าย จ่าย แจก แลกเปลี่ยน ให้ เพื่อประโยชน์ในทางการค้า

“โฆษณา” หมายความว่า การกระทำไม่ว่าโดยวิธีใด ๆ ให้ประชาชนเห็น ได้ยินหรือทราบข้อความเพื่อประโยชน์ในทางการค้า และให้หมายความรวมถึงการสื่อสารการตลาด

“การสื่อสารการตลาด” หมายความว่า การกระทำกิจกรรมในรูปแบบต่าง ๆ โดยมีวัตถุประสงค์เพื่อขายสินค้า บริการหรือภาพลักษณ์ การประชาสัมพันธ์ การเผยแพร่ข่าวสาร การส่งเสริมการขาย การแสดงสินค้า การจัดหรือสนับสนุนให้มีการจัดกิจกรรมพิเศษ และการตลาดแบบตรง

“ข้อความ” หมายความว่า รวมถึง การกระทำให้ปรากฏด้วยตัวอักษร ภาพ ภาพยนตร์ แสง เสียง เครื่องหมายหรือการกระทำอย่างใด ๆ ที่ทำให้บุคคลทั่วไปสามารถเข้าใจความหมายได้

“ฉลาก” หมายความว่า รูป รอยประดิษฐ์ กระจกหรือสิ่งอื่นใดที่ทำให้ปรากฏข้อความเกี่ยวกับสินค้าซึ่งแสดงไว้ที่สินค้าหรือภาชนะบรรจุหรือหีบห่อบรรจุสินค้า หรือสอดแทรก หรือรวมไว้กับสินค้าหรือภาชนะบรรจุหรือหีบห่อบรรจุสินค้าและหมายความรวมถึงเอกสาร หรือคู่มือสำหรับใช้ประกอบกับสินค้า ป้ายที่ติดตั้งหรือแสดงไว้ที่สินค้าหรือภาชนะบรรจุหรือหีบห่อบรรจุสินค้านั้น

“คณะกรรมการ” หมายความว่า คณะกรรมการนโยบายเครื่องดื่มน้ำแอลกอฮอล์แห่งชาติ

“คณะกรรมการควบคุม” หมายความว่า คณะกรรมการควบคุมเครื่องดื่มน้ำแอลกอฮอล์

“สำนักงาน” หมายความว่า สำนักงานคณะกรรมการควบคุมเครื่องดื่มน้ำแอลกอฮอล์

“พนักงานเจ้าหน้าที่” หมายความว่า ผู้ซึ่งรัฐมนตรีแต่งตั้งให้ปฏิบัติการตามพระราชบัญญัตินี้

“ผู้อำนวยการ” หมายความว่า ผู้อำนวยการสำนักงานคณะกรรมการควบคุมเครื่องดื่มน้ำแอลกอฮอล์

“อธิบดี” หมายความว่า อธิบดีกรมควบคุมโรค

“รัฐมนตรี” หมายความว่า รัฐมนตรีผู้รักษาการตามพระราชบัญญัตินี้

มาตรา ๔ ให้นายกรัฐมนตรีรักษาการตามพระราชบัญญัตินี้ และให้มีอำนาจแต่งตั้งพนักงานเจ้าหน้าที่ ออกกฎกระทรวง ระเบียบ และประกาศ เพื่อปฏิบัติการตามพระราชบัญญัตินี้ กฎกระทรวง ระเบียบ และประกาศนั้น เมื่อได้ประกาศในราชกิจจานุเบกษาแล้วให้ใช้บังคับได้

หมวด ๑

คณะกรรมการนโยบายเครื่องดื่มแอลกอฮอล์แห่งชาติ

มาตรา ๕ ให้มีคณะกรรมการคณะหนึ่งเรียกว่า “คณะกรรมการนโยบายเครื่องดื่มแอลกอฮอล์แห่งชาติ” ประกอบด้วย นายกรัฐมนตรีหรือรองนายกรัฐมนตรีที่นายกรัฐมนตรีมอบหมายเป็นประธานกรรมการ รัฐมนตรีว่าการกระทรวงสาธารณสุข เป็นรองประธานกรรมการ คนที่หนึ่ง รัฐมนตรีว่าการกระทรวงการคลัง เป็นรองประธานกรรมการคนที่สอง รัฐมนตรีว่าการกระทรวงการท่องเที่ยวและกีฬา รัฐมนตรีว่าการกระทรวงการพัฒนาสังคมและความมั่นคงของมนุษย์ รัฐมนตรีว่าการกระทรวงมหาดไทย รัฐมนตรีว่าการกระทรวงยุติธรรม รัฐมนตรีว่าการกระทรวงศึกษาธิการ รัฐมนตรีว่าการกระทรวงอุตสาหกรรม และปลัดสำนักนายกรัฐมนตรีเป็นกรรมการ ให้ปลัดกระทรวงสาธารณสุขเป็นเลขานุการ และให้อธิบดีและผู้อำนวยการสำนักงานเศรษฐกิจการคลังเป็นผู้ช่วยเลขานุการ

มาตรา ๖ ให้คณะกรรมการมีที่ปรึกษาเพื่อให้คำปรึกษาแนะนำเกี่ยวกับการดำเนินงานตามอำนาจหน้าที่ของคณะกรรมการ ประกอบด้วย

(๑) ผู้แทนสภาอุตสาหกรรมท่องเที่ยวแห่งประเทศไทย ผู้แทนสภาอุตสาหกรรมแห่งประเทศไทย ผู้แทนสหภาพการค้าแห่งประเทศไทย

(๒) ผู้แทนองค์กรที่เป็นนิติบุคคลซึ่งมีวัตถุประสงค์เกี่ยวกับการรณรงค์เพื่อลดและเลิกการบริโภคเครื่องดื่มแอลกอฮอล์ซึ่งเลือกกันเองจำนวนหนึ่งคน ผู้แทนองค์กรที่เป็นนิติบุคคลซึ่งมีวัตถุประสงค์เกี่ยวกับการพัฒนาเด็กซึ่งเลือกกันเองจำนวนหนึ่งคน ผู้แทนองค์กรที่เป็นนิติบุคคลซึ่งมีวัตถุประสงค์เกี่ยวกับการคุ้มครองผู้บริโภคซึ่งเลือกกันเองจำนวนหนึ่งคน

(๓) ผู้ทรงคุณวุฒิซึ่งคณะกรรมการแต่งตั้งจากผู้มีความรู้ความสามารถและประสบการณ์ด้านสังคมศาสตร์ ด้านกฎหมาย และด้านเทคโนโลยีและสารสนเทศ ด้านละหนึ่งคน

การเลือกและการแต่งตั้งที่ปรึกษาตาม (๒) และ (๓) ให้เป็นไปตามระเบียบที่คณะกรรมการกำหนด

ให้นำบทบัญญัติมาตรา ๑๑ มาตรา ๑๒ มาตรา ๑๓ และมาตรา ๑๔ มาใช้บังคับกับการดำรงตำแหน่งและการพ้นจากตำแหน่งของที่ปรึกษาตาม (๒) และ (๓) โดยอนุโลม เว้นแต่อำนาจของรัฐมนตรีตามมาตรา ๑๓ (๓) ให้เป็นอำนาจของคณะกรรมการ

มาตรา ๗ การประชุมคณะกรรมการต้องมีกรรมการมาประชุมไม่น้อยกว่ากึ่งหนึ่งของจำนวนกรรมการทั้งหมดจึงเป็นองค์ประชุม

ให้ประธานกรรมการเป็นประธานในที่ประชุม ในกรณีที่ประธานกรรมการไม่มาประชุมหรือไม่อาจปฏิบัติหน้าที่ได้ให้รองประธานกรรมการคนที่หนึ่งเป็นประธานในที่ประชุม หากรองประธานกรรมการคนที่หนึ่งไม่มาประชุมหรือไม่อาจปฏิบัติหน้าที่ได้ให้รองประธานกรรมการคนที่สองเป็นประธานในที่ประชุม หากรองประธานกรรมการคนที่สองไม่มาประชุมหรือไม่อาจปฏิบัติหน้าที่ได้ให้กรรมการซึ่งมาประชุมเลือกกรรมการคนหนึ่งเป็นประธานในที่ประชุม

การวินิจฉัยชี้ขาดของที่ประชุมให้ถือเสียงข้างมาก กรรมการคนหนึ่งให้มีเสียงหนึ่งในการลงคะแนน ถ้าคะแนนเสียงเท่ากันให้ประธานในที่ประชุมออกเสียงเพิ่มขึ้นอีกเสียงหนึ่งเป็นเสียงชี้ขาด

มาตรา ๘ คณะกรรมการมีอำนาจหน้าที่ ดังต่อไปนี้

(๑) กำหนดนโยบาย แผนงาน และการควบคุมเครื่องดัมแอลกอฮอล์เกี่ยวกับมาตรการด้านภาษี รวมทั้งมาตรการต่าง ๆ ในการควบคุมเครื่องดัมแอลกอฮอล์ ตลอดจนการบำบัดรักษาและฟื้นฟูสภาพผู้ติดเครื่องดัมแอลกอฮอล์ เพื่อเสนอต่อคณะรัฐมนตรี

(๒) ติดตามประเมินผลและตรวจสอบการดำเนินงานตาม (๑)

(๓) ปฏิบัติการอื่นใดตามที่บัญญัติไว้ในพระราชบัญญัตินี้หรือกฎหมายอื่นหรือตามที่คณะรัฐมนตรีมอบหมาย

มาตรา ๙ คณะกรรมการมีอำนาจแต่งตั้งคณะอนุกรรมการหรือคณะทำงานเพื่อปฏิบัติการตามที่คณะกรรมการมอบหมาย

ให้นำบทบัญญัติมาตรา ๗ มาใช้บังคับกับการประชุมของคณะอนุกรรมการหรือคณะทำงานโดยอนุโลม

หมวด ๒

คณะกรรมการควบคุมเครื่องดื่มแอลกอฮอล์

มาตรา ๑๐ ให้มีคณะกรรมการคณะหนึ่งเรียกว่า “คณะกรรมการควบคุมเครื่องดื่มแอลกอฮอล์” ประกอบด้วย

(๑) รัฐมนตรีว่าการกระทรวงสาธารณสุข เป็นประธานกรรมการ

(๒) ปลัดกระทรวงสาธารณสุขเป็นรองประธานกรรมการคนที่หนึ่ง ปลัดกระทรวงการคลังเป็นรองประธานกรรมการคนที่สอง และปลัดกระทรวงมหาดไทยเป็นรองประธานกรรมการคนที่สาม

(๓) กรรมการโดยตำแหน่ง ได้แก่ ปลัดสำนักนายกรัฐมนตรี ปลัดกระทรวงการท่องเที่ยวและกีฬา ปลัดกระทรวงการพัฒนาศักยภาพและความมั่นคงของมนุษย์ ปลัดกระทรวงพาณิชย์ ปลัดกระทรวงยุติธรรม ปลัดกระทรวงวัฒนธรรม ปลัดกระทรวงศึกษาธิการ ปลัดกระทรวงอุตสาหกรรม ผู้บัญชาการตำรวจแห่งชาติ ปลัดกรุงเทพมหานคร และผู้จัดการกองทุนสนับสนุนการสร้างเสริมสุขภาพ

(๔) ผู้แทนองค์กรเอกชน จำนวนสามคน ซึ่งรัฐมนตรีแต่งตั้งจากบุคคลซึ่งได้รับการคัดเลือกจากองค์กรเอกชนที่มีวัตถุประสงค์มิใช่เป็นการแสวงหากำไร และดำเนินกิจกรรมเกี่ยวกับการสนับสนุนและณรงค์ให้มีการลดการบริโภคเครื่องดื่มแอลกอฮอล์ ด้านการคุ้มครองเด็กและเยาวชนหรือสตรี ด้านการคุ้มครองผู้บริโภค โดยมีผู้แทนองค์กรเอกชนในแต่ละด้านไม่เกินหนึ่งคน ทั้งนี้ ตามระเบียบที่รัฐมนตรีกำหนด

(๕) กรรมการผู้ทรงคุณวุฒิ จำนวนสามคน ซึ่งรัฐมนตรีแต่งตั้งจากผู้มีความรู้ความสามารถและประสบการณ์ด้านการแพทย์ จิตวิทยาหรือการสาธารณสุข ด้านสังคมสงเคราะห์ สังคมศาสตร์ เศรษฐศาสตร์หรือนิติศาสตร์ ด้านการศึกษา การศาสนาหรือวัฒนธรรมโดยมีผู้ทรงคุณวุฒิในแต่ละด้านไม่เกินหนึ่งคน

ให้อธิบดีเป็นกรรมการและเลขานุการ อธิบดีกรมสรรพสามิตเป็นกรรมการและผู้ช่วยเลขานุการ และให้ผู้อำนวยการเป็นผู้ช่วยเลขานุการ

มาตรา ๑๑ กรรมการตามมาตรา ๑๐ (๔) และ (๕) ต้องมีคุณสมบัติและไม่มีลักษณะต้องห้ามดังต่อไปนี้

(๑) มีสัญชาติไทย

(๒) ไม่เป็นคนไร้ความสามารถหรือคนเสมือนไร้ความสามารถ

(๓) ไม่เคยได้รับโทษจำคุกโดยคำพิพากษาถึงที่สุดให้จำคุก เว้นแต่พ้นโทษมาแล้วไม่น้อยกว่าสองปี หรือเป็นโทษสำหรับความผิดที่ได้กระทำโดยประมาทหรือความผิดลหุโทษ

(๔) ไม่เคยต้องคำพิพากษาว่ามีความผิดในคดีที่เกี่ยวข้องกับเครื่องดัดแปลงแอลกอฮอล์ เว้นแต่พ้นโทษมาแล้วไม่น้อยกว่าห้าปี

(๕) ไม่เป็นผู้ดำรงตำแหน่งในทางการเมือง สมาชิกสภาท้องถิ่นหรือผู้บริหารท้องถิ่น กรรมการหรือผู้ดำรงตำแหน่งที่รับผิดชอบในการบริหารพรรคการเมือง ที่ปรึกษาพรรคการเมือง หรือเจ้าหน้าที่พรรคการเมือง

(๖) ไม่เป็นผู้ประกอบกิจการเครื่องดัดแปลงแอลกอฮอล์หรือมีส่วนได้เสียในกิจการเกี่ยวกับเครื่องดัดแปลงแอลกอฮอล์

(๗) ไม่เป็นผู้คิดเครื่องดัดแปลงแอลกอฮอล์

มาตรา ๑๒ กรรมการตามมาตรา ๑๐ (๔) และ (๕) มีวาระอยู่ในตำแหน่งคราวละสามปี กรรมการซึ่งพ้นจากตำแหน่งอาจได้รับการแต่งตั้งอีกได้ แต่จะดำรงตำแหน่งติดต่อกันเกินสองวาระไม่ได้ ในกรณีที่กรรมการพ้นจากตำแหน่งตามวาระในวาระหนึ่ง ให้ดำเนินการแต่งตั้งกรรมการขึ้นใหม่ภายในเก้าสิบวัน ในระหว่างที่ยังมิได้มีการแต่งตั้งกรรมการขึ้นใหม่ ให้กรรมการซึ่งพ้นจากตำแหน่งตามวาระนั้นอยู่ในตำแหน่งเพื่อดำเนินงานต่อไปจนกว่ากรรมการซึ่งได้รับแต่งตั้งใหม่เข้ารับหน้าที่

มาตรา ๑๓ นอกจากการพ้นจากตำแหน่งตามวาระ กรรมการตามมาตรา ๑๐ (๔) และ (๕) พ้นจากตำแหน่งเมื่อ

(๑) ตาย

(๒) ลาออก

(๓) รัฐมนตรีให้ออก

(๔) ขาดคุณสมบัติหรือมีลักษณะต้องห้ามตามมาตรา ๑๑

ในกรณีที่กรรมการตามมาตรา ๑๐ (๔) และ (๕) พ้นจากตำแหน่งก่อนวาระให้มีการแต่งตั้งกรรมการแทนตำแหน่งที่ว่างลง เว้นแต่วาระของกรรมการจะเหลือไม่ถึงเก้าสิบวันและในระหว่างที่ยังมิได้แต่งตั้งกรรมการแทนตำแหน่งที่ว่าง ให้กรรมการที่เหลืออยู่ปฏิบัติหน้าที่ต่อไปได้

มาตรา ๑๔ ในกรณีที่มีการแต่งตั้งกรรมการตามมาตรา ๑๐ (๔) และ (๕) ในระหว่างที่กรรมการตามมาตรา ๑๐ (๔) และ (๕) ซึ่งแต่งตั้งไว้แล้วยังมีวาระอยู่ในตำแหน่ง ไม่ว่าจะเป็นการแต่งตั้งเพิ่มขึ้นหรือแต่งตั้งแทนตำแหน่งที่ว่าง ให้ผู้ได้รับแต่งตั้งนั้นอยู่ในตำแหน่งเท่ากับวาระที่เหลืออยู่ของกรรมการซึ่งได้แต่งตั้งไว้แล้วนั้น

มาตรา ๑๕ ให้นำบทบัญญัติมาตรา ๗ มาใช้บังคับกับการประชุมคณะกรรมการควบคุมโดยอนุโลม

มาตรา ๑๖ คณะกรรมการควบคุมมีอำนาจหน้าที่ดังต่อไปนี้

(๑) เสนอนโยบาย แผนงาน และการควบคุมเครื่องดื่มแอลกอฮอล์เกี่ยวกับมาตรการด้านภาษีรวมทั้งมาตรการต่าง ๆ ในการควบคุมเครื่องดื่มแอลกอฮอล์ ตลอดจนการบำบัดรักษาและฟื้นฟูสภาพผู้ติดเครื่องดื่มแอลกอฮอล์ต่อคณะกรรมการ

(๒) กำหนดหลักเกณฑ์ วิธีการ และเงื่อนไขเกี่ยวกับบรรจุน้ำตาล พร้อมทั้งข้อความคำเตือนสำหรับเครื่องดื่มแอลกอฮอล์ที่ผลิต หรือนำเข้า

(๓) เสนอความเห็นต่อรัฐมนตรีในการกำหนดเวลาขายเครื่องดื่มแอลกอฮอล์ สถานที่ห้ามขายเครื่องดื่มแอลกอฮอล์ วิธีหรือลักษณะการขายเครื่องดื่มแอลกอฮอล์ที่ต้องห้ามสถานที่หรือบริเวณห้ามบริโภคเครื่องดื่มแอลกอฮอล์ และสิ่งอื่นใดที่ใช้เป็นการโฆษณาเครื่องดื่มแอลกอฮอล์

(๔) กำหนดหลักเกณฑ์ วิธีการ และเงื่อนไข ในการบำบัดรักษาหรือฟื้นฟูสภาพผู้ติดเครื่องดื่มแอลกอฮอล์

(๕) เสนอความเห็นต่อคณะกรรมการหรือรัฐมนตรีในการออกประกาศหรือระเบียบเพื่อปฏิบัติตามพระราชบัญญัตินี้แล้วแต่กรณี

(๖) ให้คำปรึกษาแนะนำ และประสานงานกับหน่วยงานของรัฐและเอกชนเกี่ยวกับการควบคุมเครื่องดื่มแอลกอฮอล์ รวมทั้งการเสนอมาตรการในการป้องกันผลกระทบจากการบริโภคเครื่องดื่มแอลกอฮอล์ ตลอดจนการบำบัดรักษาและฟื้นฟูสภาพผู้ติดเครื่องดื่มแอลกอฮอล์

(๗) จัดให้มีหรือส่งเสริมและสนับสนุนการเผยแพร่ความรู้ทางวิชาการให้แก่เยาวชนและประชาชนโดยทั่วไปให้เข้าใจถึงโทษและพิษภัยของเครื่องดื่มแอลกอฮอล์

(๘) เชิญข้าราชการ พนักงาน หรือลูกจ้างของหน่วยราชการ หน่วยงานของรัฐ รัฐวิสาหกิจหรือราชการส่วนท้องถิ่น หรือบุคคลหนึ่งบุคคลใดมาให้ข้อเท็จจริงหรือแสดงความคิดเห็น หรือให้จัดส่งเอกสารหรือข้อมูล เพื่อประกอบการพิจารณาดำเนินการตามพระราชบัญญัตินี้

(๙) ปฏิบัติการอื่นใดตามที่บัญญัติไว้ในพระราชบัญญัตินี้ หรือตามมติคณะกรรมการมาตรา ๑๗ คณะกรรมการควบคุมมีอำนาจแต่งตั้งคณะอนุกรรมการหรือคณะทำงานเพื่อปฏิบัติการตามที่คณะกรรมการควบคุมมอบหมาย

ให้นำบทบัญญัติมาตรา ๗ มาใช้บังคับกับการประชุมของคณะอนุกรรมการหรือคณะทำงานโดยอนุโลม

มาตรา ๑๘ ให้มีคณะกรรมการควบคุมเครื่องดื่มแอลกอฮอล์กรุงเทพมหานคร ประกอบด้วย ผู้ว่าราชการกรุงเทพมหานครเป็นประธานกรรมการ ปลัดกรุงเทพมหานครเป็นรอง

ประธานกรรมการ ผู้แทนกองบัญชาการตำรวจนครบาล ผู้แทนกรมประชาสัมพันธ์ ผู้แทนกรมสรรพสามิต หัวหน้าสำนักงานป้องกันและบรรเทาสาธารณภัยกรุงเทพมหานคร ผู้อำนวยการสำนักพัฒนาสังคม ผู้อำนวยการสำนักงานเขตพื้นที่การศึกษาในกรุงเทพมหานครซึ่งผู้ว่าราชการกรุงเทพมหานครแต่งตั้งหนึ่งคน ผู้อำนวยการสำนักการศึกษา ผู้อำนวยการสำนักการแพทย์ และผู้อำนวยการเป็นกรรมการและกรรมการผู้ทรงคุณวุฒิจำนวนสี่คนซึ่งผู้ว่าราชการกรุงเทพมหานครแต่งตั้งจากผู้มีความรู้ความสามารถและประสบการณ์ด้านสังคมสงเคราะห์ การแพทย์ จิตวิทยา และกฎหมายด้านละหนึ่งคน

ให้ผู้ว่าราชการสำนักอนามัยเป็นกรรมการและเลขานุการ คณะกรรมการควบคุมเครื่องดัดแปลงรถจักรยานยนต์กรุงเทพมหานครจะแต่งตั้งเจ้าหน้าที่ในสำนักอนามัยไม่เกินสองคนเป็นผู้ช่วยเลขานุการก็ได้

มาตรา ๑๕ ให้มีคณะกรรมการควบคุมเครื่องดัดแปลงรถจักรยานยนต์ ประกอบด้วย ผู้ว่าราชการจังหวัดเป็นประธานกรรมการ รองผู้ว่าราชการจังหวัดซึ่งได้รับมอบหมายจากผู้ว่าราชการจังหวัดเป็นรองประธานกรรมการ ผู้บังคับการตำรวจภูธรจังหวัด สรรพสามิตพื้นที่ซึ่งผู้ว่าราชการจังหวัดแต่งตั้งหนึ่งคน หัวหน้าสำนักงานป้องกันและบรรเทาสาธารณภัยจังหวัด ผู้อำนวยการสำนักงานเขตพื้นที่การศึกษาในจังหวัดซึ่งผู้ว่าราชการจังหวัดแต่งตั้งหนึ่งคน ประธานสัมพันธ์จังหวัด พัฒนาสังคมและความมั่นคงของมนุษย์จังหวัด ผู้อำนวยการสำนักงานป้องกันควบคุมโรคที่รับผิดชอบในเขตจังหวัด ผู้บริหารองค์กรปกครองส่วนท้องถิ่นภายในเขตจังหวัดที่ผู้ว่าราชการจังหวัดแต่งตั้งจังหวัดละไม่เกินสี่คน เป็นกรรมการ และกรรมการผู้ทรงคุณวุฒิจำนวนสี่คน ซึ่งผู้ว่าราชการจังหวัดแต่งตั้งจากผู้มีความรู้ความสามารถและประสบการณ์ด้านสังคมสงเคราะห์ การแพทย์ จิตวิทยา และกฎหมายด้านละหนึ่งคน

ให้นายแพทย์สาธารณสุขจังหวัดเป็นกรรมการและเลขานุการ คณะกรรมการควบคุมเครื่องดัดแปลงรถจักรยานยนต์จะแต่งตั้งข้าราชการในสำนักงานสาธารณสุขจังหวัดไม่เกินสองคนเป็นผู้ช่วยเลขานุการก็ได้

มาตรา ๒๐ ให้นำบทบัญญัติมาตรา ๑๑ มาตรา ๑๒ มาตรา ๑๓ และมาตรา ๑๔ มาใช้บังคับกับการดำรงตำแหน่ง การพ้นจากตำแหน่ง การแต่งตั้งกรรมการแทนและการปฏิบัติหน้าที่ของกรรมการผู้ทรงคุณวุฒิตามมาตรา ๑๘ และมาตรา ๑๕ โดยอนุโลม เว้นแต่อำนาจของรัฐมนตรีตามมาตรา ๑๓ (๓) ให้เป็นอำนาจของผู้ว่าราชการกรุงเทพมหานครหรือผู้ว่าราชการจังหวัดแล้วแต่กรณี

มาตรา ๒๑ ให้นำบทบัญญัติมาตรา ๗ และมาตรา ๘ มาใช้บังคับกับการประชุมและการแต่งตั้งคณะอนุกรรมการหรือคณะทำงานของคณะกรรมการควบคุมเครื่องดัดแปลงรถจักรยานยนต์และคณะกรรมการควบคุมเครื่องดัดแปลงรถจักรยานยนต์โดยอนุโลม

มาตรา ๒๒ คณะกรรมการควบคุมเครื่องดื่มน้ำแอลกอฮอล์กรุงเทพมหานครและ
คณะกรรมการควบคุมเครื่องดื่มน้ำแอลกอฮอล์จังหวัด มีอำนาจและหน้าที่ในเขตกรุงเทพมหานครหรือ
ในเขตจังหวัดแล้วแต่กรณี ดังต่อไปนี้

(๑) เสนอความเห็นเกี่ยวกับมาตรการต่าง ๆ ในการควบคุมเครื่องดื่มน้ำแอลกอฮอล์และ
การบำบัดรักษาหรือฟื้นฟูสภาพผู้ติดเครื่องดื่มน้ำแอลกอฮอล์ต่อคณะกรรมการควบคุม

(๒) ให้คำปรึกษาแนะนำ และประสานงานแก่หน่วยงานของรัฐและเอกชนเกี่ยวกับการ
ควบคุมการผลิต การนำเข้า การขาย การโฆษณา และการบริโภคเครื่องดื่มน้ำแอลกอฮอล์ รวมทั้งการ
เสนอมาตรการในการป้องกันผลกระทบจากการบริโภคเครื่องดื่มน้ำแอลกอฮอล์ ตลอดจนการ
บำบัดรักษาและฟื้นฟูสภาพผู้ติดเครื่องดื่มน้ำแอลกอฮอล์

(๓) กำหนดแนวทางปฏิบัติเพื่อเฝ้าระวังและป้องกันมิให้เด็กและเยาวชนไปเกี่ยวข้องกับ
กับเครื่องดื่มน้ำแอลกอฮอล์

(๔) กำหนดแนวทางปฏิบัติให้สอดคล้องกับนโยบายของคณะกรรมการในการลดและ
เลิกการบริโภคเครื่องดื่มน้ำแอลกอฮอล์

(๕) ติดตาม ประเมินผลและตรวจสอบการดำเนินงานเกี่ยวกับการบังคับใช้กฎหมาย
เพื่อลดและเลิกการบริโภคเครื่องดื่มน้ำแอลกอฮอล์ แล้วรายงานผลต่อคณะกรรมการควบคุม

(๖) ปฏิบัติการอื่นใดตามที่คณะกรรมการหรือคณะกรรมการควบคุมมอบหมายมาตรา
๒๓ ในการปฏิบัติหน้าที่ตามพระราชบัญญัตินี้ ให้กรรมการและอนุกรรมการเป็นเจ้าพนักงานตาม
ประมวลกฎหมายอาญา

หมวด ๓

สำนักงานคณะกรรมการควบคุมเครื่องดื่มน้ำแอลกอฮอล์

มาตรา ๒๔ ให้จัดตั้ง “สำนักงานคณะกรรมการควบคุมเครื่องดื่มน้ำแอลกอฮอล์” ขึ้นใน
กรมควบคุมโรค กระทรวงสาธารณสุขให้มีผู้อำนวยการเป็นผู้บังคับบัญชาและรับผิดชอบในการ
ปฏิบัติราชการของสำนักงาน

มาตรา ๒๕ ให้สำนักงานมีอำนาจหน้าที่ ดังต่อไปนี้

(๑) ปฏิบัติงานธุรการของคณะกรรมการ และคณะกรรมการควบคุม

(๒) ดำเนินการหรือสนับสนุนให้มีการดำเนินการศึกษา วิเคราะห์ วิจัยปัญหาต่าง ๆ
เกี่ยวกับเครื่องดื่มน้ำแอลกอฮอล์ และดำเนินการติดตามและประเมินผลการปฏิบัติตามนโยบาย รวมทั้ง
แผนงานและมาตรการต่าง ๆ ในการควบคุมเครื่องดื่มน้ำแอลกอฮอล์ และการบำบัดรักษาหรือฟื้นฟู

สภาพผู้ติดเครื่องยนต์แอลกอฮอล์ของหน่วยงานของรัฐและเอกชนที่เกี่ยวข้อง แล้วรายงานให้คณะกรรมการควบคุมทราบและพิจารณาเสนอคณะกรรมการ

(๓) ประสานงานและร่วมมือกับคณะกรรมการควบคุมเครื่องยนต์แอลกอฮอล์ กรุงเทพมหานครคณะกรรมการควบคุมเครื่องยนต์แอลกอฮอล์จังหวัด ส่วนราชการ หน่วยงานของรัฐ และเอกชนที่เกี่ยวข้องในการดำเนินงานเกี่ยวกับการควบคุมเครื่องยนต์แอลกอฮอล์ และการบำบัดรักษาหรือฟื้นฟูสภาพผู้ติดเครื่องยนต์แอลกอฮอล์

(๔) เป็นศูนย์กลางข้อมูลเกี่ยวกับเครื่องยนต์แอลกอฮอล์

(๕) ปฏิบัติการอื่นใดตามที่คณะกรรมการหรือคณะกรรมการควบคุม มอบหมาย

หมวด ๔

การควบคุมเครื่องยนต์แอลกอฮอล์

มาตรา ๒๖ ให้ผู้ผลิตหรือนำเข้าเครื่องยนต์แอลกอฮอล์ ปฏิบัติดังต่อไปนี้

(๑) จัดให้มีบรรจุภัณฑ์ ฉลาก พร้อมทั้งข้อความคำเตือนสำหรับเครื่องยนต์แอลกอฮอล์ที่ผลิตหรือนำเข้า ทั้งนี้ให้เป็นไปตามหลักเกณฑ์ วิธีการ และเงื่อนไขที่คณะกรรมการควบคุมประกาศ กำหนดโดยความเห็นชอบของคณะกรรมการและประกาศในราชกิจจานุเบกษา

(๒) การอื่นตามที่คณะกรรมการควบคุมกำหนดโดยความเห็นชอบของคณะกรรมการ และประกาศในราชกิจจานุเบกษา

มาตรา ๒๗ ห้ามขายเครื่องยนต์แอลกอฮอล์ในสถานที่หรือบริเวณดังต่อไปนี้

(๑) วัดหรือสถานที่สำหรับปฏิบัติพิธีกรรมทางศาสนา

(๒) สถานบริการสาธารณสุขของรัฐ สถานพยาบาลตามกฎหมายว่าด้วยสถานพยาบาล และร้านขายยาตามกฎหมายว่าด้วยยา

(๓) สถานที่ราชการ ยกเว้นบริเวณที่จัดไว้เป็นร้านค้าหรือสโมสร

(๔) หอพักตามกฎหมายว่าด้วยหอพัก

(๕) สถานศึกษาตามกฎหมายว่าด้วยการศึกษาแห่งชาติ

(๖) สถานบริการน้ำมันเชื้อเพลิงตามกฎหมายว่าด้วยการควบคุมน้ำมันเชื้อเพลิง หรือร้านค้าในบริเวณสถานบริการน้ำมันเชื้อเพลิง

(๗) สวนสาธารณะของทางราชการที่จัดไว้เพื่อการพักผ่อนของประชาชนโดยทั่วไป

(๘) สถานที่อื่นที่รัฐมนตรีประกาศกำหนดโดยความเห็นชอบของคณะกรรมการ

มาตรา ๒๘ ห้ามมิให้ผู้ใดขายเครื่องยนต์แอลกอฮอล์ในวัน หรือเวลาที่รัฐมนตรีประกาศ กำหนดโดยคำแนะนำของคณะกรรมการ ทั้งนี้ ประกาศดังกล่าวจะกำหนดเงื่อนไขหรือข้อยกเว้นใด

ๆเท่าที่จำเป็นไว้ด้วยก็ได้บัพัญญติในวรรคหนึ่ง มิให้ใช้บังคับกับการขายของผู้ผลิตผู้นำเข้าหรือตัวแทนของผู้ผลิตหรือผู้นำเข้าไปยังผู้ขายซึ่งได้รับอนุญาตตามกฎหมายว่าด้วยสุรา

มาตรา ๒๕ ห้ามมิให้ผู้ใดขายเครื่องดื่มแอลกอฮอล์แก่บุคคลดังต่อไปนี้

(๑) บุคคลซึ่งมีอายุต่ำกว่ายี่สิบปีบริบูรณ์

(๒) บุคคลที่มีอาการมึนเมาจนครองสติไม่ได้

มาตรา ๓๐ ห้ามมิให้ผู้ใดขายเครื่องดื่มแอลกอฮอล์โดยวิธีการหรือในลักษณะดังต่อไปนี้

(๑) ใช้เครื่องขายอัตโนมัติ

(๒) การเร่ขาย

(๓) การลดราคาเพื่อประโยชน์ในการส่งเสริมการขาย

(๔) ให้หรือเสนอให้สิทธิในการเข้าชมการแข่งขัน การแสดง การให้บริการการชิงโชค การชิงรางวัล หรือสิทธิประโยชน์อื่นใดเป็นการตอบแทนแก่ผู้ซื้อเครื่องดื่มแอลกอฮอล์ หรือแก่ผู้นำหีบห่อหรือสลากหรือสิ่งอื่นใดเกี่ยวกับเครื่องดื่มแอลกอฮอล์มาแลกเปลี่ยนหรือแลกซื้อ

(๕) โดยแจก แถม ให้ หรือแลกเปลี่ยนกับเครื่องดื่มแอลกอฮอล์ หรือกับสินค้าอื่น หรือการให้บริการอย่างอื่นแล้วแต่กรณี หรือแจกจ่ายเครื่องดื่มแอลกอฮอล์ในลักษณะเป็นตัวอย่างของเครื่องดื่มแอลกอฮอล์ หรือเป็นการจูงใจสาธารณชนให้บริโภคเครื่องดื่มแอลกอฮอล์ รวมถึงการกำหนดเงื่อนไขการขายในลักษณะที่เป็นการบังคับซื้อเครื่องดื่มแอลกอฮอล์โดยทางตรงหรือทางอ้อม

(๖) โดยวิธีหรือลักษณะอื่นใดตามที่รัฐมนตรีประกาศกำหนดโดยคำแนะนำของคณะกรรมการ

มาตรา ๓๑ ห้ามมิให้ผู้ใดบริโภคเครื่องดื่มแอลกอฮอล์ในสถานที่หรือบริเวณดังต่อไปนี้

(๑) วัดหรือสถานที่สำหรับปฏิบัติพิธีกรรมทางศาสนา เว้นแต่เป็นส่วนหนึ่งของพิธีกรรมทางศาสนา

(๒) สถานบริการสาธารณสุขของรัฐ สถานพยาบาลตามกฎหมายว่าด้วยสถานพยาบาล และร้านขายยาตามกฎหมายว่าด้วยยา ยกเว้นบริเวณที่จัดไว้เป็นที่พักส่วนบุคคล

(๓) สถานที่ราชการ ยกเว้นบริเวณที่จัดไว้เป็นที่พักส่วนบุคคล หรือสโมสร หรือการจัดเลี้ยงตามประเพณี

(๔) สถานศึกษาตามกฎหมายว่าด้วยการศึกษาแห่งชาติ ยกเว้นบริเวณที่จัดไว้เป็นที่พักส่วนบุคคลหรือสโมสร หรือการจัดเลี้ยงตามประเพณี หรือสถานศึกษาที่สอนการผสมเครื่องดื่มแอลกอฮอล์และได้รับอนุญาตตามกฎหมายว่าด้วยการศึกษาแห่งชาติ

(๕) สถานีบริการน้ำมันเชื้อเพลิงตามกฎหมายว่าด้วยการควบคุมน้ำมันเชื้อเพลิงหรือร้านค้าในบริเวณสถานีบริการน้ำมันเชื้อเพลิง

(๖) สวนสาธารณะของทางราชการที่จัดไว้เพื่อการพักผ่อนของประชาชนโดยทั่วไป

(๗) สถานที่อื่นที่รัฐมนตรีประกาศกำหนดโดยคำแนะนำของคณะกรรมการ

มาตรา ๓๒ ห้ามมิให้ผู้ใดโฆษณาเครื่องดัดแปลงแอลกอฮอล์หรือแสดงชื่อหรือเครื่องหมายของเครื่องดัดแปลงแอลกอฮอล์อันเป็นการอวดอ้างสรรพคุณหรือชักจูงใจให้ผู้อื่นดัดแปลงหรือโดยอ้อมการโฆษณาหรือประชาสัมพันธ์ใด ๆ โดยผู้ผลิตเครื่องดัดแปลงแอลกอฮอล์ทุกประเภทให้กระทำได้เฉพาะการให้ข้อมูลข่าวสาร และความรู้เชิงสร้างสรรค์สังคม โดยไม่มีการปรากฏภาพของสินค้าหรือบรรจุภัณฑ์ของเครื่องดัดแปลงแอลกอฮอล์นั้น เว้นแต่เป็นการปรากฏของภาพสัญลักษณ์ของเครื่องดัดแปลงแอลกอฮอล์ หรือสัญลักษณ์ของบริษัทผู้ผลิตเครื่องดัดแปลงแอลกอฮอล์นั้นเท่านั้น ทั้งนี้ตามที่กำหนดในกฎกระทรวง

บทบัญญัติในวรรคหนึ่งและวรรคสอง มิให้ใช้บังคับกับการโฆษณาที่มีต้นกำเนิดนอกราชอาณาจักร

หมวด ๕

การบำบัดรักษาหรือฟื้นฟูสภาพผู้ติดเครื่องดัดแปลงแอลกอฮอล์

มาตรา ๓๓ ผู้ติดเครื่องดัดแปลงแอลกอฮอล์หรือญาติ คณะบุคคล หรือองค์กรทั้งภาครัฐหรือเอกชนที่มีวัตถุประสงค์เพื่อการบำบัดรักษาหรือฟื้นฟูสภาพผู้ติดเครื่องดัดแปลงแอลกอฮอล์ อาจขอรับการสนับสนุนเพื่อการบำบัดรักษาหรือฟื้นฟูสภาพจากสำนักงานได้ ทั้งนี้ ตามหลักเกณฑ์ วิธีการ และเงื่อนไขที่คณะกรรมการควบคุมกำหนด

หมวด ๖

พนักงานเจ้าหน้าที่

มาตรา ๓๔ ในการปฏิบัติหน้าที่ตามพระราชบัญญัตินี้ให้พนักงานเจ้าหน้าที่ที่มีอำนาจหน้าที่ดังต่อไปนี้

(๑) เข้าไปในสถานที่ทำการของผู้ผลิต นำเข้า หรือขายเครื่องดัดแปลงแอลกอฮอล์ สถานที่ผลิตนำเข้า หรือขายเครื่องดัดแปลงแอลกอฮอล์ สถานที่เก็บเครื่องดัดแปลงแอลกอฮอล์ ในเวลาทำการของสถานที่นั้นรวมถึงเข้าตรวจสอบยานพาหนะเพื่อตรวจสอบการปฏิบัติตามพระราชบัญญัตินี้

(๒) ยึดหรืออายัดเครื่องดื่มแอลกอฮอล์ของผู้ผลิต ผู้นำเข้า หรือผู้ขายที่ฝ่าฝืนหรือไม่ปฏิบัติตามพระราชบัญญัตินี้

(๓) มีหนังสือเรียกบุคคลใดมาให้ถ้อยคำหรือให้ส่งเอกสารหรือวัตถุใดมาเพื่อประกอบการพิจารณา

มาตรา ๓๕ ในการปฏิบัติหน้าที่ตามพระราชบัญญัตินี้ พนักงานเจ้าหน้าที่ต้องแสดงบัตรประจำตัวต่อผู้รับอนุญาตหรือบุคคลที่เกี่ยวข้องบัตรประจำตัวพนักงานเจ้าหน้าที่ให้เป็นไปตามแบบที่รัฐมนตรีประกาศกำหนด

มาตรา ๓๖ ในการปฏิบัติหน้าที่ของพนักงานเจ้าหน้าที่ตามมาตรา ๓๔ ให้บุคคลที่เกี่ยวข้องอำนวยความสะดวกตามสมควร

มาตรา ๓๗ ในการปฏิบัติหน้าที่ตามพระราชบัญญัตินี้ให้พนักงานเจ้าหน้าที่เป็นเจ้าพนักงานตามประมวลกฎหมายอาญา

หมวด ๓

บทกำหนดโทษ

มาตรา ๓๘ ผู้ผลิตหรือนำเข้าเครื่องดื่มแอลกอฮอล์ผู้ใดไม่ปฏิบัติตามมาตรา ๒๖ ต้องระวางโทษจำคุกไม่เกินหนึ่งปี หรือปรับไม่เกินหนึ่งแสนบาท หรือทั้งจำทั้งปรับ

มาตรา ๓๙ ผู้ใดขายเครื่องดื่มแอลกอฮอล์โดยฝ่าฝืนมาตรา ๒๗ หรือมาตรา ๒๘ ต้องระวางโทษจำคุกไม่เกินหกเดือน หรือปรับไม่เกินหนึ่งหมื่นบาท หรือทั้งจำทั้งปรับ

มาตรา ๔๐ ผู้ใดขายเครื่องดื่มแอลกอฮอล์โดยฝ่าฝืนมาตรา ๒๙ หรือมาตรา ๓๐ (๑) ต้องระวางโทษจำคุกไม่เกินหนึ่งปี หรือปรับไม่เกินสองหมื่นบาท หรือทั้งจำทั้งปรับ

มาตรา ๔๑ ผู้ใดฝ่าฝืนมาตรา ๓๐ (๒) (๓) (๔) (๕) หรือ (๖) ต้องระวางโทษจำคุกไม่เกินหกเดือน หรือปรับไม่เกินหนึ่งหมื่นบาท หรือทั้งจำทั้งปรับ

มาตรา ๔๒ ผู้ใดฝ่าฝืนมาตรา ๓๑ ต้องระวางโทษจำคุกไม่เกินหกเดือน หรือปรับไม่เกินหนึ่งหมื่นบาท หรือทั้งจำทั้งปรับ

มาตรา ๔๓ ผู้ใดฝ่าฝืนมาตรา ๓๒ ต้องระวางโทษจำคุกไม่เกินหนึ่งปี หรือปรับไม่เกินห้าแสนบาท หรือทั้งจำทั้งปรับ นอกจากต้องระวางโทษตามวรรคหนึ่งแล้ว ผู้ฝ่าฝืนยังต้องระวางโทษปรับอีกวันละไม่เกินห้าหมื่นบาทตลอดเวลาที่ยังฝ่าฝืนหรือจนกว่าจะได้ปฏิบัติให้ถูกต้อง

มาตรา ๔๔ ผู้ใดต่อสู้หรือขัดขวางการปฏิบัติหน้าที่ของพนักงานเจ้าหน้าที่ตามมาตรา ๓๔ (๑) หรือ (๒) ต้องระวางโทษจำคุกไม่เกินหนึ่งปี หรือปรับไม่เกินสองหมื่นบาท หรือทั้งจำทั้ง

ปรับ ผู้ใดไม่ยอมมาให้ถ้อยคำหรือไม่ยอมให้ถ้อยคำโดยไม่มีเหตุอันสมควรต่อพนักงานเจ้าหน้าที่ ซึ่งปฏิบัติหน้าที่ตามมาตรา ๓๔ (๓) หรือไม่ยอมส่งเอกสารหรือวัตถุอื่นใดมาเพื่อประกอบการพิจารณาของพนักงานเจ้าหน้าที่เมื่อถูกเรียกให้ส่งตามมาตรา ๓๔ (๓) ต้องระวางโทษปรับไม่เกินสองหมื่นบาท

ผู้ใดไม่อำนวยความสะดวกแก่พนักงานเจ้าหน้าที่ อันเป็นการไม่ปฏิบัติตามมาตรา ๓๖ ต้องระวางโทษปรับไม่เกินสองพันบาท

มาตรา ๔๕ บรรดาความผิดตามพระราชบัญญัตินี้ให้คณะกรรมการควบคุมมีอำนาจเปรียบเทียบได้ และในการนี้ให้คณะกรรมการควบคุมมีอำนาจมอบหมายให้คณะอนุกรรมการพนักงานสอบสวน หรือพนักงานเจ้าหน้าที่ดำเนินการเปรียบเทียบได้ โดยจะกำหนดหลักเกณฑ์ในการเปรียบเทียบ หรือเงื่อนไขประการใด ๆ ให้แก่ผู้ได้รับมอบหมายตามที่เห็นสมควรก็ได้ในการสอบสวน ถ้าพนักงานสอบสวนพบว่าบุคคลใดกระทำความผิดตามพระราชบัญญัตินี้และบุคคลนั้นยินยอมให้เปรียบเทียบให้พนักงานสอบสวนส่งเรื่องมายังคณะกรรมการควบคุมหรือผู้ซึ่งคณะกรรมการควบคุมมอบหมายให้มีอำนาจเปรียบเทียบตามวรรคหนึ่งภายในเจ็ดวัน นับแต่วันที่ผู้นั้นแสดงความยินยอมให้เปรียบเทียบเมื่อผู้กระทำความผิดได้เสียค่าปรับตามที่เปรียบเทียบแล้วให้ถือว่าคดีเลิกกันตามประมวลกฎหมายวิธีพิจารณาความอาญา

ผู้รับสนองพระบรมราชโองการ

พลเอก สุรยุทธ์ จุลานนท์

นายกรัฐมนตรี

หมายเหตุ :- เหตุผลในการประกาศใช้พระราชบัญญัติฉบับนี้ คือ โดยที่เครื่องดื่มแอลกอฮอล์ได้ก่อให้เกิดปัญหาด้านสุขภาพ ครอบครัว อุบัติเหตุและอาชญากรรม ซึ่งมีผลกระทบต่อสังคมและเศรษฐกิจโดยรวมของประเทศสมควรกำหนดมาตรการต่าง ๆ ในการควบคุมเครื่องดื่มแอลกอฮอล์ รวมทั้งการบำบัดรักษาหรือฟื้นฟูสภาพผู้ติดเครื่องดื่มแอลกอฮอล์ เพื่อช่วยลดปัญหาและผลกระทบทั้งด้านสังคมและเศรษฐกิจ ช่วยสร้างเสริมสุขภาพของประชาชนโดยให้ตระหนักถึงพิษภัยของเครื่องดื่มแอลกอฮอล์ ตลอดจนช่วยป้องกันเด็กและเยาวชนมิให้เข้าถึงเครื่องดื่มแอลกอฮอล์ได้โดยง่าย จึงจำเป็นต้องตราพระราชบัญญัตินี้

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