

## ABSTRACT

In Myanmar, every 1 in 4 current drinkers practiced heavy episodic drinking: which is associated with acute consequences such as intentional and unintentional injuries, alcohol intoxication and violence. Increasing alcohol-related problems is also encountered in Hakha so that community actions such as prohibition of *OB* (white spirits) sales, religious rehabilitation camps for alcoholics has been implemented in Hakha since the last two years ago. This study aims to determine the magnitude of alcohol drinking, consumption patterns and related problems among 15 – 64 year-old- males in Hakha. A cross-sectional descriptive study was done by two-stage cluster sampling method. Total 293 subjects were interviewed by using pre-tested face to face interview questions. Consumption pattern was recorded by using WHO Alcohol Use Disorders Identification Test (AUDIT). Among the participants, young adults were 46.4% and elderly group 8.5%. Almost all are Chin and Christians. Current drinkers were 64.5% and among them, 48.7% had habit of drinking at home, 61.4% used to drink with friends and drinking without any meal was reported by 21.2%. Nearly half of current drinkers were chronic drinkers ( $\geq 10$  years). One third started drinking alcohol before the age of 18 and the two most common reason for drinking was for pleasure and peer influence. According to AUDIT scoring system, 37.01% were hazardous drinkers, 3.74% harmful drinkers and 6.35% possible alcohol dependents. Of the 189 current drinkers, 92 (49%) encountered alcohol-related problems where 73.84% were socio-economic problems. Alcohol drinking was significantly associated with age group ( $p < 0.001$ ) and marital status ( $p < 0.001$ ). Chi-square test for trend showed that alcohol-related problems were more common in higher AUDIT score group ( $p < 0.001$ ). The more risky the drinking patterns, the higher alcohol-related problems. By logistic regression,  $\leq 19$  age group [AOR- **8.11(2.17-30.30)**] and 20 – 39 age group [AOR- **6.66 (2.26-19.58)**] were more likely to drink alcohol than  $\geq 60$  age group. Study concluded that drinking alcohol among young adult in Hakha is an important issue that needs urgent action to be taken. Hence, primordial prevention activities such as awareness raising programs should be implemented to know the harmful effects of alcohol among school children.