

Results of the 2006 Whitman College Lifestyle Choices Survey

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Introduction: The Rationale Behind The Survey

This survey was designed to update our knowledge of the campus drinking culture: the frequency of drinking, the consequences of drinking, the prevalence of healthy drinking behaviors, and intervention by students to prevent friends and acquaintances from potentially harmful behavior (such as drunk driving). Perceptions of others' actions are also an important part of a campus drinking culture. The survey instrument was guided by Social Norms theory, which argues that perceptions of others' behavior are the most important factor when a student tries to evaluate his or her actions, or a friend's actions, against everyone else in a particular group, or everyone else on campus.

Thus, our goals in conducting the survey were as follows:

- To learn about student perceptions of campus drinking and marijuana use
- To uncover the realities of campus drinking and drug use
- To learn about the frequencies of other drinking related incidents and activities
- To note any changes in drinking behavior from our 2002 and 2004 surveys
- To educate students about the realities of campus drinking and drug use

This final goal does not involve educating students about drinking in general, but rather involves educating students about the realities of what is happening on campus, to clear up any misperceptions held by the campus in general. The goal is to allow students to make more educated decisions about drinking, and to alleviate any unnecessary peer pressure that comes from holding misperceptions of others' actions and attitudes.

Methodology

Our 2002 survey was developed by adapting questions from successful alcohol surveys done at other colleges and universities. Some questions were altered slightly to fit the Whitman environment. The 2004 and 2006 surveys eliminated some questions related to alcohol use, made minor changes to others, and added new questions about aspects of both alcohol and drug use. The survey was pre-tested by RAs to ensure that the survey made sense to Whitman students and was an appropriate length.

On-line data collection eliminated the need for mailings and data entry, and ensured respondents complete anonymity. When accessing the data entry site, students were asked to enter their e-mail ID and password. When the survey was submitted, the data went to one file and the ID to another, with no way to link the two. With this process we were also able to track response rates, prevent people from taking the survey more than once, and follow-up with non-responders to boost response rates.

All students on campus during the Spring 2006 semester who had also been on campus during the fall semester were invited to participate in the survey (N=1339). Students who studied abroad or were on leave of absence during the fall were ineligible due to the nature of the survey questions. 879 students completed the survey, a 65.6% response rate.

A glance at the demographics of the population and those of the respondents reveals that the sample is fairly representative of the population, although women and Caucasian students were slightly more likely to participate in the survey. **Table 1** shows the percentage of various groups in the population vs. the respondents.

Table 1: Population vs. Respondents

Population (N=1339)	Respondents (N=879)
52.9% Female	57.2% Female
47.1% Male	42.8% Male
80.8% Caucasian	84.4% Caucasian
28.6% Seniors	27.5% Seniors
15.2% Juniors	12.2% Juniors
29.9% Sophomores	32.4% Sophomores
26.4% FY Students	27.9% FY Students
30.4% Greek System	29.2% Greek System

Results

In the following tables, the numbers given are the percent of respondents answering in each category. Missing responses are not included (usually less than 1%).

Attitudes Toward Drinking

Students' attitudes towards drinking and perceptions of attitudes towards drinking were measured by three questions, which are shown below with the percent of respondents falling into each category. The middle category ("Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities") is both the most common view of Whitman students for their own behavior, as well as the most common standard they expect others to follow. It is also important to note that 88.2% of Whitman students believe that alcohol should not interfere with their own academics or other responsibilities, and 75.7% expect others to adhere to this standard.

Which of the following statements below about drinking alcoholic beverages do you feel best represents your own attitude for yourself?

- 10.1 Drinking is never a good thing to do
- 15.1 Drinking is okay but a person should not get drunk
- 63.0 Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities
- 4.1 Occasionally getting drunk is okay even when it interferes with academics or responsibilities
- 7.6 Frequently getting drunk is okay if that's what the individual wants to do.

Which of the following statements below about drinking alcoholic beverages do you feel best represents your expectations for other people?

- 1.6 Drinking is never a good thing to do
- 8.1 Drinking is okay but a person should not get drunk
- 66.0 Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities
- 5.5 Occasionally getting drunk is okay even when it interferes with academics or responsibilities
- 18.8 Frequently getting drunk is okay if that's what the individual wants to do.

While the middle category is also the most common perception of others' attitudes, it is interesting to note that 23% of respondents perceive the more permissive views of alcohol consumption are the most common on campus. Looking at the first table above, over 25% of

students follow a stricter standard of alcohol consumption, compared to only 11.7% following one of the more permissive views of alcohol consumption.

Which of the following statements below about drinking alcoholic beverages do you feel best represents the most common attitude among Whitman students in general?

- 0 Drinking is never a good thing to do
- 1.4 Drinking is okay but a person should not get drunk
- 75.7 Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities
- 13.7 Occasionally getting drunk is okay even when it interferes with academics or responsibilities
- 9.3 Frequently getting drunk is okay if that's what the individual wants to do.

Number of Non-Drinkers

About 21.5% of students said they did not drink alcohol during the fall semester. This figure is slightly higher than previous results—it was 19.5% in 2002, and 20% in 2004—but is more likely due to sampling variation.

Reasons for drinking

Not surprisingly, the most common reason given for drinking was “for fun.” About 87.5% of respondents indicated that this was a reason they consumed alcohol. Interestingly, this number is about 10 percentage points lower than the previous two surveys—97% of respondents on both the 2002 and 2004 surveys said they drank “for fun.” Other common reasons included “to relax” (63.2%), “as a reward for hard work” (60.1%), “to feel at ease socially” (55.8%), “to get a buzz” (63.0%) and “to get drunk” (59.6%). The complete results from this section of the survey are shown below. While only 8.7% said they drink “because of peer pressure” and only 16.5% drink “to fit in,” 44.5% said they drink “because my friends are drinking.” Note that the percentages in this table only include those who drank alcohol during the fall semester (N=689).

Indicate whether each of the following is a reason why you consume alcohol (mark all that apply).

To relax	63.2
To feel at ease socially	55.8
To get drunk	59.6
Because there is nothing else to do	21.4
Because of peer pressure	8.7
To get a buzz	63.0
To influence sexual behavior	10.1
To increase confidence	28.1
To fit in	16.5
To overcome feeling depressed	10.7
For fun	87.5
To loosen inhibitions	41.7
As a reward for hard work	60.1
Relief from academic pressure	51.7
Because my friends are drinking	44.5
For the taste	57.7
To accompany food	51.6

Consequences of Alcohol Use

Nationally, 25% of college students report academic consequences of their drinking, including missing class, doing poorly on exams or papers, and receiving lower grades¹. Only 8.1% of Whitman students reported that alcohol has affected academic performance. Results are found below.

During the fall semester, how did your consumption of alcohol affect your academic performance? (Please select all that apply.)

91.9	My academic performance has not been affected
5.5	Received a lower grade on an exam or important paper/project
3.1	Received a lower grade in a course
0.7	Dropped a course
1.8	Performed poorly on a test or important project
0.3	Received an academic warning or probation

Further analysis reveals the obvious: those who drink more per week are more likely to report that their academic performance was affected by alcohol. The following table shows the percentage of students who said their academics were affected, broken out by the number of drinks they had during a typical week in the fall semester.

Drinks per week	% Academics Affected
1-9 drinks	3.4%
10-19 drinks	10.1%
20+ drinks	31.3%

Nationally, 11% of college student drinkers report that they have damaged property while under the influence of alcohol. Similarly, 10.3% of Whitman students reported damaging property while under the influence of alcohol. Other interesting findings from this set of questions include: nearly half of all respondents reported that they caused embarrassment to themselves or someone else, 9.9% reported that they drove shortly after having 4 or more drinks, nearly 32% of Whitman students threw up as a result of their drinking, and nearly 60% of students reported that they drank with the specific purpose of getting drunk at least one time. Note that non-drinkers are included in this table in the “Never” column.

Different things happen to people while they are drinking alcohol or as a result of their alcohol use. Please indicate how many times each happened to you during the past fall semester while you were drinking alcohol or as a result of your alcohol use.

	<u>Never</u>	<u>1-2</u> <u>Times</u>	<u>3-5</u> <u>Times</u>	<u>6-10</u> <u>Times</u>	<u>10+</u> <u>Times</u>
Not able to do my homework or study for a test	78.0	15.8	4.0	1.8	0.3
Missed out on other things because I spent too much money on alcohol	94.0	4.4	0.9	0.5	0.2
Went to work or class drunk	89.4	8.3	1.4	0.7	0.2
Caused embarrassment to myself or someone else	54.5	31.7	9.4	2.9	1.5
Neglected my responsibilities	74.9	17.9	4.5	2.2	0.6
Felt that I needed more alcohol than I used to need in order to get the same effect	79.2	9.8	6.8	2.3	1.8
Felt that I had a problem with alcohol	91.0	6.8	1.5	0.1	0.6
Missed a day (or part of a day) of school or work	84.7	8.8	5.1	1.3	0.1
Damaged property	89.7	8.0	1.4	0.7	0.2

¹ All national statistics are from this source:
http://www.collegedrinkingprevention.gov/Reports/TaskForce/Intro_03.aspx

	Never	1-2 Times	3-5 Times	6-10 Times	10+ Times
Found myself in a place that I could not remember getting to	82.2	12.6	2.9	1.5	0.8
Passed out	76.6	15.6	5.0	1.4	1.4
Had a fight, argument, or bad feelings with another person	81.6	13.3	4.0	0.8	0.2
Kept drinking when I promised myself not to	82.9	12.5	3.0	1.3	0.3
Was told by a friend to stop or cut down on drinking	91.3	7.2	0.9	0.3	0.2
Engaged in sexual activity I later regretted	86.1	11.5	1.4	0.6	0.5
Threw up / Vomited	68.2	23.4	6.4	1.3	0.7
Drove shortly after drinking	90.1	7.2	1.4	0.6	0.8
Physically injured myself	85.0	11.6	2.4	0.5	0.5
Physically injured another person	96.0	3.6	0.3	0.1	0.0
Was subjected to disciplinary action from the college	99.4	0.5	0.1	0	0
Felt hungover	47.0	23.9	15.5	7.8	5.8
Had trouble sleeping	77.8	14.1	6.0	1.2	1.0
Couldn't recall parts of the previous day/evening	63.0	19.9	10.1	4.8	2.2
Drank something without knowing its alcohol contents	68.7	19.1	5.9	3.2	3.1
Drank with the specific purpose of getting drunk	41.3	18.8	14.1	11.8	13.9

Healthy Drinking Behaviors

Researchers and other professionals who work on college campuses have identified certain behaviors as “healthy” drinking behaviors, which minimize the risk of some of the consequences listed above. These behaviors include setting a drink limit, spacing alcoholic drinks to one per hour, and designating a sober driver prior to drinking. About 78% of Whitman students “always” or “usually” keep track of how much they drink, and nearly 77% “always” or “usually” encourage friends to drink safely. On the other hand, about 18.3% say they “always” or “usually” space drinks to one per hour.

Indicate how often you do the following when drinking:	<u>Always</u>	<u>Usually</u>	<u>Sometimes</u>	<u>Rarely</u>	<u>Never</u>
Set a drink limit	11.7	24.7	21.2	19.2	23.1
Keep track of how much I drink	40.9	37.4	13.0	4.7	3.9
Space my alcoholic drinks to one or fewer per hour	6.1	12.2	24.6	29.3	27.8
Alternate alcoholic drinks with non-alcoholic drinks	7.4	13.3	25.8	26.9	26.6
Drink for quality, not quantity	12.7	27.5	40.1	13.2	6.6
Eat before I begin drinking	32.5	45.3	18.1	2.6	1.5
Avoid drinking games	14.2	16.6	21.3	26.9	21.0
Refuse to drink anything whose contents are unknown to me	35.1	22.6	17.5	15.6	9.3
Don't leave my drink unattended	40.9	27.9	13.7	10.1	7.4
Designate a sober driver (if in a situation where driving)	75.8	15.8	5.0	1.3	2.1
Encourage my friends to drink safely	51.3	25.4	13.7	4.8	4.7
Watch out for my friends when we're drinking	67.4	23.9	5.5	1.8	1.3
Have a friend let me know when I've had enough	28.3	16.8	17.6	16.5	20.8
Drink juice, water, or other non-alcoholic beverage instead of alcohol	4.4	15.1	46.4	23.6	10.4

Drinks per Day

One measure of how much drinking occurs on campus asked respondents how many drinks they had per day during a typical week. These results are not making any claims that this is what happens every week on campus, they are simply reporting what students said happens during a typical week.

After Friday and Saturday, Thursday, then Tuesday are the biggest drinking nights. Typically, there is very little drinking on Sunday, Monday, and Wednesday. Complete results are as follows (note that percentages include non-drinkers):

For a typical week during the fall semester, indicate how many drinks you had on each day, and how many hours per day you spent drinking. (A drink is 12 oz. of beer or wine cooler, a 5 oz. of wine, or 1 oz. of liquor).

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+
Sunday	90.2	4.5	2.0	0.8	0.5	0.5	0.4	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1
Monday	93.5	3.8	1.3	0.1	0.2	0.2	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.1
Tuesday	78.5	4.1	3.8	2.8	3.2	2.3	1.2	1.5	0.8	0.0	0.7	0.0	0.6	0.0	0.1	0.4
Wednesday	91.6	4.0	1.9	0.6	0.5	0.6	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1
Thursday	64.4	5.8	6.1	5.3	4.4	2.5	3.3	1.9	2.3	0.5	1.4	0.6	0.8	0.0	0.1	0.6
Friday	37.7	6.7	7.8	8.9	8.7	8.2	7.4	3.2	3.4	0.8	3.7	0.5	1.2	0.3	0.3	1.2
Saturday	39.0	7.9	7.6	8.2	7.8	8.4	6.9	3.2	3.6	1.0	3.1	0.3	1.1	0.3	0.2	1.3

Here are some interesting factoids from this set of results:

- About 38.5% of Whitman students do not drink on a typical Friday or Saturday. About 52% of those who drink have 4 or fewer drinks.
- Around 90-94% do not drink on a typical Sunday, Monday, or Wednesday.
- Close to 80% do not drink on a typical Tuesday. 64.7% of those who drink have 4 or fewer drinks.
- 64% do not drink on a typical Thursday. 60.6% of those who drink have 4 or fewer drinks.
- 6-7% of Whitman students say they have 10 or more drinks on a typical Friday or Saturday night.

Drinks per hour

Having five drinks in one hour is a very different experience than having five drinks over six hours. This set of questions also asked for the number of hours respondents spent drinking. This allows for the computation of the number of drinks per hour. The following table shows the number of drinks per hour during a typical week:

Drinks/hour	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0	91.3	94.5	79.1	92.6	65.1	38.3	39.6
0-1	0.6	0.5	3.1	0.8	5.2	10.1	9.1
1	4.2	2.9	5.8	3.3	9.9	15.5	16.0
1-2	1.2	0.7	6.1	1.3	9.8	19.1	19.0
2 or more	2.5	1.4	5.9	1.9	9.9	17.0	16.3

Interestingly, despite only 18% of respondents saying they “always” or “usually” space their drinks to one per hour, a significantly higher percentage of students say during a typical week, when drinking, they have one or few drinks per hour.

Drinks per week

The above data also allows for the computation of the number of drinks Whitman students have over the course of a typical week. Most students (64.8%) have fewer than 10 drinks per week, and a small percentage have 20 or more drinks per week. Results are as follows:

Drinks per week	%
0 drinks	33.2%
1-9 drinks	31.6%
10-19 drinks	21.5%
20+ drinks	13.6%

Drinks per week and GPA

Students who have fewer drinks per week are more likely to have higher GPAs. The following table shows the percentage of each “drinks per week” group within each GPA category. While nearly 60% of those who have 0 drinks per week have a 3.5 GPA or higher, about 31% of those who have 20 drinks or more each week have a GPA above 3.5. Conversely, about 10% of those having 0 drinks per week have below a 3.0, compared to about 24% of those who have 20 or more drinks per week.

	0 drinks	1-9 drinks	10-19 drinks	20+ drinks
3.75-4.0	32.7	27.7	16.4	8.0
3.5-3.74	25.0	32.3	26.6	23.0
3.25-3.49	19.1	21.5	25.4	18.6
3.0-3.24	13.2	11.9	20.9	26.5
below 3.0	9.9	6.5	10.7	23.9

Interventions and Other Consequences

Often alcohol consumption affects individuals who are not necessarily drinking, such as friends who intervene to prevent injury, or students who have trouble studying because of alcohol-related noise. For example, nearly 45% of students had trouble studying and/or sleeping because of alcohol related noise, and nearly 38% had to clean up after a friend who drank too much at least one time. The two questions related to a friend going home with someone and preventing an alcohol-related date rape are in part a function of the perceptions of the one intervening. Interestingly, about 41% of students said they felt pressured to drink at least once, and about 48% of students said they felt left out for not drinking at least once.

During the fall semester, to what extent did you engage in any of the following behaviors?

	<u>Never</u>	<u>Once</u>	<u>Occasionally</u>	<u>Often</u>	<u>No Opportunity</u>
Was a passenger in a vehicle where the driver was under the influence of alcohol	66.3	11.7	7.2	0.8	13.9
Had trouble studying because of alcohol related noise	51.0	14.9	26.3	3.9	3.8
Had to help a friend who was intoxicated	20.6	24.4	41.6	5.5	7.9
Didn't drink so you could drive friends who drank	35.9	14.9	17.9	2.7	28.7
Took a friend's keys because they were intoxicated	52.3	7.3	4.7	0.3	35.4
Prevented an alcohol-related fight	55.0	7.7	2.8	0.2	34.3
Didn't drink at a social event where others were drinking	11.3	13.6	47.1	25.0	3.1
Cleaned up after a friend who drank too much	42.8	20.8	16.0	0.9	19.5
Intervened with a drunk friend to prevent physical injury to them or another person	50.2	11.8	7.3	0.1	30.7
Prevented a friend from going home with someone when you thought they might regret it the next day	48.9	14.7	5.4	0.5	30.5
Intervened to keep someone from being either a victim or perpetrator of alcohol-related date rape	56.7	2.3	1.2	0.0	39.8
Woken up or not able to get to sleep due to alcohol related noise	46.0	15.8	25.5	4.8	7.8
Felt pressured to drink	55.5	12.9	24.0	4.5	3.1
Felt left out for not drinking	48.6	14.4	29.7	4.1	3.1

Alcohol-Free Housing

Whitman is considering building a new residence hall in the next decade, and the administration is interested in the demand for alcohol-free housing. Despite the concerns of some respondents, this question was not included with the intent to influence current residence hall policies and arrangements.

While about one-third of Whitman students agree that the college should provide alcohol-free housing, a much smaller proportion are interested in living in such a residence hall.

Please answer the following:

	<u>Yes</u>	<u>No</u>
Should Whitman College provide alcohol-free housing?	36.4	63.6
Would you choose to live in alcohol-free housing if it were offered?	14.3	85.7

Drinks when Partying

Another question related to the amount of drinking asked for estimates of how many drinks a person in different categories (yourself, men, women, seniors, etc.) had “when they party.” This question was designed to ask about alcohol consumption on occasions where people intend to drink (and perhaps intend to drink more than usual). Complete results are as follows:

How many alcoholic drinks, on average, do you think any of the following students typically consumes when they party? (A drink is 12 oz. of beer or wine cooler, a 5 oz. of wine, or 1 oz. of liquor).

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+
Yourself	23.1	4.1	7.6	11.2	14.2	12.1	8.6	5.9	4.8	1.4	4.3	0.2	1.0	0.3	0.1	1.0
Friends	5.4	4.1	8.6	12.0	16.5	18.1	11.0	6.7	7.6	1.8	4.6	0.7	1.6	0.4	0.1	0.8
Whit stu	0.4	0.2	4.8	16.1	25.3	22.6	15.0	7.9	4.1	1.2	1.5	.2	.4	.1	0.0	.2
Men	0.2	0.1	2.0	4.3	12.1	19.5	16.4	14.5	13.7	5.3	6.4	2.0	2.0	0.4	0.1	0.9
Women	0.2	0.6	8.6	23.4	29.2	18.4	11.2	4.3	1.8	1.1	0.7	0.4	0	0	0	0.2
Seniors	0.6	0.6	5.0	15.5	19.0	17.8	16.0	9.2	7.0	2.4	3.7	1.5	0.8	0.0	0.1	0.8
FY stu	0.2	0.4	3.3	8.1	14.0	19.0	19.3	13.0	9.6	4.2	5.3	1.0	1.4	0.1	0.2	0.8
Frat men	0.4	0.2	0.5	2.0	7.0	10.4	13.8	14.3	16.5	7.6	12.2	3.4	5.8	1.7	0.7	3.6
Sor Wmn	0.2	0.4	1.3	6.9	18.1	22.3	18.2	11.4	9.7	4.0	3.2	1.0	1.8	0.4	0	1.2
Ind Men	0.4	0.4	4.0	10.1	15.9	17.9	15.7	11.4	9.8	4.1	5.9	1.8	1.3	0.4	0.2	0.7
Ind Wmn	0.4	1.8	9.3	21.6	23.4	16.3	11.7	7.1	3.9	1.6	1.6	0.4	0.5	0.2	0	0.4

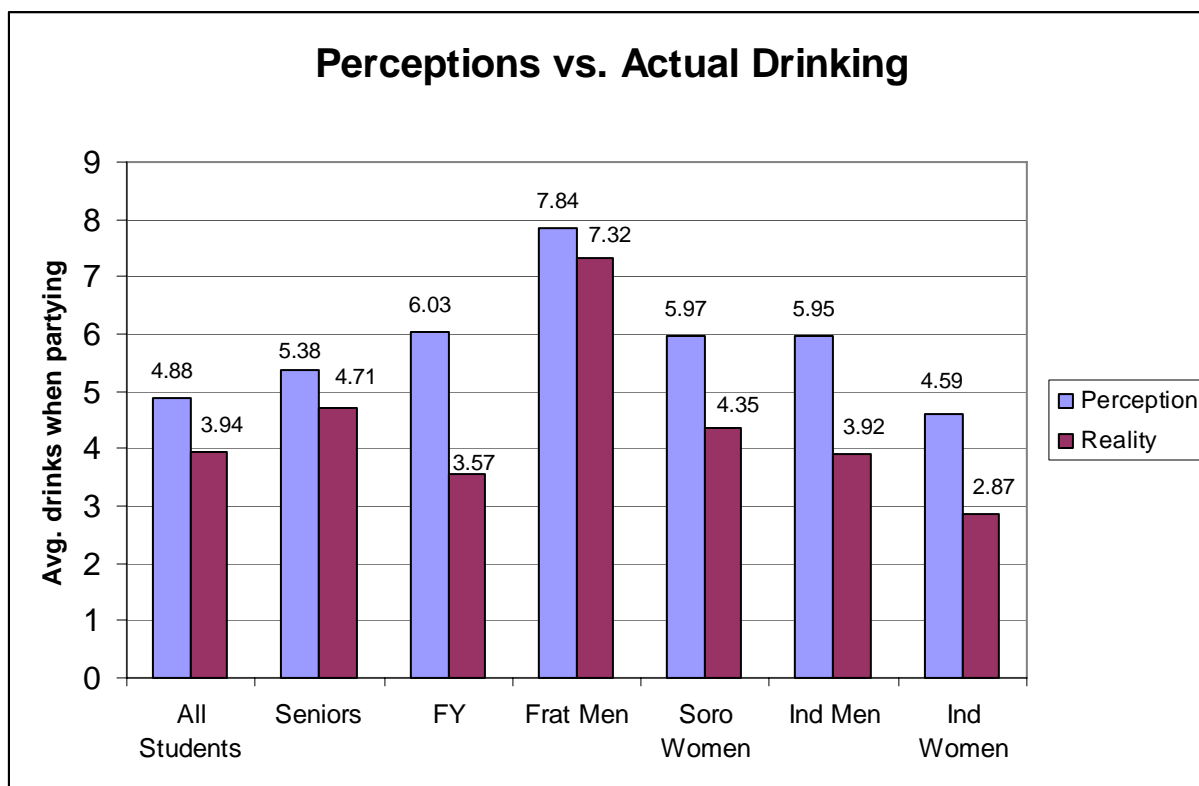
It is important to note that respondents were not expected to give accurate answers for any group except in reporting their own drinking. This question was meant to provide three things:

- Perceptions of campus drinking
- A picture of the realities of campus drinking
- Uncover any misperceptions that exist

To measure *perceptions*, we simply looked at the mean score of each category. To determine the *realities* of campus drinking, we looked at the mean score of the “yourself” category for each subgroup. One of the most important findings of this survey is this: *perceptions about campus drinking are higher than the realities for every group on campus.* The chart on the following page shows the mean scores for the perceptions and realities of drinking for various campus groups.

In addition, about 60% of respondents say they have 0-4 drinks when they party, although this number varies greatly by gender and Greek affiliation. In general, Greek membership is the most important factor when assessing drinking among various campus groups. Frequencies for each group are as follows:

Group	0 drinks	1-2	3-4	5-6	7-9	10 or more
All Students	23.1	11.7	25.4	20.7	12.1	6.9
Men	24.6	6.1	15.0	21.6	18.9	14.0
Women	22.0	15.8	33.2	20.1	6.8	2.0
Seniors	11.1	12.4	29.0	23.5	14.3	9.6
FY stu	31.1	11.5	21.2	16.6	13.6	6.0
Frat men	3.1	0.0	12.4	24.7	35.0	24.7
Sor Wmn	7.9	8.6	40.1	29.9	11.0	2.4
Ind Men	32.3	7.9	16.3	20.4	12.8	9.8
Ind Wmn	26.8	18.4	30.7	16.7	5.3	2.0



Frequency of Drinking during a Typical Month

To put more context to the amount of drinking in a “typical week,” a question about the frequency of drinking during a typical month was included. Over half (56.7%) the survey respondents say they drink less than one time per week, while about 15% drink more than 2 times per week.

For a typical month during the fall semester, indicate how often you consumed alcohol:

- 21.3 Never
- 13.2 Once
- 22.2 2-3x/month
- 28.3 1-2x/week
- 11.5 3-4x/ week
- 2.8 5-6x/ week
- 0.8 Daily

Number of Drinks in the Last 7 Days

A final measure of the amount of alcohol consumption among Whitman students asked respondents to report the number of drinks they had over the last 7 days. Data was collected between February 15 and March 10, with most surveys completed in mid- to late-February. Interestingly, these numbers are much lower than the amount of drinking reported in the “drinks per day” and “drinks when partying” questions. This suggests either the survey was conducted during a time of year when there is less drinking among students, or that students over-estimate their own drinking during a “typical week.”

For the last 7 days, please indicate the number of drinks you had each day.

	0 drinks	1-2	3-4	5-6	7-9	10 or more
Sunday	86.6	5.2	2.8	2.1	2.1	1.3
Monday	92.1	4.2	1.5	1.2	0.3	0.5
Tuesday	78.4	8.9	5.2	2.9	2.3	2.5
Wednesday	93.4	4.4	0.7	0.6	0.5	0.2
Thursday	79.5	5.3	5.7	4.1	2.4	3.0
Friday	61.1	10.9	10.6	7.4	5.1	4.9
Saturday	59.4	10.5	9.3	8.1	7.2	4.4

Drinks per hour in the last 7 days

This survey item also asked for the number of hours each respondent spent drinking on each of the last seven days, again allowing for the computation of the number of drinks per hour each respondent consumed. Results are as follows.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0	87.4	93.1	79.6	94.2	80.6	62.6	60.7
0-1	1.6	1.3	2.4	0.7	2.3	5.7	6.0
1	3.6	2.1	6.1	2.4	5.2	8.3	8.8
1-2	2.4	1.0	3.8	0.7	4.2	11.5	12.0
Over 2	5.0	2.5	8.1	1.9	7.6	11.9	12.4

Attitudes Towards Marijuana

Student attitudes towards marijuana use are more prohibitive than those towards alcohol. For their own actions, almost 37% of the student body feels that marijuana use is never a good thing to do, and another 20% limit themselves to “trying it out one or two times.” Nearly all students (91%) feel their own marijuana use should not interfere with academics or other responsibilities. Students are more permissive when evaluating their expectations for other people, although about 88% feel others should not let marijuana use interfere with academics or other responsibilities. Like attitudes towards alcohol use, students tend to overestimate the permissiveness of campus attitudes.

Which of the following statements about using marijuana do you feel best represents your own attitude for yourself?

- 36.7 Using marijuana is never a good thing to do
- 20.0 Trying it out one or two times is okay as long as it doesn't interfere with academics or other responsibilities
- 34.3 Occasional use is okay as long as it doesn't interfere with academics or other responsibilities
- 1.3 Occasional use is okay even if it interferes with academics or responsibilities
- 7.8 Frequent use is okay if that's what the individual wants to do.

Which of the following statements about using marijuana do you feel best represents your expectations for other people?

- 13.5 Using marijuana is never a good thing to do
- 16.1 Trying it out one or two times is okay as long as it doesn't interfere with academics or other responsibilities
- 48.7 Occasional use is okay as long as it doesn't interfere with academics or other responsibilities
- 1.6 Occasional use is okay even if it interferes with academics or responsibilities
- 20.1 Frequent use is okay if that's what the individual wants to do.

Which of the following statements about using marijuana do you feel best represents the most common attitude among students here in general?

- 1.8 Using marijuana is never a good thing to do
- 15.8 Trying it out one or two times is okay as long as it doesn't interfere with academics or other responsibilities
- 65.1 Occasional use is okay as long as it doesn't interfere with academics or other responsibilities
- 5.4 Occasional use is okay even if it interferes with academics or responsibilities
- 11.8 Frequent use is okay if that's what the individual wants to do.

Marijuana Use and Perceptions of Marijuana Use

As with alcohol use, the expectation when beginning this research was that students perceive more marijuana use than actually exists. Comments on previous surveys expressed the belief that marijuana smoking was more popular on campus than alcohol use. Similar to results on the 2004 survey, these results show this is not true, and that while marijuana enjoys some popularity on campus, it is used less than students believe.

How often do you think students in each of the following categories typically use marijuana?

	Never	<u>1-2</u> <u>times a</u> <u>year</u>	<u>6</u> <u>times</u> <u>a year</u>	<u>Once a</u> <u>month</u>	<u>Twice</u> <u>a</u> <u>month</u>	<u>Once</u> <u>a</u> <u>week</u>	<u>3 times</u> <u>a week</u>	<u>5 times</u> <u>a week</u>	<u>Every</u> <u>day</u>
Yourself	53.5	15.7	9.3	4.5	5.9	4.4	3.0	1.0	2.6
Your friends	20.6	23.0	14.3	8.5	9.9	12.5	6.1	1.8	3.3
Whitman students in general	2.8	21.5	27.3	18.3	16.4	10.4	2.6	0.6	0.1
Men	2.1	17.9	24.2	19.5	20.0	11.5	3.9	0.6	0.2
Women	3.5	29.0	25.0	18.4	14.6	7.6	1.5	0.4	0.1
Seniors	3.1	23.6	22.5	19.6	17.1	10.0	3.2	0.6	0.2
First Year students	2.6	21.8	23.5	20.5	16.0	9.5	4.7	1.1	0.2
Fraternity members	1.7	9.5	17.7	16.0	17.4	20.2	12.0	4.1	1.4
Sorority members	3.1	22.6	22.5	19.8	18.6	8.9	3.2	0.7	0.5
Independent Men	2.9	19.6	20.8	17.5	17.0	14.9	5.2	1.6	0.6
Independent Women	4.2	28.0	22.6	17.8	15.4	8.1	2.7	0.6	0.6

Here are some factoids related to campus marijuana use:

- 53.5% of students never use marijuana.
- 17% of students use marijuana more than once a month.
- As with alcohol, students tend to overestimate the amount of marijuana smoking that occurs on campus. The majority of students on campus never smoke marijuana, but only 3% of students marked “never” for their guess about “Whitman students in general.”

Use of Other Drugs

While 21% of the student body smoked cigarettes during the fall semester, only 3% can be classified as “smokers,” using cigarettes everyday or nearly everyday. Very few students use any other drugs with any frequency. When compared to other groups, a much higher percentage of fraternity men use smokeless tobacco and hallucinogens.

During the fall semester, how often, if at all, did you use:

	<u>Did not use</u>	<u>Less than 1 time a month</u>	<u>About once a month</u>	<u>2-3 times a month</u>	<u>Once or twice a week</u>	<u>Everyday or nearly everyday</u>
Cigarettes	79.1	8.9	3.5	3.1	2.5	3.0
Smokeless Tobacco (chew, snuff)	96.9	1.7	0.3	0.1	0.3	0.6
Cocaine (crack, etc.)	96.2	2.5	0.3	0.7	0.1	0.1
Amphetamines (crystal meth, diet pills, speed)	98.3	0.8	0.5	0.0	0.1	0.3
Sedatives (downers, etc.)	97.1	0.9	0.8	0.8	0.1	0.2
Hallucinogens (LSD, mushrooms, peyote)	93.8	4.5	1.0	0.5	0.0	0.2
Opiates (heroin, opium)	97.5	1.5	0.8	0.1	0.0	0.1
Inhalants (glue, solvents, gas, nitrous oxide)	98.8	0.9	0.0	0.0	0.1	0.1
Designer drugs (ecstasy, MDMA, GBH)	98.2	1.2	0.2	0.2	0	0.2
Steroids	99.4	0.0	0.3	0.0	0.0	0.2
Prescription Drugs not prescribed for you	93.1	4.0	1.7	0.7	0.3	0.1

Sleeping, Eating, Exercising, and Studying

Research suggests people aged 18-25 need between 8 and 9 hours of sleep per night to function optimally. Using these criteria, most Whitman students would benefit from additional sleep. The most common response was 7 hours, with about 25% averaging less and 30% averaging more.

On average, how much sleep do you get per night?

5.3	5 hours or less
19.8	6 hours
44.2	7 hours
26.8	8 hours
3.9	9 hours or more

Whitman’s public discourse is marked by yearly debates about the merits of vegetarian and vegan diets. This research suggests about 17% of the student body is vegetarian, and an additional 2.5% is vegan. Many of those marking the “other” category indicated they limited their meat consumption in some way, such as “I don’t eat mammals” or “I eat fish and poultry but not red meat.”

How would you classify your eating habits?

77.5	Omnivore (animal and plant products)
17.2	Vegetarian
2.5	Vegan
2.8	Other _____

Most Whitman students say they exercise regularly, with about 90% indicating they exercise at least once per week. The median response is 4 times per week, meaning half the respondents indicated they exercise 4 times or more each week, and half indicating 4 times or less. The median amount of time spent exercising is 45 minutes.

During a typical week during the fall semester at Whitman, how much did you exercise or work-out?

45 minutes per day, 4 days per week

*Numbers represent the median response

Survey responses indicate a wide variety of study habits, with some students saying they study about 2 hours per week, and others saying they study 60-70 hours per week. The median response is 20 hours.

On average, how many hours per week do you spend studying?

20 Hours

* This is the median response

Concluding Remark

Thank you to all students who participated in this research. If you have any questions or comments, please contact Neal Christopherson at christnj@whitman.edu.