

Attitudes toward Alcohol Use, Psychosocial Drinking, and Drinking Refusal Self-Efficacy as Predictors of Alcohol Consequences among College Students

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Abstract

Alcohol consequences among students remain a public health concern. The attitudes toward alcohol use, psychosocial drinking, and drinking refusal self-efficacy as predictors of alcohol consequences were verified. Using predictive design and survey technique, data from 366 college students, selected through stratified random sampling, were analyzed using multiple regression. Results showed that alcohol consequences was significantly forecasted by the predictors, partially supporting the Theory of Planned Behavior. Future research may explore additional variables and qualitative insights. School leaders may develop programs to strengthen students' drinking refusal skills.

Keywords: Attitudes toward alcohol use, psychosocial drinking, drinking refusal self-efficacy, alcohol consequences, college students

1. Introduction

1.1. The Problem and Its Setting

Alcohol consequences remain a major public health concern among college students worldwide, as hazardous drinking continues to produce harmful outcomes that threaten students' health and safety (National Institute on Alcohol Abuse and Alcoholism, 2025). In 2019, alcohol caused 2.6 million deaths globally and affected 400 million individuals with alcohol use disorders, contributing to over 200 health conditions and imposing substantial social and economic burdens (World Health Organization, 2024).

In various countries, alcohol consequences among students continue to be widely documented. In the United States, alcohol consequences frequently occur in social environments where heavy drinking is normalized, despite ongoing campus prevention initiatives (Merrill et al., 2023). Similarly, in Slovakia, alcohol consequences among college students have continued to be observed alongside reports of psychological and social difficulties linked to drinking behaviors (Liska et al., 2024). In Spain, alcohol consequences also remain prevalent among college students, highlighting the continuing presence of alcohol-related concerns in higher education institutions (Herrero-Montes et al., 2022).

In the Philippines, alcohol consequences remain a persistent public health concern among individuals and communities (Amul, 2023). Recent data show rising alcohol consumption among Filipino youth, highlighting their increasing exposure to alcohol consequences (University of the Philippines Manila, 2025). In Quezon City, Bukidnon, and Davao Oriental, studies have documented alcohol consequences among students alongside reports of academic and behavioral consequences (Tiempo et al., 2024; Calonia et al., 2023; Salimaco et al., 2020; Andacao & Lad, 2021).

Given this persistent issue, alcohol consequences among college students have been linked to academic impairment, health risks, and behavioral problems that may hinder the overall well-being and development of students. However, despite these growing concerns, there remains a limited understanding of how attitudes toward alcohol use, psychosocial drinking influences, and drinking refusal self-efficacy contribute to alcohol consequences among college students in Kapalong, Davao del Norte. This gap highlights the need to examine the factors influencing alcohol consequences within this context. Thus, this study was undertaken.

1.2. Significance of the Study

This study is significant because it enhances the understanding of alcohol-related behaviors among college students, and its findings may guide educators, school administrators, and guidance counselors in

developing targeted, evidence-based prevention programs that strengthen students' health awareness, responsible decision-making, and overall well-being. At the national level, the study supports the goals of the Commission on Higher Education (CHED) by advancing quality, relevant, and holistic higher education through research-informed student development and wellness initiatives. It also aligns with the Sustainable Development Goals (SDG), particularly SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education), by promoting safer health practices and integrating behavioral education to improve learning environments. At the institutional level, the findings are valuable to Holy Cross of Davao College as they reinforce its mission of fostering student formation, wellness, and academic success by providing empirical insights that may inform campus-based mental health and alcohol-use prevention programs. Lastly, this study serves as a meaningful reference for future researchers examining behavioral predictors of alcohol use, psychosocial influences, and health promotion strategies in higher education.

1.3. Statement of the Problem

This study investigated the significance to forecast alcohol consequences among college students using attitudes toward alcohol use, psychosocial drinking, and drinking refusal self-efficacy as predictors. Specifically, it pursued the following objectives:

1. To describe the levels of attitudes toward alcohol use in terms of social ease, unease, and economic aspect; psychosocial drinking in terms of social influences, stress reduction, and sensation seeking; drinking refusal self-efficacy in terms of social pressure refusal self-efficacy, opportunistic refusal self-efficacy, and emotional relief refusal self-efficacy; and the alcohol consequences among college students in terms of social-interpersonal consequences, impaired control, self-perception, self-care, risk behaviors, academic/occupational consequences, physical dependence, and blackout drinking.
2. To determine the significance of the correlation between attitudes toward alcohol use, psychosocial drinking, drinking refusal self-efficacy, and the alcohol consequences among college students.
3. To determine the significance of the model for alcohol consequences, with attitudes toward alcohol use, psychosocial drinking, and drinking refusal self-efficacy as predictors, and to identify which of these predictors best explains the variance in such consequences among college students.

1.4. Hypotheses

The researcher tested the following null hypotheses at the 0.05 significance level:

H₀₁. Attitudes toward alcohol use, psychosocial drinking, and drinking refusal self-efficacy do not significantly correlate with alcohol consequences.

H₀₂. The model to predict alcohol consequences using attitudes toward alcohol use, psychosocial drinking, and drinking refusal self-efficacy does not significantly predict alcohol consequences when taken together.

1.5. Theoretical Framework

This study was anchored on the Theory of Planned Behavior (TPB) proposed by Icek Ajzen (1991), which posits that an individual's intention to perform a behavior is influenced by three key determinants: attitudes toward the behavior, subjective norms, and perceived behavioral control. Attitude refers to an individual's positive or negative evaluation of performing the behavior. Subjective norms involve perceived social pressures to engage in or avoid the behavior. Perceived behavioral control reflects one's perceived ability to perform the behavior despite potential barriers.

In this study, attitudes toward alcohol use were measured in terms of social ease, unease, and economic aspects (Francalanci et al., 2011). Psychosocial drinking, corresponding to subjective norms, was indicated by social influences, stress reduction, and sensation seeking (Fisher et al., 2007). Drinking refusal self-efficacy, representing perceived behavioral control, was measured through social pressure refusal, emotional relief refusal, and opportunistic refusal (Young et al., 2007). The dependent variable, alcohol consequences, represents the behavioral outcome in the TPB framework and was assessed in terms of social-interpersonal consequences, impaired control, self-perception, self-care, risk behaviors, academic/occupational consequences, physical dependence, and blackout drinking (Read et al., 2006). In this study, the intention to perform a component of the theory was excluded. Hence, the study is only partially anchored on the theory

1.6. Conceptual Framework

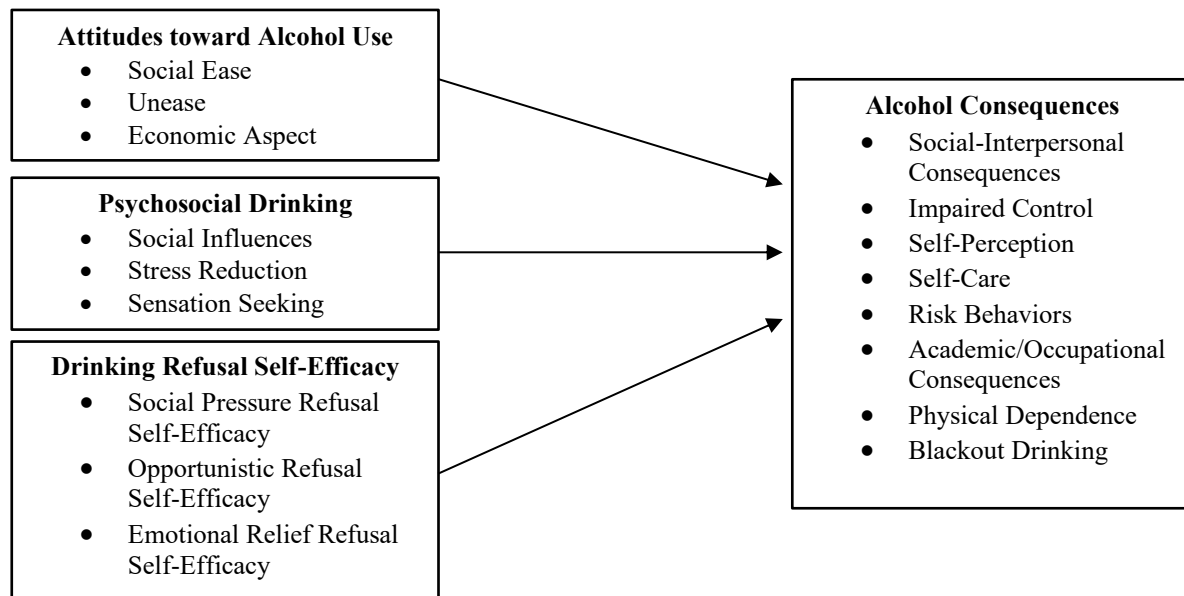


Figure 1. Conceptual Framework of the study

2. Methodology

This chapter includes the research design, study locale, sample and sampling procedures, data-gathering techniques, data analysis techniques, and ethical considerations.

2.1. Research Design

This study employed a predictive research design. This design is appropriate for examining the relationships between predictor variables and a criterion variable, with the goal of determining the extent to which the predictors can explain or predict variations in the outcome (Mohr et al., 2022). In this design, the goal is not merely to explain relationships but to develop models that accurately predict future events or behaviors, making it widely applicable across fields such as education, psychology, and the social sciences (James et al., 2023).

2.2. Locale of the Study

The study was conducted in a local higher education institution in the municipality of Kapalong, Davao del Norte, Philippines. The institution caters to a diverse student population coming from various socio-economic backgrounds, particularly from rural and nearby communities. This locale was intentionally selected due to the limited empirical studies on alcohol-related behaviors in rural higher education settings, making it a relevant context for examining how attitudes toward alcohol use, psychosocial drinking influences, and drinking refusal self-efficacy predict alcohol-related consequences among college students.

2.3. Sample and Sampling Technique

The respondents in this study were 366 college students currently enrolled at a local higher education institution in Kapalong, Davao del Norte. The sample size was determined using the Raosoft sample size calculator based on a total student population of 7,699 enrolled in the second semester of A.Y. 2025–2026. To ensure diverse representation, a stratified random sampling technique was employed, in which the population was divided into subgroups (strata) by year level, and random samples were drawn from each stratum. This method, as described by Siegel and Wagner (2022), ensures that all segments of the population are adequately represented, thereby enhancing the accuracy and generalizability of the study's findings. Only students who are currently enrolled, of legal age, and willing to participate voluntarily were included as respondents.

2.4. Data Gathering Technique

The survey technique was used to gather data in this study. Survey research is a systematic quantitative method of collecting data from a selected sample of respondents using structured instruments such as questionnaires or interviews (Sheikh, 2024). It is particularly useful for studying current social issues and

collecting data from large populations, allowing researchers to analyze relationships among variables and generate findings that can inform further research (Vasylyshyna, 2023).

Four adapted and modified survey questionnaires were utilized to measure the key variables: attitudes toward alcohol use, psychosocial drinking, drinking refusal self-efficacy, and alcohol consequences among college students. A four-point Likert scale was used across all instruments to ensure consistency in measuring responses.

Student attitudes toward alcohol use were measured using the *Scale for the Measurement of Attitudes Towards Alcohol* developed by Francalanci et al. (2011). The instrument consists of 15 items categorized into Social Ease, Unease, and Economic Aspects. It assesses the extent to which students hold attitudes that may support or discourage alcohol use. This adapted instrument demonstrated high reliability, with a Cronbach's alpha of 0.954.

Psychosocial drinking was assessed using the *Psychosocial Drinking Inventory (PDI)* developed by Fisher et al. (2007). This 15-item instrument covers Social Influences, Stress Reduction, and Sensation Seeking, and measures the degree to which social and psychological factors influence drinking behavior. The instrument showed strong internal consistency, with a Cronbach's alpha of 0.945.

Drinking refusal self-efficacy was measured using the *Drinking Refusal Self-Efficacy Questionnaire-Revised Adolescent Version (DRSEQ-RA)* developed by Young et al. (2007). The instrument includes 15 items categorized into Social Pressure, Emotional Relief, and Opportunistic contexts. It assesses students' perceived difficulty in resisting alcohol, where higher scores indicate lower refusal self-efficacy. This adapted instrument demonstrated excellent reliability, with a Cronbach's alpha of 0.973.

Alcohol consequences were measured using the *Young Adult Alcohol Consequences Questionnaire (YAACQ)* developed by Read et al. (2006). The instrument consists of 38 items covering Social-Interpersonal Consequences, Impaired Control, Self-Perception, Self-Care, Risk Behaviors, Academic/Occupational Consequences, Physical Dependence, and Blackout Drinking. It assesses the extent of alcohol-related negative experiences among students. This adapted instrument showed high reliability, with a Cronbach's alpha of 0.975.

2.5. Data Analysis Technique

In this study, data were analyzed using descriptive statistics, correlation analysis, and multiple regression analysis.

Descriptive statistics involve organizing and presenting data through tables and numerical indicators, including measures such as the mean and standard deviation (Siregar, 2025). For the correlation analysis, the Pearson product-moment correlation (Okoye & Hosseini, 2024) was used to assess the strength and direction of the relationships between each independent variable and the dependent variable. Lastly, multiple regression analysis (Ruan, 2024) was conducted to examine the combined influence of attitudes toward alcohol, psychosocial drinking, and drinking refusal self-efficacy on alcohol consequences, and to determine the extent to which these variables collectively predict variations in the dependent variable. The regression results were interpreted using the unstandardized Beta coefficient as the primary statistical measure.

The matrix below presents the scale, descriptive level, and corresponding interpretation for each variable in this study.

Scale	Level	Attitudes Toward Alcohol Use	Psychosocial Drinking	Drinking Refusal Self-Efficacy	Alcohol Consequences
1.00 – 1.74	Very low	Very negative attitude	Minimal influence	Very strong confidence in refusing alcohol	Minimal negative effects
1.75 – 2.49	Low	Negative attitude	Limited influence	Strong confidence in refusing alcohol	Occasional negative effects
2.50 – 3.25	High	Positive attitude	Moderate influence	Weak confidence in refusing alcohol	Noticeable negative effects
3.26 – 4.00	Very high	Very positive attitude	Strong influence	Very weak confidence in refusing alcohol	Frequent and severe negative effects

Standard Deviation Value Ranges and Interpretation

Range	Description	Interpretation
$SD \leq 0.50$	High Consistent Responses	Strong and Uniform Perception
$SD = 0.51 - 1.00$	Moderate Consistent Responses	Acceptable Consistency
$SD = 1.01 - 1.50$	Low Consistent Response	Differing Views or Experiences
$SD > 1.50$	Very Low Consistent Responses	High Variability and Lack of Consensus

In this study, the significance of the correlation is tested at 0.05 confidence level. The following is the standard measure for the interpretation scale of r-value as proposed by Guilford (1956):

Computed r	Descriptive Interpretation
$+/-1.00$	Perfect correlation
Between $+/-0.75 - +/-0.99$	High correlation
Between $+/-0.51 - +/-0.74$	Moderately high correlation
Between $+/-0.31 - +/-0.50$	Moderately low correlation
Between $+/-0.01 - +/-0.30$	Low correlation
0.0	No correlation

In terms of Scale of Beta (β) Coefficient Strength, the following scheme as proposed by Cohen (1988) and Hair et al. (2019) was used:

B Value Range	Predictive Strength
$\pm 0.00 - \pm 0.09$	Very Weak
$\pm 0.10 - \pm 0.29$	Weak
$\pm 0.30 - \pm 0.49$	Moderate
$\pm 0.50 - \pm 0.69$	Strong
± 0.70 and above	Very Strong

2.6. Ethical Considerations

This study adhered to the graduate school guidelines and secured ethical clearance from the Society for Moral Integrity and Legal Ethics (SMILE), ensuring compliance with established ethical standards for research involving human participants. Subsequently, formal permission was obtained from the administration of the local college in Kapalong, where the study was conducted. Respondents were provided with an informed consent form explaining the study's purpose, procedures, and possible risks and benefits. They were informed that participation was voluntary and that they could withdraw at any time without penalty. Afterward, respondents signed the consent form to indicate their willingness to participate in the study. Strict confidentiality was observed throughout the study; no personally identifiable information was collected or disclosed in the analysis or final report, and all data were securely stored with access restricted solely to the researcher for academic purposes. In line with Mirza et al. (2023), the study was conducted with full transparency and without deception to uphold its integrity and credibility, while all institutional ethical guidelines were strictly followed to protect the rights and well-being of the participants.

3. Results

This chapter presents descriptive, correlational, and regression analyses in tabular form, along with their corresponding interpretations. It concludes with a summary of the findings.

3.1. Descriptive Results

Presented in Table 1 are the descriptive statistical results of the study, including the variables involved, namely attitudes toward alcohol use, psychosocial drinking, drinking refusal self-efficacy, and alcohol consequences, together with their respective indicators. The number of samples, mean, standard deviation, and descriptive levels are presented accordingly.

Table 1. Descriptive Table ($n = 366$)

Variables	SD	Mean	Descriptive Level
<i>Attitudes Towards Alcohol Use</i>	<i>0.687</i>	<i>1.82</i>	<i>Low</i>

Social Ease	0.767	1.82	Low
Unease	0.733	1.82	Low
Economic Aspects	0.764	1.82	Low
Psychosocial Drinking	0.630	1.79	Low
Social Influences	0.691	1.94	Low
Stress Reduction	0.750	1.87	Low
Sensation Seeking	0.642	1.57	Very low
Drinking Refusal Self-Efficacy	0.650	1.83	Low
Social Pressure Refusal Self-Efficacy	0.752	1.98	Low
Emotional Relief Refusal Self-Efficacy	0.739	1.83	Low
Opportunistic Refusal Self-Efficacy	0.661	1.67	Very low
Alcohol Consequences	0.619	1.72	Very low
Social-Interpersonal Consequences	0.759	1.84	Low
Impaired Control	0.731	1.77	Low
Self-Perception	0.882	1.98	Low
Self-Care	0.774	1.76	Low
Risk Behaviors	0.661	1.60	Very low
Academic/Occupational Consequences	0.653	1.59	Very low
Physical Dependence	0.633	1.53	Very low
Blackout Drinking	0.723	1.71	Very low

Very High - (3.26 – 4.00); High - (2.50 – 3.25); Low – (1.75 – 2.49); Very Low – (1.00 – 1.74)

Specifically, attitudes toward alcohol use variable obtained a mean of 1.82, described as low, indicating that college students generally exhibit negative attitudes toward alcohol. All indicators were rated low. The corresponding standard deviation of 0.687 reflects moderate consistency in responses among respondents. Similarly, the psychosocial drinking variable yielded a mean of 1.79, also described as low, indicating limited psychosocial influence on alcohol use. Two of its indicators were rated low, while sensation seeking was rated very low. The standard deviation of 0.630 indicates moderate consistency in responses. Moreover, the drinking refusal self-efficacy variable recorded a mean of 1.83, described as low. Given that the scale measures the difficulty of resisting alcohol, this result indicates that respondents generally possess strong confidence in refusing alcohol, suggesting that they experience relatively low difficulty in resisting alcohol. Two of its indicators were rated low, while opportunistic refusal was very low. The standard deviation of 0.650 reflects moderate consistency in responses. Furthermore, the alcohol consequences variable obtained a mean of 1.72, described as very low, indicating that students experience minimal negative alcohol-related effects. Four of its indicators were rated low, while the remaining four were very low.

The variables were interpreted at low to very low levels, indicating negative attitudes toward alcohol use, limited psychosocial influence, strong refusal capability, and minimal alcohol consequences, with generally consistent responses across indicators.

3.2. Correlation Results

Shown in Table 2 is the correlation table. It presents the correlation of the predictive and criterion variables. Additionally, the r-value, p-value, decision on the hypothesis, and corresponding interpretation are provided.

Table 2. Correlation Table ($n = 366$)

Variables	<i>Alcohol Consequences (DV)</i>			
	r-value	p-value	Decision on H_o	Interpretation
<i>Attitudes Towards Alcohol Use</i>	0.782	0.000	Reject H_o	Significant Positive, High Correlation
<i>Psychosocial Drinking</i>	0.812	0.000	Reject H_o	Significant Positive, High Correlation

<i>Drinking Refusal Self-Efficacy</i>	0.855	0.000	Reject H_0	Significant Positive, High Correlation
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Level of Significance: 0.05
Decision Rule: Reject H_0 if $p < 0.05$

Table 2 specifically shows that the correlation between attitudes toward alcohol use and alcohol consequences yielded a p-value of 0.000, which is below the 0.05 level of significance; thus, the null hypothesis was rejected, denoting a statistically significant correlation. The corresponding r-value of 0.782 suggests a positive high correlation. This implies that as individuals develop more positive and favorable attitudes toward alcohol use, their likelihood of experiencing alcohol consequences also increases. Similarly, the correlation between psychosocial drinking and alcohol consequences also obtained a p-value of 0.000, which is below the 0.05 level of significance; hence, the null hypothesis was likewise rejected, indicating a statistically significant correlation. The r-value of 0.812 demonstrates a positive high correlation. This suggests that individuals who are more influenced by social and psychological factors are more prone to experiencing alcohol consequences. Meanwhile, the correlation between drinking refusal self-efficacy and alcohol consequences yielded a p-value of 0.000, which is below the 0.05 level of significance; therefore, the null hypothesis was rejected, implying a statistically significant correlation. Among the variables, drinking refusal self-efficacy showed the strongest correlation, with an r-value of 0.855, indicating a positive, high correlation. This implies that individuals who have less confidence in refusing alcohol are more likely to experience higher alcohol consequences.

These findings implied that attitudes toward alcohol use, psychosocial drinking, and drinking refusal self-efficacy are all critical and statistically significant correlates of alcohol consequences, reinforcing their importance in understanding drinking behaviors among the respondents.

3.3. Regression Results

Table 3 presents the regression analysis of the predictive and criterion variables, along with the unstandardized and standardized beta coefficients, t-values, p-values, decisions on the null hypothesis, and corresponding interpretations.

Table 3. Regression Table

Variables	Alcohol Consequences (DV)						
	Unstandardized Coefficients		Standardized Coefficients	t	p-value	Decision on H_o	Interpretation
	B	Std. Error	Beta				
Constant	0.133	0.049		2.692	0.007		
Attitudes Toward Alcohol Use	0.107	0.046	0.119	2.339	0.020	Reject H_o	Significant
Psychosocial Drinking	0.262	0.051	0.267	5.112	0.000	Reject H_o	Significant
Drinking Refusal Self-Efficacy	0.506	0.051	0.531	9.937	0.000	Reject H_o	Significant

Model Summary:

$R = 0.874$ | $R^2 = 0.764$ | *Adjusted $R^2 = 0.762$* | $F\text{-value} = 389.8$ | $p\text{-value} = 0.000$

Level of Significance: 0.05

Decision Rule: Reject H_0 if $p < 0.05$

Predictive Model: $AC = 0.107A + 0.262PSD + 0.506DRSF + 0.133$.

Specifically, the table shows that the predictive model for alcohol consequences using the variables attitudes toward alcohol use, psychosocial drinking, and drinking refusal self-efficacy is expressed as: $AC = 0.107A + 0.262PSD + 0.506DRSF + 0.133$. The corresponding p-value of 0.000 is lower than the 0.05 level of significance. This indicates that the null hypothesis was rejected. Hence, the predictive model for alcohol consequences is statistically significant. Furthermore, the R-squared value of 0.764 indicates that the model

explains 76.4% of the variance in alcohol consequences, suggesting very strong predictive power. This implies that changes in attitudes toward alcohol use, psychosocial drinking, and drinking refusal self-efficacy are associated with corresponding changes in alcohol consequences, with drinking refusal self-efficacy contributing the strongest influence to the prediction.

The predictive model for alcohol consequences was statistically significant and showed strong explanatory power, indicating that attitudes toward alcohol use, psychosocial drinking influences, and drinking refusal self-efficacy collectively accounted for a substantial proportion of the variance in alcohol consequences, with drinking refusal self-efficacy emerging as the strongest predictor among the variables.

Summary of Findings

Based on statistical results, it was specifically found that:

1. Attitudes toward alcohol use, psychosocial drinking, and drinking refusal self-efficacy have a significant positive correlation with alcohol consequences.
2. The regression model shows that attitudes toward alcohol, psychosocial drinking, and drinking refusal self-efficacy are significant predictors of alcohol consequences among college students, accounting for 76.4% of the variance in the outcome. The resulting predictive equation is: $AC = 0.107A + 0.262PSD + 0.506DRSF + 0.133$.

4. Discussions

In this chapter, the findings of the study are discussed. Likewise, the conclusion and recommendations are presented.

4.1. Correlation of Attitudes toward Alcohol Use, Psychosocial Drinking, and Drinking Refusal Self-Efficacy with Alcohol Consequences

The present finding shows that attitudes, psychosocial drinking, and drinking refusal self-efficacy are all highly and significantly correlated with alcohol consequences among college students. This current finding affirms the study of DiBello et al. (2026), revealing that individuals with more favorable attitudes toward heavy drinking tend to consume more alcohol, thereby increasing their exposure to alcohol consequences. Similarly, the current finding supports Pinquart and Borgolte (2024), who reported that positive alcohol expectancies, which reflect favorable attitudes, are linked to increased consumption patterns and heightened vulnerability to alcohol-related problems. However, this current finding contradicts Carney et al. (2024), who observed that attitudes exhibit weaker associations with alcohol consumption and related consequences when drinking motives and other psychological factors are taken into account, suggesting that the relationship between attitudes and outcomes is complex rather than direct and that attitudes alone are insufficient to fully explain drinking behaviors.

Psychosocial factors also showed a high and significant correlation with alcohol consequences among college students. The current finding affirms Bakkali et al. (2025), who found that psychosocial factors, including enhancement motives, social drinking identity, and coping motives, strongly correlated with problematic alcohol use among young adults. Likewise, the current finding affirms the idea of Higuera-Dagovett et al. (2025), stating that alcohol consumption is closely linked to a combination of psychosocial factors, including stress, family influence, and coping mechanisms. However, the current finding contradicts Crisafulli et al. (2024), who demonstrated that psychosocial variables, such as the need to belong and social connectedness, do not demonstrate a strong correlation with alcohol consequences once alcohol expectancies and social anxiety are taken into account, suggesting that some psychosocial variables may relate indirectly rather than exerting a straightforward connection.

A significantly high correlation also emerged between drinking refusal self-efficacy and alcohol consequences, indicating that students who feel more capable of resisting alcohol tend to report fewer alcohol consequences. This current finding is consistent with the study of Yeh et al. (2025), emphasizing that adolescents with higher confidence in their ability to refuse alcohol reported lower drinking frequency and reduced likelihood of drunkenness. Similarly, this current finding corroborates Plata et al. (2023), who reported that higher drinking refusal self-efficacy are consistently associated with lower alcohol consumption and fewer alcohol-related problems. However, this current finding contradicts Quinton et al. (2023), who argued that drinking refusal self-efficacy partly reflects an individual's underlying motivation to control or reduce drinking, suggesting that the relationship between refusal self-efficacy and alcohol outcomes may not be entirely independent, as it could be

influenced by other psychological or situational factors, thereby complicating the assumption that refusal self-efficacy alone accounts for reduced alcohol consequences.

4.2. Alcohol Consequences as Predicted by Attitudes toward Alcohol Use, Psychosocial Drinking, and Drinking Refusal Self-Efficacy

The present findings demonstrate that attitudes, psychosocial drinking, and drinking refusal self-efficacy significantly predict alcohol consequences among college students, with refusal self-efficacy emerging as the strongest determinant, followed by psychosocial drinking, and attitudes toward alcohol use showing the least influence. Although attitudes were significant, their predictive strength was limited. This finding aligns with the study by Lin et al. (2022), which found that students' drinking attitudes alone have limited predictive strength for their actual drinking behavior when peer norms and behavioral skills are considered. Similarly, this current finding agrees with Magri et al. (2025), who noted that alcohol expectancies function more as a mediator rather than a direct predictor of alcohol consequences, suggesting that attitudes may influence outcomes indirectly through other psychological processes. Conversely, the current finding opposes Yin et al. (2023), who reported that positive and negative alcohol expectancies can directly influence drinking behavior, implying that attitudes are more influential under certain conditions than what the present study observed.

Psychosocial drinking emerged as a substantial predictor of alcohol consequences, indicating that students who drink due to social motives, emotional coping needs, and enhancement motives are more likely to experience alcohol consequences. The current study affirms with Bakkali et al. (2025), who identified enhancement motives, social drinking identity, and coping motives as major contributors to problematic alcohol use among young adults. Likewise, this current finding supports Chavez et al. (2024), who reported that coping motives significantly predict alcohol-related problems, particularly among students who drink to manage negative emotions. However, this current finding is in opposition to the study of Crisafulli et al. (2024), stating that some psychosocial factors, such as need to belong and social connectedness, do not remain strong predictors once alcohol expectancies and social anxiety are accounted for.

Among the three predictors, drinking refusal self-efficacy emerged as the strongest predictor of alcohol-related consequences, indicating that students with greater confidence in resisting alcohol are less likely to experience alcohol-related consequences. The present finding aligns with Nagy et al. (2025), who found that strengthening drinking refusal skills improved self-regulation and reduced alcohol cravings among young adults. Similarly, this current finding supports Plata et al. (2023) and Yeh et al. (2025), who reported that higher refusal self-efficacy is associated with lower drinking frequency and fewer alcohol-related problems. However, this current finding contradicts Quinton et al. (2023), who argued that drinking refusal self-efficacy may not independently predict alcohol outcomes because its effects may be influenced by broader factors such as situational pressures and personal motivation.

4.3. Conclusion

Based on the findings, it was concluded that alcohol consequences are significantly predicted by attitudes toward alcohol use, psychosocial drinking, and drinking refusal self-efficacy. Hence, this result partly affirms the Theory of Planned Behavior, which posits that an individual's intention to perform a behavior is shaped by attitudes toward the behavior, subjective norms, and perceived behavioral control.

4.4. Recommendations

Based on the findings of the study, the following are recommended:

1. Future research may include additional variables not covered in this study to account for the remaining 24% of the model's variance not explained by the predictors.
2. Qualitative studies may identify emerging themes that may incorporate other variables and their corresponding sub-themes as indicators.
3. School administrators and student affairs officers may strengthen students' drinking refusal self-efficacy through peer counseling programs and training focused on peer resistance, assertive communication, stress management, and alcohol-related decision-making.

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