

Interviewer:

Ashleigh Johnson

Interviewee:

Age: 22 years old

Gender: Female

Location: Lives in Lawrence, KS

Association: Roommate

Length of Interview: about 5 minutes

Conducted in-person in Lawrence, KS

Research Question:

Does the frequency of drinking alcohol influence mood in college students?

Interview Guide:

Are you 21? If yes, Would you like a drink before we continue? (Record tallies by names of participants that accept. This will be interesting to note along with body language for analysis.)

What does a normal day in college look like for you?

What do you look forward to most throughout the day? Week?

What are the 3 things you value most in your college experience?

Do you go out to bars often?

If you consume alcohol, how many drinks do you have a week?

Can you give an example of something that would motivate you to have a drink?

Responding with only 3 words, how are you?

How do you feel at this moment on a scale of 1-5, 1 being not well, 2 being fine, 3 being neutral, 4 being good, and 5 being excellent?

Report:

Some themes I noticed after conducting the interview was that my interviewee had a lot of self-awareness when it comes to the amount and reason for her drinking. After asking the first couple of questions, seeing if she would accept an alcoholic beverage before we continued, she politely declined. Her reasoning being, "I would like to focus on the questions." I can infer that the use of alcohol does not allow her to fully utilize her focus or motivation. Another way the interviewee displayed strong self-awareness was in her urgency to answer the questions. Although they are not hard questions, she was quick and confident in her responses.

Another trend lies in her motivation to drink. Since she stated both positive and negative motivators to have an alcoholic beverage, it can be used as a coping mechanism or celebratory habit in her lifestyle. This gives alcohol both power and neutrality. Overall, she reported that she feels fine, neutral, or average in general and at the time of the interview. She enjoys making connections, learning, and checking everything off her daily to-do list. Her typical day/week as a

college student consists of classes, homework, and work, which is pretty common for most. I'm not sure if any further relationships can be concluded at this point in my research.

Transcription:

Ashleigh 0:02

I can ensure confidentiality, but I'm going to record this. Is that okay?

Unknown Speaker 0:04

Absolutely.

Ashleigh 0:08

Okay, question number one. Are you 21?

Unknown Speaker 0:13

Yes.

Ashleigh 0:14

Would you like a drink before we continue, an alcoholic beverage?

Unknown Speaker 0:19

No.

Ashleigh 0:20

Okay, why not?

Unknown Speaker 0:23

I would like to focus on answering the questions properly.

Ashleigh 0:28

Perfect. Okay, what does a normal day in college look like for you?

Unknown Speaker 0:35

Well, I wake up and get ready for class and then spend a majority of the day in class and come home and do homework during the week. And then on the weekends, I work.

Ashleigh 0:50

Okay, what do you look forward to most throughout the day?

Unknown Speaker 0:57

Being done with everything that I have to do on my list every day.

Ashleigh 1:03

Understandably. What do you look forward to most throughout your week?

Unknown Speaker 1:10

Probably the weekends, and being done with work, getting to relax and not have to rush to do anything.

Ashleigh 1:20

Okay, cool. What are three things that you value the most in your college experience?

Unknown Speaker 1:27

The people that I've met, as I came to college, the skills like organization and timeliness that college has taught me, and getting to be able to experience different things.

Ashleigh 1:54

Do you go out to bars?

Unknown Speaker 1:58

Yes. Occasionally,

Ashleigh 2:01

Occasionally. Okay. If you consume alcohol, how many drinks? Would you say that you have a week?

Unknown Speaker 2:14

Probably six to seven.

Ashleigh 2:28

Would that be like, in a weekend? Or would you say that your drinking is spread out throughout the week?

Unknown Speaker 2:37

It's usually more spread out throughout the week, depending on the weeks, like activities and things that I have to do during the week.

Ashleigh 2:49

Can you give me an example of something that would motivate you to have a drink? whether good or bad?

Unknown Speaker 2:57

There's something going on, like a birthday or something that's been planned, that would be something that's positive? Negatively, like a long day? Something bad that's happened.

Ashleigh 3:15

So it's reliant upon like, how you feel? Or how your day is going?

Unknown Speaker 3:20

Yeah.

Ashleigh 3:22

Responding with only three words, how are you? Generally, or today, or this exact second, but in only three words.

Unknown Speaker 3:36

I am average, feeling average. I know that's four words. I'm feeling average.

Ashleigh 3:47

Average, that's fair. Okay.

At this moment, how do you feel on a scale of one to five, one being not well, two being fine. Three, being neutral, four being good and five being excellent.

Unknown Speaker 3:51

Probably two, or three, fine or neutral.

Ashleigh 4:08

Okay. All right. Thanks for your time. That's all the questions.