



ISSN: 2617-6548

URL: www.ijirss.com



Cultural beliefs, parental authority, and youth drinking: Understanding alcohol use among Chinese adolescents

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Abstract

The impact of Chinese culture and social identity on teenage drinking practices is examined in this scoping review. By methodically examining 18 research studies released between 2019 and 2023, the analysis pinpoints important cultural elements influencing alcohol use among Chinese youths under the age of 21. The results show that parental supervision emerges as a key theme, and that the largest cultural impacts take place at the family and individual levels. Teenagers' drinking intentions are influenced by cultural views on the health advantages, stress-relieving properties, and social appeal of alcohol. Furthermore, parental views and family norms about alcohol usage are influenced by Confucian ideals that place a strong emphasis on academic achievement and filial piety. Even though underage drinking is illegal, youths may nonetheless obtain alcohol due to lax enforcement. At the environmental and social levels, research gaps were identified, especially with reference to alcohol availability and regulation. Insights for future interventions to combat underage drinking within a culturally unique framework are provided by this study, which emphasizes the need for more research on how Chinese culture impacts alcohol-related norms and legislation.

Keywords: Alcohol policy, Chinese culture, parental supervision, social identity, underage drinking.

DOI: 10.53894/ijirss.v8i3.7327

Funding: This study received no specific financial support.

History: Received: 11 April 2025 / Revised: 15 May 2025 / Accepted: 19 May 2025 / Published: 23 May 2025

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Competing Interests: The author declares that there are no conflicts of interests regarding the publication of this paper.

Transparency: The author confirms that the manuscript is an honest, accurate, and transparent account of the study; that no vital features of the study have been omitted; and that any discrepancies from the study as planned have been explained. This study followed all ethical practices during writing.

Publisher: Innovative Research Publishing

1. Introduction

Alcohol is the fifth leading cause of illness worldwide [1], and its effects are much more pronounced in middle-income nations [2]. Increased risks of cardiovascular disease [3-5], cancer [6-8], impacts on the central nervous system [9], and an increased chance of accidents [10, 11] are only a few of the health hazards linked to alcohol usage. An estimated 3 million people die from alcohol-related causes worldwide each year [12]. Because adolescence is a crucial time for brain development, the effects of alcohol are especially detrimental at this time [1]. In addition to hindering brain development [13,

14], drinking alcohol at this age raises the chance of other harmful habits, including smoking and unprotected sex [12]. In addition, adolescents are more likely than adults to become dependent on alcohol [1].

Adolescent alcohol abuse is particularly prevalent in the Western Pacific area, where the population is comparatively younger [1]. Adolescent alcohol misuse has become a more significant societal problem in China in recent years [15]. According to earlier research, 3.9% of Chinese teenagers use alcohol every day, and 7.3 out of 100 of them consume alcohol [15]. Although laws have been passed to prohibit underage drinking, enforcement has been lax and often ineffectual [16].

Research on efforts to prevent underage drinking is well established, mostly from studies conducted in affluent nations [1]. Although these treatments are beneficial, it is important to take cultural variations into account since drinking habits are closely linked to social norms and cultural settings [15]. Drinking habits are influenced by distinct meanings and values within certain cultural contexts, making drinking cultures complex and multifaceted [17]. Different groups may have distinct drinking cultures even within the same civilization [18, 19], and these subgroup cultures taken together make up the larger overall drinking culture [20].

2. Literature Review

According to a drinking culture framework created by the Victorian Health Promotion Foundation, drinking culture is the set of socially acceptable or undesirable methods, viewpoints, and actions that occur throughout the drinking process [20]. This theory posits that drinking habits are influenced by culture on four levels: social, setting, subcultural, familial, and individual [20]. This paradigm offers a methodical approach to investigating the many ways in which cultural variables impact drinking practices. In addition to examining the relationships between these cultural aspects, this research uses the framework to arrange and analyze the data about cultural impacts on underage drinking in China.

A lenient social attitude toward alcohol usage has been developed in China by a long-standing drinking history and a deeply ingrained drinking culture [19]. Underage drinking may be exacerbated by this widespread societal acceptability [21]. Drinking is often seen in Chinese society as a necessary part of social and professional ability [22-24]. Because of these sociocultural effects, teenage drinking is not often seen as a serious societal issue [21].

In China, efforts to control alcohol use are still in their infancy. There are no explicit drinking regulations or norms in the nation [25]. Despite the fact that the central government acknowledged the problem and passed laws in 2006 to outlaw underage drinking [23], the law is not strictly implemented; young people still have easy access to alcohol, and shopkeepers are not held accountable for selling it to minors [15, 23, 26]. Furthermore, as China has no set legal drinking age, "minors" in this research refer to teenagers, kids, and young adults under the age of 21.

Few studies have looked at the ways that Chinese culture affects under-21-year-olds' risky drinking habits. The history and direction of this study are unclear in the literature that is currently available. In order to better comprehend the research environment and pinpoint topics for further study, this article conducts a scoping assessment to examine the cultural impacts on underage drinking in China.

3. Methods

This scoping review followed the five-stage methodological framework proposed by Arksey and O'Malley [27].

3.1. Ethical considerations

This study was approved by the University of Exeter and did not require ethical review.

3.2. Identification of the Research Question

The research question guiding this study focused on exploring the cultural factors influencing underage drinking behavior in Chinese society. The specific research question was: "What is the influence of cultural factors on underage drinking in Chinese society?"

3.3. Identifying Relevant Studies

A systematic search was conducted across three electronic databases: Web of Science, CINAHL Ultimate, and Medline. These databases were selected to ensure comprehensive and multidisciplinary coverage relevant to the research question.

The following search strategy was applied. In Medline, Medical Subject Headings (MeSH) were used, while keyword searches were performed in the other databases:

[teenage* OR adolescent* OR minor* OR juvenile* OR underage* OR youth*]
AND [drink* OR alcohol* OR drunk OR booze* OR tittle OR tope OR liquor*]
AND [cultur* OR attitude* OR percept* OR social identity* OR belief*]
AND [China OR Mainland China OR Chinese]

3.4. Study Selection

As the review was conducted by a single author, the scope was limited due to time and resource constraints. Therefore, the search was restricted to studies published in English between January 2019 and July 2023.

3.4.1. Literature Search Criteria

Studies were included if they met the following criteria:

Published in English.

Focused on alcohol-related problems.

Targeted at children, adolescents, or young people under the age of 21.

Focused on populations in Mainland China, Hong Kong, Macau, Taiwan, or Chinese populations in other countries.

3.4.2. Literature Screening Criteria

A) Inclusion criteria:

Published in English.

Published after 2019.

Primarily focused on Mainland China, Hong Kong, Macau, or Taiwan.

Focused on minors [children, adolescents, or young people aged 0–21 years].

Focused on alcohol consumption, including evidence or findings related to cultural influences or societal perceptions.

B) Exclusion criteria:

Focused solely on clinical, biological, neurological, or brain science aspects of alcohol consumption, excluding cultural or perceptual influences.

Focused exclusively on the COVID-19 pandemic.

Focused solely on substance abuse unrelated to alcohol.

Did not include children, adolescents, or young people as the target population.

Presented only statistical data [e.g., prevalence or consumption rates] without primary evidence of cultural influences.

Lacked access to the full text.

3.5. Charting the Data

The literature was compiled using a systematic data extraction procedure. References were managed using EndNote 21 software. At first, 263 records were found. There were 213 unique records left after duplicates were eliminated. 37 papers were chosen for full-text examination after the titles and abstracts of these 213 records were checked against the inclusion criteria. 16 papers satisfied the screening criteria after the entire texts were reviewed. A subsequent search of the reference lists turned up two more papers, making the final review's total number of included studies eighteen.

Figure 1 provides a summary of the steps involved in identifying, screening, determining eligibility, and including literature. The number of records that are included and rejected at each stage of the selection process is shown visually in this picture.

3.6. Collating, Summarizing, and Reporting Results

Title, author, year of publication, research type, target population, and study location were among the data that were methodically gathered from the 18 included studies.

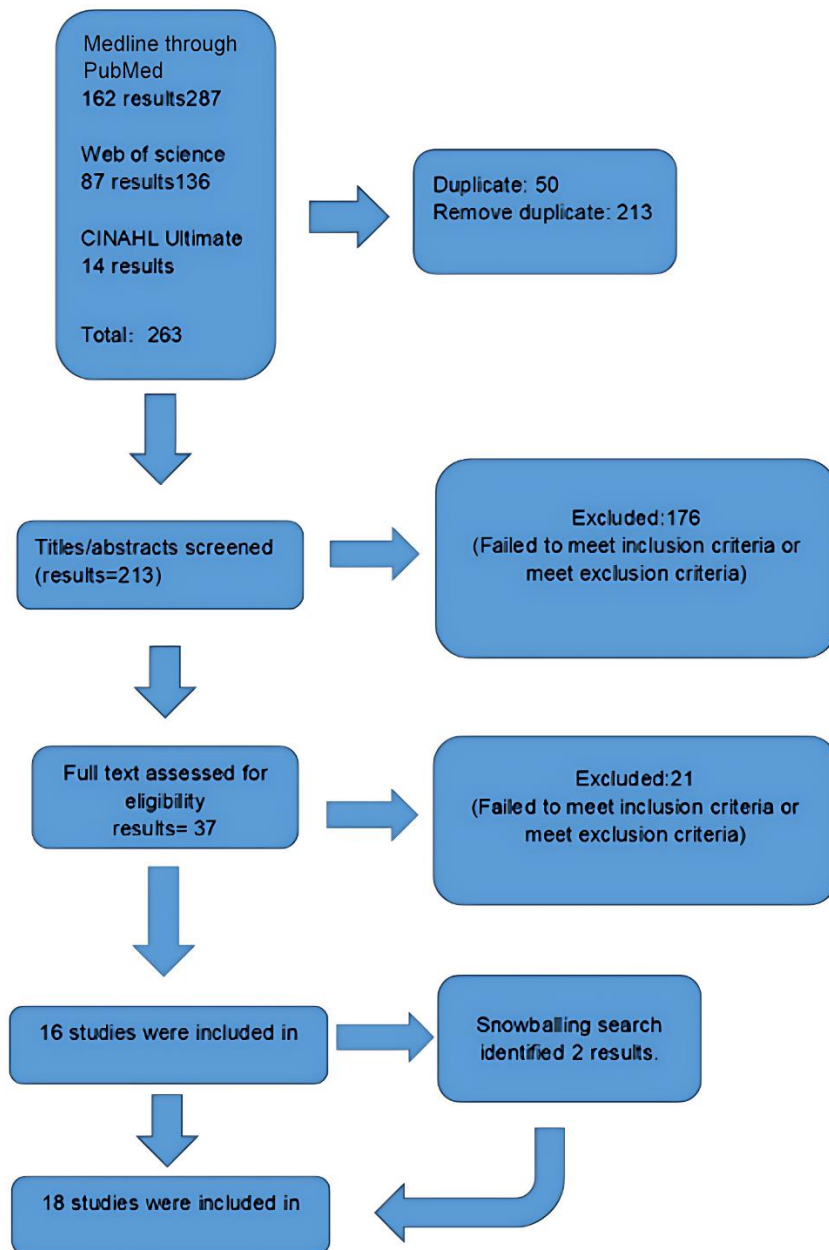


Figure 1.
Results from the literature search and screening of papers.

4. Results

As shown in Figure 2, a total of 18 studies were included and arranged using the Alcohol Culture Framework. Three studies each on the subcultural, environmental, and societal levels were among the thirteen studies that concentrated on the person and family levels. Tables 1 and 2 show the number of participants, study sites, and study kinds.

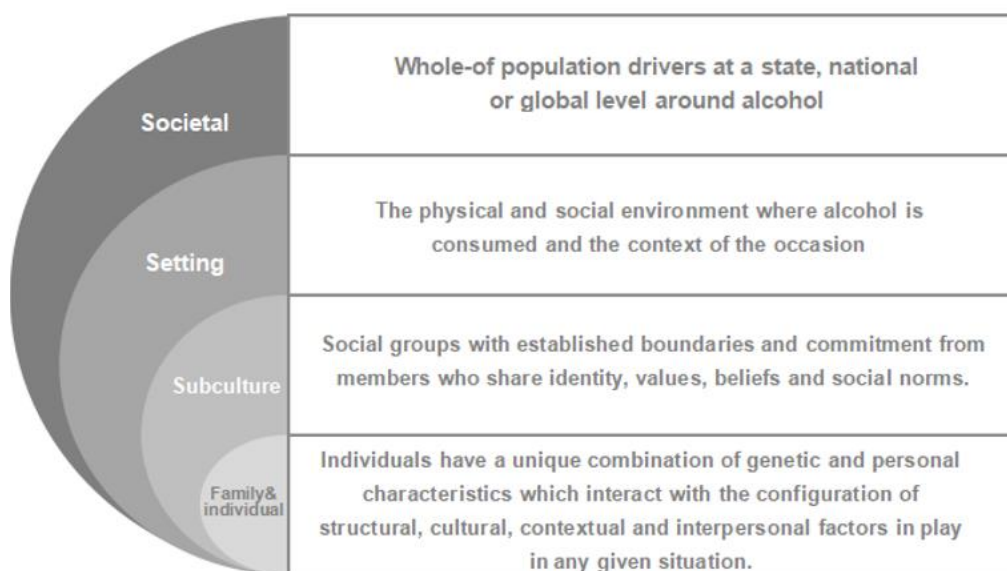


Figure 2.
Alcohol Cultures Framework.

Table 1.
Results at societal, setting, and subculture levels.

Level	Author/Year	Reference	Title	Type research	Target population	Location
Societal	Lu et al. [28]	40	Analysis of the alcohol drinking behavior and influencing factors among emerging adults and young adults: a cross-sectional study in Wuhan, China	cross-sectional study	1,634 participants aged 18-34 years; drinking rate: aged 18-24, 42% males & 50.4% females; aged 25-29, 47.9% males & 44.4 % females; aged 30-34, 45.4% males % 44.0% females.	Random sampling in Wuhan administrative district
	Zhang et al. [29]	27	The Association between Gender Role Attitudes and Alcohol Use among Early Adolescents in Shanghai, China	Cross-sectional study ; Structured interviews based on questionnaires, quantitative research.	1,631 students ages 10-14, average age: 12.47 ± 0.97 ; (50.77% boys vs. 49.23% girls).	Public and private schools in underdeveloped areas of Shanghai.
	Li et al. [30]	33	Gender differences in self-harm and drinking behaviors among high school students in Beijing, China	A quantitative study of stratified probability proportional sampling	32,362, of whom 16,103 (49.8 per cent) were boys, 16,241 (50.2 per cent) were urban students and 12,065 (37.3 per cent) were students in priority schools.	Junior and Senior High Schools in Beijing, China
Setting	Lu et al. [28]	40	Analysis of the alcohol drinking behavior and influencing factors among emerging adults and young adults: a cross-sectional study in Wuhan, China	cross-sectional study	1,634 participants aged 18-34 years; drinking rate: aged 18-24, 42% males & 50.4% females; aged 25-29, 47.9% males & 44.4 % females; aged 30-34, 45.4% males & 44.0% females.	Random sampling in Wuhan administrative district
	Mou and Lin [31]	31	Consuming Alcohol to Prepare for Adulthood: An Event History Analysis of the Onset of Alcohol Use Among Chinese College Students	quantitative research	338 students, 65.5 per cent female	A university in southern China (economically developed region)
	Chan et al. [32]	37	Drinking Expectancies among Chinese Young Adults: A Qualitative Study from Hong Kong	qualitative research	53 young people aged 18-34, 26 female and 27 male. 18-24 (52.8%); 25-29 (37.7%); 30-34 (9.4%)	Hong Kong, including online multi-channel recruitment
Subcultural	Fu et al. [33]	34	Childhood Adversity Phenotypes and Risky Health Behaviors among Chinese Adolescents: Extending the Concept of Adversity	Cross-sectional studies	5,726 students aged 12-18 (average age 14.81), of whom 2,848 (49.7%) were male and 2,878 (50.3%) female.	Three cities in Anhui Province, one random middle and high school in each city.
	Mou and Lin [31]	31	Consuming Alcohol to Prepare for Adulthood: An Event History Analysis of the Onset of Alcohol Use Among Chinese College Students	quantitative research	338 students, 65.5 per cent female	A university in southern China (economically developed region)
	DeLay, et al. [34]	35	Peers influence the tobacco and alcohol use of Chinese adolescents	longitudinal study	854 Chinese adolescents (384 girls; mean age = 13.33 years)	Two secondary schools in Lanzhou, Gansu Province

Table 2.
Results at individual and family level.

Level	Author/Year	Reference	Title	Type research	Target population	Location
Family and individual	Lee, et al. [35]	45	Alcohol-related cognitive mechanisms underlying adolescent alcohol use and alcohol problems: Outcome expectancy, self-schema, and self-efficacy	Prospective Survey Design	225 adolescents aged 13-15, 50% females	A public junior high school in Taiwan
	Wu and Lee [36]	28	Associations of Content Domain-Specific Possible Selves with Adolescent Drinking Behaviors	A Longitudinal Study Based On An Open-Ended Questionnaire.	234 students in grades 7-8, with a mean age of 13.9 years, 48.9 per cent (n = 110) were male.	A public junior high school in southern Taiwan
	Chau et al. [37]	36	Associations of Passive Drinking with Perceived Health Status, Mental Health, and Family Wellbeing in Hong Kong Chinese Adolescents: A Cross-Sectional Study	Cross-Sectional Study.	5840 students in grades 7-12, 51.5% of the participants were male, and 69.9% were born in Hong Kong.	One local school randomly selected in every 18 districts and one international school randomly selected in every five districts.
	Mou and Lin [31]	31	Consuming Alcohol to Prepare for Adulthood: An Event History Analysis of the Onset of Alcohol Use Among Chinese College Students	Quantitative Research	338 students, 65.5 per cent female	A university in southern China (economically developed region).
	Chan et al. [32]	37	Drinking Expectancies among Chinese Young Adults: A Qualitative Study from Hong Kong	Qualitative Research	53 young people aged 18-34, 26 female and 27 male. 18-24 (52.8%); 25-29 (37.7%); 30-34 (9.4%)	Hong Kong, including online multi-channel recruitment.
	Zhang et al. [38]	47	Effects of social and outcome expectancies on hazardous drinking among Chinese university students: The mediating role of drinking motivations	Quantitative Research	973 participants aged (M = 19.82, SD = 1.57), of which males (476 and females 497)	Universities in Hong Kong and Macau.
	Ho et al. [39]	41	Exploring Contributing Factors of Solitary Drinking among Hong Kong Chinese Adolescents and Young Adults: A Descriptive Phenomenology	Descriptive Phenomenology	44 participants aged 10-24, 32 males and 12 females; mean age 16.63 (SD=2.61)	Hong Kong, NGOs recruiting in the community.
	Bo and Jaccard [40]	39	Parenting as an inhibitor of gender disparities in alcohol use: the case of early adolescents in China	Quantitative Research	8805 adolescents in grades 7-9, 4726 males, 4271 females	secondary school in Beijing, Hangzhou, Wuhan, Urumqi.
	Wang et al. [41]	30	Parental control and Chinese adolescent smoking and drinking: The mediating role of refusal self-efficacy and the moderating role of sensation seeking	A Quantitative Study of Questionnaires for Randomised Whole Cluster Sampling	694 students (mean age = 13.67, 11-16 years)45% male, 55% female	Two public general secondary schools in the east.
	Wu et al. [42]	29	Social Media Exposure and Left-behind Children's Tobacco and Alcohol Use: The Roles of Deviant Peer Affiliation and Parent-Child Contact	A Quantitative Study Based on Questionnaires.	549 children left behind in grades 4-11, 283 boys and 232 girls; the average length of time a child is left behind is 5.91 years	Left-behind children in two primary schools, two middle schools and two high schools in central China.

	Chi et al. [12]	10	The Association Between Family Environment and Adolescent Alcohol Drinking Behavior: A Cross-Sectional Study of Six Chinese Cities	Cross-Sectional Study.	27,762, 13,417 (48.3%) males and 14,345 (51.7%) females; (51.8%) were from urban areas 48.2% were from suburban areas.	Beijing, Shanghai, Guangzhou, Jinan, Chengdu and Harbin.
	Mak et al. [43]	32	The vulnerability to alcohol, tobacco, and drug use of adolescents in Hong Kong: a phenomenological study	Phenomenological Study	45 adolescents, 11 parents and 22 school teachers and social workers	The two places in Hong Kong with the lowest monthly income.
	Bo et al. [44]	38	Understanding alcohol-specific antecedents among Chinese vocational school adolescents	Quantitative Research	1,230 students in vocational schools, average age 16, 60% female, 68% born in rural families	Vocational schools in Nanchang, Lanzhou, Qingdao.

In order to comprehend the impact of Chinese culture on underage drinking, this research included data from 18 studies that were divided into four tiers using the Alcohol Culture Framework. The findings showed that there were comparatively few qualitative studies among the 18 included, with the bulk being quantitative. Compared to longitudinal research, there were more cross-sectional studies. With five pieces of evidence on Hong Kong being the largest, the investigations were mostly conducted in economically developed East and South areas. There was less research on China's less economically developed areas in the west and northeast.

Only one document [39] had 72% more males than females, while another [31] had 65.5% considerably more females than males. The majority of the examined papers had comparable male and female proportions [between 40% and 60%]. Although ethnicity was not taken into account in most of the research, it is unlikely to have an impact on the results' reliability since China is home to a huge majority of Han ethnic groups (92%), and none of the study sites were situated in locations where ethnic minorities concentrate.

4.1. Individual and Family Level

The articles selected for this research covered nine topics, with 12 studies comprising five themes at the individual and family levels. In addition to feeling watched over and cared for by their family, these five themes are related to young people's perceptions that consuming alcohol may improve physical attractiveness, reduce stress and anxiety, and have other positive effects.

4.1.1. Perception That Drinking Alcohol Is Good for the Body

Red wine and medicinal wines are said to be beneficial to the body in traditional Chinese medicine [32]. Young people in Hong Kong, particularly women, feel that traditional Chinese medicinal wines, Japanese sake, and red wine provide certain health advantages, such as promoting strength and skin care [32].

4.1.2. Alcohol Consumption Is Perceived to Relieve Stress and Fear

Young individuals often choose to drink alone to relieve and escape stress [39], and prior research indicates that drinking alone at a young age is a risk factor for future alcohol use disorders [45]. It may also be a way to avoid bad mental health.

4.1.3. Perception That Drinking Alcohol Enhances Attractiveness

Adolescents in China are unhappy with how they look, and consuming alcohol may help them become more popular with their friends [36]. Teens who post about their drinking habits on social media are seen as attractive, and interacting with teens who drink makes it more likely that teens who don't drink would start drinking [42].

4.1.4. Parents' Perceptions of Alcohol Consumption

Alcohol misuse in front of children increases the likelihood of neglect, verbal abuse, and physical violence, all of which may worsen the psychological stress of the child and lower the well-being of the family. Additionally, there is a correlation between teenage drinking habits and the perceived well-being of their families [37]. Compared to parents who do not drink at all, family well-being may be worse when parents consume alcohol in front of their kids [37]. Parents often drink in front of their children, while younger generations have a custom of pouring drinks for their elders, both of which are influenced by established cultural standards [37].

4.1.5. Parental Supervision

While too much psychological control might be detrimental [41], proper parental supervision can improve teenagers' self-control over drinking [46], including the capacity to abstain from alcohol [35]. Teenagers who experience more affection and care from their parents feel more secure and attached, which reduces drinking [12, 40, 43]. Teenagers may be less prone to engage in harmful health behaviors, such as drinking alcohol, since they get enough emotional support from their family and may be less inclined to interact online for peer acceptance [42]. Adolescent girls, in particular, have more emotional needs and emotional connections than boys and their parents; they are more likely to accept their parents' drinking prohibitions and feel loved by them [42, 44].

Due to cultural factors, parents have high expectations for their children's academic performance throughout adolescence, and it is forbidden for them to consume alcohol or become intoxicated since it is seen to interfere with their ability to learn [31]. However, teenagers, particularly guys, are often encouraged to consume alcohol at certain festivals or family get-togethers [40]. Research indicates that [12] parental views on teenage drinking behavior are a risk factor; the more strongly families reject teen drinking, the less likely teenagers are to use alcohol.

4.2. Evidence at the Subcultural Level

Two subcultural themes that were present in three of the articles found in this research were culturally acceptable violence and the positive effects that alcohol use may have on relationships.

4.2.1. Interpersonal Benefits Through Alcohol Consumption

Chinese children and teenagers are often denied social activities until they attend university and experience severe academic pressure due to cultural beliefs [31]. Peer and social impact grew after university attendance, whereas parental monitoring and control over drinking habits decreased [31]. Chinese university students opt to use alcohol in order to profit from interpersonal interests as a result of this new peer pressure [31]. Because of their unique social culture, Chinese teenagers

are more inclined to integrate drinkers and non-drinkers in the same group rather than forming social groupings based on drinking preferences. Adolescents who do not drink may be impacted by this, although they are more likely to deliberately explore alcohol and are seldom under peer pressure to drink [34]. When they start college, shared drinking is one method for teenagers to bond over group activities [31]. In contrast to Western civilization, student club drinking trends indicate that involvement in off-campus voluntary work increases rather than decreases drinking probabilities [31]. College students who are better at networking are more likely to participate in extracurricular activities and are also more likely to use alcohol [31].

4.2.2. Culturally Permissible Violence

Physical punishment in schools is still commonplace worldwide [47]. Future hazardous drinking behavior is more likely to occur in those who have encountered adversity throughout their childhood and adolescence [47]. Because of the influence of traditional Chinese culture, teachers often use punishment and discipline to control their students [47]. The psychological and physical harm that results from receiving corporal punishment and public criticism from teachers is linked to unhealthy behaviors, such as drinking alcohol [47].

4.3. Setting Level and Social Level

Two motifs at the setting and societal levels were present in six of the publications that were found in this investigation. These two topics have to do with conventional gender conceptions and being ready to join society.

4.3.1. Adapting The Drinking Culture for Socialization

Business drinking is essential. Young people in Hong Kong often believed that drinking alcohol at a business dinner was essential and inevitable [32]. As a result, drinking is seen as one of the social skills that an adult entering society must learn [31]. In order to adjust to society beforehand, some college students will purposefully increase their drinking capacity [31]. According to earlier studies, perceived obligations cause teenagers who are just starting their early adult years to cut down on their drinking [28]. In order to fit in with society, Chinese teenagers in their early adult years drink more and are more likely to misuse alcohol due to the effects of Chinese alcohol culture [28].

4.3.2. Differences In Drinking Due to Gender Role Norms

Society is more accepting of male drinking, and traditional gender standards see it as more macho [29]. To a certain degree, society even promotes men's increased drinking [29]. On the other hand, society views drinking by women as aberrant [29]. Compared to males, girls' drinking habits are more often linked to self-harm. This might be because females who drink are more prone to have psychological issues, and their drinking behavior is not accepted by societal norms [30]. Gender role attitudes may be used to gauge societal attitudes toward gender equality in an area [48] since prior studies have shown that socio-cultural gender role norms define behaviors that are suitable for male and female roles [38]. In China, female teenagers who are more in line with gender role norms tend to drink less, but those with more traditional cultural beliefs are more likely to follow conventional gender norms and drink more [29]. Gender-role views are less restricted and the drinking gap between men and women is less pronounced in areas with more gender equality [28]. For example, in Wuhan City, women drink at a rate that is 2.82 percent higher than men's [28]. Nonetheless, excessive drinking is still more common among males than women [28].

5. Discussion

5.1. Findings

In order to comprehend the cultural impacts of underage drinking in China, this research compiles 16 pieces of data. The study attempts to identify trends and gaps in existing research by classifying this information via four aspects based on the cultural framework of drinking. The findings demonstrate how culture affects people's beliefs, attitudes, and views of drinking's advantages and disadvantages on both an individual and family level, hence influencing underage drinking practices. At the same time, culture also affects how individuals monitor and control underage drinking by influencing parent-child interactions and family traditions. According to earlier research, the Confucian culture values rigorous family discipline; family members have a significant impact on children's development, and family members are responsible for raising their children [46, 49].

Due to intense academic pressure, Chinese teenagers often don't engage in social activities at the subcultural level. Additionally, the likelihood of joining drinking groups with classmates for hobbies is very low [31], which may also be influenced by Chinese Confucian culture. According to earlier studies, Confucian culture encourages teenagers to do better academically than their classmates, fosters competitiveness, and places a strong emphasis on achievement in a secular sense [49]. Chinese teenagers are thus more likely to focus on their studies and spend less time socializing.

The findings indicate that there is now a very evident research gap and less research at the setting and social levels. For instance, the findings indicate that there are currently no studies that look at how culture affects alcohol availability. Previous studies have shown the shortcomings of China's underage drinking legislation and the near-universal impunity of merchants who sell alcohol to minors [15, 23, 26]. Regrettably, no study is currently looking at this issue.

5.2. Study Limitations

The study's time range is one of its primary drawbacks. This scoping review's focus is limited to the previous five years due to time and effort restrictions; some published, more relevant material from earlier times may not have been addressed.

Although the most current relevant material was examined in this analysis, it is still probable that some literature about long-term patterns in underage drinking and the background of Chinese culture was overlooked.

This study's inclusion of only English-language literature, which was done to assist in compiling the most recent and easily available literature, is another drawback. This research admits that, despite the authors' best efforts to ensure the thoroughness and precision of the search results, the limitations of the English database may have prevented the inclusion of a significant amount of important Chinese literature. This study's understanding of culturally relevant research problems in non-native English-speaking regions would be limited if it relied solely on English literature. Nonetheless, it could be helpful to examine cross-cultural comparisons through the lens of English literature, given that drinking habits might differ across nations.

The study's third drawback is the literature search's applicability. Studies on the impact of Chinese culture on underage drinking are comparatively rare, and some of the literature that was retrieved did not mainly address the cultural components of the study issue. As a result, only a portion of these data may be interpreted from a cultural standpoint.

5.3. Suggestions For Future Research and Policy

In order to provide a more thorough overview of the influence of Chinese culture on underage drinking, future research may decide to employ Chinese language databases to include more valuable Chinese language literature, which was not included in this study. This study found research gaps in the social and environmental factors that might be investigated further in future studies on the availability of alcohol and the impact of culture on policy. Furthermore, this study found that Confucian culture has an impact on underage drinking, a topic that may be further investigated in future research.

The 'person and family level' is the center of Chinese culture's effect on underage drinking, according to the Drinking Culture Framework [1] from which intervention strategies may be formed. Underage self-control over alcohol intake may be improved by suitable, enhanced parental monitoring, according to the findings [35, 48]. Through media efforts, the government may alert parents to the need to keep an eye on underage drinking. Additionally, lowering the likelihood of underage drinking may be achieved by community education on appropriate alcohol health ideas. Laws against underage drinking have been enacted by the Chinese central government. However, they have not proven successful [15, 23, 26]. Businesses that offer alcohol to minors should face penalties from the central government, which should also increase law enforcement and surveillance.

6. Conclusion

In addition to analyzing the present state of research and trends using the alcohol culture framework, this study highlights several research gaps and summarizes and examines the results of previous studies in the field. However, there are still many topics that require further investigation and understanding. To gain a more thorough and in-depth knowledge of the impact of Chinese culture on underage drinking, future research might increase the quantity of included literature, utilize better multilingual databases, and employ novel research methodologies.

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