

# UNIVERSITY OF NAIROBI

FACULTY OF ARTS

DEPARTMENT OF SOCIOLOGY

**ALCOHOLISM AND ITS EFFECTS ON THE PRODUCTIVITY OF  
THE YOUTH: A CASE STUDY OF KINYAGO VILLAGE,  
GATUNDU DISTRICT.**

BY

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A Project paper submitted to the Department of sociology, University of Nairobi, in partial fulfillment of the requirements for the Degree of Master of Arts in Sociology, Specializing in counseling.

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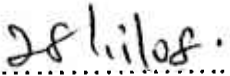
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# DECLARATION

This is my original work and has not been presented for a degree in any other university


  
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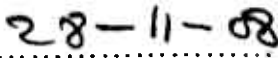
  
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This project has been submitted for examination with my approval as the university supervisor

  
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Dr. Paul N. Mbatia

  
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Date

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## ACKNOWLEDGEMENT

I would like to thank the Almighty God for granting me the ability to perform. It has taken His able hand to see me through the many challenges encountered.

I thank my supervisor Dr. Paul Mbatia for his invaluable guidance, direction, encouragement and close supervision that made this piece of work possible.

I thank my family for their understanding, support and encouragement.

I would also thank those that offered me the information required voluntarily about their challenges of drinking and other associated painful experiences.

## **DEDICATION**

This piece of work is dedicated to

My husband Johnson Gikandi Ngibuini  
My children Ngibuini, Kimandu and Kuguru.  
My mothers Janet Wachu Ngibuini and  
Margaret Wairimu Kimandu

# ABSTRACT

The intensity of alcohol abuse in Kenya has been a major concern in recent years, more so affecting the youth. This study focused on the youth aged between ages 15-25 years and was carried out in Kinyago Village, Gatundu District, where the problem of youth alcoholism was noted as highly prevalent. The study set out to find out the extent to which alcoholism affects productivity of the youth, and to understand how the youth cope with the challenges of alcoholism in Kinyago village, Gatundu District.

The objectives of the study were: 1); to identify the coping mechanisms adopted by the addicts of alcoholism as well as the significant others, 2) to assess the attitudes and perceptions of the community towards the problem of youth alcoholism, and 3) to establish the mitigation measures put in place to deal with the problem of alcoholism among the Kenyan youth at the community and national levels.

To achieve the stated objectives, a survey research was carried out. Probability and non-probability sampling was used to gather a total of 128 respondents. A structured questionnaire was used to collect data from the youth and an unstructured interviews collected data from the key informants. The raw data collected were processed using the SPSS statistical package; both descriptive and inferential statistics were used to analyze the data.

Findings from the study revealed that 90% of the youth were men. The education level of the youth was low with only 33% having completed secondary education. The type of alcohol consumed in this village is chang'aa and 88% of the youth said that it is of poor quality. The youth admitted that they drink excessively. The study found diverse ways in which the youth cope with the drinking problem which includes; fighting their spouses and parents, avoiding those who discourage them from drinking, stealing from spouses and other family members, while others sink deep into denial. The findings here revealed that 79% of the youth drink due to unemployment and not peer pressure as other studies have indicated. 97% admitted that alcoholism has affected their productivity a lot. There are some mitigation measures put in place to deal with the problem of alcoholism among the Kenyan youth both at the community and national levels. These include; the police raid the chang'aa dens, the parents talk to their youth, discourage them from drinking and pressurize them on the same, introduction of the youth funds to keep youth busy in business, chiefs hold public barazas to address the youth on the negative effects of alcoholism, games are also organized to occupy the youth and church leaders hold crusades and seminars as a forum to discourage youth from drinking. However 90% of the youth were of the opinion that the measures put up were not appropriate or effective in addressing the problem of youth alcoholism.

The stakeholder therefore need to intensify their efforts in addressing the problem of youth alcoholism to save the youth from this menace otherwise our future leaders are really in peril. The youth felt that everything should be done to discourage them from drinking and alternative occupation/employment made available. The government should

create employment or find ways of occupying the youth, and enact effective laws to contain the sale of chang'aa. The youth should also raise education level, boost business development skills, and avoid HIV/AIDS. The teachers teach on the dangers of alcoholism, become good role models

Future studies should address the role of parents in molding an alcohol free youth, effects of alcohol related activities on poverty levels in the society, and the social-economic effects of alcoholism on the family stability.

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# CHAPTER ONE

## INTRODUCTION

### 1.0 Background

Alcoholic drinks have been prepared and drunk for thousands of years all over the world and the problems that accompany excess alcoholic intake has been around for just as long. It is the oldest and most widely used intoxicating substance known to man (Deborah, 2002: 2). For thousands of years too, alcohol has been the traditional "high" of the United States purchased locally almost from all outlets. Alcohol has therefore always had an ambivalent position in society and many people have actually been caught up in the alcoholic web. It is the most widely abused drug. There are 2 million people world wide consuming alcoholic beverages and 76.3 million with diagnosed alcoholic disorders which include physical illness, psychological, spiritual and social distress (WHO, 2002). It is known that alcohol enters the body through the digestive organs, and readily passes through the membranes of the human body (Hershan et al, 1994:63). It damages the human body, raises susceptibility to infectious diseases, causes liver cirrhosis, alcoholic hepatitis, stroke, obesity, sexual dysfunctions, pancreatitis, cancer, heart attack, and affects the functioning of the brain and the nervous system among many others (National Alcohol policy, 2007: 20).

Apart from the health problems associated with alcoholism, there are the social aspects of the problem. According to Tibamanya (1993:137), "abuse of alcohol in many cases leads to the breakdown of the families through divorce, separation, desertions, and homicide". Fights between husband and wife become frequent leading to a common phenomenon now known as spouse abuse, which means frequent use of violence by one of the spouses against the other. Cases of the wife beating, wife battering, wife abuse, wife victimization, battered husbands and violence within the family evolve (NACADA, 2004). Family disorganization positively contributes to juvenile delinquency due to lack

of parental supervision. Serious and sometimes fatal road accidents are reported to be generally due to drunkenness. The drunken drivers care less about other road users. Drunkenness in the work place reduces production and development, through absenteeism, industrial accidents, inefficiency, carelessness, delays and reduced input (ILO, 2003). Corruption, forgery and embezzlement are common crimes that people engage in, to support their drinking habits. Drunkenness is closely related to crime, violence, and deviance (Tibamanya, 1993: 138).

Alcohol abusers argue that alcohol is the oil that makes an occasion go with a bit of flow or helps shy persons overcome their inhibitions. They say the euphoria of the drinker is such that he/she abandons his/her inhibitions. Through a drink they say that the individual no longer faces the human condition alone, but those in the group discover new solidarity. It is also argued that small, regular amounts of alcohol seem to have positive effects on the heart, prevent coronary heart diseases, and aid blood circulation (Razay, 1992). In the African set up, alcohol acts as a medium for communication with the ancestors and has always had a central place in religious beliefs (Deborah, 2002: 3).

In urban and rural areas alike, drinking of alcohol provides a focal point for relaxation and socialization whereby social ties are said to be strengthened (Ongaya, 2007:3). Alcohol abusers argue that drinking places are ideal meeting points where 'great' ideas are exchanged. Traditionally, there were very few occasions that were not marked by the consumption of alcohol. Examples include a successful hunt, victory over the enemy, various important social events such as birth, initiation, marriage, death, and migration (Sournia, 1990: 3). But the consumption of alcohol has lost its traditional purpose of merriment, comradeship, and celebratory aspects that were deeply rooted in the cultural and community context of the society (Tibamanya, 1993: 137).

As an industry, alcohol plays a positive role in society. No doubt, the alcohol industry employs a sizeable number of people including engineers, technologists, accountants, secretaries, brewers and many other cadres of employees (ILO, 2002). It also plays a significant role through remission of taxes to the central government thus contributing to

the Gross Domestic Product, and the earning of foreign exchange (UNDP, 1992). Indeed higher per capital alcohol consumption means more profits for the alcohol industry, both formal and informal. Therefore, more taxes go to the government for the provision of public social services. In addition it provides a livelihood to a large number of the population who are employed in the industry and their dependants (WHO, 2004).

Many people believe that alcoholism affects people of certain ages, races, sex, religion, or social class (Githuthu, 2000: 4). Some others believe that alcoholism is a 'men only' phenomenon. But this is not the case and the truth is that these categories have little to do with alcohol consumption and addiction. Anyone can be involved in alcoholism. The youth are also not left behind and are involved in alcoholism both in the urban and the rural areas. Thus, consumption of alcohol is no longer restricted to the adults or special social-cultural occasions. The youth say that they too drink to reduce tension and frustration, relieve boredom and fatigue (<http://pubs.niaa.nih.gov/publications/aa68.htm>). But the use of alcohol for personal gratification and temporary adaptation carries a very high price tag (Tibamanya, 1993). Thus, what is intended as adaptive behavior is maladaptive in the long run. The productivity of the youth is adversely affected, considering the kind of alcohol available to them which is not only harmful but is definitely unfit for human consumption (NACADA, 2004).

Many people drink alcohol occasionally like during a night out with colleagues or a company party. Others drink moderately only after experiencing or encountering various issues in life e.g divorce, or death of a close family member. Others may drink moderate amounts of alcohol on a more regular basis as they socialize with friends usually referred to as social drinking. For women and those over the age of 65, a moderate amount means no more than two drinks per day (pregnant women are advised not to drink alcohol). Men should not drink more than four units a day. Drinking at these levels according to the International Labor Organization (ILO, 2003), "usually is not associated with health risks and can help prevent certain forms of heart diseases". Under certain circumstances, however, even moderate drinking is not risk free. It can impair coordination and thinking, affect driving or operation of machinery. (Njuru, 1998: 22)

At more than moderate levels, alcohol drinkers are at risk of serious problems with health, family, friends, and co-workers. Drinking above the recommended safe limits is hazardous and increases the risk of developing diseases such as cirrhosis (liver damage), damage to the pancreas, cancers, heart problems, sexual problems and many other conditions (WHO, 2002). Problem drinking is where you continue to drink heavily even though you have caused harm or are causing harm or problems to yourself, family, workplace or society (ILO, 2002). The next level is the alcohol dependence (addiction) which is a serious situation whereby drinking alcohol takes high priority in your life and involves drinking every day to prevent unpleasant withdrawal symptoms. The Kenyan youth have unfortunately drunk alcohol to this level and hence is a serious problem that needs to be addressed (NACADA, 2004). The intensity of alcohol and drug abuse has been a major concern all along, but more so recently. According to Burkhalter (1975:115), "seldom does a day go by when a person is not confronted with some aspects of that enormous and burgeoning public health problem". Alcohol is undoubtedly the most popular drug of abuse in Kenya more so affecting the youth who have the curiosity to find out what it is like (National Aids Control Program, 2002), thus the purpose of this study.

## **1.1 Problem Statement**

The intensity of alcohol abuse in Kenya has been a major concern in recent years. The authorities have tried to put measures in place to deal with the problem of alcoholism among the adolescence, but the problem is still larger than expected (Mwenesi, 1996:15). The problem of alcoholism extends to the primary schools and not just prevalent in secondary schools and other institutions of higher learning (Michieka, 2006: 7). This is the age when their bodies are still forming and hence interferes with normal growth. They are exposed to deadly concoctions brewed by people who add harmful substances like battery acid, jet fuel, methanol, or formaldehyde to alcoholic drinks (NACADA, 2004: 36).

It is not only that young people are drinking alcohol, but it is the way they drink that puts them at such high risk for alcohol related problems. They get themselves involved in heavy drinking which is not only harmful to their health but also affects their daily operations, as well as their future (Brandel, 1978:72) Young adulthood is a stage of life where the youth move out of their parents homes into dormitories or houses with peers. They explore their own identities and how they fit in the world (Kennedy, 1985:315). Here the role of parents weakens, and the influences of peers gain greater strength.

They are on their own for the very first time; free to make decisions including the decision to drink alcohol. This is also the stage during which the youth obtain the education and training they need to mould their future careers. Mastery of these endeavors is vital to future success. Problems with alcohol and work can produce frustration and stress which would lead to a variety of unhealthy behaviors, including drinking (NACADA, 2004). Conversely, alcohol use during this important time of transition can impede the successful mastery of these developmental tasks also increasing stress (<http://pubs.niaaa.nih.gov/publications/aa68.htm>). The productivity of the youth is therefore adversely affected by alcoholism at this delicate stage of development. This is the social ill that the study set out to investigate.

Drawing from the forgoing discussions, the proposed study will be guided by the following questions.

1. What are the coping mechanisms adopted by addicts of alcoholism as well as the significant others?
2. Does the community perceive alcoholism among the youth a problem worth addressing?
3. What are the mitigation measures put in place to deal with the problem of alcoholism among the Kenyan youth at the community and national levels?



## **1.2 Research Objectives.**

The general objective of the study was to investigate alcoholism among the rural youth and to understand how their productivity has been affected by alcoholism. The specific objectives will be:

1. To identify the coping mechanisms adopted by addicts of alcoholism as well as the significant others.
2. To assess the attitudes and perceptions of the community towards the problem of youth alcoholism.
3. To establish the mitigation measures put in place to deal with the problem of youth alcoholism both at the community and the national levels..

## **1.3 Rationale/ Justification of the study.**

First and foremost, the study recognizes that alcoholism among the youth is a worrying phenomenon in Kenya today. This is why there has been a lot of concern about alcohol abuse among the youth in the recent past. The stake holders do recognize the dangers that alcohol abuse pose to the entire Kenyan population and particularly so, the youth. The government has been equally concerned. The establishment of the National Agency for the Campaign Against Drug Abuse (NACADA), The National Drug Policy, and other similar efforts, demonstrate the governments concern over the magnitude of the problem. Despite the fact that alcohol brings in a lot of revenue to the government, there is still the big question of whether it is really worth it. Alcohol generates about Kshs.12 billion yearly towards the economy but much of the earnings is used to treat people with alcohol abuse related ailments (Internet [http://www.g12.net/Africa\\_112.html](http://www.g12.net/Africa_112.html)).

Secondly, the youth who are the focus of this study, are supposed to be the most productive part of the population and the adverse effects of alcoholism should not be underrated. The study recognizes the importance of a healthy generation of the youth who are expected to be the future leaders of this country. Therefore all the necessary measures should be put in place to curb the problem.

Thirdly, it is important to understand how those living with the alcoholics perceive the problem. This is in recognition that the alcoholic youth do not live in isolation. Their actions do affect their significant others. In an effort to come up with solutions to this problem, the attitudes and perceptions of these significant others is important in bringing out further insights.

Fourthly, it is important to understand whether there are any mitigation measures put in place at the community and national levels to address the problem. This will help in understanding the efforts put in place previously and assess how effective these measures have been in eradicating the menace. It is also necessary to identify what areas have been neglected so as to be able to come up with a more comprehensive approach in addressing the problem.

Finally, for academic purposes, the study seeks to validate and update existing literature as well as capture emerging issues and challenges in youth alcoholism. This will greatly add to the existing body of knowledge. Useful information will be provided to further understand the problem and be able to come up with more effective solutions.

#### **1.4 Scope of the study**

The study looked at the effects of alcoholism on the productivity of the Kenyan rural youth. The youth were investigated to find out how their alcoholism affects those around them as well as seek to understand how the surrounding community perceives the problem of alcoholism among the youth. The study also sought to investigate the same youth to analyze the coping mechanisms adopted by those who are addicts to the problem of alcoholism as well as their significant others. The study was undertaken in Kinyago village, Ng'enda location, Gatundu District. This is an area whereby the consumption of alcohol by the youth has been the norm for many generations and hence found suitable for the research.

# **CHAPTER TWO**

## **LITERATURE REVIEW**

### **2.0 Introduction**

The purpose of this chapter is to capture relevant literature relating to alcoholism and its effects on the youth. This literature review is deemed necessary in understanding the subject of the study. The information presented here is derived from diverse sources e.g. library books, videos, internet, government documentations, journals, unpublished research works, and local newspapers. It is quite clear from this literature that the productivity of the youth as affected by alcoholism is not comprehensively addressed, therefore the need to carry out the study. In order to see the problem in a broader perspective and provide a wider conceptual understanding of it, a critical review of literature on related issues and theories has hence been undertaken.

The main body of this chapter describes the major themes that have emerged from literature reviewed namely; the history of alcohol intake in the world, historical development of alcohol abuse in Africa, youth alcoholism as a social problem, youth alcoholism and the family, alcohol consumption and crime among the youth, alcoholism and accidents among the youth. The final part of this chapter gives an account of the main theories employed in addressing the issue of youth alcoholism and its effects on the productivity of the youth; they are observational learning theory and social exchange theory, and the culture of poverty theory.

## **2.1 History of alcohol intake in the world**

In most cultures, alcoholic beverages have been consumed since pre-recorded history in religious, medical, or recreational ceremonies (Babor, 1985: 1). It is therefore not new phenomenon in our world. Human beings have been using alcohol and plant derived drugs for thousands of years, since homo- sapiens first appeared on the planet (Oakley, 1993: 29). Alcohol was used for its therapeutic effects, whereby it was used for medicinal purposes, making it an integral part of daily meals. Hippocrates identified numerous medical properties of wine, which had long been used for its therapeutic and analgesic value (Lucia, 1963: 36).

It was also used for hospitality and recreational purposes. Intoxication at banquets and festivals was a common occurrence even in the ancient times (Austin, 1985:11). The role of alcoholic beverages as thirst quenchers is obvious and plays an important role in enhancing the quality of life (Hanson, 1965:11). He further argues that alcoholic beverages act as a social lubricant, can facilitate relaxation, act as a source of the much needed nutrients, can provide pharmacological pleasure and can increase the pleasure of eating. In ancient times people always drunk alcohol when holding a memorial ceremony, offering sacrifices to gods or their ancestors, pledging resolution before going to battle, celebrating victory, before feuding and official executions, for taking an oath of allegiance, while attending the ceremonies of birth, marriage, reunions, departures, death, and festival banquets (Fei-peng, 1982: 13).

Alcohol was also considered a spiritual (mental) food rather than a material (physical) food, and extensive documentary evidence attests to the important role it played in the religious life of many (Hucker, 1975: 28). Beer was the major beverage among the Babylonians, and as early as 2,700 B.C. they worshipped a wine goddess and other deities (Hyams, 1965:38).The Babylonians too used both beer and wine as offerings to their gods (Lutz, 1922: 125).

Despite the fact that alcoholic beverages have played such an important role in society over the ages, it is also important to note that some people have always overused alcohol with devastating effects. This is the concern of this study as it relates to the Kenyan youth. Xenophon (431-351 B. C) and Plato (429-347 B.C) both praised the moderate use of alcohol as beneficial to health and happiness, but both were critical of drunkenness, which appears to have become a problem already. Even in these early days, moderate consumption of alcohol was considered a virtue, and temperance was usually singled out for praise as exemplary behavior (Austin, 1985:19).

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In the beginning of the eighteenth century, the early Christians believed that alcohol was a gift from God and created to be used in moderation for pleasure, enjoyment and health, while drunkenness was viewed as a sin (Slavin, 1973: 114). During this period, attitudes toward drinking of alcohol were characterized by a continued recognition of the positive nature of moderate consumption and an increased concern over the negative effects of drunkenness. The latter, was generally viewed as arising out of the increased self-indulgence at the time, and was seen as a threat to spiritual and societal well being (Taylor, 1954: 513). Intoxication was also inconsistent with the emerging emphasis on the rational mastery of self, world, work and efficiency (Austin, 1985:129).

The nineteenth century brought change in attitudes as a result of increasing industrialization and the need for a reliable and punctual work force (Porter, 1990: 12). Self-discipline was needed in place of self-expression, and task orientation had to replace relaxed conviviality (King, 1947: 117). Drunkenness was hence defined as a threat to industrial efficiency and growth (Younger, 1966: 341). Problems commonly associated with industrialization and rapid urbanization was also attributed to alcohol. These include urban crime, poverty, and high infant mortality rates and were blamed on alcohol consumption (Ashton, 1955: 243).

It is therefore clear that alcohol in itself has its positive aspects but alcoholism causes serious problems of lowered productivity more so in the youth. The problem of alcoholism is more serious when the youth are involved, for they are considered the most

vulnerable and at the highest risk level (Mitchel, 1999:15). This study sets out to address the problem of alcoholism among the Kenyan youth that affect their productivity. The findings will contribute greatly to the existing body of knowledge.

## **2.2 Historical development of alcohol abuse in Africa**

As we look at the global position of alcoholism, it is important to look at the development of alcoholism in Africa so as to shed light into the issue of alcoholism even as it relates to Kenya, where this particular study is being carried out. Alcohol has featured prominently in our continent's social and political history (Parry and Bennets, 1998:25). Traditional African beer has played an important role in the cultural and religious lives of the African people for many centuries, especially after a successful hunt, victory over an enemy, birth, initiation, marriage, death, and when relating and communicating with the ancestors (Sournia, 1990:5).

Sorghum, millet beers and palm wine dominated and these were usually of low ethanol content compared to the highly poisonous alcohol taken by the youth in Kenya today. Alcohol production and consumption was highly seasonal, especially with respect to the grain based beers, and the pattern of ceremonial festivities and drinking occasions was based on the agricultural cycle (Ambler, 1991:25). He further argues that "the peak came in the wake of a successful grain harvest when there was real cause for celebration and giving thanks to the ancestors. Alcohol consumption was therefore very much intertwined with the day today operations and was part and parcel of social life, used in moderation, not abused as is the case today especially among the youth.

There were serious social considerations and the amount of grain allocated to brewing would be constrained by practical consideration of the community's grain requirements and storage until the next harvest (Colson and Scudder, 1988: 23). Many family and community celebrations like weddings, initiation rites, and puberty rites were deliberately scheduled to take place in the post harvest period when availability of ingredients for alcohol production was assured (MacCathy, 1972:27). Sangree, (1962: 14), argues that

“the traditional drinking modality was strongly associated with male elders, who held the highest social status in Africa’s rural communities”. He says that the relevance of special drinking modality faded as colonialists invaded the African traditions.

With the introduction of maize which slowly replaced sorghum, millet and palm, brewing became more commercialized first in the urban areas and later throughout rural Africa (Deborah, 2000: 20). Sugar was introduced and this enhanced ethanol production and further boosted the production of alcohol in Africa (Lentz and Green, 1999:33). The industrial production of alcohol expanded rapidly throughout the continent of Africa as alcohol offered reliable and quick profits despite innumerable problems faced by the industry promoting alcohol abuse among the urban dwellers and later affecting the rural population (Ngindu, 1982: 25). Alcohol consumption increased in terms of widening availability and array of alcoholic drinks namely the home brewed and sap wine, commercial cottage industry brew, commercial manufactured opaque beer, commercial manufactured bottled beer, commercial cottage industry distilled beer, and commercial distilled imports (Harworth et al, 1981: 16).

With the widening availability and an array of alcoholic drinks, the youth have not been left behind and so alcoholism has become a big problem especially in schools because it undermines a student’s ability and performance (Miano, 1999). The problem has become so rampant that experts are warning of major economic costs and loss of the Kenya’s workforce if urgent measures are not taken to reverse the current trend of alcoholism among the youth and it’s no wonder there are so many schools going on strike and destroying school property and burning down the schools (Daily Nation, 21 June 2008). It has been alleged that alcoholism has played a major role on this issue.

### **2.3 Youth alcoholism as a social problem**

Alcohol is one of the few mood altering substances that is socially and legally used by individuals and not everyone who uses alcohol has problems or ends up getting problems (Muriithi 2002:14). It is important to note that there are categories of people and

individuals who drink alcohol but are able to control themselves and the alcohol usage in a manner that it ends up not causing them or their families any harm (Wanjiru, 1979: 22). However, majority are unable to control alcohol usage resulting to grief problems and pain to those around them. The youth who use alcohol constantly end up performing poorly in school, eventually dropping out of the school system and if working, performs poorly in their place of work ending up abandoning employment or being sacked (NACADA, 2004).

Alcoholism causes social conflicts between alcohol abusing individuals and the majority in the social group (Michieka, 2006:20). Alcoholism refers to those situations whereby persons or groups abuse alcohol in such a way that they attract the disapproval of the rest of the society usually referred to as excessive or deviant use of alcohol (Oakley, 1996:23). The Kenyan youth are abusing alcohol to the extent that everybody is up in arms complaining and condemning the bad behavior adopted by the youth in Kenya today whereby very many schools are going on strike destroying and burning school property and alcoholism has been alleged to be problem behind it all. (Daily Nation 21, and 22 July, 2008).

The social problems arising from alcoholism can be significant. Being drunk or having a hung over during office hours can result to loss of employment, leading to financial problems including living quarters (ILO, 2002). Many working youth have lost their jobs this way leaving them with no source of income hence unable to finance their day today operations ([http://wikipedia.org/wiki/alcoholism#social effects](http://wikipedia.org/wiki/alcoholism#social_effects)). An alcoholic's behavior and mental impairment while drunk do profoundly impact surrounding family and friends, leading to marital conflict and divorce, or contribute to domestic violence (Kennedy, 1985:167). This can contribute to lasting damage to the emotional development of the young alcoholic's children, even after they get to adulthood, and the alcoholic himself could suffer from loss of respect from others who may see the problem as self inflicted (Silverstein, 1990:25). It is therefore no wonder that the youth in alcoholism develop and suffer negative self image and poor self esteem.



## 2.4 Youth alcoholism and the family

In the African communities, people used to drink together to achieve a sense of belonging and good fellowship (Githuthu, 2000: 9). Medicinally alcohol has been used to relieve pain, to increase appetite and in many cultures it is still considered an essential ingredient for good health (Sournia, 1990:24). However, in most African families, cultures laid rigid guidelines as to what constituted responsible drinking and were put in place. Drunkenness was frowned upon and anyone displaying outward signs of intoxication was often punished, in some cases put to death (Edwin, 1965, 37). The aim, he says, was to enhance the family institution and more so to shield the children from effects of irresponsible use of alcohol and other drugs.

Alcoholics can be of any age, and alcoholism can affect any member of the family. Alcoholics may include young, teenage, or grown-up children, wives and husbands, brothers and sisters, parents and relatives (Muriithi, 2002:17). An alcoholic can totally disrupt family life and cause harmful effects that can last a lifetime. Alcoholism is responsible for more family problems than any other single cause (Tibamanya 1993:138). According to Silverstain (1990:18), one of every four families has problems with alcohol.

Each member of the family may be affected by alcohol differently. When the youth drink, it causes a lot of agony to the parents who see their child as doomed and cursed (NACADA, 2004:15). They start sensing danger because they know the future of their child, in which they may have invested heavily is doomed. If in schools, the youth end up dropping out of schools and do nothing else except drink. According to Michieka, (2006: 24), "the out of school youth in Nairobi, spend most of their free time drinking in brew pubs in Nairobi province". He says that this accelerates their advance towards a life of ruin and causes a lot of concern to the parents, siblings and relatives. The working young alcoholic is sacked, left without a source of livelihood thus placing the lives of their dependants in jeopardy especially if married (ILO, 2004). They spend their cash on alcoholic beverages instead of using it to uplift their living standards and some are

already a liability to their already impoverished families (Wanjiru, 1979:35). It is therefore no wonder that NACADA saw the youth in real peril.

Parental alcoholism may affect the fetus even before the child is born. In a pregnant young woman, for example, alcohol is carried to all of the mother's tissues and organs, including the placenta, where it easily crosses through the membrane separating the maternal and the fetal blood systems (ILO, 2004). The concentration of alcohol in her unborn baby's bloodstream is the same level as her own. She may give birth to a baby with Fetal Alcohol Syndrome (FAS). Fetal Alcohol Syndrome is one of the three top known causes of birth defects (Berger, 1993: 37).

The misuse or abuse of alcohol has an anti-social aspect as well as a personal negative aspect. The abuse of alcohol, in the married youth, leads to the breakdown of families through divorce, separation or desertion and homicide (Tibamanya, 1988: 137). He argues that fights between husbands and wives become frequent leading to a common phenomenon now known as spouse abuse; which means frequent use of violence by one of the spouses against one another. Cases of wife-beating, wife abuse, wife-victimization, battered husbands and general violence within the family evolve, in most cases, on the abuse of alcohol (NACADA, 2003). Family disorganization contributes to juvenile delinquency as the children lack parental supervision. It is therefore evident that youth alcoholism jeopardizes the institution of marriage which is very important in social life.

Widespread drunkenness in the employed youth reduces production and development through lack of concentration, absenteeism, irregular work patterns, industrial accidents, inefficiency and carelessness, delays and reduced input (ILO, 2002). ILO argues that corruption, forgery, and embezzlement of funds are common crimes that some people, especially the youth, engage in, in order to support their drinking habits. Very often the drunkard loses his employment which in turn may seriously affect his social roles especially in the family. Chronic abuse of alcohol in the long run, may have very adverse effects on the health of the victim; first his brain and nervous system may be damaged, then his other internal organs and he may eventually, after many years of alcohol abuse,

(15-25years), die of the cirrhosis of the liver (WHO, 2004), leaving his dependents with nobody to take care of them. This further shows that the family institution which is the basic social unit is in jeopardy and is robbed of its very survival by lost employment in the bread winners.

## **2.5 Alcohol consumption and crime among the youth**

Alcohol plays leading role in crime and deviance among the youth because of its effects on the brain. Following the intake of alcoholic beverages, a certain amount of alcohol is absorbed into the circulation of the blood system in the stomach, but most of it is absorbed in the small intestines (Health Magazine, August 2000). Once alcohol gets in the blood it functions by realizing emotions and by lowering the cortical control over the manifestations of anger. It acts by arresting the functions of the *superego* and by leaving the youth to respond to emotional states without further reference to socially approved norms of behavior (Tibamanya, 1988:139). He argues that very often the drunken youth may use violence because of failure to regulate motor discharges.

The link between crime and alcohol is an international phenomenon (<http://www.nlm.nih.gov/medlineplus/alcoholandyouth.html>). Here it is argued that alcohol- crime axis and alcohol control should be seen as a crime prevention issue and continues to say that about 3 million violent crimes occur each year in which victims perceive the offender to have been drunk or drinking at the time of the offence. Namwoja, (1993) says that youth who drink get involved in crime, just as the grown-ups and alcoholic intoxication inclines the youth to legally punishable behavior. The types of alcohol related crimes include burglary, larceny, fraud, murder, rapes and sexual assaults, robberies, and other related violent incidents whereby weapons are used other than the offender's hands, feet, or fists (Mushanga, 1998:22). He says that the weapons include knives, pangas, and blunt objects as well as fire-arms are also involved. The kinds of injuries range from death, major injuries, broken bones, severe lacerations, internal injuries, teeth knocked out, knocked unconscious, and many others. Other

traumatic injuries, suicide, date rape, and family and school related problems (<http://www.nlm.gov/medlineplus/alcoholandyouth.html>).

In Kenya, there have been incidents of crime among drunken youth. In 1990, intoxicated boys of St. Kizito Girls Secondary, in which 19 girls were killed and scores of others raped. Between 1998 and 2001, there was increased violence in secondary schools particularly in central province and analysts said alcohol was involved to some extent. Several deaths also occurred in Naivasha, Mai Mahiu, Machakos, Murang'a, and Nairobi slums as a result of illicit brews, more so kumi- kumi. Over 140 people died and others lost their eye sight after consuming illegal, ethanol laced alcoholic drink.

There were also a lot of crimes committed by the youth during the post election crises, where the drunken youth were at the centre of the violence that prevailed (Daily Nation, 25 January, 2008). A lot of property was destroyed, others lost their lives, and others raped by the drunk youth. For the last one month, our schools (over 300) are on the rampage again and a lot of school property has been destroyed and a life lost of a student in Upper Hill Secondary school (Daily Nation, 21 July, 2008). The paper goes on to say that 72 students are charged over school riots and the argument is that alcohol is the cause of all this. It is therefore very evident that alcohol is really jeopardizing the lives of our Kenyan youths.

Under the influence of alcohol, the youth act in anti-social ways as their inhibitions are removed resulting to murder, rape, and other crimes (Vatsyayan, 1992: 15). He argues that for the alcoholic to meet the expenses of drink, he may take to gambling or even theft. Tibamanya, (1988: 138) confirms that drunkenness plays a leading role in the genesis of some of the criminal acts and deviant behavior, more so among the youth. He continues to say that drunkenness is closely related to crimes and violence. In a Finnish study, Verkko, (1994: 31) found that alcohol plays an important role in cases of homicide and suicide among the youth in that country.

In Philadelphia, Wolfgang, (1991, 19) found that when alcohol was present, a general description of the circumstances leading to homicide, where the youth were involved indicated in most cases, that drinking was excessive and had occurred over a prolonged period of time. He found that alcohol was present either in the offender or in the victim, in both the offender and his victim, or in the homicide situation; and that all these combinations accounted for 63.6 per cent of the 588 cases of criminal homicide; and alcohol were present in 36 per cent of these cases. In a Ugandan study on criminal homicide among the youth, it was found that alcohol was mentioned to have been present in about 37 per cent of the cases.

Because crime and violence are associated with alcoholism, incest and battering are common in alcoholic families. According to Berger, (1993:76) almost 30 per cent of incest cases and 75 per cent of domestic violence cases involve a family member who is an alcoholic. It is therefore evident that alcohol plays a major role in crime owing to the fact that inhibitions and shame are done away with and one gets the excuse to do anything. But people should not hide under alcoholism so that they can do whatever they feel like doing and this is why the law enforcers get them very fast and are convicted.

## **2.6 Alcoholism and accidents among the youth**

Even a very small amount of alcohol can impair the ability to drive safely and the motor car is one of the most lethal weapons in our hands today (ILO, 2004). Here it is argued that certain driving skills, such as steering a car while responding to changes in traffic, can be impaired by blood alcohol concentrations. Even as little as two beers on an empty stomach can be hazardous. Alcohol interacts with more than 150 medications (WHO, 2002), and gives an example of taking antihistamines for a cold or allergy and drinking alcohol which increases the drowsiness caused by the medication, making driving or operating machinery even more hazardous.

There is a clear association between alcohol consumption and accidents (ILO 2002). While all activities carry a risk accident, drinking alcohol prior to an activity clearly

increases the risk (<http://www.marininstitute.org/youth/alcohol-youth.htm>). International studies show that alcohol among the youth is estimated to be a factor in 20-30% of all accidents. Alcohol is therefore a leading cause of death among the youth. It contributes substantially to adolescence motor vehicle crashes. Serious and sometimes fatal road accidents are reported to be generally due to drunkenness.

The drunk drivers care less about other road users on the roads (Tibamanya, 1988, 138). He argues that other accidents include assaults, accidents in the homes, at leisure places, road casualties, accidents at work, and sport. Drownings falls and burns also do occur. Although an accident may be defined as an 'event without apparent cause' alcohol-related accidents do not occur randomly (Honkanen, 1993:15). When drunk the youth make wrong judgments and wrong calculations and in the process cause very serious accidents (Glucksman, 1993: 22).

According to National Highway Traffic Safety Administration (NHTSA) in America, thousands of deaths and hundreds of thousands of disabling injuries caused yearly by drunk drivers has been a major reason for concern about alcohol abuse. Approximately 50,000 American youth are killed by highway accidents every year. Here it is said that, one third of all traffic injuries are related to alcohol and there are the immense costs in wage losses, medical expenses, property damage and insurance costs.

Apart from the motor vehicle accidents, alcohol has been strongly associated with deaths and injuries among the youth resulting from home, recreational and Industrial accidents (Parry, 1994). He argues that alcohol has also been strongly been implicated with up to 44 per cent of civilian aviation accidents in which the pilots and passengers died.

Teenage drivers contribute substantially to motor vehicle related deaths, both on their own or with others (Karpf and Williams, 1983:55). They argue that teenage drivers have elevated rates of fatal crashes, and perhaps the greatest concern is the fact that a great deal of teenage drinking among moderate to heavy drinkers takes place in or around cars.

In the United States, the major health problem for teenagers is injuries associated with drinking and motor vehicle usage.

In Kenya, the situation is no different. The youth take advantage of their parents' property where they take their parents' vehicles and go out with peers to drink. This is a very common phenomenon especially during the school holidays. They drink so much that they struggle to get home. Some do not get home but are involved in very serious and fatal accidents as happened along Jogoo Road (Daily Nation, 28<sup>th</sup> December, 2006) where all five young car occupants perished. Other six young people died as they drove from Murang'a while drunk (Daily Nation, 24<sup>th</sup> August, 2004). The traffic police are very concerned because the youth who are matatu drivers drive passengers under the influence of alcohol. It is no wonder that Alco-blow was introduced some time back though it was withdrawn after people complained.

## **2.7 Theoretical Framework**

Kerlinger et al (1964:11) defines "a theory as a set of interrelated concepts, definitions, and prepositions that present a systematic view of phenomenon by specifying relations among variables with the purpose of explaining and predicting phenomenon. This means that the very nature of theory lies in its explanation of observed phenomenon. It is therefore important to see which theories best explain this phenomenon of alcoholism as the area of study here. According to Singleton et al (1998:24) "all empirical studies should be grounded in theory". This means that all studies should be conducted scientifically and should be empirically testable. The study has been informed by two theories namely the observational learning theory and the social exchange theory.

### **2.7.1 Observational learning theory**

Observational learning (also known as vicarious learning, social learning or modeling) is learning that occurs as a function of observing, retaining and replicating behavior executed by others. The individual notices something in the environment, remembers

what was noticed, produces an action that is a copy of what was noticed, and the environment delivers a consequence that changes the probability the behavior will be emitted again(reinforcement and punishment). This is a theory that emphasizes a form of learning whereby individuals acquire both information and new forms of behavior through observing others (Bandura, 1977: 11). It is most associated with the works of psychologist Albert Bandura, who implemented some of the seminal studies in the area and initiated social learning theory. It involves the process of learning to copy or model the action of another through observing another doing it. Rather learning can occur through the simple process of observing else's activities.

This type of learning plays a vital role in a very wide range of human activities. It is assumed here that any time a human being observe others, they can learn from them these experiences , and such learning can then play an important part in their own behavior. The experiences learned could be positive or negative. A young person may learn to be aggressive by observing his father beat and assault the mother. Another may become aggressive by observing and imitating a person he admires as advertised in the media or observe role models within his environment.

This theory enhances the study in that most young culprits of alcohol drinking observe others, either their parents or peers drunk and eventually end up drinking. They long to be like them and hence want to imitate those who drink. They like may be the way they order others around when drunk and wish to do the same. They may admire the confidence of the drunk and wish to do the same. The effects of observational learning on the behavior of the youth can be quite powerful in instilling new behavior which is not always positive. Unhealthy behaviors among the youth have been learned this way and have really jeopardized the lives of many. Their productivity has been adversely affected. Many young people have found themselves deep into alcoholism and it is very difficult to get out of it.



## 2.7.2 Culture of poverty

This theory of poverty roots its cause in the culture of poverty. It is also linked with the individual theory of poverty. The theory suggests that poverty is created by the transmission over generations of a set of beliefs, values, and skills that are socially generated but individually held. Here individuals are not to blame because they are victims of their dysfunctional sub-culture or culture. Culture is socially generated and perpetrated, reflecting the interaction of individual and community. Technically, the culture of poverty is a sub-culture of poor people ghettos, poor regions, or social contexts where they develop a shared set of beliefs, values, and norms for behavior that are separate from but embedded in the culture of the main society.

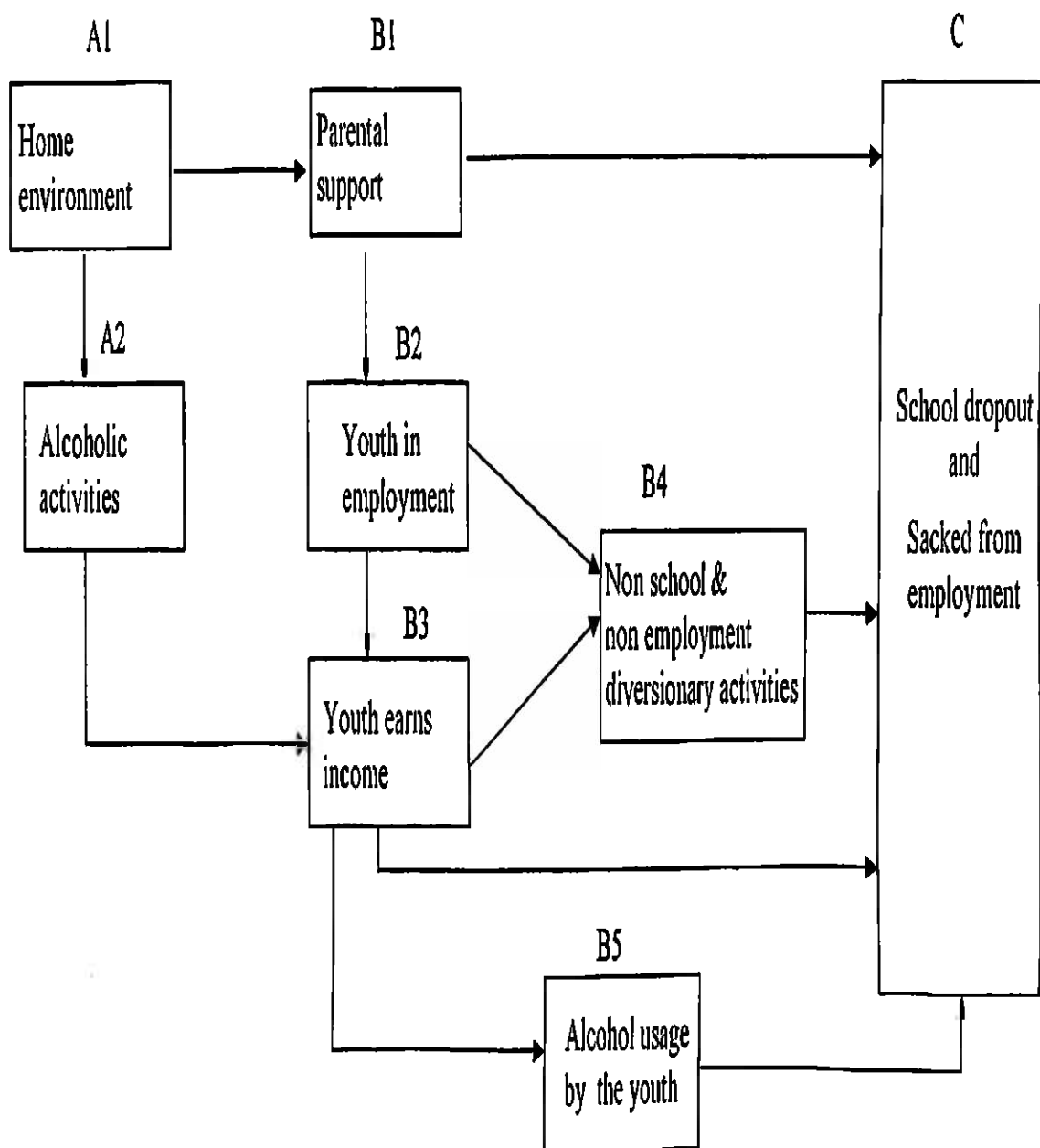
Oscar Lewis was one of the main writers to define the culture of poverty as a set of beliefs and values passed from generation to generation. He argues that, once the culture of poverty has come into existence, it tends to perpetuate itself. By the time children born in this culture are six or seven years old, they have usually absorbed the basic attitudes and values of their subculture. Therefore they are psychologically unready to take full advantage of changing conditions or improving opportunities that may develop in their lifetime.

This theory enhanced the study in that the youth here justify their drinking habits by arguing that alcoholism has been passed on from generation to generation and it is the cultural way of life. The youth here drink just as their fathers and their great grand fathers and it is all socially accepted.

## 2.8 Conceptual Framework

To guide the design of this study is a conceptual framework that has been drawn from the reviewed literature (see figure 1). The framework shows the cycle of alcoholism from the safe protection of the parents to self destruction (school dropout and out of employment).

Figure 2: Conceptual Framework



## 2.10 Operationalization of variables

Figure 3

Independent Variables	Dependent Variables	Variable Indicators
<p>Any alcoholic drink whose consumption lead to any unacceptable social behavior, misconduct of any kind, irresponsible social relationships, financial irresponsibility, alcoholic related health issues(physical or mental).This could be chang'aa, beer, kumi kumi, brandy,whisky, wines, and busaa.</p>		
	<p>Low labor output</p>	<p>Absenteeism at work, lateness, low morale, irresponsibility, lack of cooperation, poor performance, sickness, low income levels, valuable time spent on non-work activities.</p>
	<p>High school dropout rates</p>	<p>Poor academic performance, low levels of education, valuable time spent on non-school activities.</p>
	<p>Anti social activities</p>	<p>Stealing/burglary, motor accidents, involvement in criminal activities, promiscuity, not going to school/work, use of abusive language.</p>
	<p>Family disintegration for the married youth</p>	<p>Divorce\ separation, poverty, violence among spouses,</p>

# CHAPTER THREE

## METHODOLOGY

### 3.0 Introduction - Research Design

The chapter focuses on the research design used in this study. Kerlinger (1964: 275) defines a research design as a plan, structure and strategy of investigation conceived so as to obtain answers to research questions and to control variance. According to Singleton et al (1988: 67) “research design is the arrangement of conditions for collection and analysis of data in a manner that aims to combine relevance to research purpose with economy in procedure” It is the research design that guides the research in collecting or gathering, analyzing and interpreting observed facts. The chapter covers site description, research methods, unit of analysis and observation, unit of analysis and observation, sources of data, sampling techniques, data collection techniques and data analysis.

### 3.1 Site selection

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The study aimed to understand the effects of alcoholism on the productivity of the youth in Kinyago village, Ng’enda location, Gatundu District. It is about 40km from Nairobi. This is a village whereby the selling of alcohol has been passed on from generation to generation. This particular village was selected for its uniqueness as a beer den and has actually adversely affected the environs namely Wamuguthuko, Kahuguini, Kimunyu, Gachoka, and Ng’enda. These areas have a high population density and hence many people, young, old and women drink in this village. It is very widely known for chang’aa brewing, drinking and selling. It is an area that has survived the test of times. The police also know it all because they have made futile efforts to curb the menace over time. The area has severally been covered by the media and television stations highlighting battles with the police as they try to curb the menace (Daily nation, 18 September 2006).

The selection of this village was done purposively. It is an area not far from the capital city of Nairobi where the slum areas are well known for the illicit brews. Much of the alcoholic drinks sold here previously used to come from these slums in Nairobi, transported over-night to maintain supplies for the following day in the village. This is how the alcoholic culture has spread rapidly into the rural areas. But for the last 15 years the locals have learned how to brew the chang'aa locally and have perfected the act such that all the chang'aa consumed here and in the surrounding villages is brewed within the village.

The research site was appropriate in that it is accessible and the site is full of various drinking activities. People keep flowing in to drink and the supplies are properly maintained. Each of these people visit a particular household where they drink and every alcohol seller has her\his own clients. The human relations here are so strong that none would dare jeopardize them. The research site is an area that the researcher had heard so much about and hence was a good opportunity to verify what has always been said about the village about alcoholism. The researcher was familiar with the environment though not with this particular village and could actually speak the language of the locals. This went along way in enabling penetration into the networks to be able to carry out the research.

The research was therefore a case study of the village to uncover what goes on as villagers are consumed by alcoholism. A case study is an in-depth comprehensive study of a person, a social group, an episode, a process, a situation, a programme, a community, an institution or any other social unit (Krishnaswami, 1998: 54). In this case, Kinyago village was the community under study to find out how the productivity of the youth is affected by alcoholism. As a case study all factors will be unearthed, giving a wider range of insights into the human life in this particular village.

### **3. 2 Research methods**

The study captured both quantitative and qualitative research methods, to be able to make generalizations about the phenomenon under study. On the quantitative research method, a survey was used. A survey refers to a method of collecting information by asking a set of pre-formulated questions in a predetermined sequence in a structured questionnaire. The survey targeted the youth and was chosen to capture knowledge, attitudes and practices towards alcoholism.

On the qualitative research method, the researcher did a field study, and the data collection technique is through the identification of key informants. Through the key informants the researcher was involved in in-depth interviews as well as unstructured interviews so as to be able to gather as much data as possible. Field research was used to supplement the survey and generate qualitative data. Field research was ideal in that, it enabled the researcher gain a comprehensive perspective that numerical data alone cannot reveal (Babbie, 1995). The aim here was to explore the perceptions, attitudes, behavior and practices of the respondents in the larger context other than their incidence. According to Schutt (1996:312), field research enables the researcher to study natural processes as they happen.

### **3.3 Sources of data**

Both primary and secondary data was used in this study. Primary data was obtained from the youth, parents, teachers, chiefs, elders, church leaders, and the police. The youth were the main respondents while the others namely parents, teachers, chiefs, elders, church leaders, and the police were the key informants.

The secondary data was obtained from published literature. These were sourced through electronic websites, libraries, media reports, published research works, and journals. This was to ensure that relevant information was obtained.

### **3.4 Sampling technique.**

Sampling was done on the target population. According to Singleton et al (1993:240) "A target population refers to all members of a real or hypothetical set of people, events, or objects to which a researcher wishes to generalize the research results. Stephan and McCarthy (1958:22) and Singleton et al (1988: 130), have defined sampling as the "seeking of knowledge or information about a population by observing part of this population (sample) in order to extend the findings to the entire population". A sample then is a small proportion of a population selected for observation and analysis. Sampling is taking any portion of the population from the universe as representative of that universe.

The use of a sample for generalization made it easier and more economical for the study. Less time was also spent on the research without jeopardizing the end results. The researcher used both probability and non-probability sampling. The requirement here is that the population of study be homogenous. The general strategy was to identify important sources of variation in the population and then selected a sample that reflects this variation (Singleton et al, 1988:153).

In this study, a sample of 140 male youths was selected, aged 15-25 years. This comprised of 80 youths involved in alcoholism and 60 youths not involved in alcoholism. These were selected through simple random sampling and gave the necessary variance for comparison purposes. The researcher also used expert judgement to select key informants from the community to guide this study. This involved purposive sampling. The key informants included 10 parents, 10 teachers, 10 elders, 2 chiefs, 6 police officers and 6 church leaders.

### **3.5 Data collection techniques**

Data from the youth was collected through a questionnaire. The questionnaire contained both closed and open ended questions (semi-structured). The open ended questions enabled the researcher to capture the respondents' personal views which might be difficult to obtain when using closed ended questionnaire.

The researcher also collected data from parents, elders, church leaders, police and chiefs through unstructured interviews. According to singleton et al (1988: 235), with unstructured interview, "the interviewer is free to adapt the interview to capitalize on the special knowledge, experience or insights of the respondents". The parents, teachers, elders, church leaders, chiefs and police officers are actually in charge of the youth and have seen them grow and develop into alcoholism. They are therefore better placed to give opinions on the youth. They gave important insights in aid of the study in understanding the behavior and practices of the youth.

Direct observation method was also used. According to Koul (1992:168), observation is "the process in which one or more persons observe what is occurring in some real life situations, and they classify and record pertinent happenings according to some planned scheme". Here the researcher made general observations on the youth in the village.

### **3.6 Unit of analysis and observation**

According to Schuff (1966:593), unit of analysis is the level of social life on which the research question is focused. It is therefore the category across which the study variables vary. Singleton (1993:241) defines a unit of analysis as "the entity about who or which a researcher gathers information". It is simply what or who is to be described or analyzed. Barbie (1995:193) adds that "a unit of analysis is that which the study attempts to understand". According to Baker (1994: 102) units of analysis are "the social entities whose social characteristics are the focus of the study".



The units of analysis in this study are the effects of alcoholism on the productivity of the youth in Kinyago village, Gatundu District. The study sought to explore the extent to which the productivity of the youth is affected by alcoholism, and how their attitudes, and perceptions contribute to the alcoholic position they find themselves in. .

The units of observation are people who are placed in strategic positions as a result of having important data to the research. These include parents, teachers, chiefs, elders, church leaders, and the police. These served as key informants and are very concerned over the alcohol effects in the locality. Due to their positions in society, they were strategically placed and hold important information relevant to this area of study. These were interviewed so as to provide insights into the study as well as avail alternative and complementary data to be compared to that availed by the youth.

### **3.7 Data analysis**

The study generated both qualitative and quantitative data. After fieldwork, the quantitative data was edited, coded then entered into the computer for processing using SPSS (Statistical package for Social sciences). Descriptive and inferential statistics were used to analyze information generated from respondents. According to Baker (1988: 378), descriptive statistics refers to "Simple statistical methods, which do not support or falsify a relationship but help in the description of the data." Thus descriptive statistics enabled the researcher organize data in an effective and meaningful way. The data was reduced to a way that is understandable. By use of percentages, frequency distribution tables and charts, the researcher categorized variables.

Inferential statistics involve making generalizations, predictions or conclusions about characteristics of a population based on characteristics of a sample from a population. According to Schutt (1996:404), "inferential statistics were used to make decisions whether it is likely a relationship exists in the larger population from which the sample will be drawn." This assisted in making relevant generalizations.

Qualitative data generated from the parents, teachers, elders, police, church leaders and chiefs was analyzed by noting themes that emerge from their opinions. Babbie (1995:296) points out that in field research, “you look for similarities and dissimilarities; one looks for these patterns of interaction and events that are generally common to what you are studying.” This assisted in coming up with what is common as well as what is different in the generated data.

# **CHAPTER FOUR**

## **DATA PRESENTATION AND INTERPRETATION**

### **4.0 Introduction**

This chapter presents the findings of the study done in Kinyago village, Gatundu District. It provides information concerning the effects of alcoholism on the productivity of the youth. The researcher targeted 140 respondents made up of 80 youth who drink and 60 youth who do not drink alcohol. However, the actual number of youth interviewed was 128, made up of 80 youth who drink alcohol and 48 youth who do not drink alcohol. This generated quantitative data for the study. The key informants were purposively selected comprising of 10 parents, 10 teachers, 10 village elders, 2 chiefs, 6 police officers and 6 church leaders. This generated qualitative data for the study.

Descriptive techniques were used to organize summarize and interpret quantitative information. Data was then presented in the form of frequency tables, pie charts, bar graphs and cross tabulations where applicable. Qualitative data generated from the key informants was analyzed by noting themes that emerged from their opinions and presented in the verbatim quotations..

### **4.1 Background characteristics of the respondents**

This section presents the characteristics of personal attributes of individual respondents. These include gender, age and marital status, level of education, income, and occupation. The rationale behind inclusion of these attributes in the analysis is that they help shed some light on the characteristics of the youth.

It is noted that 92% of the interviewed youth were male while 8% were female. This is attributed to the Kikuyu culture whereby it is acceptable for the men to drink while it is

not the case with women. Women are expected to stay home and take care of the children and family at large.

The discussion on the attributes of the respondents also looks at the data on the age of the youth. The age of a target population is important in that it determines the social expectations of that particular age group. The researcher targeted youth aged between 15-25 years. This is the stage generally referred to as young adulthood and it is a stage marked by change and exploration. This is the stage during which the youth should obtain the education and training they need for their future careers (Braudel, 1978).

Table 1 presents a summary distribution of the respondents by age in years.

**Table 1: Age distribution in years**

Age in yrs	Frequency	Valid %	Cumulative %
15-18	45	35	35
19-21	42	33	68
22-25	41	32	100
<b>TOTAL</b>	128	100	

From Table 1, data collected by this study confirm that those aged between 15-18 years are 35% of the respondents while those aged 19-21 are 33% and ages 22-25 are 32% of the total respondents. This shows that the intended age group by the study was captured and this is a delicate stage in the life of the youth in that what one does at this stage largely determines the future. The consumption of alcohol is no longer restricted to the adults but the youth too drink.

The study was interested in finding out the education levels of the respondents. Education is seen as a measure in social stratification and determines social mobility. This was measured by asking the respondents to state their highest level of education.

Table 2 presents data on the respondent's level of education.

**Table 2: Distribution of the youth by Level of Education**

Level of education	Frequency	percent	Cumulative percentage
Not been to school at all	1	8	8
Never completed primary education	28	21.9	22.7
Completed primary education	43	33.6	56.3
Never completed secondary education	11	8.6	64.8
Completed secondary education	42	32.8	97.7
Certificate/Diploma	3	2.3	100
Degree level	0	0	100
Total	128	100	

Data collected and presented on Table 2 revealed that only about a third (34%) of the sample had completed primary education and secondary education (33%). Less than a quarter (22%) of the sample never completed primary education. Only 2.3% have attained certificate/diploma level of education. The study revealed that the level of education among the respondents is generally low. Previous studies have shown that alcohol affects the ability to learn. The low level of education among the youth is detrimental to development in the village. The youths' personal development is further hampered by lack of proper certificates or technical training.

The teachers who were key informants were concerned about this. They reported about the high dropout rates and the general poor performance in schools. They said that most of the youth start drinking quite early even in primary schools. One teacher narrated the following which he said worried all in the institution.

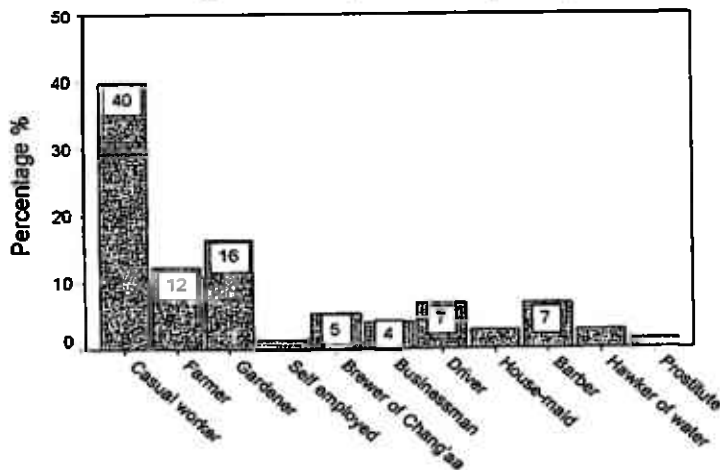
*'There is this child who took his fathers chang'aa and brought to school. He shared with his friends over break time. The five boys in class six all became unconscious, lay like they were dead and there was a lot of commotion in school. They had to be locked up somewhere for four hours to regain consciousness. When the parents were contacted, they both came to school and after being explained what happened, they started fighting because the husband had stolen the strong chang'aa she had hidden in the shamba to dilute a little later and sell''.*

This shows that the children do understand the operations of the parents and wish to experiment on the chang'aa drinking. The drinking culture is being perpetuated here and the boys have learned from the parents. As for the parents, we see the dishonesty among couples where the husband steals the wife's chang'aa and the resultant fights within families.

The study further measured the marital status of the respondents. In many social settings, one's marital status has been observed to influence the kind of activities one engages in. This is a rural based community, where some levels of traditions are still upheld and marriage is one of the highly recognized institutions to date. Considering the age distribution of the respondents, the study found that a 66% of the respondents are single and 24% are married. It was also noted that 8.8% has already separated while 1.3% had already divorced. The data collected therefore shows that the youth here marry on time as is culturally expected and also the fact that the levels of education are low. Studies have shown that education delays marriage.

The study found it necessary to find out the occupation of the respondents. Usually, employment status determines whether or not an individual has a regular income. It is assumed that one's employment status influences his or her choices in life. Data collected on the employment status of the respondents show that 90% of the respondents are not employed, while only 10% are employed. Those not employed are engaged in other occupations so as to earn a living. Figure 4 shows the distribution of respondents by occupation.

**Figure 4: Distribution of respondents by occupation**



The youth in the village are occupied as shown on figure 4. Generally there are those kinds of occupations considered less prestigious in most societies. It is implied from this figure that the respondents are in occupations that do not guarantee adequate income. It is evident from the data collected that the youth here have to struggle for survival.

The study found it worthwhile to look into the income levels of the youth. This is important in that income levels determine the entire lifestyle of youth and their families. In effect, it determines the patterns and choices of the youth in terms of affordability. To a large extent, income levels determine living conditions, such that situations where incomes are low, the living conditions are poor and expose people to difficult lifestyle.

Table 3 shows the income levels of the youth.

**Table 3 Income levels of the youth.**

	Frequency	Percent	Cumulative %
<b>1-3000 Ksh</b>	<b>96</b>	<b>75</b>	<b>75</b>
<b>3001-6000 Ksh</b>	<b>25</b>	<b>20</b>	<b>95</b>
<b>6000-12000 Ksh</b>	<b>4</b>	<b>3</b>	<b>98</b>
<b>Over 12000 Ksh</b>	<b>3</b>	<b>2</b>	<b>100</b>
<b>Total</b>	<b>128</b>	<b>100</b>	

It is evident here that most youth (75%) earn below Ksh 3000. This level of income is very low to sustain anybody within the current economic constraint. The standards of living have really gone up, more so the prices of food and fuel. These kinds of incomes cannot sustain decent living, and exposes the youth to poverty and further frustrations in life.

All the key informants raised a lot of concern on this issue. They said the youth sell their personal belongings and that of their immediate families so as to be able to raise extra cash to sustain their drinking habits. One village elder brought out this more clearly:

*“There is this youth who is a gardener earning about Ksh 2,400 per month. He has been trying to make ends meet without success. One day he went home, looked for cash where he thought the wife had kept money to buy food but did not find any. He got so frustrated and really wanted to drink chang’aa. He took his wife’s big bag, packed bed sheets, a blanket, cups, 2 sufurias and went to sell them. He took the items to a particular shop owner and sold them to him for only Ksh300, just to drink for the day. This brought a lot of conflicts at home and he had to beat up the wife to silence her”.*

This confirms that the youth steal from their wives or parents to sustain their drinking habits thus causing family disintegration.

#### **4.2 Youths drinking habits/patterns**

In this study, it is important to understand the youth’s drinking habits so as to understand the magnitude of the problem. This is very central in the study as important details and themes emerge. Alcohol is the most popular drug of abuse in Kenya more so affecting the youth who have the curiosity to find out how it is like to drink (National Aids Control Program, 2002).

The study attempted to first establish the quality of alcohol consumed by the youth. It is important to clarify the quality of alcohol consumed by the respondents as this tells us a



lot about the possible effects on the youth. Table 4 gives details about the perceived quality of alcohol consumed.

**Table 4 Perceived quality of alcohol consumed.**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	High quality	2	2.5	2.5	2.5
	Fair quality	8	10.0	10.0	12.5
	Poor quality	70	87.5	87.5	100.0
	Total	80	100.0	100.0	

When the respondents were asked to describe the quality of alcohol they consumed, an overwhelming majority (88%) rated it as of poor quality. This implies that the majority of the respondents are aware that the alcohol they take which is basically chang'aa is of poor quality. Due to the poverty levels, the youth continue drinking the low quality alcohol because they cannot afford that which is better quality. The addiction levels also do not allow the youth to stay away from alcohol hence has to drink whatever is available.

The key informants were generally all concerned over this because there are many negative effects on the youth due to the poor quality of alcohol consumed. This, they say is very detrimental to the health of the youth and they become very vulnerable to many infections liver cirrhosis, HIV/ADS, intestinal complications, pneumonia, alcoholic hepatitis, sexual dysfunction, stroke, cancer and affect the functioning of the brain and the nervous system (National Drug Policy, 2007). It is therefore evident that the poor quality of alcohol negatively affects the youth. An elder in the village reported:

*“The beer consumed here has high alcohol contents and the consumers end up being intoxicated easily and end up spending nights out in the cold where they are attacked by mosquitoes, rapists and thugs and are exposed to all kinds of illness. Those of us who know what the youth are exposing themselves to are concerned”*

The respondents were asked to describe their drinking habits. This is important so as to assess the patterns and effects of alcohol consumption among the youth. It is the amounts of alcohol that the youth consume and the quality of the alcohol taken that gives an indication on the magnitude of the problem. It is also important to note that what starts as social drinking quickly deteriorates to excessive drinking (ILO, 2002).

Table 5 illustrates the youths' drinking habits.

**Table 5 Respondents drinking habits**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Excessive drinking	52	65.0	65.0	65.0
Moderate drinking	19	23.8	23.8	88.8
Social drinking	9	11.3	11.3	100.0
Total	80	100.0	100.0	

Table 5 shows that nearly two thirds (65%) of the respondents admitted that they are involved in excessive drinking. This is usually referred to as problem drinking where the youth continue drinking heavily even though harm has been caused to self, family, fellow workmates or society generally. About a quarter (24%) admits that they drink moderately, while 11.3% say that theirs is just social drinking. However this may not reflect the true position because the researcher observed that some respondents could not readily admit that they drink alcohol excessively.

The key informants had a lot to say about the excessive alcohol consumption among the youth. A police officer had the following to say;

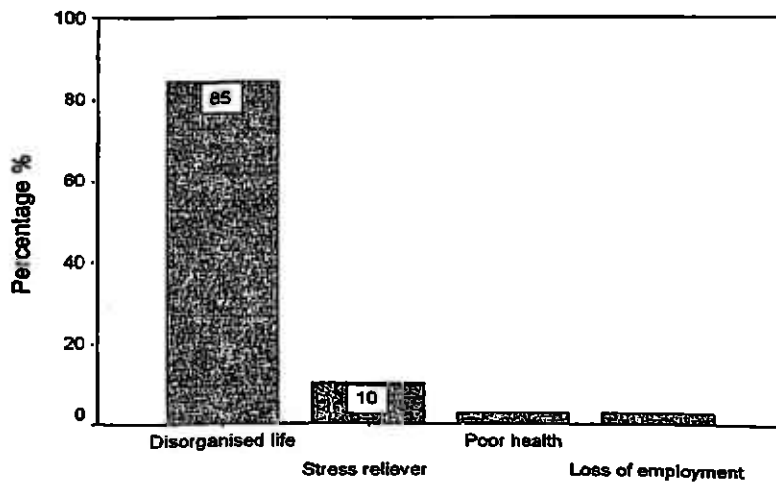
*“Some time back on a Wednesday morning we received a phone call at the station and the caller said that a young man aged about 22 years was found dead on the road side and he indicated the actual location. We rushed there with colleagues to verify only to find that the young man was not dead but had become unconscious after consuming a lot of alcohol. He was rained on the whole night. We managed to wake him up and he was taken to hospital for treatment. Incidents like this are quite common”.*

This shows the dangers the youth are exposed to.

### 4.3 Effects of alcohol on the youth and significant others

It is necessary to measure the impact of alcohol on the youth. It is known that alcohol enters the body through the digestive organs, and readily passes through the membranes of the human body, and raises susceptibility to infectious diseases (Hershan, et al 1994. 63). Apart from the health problems associated with alcoholism, there are the social aspects of the problem (Tibamanya, 1993). Figure 5 gives findings on the impact of alcohol on the youths' life.

**Figure 5: Impact of alcohol on the youth's life**



When the respondents were asked what they thought was the impact of alcohol on their lives, an overwhelming majority (85%) said that their lives have been disorganized in many ways. Others said that they have suffered poor health, while others have lost their employment. It is interesting to note that the youth are aware of the sufferings that chang'aa drinking has put them through but because they have become addicted, they cannot do without it. Their income levels are quite low hence cannot afford better quality alcohol.

The key informants felt that the impact of alcohol on the lives of the youth is very worrying. They feel that the lives of the youth have continued to deteriorate and getting disorganized day by day. This scenario was captured by a church leader who said;

*“The youth have actually lost direction. Their drinking habits have disorganized them so much that there is no order in their lives any more. Many of the youth are so sickly and many have lost their jobs. They are no longer responsible and do not care about their families”.*

This shows the negative impact of alcohol among the youth.

The study found it necessary to find out how the youth are personally affected by alcoholism. This is important in that it addresses what the youth go through as they drink. Alcohol abuse in many cases leads to breakdown of the families through divorce, separation, desertions and homicide. Fights in families become common and children are usually neglected (Tibamanya, 1993). Once the youth is exposed to this kind of situation, they are bound to be affected personally. Table 6 presents data on the effects of alcohol on the youths’ personal lives of the youth.

**Table 6 Effects of alcohol on the youth’s personal lives**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Become miserable	12	15.0	17.1	17.1
	Become poor	12	15.0	17.1	34.3
	Involvement into criminal activities	5	6.3	7.1	41.4
	Life disorganisation and frustration	23	28.8	32.9	74.3
	Dropped out of school	1	1.3	1.4	75.7
	Poor health	14	17.5	20.0	95.7
	Prostitution	2	2.5	2.9	98.6
	I dont know	1	1.3	1.4	100.0
	Total	70	87.5	100.0	
Missing	System	10	12.5		
Total		80	100.0		

Table 6 shows the many negative effects of alcohol in the respondents' lives. When the youth were asked how alcohol has affected them personally, they had the following to say. More than a third (32.9%) had their life disorganized and are frustrated, 20% were experiencing poor health, and 17.1% reported to have become miserable and poor, 7.1% are involved in criminal activities, while 2.9% are involved in prostitution. All these are negative attributes on the youths' productivity.

The key informants unanimously said that the youth have been adversely affected by alcoholism. The police officer in charge of Gatundu police station said that many youths are booked in the police cells almost every day and 80% of them were due to alcohol related crimes. This was captured by the following sentiments from a senior police officer;

*"We were on our normal police patrols when we heard people shouting and screaming at the top of their voices not far from where we were. We had to rush there to see what was happening. When we got there we found it was the mother to a young man and his wife who were screaming because the man was threatening to cut both of them into pieces with a panga if they did not give him all the money they had. We arrested the young man, put him in police cells, to be taken to court the following day".*

The youth are therefore socially affected negatively by the consumption of alcohol.

The interviewed youth admitted they consider consumption of alcohol a problem. Majority of the youth who drink (79%) say that alcohol consumption has made life problematic and nothing for them is the same again. They have become addicts, families have suffered through disputes and disintegration, funds have been misused, jobs have been lost, have suffered poor health and such other problems. But the youth continue drinking despite the sufferings because they are already addicted and lack alternative affordable alcoholic drink that is less harmful.

It is important to find out how the youth cope with life as they drink alcohol. In every situation or culture in life, people come up with various coping mechanisms so as to

survive and to adjust in life. The youth here are no exemption and they too have to come up with ways of coping with life. The related data is presented in Table 7

**Table 7 Youths' way of coping with life as they drink.**

		Frequency	Percent	Cumulative Percent
Valid	Difficult to cope with non-alcoholics	33	42.3	42.3
	Fighting	26	33.3	75.6
	Avoiding those who discourage me	8	10.3	85.9
	Very good person	8	10.3	96.2
	Self denial	3	3.8	100.0
	Total	78	100.0	

Table 7 shows that almost half (42.3%) of the respondents said that it is difficult to cope with life as they drink. One respondent said;

*"Most times you do not know what to do because everything and everybody seems to be against you. Whatever you try to do, there seems to be no way".*

From the above statement we find that not only do the youth suffer physically and medically but also psychologically. They suffer denial, alienation and become social misfits whereby they feel that nobody wants to associate with them. The youth realize that life is not the same again, and have to find a new way of coping with life. They have to adjust in life as they live with family and friends. Among the respondents interviewed, 33.3% said they cope by fighting and quarrelling with those round them. This they do, so that their actions and involvement in alcoholism is not questioned. Those that cope by avoiding people that discouraged them from drinking and by faking to be good persons were 10.3 %. There are those that live in denial so as to cope whereby they do not want to face the hard facts of life. Life for them is an illusion. All this shows that the youth find it difficult to cope.

As we analyze the other aspects of alcoholism, it is necessary to understand the feelings of the youth when sober. Knowing the feelings of the youth when sober would help us predict their behavior. Table 8 presents data on the feelings of the youth when sober.

**Table 8 Feelings of the youth when sober**

	Frequency	Percent	Cumulative Percent
Negative thoughts	9	11.3	11.3
Guilt	10	12.5	23.8
Shy	18	22.5	46.3
Boredom/Hang-over	21	26.3	72.5
Frustrated	15	18.8	91.3
Feeling fine	7	8.8	100.0
Total	80	100.0	

Table 8 captures the feelings that the youth experience when sober. Over quarter (26%) of the interviewed experience boredom/hangover, slightly below quarter (22.5%) feel shy, 18.8% feel frustrated, 12.5% suffer guilt, 11.3 % experience negative thoughts, while 8.8% feel just fine. This shows that the youth do not just suffer physically, but also emotionally and psychologically. Once the youth are affected psychologically, it shows that they are no longer in control of their faculties and could easily deteriorate into mental imbalance.

It is important to find out whether the youth have made any effort to stop drinking. The data collected shows that nearly two thirds (65%) of the respondents said that they have actually made some effort to stop drinking. It is only 35% that said that they have not put any effort to stop drinking. This shows that nearly two thirds of the youths have found that alcohol consumption does not add any value to their lives and have considered stopping. But due to the nature of alcohol addiction, the youth said that they always go back to the vice. One of the youth appeared annoyed over his drinking and had the following to say;

*"I would like to stop drinking. I see no benefit of continued drinking. See how alcohol has wasted me. I would have been very far. There was a time that I did not drink for one*

*week, in an effort to stop drinking. But due to lack of anything to do, I went back. But this time I will not go back. Just wait and see."*

The youth do not live in isolation. Whatever they do affects their significant others. In this case when the youth drink, those they stay with are affected. Alcoholism causes social conflicts between alcohol abusing individuals and the majority in the social group (Michieka, 2006). Fights between husbands and wives become frequent leading to a common phenomenon known as spouse abuse; which means frequent use of violence by one of the spouses against another (Tibamanya 1988). This was captured more clearly by a young woman who confessed that she is usually beaten up by her husband when drunk:

*"I am sick and tired of being beaten up almost every day. He comes home drunk and picks a quarrel with me over nothing and before long he beats me up. He has nothing to offer and I have to feed him. Last week, I had to run away from him as he threatened to cut me up with a panga. I reported the matter to the chief and he was warned. My children live in fear due to the noise he makes all over the house. I am thinking of leaving him and going back to my parents because I do not want to die young".*

Many women expressed concern over such beatings

Family and friends are affected by the youths' alcoholism. Table 9 presents the findings on this.

**Table 9 Effects of alcoholism on family and friends**

	Frequency	Percent	Cumulative Percent
So much complain(Parents)	11	19.3	19.3
Frustration in the family	24	42.1	61.4
Psychological torture due to insults and abuse	20	35.1	96.5
Lack of vision(Dont think of future)	2	3.5	100.0
Total	57	100.0	



Table 9 shows that family and friends are affected by youths' alcoholism. When the youth were asked how alcohol affected their family and friends, they had the following to say. Almost half (42.1%) of the respondents says that when they drink they introduce frustrations in the family. A further third (35.1%) argue that the family and friends suffer psychological torture due to the many insults and abuse inflicted on them by the youth when they come home drunk and 19.3% say that the family and friends do complain a lot as they struggle to discourage the youth from drinking. The friends and family are the ones that pressurize the youth to stop drinking because they are the ones that bear the wrath when they drink. These are still the ones that are said to be hostile to the youth in a bid to discourage them from drinking. This implies that alcoholism is a threat to the family unit (Tibamanya 1993), which is the basis of every culture. The social relations are affected in a negative manner.

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The study was interested in establishing the reasons why the youth engage in drinking. This is an important part of the study because the youth inform the study what makes them drink alcohol. The youth say that they drink to reduce tension and frustration, relieve boredom and fatigue (<http://pubs.niaa.nih.gov/publications/aa68.htm>). There is need to understand why the youth drink in this village.

The details on the findings as to why the youth drink in this village are shown on figure 6

**Figure 6 Reasons why youth drink.**

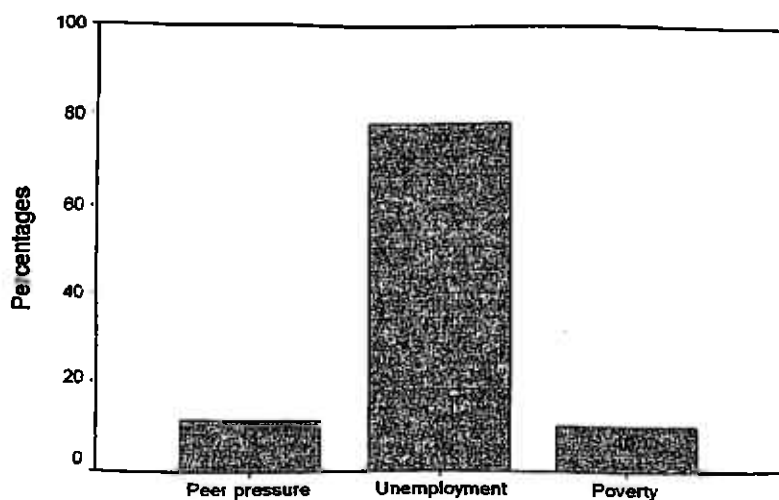


Figure 6 explains why the youth drink. Majority (79%) of the interviewed youth said that they drink because of lack of employment. Other studies have shown that youth drink due

to peer pressure. In this study only 11% said they drink due to peer pressure, while 10% drink due to poverty whereby they want to drown their sorrows. The youth argued they would stop drinking if they got employed and only drink because they are idle. Our study therefore found that the main reason why youth drink is unemployment not peer pressure as assumed by many studies (NACADA, 2003).

It is necessary to establish how serious the problem of alcoholism is among the youth. It is only after establishing how serious it is that we can plan ahead in seeking solutions to rectify the situation.

Table 10 presents the findings on the serious the problem is.

**Table 10 “Seriousness” of the problem of alcoholism among the youth**

	Frequency	Percent	Cumulative Percent
Very serious	119	93.0	93.0
Serious	4	3.1	96.1
Moderate	1	.8	96.9
Not serious	4	3.1	100.0
Total	128	100.0	

Data in Table 10 show that the problem of the youth drinking is very serious as reported by the youth and the stakeholders. This is in terms of the negative social and medical impact on the youth themselves and the society generally. It is also very involving and widespread for the stakeholders trying to maintain calm. Majority (96%) of the interviewed youth said it is a serious problem, while another 3.1% thought that the problem is not serious. This clearly shows that the youth have no doubt that intensity of the problem. It is important to note here that those that drink and those that do not drink do agree that alcoholism is a very serious problem.

The key informants also agreed very strongly that the problem of youth alcoholism is widespread. It is so serious that most of the cases taken to the police stations are alcohol related. It is also the problem that occupies the police officers and police stations most. This is according to the police officers interviewed. One of them said;

*“There is nothing else that occupies us as much as dealing with alcohol related problems. At times we are out to confiscate the illegal drink from the village, other times sorting out disputes related to the consumption of alcohol between husbands, wives, friends and relatives. Other times we are in court taking those in the police cells over alcohol related crimes.”*

A chief disclosed the following;

*“Last month, at about 2.30 am, about 15 drunken youth came to my house. They broke two doors and gained entry into the house. They stole property worth K.sh 200,000 and threatened to kill me. They were accusing me of collaborating with the police, having their chang’aa confiscated and some youth arrested. I had to plead with them for my life and after some time they left warning me that next time such a thing happens they will just kill me”*

It is therefore evident that youth alcoholism is a very serious problem. The key informants said that youth alcoholism is the root cause of all evils and problems in the area. It is no wonder that the area was really covered by the media in the year 2006 in the months of June, July and August on the police trying to confiscate chang’aa and arrest those involved.

One objective of the study was to establish the extent to which alcoholism has affected the productivity of the youth considering the type of alcohol they consume.

Table 11 presents the findings as to whether the productivity of the youth is affected by alcoholism

**Table 11 Extent to which alcoholism affects the productivity of the youth**

	Frequency	Percent	Cumulative Percent
A great deal	111	86.7	86.7
A lot	13	10.2	96.9
Moderately	1	.8	97.7
Little	3	2.3	100.0
Total	128	100.0	

Table 16 shows the extent to which the productivity of the youth is affected by alcoholism. When the youth were asked the extent to which their productivity is affected, they had the following to say. A majority (87%) of the interviewed youth clearly said that alcoholism among the youth affects their productivity to a great extent and 10% felt that the productivity of the youth is affected a lot by alcoholism. There is a general consensus on the matter.

The key informants were all in agreement on this issue. They said that the productivity of the youth is affected to a very great extent. The teachers said that the youth are not interested in education to better their lives. By performing poorly in academics, they obviously end up doing casual jobs that are not paying. The church leaders, the village elders, chiefs, police officers all agreed on the issue and said that the youth just end up drinking excessively and getting into conflicts with all around them and even the law of the land catches up with them because they are actively involved in criminal activities issues like rape or defilement, robbery and theft, home breakages, murder, prostitution, assault, malicious damage and such other negative issues. They do not think of anything to boost their productivity but sink deeper into a life full of misery. One church leader had the following to say;

*As a church leader, it is very worrying to see the youth deteriorate day by day in terms of productivity. I do pray that the almighty God intervenes in their lives and gets them out of the quagmire they are in. The youth are not concerned about their tomorrow but just drink the day away. They have nothing to offer in terms of productivity. They are not interested in school which could improve their lifestyles, they have been sacked from jobs they previously held and now all their time is spent drinking. One wonders what their future holds. May God have mercy.*

A village elder had the following to say;

*I am very concerned about our youth, their productivity and their future. They are supposed to be the future leaders of this country. They drink a lot. They are very*

*unhealthy and sickly. They get life threatening diseases and HIV/AIDS is on the increase. They are dying early.*

#### 4.4 Youths perceptions on drinking habits

This section helps us establish how the youth perceived their drinking habits. The youth were presented with several statements and were requested to indicate whether they 1. Strongly agree, 2. Agree, 3. Indifferent, 4. Disagree, 5. Strongly disagree, 6. Don't know.

Table 12 gives the statements on the perceptions of the youth

**Table 12 Youths' perceptions on the drinking habits.**

Statements	SA %	A %	IND %	D %	SD %	Total %
Most youth engage in drinking because they are idle	93	6	-	1	-	100
I don't consider drinking a problem to myself	15	18	-	9	59	100
No appropriate efforts have been put in place to solve the problem of drinking among the youth in this village	33	57	1	3	6	100
Most youth do enjoy drinking	31	26	1.	-	41	100
Alcohol makes one cope with difficult situations	39	30	3	10	18	100
I do get into problems with people when drunk	40	41	1	6	12	100
I would really like to stop drinking	49	15	3	10	4	100
The authorities are not doing enough to help youth stop drinking	76	20	1	1	1	100
The kind of alcohol that the youth take has affected them negatively	84	13	4	-	-	100
Many youths have become unproductive due to alcohol	82	15	3	-	-	100
The GOK should ban the type of alcohol sold in this village	66	14	4	1	14	100
I don't consider alcoholism among the youth a serious problem	13	4	4	10	68	100

From Table 12, an overwhelming majority (99%) s agreed that most youth engage in drinking because they are idle. The youth drink because they have nothing else to do and hence result to drinking to pass time. This is in agreement with the finding that the youth drink due to lack of employment. Over two thirds (68%) of the respondents disagree with the statement that they do not find drinking a problem to themselves. This means that over two thirds of the respondents find drinking a problem to themselves.

The study was to establish whether the efforts put up by the various stakeholders to solve the problem of drinking by the youth are appropriate or adequate.. An overwhelming majority (90%) of the respondents at least agreed that these efforts are not appropriate. The general consensus is that the efforts put up to solve this problem are not appropriate. The youth do not feel that that those concerned have put adequate efforts to curb the menace. The youth too have not put adequate efforts themselves, neither the other stakeholders. It is therefore correct to say that a lot needs to be done by all concerned.

The key informants feel the same. The teachers, village elders, church leaders, police officers were very vocal on this. There seems to be a general consensus that not enough efforts have been put in place. It is therefore evident that a lot needs to be done.

This was captured more clearly by a church elder that had the following to say;

*“I feel very worried over the fact that the various efforts put up by the various stakeholders are not adequate in addressing the problem of youth alcoholism. The youth are not trying hard enough to get themselves out of it. The parents are just spoiling the youth and do not see the danger ahead. The police officers who are supposed to apprehend the law breakers are very corrupt and receive cash as bribes from the chang'aa brewers and sellers as well as from the youth who break the law. More seriousness is therefore necessary and each should play their role well. The little that is said to be put in place remains at the theoretical realm”.*

It was also important to establish whether most of the youth enjoy drinking. Over half of the respondents (57%) at least agreed that most youth enjoy drinking. Another 41%

strongly disagreed that most youth do enjoy drinking. There were those that enjoy and those that do not. The researcher observed that those that said 'enjoyed' drinking could not explain how they enjoy. It was just to justify their involvement in alcohol. The youth here were divided as to whether the youth do enjoy drinking. The study was also to establish whether alcohol makes one cope with difficult situations. Over two thirds (69%) of the respondents interviewed at least agreed that alcohol consumption makes them cope with difficult situations.

Considering that the youth do not live in isolation, a majority (81%) at least agreed that they get into problems with people when drunk. Only 12% strongly disagreed and 7% disagreed that they do not get into problems with others when drunk. The findings here are that alcohol consumption makes the respondents get into problems with people when drunk. The youth were interviewed on whether they would like to stop drinking. About two thirds (64%) of the youth at least agreed that they would really like to stop drinking.

It was important to verify what the youth think about the alcohol they take and how it has affected them. An overwhelming majority (97%) at least agreed that the alcohol they take has affected them negatively. A further 96% at least agreed that the authorities are not doing enough to help the youth stop drinking. A statement was posed that many youths have become unproductive due to alcohol. An overwhelming majority (97%) agreed that many youths are unproductive due to alcohol. It is only 3% of the respondents who disagreed with the statement. From these figures, *it is evident that the alcohol that the youth take has affected them negatively; that the authorities are not doing enough to help youth stop drinking and many youths have become unproductive due to alcohol.*

The study attempted to establish the opinion of the youth on whether they would like the Government of Kenya to ban the type of alcohol sold in this village. A majority (80%) at least agreed that the Government should ban the type of alcohol sold in this village. This is because the youth know that the alcohol is of poor quality and has negatively affected them. It is clear here that most of the interviewed youth felt that the government should ban the type of alcohol sold in this village

It is generally argued that the problem of alcoholism is at times hereditary (NACADA, 2004). Those that come from alcoholic backgrounds are more likely to be alcoholics themselves. It is necessary to trace back the problem of alcoholism and establish whether the youth that drink in this village come from backgrounds where relatives drink.

Table 13 illustrates whether the respondents have a history of alcoholism in the immediate or extended family.

**Table 13 History of alcoholism in the immediate or extended family**

	Those that drink	Those that do not drink
Alcoholic history	66 (83%)	18 (42%)
Non- alcoholic history	14 (17%)	25 (58%)
Total	80 (100%)	43(100%)

From Table 13, one observes that an overwhelming majority (83%) of those that drink come from homes with a history of alcoholism and only 17% do not have an alcoholic background. Over half (58%) of those that do not drink, have a non- alcoholic background and only 42% with an alcoholic history. This is a clear indication that those that drinks are likely to come from families associated with the problem of alcoholism.

The study found it necessary to establish if the respondents had witnessed any deaths arising from alcoholism. It is important to establish this because if the problem has escalated to the extent that the youth are dying out of it, then it implies that the problem is serious.

From the data collected, an overwhelming majority (96%) said that they had witnessed deaths arising from drinking in the area. This is a very high percentage showing the level of risk involved as youth engage in alcoholism. It is only 4% that said they have not witnessed people die from alcohol related complications. This implies that something needs to be done to save the youth from demise considering that they are the future leaders. It is therefore very evident that alcohol consumption and alcohol abuse jeopardizes human life that can easily be terminated by the same.



#### 4.5 Interventions to contain the problem of youth alcoholism

There have been several measures put in place to stop youth from drinking. This is at the community as well as at the national level. The youth were asked to identify these measures. This shows that the community and the government are aware that drinking can have devastating effects on the populace and has been trying to stop the escalation of the same. Table 14 presents the findings on measures put in place to stop youth from drinking.

**Table 14 Measures put in place to stop youth from drinking.**

	Frequency	Percent	Cumulative Percent
Police raid the area	25	20.5	20.5
Chiefs holds Public barazas	16	13.1	33.6
Churches hold crusades	6	4.9	38.5
Youth funds	17	13.9	52.5
Measures are ineffective	12	9.8	62.3
None	20	16.4	78.7
Parents talk to their children	20	16.4	95.1
Organise games	6	4.9	100.0
Total	122	100.0	

Table 14 shows the various measures put in place by the various stakeholders to stop youth from drinking. The measures are quite diverse and varied. The respondents were asked to identify the measures put in place and 21% said that the police raid the area in a bid to stop youth from drinking, 16% said that no measures have been put in place, and another 16% said that parents talk to their children. Another 14% said that the youth fund is a measure to engage the youth to stop them from drinking and 13% said that the chief organizes public barazas, 5% reported that churches hold crusades and seminars and another 5% reported that games are organized to keep the youth busy. The youth felt that

there are these efforts put by the various stakeholders but they have not been concretized and hence remain theoretical.

These shows that various stakeholders have tried to address the problem of youth alcoholism but the youth felt that measures have not yielded fruit in stopping them from drinking. Much of it remains at a theoretical level but never in practice.

It is important to rate the efforts put by the various stakeholders. This is in an effort to assess the level of commitment as well the level of effectiveness. This would also tells us if there is room for improvement.

There have been various measures taken by stakeholders to stop youth from drinking. This is in recognition of the fact that alcoholism is a serious problem that needs to be addressed. The stakeholders here are youth themselves, parents, schools/teachers, Government of Kenya and others. These are the ones who are close to the youth in terms of being the care takers.

Table 15 shows the perceived efforts made by stakeholders to stop youth from drinking.

**Table 15 Perceived rating of efforts made by stakeholders to stop youth from drinking**

	A great deal %	A lot %	Moderate %	Little %	Very little %	Non at all %	Total %
Youth	7	2	15	43	30	3	100
Parents	13	16	56	13	2		100
Schools	6	14	29	43	7		100
Church	9	17	26	41	7		100
GOK	3	8	14	42	29	4	100
Others	3	5	26	59	7		100

Table 15 shows the perceived ratings of efforts made by the various stakeholders namely the youth, parents, schools, church, the Government, and others. Parents church and schools appear to be rated higher than others in terms of making moderate and little efforts. The respondents felt that almost half (43%) of the youth make little efforts to stop drinking and about a third (30%) make very little efforts. Over half (56%) of the respondents felt that parents made moderate efforts, 43% said schools made little efforts to stop youth from drinking, while 42% of the respondents felt that the Government has made little efforts, while 59% said others made little efforts to stop youth from drinking.

The findings suggest that the respondents felt that stakeholders are not making adequate efforts to stop youth from drinking. The findings are that not enough efforts are being put in place by the shareholders both at the community and at the national level and these efforts should be boosted so as to bring meaningful change and stop youth from drinking.

To be able to address the problem of drinking among the youth, the various stakeholders need to re-adjust and take up more responsibilities so as to be able to help the youth. The respondents came up with various proposals on the role the stakeholders should play to stop the youth from drinking.

The findings indicate that more than half (52%) of the respondents suggested that the youth need to keep themselves busy, get employment so as to no time to think of Chang'aa and a quarter (25%) suggested that the youth should be disciplined enough and stay away chang'aa. An overwhelming majority of the respondents (95%) felt that the parents should guide and counsel the youth, while two thirds (75%) felt that the religious leaders should pray for the youth and 70% felt that schools/teachers should sensitize the youth and inform them about the consequences of alcohol consumption.

In conclusion, it is evident that a lot more needs to be done to address the problem, to be able to salvage our youth from drinking.

## **CHAPTER 5**

### **SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

#### **5.0 Summary and conclusions**

##### **5.1 Introduction**

In this chapter, the summary of findings from the study will be presented followed by the conclusions that lead to the study's recommendations.

##### **5.2 Summary of findings**

The study was to establish the extent to which alcoholism affects the productivity of the youth, The aim of the study was to establish the effects of alcoholism on the productivity of the youth, understand how the youth cope with the challenges of alcoholism, assess the attitudes and perceptions of the community towards alcoholism and to establish the mitigation measures put in place to deal with the problem of youth alcoholism both at the community and the national levels.

###### **5.2.1 Effects of alcoholism on the productivity of the youth**

The study revealed that chang'aa is the main alcoholic drink in the area, and it is of poor quality. The youth drink excessively and are now suffering the consequences such as addiction, poor health, poor academic performance, family breakdown and family disputes, misuse of scarce resources, absenteeism at the work place and subsequent unemployment, and the general lack of focus in life.

The study found that 97% of the respondents said that alcoholism indeed affects the productivity of the youth negatively. 97% said that alcoholism affects the productivity of

the youth a lot. The education levels of the youth are low; they are involved in less prestigious occupation. Alcoholism has contributed greatly towards youth unemployment and this leads to high poverty levels. The study therefore confirmed that the productivity of the youth is in jeopardy.

## **5.2 2 Coping mechanisms**

As the youth drink, life for them is not the same again and has to find a way of handling life as they drink. They have to set out how they will cope with others in society and how to handle life generally. The respondents have therefore tried to come up with various coping mechanisms. They have to adjust to life as they drink. The significant others also have their own coping mechanism as they live with the addicts.. The study revealed that 43% of the youth admitted that it is not easy to cope with life as they drink. Some of the addicts (33%) reported that they have to pretend to be tough, at times beat up their wives or chase them away to silence them. This has caused many problems in the family institution whereby there is a lot of fighting's, quarrels, separation and divorce. The respondents (10%) cope by avoiding those that pressurize and discourage them from drinking. These are basically the wives, parents and friends and 10% fake and imagine that they are good persons as a coping mechanism. 4% reported that they live in denial whereby they assume there is no problem. The significant others cope by pressurizing and discouraging the addicts to stop drinking.

The key informants confirmed that the respondents at times do not have money to buy alcohol. To cope with this the addicts result to stealing from either their wives or parents. The addicts also sell personal and family property to finance their drinking habits as a coping mechanism. Other times the youth do steal from their neighbors. The addicts therefore get involved in petty theft and crime to cope with life as they drink. Some of them end up in police cells or serving jail terms.

### **5.2.3 Perceptions of alcoholism as a serious problem**

The study findings revealed that the community reported that alcoholism among the youth a serious problem worth addressing. The respondents were asked to comment on whether the problem of alcoholism is a serious problem or not. An overwhelming majority of the respondents (96%) reported that the problem is serious and needs to be addressed. The respondents were also asked whether they considered alcoholism among the youth a serious problem and an overwhelming majority said that they do consider and the problem needs to be addressed. The key informants also said that the problem is a serious one and needs to be addressed to save the youth from demise. The teachers said that many respondents have dropped out of school while the police said that many of them are involved in criminal activities. From the findings, the problem is serious in terms of social, medical, and legal impacts and all efforts should be channeled here.

The study revealed that effects of alcoholism on the addicts are all negative. The respondents (85%) said that their lives have become disorganized, others (55%) have suffered broken homes , poverty (26%), family conflicts, poor health, loss of employment, prostitution, exposure to HIV/AIDS, and almost all (96%) have seen deaths arising from drinking. The respondents (23%) suffer shame, guilt (13%) and frustration (19%) with some contemplating suicide. Others over-expose themselves and die due to health related problem where they get diseases like cirrhosis of the live, stroke, sexual dysfunction, cancer, heart attack, HIV/AIDS and many others. The community therefore perceives this as a serious problem worth addressing so as to be able to save our future leaders from demise. The stakeholders are very concerned and request for immediate intervention.

### **5.3 Mitigation measures put in place**

From the research findings, there has been some mitigation measures put in place to deal with the problem of alcoholism among the Kenyan youth at the community and national levels. The respondents (21%) said that police conduct raids so as to be able to scare and stop those making, selling and drinking chang'aa. Some are even detained in police stations and others taken to court where some are fined and even jailed. The respondents (13%) said that chiefs and the local administration organize regular public barazas as a forum to reach out on the youth, talk to them about positive attributes in life. The respondents reported that parents (16%) have tried hard to talk to the youth to get out of alcoholism and tried to show them the evils of alcoholism. The youth themselves are expected to put in some efforts to stop drinking but the youth according to the study rated their efforts as very little and ineffective

The respondents (5%) reported that churches have also participated in the elimination of alcoholism in the youth by organizing crusades and seminars targeting the youth. In these crusades and seminars a lot of prayers are prayed for the youth and some were touched and changed. In schools, the teachers have also had some input by talking to the youth trying to instill some morals in their lives. The government has been in the forefront and has come up with various policies for alcohol eradication. A ministry in government has been set up to address youth issues and also the youth fund meant to provide financial assistance to the youth to set up businesses that would occupy them.

The mitigation measures have been put in place at the community and at the national levels. However the research findings indicate that the measures have not been effective and appropriate in solving the problem of youth alcoholism. The respondents (90%) agreed with a statement that no appropriate efforts have been put in place to solve the problem of drinking among the youth, and 96% agreed with the statement that the authorities are not doing enough to help youth stop drinking. The authorities are said not to be doing enough to address the problem. The key informants and the respondents reported that the government officers charged with the responsibility of implementing

policies are said to be corrupt. Instead of going to raid the alcohol dens, they get there, are bribed and therefore do nothing about the problem. The youth funds have not trickled down to the villages and hence the benefit has not reached the youth. Many of the efforts are said to be at a theoretical level and not practical.

#### **5.4 Recommendations for policy makers.**

In order to be able to help youth stop drinking, the following recommendations are suggested

1. The study recommends that the government looks for ways of creating more employment opportunities for the youth so as to keep them busy and avoid idleness. The government should also ban the poor quality alcohol that youth take, and enact effective laws that would succeed in containing the sale of chang'aa
2. The youth should find ways of seriously making efforts to stop drinking, raising their education levels, boost their skills so that they become people who are capable of performing. A lot of discipline is required on the part of the youth. They should keep away from HIV/AIDS and know the dangers of getting involved in casual sex thus endangering their lives. The youth should acquire business development skills that would be of great help in bettering their lives.
3. The teachers should be recognized as playing an important role in teaching about alcoholism and the related dangers. They should try to be good role models of what they teach. The teachers should make schools stress/conflict free for the youth so that the youth and teachers live in a happy environment.
4. The parents need to counsel their children truthfully, with love and understanding about the actual dangers of alcoholism. The parents should hold open discussions without reprimanding the youth, to avoid stressful situations. They should be able to monitor the



movements of the youth with a lot of interest, be good role models and be the youths' security, without spoiling them.

### **5.5 Suggestions for further research**

Based on the findings of the study, the researcher wishes to make the following recommendations for further research.

1. The role of parents in molding an alcohol- free youth.
2. Effects of alcohol related activities on poverty levels in the society.
3. The Social-economic effects of alcoholism on the family stability.

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# APPENDIX 1

## QUESTIONNAIRE

Hallo! My name is Alice. I am a sociology student at the University of Nairobi. I am carrying out a research as part of my academic requirement. I am interested in alcoholism and its effects on the productivity of the youth in this area. I am visiting the youth and find out their experiences with alcohol. The information given will be treated with utmost confidentiality. I would highly appreciate if you could spare some time to fill this questionnaire that will take just a few minutes. Thank you in advance.

### PART 1: YOUTH'S BACKGROUND INFORMATION

1. Name of respondent: .....
2. Year of birth .....
3. Sex of respondent:
  - (1) Male
  - (2) Female
4. Marital Status:
  - (1) Single
  - (2) Married
  - (3) Separated
  - (4) Divorced
  - (5) Other
5. If married, are you living with your spouse?
  - (1) Yes
  - (2) NoExplain .....
6. If not married, are you living with your parents?
  - (1) Yes
  - (2) NoExplain .....
7. Do you have children?
  - (1) Yes
  - (2) No
8. If yes, how many? .....

9. If yes, are you living with them?

- (1) Yes
- (2) No

10.

No	Name of Child	Age	Specify whether in school
1			
2			
3			
4			
5			
<b>Total no. of children in school</b>			

11. Religion\ denomination:

- (1) Catholic
- (2) Protestant
- (3) Muslim
- (4) None
- (5) Other

12. Born in this village?

- (1) Yes
- (2) No

13. If no, explain how you came over .....

14. How long have you stayed in this village? .....

15. Highest level of education:

- (1) Not been to school at all
- (2) Never completed primary education
- (3) Completed primary education
- (4) Never completed secondary education
- (5) completed Secondary
- (6) Certificate\Diploma
- (7) Degree
- (8) Post-graduate

16. Employment status:

- (1) Employed
- (2) Unemployed

17. What is your occupation? Specify .....

18. How long have you been in your present occupation? .....

19. What is your average income per month? .....

**PART II: YOUTHS' DRINKING HABITS/PATTERNS**

20. Indicate whether you are a child of:

- (1) Single
- (2) Married parents
- (3) Other ..... (Specify)

21. How do you spend your leisure time, e.g. weekend/holiday?

- (1) With family
- (2) With friends/peers
- (3) Alone
- (4) Other..... (Specify)

22. Do you drink alcohol?

- (1) Yes
- (2) No

23. When did you start drinking? .....

24. Was it at an event you can remember?

- (1) Yes
- (2) No

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25. If yes, narrate .....  
.....  
.....

26. What are the various varieties of alcohol available or being sold here?  
.....  
.....

27. Who supplies the alcohol?  
.....  
.....

28. How would you describe the quality of alcohol that you take?

- (1) High quality
- (2) Fair quality
- (3) Poor quality
- (4) Lethal (dangerous)

29. Where do you get the money to buy alcohol?  
.....  
.....

30. About how much do you spend on alcohol in a day?  
.....



31. How often do you drink?  
 (1) Daily (3) 1-3 times in a week  
 (2) 4-6 times in a week (4) other..... (Specify)
32. How much time do you spend drinking per session?  
 (1) 1hr (3) 4-5hrs (5) other (specify)  
 (2) 2-3 hrs (4) over 5hrs
33. How would you describe your drinking habit?  
 (1) Excessive drinking  
 (2) Moderate drinking  
 (3) Social drinking
34. What do you think is the impact of alcohol on your life?  
 .....  
 .....
35. How has alcohol affected you personally?  
 .....  
 .....
36. Do you consider your drinking habit as a problem?  
 (1) Yes  
 (2) No  
 Explain .....
37. How do you cope with life as you drink?  
 .....  
 .....  
 .....
39. Have you failed to keep promises you made to yourself about controlling or cutting down on your drinking?  
 (1) Yes  
 (2) No
40. When sober, do you regret things you said or did when drinking/drank?  
 (1) Yes  
 (2) No
41. State two feelings you experience when sober?  
 (1) .....  
 (2) .....

42. Would you want to stop drinking?

(Yes)

(No)

43. If yes, have you made any efforts to stop drinking?

(1) Yes

(2) No

Explain.....

.....

44. If yes, how would you rate the efforts you have made to stop drinking?

(1) A great deal

(4) Little

(2) A lot

(5) Very little

(3) Modest

45. Are you under any pressure to stop drinking?

(1) Yes

(2) No

Explain .....

.....

46. In your opinion, do you think your family or friends are affected by your drinking habits?

(1) Yes

(2) No

47. If yes, how are they affected?

48. Do you face any family or friends hostility due to your drinking?

(1) Yes

(2) No

49. Apart from the youth, who else in the community is involved in drinking

Explain .....

.....

50. Why do you think the youth engage in drinking?

.....

.....

51. How serious is the problem of drinking among the youth in this village?

(1) Very serious

(4) Not serious

(2) Serious

(5) Not serious at all

(3) Moderate

*[Faint, illegible text or stamp]*

52. To what extent does alcoholism affect the productivity of the youth in this area?

- (1) A great deal (4) A little  
 (2) A lot (5) Not at all  
 (3) Moderately

**PART 111: YOUTHS' PERCEPTION ON DRINKING HABITS**

53. Indicate the level of agreement\ disagreement in the following statements. For each statement, indicate whether you 1.Strongly agree, 2. Agree, 3. Indifferent, 4.Disagree, 5.Strongly disagree, 6. Don't know.

No	Statements about drinking	Comments					
		1	2	3	4	5	6
1	Most youth engage in drinking because they are idle	1	2	3	4	5	6
2	I don't consider drinking a problem to myself	1	2	3	4	5	6
3	No appropriate efforts have been put up to solve the Problem of drinking by the youth in this village	1	2	3	4	5	6
4	Most youth do enjoy drinking	1	2	3	4	5	6
5	Alcohol makes one cope with difficult situations	1	2	3	4	5	6
6	I do get into problems with people when drunk	1	2	3	4	5	6
7	I would really like to stop drinking	1	2	3	4	5	6
8	The authorities are not doing enough to help youth stop drinking	1	2	3	4	5	6
9	The kind of alcohol that the youth take has affected them negatively	1	2	3	4	5	6
10	Many youths have become unproductive due to alcohol	1	2	3	4	5	6
11	The Government of Kenya should ban the type of alcohol sold in this village	1	2	3	4	5	6
12	I don't consider alcoholism among the youth a serious problem in this village.	1	2	3	4	5	6

**PART 1V: IMPACT OF ALCOHOLISM ON THE YOUTH AND WAY FORWARD**

54. Is there any history of addiction /problematic drinking in the immediate or extended family?

- (1) Yes  
 (2) No

Explain .....

55. Are you aware of any deaths arising from drinking in this area?

(1) Yes

(2) No

Explain .....

.....

56. What are some of the social problems you encounter in life as a result of your drinking?

(1).....

(2).....

(3).....

(4).....

57. What do you consider to be the harmful effects of drinking among the youth?

.....

.....

.....

58. To what extent are the youth aware of the harmful effects of their drinking patterns?

(1) Fully aware

(2) Aware

(3) Not aware

(4) Not aware at all

59. What measures have been put in place to stop youth from drinking?

.....

.....

.....

60. How would you rate the efforts put by the following actors to stop youth from drinking?

(1) A great deal

(2) A lot

(3) Moderate

(4) Little

(5) Very little

(6) Non at all

<b>ACTORS</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Youth						
Parents						
School						
Church						
GOK						
Others						

61. What role should the following actors take to stop youth from drinking?

<b>ACTORS</b>	<b>Role to take to stop youth from drinking</b>
Youth themselves	
Parents	
Schools/Teachers	
Religious org./Church	
GOK	

62. What do you think you need now as a way of helping you to stop drinking?  
.....  
.....

63. Is there need to discourage youth from drinking?  
(1) Yes  
(2) No

64. If yes, suggest what should be done to help them stop drinking in this village.  
.....  
.....  
.....

65. Kindly summarize what you have gone through since you engaged in drinking  
.....  
.....  
.....  
.....

61. What role should the following actors take to stop youth from drinking?

<b>ACTORS</b>	<b>Role to take to stop youth from drinking</b>
Youth themselves	
Parents	
Schools/Teachers	
Religious org./Church	
GOK	

62. What do you think you need now as a way of helping you to stop drinking?

.....  
.....

63. Is there need to discourage youth from drinking?

- (1) Yes
- (2) No

64. If yes, suggest what should be done to help them stop drinking in this village.

.....  
.....  
.....

65. Kindly summarize what you have gone through since you engaged in drinking

.....  
.....  
.....

## APPENDIX 11

### Interview Guide for key informants

Date of interview .....

Place of interview .....

Name of respondents .....

Occupational role .....

#### Background information of the interviewee

Sex .....

Marital status .....

Level of education .....

Age .....

#### Questions

1. What do you think about youth alcoholism?
2. To what extent do you think the productivity of the youth has been affected by alcoholism?
3. Does the community perceive youth alcoholism a problem worth addressing?
4. What specific aspects of youth alcoholism need to be addressed?
5. What efforts are being put in place to eradicate the menace at the community as well as at the national level?
6. What are the challenges encountered in these efforts?
7. What is the way forward in managing the problem?