

ABSTRACT

This study examines the influence of alcohol abuse by women of forty five years of age and below on family institutions. The study was carried out in a counseling center where such women present themselves with varying types of personal problems. The study considered whether women drink irresponsibly so much as to hurt the institution of the family. This is in consideration of the fact that they are the emotional nurtures of the families. The researcher considered this topic of study after working with women as a counselor who presented alcohol related problems. The study's objectives were broadly to determine the prevalence of alcohol abuse by women. Specifically investigating factors that lead women to alcohol and their habits in the family. The study also explored what it could be that make families tolerant of such women. Such a study would be incomplete if the researcher did not identify strategies for prevention and control of such a phenomenon. The defining characteristics 'of the respondents in this study was the women who had sought help in the counseling center. The researcher used a questionnaire which was completed by the respondents, the key informants and a discussion guide for the focus groups. Accordingly these documents were analyzed and coded and that data was used to make conclusions. Graphs, a pie chart and a model that depict various situations are presented in this study. Results indicated that women were increasingly abusing alcohol and wrecking homes and the children they were attached to. It was a rising social problem that needed urgent address. Women who are depressed tended to consume more alcohol than those who were not. Some of the reasons according to findings were increasing social stressors, media, peer pressure, increased earning capacity and the freedom that comes with it. With the above findings in mind recommendations were, an early education on issues of addiction to various drugs where alcohol is a major component. This is because alcohol is the most popular drug of abuse in Africa, it has become almost like a family activity . Women only rehabilitations might be very helpful also because women have their unique needs and characteristics related to alcohol. Pre-marital preparations would also go a long way in helping women deal with social stresses that that could otherwise lead them to drinking.