Alcohol - abuse among the household heads and its effects on the family: a study of Kalawani location, Mbooni district.

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Abstract:

The study looked at the effects of alcohol abuse by the house head on the family institution. Alcohol- abuse is irresponsible drinking where one drinks at the expense of his health or discharging his duties. The aim of the study was to establish the perceptions of Kalawani residents on alcohol- abuse and its effects on the family. The study objectives were to determine the level of alcohol- abuse at Kalawani location, to establish the causes and the effects as well as the ways of coping employed by alcohol-abusers, their families and neighbors. The study was undertaken at Kalawani location, Mbooni district in Eastern province in Kenya. Kalawani is in the lower slopes of Mbooni hills. It is a relatively dry region therefore there is inadequate water supply for farming. The study used both probability and non- probability methods in selecting the area of study and sample size. A sample of 120 household heads was used. Both quantitative and qualitative methods (interviews, questionnaires and focused group discussions) were employed for data collection. Collected data was cleaned, coded and summarized into working themes in line with the study objectives. Data analysis was limited to qualitative and quantitative analysis of selected variables perceived to influence household perceptions on alcohol abuse. The study found out that there are both male and female alcohol-abusers in Kalawani. Alcohol abuse was associated to a number of factors such as parental influence and unresolved personal problems. This has led to domestic violence, poverty and death. The respondents had both positive and negative views on alcohol- abuse. It was established that there are no formal facilities of handling alcohol- abuse here thus the residents offer the affected families material and emotional support. Alcohol- abuse is a challenge in rural-Kenya despite the government efforts to curb it through the banning of selling and taking of traditional brew. The research recommends that the government should initiate more rehabilitation and counseling centers in the rural areas. Constituency and Development Fund (C.D.F) should be put into properly appraised community projects that are relevant to the constituency; further research should be done on the role of the church and rehabilitation centers in helping alcohol- abusers. Further research should also be done to compare the perceptions of the youth and adults on alcohol-abuse.