

Analysis of Some Underlying Factors Necessitating The Use Of Alcohol Among Youth In Ikenne Local Government, Ogun State.Nigeria

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ABSTRACT:

This study investigated some underlying factors that necessitated the use of alcohol among youth in Ikenne Local Government in Ogun State.. A sample of 243 youth comprises of 204 males and 42 females were randomly selected to participate in the study. The mean age and standard deviation was 20.2 and 9.31 respectively. The descriptive survey of ex-post-facto research design was employed. Two instruments namely Adolescent Behavioural Inventory(ABPI) and Alcohol Abstinence Self- Efficacy Scale (ABSS) were used to generate data for the study. All the hypotheses data were tested at 0.05 level of significance. Data was analysis with the use of Multiple Regression and Pearson product Moment Correlation. The results indicated that there is a significant combined contribution of emotion ,physical, social on alcoholic usage and $F_{(3,239)} = 13.352; P < .05$. Also, emotion was found to be the best factor necessitating the use of alcohol, ($\beta = .518; t = 8.0345; p < .05$), followed by physical reason as ($\beta = .344; t = 5.648; p < .05$) and finally by social ($\beta = .231; t = 4.063; p < .05$). Lastly, there is a significant relationship between the three independent variables and alcohol usage. On the basis of finding, appropriate recommendation were suggested.

Key words: Emotion, Physical, Social, Alcohol

INTRODUCTION

Alcohol is one of the most common drugs among youths, and its use is increasing dramatically between age 11 and 24 in all Western countries (Currie *et al* ., 2004). Youth is thus an important

life period for intervention measures. The early onset of alcohol use and the increase in the amount of drinking in youth have led to an increasing interest in the role of parents in drinking behaviour of early youth, as parents are

among the most important socializing agents in the early youthful lives (Duncan, Duncan, & Strycker, 2006; Marshal & Chassin, 2000). However, almost half of the youth have already drunk alcohol at age 25 or younger (Monshouwer et al., 2004; Poelen, Scholte, Engels, Boomsma, & Willemsen, 2005). Due to their young age, the early drinking phase they find themselves in, and the larger influence of parents at that age, it is known that different factors are related with the (onset of) alcohol use of early youth compared to late youth. Thus, in contrast to earlier studies who analyzed this relationship primarily in middle and late adolescents, the present study we will focus on drinking in among the youth. Alcohol abuse have been substantially linked to the overall burden of disease in Europe with the highest level of drinking alcohol in the world (Rehm et al., 2003; WHO, 2004; Anderson & Baumberg, 2006). Central and Eastern Europe (CEE) is known for its high alcohol consumption (Popova et al., 2007). Alcohol is a leading cause of disease in CEE countries, which is associated with the irregular

binge drinking patterns typical in these countries (Varvasovsky et al. 1997; Popova et al., 2007).

Traditional alcoholic beverages have been part of the social and religious life of Sub-Saharan Africa for many years. However it is thought that alcohol use became more problematic with the introduction of western beverages during the slave trade when rum was bartered for slaves (Obot, 1990). Unlike alcohol, which has been available for a long time, other substances are relatively new to Nigeria (e.g., cannabis). Empirical studies on substance use in Nigeria have predominately focused on alcohol (Gureje et al., 1992; Obot, 1990). A face-to-face interview survey of 'adult heads of households' in the north-central part of Nigeria (n=1562) (the *Middle belt* study) showed that 54.5% of the sample described themselves as alcohol drinkers with 10.4% describing themselves as 'heavy drinkers' (Obot 1990).

The use of alcohol constitutes one of the most important risk-taking behaviour among adolescents and young adults in secondary

schools. (Sadock & Sadock, 2003). Despite worldwide concern and education about the effect of alcohol, many adolescents have limited awareness of their adverse consequences. Curiosity, social pressure and peer group influence are reported to be primary reasons for alcohol usage. Most often the adolescents and young adult individuals start by experimenting with the so-called "gateway drugs" such as tobacco, alcohol and marijuana. (Peter & Greydanus, 1999; Siqueira & Brook, 2003) Alcoholic usage among adolescents and young adults is a global problem. In an American study, alcohol use rate increased with age with a prevalence rate of 19.6% between the ages of 18-20 years. Also among those aged 16-24 years, 38% of males and 5% of females regularly drink twice the recommended safe level of alcohol. In Nigeria, earlier studies on students' substance use were largely hospital-based and confined to selected regions of the country. (Akindele & Odejide, 1981; Oviasu, 1976) However, in the past 10-15 years, such studies have taken the form of field work employing epidemiology techniques

so as to provide more comprehensive information related to types, pattern of use and psycho-social correlates in alcohol use by the youth. (Abdulkarim, Mokuolu & Adeniyi, 2005; Adelekan & Ndom, 1997). From such studies it has been consistently found that alcohol was one of the commonly abused substances; with varying prevalence rates found for both overall and specific substance use. (Anochie, Nkanginieme, Eke & Alikor, 1999; Makanjuola, Daramola & Obembe, 2007). For instance, in South western, Nigeria, the lifetime prevalence rate of alcohol use among secondary and university students was found to be high compared to other drugs (Adelekan, 1999; Adelekan et al. 2002). In the North, the reported prevalence rates were 10.9%-17.8% among secondary school students and 19.5%-50.7% in the south. (Ononye & Morakinyo, 1999). In a more recent study of medical students in a Nigerian university, the overall lifetime prevalence for substance use was 78%; and the most frequently used substances were mild stimulants, alcohol,

sedatives and tobacco - in that order. Some authors in the country have raised the possibility of respondents (students) under-reporting their substance use habits, most especially the illicit ones. (Ononye & Morakinyo, 1999).

Criteria for defining alcoholism vary widely. Most definitions of alcohol dependence include the following descriptors: a compulsion to seek and consume alcohol, a loss of control over consumption after beginning a drinking session, and a strong likelihood of relapse during or after withdrawal. Behavioral measurements may include number of drinks consumed, time elapsed between cue exposure and initiation of drinking (i.e., latency), and time elapsed between commencement.

Craving is a conscious desire or urge to consume alcohol. Craving can occur spontaneously, or it can be elicited by internal or external stimuli, known as cues (Swift, 1999). Internal cues may include emotional states (e.g., anxiety) or symptoms of acute alcohol withdrawal. External

cues may include exposure to alcohol-related environments or objects (e.g., bottles of alcoholic beverages or advertisements). Craving is sometimes assessed by measuring certain physiological changes thought to accompany craving, such as changes in heart rate, blood pressure, salivation, and sweat gland activity. (Addolorato et al; 1996) Craving can be assessed by directly observing a subject's drinking behavior. Also, the quality and intensity of craving may vary according to personal characteristics as well as environmental circumstances or experimental conditions. Hutchison, Swift, Attias, Monti & Rohsenow (1998). Nevertheless, phenomena associated with craving may have important implications for preventing and treating alcoholism. For example, high levels of craving are associated with increased probability of relapse, particularly during the early stages of the post-treatment period. In addition, treatments that reduce craving have been shown to reduce subsequent alcohol use (WHO, 2004). In the past

decade there has been increasing interest in the use of medications (i.e., pharmacotherapy) to improve the effectiveness of psychosocial alcoholism treatment (Litten et al. 1996).

The problem of this study therefore, is to investigate the contributory influence of social, physical and emotion on the use of alcohol. For this reason the following hypotheses are raised:

1. There is no significant combined contribution of social, physical and emotion towards the use of alcohol among youth in Ikenne Local Government.
2. There is no significant relative contribution of social, physical and emotion towards the use of alcohol.
3. There is no significant relationship of social, physical and emotion towards the use of alcohol.

Design The research adopted the descriptive the ex-post-facto research survey for study because the researcher is interested in finding the relationship between the independent variables

and the dependent variable without necessarily manipulating the independent variables.

Population and sample

Purpose sampling techniques was adopted among youth at 18 – 25 years . A questionnaire was first drawn to coalesce those who drink, before the instrument was administered. Samples of 243 youth were selected. The mean age was 20.2 and standard deviation of 9.31.

Instrumentation

Adolescent behavioural problem inventory developed by Akinboye(1997)was used to elicit information whether a person use alcohol or not. Then, The Alcohol Abstinence Self efficacy Scale (ABSS) developed by Diclemente, Carbonari & Huges (1994) was adapted to collect data for this study. The ABSS has been used in previous study including reported estimates of reliability.

The scale is a 21 items scale on 5 point scale ranging from (1) not at all (2) not very (3) moderately (4) very and (5) extremely. Example of the items in the scale includes. You may be tempted to drink “ when I am feeling angry

inside”, “when I see other drinking at a bar or at a party” and when I am physically tired”. The 21 items was divided into 3subscales with 7 questions each measuring social, physical and emotional influences.

Procedure:

The researchers personally administered the instruments on the participant before which they were told that their opinion will be treated with uttermost confidentiality. The data obtained was analyzed with using multiple regressions and Pearson product moment correlation. Results were

tested for significance at the 0.05 level of confidence.

Result

Ho₁: There is no significant combined contribution of social, physical and emotion towards the use of alcohol.

Table 1: Multiple Regression Analysis (enter) showing combined contribution of social, physical and emotion towards the use of alcohol.

Predictor: (constant) (emotion, social and physical)

<p>R = .683^b R² = .466 Adj R² = .461 Std error of estimate = 4.63903</p> <p style="text-align: center;">ANOVA^a</p>					
Model	Sum of square	Df	Mean square	F	Sig
1. Regression	13829.732	3	4509.911	13.352	.000
2. Residual	80730.370	239	337.782		

Total					
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Table 2 shows that the multiple Regression analysis R of .683 and the R square equals .466, while adjusted R square is .461. This implies that three variables contribute 46.6% of the variance in the use of alcohol. Hence the hypothesis of no significant combined contribution is discarded

Ho₂: There is no significant relative contribution of social, physical and emotion towards the use of alcohol.

Table 2: Multiple Regression Analysis (enter) showing significant relative contribution of social, physical and emotion towards the use of alcohol.

Model	Un-standardize co-efficient		Standardized co-efficient	t	sig
	B	Standard error	Beta		
Constant	2.620	2.337			
Emotion	2.483	.299	.518	8.3045	.000
Social	1.236	.304	.231	4.063	.000
Physical	2.040	.361	.344	5.648	.000

Dependent variable: -alcohol

Table 2 shows the predictor variables and the criterion in the model. The beta values and the significant values corresponding to each of the variables against the criterion variables are shown (alcohol usage). Results reveal that the beta values, emotion ($\beta = .518$; $t = 8.0345$; $p > .05$) and physical ($\beta = .344$; $t = 5.648$;

$p > .05$) and social ($\beta = .231$; $t = 4.063$; $p > .05$). therefore all are predictors of youth disposition towards alcohol usage.

H₀₃: There is no significant relationship between of social, physical and emotion towards alcohol usage

Table 3: Means, Standard Deviation and Pearson product moment correlation of social, physical and emotion towards the use of alcohol.

	Mean	S.D	Social	Physical	Emotion	ABBS
Social	12.5671	4.0973	-	.576**	.634**	.883**
Physical	9.8796	3.8721	.576**	-	.479**	.887**
Emotion	10.5678	3.9854	.654**	.479*	-	.800*
ABSS	13.7864	4.5741	.883**	.687*	.800*	-

** Correlation at 0.01

* Correlation at 0.05

Discussion

The finding at this study as indicated in table 1 revealed that the 3 variables in the research when taken together do responsible for the usage of alcohol among youth. The result shared that 46.1% of the variance in the disposition towards alcohol usage was accounted for by the three predictors' variables when taken together. Although, the relationship between the criterion and the predictors variables was low as shown by

the co-efficient of multiple regression ($R = .683$), but the observed F – ratio of $F = 13.352$; significant at .05 level is an evidence that effectiveness of a combination of the three independent variables in the prediction of the youth towards disposition to alcoholic usage could not have happened by chance. The result agrees with the research finding reported by(Adelekan,1989) .

The result obtained from table 2 seems to be more revealing all the three predictor variables (emotion, social and physical) were found to contribute relatively to the prediction of disposition towards off usage. However emotion was found to be best factors to youth usage of alcohol as the t – value and B value was higher than the other two. This was followed by physical and social reasons respectively. This result is in agreement with the works of (Duncan, Duncan & Strycker, 2006.) who ascertain that emotion is a strong determinant to alcoholic usage. This might be due to the fact that there are a lot of stress factors that disturb emotion, coupled with the fact that youth believes that alcoholic and drug usages are tools to suppress bad emotion.

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