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EFFECT OF ALCOHOL ON HEALTH AND ACADEMIC PERFORMANCE OF A SELECTED SECONDARY STUDENTS IN IBADAN

Mrs. R.B. Asagba & Mr. S.A. Talabi

Abstract

This paper examined the effect of alcohol use on general health and academic performance of secondary school students in Ibadan. Data were collected through questionnaire from 300 senior secondary school students made up of, 160 males and 140 females. The mean (\bar{X}) age is 15.9 with age range of 13 to 21 years old and standard deviation (SD) of 2.20.

Three hypotheses were tested at 0.05 level of significance with the following test analysis: descriptive statistics, chi-square, ANOVA and t-test. The results showed firstly that, students who abstained from alcohol have a better academic

performance, Abstainers $\bar{X} = 202.79$; monthly drinking $\bar{X} = 187.93$,

weekly drinkers (\bar{X}) = 181.33. Secondly, there was significant different in emotional distress between students who abstained from alcohol and students who used alcohol daily, weekly and monthly drinkers ($X^2 = 12.96$, $df = 3$, $P < 0.05$). and thirdly male students were found to be more involved in alcohol use than female students (males $X = 1.17$, females $X = 0.86$) $t = 22.64$ $df = 298$ $P < 0.05$).

Finally, it was concluded that alcohol is a problem among Nigerian youths, which required attention from the government and relevant authorities. Recommendation and implication of the study were highlighted for prevention and control of alcohol use/abuse.

INTRODUCTION

In Nigeria, many people do not regard alcohol as a very potent drug simply because it is readily available and its use is socially accepted by the society. Traditionally, alcohol is produced and used in the Nigerian community. In the pre-industrial era in Nigeria alcohol beverages were in form of palm-wine or distillate of palm-wine (ogogoro). However, alcohol plays an important role in the

community, many studies have confirmed this issue. For example, Nettling (1979) indicated that among the Kofyar people near Jos, alcohol played a social harmonizing role in the community. However, with increasing industrialization and societal influence, the pattern of drinking is changing. In following this trend, the results of an epidemiological studies from Nigeria showed a change in trend of alcohol use/abuse towards the youths population in Western countries. For instance, Braucht (1982) reported the Research Triangle Institute, (RTI'S, 1978) national population survey of alcohol use among senior high school students in grades 10, 11 and 12 which revealed that most senior high school boys and girls have used alcohol by the time they reached the 10th grade and the frequency of alcohol use increases significantly between 10th and 12 graders. There were also an increase in heavy drinking among senior high school boys between 10th and 11th grades. It was also noted that more senior high school boys than girls used alcohol. Based on the 1978 measures of alcohol consumption on the prevalence of drinking pattern among U.S.A. senior high school population, it was also found out to be 14.8% for daily, 27.3% for weekly, 61.9% for monthly and 87% for the life time drinkers. Prior to the seventies, adult males commonly used alcohol and pathological problems due to alcohol use were found pre-dominantly in male (Asuni, 1975, Odejide, 1981; 1987).

Recent studies of drug use among Nigerian students have tended to incriminate alcohol use as one of the drugs commonly abused (Anumonye, 1980, . Pela 1989; Oshodi, 1981). The consensus of opinions therefore seems to be that youths are also featuring on the alcohol use scene in significant numbers. Moreover, the highlights of the findings of these studies largely confirmed the earlier observations that significant change in drinking behaviour has occurred following the all-pervading social and economic change of the seventies. The increase in alcohol production is another important factor for the Nigeria governments policy makers to see to. For example, Akerele (1993) explained the rapidly increase in the level of alcohol usage as a relationship between the alcohol supply and alcohol usage, with his observation of a sharp rise in alcohol consumption as a result of the 6 new brewery plants that emerged in 1978 coupled with additional nine beer enterprises which were also built between 1981 and 1985. By 1986, according to Akerele (1973) 30 brewery plants with production capacity of 16.12 million hectoliters of beer and related drinks" had emerged in Nigeria market. This could be seen as one of the primary course for the increase in consumption and abuse of alcohol generally in Nigeria.

Following rapid changes from long time military period to the present era, it has also been found that alcohol usage serves as "gate way" to other drugs such as cannabis, cocaine and heroin. For instance, a study on the patterns of alcohol use among youths indicated that over 92% of those who use alcohol reported the use of

other drugs like cannabis, dexamphetamine, cocaine, heroin, methidine, proplus and some other hard drugs (Odejide, (1978, 181).

Furthermore, Asuni (1979) and Abiodun et al (1994) noted that alcohol is not only the most widely abused drug among the youths but, behaviour disorders were significantly more common among youth using alcohol than the abstainers. That is, such maladaptive behaviours were problems with school, teachers or school authority, fights with other students, absenteeism, truancy trouble, with law enforcement agents, quarrels at home, poor mental health and poor academic work. Likewise, Oluwatelure (1973) found differences in personality variables among alcohol users and non-alcohol users. Subsequently studies consistently reported psychopathological symptoms from drug users than non-drug users. For instance, high anxiety and alleviation and other behaviour disorders were discovered by Pela (1980) and Owie (1988). In addition, Ndom & Adelekan (1996) in the cross-sectional surveys that was conducted in both 1988 & 1993 with the University students population reported that the consistency of psycho-social variables, mentioned earlier on, were the effect of the substance used among the students.

As a result of consequences of alcohol use/abuse, this study investigated how frequent is alcohol use among the youth as well as the prevalence of alcohol use and abuse, and to what extent are they significant enough to affect the student's general health and academic performance? In pursuing this study, the following three hypotheses were investigated:

1. Among the four levels of drinking (abstinence, daily, weekly and monthly) students in the abstinence group would perform better than students in other groups.
2. Students who abstained from alcohol would experience less emotional distress when compared with students who use alcohol (daily, weekly and monthly).
3. Male students would be more involved in alcohol use than their female counterparts.

The Design

The study was a survey research carried out to find out the effects of drinking (daily, weekly, monthly) and abstinence on academic performance and general health.

The Participants/Sample size

The subjects used for the study were drawn from two secondary schools,

Abadina College, University of Ibadan and Emmanuel Secondary School, Agbowo - Ibadan (Senior Secondary School, (SSS 1 - SSS 3) students. A total number of 300 students participated in the study, from which 150 were drawn from each school. There were 160 males and 140 females with a mean age of 15.9 and standard deviation (SD) 2.20 and their age range is between 13 and 21 years.

Instruments

The two instruments used for this study were:

1. A questionnaire divided into three sections (A, B & C). Section A was designed to tap different measures on pattern of drinking; section B measured General Health Psychological Well Being; and section C information on the demographic characteristics of the respondents.
2. The second instrument used was the score sheet on individual students academic performance.

Section A: The drinking pattern measure was developed by the Research triangle Institute (RTI) 1978). It contains eight key words to the patterns/levels of drinking. Such as, for instance, the following key words signified the following pattern of drinking.

Pattern of drinking	Key Words
I do not drink beer/wine/liquor (Whisky gin mixed)	1
I do drink everyday	2
I do drink one or two days a week	3
I do drink three or four days a weeks	4
I do drink three or four days a month	5
I do drink above once a month	6
I do drink less than once a month	7
I do drink less than once a year	8

However, the three questions in this section were responsible for eliciting the above listed levels/pattern of drinking with key words which are:

1. How often do you usually have beer ()
 2. How often do you usually have wine ()
 3. How often do you usually have liquor ()
- (daily drinking - Key word 2; weekly drinking = Key words 3 and 4; monthly drinking = Key words 5,6, and 7; and abstinence = key words 1 and 8).

Prior to the main study, a pilot study was carried out with 36 students. All the statements in the instrument were direct and simple enough that cultural differences did not create a barrier to understanding the items in order to respond to them adequately. The coefficient alpha in this study is 0.80.

Section B: The general health questionnaire consists of 36 items and was developed by Goldberg (1981). It has a "yes" and "no" response format, which is scored 1 and 0 respectively. However, a score of 7 "yes" and above signified mental or emotional distress. (poor health) while below 7 yes signified good health. As in Section A, a pilot study conducted by the researchers, using a random sample of 36 senior school students SSS showed a reliability coefficient of 0.89.

Section C: Demographic variables such as sex, age, ethnicity, religion, family background, class at school and parent/guardian of the respondents were requested for.

Section D: Academic performance were derived from the score sheets of the participants in four subjects (English, Mathematics, Biology, and Economics).

Data Analysis

The responses were coded and subjected to SPSS 7.5 computer analysis in which the following information were determined:

1. The effect of drinking pattern/level on academic performance by using one way ANOVA. While Duncan's Multiple Range Test used to test for Performance on all four drinking level.
2. Chi square test was used to test whether drinking pattern will have different effects or general health of the students.
3. T-test was used to test the sex difference among the students involved in alcohol.

RESULTS AND DISCUSSIONS

Hypothesis I

It was hypothesized that among the four levels of drinkers (abstinence, daily, weekly and monthly drinking), students in the abstinence group would perform better than others. The result of the one way ANOVA is presented in Table I.

Table I:
One way ANOVA showing the effect of the drinking levels on students performance.

SOURCE	DF	SS	MS	F	P
Alcohol	3	18091.86	6031.29	6.25	< .05
Error	296	285663.38	965.08		
Corrected Total	299	303757.24			

The result of the above analysis showed a significance difference between those who used alcohol and those that abstained at $F(3,296) = 6.25P < 0.05$.

Summary of Duncan's Multiple Range Test for Performance

ALCOHOL LEVELS	X	N	DUNCAN GROUP IN
Abstinence	202.79	179	A
Monthly Drinking	189.23	56	B
Weekly Drinking	187.93	44	B
Daily drinking	181.21	21	B

Note:

Means with the same letter are not significantly different.

The result of the above analysis by Duncan's multiple Range test for performance showed that students in the abstinence group perform better ($X = 202.79 = \text{Group A}$) than students in other levels of drinking (monthly, weekly and daily drinking). Therefore, the first hypothesis was confirmed. Although, the means of other levels were not significantly different when the means are

compared, yet, monthly drinkers have a mean of 189.23 which was higher than that of weekly drinkers (187.93) while weekly drinkers, means was higher than daily drinkers (181.21) respectively.

Hypothesis 2

This hypothesis stated that the students who abstained from alcohol will experienced less emotional distress when compared with students who used alcohol (daily, weekly, monthly drinkers). The responses of the respondents were analysed and the result is as presented in Table II.

Table II:

Showed the frequency table for the students who abstained from alcohol and experienced less emotional distress than students who use alcohol (daily, weekly and monthly).

ALCOHOL LEVELS	GENERAL HEALTH				TOTAL	
	GOOD HEALTH		POOR HEALTH		N	%
	N	%	N	%		
Abstinence	111	37.00	68	22.67	179	59.67
Daily Drinking	11	3.67	10	3.33	21	7.00
Weekly Drinking	16	5.33	22	9.33	44	14.67
Monthly Drinking	24	8.00	32	10.67	56	18.67
Total	162	54.00	138	46.00	3,00	100.00

Hypothesis II is hereby confirmed because of the result of the chi-square analysis as $DF = 3$ Chi-square value 12.95 $P < 0.05$. Participants poor health group were experiencing more psychological distress. The above table clearly showed that less people in the abstainer group are in poor health group. That is, out of 170 abstainers only 68 were in poor health group when compared with other levels.

Hypothesis 3

The third hypothesis stated that there would be significance differences between females and males in their alcohol use. The analysis of the responses was done as the result presented in table III.

Table III:

Shown that male students involved in alcohol use are more than female students.

SEX	N	X	SD	DF	T	SIG(D)
Male	160	1.17	1.06			
Female	140	0.86	0.93	298	2.65	P < 05

The t-test was computed to find if sex differences in alcohol drinking existed between females students and male students. The results (Table III) showed that males students were significantly different in involvement in alcohol drinking from females students ($t = 22.64$ $df = 298 < P < 05$).

DISCUSSION

The present study investigated the effect of alcohol on general health and academic performance of senior secondary health and academic performance of senior secondary students in Ibadan. Only limited past studies and addressed effect of alcohol on general health and academic performance of secondary students. As hypothesized among the four level of drinking behaviours (abstinence daily, weekly and monthly drinking behaviour) students in the abstinence groups performed better than students in other three group. This implied that among students, alcohol drinking behaviour significant had effect on the academic performance. Asuni (1975) other similar studies (Abiodun et al (1994) and Ndom and Adelekan (1996) identified school work as one of the accepted consequences of adolescent drinking.

The finding in this study showed that those students who abstained from alcohol would experience less emotional distress than students who used alcohol confirmed hypothesis two. This position further supported those of Adejide (1989). The study indicated that students who were found using alcohol subsequently complained of restlessness, sleeplessness, unhappiness and the urge to take alcohol. The finding also agreed with other similar studies such as Owie (1988) on alienation and drug use, high anxiety and rug use Pela, 91986) and deference personality variables were discovered among alcohol and non-alcohol users. (Oluwatelure 1993).

Finally, the hypothesized sex differences among students who used alcohol was significant. That is, male students drink more than their female counterparts. This implied that sex is a contributing factor in drinking behaviour. This pattern of results was consistent with the research findings of substance usage among adolescents by Odejide et al (1987) and Braught (1978) on the survey among high school students which revealed that more boys used alcohol more than girls. All these findings indicated a lot of negative consequences of alcohol/drug use abuse not only in Western countries, but also in Nigeria due to the impact of Westernisation.

CONCLUSION

An attempt had been made to investigate the effects of alcohol intake on psychological well being (general health and academic performance of the students). After examining the literature and coupled with the result of this present study, it is clear enough, that alcohol, use/abuse is a serious problem in the society. It is hereby recommended that Governments, school authority, Counsellors/Psychologist and Teachers should come together and organize educative programme on coping strategies in the schools as well as the implication and health hazards associated with alcohol use.

Furthermore, government should review alcohol production and sale control policy in Nigeria in order to reduce the availability of alcohol as well as consumption.

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