



**INTERNATIONAL JOURNAL OF
RESEARCH IN EDUCATION**

VOL. 2, NO. 5, 2010

PAN-AFRICAN BOOK COMPANY

INTERNATIONAL JOURNAL OF RESEARCH IN EDUCATION

Volume 2, Number 5, 2010

Published by Pan-African Book Company in association with Minkah-Premo Co., No. 3, Emmause, 2nd Close, Labone, P. O. Box 1495, Accra, Ghana

First Published 2009

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International Journal of Research in Education is a quarterly Journal Published by the Pan-African Journal Series. Papers for publication should be sent to our *E-mail* centrejournal@yahoo.com. *If you have additional question, please feel free to contact the Managing Editor at the addresses below: The Managing Editor, Centre Journal, Minkah-Premo Co. No. 3 Emmause, 2nd Close, Labone, P. O. Box 1495, Accra, Ghana. E-mail: centrejournal@yahoo.com*

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RECEIVED DETERMINANTS OF ALCOHOL USAGE AMONG MALE STUDENTS IN TERTIARY INSTITUTIONS: THE WAY OUT FOR HEALTH AND EDUCATIONAL DEVELOPMENT: A CASE STUDY OF COLLEGE OF EDUCATION, IKERE – EKITI

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ABSTRACT

This paper examines the determinants and extent of alcohol usage among male students in tertiary institutions, a case study of College of Education, Ikere –Ekiti. The subjects for the study consist of six hundred students randomly selected from the five schools in the institution. The instrument for the study was a self constructed and administered questionnaire. The data collected were analyzed using descriptive statistics of percentages and non parametric statistics of chi-square at 0.05 level of significance. It was found out that alcohol usage was prevalent among students. The students who drink started from the age 16 years which shows that adolescent age were found to significantly influence drinking habits of students. Parental influence, peer group influence, readily availability of products, as well as advertisement on print and news media influence alcoholic usage of the students. It was also found out that students were not aware of the harmful effects of alcohol usage on their health. The paper recommended that activities such as symposium, lecture, seminar and debate should be carried out in all schools and colleges to create awareness on the dangers of drinking alcohol. Alcohol education should also be incorporated into the school curriculum and should be taught as a subject/course by health education expert.

Key word: Determinants, Examiners, Prevalent, Recommended.

INTRODUCTION

Alcohol sources according to (Norman 1997) is ethanol as he stated that alcohol is generally used to describe a chemical compound known as ethyl alcohol (Encyclopedia Britannica vol. 1 1981) stated that people do not drink pure alcohol but a beverage containing such as rye, corn and wheat through Brewing process: Wines that are generally produced from yeast action on fruits juice like grapes, lime and apple through fermentation process; Distilled spirit produced from fermented mixture of cereals, grains or fruits that are in the still while Local gin are produced from palm wine through a simple distillation process. Houghton Mifflin (1991) stated that different alcoholic contents range from 2 percent to more than 55 percent, the ethanol in alcoholic beverages is produced by fermentation which is process by which yeast changes sugar into carbon dioxide and alcohol while alcoholic beverages with higher alcohol content from beer or wine are produced by distillation of the fermented juice. He stated further that in distillation, wines or beers are evaporated to gases and then cooled back to liquids, after allowing some of the water vapor to escape; the resulting liquor has a greater percentage of alcohol than beer or wine. It is obvious nowadays that there is a wide usage of alcohol all over the world with or without purposes and with the new recruits from among the teenagers and students both in the colleges and tertiary institutions who are anxious to say they have arrived at the scene of adulthood (Famuyiwa S. A., 1995). Ekaren (2007) remarked that there is a greater usage of alcohol among college students, Idowu A. I. (2007) stated that there is prevalence of alcohol drinking among students in University of Ilorin. Similarly, in a survey conducted by Martino and Truss (1995) indicated that when an interviewer asked students questions regarding type and extent of drug use on 20 campuses in America, 60% of the selected sample reported having tried various hot drinks and marijuana; this suggests the prevalence usage of alcohol on large and more cosmopolitan schools. Udoh (1982) conducted a study on drug taking beliefs opinion and behaviour among secondary schools students in the city of Ibadan and found out that the drugs are most commonly consumed were alcoholic beverage. Chinyehi (1982) in a similar study also found out that 75% of form five students in Enugu do not know that alcoholic beverages is a drug. Peltzer (2009) also affirmed that there is increase in the prevalence of alcohol usage among school students. Aiyewa (2002) stated that alcohol is a dangerous and widely abused drug since it is usually the first drug to which youths are exposed to.

TYPES OF DRINKERS AND FACTORS INFLUENCING DRINKING HABITS

Mifflin (1991) stated that there are three types of drinkers as follows (i) **Social drinkers:** are people who have certain times when alcohol fits into their social life and who can stop drinking without any trouble.

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They connect drinking with pleasant occasions, generally they drink only at meals and special events (ii) **Problem drinkers:** are heavy, crutch. They drink to handle stress, worry and unhappiness, they are able to stop drinking if they have a very strong reason; for example they may stop if they wish to improve their health, get a job or please someone important to them (iii) **Alcoholics:** are psychologically and physically dependent on alcohol and cannot control their drinking. Drinking is the most important part of their life, it is more important than family, friends, job or health. The process of adoption of drinking is very complicated and influenced by several factors. Among these is advertisement of alcohol on television, radio, newspaper and magazines. The advertisement makes drinking appear very attractive as well as associate them with manliness and with middle and upper class living to which most people especially young star aspire. The purpose of the advertising to the advertiser is to sell alcohol, the advertiser is totally indifferent to the consequences of drinking for the drinker as long as the alcohol is sold (Park 1997). In a report submitted by the committee on youth to the United States Department of Health Education and Welfare (USDHEW) 1999 a critical analysis on teenage population indicate that there are many environmental factors that affect initiation of the drinking habit, however of all the strongest influence is the drinking behaviour of the parents and siblings, if both or any of the parent or sibling drinks, the children has about twice the likelihood of being a drinker than if neither parent drink. Ojedokun and Mobolaji (2004) expressed that adolescent because of their tender ages are easily susceptible to peer influence as they want to conform to their group behaviour, if members of their peers drink, they will do the same. Oteyo (2009) submitted the extent to which selected factors such as readily availability of the alcoholic, peer group influence, parental influence contribute to alcohol drinking of the college students. Omigbodun (2003) stated that availability, peer group, parental influence and psychological disturbances such as depression are some causes of alcoholism. Aiyewa (2002) observed that alcohol is the most frequently used by those under the age of 18 and above. Other reasons for which students drink alcohol according to Park (1991) are to exhibit plethora of purposes, such as curiosity, boldness, friend do it, enjoyment of social gatherings, sound sleep, academic pressure, sexual process. Boldness here may means getting courage to talk to teacher about something important, getting along with member of opposite sex, and speaking to an older students while other in addition to the above rely on alcohol because of emotional disturbances and inability to find a meaningful personal identity. Makanjuola (2007) also stressed that some students drink alcohol for showing off, "acting grown up" rebellion and parental indifference.

HEALTH EFFECTS OF ALCOHOL USAGE

The position of adolescents and youth in the culture of misuse of alcohol is of great concern. Regular drinking of alcohol by youngsters is detrimental to their health because they are still growing and are therefore more susceptible to its effects on the body system. Alcohol consumption has both physiological and sociological effects on the body of drinkers. Physiologically: Drinking alcohol affects areas of the cerebrum that control behaviour, memory speech, personality and judgement, when intoxication depress the motor centers of the brain, coordination is impured and reflexes become sluggish, severe intoxication depress the areas of the brainstem that control breathing and heartbeat; coma and death may occur. Strong alcoholic drink harms the delicate tissues of the mouth and throat. The throat of a heavy drinker is nearly always red and swollen, this makes concern more likely particularly if the drinker smokes cigarettes. Alcohol enters the blood stream through the lining of the stomach or intestine. Then the blood sends the alcohol to all the tissues in the body. Large amounts of alcohol cause the stomach to produce too much stomach acid, this cause or worsen ulcers. It also brinks no indigestion. Alcohol contains food energy but not nutritional value. Heavy drinkers may gain weight but their bodies starve for protein, minerals and vitamins this is because drinker may fill up on alcohol and not feel the need for more nutritional foods. Thus many alcoholics suffer from poor nutrition. Poor nutrition greatly affect the heart when there is a lack of vitamin B, people get beriberi (a deficiency disease that leads to an enlarge heart and heart failure). A lack of protein also damages other muscles when the body tissue and muscles. The heart muscle is also weakened by the toxic effect of alcohol which causes scar tissue to build up between the small fibers of heart muscle. Alcohol keeps the liver from breaking down fats as well as it should, too much fat in the liver and high level of alcohol appear to cause the cell to die, scar tissue grows in place of living cell, scaring of the liver is called cirrhosis, with fewer functioning cells, the liver begins to fail which is the leading cause of death among alcoholics. Heavy drinkers are also likely to contract a form of Hepatitis (an inflammation of the liver caused by infection or toxic agents). The victim has little energy because important chemicals activity controlled by liver does not take place. Liver cancer is also more common among heavy drinkers. Alcohol drinking by pregnant women also causes Fetal Alcohol syndrome. Alcohol enters the unborn baby's blood stream from the blood stream of the mother causing the child mental retardation (a condition in which people never

develop the full mental ability of their age group). Alcohol can also cause other birth defects such as stunted growth and damaged organs and limbs. Sociological effects of alcoholic drinking results into drinkers harm himself and others on the roads, on the jobs at schools or at home. In a study conducted by Houghton Mifflin (1991) stated that one in four families is hurt by alcoholism. Drinking plays a part in 80% of death by fire, 65% of drowning, 70% of fatal falls and 80% of suicides. In the family settings, alcoholics is irresponsible, only think of how to drink, often use money meant for food, rent, clothing, mechanical expenses to feed their own habit instead. Family member live in fear of the alcoholics sudden and angry mood changes, beating spouse and don't care for the children. This also leads to child abuse in various dimensions. On the job, Alcohol use at work or in school leads to days away from work and school, poor work, and accidents. Almost one half of all death caused by accidents on the job are connected with alcohol, there is low productivity and heavy drinkers often lose there job. On the road, in one half of all traffic death in the United States, the driver has been drinking, one third of pedestrians struck and killed by cars were drunk. Intoxication can cause accidents in several ways as intoxicated drivers cannot concentrate on driving as well and drinking make them take careless risks. Teenagers use alcohol more than they use any other drug, psychologist believe that teenagers are more likely to develop alcohol problems than adults are Teenagers have fewer experience with alcohol than adults, and they often do not understands how powerful its effects are they thing they will be able to handle it but they cannot.

DATA ANALYSIS

Table 1.1: Percentage Distribution of Drinkers to Non drinkers among male students of College of Education, Ikere – Ekiti.

Respondents	Distribution	Percentage
Drinkers	420	70
Non Drinkers	180	30
Total	600	100

Table 1.1 shows the percentage distribution of drinkers and non drinkers, of the 600 students sample, 420 (70%) indicated that they have drink different types of alcohol while 180 (30%) indicated they have never drink alcohol. It shows that there were male drinkers that non drinkers in College of Education, Ikere – Ekiti.

Table 1.2 Shows Chi square testing hypothesis that there would not be prevalent drinking of alcohol among male students of College of Education, Ikere – Ekiti

	FO	%	FE	FO – FE ²	$\frac{FO - FE^2}{FE}$
Agreed	420	70	200	48400	242
Disagreed	180	30	200	400	2
Undecided	0	0	200	40000	200
Total	600	100	600		444

$Df = n - 1 = 3 - 1 = 2$

Level of significance = 0.05 critical value at 2 df = 5.49

Since calculated value of 444 is greater than critical value of 5.99, the null hypothesis is rejected, it therefore uphold that there were prevalence of alcohol drinking among male students in College of Education, Ikere – Ekiti.

Table 1.3 Percentage Distribution of Age at which male students of College of Education, Ikere – Ekiti started drinking

Age range	Drinkers	%
Never drink	180	30
11 – 15 years	20	3.3
16 – 20 years	300	50
21 years and above	100	16.6
Total	600	100

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Table 1.3: Shows the percentage distribution of age at which male students starts drinking. Out of the 600 students sampled, 180 (30%) have, never drink alcohol 20 (3.3%) indicated that they started drinking between age 11 – 15 years, 300 (50%) started drinking between age 16 – 20 years while 100 (16.6%) started drinking at age of 21 years and above. It shows that majority of male students started drinking between the age of 16 -20 years, which show that adolescent age influence drinking habits of the students.

Table 1.4: Chi-square testing hypothesis. Adolescent age would not significantly influence drinking habits of male students of College of Education, Ikere – Ekiti.

	FO	%	FE	FO – FE ²	$\frac{FO - FE^2}{FE}$
Never drink	180	30	150	900	6
11 – 15 years	20	3.3	150	16900	112.6
16 – 20 years	300	50	150	22500	150
21 years and above	100	16.6	150	2500	16.6
Total	600	100	600		288.3 calculated value

$$X^2 = \frac{FO - Fe}{Fe} = \frac{6 + 96}{150} + \frac{16.6}{150} = 285.3 = \text{calculated value}$$

$$df = n - 1 = 4 - 1 = 3$$

Level of significance is 0.05 critical value at 3df = 7.82

Since calculated value is greater than critical value we therefore reject the null hypothesis. Hence Adolescent age have significant influence on the drinking habits of male students in College of Education, Ikere – Ekiti.

Table 1.5 Chi Square testing hypothesis that Advertisement on news and print media would not significantly influence drinking habits of students of College of Education, Ikere – Ekiti.

	FO	%	FE	FO – FE ²	$\frac{FO - FE^2}{FE}$
Agreed	410	68.3	200	44100	220.5
Disagreed	130	21.6	200	4900	24.5
Undecided	60	10	200	19600	98
Total	600	100	600		343.5 calculated value

$$df = n - 1 = 3 - 1 = 2$$

Level of significance is 0.05 critical value at 2df = 5.99

Since calculated value of 343.5 is greater than critical value of 5.99, the null hypothesis is rejected therefore advertisement of news and print media significantly influence the drinking habits of male students of College of Education, Ikere – Ekiti.

Table 1.6 Chi Square testing hypothesis that peer group will not significantly influence the drinking habits of students of College of Education, Ikere – Ekiti.

	FO	%	FE	FO – FE ²	$\frac{FO - FE^2}{FE}$
Agreed	380	63.3	200	32400	162
Disagreed	100	16.6	200	10000	50
Undecided	120	20	200	6400	30
Total	600	100	600		244 calculated value

$$df = n - 1 = 3 - 1 = 2$$

Level of significance is 0.05 critical value at 2df = 5.99

Since calculated value of 244 is greater than critical value of 5.99, the null hypothesis is rejected, therefore peer group significantly influence the drinking habits of male students of College of Education, Ikere – Ekiti.

Table 1.7 Chi Square testing hypothesis that parent and sibling drinking habit would not significantly influence the drinking habits of students of College of Education, Ikere – Ekiti.

	FO	%	FE	FO – FE ²	$\frac{FO - FE^2}{FE}$
Agreed	270	49	200	4900	24.5
Disagreed	190	31.6	200	100	0.5
Undecided	140	23.3	200	3600	18
Total	600	100	600		43 calculated value

$$df = n - 1 = 3 - 1 = 2$$

Level of significance is 0.05 critical value at 2df = 5.99

Since calculated value of 43 is greater than critical value of 5.99, the null hypothesis is rejected, therefore parent and sibling drinking habit significantly influence the drinking habits of male students of College of Education, Ikere – Ekiti.

Table 1.8 Chi Square testing hypothesis that readily availability of alcohol would not significantly influence the drinking habits of students of College of Education, Ikere – Ekiti.

	FO	%	FE	FO – FE ²	$\frac{FO - FE^2}{FE}$
Agreed	320	53.3	200	1400	72
Disagreed	160	26.6	200	1600	8
Undecided	120	20	200	6400	32
Total	600	100	600		112 calculated value

$$df = n - 1 = 3 - 1 = 2$$

Level of significance is 0.05 critical value at 2df = 5.99

Since calculated value of 0.39 is less than critical value of male students of College of Education, Ikere – Ekiti were not significantly aware of negative health effect of drinking alcohol on their body.

CONCLUSION AND RECOMMENDATION

Conclusion

The findings of this research that Alcohol usage was prevalent among male students of College of Education, Ikere – Ekiti, it was also found that the adolescent age, advertisement on print and news media, parent and siblings behaviour, peer group influence and readily availability of alcoholic products significantly influence students to drink alcohol, in addition, majority of the respondent were not aware of the hazard of alcohol drinking on their health.

RECOMMENDATION

The school authority, government and non governmental organization should organize symposium, seminars, debates to educate the students on the dangers of alcohol drinking on their health. Stringent rules against alcohol drinking among students in school and colleges should be made and necessary punishment to be meted out to any student caught to be involving in such action should be introduced. Just as there is a concerned effort to included sex education in the curriculum of Secondary Schools, alcohol education should also be incorporated into the school curriculum for the awareness, enlightenment and understanding of the students of the dangers of alcoholic consumption. Advertisement of alcohol on print and news media should be discouraged otherwise the dangerous effect of its consumption should also be mentioned during advertisement. Parents should exhibit good examples by not drink alcohol even in the presence of their children and they should discourage their children from associating or making friends with unknown gangs or suspicious neighbourhood peer groups such as alcoholic drinkers. This will reduced or eradicate the maladaptive behaviour of students involve in alcoholic drinking and will consequently reduce the morbidity both physiological and social as well as mortality rate arising from drinking alcohol, this will improve the health and educational development of the students in our school and colleges with its resultant improvement in education, economic and social development of the nation and in diaspora.

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