

ISSN 0795-8730

Journal of Special Education

Vol. 19, No. 1, July, 2021



**Journal of the Department of
Special Education,
University of Ibadan**

Journal of Special Education

Vol. 19, No. 1, July, 2021

Journal of the Department of Special Education, University of Ibadan

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Effect of Alcohol Abuse on Psycho-social Well-being Among Young Adolescents at Beere/Oja Oba Area, Ibadan, Oyo State, Nigeria

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Abstract

Alcoholic abuse has negative effect on young adolescents social and psychological well-being. The study examined the effect of alcohol abuse on psychosocial well-being of young adolescents who reside in Beere/Oja-Oba, Ibadan South East Local Government Area of Oyo State. The descriptive research design was used for the study while purposive sampling technique was employed to select one hundred and twenty (120) respondents. (Pearson product moment correlation, Multiple regression and chi-square were used to analyse the data. The findings revealed that there was no significant relationship between alcohol abuse/consumption and psychological well-being of young adolescents; there was no significant connection between alcohol abuse and social well-being among young adolescents; and that there was no significant consequence of alcohol abuse on interpersonal relationship of young adolescents. The study, therefore, recommended that key factors such as inculcating the idea of guidance counselor for young adolescents should make use of their time wisely and drink responsibly if they must drink and that any adolescent below eighteen years should not be allowed access to alcohol.

Keywords: *Alcohol-abuse, Adolescents, Abuse, Psycho-social, Well-being*

Introduction

Consumption of alcohol, legally or illegally among young adolescents, is becoming a growing public health concern due to its consequential effect worldwide. In some Western nations, it has become steadily hard to forget that alcohol consumption among adolescents is on the increase. Many of adolescent drinkers equally involve themselves in excessive use of other dangerous substances (Tucker, Miles, D'Amico, Zhou, Green, and Shih, 2013; Van Tyne, Zamboanga, Ham, Olthuis and Pole, 2012). Many of those who abuse the alcohol and other substance like *wee wee*, cocaine, codine and the rest were of school age 9-14 age bracket (Kaynak, Meyers, Caldeira, Vincent, Winters and Arria, 2013). According to Piacentini and Banister (2009), this habit of consumption of alcohol, *wee wee*, cocaine, codine and others were responsible for the situation of growing habit of intoxication among the adolescents. Scholars have indicated a growing interest in investigating alcohol, *wee wee*, cocaine, and abuse of medications and use of other substances among the youths in the African region (Carney, Myers, Louw, Lombard and Flisher, 2013; Harris, Levey, Borba, Gray, Carney and Henderson, 2012) arguably because what is happening in some European nations are being duplicated in this continent (where alcohol consumption among the adolescents is poorly known due to socio-cultural inhibitions). Meanwhile absence from substance is steadily on the increase in Nigeria due to cultural considerations (WHO, 2011).

Alcohol consumption among women who are with pregnancy indicates serious health worries. This is because it has many negative health hazards for mother and developing fetus (Patra, Bakker, Irving, Jaddoe, Malini and Rehm, 2011). On the basis of this context, there is no consensus about safe quantity and period of substance intake during pregnancy. Virtually, every procedure speak on behalf of pregnant women or women who want to get pregnant to keep away from any form of substance intake because it is a known teratogen and it resulted in serious negative health hazard on pregnancy and birth formations (Chola, Mutyambizi, Sewpaul, Parker, McHiza, Labadarios, Hongoro, 2017; Sarah, 2021). Alcohol intake while carrying pregnancy can result to miscarriage, stillbirth, untimely birth, congenital deformities, intrauterine slow development, and low birth weight. It is also linked with fetal alcohol spectrum disorders (FASDs), (a condition that is connected with alcohol exposure before delivery featured by different terminal or chronic uncontrolled negative health problems like behavioural, physical, and cognitive deficiencies); and a front line cause of non-heredity mental deficit and other neuro-development deficiencies (Chola, Mutyambizi, Sewpaul, Parker, McHiza, Labadarios, Hongoro, 2017; Sarah, 2021; J. K: 2017).

Several studies have been carried out by scholars (Esan, Makanjuola, Oladeji, and Gureje, 2013; Brisibe, Ordinioha and Dienye, 2012). They have documented dangerous alcohol use within many dimensions of alcohol drinkers in Nigeria. Umoh, Obot and Obot (2012) posited that the consumption per capita of alcohol among the elderly in Nigeria amounted to 12.3 litres which is among the peak in the continent. This is due to many variables. First, although the country has rules (publicity code) with reference to alcohol sales and a federal law indicating the lowest buying age (De Bruijin, Ferreira, Borges, Engels and Bhavsar, 2014; WHO, 2014), there are no clear documentation as per laws to control the manufacturing and sales of alcohol. In a similar vein, it has been advocated that transnational alcohol industries in Nigeria do not seriously follow the existing marketing rule (Farrell and Gordon, 2012). Against this background, alcohol firms involved in sales business went

against international marketing practices (Farrell and Gordon, 2012), and this encouraged easy presence of alcohol in all places (Umoh *et al.*, 2012). Second, promo drink for instance, promo syndrome sales strategies, and other equal marketing plans are commonly funded by the transnational alcohol firms in Nigeria (De Bruijn, 2011). In spite of the fact that the legal buying age is 18 years, anybody can purchase the substance in Nigeria because there was no enforcement from the government control agencies (De Bruijn *et al.*, 2014) and inability to show or determine the actual age of the buyer (Dumbili, 2014b). In 2014, many American companies introduced new product called Bacardi Breezer (Obi, 2014) while the old firms roll out new products, particularly brands that focus on adolescent drinkers, across both gender (Obot, 2013). For instance, within period of seven years (2006-2013), Guinness Nigeria brought in assorted kinds of enhanced alcoholic beverages for early drinkers, such as Smirnoff Ice, SNAPP and Orijin (Obot, 2013). In consequence, these firms contributed to the increasing rate of beer sales which also enhance the abuse of alcohol, particularly among the adolescents. This is targeted at the young adolescents with various youth-focus social events, promo and other sales techniques (De Bruijn, 2011; Dumbili, 2014b).

The rapid growth of industrialization and urbanization in the last five decades have led to the establishment of many breweries and production of all kinds of alcoholic beverages of assorted contents, in addition to the possibility of having access to alcohol and then exposing the life of the abusers to risk. Alcoholism disallows fruitful use of time, energy and creation of new idea. It dampens the morale of an individual becoming great, thereby making him not functional and a burden to the community. It is therefore not surprising that all the nations (including Nigeria) have created measure to address the issue of beer and other similar problems (WHO, 2019). In Africa as in the rest of the globe, people drink alcohol particularly ethanol to enhance their mood, based on a different kind of need that fall largely into two categories: The need to feel better, to reduce pain increase appetite and the need for enjoyment. The wealthy people may turn to alcoholism for enjoyment or relief from boredom, while the downtrodden are more prone to use alcohol to forget their unfortunate conditions (Andrew, Stephen and Josephine, 2019).

Currently, young adolescents in Nigeria rank second as heavy episodic drinkers in the continent, despite the high level of undocumented intake of alcohol (WHO, 2014). Among students, there is increasing worry that significant number of them abuse alcohol and this is calling for the attention of the academics in Nigeria. Amongst the university populations, researches indicate various ways and reasons for alcohol consumption (Abayomi, Onifade, Adelufosi and Akinhanmi, 2013; Abikoye and Osinowo, 2011) in Nigeria. However, there is no consensus concerning the patterns of substance intake and the variables that determine the intake of those chemicals among researchers, while others link substance abuse to lack of family strict measure (Abasiubong, Idung, Udoh and Ekanem, 2012) and easy availability (Adebiyi, Faseru, Sangowawa and Owoaje, 2010).

Several researches have been carried out within the sphere of substance abuse among young adolescents and adults in most localities in Nigeria such as; out of school children involving in betting and alcohol, some youths were used for political thurggery under substance influence, raping activities and pick-pocket in Beere/Oja-Oba area, which forms part of the interior part of Ibadan. At Beere/Oja-Oba, where people engaged in petty trading, they were

people of lower income, a number of males engaged in commercial driving while females trade in various food items. It has been established that this specific location of Ibadan city had witnessed several crises with the youths. The National Drug Law and Enforcement Agency (NDLEA) officials and the men of the Nigerian Police Force invaded the area over indiscriminate use and abuse of hard drugs in the recent past. It is disheartening that the number of mentally ill-individuals with schizophrenia and depression were on the increase while the most worrisome cases were those children with special needs such as physically challenged, the deaf and dumb who also partook in all these nefarious activities in the area. It is against this background that this study examined the effect of alcoholic abuse among the young adolescents at Beere/Oja-Oba area of Ibadan South East Local Government of Oyo State.

Methods

The research design adopted for this study was the survey method design, while purposive sampling technique was used to select 120 young adolescents who live around Beere/Oja-Oba, Ibadan South-East Local Government Area of Oyo State, Ibadan. Many of the participants were not fluent in English therefore two research assistants were provided in order to translate the information into Yoruba Language. The researcher employed the purposive sampling technique because the area has been noted for various kinds of commercial outlets for drug/ substance peddling and the place has been raided recently by men of National Drug Law Enforcement Agency (NDLEA). 120 copies of the questionnaire tagged "Effect of Alcoholic abuse on the Psycho-social well-beng of Young Adolescents" was administered to collect data for the study. Data were analysed through Multivariate descriptive analytic techniques to indicate distinct frequencies of various factors of alcohol abuse; Regression, Chi-square and Pearson Product Moment Correlation (PPMC) were used to analyse the three research hypotheses based on psycho-social well-being and interpersonal relationship.

Results

Table 1: Socio demographic characteristics of the respondents.

Variables	Frequency	Percentage %	Valid Percent	Cumulative Percent
Sex: Female	49	40.8	40.8	40.8
Male	71	59.2	59.2	100.0
Total	120	100	100.0	
Age: 8 & below	16	13.3	13.3	13.3
9-11	37	30.8	30.8	44.2
12-15	39	32.5	32.5	76.7
16+	28	23.3	23.3	100.0
Total	120	100.0	100.0	
Language:				
English	72	60.0	60.0	60.0
Yoruba	26	21.7	21.7	81.7
Igbo	12	10.0	10.0	91.7
Hausa	10	8.3	8.3	100.0
Total	120	100.0	100.0	
Religion:				
Christianity	75	62.5	62.5	62.5
Islam	45	37.5	37.5	100.0
Total		100.0	100.0	
Education:				
Primary	35	29.2	29.2	29.2
Secondary	37	30.8	30.8	60.0
Tertiary	48	40.0	40.0	100.0
Total	120	100.0	100.0	
Family Status:				
Monogamy	71	59.2	59.2	59.2
Polygamy	49	40.8	40.8	100.0
Total	120	100.0	100.0	
Position in the Family:				
First Born	41	34.2	34.2	34.2
Last Born	21	17.5	17.5	51.7
Others	58	48.3	48.3	100.0
Total	120	100.0	100.0	

Table 1 shows that 71(59.2%) of the respondents were male while the remaining 49(40.8%) were female, this shows that the majority of the young adolescents that participated in this study were male. The Table indicated that the age group between 12-15 years have greater percent than the other age group. It was deduced that most of the young adolescents of the study were in this age bracket. The Table further shows that 72(60.0%) of the students spoke English Language, 26(21.7%) of the students communicated in Yoruba Language, 12(10.0%) of the young adolescents spoke Igbo language while the remaining 10(8.3%) communicated in Hausa Language. This implies that average of the young adolescents could at least read and write to some extent. The Table further shows that 75(62.5%) of the students were Christians while the remaining 45(37.5%) were of Islamic religion. The Table shows that 48(40.0%) of the parents of young adolescents had tertiary education; 37(30.8) of them had secondary education; while primary education had the lowest frequency of 35 (29.2%). 71(59.2%) of the young adolescents were from monogamous family, while the remaining 49(40.8%) were from polygamous family. This implies that most of the respondents were from monogamous family. The Table also shows that 41(34.2%) of the young adolescents were first born in their families; while 21(17.5%) of the young adolescents were last born. "Others" had the highest frequency of 58(48.3%).

Hypothesis 1

H_0^1 : There is no significant relationship between alcohol abuse/consumption and psychological well-being of young adolescents.

Table 1: Regression and correlation analysis of alcoholic abuse and psychological well-being.

Model	Coefficients				
	Unstandardized Coefficients		Standardized Coefficients	T	P-value .
	B	Std. Error	Beta		
(Constant)	1.432	.106		13.926	.032
3 Alcohol abuse	.072	.017	.038	1.206	.028
Pearson's product moment correlation	.072	.017	.038	1.206	.563

a. Dependent Variable: psychological well-being

b. Independent Variable: Alcohol abuse

There is strong positive correlation between alcohol abuse/consumption and psychological well-being of young adolescents (the association of their relationship is positively with 0.563).

Hypothesis 2

H_0^2 : There is no significant relationship of alcohol abuse on social well-being of young adolescents.

Table 2: Regression and correlation analysis of alcohol abuse on social well-being.

Model		Coefficients				
		Unstandardized Coefficients		Standardized Coefficients	T	P-value .
		B	Std. Error	Beta		
2	(Constant)	1.691	.112		15.684	0.018
	Alcohol abuse	.068	.034	.046	1.114	0.036
	Pearson's product moment correlation	.068	.034	.046	1.114	-0.972

a. Dependent Variable: social well-being

There is significant relationship between alcohol abuse and social well-being of young adolescents, which implies that there is strong negative correlation between the relationship of alcohol abuse on social well-being of young adolescents.

Hypothesis: 3

H_0^3 : There is no significant effect of alcoholic abuse on interpersonal relationships of young adolescents.

Table 3: Chi-square analysis of alcoholic abuse on interpersonal relationship of adolescents.

Model		Symmetric Measures			
		Value	Asymp. Std. Error _a	Approx. T ^b	Approx. Sig.
Nominal by Nominal	Contingency Coefficient	.375			.020
Ordinal by Ordinal	Gamma	-.089	.109	-.821	.412
Measure of Agreement	Kappa	-.057	.053	1.078	.281
N of Valid Cases		120			

a. Not assuming the null hypothesis.

b. Using the asymptotic standard error assuming the null hypothesis.

There is no effect of alcoholic abuse on interpersonal relationships of young adolescents of Beere/Oja-Oba area of Ibadan South East Local Government, Ibadan, Oyo State. This implies that whether they took excess alcohol which led to abuse, it does not have effect on their interpersonal relationship.

Discussion

The finding from hypothesis one indicated that there was significant relationship between alcohol abuse and psychological well-being. This implies that there was strong positive correlation between alcohol abuse/consumption and psychological well-being of young adolescents (the association of their relationship is positive with 0.563). This finding is in tandem with the early studies that carried out by (Vlahov, Galea, Ahern, Resnick, Boscarino, Gold, Bucuvalas, Kilpatrick, 2004; Vlahov, Galea, Resnick, Ahern, Boscarino, Bucuvalas, Gold, Kilpatrick, 2002; and Vlahov, Galea, Ahern, Resnick, Kilpatrick, 2004) that the increased use of substances such as alcohol and marijuana smoking had connection with increase in psychological disorders. In another similar finding, according to WHO, (2019). It was posited that alcohol intake dampens the morale of an individual becoming great, thereby making him not functional and a burden to the community. It is therefore not surprising that almost every nation (including Nigeria) have created measure to address the issue of alcohol and similar problems.

It was established from hypothesis two that there is significant relationship between alcohol abuse on social well-being of young adolescents which implies that there is strong negative correlation between the effect and relationship of alcohol abuse on social well-being of young adolescents. This finding is similar to the study carried out by Silveri and Spear (2002) that the acute consequence of substance use in young persons is the same with the feelings experienced by the adults. Thus, young persons demonstrated greater vulnerability for continuing risky attitudes (e.g. driving while drunk, travelling with drunk drivers, unprotected sexual behavior, or involving in other exercise that result in physical accident) while under influence of alcohol and incurring a blackout and forgetting the events of an alcohol-filled evening. Also Idoko, Sholarin and Agoha, (2015), noted that (33.3%) of high school students agree to have absconded from the class and misbehaving in society/any negative actions because of alcohol.

The finding from the third hypothesis revealed that there is no effect of alcoholic abuse on interpersonal relationships of young adolescents. This is in line with Thomas (2010) who submitted that substance or beer is not a mere product but a drug that can be relied on, although, in most emergencies, they are significant, and independent disruptions of alcohol and community networks due to loss, displacement, family separation and distrust.

Conclusion

The study concluded that in order to reduce the effect of substance abuse among the adolescents in the study location, all hands must be on deck. The stakeholders, at the level of government, the National Drug Law Enforcement Agency, should be empowered and if possible site a mini office around Beere/Oja Oba axis so that immediate action can be taken once a case is reported. At the level of family, every parent should talk to their wards on the implication of substance abuse and the likely result, stern warning is necessary in order to discourage the young adolescents from engaging in substance consumption. The driver's union executive members in the area where the acts are perpetuated should not remain idle, rather they should work hand-in-hand with security agents in order to minimise substance abuse in Beere/Oja-Oba and its environs.

Recommendations

This study investigated the effect of alcohol abuse on psycho-social well-being of young adolescents at Beere/Oja-Oba area of Ibadan, Oyo State, Nigeria. Based on the findings, the following recommendations were made for this study:

- i. The government should regulate the consumption of alcohol and other substances by way of monitoring the manufacturing companies and retail outlets where those substances are displayed for sale in order to reduce the number of psychologically imbalance individuals roaming aimlessly on our major streets.
- ii. Young adolescents should be discouraged from substance abuse and their social behavior, for instance, if you must drink, you must not drive or found in any risky sexual behavior.
- iii. Young adolescents should drink responsibly if they must drink in order to ensure friendly family relationship and peaceful community atmosphere.

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