

INFLUENCE OF EXCESS ALCOHOL CONSUMPTION BY MARRIED WOMEN ON FAMILY STABILITY IN VWANG DISTRICT OF JOS SOUTH LOCAL GOVERNMENT, PLATEAU STATE, NIGERIA.

Barnabas Esther Singayina
Department of Science and Technology Education
Faculty of Education, University of Jos, Nigeria

Emaik:estherbbigman@gmail.com

ABSTRACT

Excess alcohol consumption is a menace among married women in Vwang District of plateau State. This study examines the Influence of Excess Alcohol Consumption by Married Women on the Family Stability in Vwang District of Jos South Local Government, Plateau State. The study adopted a descriptive survey research design. Four research questions were raised by the study. The population of the study comprised 1003 married women in Vwang district of Jos South Local Government Area of Plateau State. In selecting the sample for the communities in Vwang District, a simple random sampling technique was used to select six communities and in drawing the sample of the respondents for the research, a proportionate random sampling method was employed to select 100 women. Women Alcohol Consumption Questionnaire (WACQ) made up of four research questions and 31 items was used for data collection. The four research questions were answered using mean. The findings of the study revealed that married women consume alcohol due to friends' influence and for medication reasons; barrenness, kidney failure, heart failure, miscarriage among others are the effects of alcohol consumption on women; and engaging married women in vocational trainings, organizing seminars on the effect of alcohol to the woman' health and making counselling services available for married women who drink alcohol and those who are addicts remain the possible ways to prevent alcohol consumption by married women. The study recommends that there should a policy options and interventions at national level that governments could work with to reduce the harmful use of alcohol in all communities within Plateau State and also the Plateau state government through the state ministry of education and women affairs respectively should plan a functional public enlightenment campaign periodically that educate societies on the dangers of alcohol.

Key Words: *Excess Alcohol, Consumption, Married Women, Vwang distric*

Introduction

Alcohol consumption among women has become a significant public health problem worldwide and it varies by country and region. Excess drinking has detrimental effects on the married woman and her family. Aryal, Mehata, Neupane, Vaidya, Dhimal, and Dhakal, (2015) Alcohol has been socially and culturally acceptable among many ethnic groups such as berom in plateau. Despite enormous public health problems related to alcohol consumption, information on its effects on the familys stability is still lacking in Vwang. Excess alcohol consumption is an abuse which is a pattern of drinking that interferes with day-to-day activities of an individual, a person is not yet physically dependent on alcohol but still has a serious drinking problem. Symptoms include a failure to fulfil. The health burden associated with the consumption of alcohol by married women in terms of morbidity and mortality is obvious (Rasiah, 2017). Excess alcohol consumption includes binge drinking, most common form of excessive alcohol by women up to four or more drinking a single occasion. While heavy drinking is defined as consuming up to and or more drinks per week. Regular consumption of alcohol to intoxication level may lead to increased probability of fatalities through accidents. People who regularly drink to intoxication levels may also absent themselves from work and thus may affect productivity at both the micro and macro establishments. In addition, excessive in-take of alcohol may incite people to engage in violence and crime related activities culminating

in various degrees of injuries and in some cases deaths. (Thapa, Aryal, Paudel Puri, Thapa, and Shrestha,(2015) Alcohol consumption is permissive in many countries. The world's highest consumption rate occurs mostly in the developed countries, particularly in eastern and Western Europe. In Africa, the highest consumption rates are recorded in the southern parts with South Africa and Namibia having the highest consumption levels. Likewise, the increasing participation of youths and women in alcohol consumption is a matter of concern for health policy makers (Kim and Kim 2018). Martinez (2011). Understood the increasing prevalence of alcohol use by women in African countries such as Botswana 30% and Namibia 47%in Nigeria it is at 23%. It is estimated that 18% of women of childbearing age in Nigeria drink alcoholic beverages. Due to increasing prevalence of alcohol consumption, all the 193 WHO member states endorsed a global strategy to reduce the harmful use of alcohol in 2012 (WHO 2012).

There is an upward trend for adolescent participation in alcohol consumption even though the minimum age for drinking alcohol in Nigeria is eighteen (18) years. Nevertheless, there is no age limit on and off the purchasing of alcohol for consumption. Despite all the health and social problems associated with the consumption (abuse) of alcohol by married women, there is scant literature on the consumption pattern and its socio- economic and demographic correlation. Given the relatively more adverse effects of excessive drinking on females compared to males due to their biological composition coupled with the fact that female participation with respect to alcohol consumption in Plateau State is increasing. The factors associated with excess alcohol consumption among a cross section of women of childbearing age (Adeyiga, 2014).

.Family Stability is most commonly used to describe the relationships continuity of couples with children. It is also seen as relationship continuity of spouses in marriages. (Willey, and John, 2019). As exposure of family stability increases, child and adolescent well-being declines, across a broad range of indicators, including emotional, behavioural, social health and academic outcomes. Although the effects of family instability can be transitory, the negative consequences may last beyond childhood. Theoretical approaches to studying family stability often include social stress, family system and boundary ambiguity theories and the incorporatin of the life course perspective. Craigie, Terry-Ann, Brooks-Gunn, and Waldfogel, (2012).

According to Cassandra and Dorius (2016), Family stability is an essential component of social stability and social protection. In many developing countries, the family is the only form of social protection. In developed countries, the breakdown of the family is causing new and unforeseen challenges to social protection. Even in the context of peace and security, the topic of family stability is an essential consideration to be borne in mind not just with regards to family reunification. It is against this background that this study intended to look into the influence of excessive alcohol consumption by married women on the family stability in Vwang district of Jos south Local Government.

Statement of the Problem

The prevalence rate of alcohol usage among married women in different parts of the world gives room for concern for instance, in Russia it was reported that 52% of married women have used alcohol at some times, and 42% have been drunk (National Youth Violence Prevention, 2004) Alcohol consumption among married women in Vwang district of Jos south all over has assumed an alarming dimension; it has become so worrisome that it has gained performance in social discourse.

Poor parental modelling from women in Vwang district has become a serious societal issue in recent times as observed by the researcher due to excess alcohol consumption, this causes family argument, ruined family's stability, and most times leads to child injures, child neglect, abuse and domestic violence. Physical abuse and neglect by some married woman were common in the community. The most common harm reported among children experiencing a lot of harm was the witnessing of conflict among physically and verbally abused children who were harmed.

Studies according to Lindberg, Burgress, and Williams, (2016) shows that the danger associated with alcohol consumption on married women make it a serious threat not only to the

individual consumer but also that of the society and family as well, 90% of married women who drink regularly also do other things that can put them or those around them at risk of harm. Women who engage in alcoholism are exposed to activities such as doing drugs, fighting, carrying weapons and unsafe sex. Thus, present study intended to provide scientific evidence on excess alcohol consumption among married women on the families stability in vvang district of Jos south LGA.

Objectives of the Study

The aim of this study was to;

1. Determine the reasons of alcohol consumption by married women.
2. Find out health hazards/problems related to excess alcohol consumption by married women.
3. Examine how the consumption of alcohol by married women influences the family stability.
4. Investigate the strategies that can be used to help married women abstain from alcohol consumption.

Research Questions

The following research questions were raised for the study:

1. What are the reasons married women consume alcohol?
2. What are the health problems that affect married women related to alcohol consumption?
3. How does excess alcohol consumption by married women affect family stability?
4. In what ways can alcohol consumption by married women be discouraged?

METHODOLOGY

The design for this research was a descriptive survey which has to do with collection of data from a sample using questionnaire, interview, observation and test in other to describe facts, opinion, attitudes and characteristics of individual. Survey research design involves field work of collection of data from a large group of respondents. It allows valid information to be collected about a large population from a representative sample. Those in the ration are behind the researcher's choice of survey design. (Lambert,2019)

The population of the study comprised 1003 women in Vwang district of Jos South Local Government Area of Plateau State. The sample size constitutes 100 respondents.

Instrument for Data Collection

A Women Alcohol Consumption Questionnaire (WACQ) was used for the study on the influence of excess alcohol consumption by married women on the family. The questionnaire consists of two sections: section "A" and section "B". Section "A" known as demographic "B" consists of four research questions with 31 items rated on a Likert scale of strongly agree (SA) Agree (A) Disagree (D) and Strongly Disagree (SD) with values 4, 3, 2 and 1 respectively. The item statements are geared toward answering the research questions raised for the study.

The data collected from the respondents was analysed using relevant statistical tools. Mean was used to analyse the item statements on the Women Alcohol Consumption Questionnaire (WACQ). A standard mean of 2.50 was used to determine the decision of whether to accept or reject the calculated mean. Based on this standard mean, any item with a mean score equal to or greater than 2.50 was agreed and any item less than 2.50 was disagreed. All analyses were carried out using a Statistical Package for Social Sciences, version 25.0.

Results

Research Question One:

What are the reasons married women consume alcohol?

As stated earlier, this research question was answered using mean. Table 1 shows the presentation of the results.

Table 1: Mean of Respondents on the Reasons Women Consume Alcohol

Item	Statement	\bar{X}	Remark
1.	Married women consume alcohol for food.	2.39	Disagree
2.	Married women consume alcohol due to friends influence.		
3.	Married women consume alcohol for medications.	2.43	Agree
4.	Married women consume alcohol just for the fun of it.	3.11	Agree
5.	Married women consume alcohol to get back at the spouses by drinking as they do.	2.55	Agree
6.	Married women consume alcohol due to addiction.	2.69	Agree
7.	Most joints and beer parlours are situated in the home where family member lives.	2.34	Disagree
8.	Most married women believe that alcohol makes them to forget their worries.	2.78	Agree
9.	Alcohol are brewed locally by married women.	2.88	Agree
10.	Most beer parlours and joints are owned by married women.	2.63	Agree
11.	People in Vwang community don't view consumption of alcohol by married women as bad behavior.	3.02	Agree

Key: \bar{X} = Mean Response of Women

The data showed in table 1 reveal that the respondents rated all the items within the range of 2.34 to 3.11. The table revealed that with exception to items 1 and 7 which were rated below the standard mean of 2.50 and stood disagreed, all other items were agreed with respect to reasons women consume alcohol.

Research Question Two:

What are the health problems that affect married women which are related to alcohol consumption?

Research question was answered using mean as shown in table 2

Table 2: Mean of Respondents on the Health Problems that Affect Married Women Related to Alcohol Consumption

Item	Statement	\bar{X}	Remark
12.	It leads to barrenness.	3.21	Agree
13.	It leads to depression.	2.33	Disagree
14.	It leads to kidney failure.	2.77	Agree
15.	It leads to heart failure.	3.17	Agree
16.	It causes miscarriage.	2.64	Agree
17.	It causes mental disorders.	2.45	Agree
18.	It causes hepatitis.	2.99	Agree
19.	It causes obesity.	2.61	Agree

The data presented in table 2 shows that the respondents rated all the items within the range of 2.33 to 3.17. As indicated in the table, with exception to items 2, which was rated below the standard mean of 2.50 and stood disagreed, all other items were agreed as regards health problems affecting married women related to alcohol consumption.

Research Question Three:

How does excess alcohol consumption by married women affect family stability?

In the vein, this research question was answered using mean and the results were presented in table 3.

Table 3: Mean of Respondents on how Excess of Alcohol Consumption by Married Women Affect Family Stability the reasons Women Consume Alcohol

Item	Statement		\bar{X}	Remark
20.	It destroys family relationship.	3.10		Agree
21.	It leads to bad modelling for the children.	3.21		Agree
22.	It contributes highly to the rate of divorce.	2.88		Agree
23.	It brings about reoccurrences of conflicts in the home.	2.76		Agree
24.	It leads to negligence of parental responsibilities.	2.56		Agree
25.	Marriages suffer financial setbacks.	3.01		Agree
26.	Destroys the bond between family	2.71		Agree

members.

The data showed in table 1 reveal that the respondents rated all the items within the range of 2.56 to 3.21. The table revealed that all other items were rated above the standard mean of 2.50. Thus, each item was agreed with respect to how excess alcohol consumption by married women affect family stability.

Research Question Four:

In what ways can alcohol consumption by married women be discouraged?

This research question was answered using mean and the results are shown in table 4.

Table 4: Mean of Respondents on Ways to Discourage Consumption of Alcohol by Married Women

Item	Statement		\bar{X}	Remark
27.	Engage married women in vocational trainings.	2.92		Agree
28.	Organize seminars on the effect of alcohol to the woman' health.	3.00		Agree
29.	Counselling services should be made available for married women who drink alcohol and those who are addicts.	2.67		Agree
30.	There should be a ban on the production, sales and consumption of alcohol.	2.11		Disagree
31.	Women who consume alcohol should be engage in healthy recreational activities like family picnics.	2.14		Disagree

The data analysed in table 4 revealed that the respondents rated all the items within the range of 2.11 to 3.00. The table also revealed that items 27, 28 and 29 were rated above the standard mean of 2.50 thus stood agreed as measures to be taken in order to discourage consumption of alcohol by married women. Similarly, items 30 and 31 were rated below the standard mean and therefore stood disagreed.

DISCUSSIONS

Findings based on research question one as shown in table 1 revealed that respondents rated all the items within the range of 2.34 to 3.11. The table revealed that with exception to items 1 and 7 which were rated below the standard mean of 2.50 and stood disagreed, all other items were agreed with respect to reasons women consume alcohol. The study found out the married women consume alcohol due to friends' influence, for medication reason, for the fun of it, to get back at the spouses by drinking as they do, due to addiction. It also revealed that most married women believe that alcohol make them to forget their worries that is why most beer parlours and joints are owned by married women and they do not view consumption of alcohol by them as bad

behavior. As regards the issue of friends' influence and for fun reasons, Willy and John, (2019) asserted that the most common reasons that lead women to ingest alcohol are social motives. Probably, the individuals who socially consume alcohol observe the people around them and, by analyzing their beliefs and behaviours, use the alcohol to improve their experience with these people (Halim. 2012).

Findings based on research question two as presented in table 2 showed that the respondents rated all the items within the range of 2.33 to 3.17. As indicated in the table, with exception to items 2, which was rated below the standard mean of 2.50 and stood disagreed, all other items were agreed as regards health problems affecting married women related to alcohol consumption. The findings revealed that barrenness, kidney failure, heart failure, miscarriage, mental disorders and hepatitis were the health problems that affect married women that engage in consumption of alcohol. The findings are in agreement with the findings of Adeyiga, (2014) and Abrams. (2018) that individuals who fall into the category of excessive consumption reveal a range of multiple physical and psychological symptoms, including liver cirrhosis, kidney failure, certain forms of cancers, fetal alcohol spectrum disorder, depressed mood, irritability, insomnia and anxiety. On the issue of miscarriage as this study found, it is further buttressed by Rasiah, Babor, and Relin (2017) that the indirect costs of alcohol consumption include expenditures due to premature mortality and reduced productivity (miscarriage) as well as costs incarceration.

Findings based on research question three as presented in table 3 indicated that the respondents rated all the items within the range of 2.56 to 3.21. The table revealed that all other items were rated above the standard mean of 2.50. Thus, each item was agreed with respect to how excess alcohol consumption by married women affect family stability. However, the findings revealed that excess alcohol consumption by married women affect family stability in the following ways: It destroys family relationship, it leads to bad modelling for the children, contributes highly to the rate of divorce, brings about reoccurrences of conflicts in the home, leads to negligence of parental responsibilities, marriages suffer financial setbacks and destroys the bond between family members. To buttress the findings, Lindberg, Burgress, and Williams, (2016) opined that the danger associated with alcohol consumption on married women make it a serious threat not only to the individual consumer but also that of the society and family as well, 90% of married women who drink regularly also do other things that can put them or those around them at risk of harm. On the issue of bad modelling of children, Wapwera, (2020), opined that family is smallest and most powerful social unit of the society where individuals are raised; it is the first stage of socialization in the society; the moment a family is affected sociologically the society cannot escape its consequences. Therefore, stability of a family is at stake when women actively engage in consumption of alcohol and as asserted by National Institute on Alcohol Abuses and Alcoholism, the most common problems that arise between spouses when one parent abuses alcohol include: marital conflict, infidelity, domestic violence, unplanned pregnancy, financial instability, stress, jealousy and divorce.

Similarly, findings based on research question four as presented in table 4 showed that the respondents rated all the items within the range of 2.11 to 3.00. The table also revealed that items 27, 28 and 29 were rated above the standard mean of 2.50 thus stood agreed as measures to be taken in order to discourage consumption of alcohol by married women. Similarly, items 30 and 31 were rated below the cut-off point and therefore stood disagreed. The study revealed that by engaging married women in vocational trainings, organizing seminars on the effect of alcohol to the woman' health and making counseling services available for married women who drink alcohol and those who are addicts remain the possible ways to discourage alcohol consumption by married women. The findings were in agreement with the assertion of World Health Organization, (WHO, 2019) that the global strategy focuses on ten key areas of policy options and interventions at national level that governments could work with to reduce the harmful use of alcohol. These include: leadership, awareness and commitment; health services' response; community action; drink-driving policies and countermeasures; availability of alcohol; marketing of alcoholic beverages; pricing

policies; reducing the negative consequences of drinking and alcoholic intoxication; reducing the public health impact of illicit alcohol and informally produced; and monitoring and surveillance.

CONCLUSION

Based on the findings of this study on the influence of excess alcohol consumption by married women on the family stability in Vwang District of Jos South Local Government Area of Plateau State, it was concluded that consumption of alcohol among women in Vwang District, Jos South LGA is prevalent and its implication on family is devastating as it leads to heart failure, miscarriage, mental disorders and hepatitis. Therefore, organizing seminars on the effect of alcohol to the woman's health and making counselling services available for married women who drink alcohol.

RECOMMENDATIONS

Based on the results, the following recommendations were made:

1. The Plateau state government through the state ministry of education and women affairs respectively should plan a functional public enlightenment campaign periodically that educate societies on the dangers of excess alcohol consumption.
2. Adequate attention should be given women when it comes to industrial training and skill acquisition programs so as to get married women engaged.
3. There should be policy options and interventions at national level that governments could work with to reduce the harmful use of alcohol in all communities within plateau state.
4. Introduction of home management programs for women and girls who will soon be housewife, these programs includes; tailoring, cake making, catering and other household activities that will make women self-employed instead of moving from one beer parlor to another.

REFERENCES

- Abrams, E. A. Gina, G. & Monica, M.A. (2018). "Child Care Instability: Definitions, Context, and Policy Implications." Washington, DC: The Urban Institute Helsinki: Finnish Foundation for Alcohol Studies & Geneva: World Health Organization.
- Adeyiga, G. E., E. & Yawson, A. E., et al (2014). Factors Associated with Alcohol Consumption: A survey of Women, childbearing at a National Referral hospital Accra, Ghana. and Problems in Seven Developing Countries. Geneva: World Health. *African Journal of Reproductive Health* 18 (2): 152-165
- Aryal KK, Mehata S, Neupane S, Vaidya A, Dhimal M, Dhakal P, (2015) The Burden and Determinants of Non Communicable Diseases Risk Factors in Nepal: Findings from a Nationwide STEPS Survey. *Journal.pone.13* (4) 834-839
- Craigie, Terry-Ann. L., Brooks-Gunn, J. & Waldfogel, J. (2012). "Family Structure, Family Stability and Outcomes of Five-Year-Old Children." *Journal of Family Relationships, and Societies* .1(1): 43-61.
- Halim, M.E. (2012). The Demographic Distribution Of Drinking Problems In 1984. In W. B. Clark and M. E. Hilton, eds, *Alcohol in America: Drinking practice and problems*(pp.87-101). Albany: state university of New York press.
- Kim, W., & Kim, S. (2018). "Women's Alcohol Use And Alcoholism In Korea 'Substance Use And Misuse. 43(8-9): 1078-1087 *Lancet* **365**:519-530.

- Lindberg A. Burgess, D.L., & Williams C. (2016). Surveys of Drinking Patterns and problems in seven developing countries. Geneva: World Health Organization, Department of Mental Health and Substance Dependence. WHO/MSD/MSB/01.2.
- Lambert, M. (2019) *Practical Research Method in Education: An Early Researchers Critical Guide* Routledge Taylor and Francis Group London and New York.
- Martinez, H.E. (2011). The Measurement of Drinking Patterns And Alcohol Problems In Nigeria. *Journal of substance abuse*.12.(1)169-174.
- Rasiah,E. Babor,R & Relin (2017). Alcohol and Developing Societies: A Public Health Approach. Steps towards constructing a global comparative risk analysis for alcohol consumption: determining indicators and empirical weights for patterns of drinking, deciding about theoretical minimum, and dealing with different consequences. *Journal of European Addiction Research* 7,(3) 138-147.
- Thapa N, Aryal KK, Paudel M, Puri R, Thapa P, Shrestha S,(2015) Nepalese Homebrewed Alcoholic Beverages: Types, Ingredients, and Ethanol Concentration from a NationWide Survey. *Journal Nepal Health Res Counc* 13: (2) 59–65
- WHO. (2019). Global Status Report: Alcohol Policy. Geneva: World Health Organization, Department of Mental Health and Substance Dependence, Organization Problems'. (pp. 87-101). Albany: State University of New York Press.
- Willy E & John N. (2019). Alcohol. In : M. Ezzati, A.D. Lopez, A.Rodgers, & C.J.L. Murray, eds., comparative quantification of health risk: global and regional burden of disease attributable to selected major risk factors. Vol.1(pp.959-1108). Geneva: World Health Organization
- Wapwera, R. (2020). Cultural control of drinking by universal moderation or differential access. Presented at the annual meeting of the Society for Cross-Cultural Studies, El Paso, Texas, August.<http://www.roizen.com/ron/elpaso.htm>.
- WHO (2012). Global Status Report: Alcohol Policy. Geneva: World Health Organization, Department of Mental Health and Substance Abuse.