



A STUDY ON THE IMPACT OF ALCOHOL CONSUMPTION AMONG YOUNG WOMEN IN GARDEN COMPOUND-LUSAKA

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ABSTRACT

Alcohol Abuse is known to be one of the highest social problems in the world that is commonly practiced, especially among the women. This report is based on the study that was conducted to assess the extent and effects of alcohol abuse among the young women in garden compound, in line with objectives which are; To assess the level of alcohol consumption among women, to identify factors that lead to alcohol consumption among women, to evaluate the effect and challenges that comes with alcohol consumption among women, to investigate the impact of alcohol consumption among women on the process of socialization, to critically analyze the impact of alcohol consumption among women on national development, to make recommendation on how the government can control and regulate the consumption of alcohol among women.

Alcohol Abuse means excessive and compulsive drinking of alcohol. However, when one continuously drinks alcoholic drinks excessively and cannot live without taking the alcoholic drinks, this situation is known as alcoholism. Alcoholism/alcohol abuse has been a very huge problem in Zambia, it is known to be cause of many socio-economic problems in the country and it has hazardous impacts on the health of consumers, as well as on their environment. Alcohol Abuse/Alcoholism is highly practiced now by most young women in Zambia, this is very saddening and it has been going on for many years which is why I chose to conduct a study on alcohol abuse among the women in garden compound, Lusaka district, Zambia in order to assess on effects and the extent of alcohol abuse among the women. However, from the discoveries in the study, the women consume Alcohol for various reasons; some drink for leisure, pleasure, for relaxation, for celebration etc.

According to the study, there are various effects of alcohol abuse; the drinkers feel happy, dizzy, hyper-active, numb, some become sexually active, and some of the respondents become aggressive, sharpness of sight is lost, cirrhosis of the liver etc. Majority of the respondents know the effects of Alcohol Abuse out of personal experience, were taught by a teacher, friend or guardian which are; damage of body organs, causes memory loss and lack of concentration, brings about financial problems and poverty, brings about destructive behavior, it increases the number of school dropouts and early pregnancies, it increases crime rate, and other various effects.

However, some respondents happen to know the impacts of Alcohol Abuse on the Environment which are; Alcohol Abuse causes damage of property, it leads to crime and brings about conflicts, it causes pollution (land pollution and noise pollution), it brings poverty in families and creates joblessness, causes less productivity among the youth, and no proper society growth. Although Alcohol Dependence (Addiction); alcohol dependence is a situation where a consumer of alcohol cannot live without alcohol because their psychological, sociological and physiological system depends on alcohol; the alcohol distorts the way the body functions. Majority of the respondents think Alcohol is good for their health they do not plan on withdrawing or reducing from consuming Alcohol due to various reasons; it refreshes their mind, helps them to ease stress, it burns fats, it helps them to kill boredom; and they do not plan on withdrawing or reducing from consuming Alcohol because they are addicted to it. Most respondents have been consuming Alcohol as early as 16-25yrs and some of them take the risk of drinking Alcohol and driving. Even so, majority of the respondents have experienced health problems due to Alcohol consumption such as; fever, stomach pains and gases, spinal problem, fighting, they don't go for work, lack of appetite, loss of memory, lack of concentration, mal-absorption of nutrients etc. However, most respondents who consume Alcohol get engaged in risky sexual practices such as; having unprotected sex while drunk, having sex and not remembering everything that happens during the act that may lead to spread of HIV/AIDS and STIs. From the study, it was discovered that most people who have someone in their family or friends who consumes Alcohol also consume Alcohol. This shows that a person's environment can also contribute to them resulting to Alcohol consumption.

Key Words; Alcohol Abuse, socio-economic and HIV/AIDS

1. INTRODUCTION

Alcohol consumption is not only legal but also socially acceptable in Zambia and the country is now slowly waking up to the reality of the growing alcohol problem among its citizens including young women. A World Health Organization (WHO) study group has defined a young person as someone between the ages of 10 and 24 years for the purpose of alcohol consumption. The problem with alcohol is that it gradually takes control of its consumers who eventually become alcoholic; a state in which a person develops an overwhelming desire for the mental and physical effects of alcohol unfortunately, the permissive culture in the contemporary society has not put down stringent measures curbing the youth especially those who are still establishing life and career foundation from alcoholism. Many youths and young women in Zambia are effected with the problem of alcoholism but they do not accept that they have a problem or access treatment for the problem. Some evidence that influence the availability and accessibility of alcohol to young women and play role in the development of alcohol use and abuse include the following:

- The price of alcohol
- The legal drinking age
- The availability of liquor outlets
- Licensing hours
- The enforcement of alcohol laws and
- Advertising

Women are drinking more alcohol than ever before and the long term upward trend shows littlesigns of abating. According to a 2009 survey, approximately 47% of women aged 12 and

over in the united states reported being current drinkers define as having has a drink in the past 30. Trends suggest that while employed women are drinking greater amount of alcohol and with greater frequency. Some of this may increase a greater comfort on the part of women to discuss their drinking problems. The rate of binge drinking in all female colleges is more than doubled between 1993 and 2001, each year in the US alone about 40000 babies or one in 100 are born with fetal alcoholic syndrome and several related disorders. In 2010 Zambia alcohol consumption was defined as having taken consumed alcohol in the previous 30 days to survey. The survey conducted by the world health organization (WHO), 2018 Zambian women are the biggest consumers of alcohol in the world and evidence suggests that 42 percent of Zambia women drink excessively, adding that the high alcohol consumption among women is a serious challenge to government

1.1 STATEMENT OF THE PROBLEM

The research problem was formulated after observing the way alcohol was abused among the women in garden compound. And found a need to explore the factors that encourage and lead to alcohol abuse by carrying out a Research, and to also discover the extent of alcohol abuse among young women in garden compound. The research problem was based on alcohol abuse among the women in garden compound.

2. REVIEW OF LITERATURE

According to the National Institute on Drug Abuse (NIDA) report (1995), many studies carried out in the United States of America in the period between 1975 and 1995 tried to determine the origins and pathways of alcohol abuse and addiction-how the problem starts and how it progresses. Many factors have been identified that help differentiate those more likely to abuse alcohol from those less vulnerable to alcohol abuse. Factors associated with greater potential for alcohol abuse are called risk factors, while those associated with reduced potential for abuse are called protective factors.

Spooner (1999), expressed that like anybody else, adolescents do not get accurate accounting of all behavior in social situations. They simply retain what is most memorable and give it a disproportionate weight in subsequent estimates of what is typical in social conversations, which further exaggerate the drinking norm among young women.

Milgram,(2001), examined that parental influence and drinking habits play a strong role in shaping drinking behavior in young people. Family structure can be a protective or a risk factor in the development of drinking patterns. Young people who have a close relationship with their parents and are surrounded by strong family support are less likely to experience problems that those families are not intact or who lack adult support and supervision how to drink, peers and friends also play an important role in young people decision on whether and in general, young people involved in extracurricular activities are less likely to have problems with alcohol.

Narconon (2011), looked at the life cycle of addiction which begins with a problem, discomfort or some form of emotional or physical pain a person is experiencing. They find this very difficult to deal with. He started off with an individual who, like most people in our society, is basically good. This person encounters a problem or discomfort that they do not know how to resolve or cannot confront. This could include problems such as difficulty "fitting in" as a child or teenager, anxiety due to peer pressure or work expectations, identity problems or divorce an adult. It can

also include physical discomfort, such as injury or chronic pain. The person experiencing the discomfort has a real problem. He feels his present situation is unendurable, yet sees no good solution to the problem, and hence results in alcoholism at a tender age.

The WHO Global Status report on Alcohol 2004 reported on alcohol consumption in 189 countries (WHO 2004). Consumption ranges from Muslim countries such as Iran and Saudi Arabia where no alcohol is consumed (in terms of official production and sales) to Luxembourg and Uganda who consume 17.54 and 19.47 liters of pure alcohol per adult capita respectively. Zambia having the highest per capita consumption of alcohol in the region at 9.84% followed by South Africa at 7.81 liters per capita.

2.1 Need of the Study

Alcohol abuse has a negative impact on the health of the consumers and the social organization of the country. The issue of alcohol abuse is very common and a great Social problem as it affects the socio- economic growth of the country and social control. Henceforth, there's significant need to conduct this study in order to generate possible solutions to this social problem of alcohol among the young women in garden compound. The study will have a great impact as it will create a new theory and awareness on alcohol abuse and the possible solutions to prevent and reduce alcohol abuse among the young women.

2.2 Objective of the Study

- ✓ To assess the level of alcohol consumption among women.
- ✓ To identify factors that lead to alcohol consumption among women
- ✓ To evaluate the effect and challenges that comes with alcohol consumption among women.
- ✓ To investigate the impact of alcohol consumption among women on the process of socialization.
- ✓ To make recommendation on how the government can control and regulate the consumption of alcohol among women.

3. RESEARCH METHODOLOGY

This study was limited to only assessing on the extent and effects of alcohol abuse among the women of garden compound Lusaka district. It involved investigating on: characteristics of alcohol abuse; the implications of alcohol abuse; factors that encourage or lead to alcohol abuse. Research design was a framework of methods and procedures to be used when conducting a research. Depending on the target population and the type of research. The research designs used in this study was descriptive research design. The study targeted the young women as they are the subject of this study. A World Health Organization (WHO) study group has defined a young person as someone between the ages of 10 and 24, and According to the African Youth charter, a Youth is a person between the ages of 15-35yrs. Therefore, Young women will be divided into sampling units of the total population of 100 in garden compound Lusaka District. This study examined traits or characteristics of the target population. A population is a group of individual units with some commonality. The study populations being examined are the young women of garden compound who consume alcohol. Therefore, the consumers are the selected population where data will be collected, this is called sampling. The group from which the data is drawn is a representative sample of the population the results of the study can be generalized to the population as a whole. The sample will be representative of the population using a random

selection procedure to choose participants. The groups of individuals who have a legitimate chance of being selected are sometimes referred to as the sampling frame. There are two main types of sampling: probability and non-probability sampling. Hence this study is going to use Simple Random Sampling techniques. The target respondents were the young women of garden compound. A World Health Organization (WHO) study group has defined a young person as someone between the ages of 10 and 24, and any persons between the ages of 15-35 are considered to be the youth according to the African Youth Charter.

4. RESULT & DISCUSSION

This chapter consists of Interpretation and Analysis of data that was collected from 50 respondents from garden compound CHAMWANSA area which is my sample area. The study is based on assessing the effects of Alcohol Abuse among the Young women in garden compound. The research methodology used in this research is Descriptive research design; using Quantitative and Qualitative research methods; questionnaires, and observation methods were used.

4.1 Findings

Assess the level of alcohol consumption among women

The data was collected from 50 respondents who were both female and male in garden compound using questionnaires which had both closed-ended and open-ended questions. 82 percent of the respondents were female and 18 percent were male respectively. According to the study it showed that 58% of the respondents take alcohol and 42% of the respondents do not take alcohol and when the respondents were asking how often they consume alcohol the respondents answered as presented in figures, 42% of the respondent's drink occasionally, 32% of the respondents drink every month 2-4 times, 14% of the respondents drink every week 2-3 times, and 12% of the respondent's drink daily. This concludes that the females consume alcohol more compared to the males in garden compound and the level of alcohol consumption among women is still high. According to world health organization (WHO) Global Status report on Alcohol (2018) reported that Zambian women were ranking the highest in the world in consumption of alcohol and from the study, it shows that majority of the women are still consuming alcohol.

Factors that lead to alcohol consumption among women

Among many factors that lead to alcohol consumption among women according to the study it showed that 36% of the respondents think it's because of unemployment, 26% of the respondents think they are no recreation facilities in the compound, 18% of the respondents had other reasons, 14% think it's because of too many bars in the area and 6% think it's because of the availability of alcohol. According to the crosstab analysis table above it show that from the age of 12-16, 12% percent of the respondents answered no they do not take alcohol, between the ages of 17-21, 24% percent of respondents answered yes and 14% of the take alcohol and between the ages of 22-25, 64% of the respondents answered yes and 44% of the them take alcohol. This concludes that between the ages of 22-25 the majority of women consume alcohol. According to the 50 respondents that answered the question of whether they take alcohol or not, the respondents were asked how often they take alcohol and those that answered yes to the first question and according to crosstab the ages between 12-16 answerer no, the ages between 17-21, 24% percent respondents answered yes among them 12% drink every month ,8% drink

occasionally and 4% drink daily and between the ages of 22-25, 64% percent respondents answered yes they take alcohol and among them 22% drink occasionally, 20% drink every month ,14% drink every week and 4 drink daily. According to their marital status and to the question of if the respondents take alcohol or not, according to crosstab the following are the responses. the respondents who are single were 72%percent and among them 42% percent take alcohol, the respondents who are married were 14%percent and among them 8% take alcohol, the respondents that are widows were 8% percent and among them 6% take alcohol, the respondent that are divorced are 6% percent and among them2% take alcohol. This concludes that among the marital status listed above the single women consume alcohol more than the rest. According to the respondent's gender and how often they drink alcohol, according to thecrosstab the male respondents were 18% percent among them 6% drink every month, 6% drink occasionally, 4% drink every week and 2% drink every daily, the female respondents were 82% percent and among them 36% drink occasionally, 26% drink every month, 10% drink every week and 10% drink daily. This concludes that among the women who consume alcohol the majority of them do not drink alcohol dairy.

Effect and challenges that comes with alcohol consumption among women

The effect and challenges that comes with alcohol consumption among the women according to the study are as follows, the effect of alcohol were as represented 40% of the respondents said alcohol increases the spread of diseases, 26% said alcohol leads to school dropout, 24% not know and 10% said it leads to early marriage increases. Concerning the challenges that come with alcohol consumption among women, the respondent's response was as follows, 34% of the respondents said alcohol brings family problems, 24% said it brings marriage problems,20% not know, 12% said it causes accidents, and 10% said it leads to fighting. The respondents were asked what kind of problems they have experienced due to alcohol consumption and according to the study 32% of the respondents have experienced health problems,28% of the respondents have experienced social problems 26% of the respondents have experienced physical problems and 14% of the respondents have experienced family problems.

Impact of alcohol consumption among women on the socialization, the society and economy

The impact of alcohol consumption among women on the process of socialization the study focused on the impact alcohol has brought on the family and socialization which represented28% of respondents who said alcohol lead to domestic violence, 24% said it brings other family problems, 22% said it leads to financial instability, 16% said its leads to lose of family values, and 10% said it leads to unplanned pregnancies. Concerning the impact of alcohol on society,40% of the respondents said alcohol leads to lack of productive youths, 28% said it leads to high poverty levels, 14% said it leads to other factors,12% said it leads to lots of street children, 6% said it leads lots of unemployed youths and concerning the impact of alcohol on economy,42% said its leads to low work productivity, 28% of the respondents said alcohol leads to lost employment opportunities, 14% said it leads to lower wages, 14% said it leads to other problemsand2% said it leads to lots of increased medical and legal expenses.

4.2 CONCLUSION

The research undertaken was carried out to assess the effects and the extent of Alcohol Abuse among the Young women in garden compound. The research was successes as all the objectives were fulfilled the majority of the respondents were female who the target respondents were.

Alcohol Abuse must be dealt with because it has a lot of negative impacts and effects on the consumers and the environment. The research showed that Alcohol is mostly abused by Young women between the ages of 12-25yrs regardless of it being illegal to persons below the ages of 18 years. The recommendations were made according to the findings from the research carried out. Preventing alcohol related harm is a critical health priority. It requires a combination of legal and regulatory interventions, enforcement, and community based program and actions, better health and social services which focus on alcohol, personal behavior change and shifts in community attitudes.

4.3 SUGGESTIONS

- The government should implement awareness programs that will educate the Youngwomen on the effects and impacts of Alcohol Abuse because majority of the respondents do not know the effects of Alcohol abuse in order to reduce deaths due to drinking and driving, the propagation of diseases such as HIV/AIDS, STIs, damage of property, damage of body organs, etc.
- Government should implement prohibitory policies against Alcohol Abuse especially amongst children who are below 18yrs old in order to reduce the number of early pregnancies and school dropouts amongst young women.
- Government must come up with recreation activities such as athletics, community entertainment or competition shows, promotion of physical exercises by setting up gyms in communities.
- Government should approach the churches and work together to teach and encourage the young women and the youth on Alcohol Abuse and educate them on the impacts of Alcohol consumption.
- Government must provide free health consultation services to the Young women who experience health problems due to Alcohol Abuse.
- Government and NGO must provide free rehabilitation services in communities within the garden such as counseling, to the youth as well as young women who want to withdraw/reduce from consuming alcohol.
- The government and the NGO should come up with programs for women that will teach the young women life skills and capacity building, which will help them refrain from abusing alcohol.

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