

# TYPES AND SOURCES OF INFORMATION ON ALCOHOL CONSUMPTION AMONG SECONDARY SCHOOL STUDENTS IN ABAKALIKI EDUCATION ZONE OF EBONYI STATE

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## Abstract

*There is an observed growing trend in young people's indulgence into alcohol use. Therefore, this study focused on types and sources of information on alcohol use among secondary school students in Abakaliki Education Zone of Ebonyi State. The study was guided by four research questions and two hypotheses. The study adopted descriptive survey research design. The population of the study was 7200 SS II students in public secondary schools in Abakaliki Education Zone and 720 students selected using multistage sampling technique participated in the study. Types ( $r=0.85$ ) and Sources of Information on Alcohol Use Questionnaire (TSIAUQ) ( $r=0.85$ ), a self-developed structured questionnaire were used for data collection. Frequency and percentage were used to answer the research questions while Chi-square statistic was used to test the hypotheses at 0.05 alpha level of significance. The study found that senior secondary school students in Abakaliki education zone used palm wine (87.4%) more than other types, highest sources of information on alcohol use was age group 630 (88.90%), male students use palm wine (54.0%), beer (57.9%) and liquor(52.3% ) higher than female. The highest source of information for alcohol use among male students was print media 57.1% while female was internet 46.2%. Furthermore, the study revealed that there were no significant association between male and female on palm wine and liquor as types of alcohol use but not on beer. The study also revealed that there was no significant association between male and female in the sources of information on alcohol use among senior secondary school students in Abakaliki Education Zone of Ebonyi State. The study therefore, recommended among others that government should enforce laws governing the production, importation, media adverts on the use of alcohol in the school environment and villages, community, State and Nigeria at large.*

**Keywords:** *Types of Alcohol Use, Sources of Information, Secondary School Students*

## Introduction

There is an observed growing trend in young people's indulgence into alcohol use especially secondary school students worldwide and these have raised interest among researchers. For example, in India, it was high (79.2%), America (21.5%), European (18.9%) and Africa (57.3%) among students (Ray, 2016). Alcohol is an intoxication beverages made by the fermentation of sugar or sugar containing material (Scott & Marshe, 2009). Frezza (2016) defined alcohol as a

beverage like all alcoholic beverages which contain ethyl alcohol, a depressant found in beverages and commonly used to reduce social inhibitions. Hanham (2012) maintained that alcohol act as a medium in social event such as child naming, house naming ceremonies, in celebrating the purchase of new car, in marriage, even in promotion celebrations and business meeting and other social gathering. Darby (2013) affirmed that alcohol use provides students much needed atmosphere for the exchange of ideas, information, discussions of politics of the day and all sorts of stories like family problems to films, football and economy.

Alcohol use is a central feature of adult (i.e. age 18 and older) life in Nigeria and plays a major role in social, religious, political and economic relationships and come from different types. A study by Dumbili (2013) affirmed that the most common types of alcohol used among Nigeria students include palm wine, beer and spirit. Beer is an alcoholic beverage usually made from malted cereal grain flavoured with hops and brewed by slow fermentation. It is made from four basic ingredients such as barley water, hops, and yeast. Netting (2016) affirmed that the most commonly consumed alcoholic beverages among students are palm wine, which is produced from the sap of the palm tree and has an alcohol content of 3 to 6% and beer. Dorschner (2003) explained that imported liquors such as whiskey and rum are also types of alcohol used among Nigerian students. Spirit was identified to be used and it is produced from solvents, which greatly varies in alcohol content.

Alcohol use depend on its sources (Netting, 2016). Such sources according to National High Way Traffic Safety and Administration (2013b) and U.S. Census Bureau (2013) include advertisement, media and brand promotion. Greenfield and Ken (2008) reported age group as the highest source of information on alcohol use among high school student in USA. Other sources reported include internet, radio, social media, print media, parents and it depend on gender of the students (Greenfield & Ken, 2008). Study by Kaudel (2013) revealed that male use of alcohol is higher than female. Odejide (2007) noted that male students drank more than female. Owie

(2008) reported significant association in the use of palm wine and liquor but not on beer. Odejide (2013) conducted a study on the drinking practices among secondary school students in Ibadan and Abeokuta, Nigeria and indicated no significant association in the use of alcohol especially on palm wine and liquor among male and female students.

On sources of information on alcohol use, Kandel (2013) affirmed that significant association exists in the source of information on alcohol use. Oshodin (2015) conducted a study on the alcohol drinking practices among middle-age people in Ibadan and found that the highest sources of information of alcohol use was age group, advertisement, radio internet, print media and parents. WHO (2012) indicated that students access to alcohol is through the social media, print media, age group, peer, parent and environment.

Studies has shown that students using alcohol posed a great challenges such as increase in aggressive behaviours, impaired brain function evidenced by impaired performance of academic work (Cooper, 2002). These problems impede learning and creates unfavourable learning environment in the nation citadel. Early drinking onset has also been linked to violent behavior, dating violence victimization, criminal behaviour and predatory violence (Swahn, 2008). Alcohol use among students has been prospectively linked to drink driving offenses and violent offenses at ages 16–20 and 21–25 in USA (Wells, 2004). In Abakaliki educational zone, some students had been observed to exhibit variety of behaviours that pose risk of injuries to themselves and others during and after school hours. Against this background, the study investigated types and sources of information on alcohol use among senior secondary school students in Abakaliki education zone of Ebonyi State.

National Institute on Alcohol Abuse and Alcoholism, 2004/2005 reported that high school students who used alcohol has been found to be much engaged in a variety of behaviours that pose risk of injury to themselves and others. They are more likely to drive after drinking and ride with drinking drivers, thereby enhancing their risk of motor vehicle crash. They much more often report never wearing seat belts, thereby increasing the likelihood of getting injured in a crash. They more often report involvement in physical fights, carrying weapons, and, in the past year, being injured in physical fights and suicide attempts.

The researchers observed among secondary school students in Abakaliki education zone of Ebonyi State that there are high rate of school drop -out, irrational behaviours during school hours and after school has dismissed, high rate of cultism, criminal act and sexual immorality, missed classes and lower grades, injuries, sexual assaults, lateness to school, lingering cognitive deficits and death. Hence, these might indicate evidence of alcohol use and equally lead to poor performance in academic work especially in the West Africa Examination Certificate (WAEC). This is worrisome and led the researchers to investigate types and sources of information on alcohol use among senior secondary school students of Abakaliki zone, Ebonyi State.

### **Methodology**

This study adopted descriptive survey research design. The study was conducted in Abakaliki Education Zone of Ebonyi State using all the senior secondary schools II students (SS II) in public schools. The population of this study comprised of 7200 students (Male, 3672, Female, 3528) SSII students (Ebonyi State Secondary Education Board) (EBSEB) (2018) and 720 (Male, 386, female, 334) participated in the study. This represented 10% of male and female students in the Zone. This is in line with Nwana's (2007) who suggests that when population of the study is above thousands, 10% could be used. Multistage sampling technique was used in selecting the sample. In the first stage, the

researchers identified 4 Local Government Area that made up Abakaliki Education Zone. The second stage involved the stratification of senior secondary school students into their different LGAs (stratum) from which 10% of SSII students of each LGA were selected. The third stage involved using simple random sampling technique of balloting without replacement to select the final sample used for the study.

The instrument for data collection was a self- developed structured questionnaire titled: Types and Sources of Information on Alcohol Use Questionnaire (TSIAUQ). The instrument consisted of 10 items meant to elicit information on types and sources of information on alcohol use. The questionnaire contains three sections, A, B and C. Section A contained one item on demographic data of the respondents, Section B contained 3 items on the types of alcohol use while section C contained 6 items which elicited information on sources of alcohol use. The respondents were required to tick on the options about the types and equally tick 'Yes/ No' on the sources of information on alcohol use.

Face validity of the instrument was obtained through the judgment of three experts from the Department of Human Kinetics and Health Education and Science Education Department of Ebonyi State University. The experts were required to help to ensure the clarity of instruction to the respondents, proper wording of items in addressing the objectives of the study. The

corrections and suggestions made by the experts were incorporated in the final draft of the instrument and used for this study. In order to determine the reliability of the instrument, Types and Sources of Information on Alcohol Use Questionnaire (TSIAUQ) was administered on 30 SSII students in Enugu State. The internal consistency of each of the instrument were computed using Split half and types of alcohol use had reliability coefficient  $r = 0.85$  and sources of information  $r = 0.85$  which is above 0.60 Ogbazi and Okpala (1994), suggestion that if the correlation coefficient obtained in an instrument is up to 0.60 and above, the instrument should be considered good enough to be used for a study.

Two research assistants assisted the researchers in the administration and collection of the questionnaire. In order to gain access to the respondents by the researchers and their research assistants, a letter of introduction from the Head, Human Kinetics and Health Education Department, Ebonyi State University, Abakaliki was presented to the different principals of various schools used in the study. Subsequently, the Principals introduced the researchers and their research assistants to the respondents and thereafter, the researchers and their research assistants administered 720 copies of the questionnaire to the respondents in their respective classes and schools. The respondents were requested to complete the questionnaire and return same to the research assistants immediately. The returned copies of the questionnaire were cross-checked for completeness of responses. Copies of the questionnaire that had incomplete responses were

discarded, while the copies that have complete responses were used for data analysis. Out of 720 copies of the questionnaire distributed, 709 were useful for data analysis in the study. This yielded 98.8% return rate. Frequency and percentage were used to answer research questions while Chi- square statistic was used to test the two hypotheses stated at 0.05 alpha level of significance.

## Results

**Research Question 1:** What are the types of alcohol consumed by senior secondary school students in Abakaliki Education Zone of Ebonyi State?

**Table 1: Type of Alcohol Use among Senior Secondary Students in Abakaliki Education Zone of Ebonyi State**

Type of Alcohol	Response	
	F	%
Palm wine	620	87.4
Beer	551	77.7
Liquor	409	57.7

- Responses can be more than one

Data in table 1 showed that 620(87.4%) students consumed palm wine, 551(77.7%) beer and 409(57.7%) liquor. This suggested that senior secondary school students in Abakaliki education zone consumed palm wine more with highest percentage (87.4%) than other types of alcohol beverage

**Research Question 2:** What are the sources of information on alcohol consumption among senior secondary school students in Abakaliki Education Zone of Ebonyi State?

**Table 2: Frequency and Percentage of Sources of Information on Alcohol Consumption among Senior Secondary School Students in Abakaliki Education Zone of Ebonyi State**

Source	Response	
	f	%
Internet	548	77.3
Radio	574	81.0
Print media	401	56.6
Alcohol advertisement	589	83.1
Parents	266	37.5
Age group	630	88.9

Data in table 2 showed that 548 respondents indicated 77.3% on internet as source of information, 574(81.0%) radio, 401(56.6%) print media, 589 (83.10%) alcohol advertisement, 266(37.5%) parents and 630 (88.9%) age group. This implies that senior secondary school students in Abakaliki Education Zone indicated that age group was the highest source of information on alcohol consumption with highest percentage of 630 (88.90%), followed by alcohol advertisement 589(83.1%), radio 574 (81.0%), 548(77.3%) internet and parents 266(37.5%).

**Research Question 3:** What are the types of alcohol consume among senior secondary school students in Abakaliki Education Zone of Ebonyi State based on gender?

**Table 3: Percentages and Summary of Chi-square Analysis of Type of Alcohol Use among Senior Secondary School Students in Abakaliki Education Zone of Ebonyi State by Gender**

Types of Alcohol	Male (N=386)		Female (N=323)		$\chi^2$ =value	df	p-value	Decision
	% No	% Yes	% No	% Yes				
Palm wine	57.3	54.0	42.7	46.0	0.336	1	0.562	NS
Beer	42.4	57.9	57.6	42.1	11.878	1	0.001*	S
Liquor	57.3	52.3	42.7	47.7	1.752	1	0.183	NS

Data in table 3 indicated that male 57.3% indicated no to palm wine use while 54.0% yes, female 42.7% indicated no while 46.0% yes, on beer, male 42.4% said no to the use while 57.9% yes, female 57.6% no and 42.10% yes. On Liquor, 57.3% no while 52.3% yes for male and 42.7% no and 47.7% yes for female. This implies that male with higher percentage on palm wine (54.0%), beer (57.9%) and liquor (52.3%) use alcohol higher than female 46.0% on palm wine, beer (42.1%) and liquor(47.7%).

The table further showed that  $\chi^2 = 0.336$  was not significant at p-value 0.562 on palm wine and liquor ( $\chi^2$ -value of 1.752, p= 0.183 among male and female senior secondary school in Abakaliki Education Zone of Ebonyi State but there was significant association between male and female in the use of beer as a type of alcohol use ( $\chi^2 = 11.878$ , p-value 0.001. This suggested that there were no significant association between male and female on palm wine and liquor as types of alcohol consumption but there was significant association between male and female on beer as type of alcohol use among senior secondary school students in Abakaliki education zone of Ebonyi State.

**Research Question 4:** What are the sources of information on alcohol use among senior secondary school student in Abakaliki Education Zone of Ebonyi State based on gender?

**Table 4: Percentages and Summary of Chi-Square Analysis of the Sources of Information on Alcohol Consumption among Senior Secondary School Students in Abakaliki Education Zone of Ebonyi State by Gender**

Source	Gender				$\chi^2$ - p-value	Dec.	
	Male (N=386)		Female (N=323)				
	No†	Yes†	No†	Yes†			
Internet	56.5	53.8	43.5	46.2	0.36	0.54	NS
Radio	49.6	55.6	50.4	44.6	1.55	0.21	NS
Print media	51.0	57.1	49.0	42.9	2.64	0.10	NS
Alcohol advertisement	49.2	55.5	50.8	44.5	1.62	0.20	NS
Parents	54.4	54.5	45.6	45.5	0.00	0.97	NS
Age group	57.0	54.1	43.0	45.9	0.22	0.63	NS

Data in table 4 showed that male secondary school students 56.5% indicated no to internet as source of information on alcohol use while 53.8% indicated yes., on radio 49.6% no, 55.6% yes, print media 51.0 no, 57.1 yes., alcohol advertisement 49.2% no, yes 55.5%, parents 54.4% no, 54.5% yes and age group 57.0% no, 54.1% yes. Among the female students 43.5% indicated no to internet as source of information on alcohol use, 46.2% yes., radio 50.4% no, 44.6% yes, print media 49.0% no, 42.9% yes, alcohol advertisement 50.8% no, 44.5 % yes, parents 45.6% no, 45.5% yes and age group 43.0% no, 45.9% yes. This means that the highest sources of information for alcohol use among male

students were print media 57.1%, radio 55.6%, alcohol advertisement 55.5% while female were internet 46.2%, age group 45.9% and parents 45.5%.

The table further indicated that there were no significant association between male and female on internet  $\chi^2 = 0.36$ , p-value 0.54,  $\chi^2 = 1.55$ , p-value 0.21 on radio,  $\chi^2=2.64$ , p = value 0.10 on print media,  $\chi^2 = 1.62$ , p= value 0.20 on alcohol advertisement,  $\chi^2 = 0.00$ , p-value 0.97 on parents and  $\chi^2 = 0.22$ , p-value 0.63 on age group as a sources of information on alcohol use. This implies that the hypothesis which stated that there is no significant association between male and female in the sources of information on alcohol consumption among senior secondary school students in Abakaliki Education Zone of Ebonyi State was accepted.

### Discussion

Results in table 1 indicated that senior secondary school students in Abakaliki Education zone of Ebonyi State consumed palm wine 620 (87.4%), followed by beer 51 (77.7%) and liquor 409 (57.7%). This result was expected based on the fact that palm wine production is one the highest occupation in the area and confirmed the observation early made that there is indiscriminate selling of alcohol in the school environment hence, may be available for the students. These findings agreed with Oshodin (2013) who affirmed that the most common types of alcohol used among secondary school students in Nigeria include palm wine, beer and spirit. Netting (2016) also supported this finding that the most commonly consumed alcohol beverages among students was palm wine. Data in table 3 showed that male use alcohol more than female. The finding was not surprised one because traditionally men are permitted freely to drink any types of alcohols than female. This finding agreed with Kaudel (2013) who reported that male use alcohol higher than female. Odejide (2007) finding also noted that male students overall drank more than female. Results in table 3 showed that there were no significant association between male and female on the types of alcohol used (palm wine and liquor) while there was significant association between male and female in the use of beer among senior secondary school students in Abakaliki education zone of Ebonyi State. The findings agreed with the findings of Owie (1998) that there was a significant association in the use of palm wine and liquor but not on beer. Also, the finding agreed with Odejide (2013) who conducted study on the drinking practices among secondary school students in Ibadan and Abeokuta, Nigeria and found no significant association in the use of alcohol especially on palm wine and liquor among male and female students.

Data in table 2 showed that the highest source of information on alcohol use among senior secondary school students in Abakaliki Education Zone of Ebonyi State was age group, followed by alcohol advertisement, radio, internet print media and parents. This finding is expected following the fact that at secondary school period students associated themselves with their age group,

hence, they got most of information from each other, followed by alcohol advertisement in the radio, internet and so on. This finding is in agreement with the finding of Oshodin (2015) that the highest sources of information of alcohol use was age group, followed by advertisement, radio, internet, print media and parents. It was also consistent with the finding of Greenfield and Ken (2008) that the highest sources of information of alcohol use among secondary school in USA was age group. Finding in this study is also supported by WHO's (2012) study which indicated that students access alcohol use through the social media, print media, age group, peer, parent and environment.

Furthermore, data in table 4 indicated no significant association between male and female in the sources of information on alcohol consumption among senior secondary school students in Abakaliki Education Zone of Ebonyi State. This finding is in line with the finding of Oshodin (2015) that there was no significant association on internet, radio, parents and age group as sources of information on alcohol use by gender among middle age of Ibadan region of Nigeria.

### **Conclusion**

In the light of the findings, the study concluded that senior secondary school students in Abakaliki education zone consumed palm wine more than other types of alcohol. The highest source of information on alcohol consumption among senior secondary school students in Abakaliki Education Zone was age group. The highest source of information for alcohol use among male students was print media while female was internet. Furthermore, there were no significant association between male and female on palm wine and liquor as types of alcohol use but not on beer. Also, the study revealed that there was no significant association between male and female in the sources of information on alcohol use among senior secondary school students in Abakaliki Education Zone of Ebonyi State. It is therefore, concluded that since the senior secondary school students in Abakaliki education zone use palm wine more than other types, it might have capability of increasing violent behaviour comprising bullying, rape in the school, suicide attempts, physical fights, and harassment or intentionally causing physical injuries among the students and weapons carrying.

Based on the outcome of this study, The following recommendations were made:

- i. Health educators should be deployed into secondary schools by government to help in the education and sensitization of the students on health related hazards associated with alcohol use.
- ii. Government should provide or initiate some programme through NAPEP, NEEDS, NDLEA to reduce the issues related to drinking practices especially within school environment.
- iii. Teachers should include the teaching of alcohol use and dangers associated with the act to prevent them from alcohol consumption.

- iv. Government should enforce the laws governing the production, importation and use of certain alcohol near the school environment.

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