

ALCOHOLISM ON FAMILY BREAKUP IN SOCIETIES; A CASE STUDY OF LUNGUJJA PARISH

RUBAGA DIVISION

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ABSTRACT

The study aimed at alcoholism on family breakup in societies and it was guided by the following objectives; To find out the influence of alcohol abuse on family breakup on families in Lungujja, Rubaga Division, to probe challenges of alcoholism among family breakup in Lungujja, Rubaga Division and to explore means of intervening and regulating family breakups due to alcohol consumption in Lungujja, Rubaga Southern Division, Kampala. The researcher used a sample of 30 respondents from the area of study and applied purposive sampling technique to derive information from respondents in the area. The researcher selected Parish leaders involving officials from parish, Parents, youth, opinion leaders and community members. Simple random sampling was applied to each group for appropriate findings valid for the study. Results revealed that most respondents, 74% (37) strongly agreed that alcoholism leads to family breakups, 16% (08) agreed with the suggestion with 6% (03) disagreeing while 4% (02) strongly disagreed with view. The study in addition revealed whether the varied reasons as to why families engage in abusing drugs and these include; frustrations, arising from lack of basic needs, hostile or unhealthy homes and foreign pop culture. It was recommended that numerous suggestions, policies and programme have to be drawn up by individual, national governments and by international agencies in an effort to reduce the cost of intoxication but nearly all have been characterized with limited success. Efforts to curb the extent of the consumption of alcohol have to be frustrated by interested parties who benefit from the trade in various drugs.

Key words: alcoholism, family breakup and societies

Background to the study

Excessive alcohol use is a serious risk-factor for adverse health outcomes worldwide. Globally, alcohol use causes 1.8 million or 3.2% of all deaths and accounts for 4.0% of the disease burden (MacLean et al., 2012). The disease burden related to alcohol use is especially great among low-income and middle-income populations and countries, where alcohol consumption is increasing and injury rates are high due to limited implementation of public health policies and prevention strategies. A critical aspect of alcohol use is pre-teen alcohol initiation, which worsens adverse health outcomes among youth (Godfrey et al., 2023).

Uganda drinks 11.93 litres of liquor per year of average. Ugandans usually consume homemade gins for the highest percentage and mostly the youth (Allan et al., 2023). The corporates purchase spirits and wines from abroad. They mostly take polythene bagged gins since it is at a cheaper price of seven hundred shillings. Alcohol consumption has led to outbreaks of drunken violence and unemployment (Nelson & Christopher, 2022). Mukono municipality member of parliament Betty Namboozie is trying to introduce a private member's bill to regulate the production and consumption

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of alcohol countrywide but the law has failed to raise since the owners of the distilling companies or factors of these drinks earn a lot of tax to the government (Rashid et al., 2023). Most of these factory owners are non-Ugandans who cannot be allowed by their home government and decide to spoil our nation yet it is of interest to a few requirement officials who benefit from it. Alcohol consumption is often part of the fabric of the fabric of marriage and family life since associated with certain positive and negative effects on marital development on children in the context of the family (Babirye et al., 2023). It influences marital and family processes for example transitions into marriage, mental satisfaction, violence, parenthood and child development. Increasing proportions of individuals do not marry but not than half of young adults have cohabited without marriage (Aisha et al., 2023). The age of marriage and likelihood of entering marriage with a child have increased. This has after led to likelihood of divorce. It has knotted together with other family disturbances. Alcoholics often have caused psychiatric disorders and the interrelationship among these disorders is not always clearly understood (Christopher et al., 2022). The literature negatively changes in alcohol consumption and family stability transition is more consistent because it leads to decline over, the transition to marriage Miller (1991) not due to other transitions such as becoming a parent or completing one's health.

Problem statement

In Uganda, reports of people 's lives destroyed by alcohol are rampant (Shamim et al., 2023). The problem of alcohol consumption has taken root in Lungujja with men abandoning family responsibilities due to alcohol consumption. Evidence shows that the problem has grown deeper with men and women of all ages consuming alcohol in the County. This sometimes goes on a whole day and alcohol is readily available, accessible and affordable. Precisely, one cannot talk about family and exclude the high centrality mothers evince in homes than fathers (Joventa et al., 2023). When regular alcohol consumption sets in on one whom the society grants such multiple roles likes of a father and a mother, then it raises the question of how these impacts on the whole family. Research was done related to alcohol abuse among men and women particularly how their alcohol consumption affects families (Joventa et al., 2023). In all manner of likelihood, a drunkard man and woman 's alcohol use has had a direct negative impact on the family just like, or more than a man 's. This was the key concern of this study

Specific Objectives

1. To find out the influence of alcohol abuse on family breakup on families in Lungujja, Rubaga Division
2. To probe challenges of alcoholism among family breakup in Lungujja, Rubaga Division
3. To explore means of intervening and regulating family breakups due to alcohol consumption in Lungujja, Rubaga Southern Division, Kampala.

Methodology

Research Design

The researcher used both qualitative and quantitative research design to collect in depth information from key informants which involved; case study analysis and the use of words. The design of the study was built on the

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relationship based on the results from some of the data collection tools which were questionnaires, oral interviews and observations of the researcher. The study was conducted using a cross section research design where by the researcher surveyed respondents majorly between 18 years and above as beneficiaries were considered majorly in the study.

Study Population

The researcher used 50 respondents from area of the study, and the researcher selected respondents using simple random sampling to cater for significant sub groups were involved in the chosen population the study population included officials from the sub county, Parents, youth, opinion leaders and community members.

Sample Size.

The researcher used a sample of 30 respondents from the area of study and I applied purposive sampling technique to derive information from respondents in the area. The researcher selected Parish leaders involving officials from parish, Parents, youth, opinion leaders and community members. Simple random sampling was applied to each group for appropriate findings valid for the study.

Table 1: Category of respondents

Category of Respondents	Number of Target Population
Opinion leaders	10
Officials from the Parish	15
Parents	20
Youth	5
Total	30

Source: Primary Data 2021**Methods and Instruments of data collection.****Questionnaire**

The researcher used questionnaire method to collect and obtain information and it was designed for a number of respondents living in Lungujja Parish Rubaga Division who were readily to respond and reply to the questions. The questionnaires contained both open and close ended questions. The researcher preferred to use a questionnaire because they were flexible and time saving, the researcher obtained immediate responses and this enabled her to get the required information within the given time frame and thus finishing the study in time.

Data Analysis

This involved editing, coding, data entry and cleaning. Data collected was sorted and arranged according to the research questions. Data was then coded and assigned numerical and descriptive values. The researcher edited and analyse the data using percentages with distribution analysis method. The analysed data was tabulated to ease presentation and reporting. Editing e done on the tools in the field at the end of every interview. This was necessary

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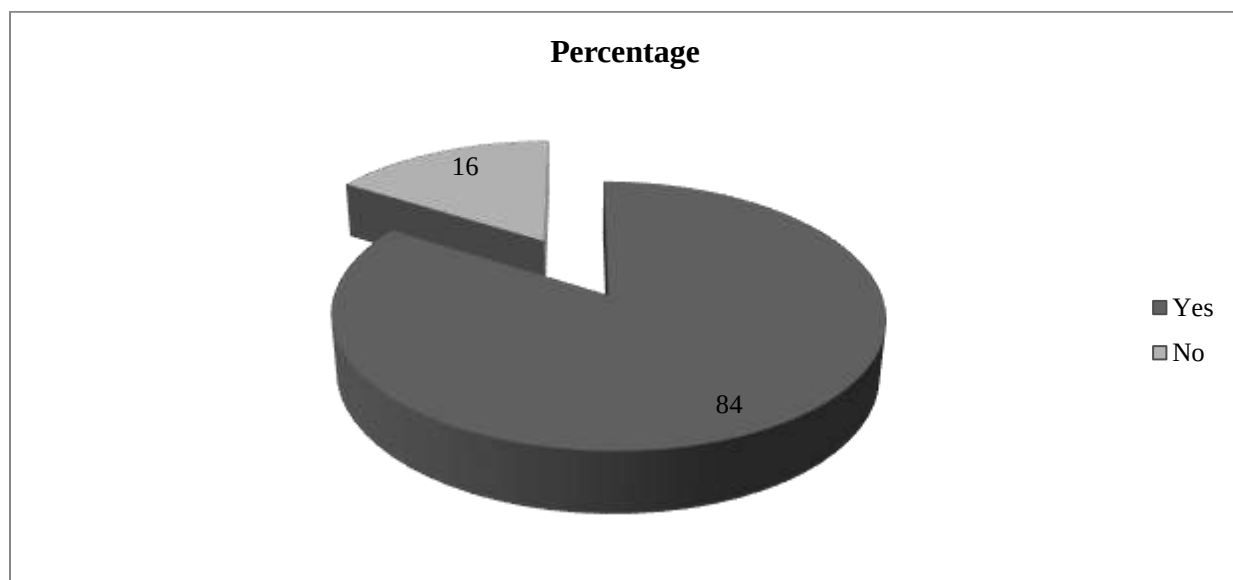
to ensure completeness, accuracy and consistence. Coded data was tallied and entered in the SPSS programme to facilitate presentation using tables and figures (Nelson et al., 2022).

RESULTS

The influence of alcohol abuse on family breakup

The study's first objective was to analyse the influence of alcohol abuse on family breakup Lungujja Parish, Rubaga Division. The study first established whether there is the influence of alcohol abuse on family breakup. Findings were presented in figure 2 below.

Figure 1: Alcoholism leads to families on break up in your area



Source: Field Data, Oct 2021.

Results in figure 1 highlight the highest of 84% (42) agreeing that alcoholism leads to family breakups 16% (08) disagreed with the statement. The study in addition revealed whether alcoholism leads to family breakups and responses were presented in Table 6 below.

Table 1: Whether alcoholism leads to family break up

Response	Frequency (F)	Percentage (%)
Strongly agree	37	74
Agree	08	16
Disagree	03	06
Strongly disagree	02	04

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Total	50	100
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Source: Field Data, Oct 2021.

Results in Table 1 reveal most respondents, 74% (37) strongly agreeing that alcoholism leads to family breakups, 16% (08) agreed with the suggestion with 6% (03) disagreeing while 4% (02) strongly disagreed with view. The study in addition revealed whether the varied reasons as to why families engage in abusing drugs and these include; frustrations, arising from lack of basic needs, hostile or unhealthy homes and foreign pop culture (Jac & Kazaara, 2023). Results in relation to this view were presented in figure 1.

Table 2: Other contributions of family break up

Response	Frequency (F)	Percentage (%)
Foreign pop culture	10	20
Peer pressure	15	30
Limited knowledge about the health and social consequences of drug abuse among families.	08	16
Frustrations, arising from lack of basic needs or boredom.	07	14
Homelessness or hostile or unhealthy homes.	07	14
Aggressive advertising of drugs	03	06
Total	50	100

Source: Field Data, Oct 2021.

Findings in Table 2 show that the existence of foreign pop culture is among the causes of drug abuse amongst students in Institutions of higher learning as highlighted by 20% (10) of the respondents. 30% (15) stated Peer pressure as another cause, 16% (08) stated limited knowledge about the health and social consequences of drug abuse among young people, 14% (07) stated frustrations, arising from lack of family's fees or boredom as well as Homelessness or hostile or unhealthy homes while the least 6% (03) of the respondents stated aggressive advertising (Frank et al., 2023).

Challenges of alcoholism among family breakup in Lungujja, Rubaga division*Table 3: The challenges of alcoholism among families*

Response	Frequency (F)	Percentage (%)
Strongly agree	30	60
Agree	10	20
Disagree	08	16
Strongly disagree	02	04

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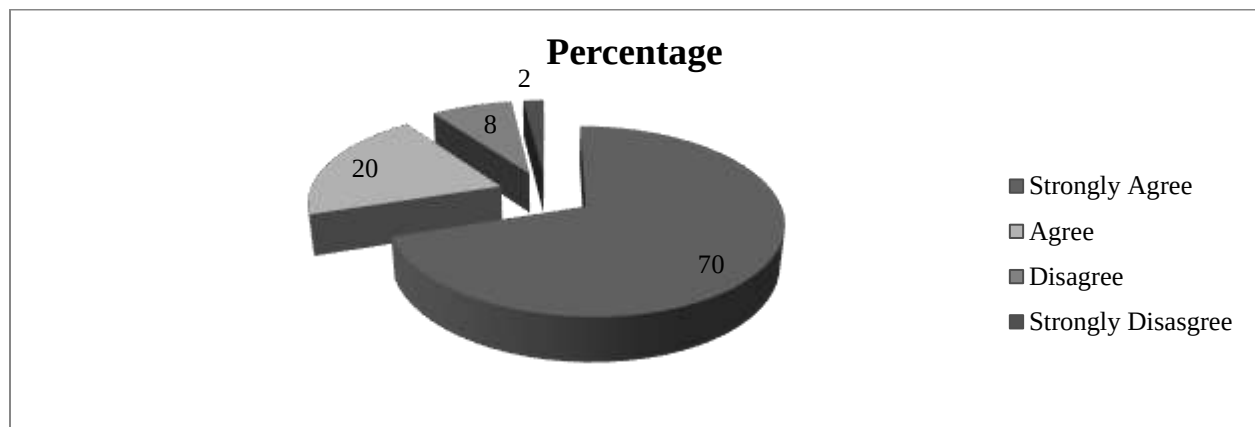
Total	50	100
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Source: Field Data, Oct 2021.

Results in table 3 highlight the highest of 60% (30) strongly agreeing that there are challenges of alcoholism among family, 20% (10) agreed with the statement, 8% (16) of the respondents did not agree and the least 2% (04) strongly disagreed with the view (Kazaara & Kazaara, 2023).

Means of intervening and regulating breakups due to alcohol consumption

Figure 2: Whether imprisonment of alcoholics



Source: Field Data, Oct 2021.

Results in figure 2 show 70% (35) of the respondents strongly agreeing that imprisonment of alcoholics 20% (10) of the respondents agreed, 8% (04) disagreed and 2% (01) strongly disagreed. Results further revealed whether the social control of drug abuse include enforcement of the law and prohibitions of the manufacture, distribution, purchase and consumption of drugs amongst the young generation commonly students. Findings in relation to this suggestion was presented in table 10.

Table 4: The social control of drug abuse includes enforcement of the law and prohibitions of the manufacture, distribution, purchase and consumption of drugs.

Table 4: The social control of drugs

Responses	Frequency (F)	Percentage (%)
Yes	32	64
No	18	36
Total	50	100

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Results in Table 4, show that the social control of drug abuse includes enforcement of the law and prohibitions of the manufacture, distribution as supported by 64% (32) of the respondents and 36% (18) did not support the suggestion. The study in relation to this objective finally revealed other possible ways of reducing drug abuse amongst students to enhance performance in Institutions of higher learning and responses were presented in Table 4.

Table 5: Other means of intervening and regulating family breakups due to alcohol consumption and family breakups

Table 5: Other means of intervening and regulating family break ups

Response	Frequency (F)	Percentage (%)
Family-based prevention programs focus primarily on health and skills training	04	08
Developing of a policy on drugs	13	26
Ensuring legislative prohibitions of the manufacture, distribution, purchase and consumption of drugs	15	30
Instilling proper parenting and family relational skills and reinforcing behaviors that increase parent/child attachment or love	06	12
Effective monitoring and discipline skills, and effective communication in families	12	24
Total	50	100

Source: Field Data, Oct 2021.

As per findings in Table 5, 8% (04) of the respondents highlighted Family-based prevention programs focus primarily on health and skills training. 26% (13) stated developing of a policy on drugs in families, 30% (15) stated Ensuring legislative prohibitions of the manufacture, distribution, purchase and consumption of drugs, 12% (06) highlighted Instilling proper parenting and family relational skills and reinforcing behaviors that increase parent/child attachment or love while 24% (12) stated effective monitoring and discipline skills, and effective communication in families.

Conclusions

The study concluded that varied reasons as to why students engage in abusing drugs and these include; frustrations, arising from lack of family's fees, hostile or unhealthy homes and foreign pop culture. Other various causes of drug abuse in Institutions of higher learning which included; the existence of foreign pop culture, Peer pressure, limited knowledge about the health and social consequences of drug abuse among young people, frustrations, arising from lack of family's fees or boredom as well as Homelessness or hostile or unhealthy homes and aggressive advertising

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The study also concluded that effects of drug abuse on students' performance in Institutions of higher learning are; involving in criminal acts because of its effect on the brain, lead to memory loss, poor family's attendance and performance and elevated dropout rates.

Recommendations

It was recommended that numerous suggestions, policies and programme have to be drawn up by individual, national governments and by international agencies in an effort to reduce the cost of intoxication but nearly all have been characterized with limited success. Efforts to curb the extent of the consumption of alcohol have to be frustrated by interested parties who benefit from the trade in various drugs.

The Ministry of Health should develop a policy on drugs in families, curriculum and train counsellors and local leaders in order to equip them with the requisite knowledge and skills to adequately address the drug abuse problem in families. It was further recommended that it should be possible to pass laws that will criminalize the manufacturer, distribution and consumption of liquor but the major drawback is the enforcement of such law. It is not true that all law enforcement may be interested in the measures directed at the control of drug use.

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