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**Factors associated with alcohol consumption among students at Lewanika
school of nursing**

ANTHONY MUBITA

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BSc PUBLIC HEALTH

SUPERVISOR: COL. MWANAMAKWA SAMANYAMA

**A research dissertation submitted to the University of Lusaka in partial fulfilment of the
requirements of a Degree in Bachelor of Science in Public Health**



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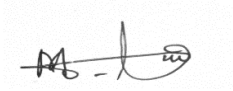
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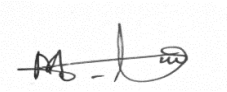
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Abstract

Introduction: Alcohol is a common addictive beverage that is mostly consumed in society. The high levels of alcohol consumption have not just centered among the aged, but also among the adolescents. Research findings across the globe have revealed that a sharp increase in alcohol consumption has been identified among students in learning institutions; hence this study was carried out to investigate the factors that were associated with alcohol consumption among students at Lewanika. The specific objectives of the study assessed how psychological, personal, and socio-economic factors were influencing alcohol consumption among students at Lewanika school of nursing.

Method: The study was carried out at Lewanika school of nursing using a cross-sectional study approach and the target population were only students that consumed alcohol. Data saturation point was used to arrive to the sample size of 30 students and participants were randomly selected. The snowball sampling technique was utilized in identifying other students who consumed alcohol.

Findings: The study revealed that psychological factors such as mood and stress caused school pressure, disappointments, and excitement which influenced the students to consume alcohol. The findings also revealed that alcohol was consumed by students with the motive of coping with the stress they experienced. Personal factors such as peer pressure and age were also identified as contributing factors influencing students to consume alcohol. Some of the students stated that they consumed alcohol because they felt they were old enough, while other students claimed that peer pressure was behind their alcohol consumption behavior. Furthermore, socio-economic factors such as high-income level and having a family that consumes alcohol were also contributing to alcohol consumption among students. The findings further revealed that lack of awareness of alcohol consumption from the families also contributed to alcohol consumption behaviors among students at Lewanika school of nursing.

Conclusion: The psychological, personal and socio-economic factors had a huge impact on the prevalence of alcohol consumption among students at Lewanika school nursing, and appropriate mitigation measures that could help reduce the public health problem included implementing good policies and carrying out more research studies.

Keywords: alcohol consumption, students in higher learning institutions, factors associated with alcohol consumption.

Dedication

I dedicate this work to my lovely parents, Mr. and Mrs. Liywali, and my two siblings Liywali and Mercy for the support and encouragement they rendered during my studies at school.

Acknowledgment

My greatest gratitude goes to God, my creator for helping and guiding me in all the activities related to academics as I pursued my degree programme. I wish also to thank my Supervisor Col. Mwanamakwa Samanyama for offering me the guidance and special instructions in all stages of coming up with this proper dissertation.

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CHAPTER ONE

1.0 Introduction

Alcohol is a toxic and psychoactive substance that has a negative impact on the well-being of people from all walks of life. Statistics show that the average global consumption of alcohol in 2013 was 6.13 liters of pure alcohol per person over the age of 15 per year, while in Africa the average was 6.15 liters (Barnes, 2013). The level of alcohol consumption bares high health risks that can affect the well-being and health of individuals. New studies have shown that there is no level of alcohol consumption that is safe for a human being, hence any amount of consumption possess a health risk (Burton, 2018). Alcohol has also been considered to be a major contributor to morbidity and mortality in the world, affecting both adolescents and the aged. The impact of alcohol consumption has affected the well-being of many families and communities across the globe. These effects of alcohol have the capability of compromising the physical, social, and mental well-being of a consumer. This has been observed in cases where the endocrine glands, central nervous system, heart, liver, and the brain of those who drink alcohol got affected. Epidemiological evidence has also shown that consumption of alcohol has an impact on the high prevalence of hypertension, obesity, dementia, and liver problem. This has however led to high deaths being recorded every year, for example, statistics show that every year, approximately 2.5 million people die, including 320,000 young people who are aged between 15 and 29 years, as a result of the harmful use of alcohol (WHO, 2018).

The impact of alcohol abuse on the mental wellness of individuals has been highly associated with misconduct and malfeasance. This is due to the imbalance of neurotransmitters in the brain hence causing a distortion of feelings, thoughts, and behavior. Adolescents who drink alcohol are known to be associated with activities such as substance abuse, violence, crime, and other risk behaviors. Alcohol consumption in Africa is also linked to misconduct and events such as theft, road traffic accidents, and unprotected sexual relations. These effects of alcohol consumption are known to be the cause of serious problems in communities such as rising cases of suicides, drowning, divorce, and loss of friends (Darvishi et al., 2015).

The education sector has not been an exception to the effects of alcohol consumption, as it has also affected students in learning institutions. Alcohol has been labelled a major contributor to poor performance and toxic social life among students. It was observed that more female students

consumed alcohol than male students in Zambian schools (Nzala, 2011). Furthermore, it is also cardinal to note that behavior does not occur in a vacuum; there are predisposing factors in the society that have a major contribution to the prevalence of alcohol consumption among the students in higher learning institutions in Zambia.

The figure below is a depiction of the prevalence of alcohol consumption in Africa in the year 2018. The level of alcohol consumption is linked with each region on the map.

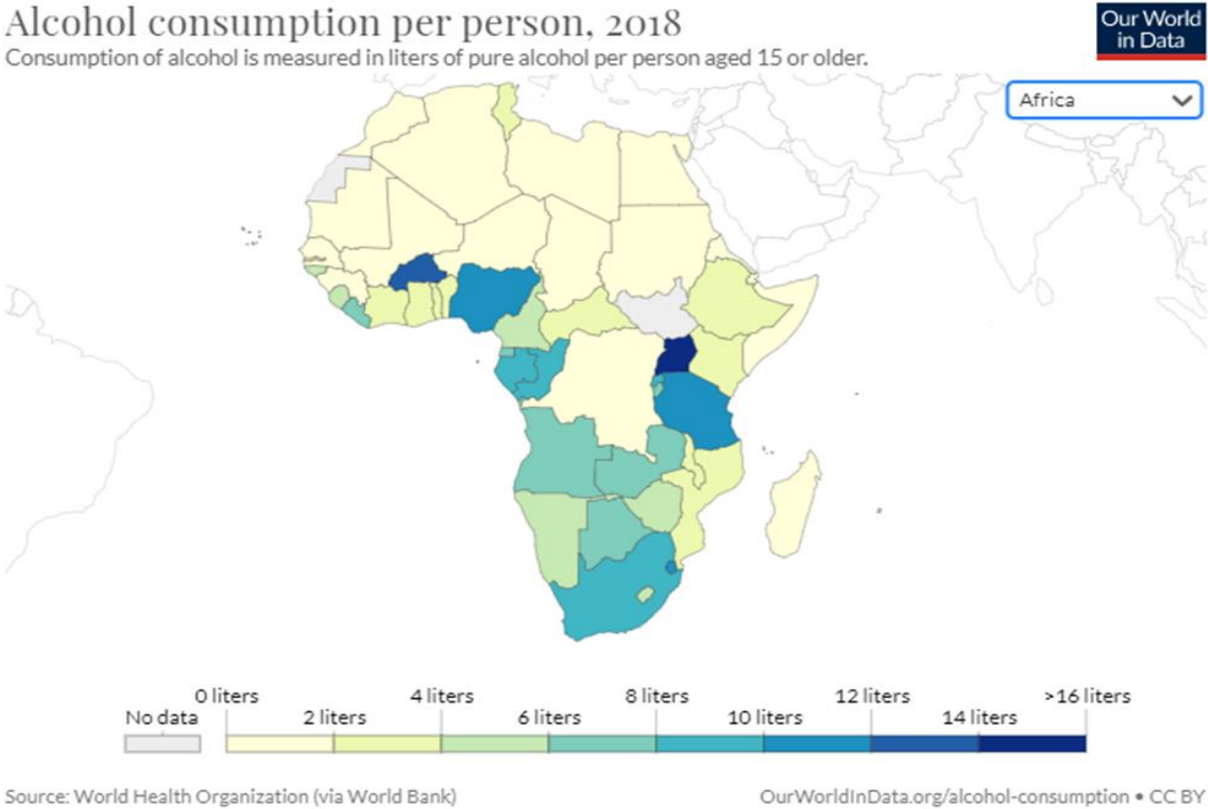


Figure 1: Alcohol consumption per person, 2018. (World Health Organization, 2021)

1.1 Statement of the problem

Alcohol is a common beverage that is mostly consumed by people in society. The desire to drink alcohol has not just centred among people who are working either in the formal or informal sector, but also among the students in learning institutions. In 2004, the World Health Organization carried out a school health survey on 2,257 pupils from grade one to seven, and the results revealed that 43 percent of school-going children in Zambia were consuming alcohol (Maninga, 2017). These results further exposed the extent to which this social problem had reached in affecting children in primary schools. Alcohol consumption among students in higher learning has also been a serious pending issue that needs more addressment. A study revealed that about 45.19% of students in Zambia who are in higher learning institutions had a drinking problem and they had experienced situations of getting into fights, falling sick, getting into trouble with family members or friends, and having hangovers (Monica et al., 2011). Alcohol consumption has a negative impact on the mental health and academic performance of students. Consequently, the regular use of alcohol during the adolescence stage among students can be seen as a risk factor or an indicator of possible future health and social problems. The consumption of alcohol also increases the likelihood of being affected by overwhelming health conditions like cancer, liver problems, diabetes, and high blood pressure. The effect of alcohol consumption affects both the physical and mental health, and it causes higher reliance on monetary support from social services, higher rates of criminal convictions, and higher premature deaths (Stenbacka and Stattin, 2007)

Despite measures being put in place such as banning the production of alcoholic substances such as “tujilijili” which were sold in small Sachets at a cheaper price; and utilizing media through magazines and newspapers to educate students about the dangers of alcohol abuse, the rate at which alcohol is being abused is still high.

Alcoholism is a common phenomenon among students at Lewanika school of nursing students. However, there is no empirical evidence that has been adduced. Therefore, based on the findings, recommendations shall be made to policymakers in the ministry of higher education.

1.2 Justification of the study

Despite the Zambian government having put measures at the national level through the implementation of the National alcohol policy and introducing tougher alcohol taxation measures; the cases of alcohol abuse are still high (Phiri, 2013). Studies have been carried out on factors contributing to alcohol consumption, but still, there is a need to seek more information so that overlooked factors that have an impact on alcohol consumption can also be investigated. It is said that more information leads to accurate perception, hence the need of carrying out research at Lewanika school of nursing in order to shed more light on the factors that are influencing students to consume alcohol. The information that will be obtained from the study will not only increase the body of knowledge and also help the students to make informed decisions that are beneficial to their health as they pursue their careers and as they live in the community. This study will also help the school authorities to formulate necessary programs and policies that will protect students from consuming alcohol.

1.3 General research Objective

- To assess factors associated with alcohol consumption among students at Lewanika School of Nursing.

1.4 Specific objectives:

- To assess how psychological factors (i.e., mood and stress) influence alcohol consumption among students.
- To examine how personal factors (i.e., age and peer pressure) influence alcohol consumption among students
- To investigate the socio-economic factors (i.e., income and family) influencing alcohol consumption among students.

1.5 Research questions

- What are psychological factors associated with alcohol consumption among students?
- What are personal factors associated with alcohol consumption among students?
- What are socio-economic factors associated with alcohol consumption among students?

CHAPTER TWO

2.0 Literature review

2.1 Introduction

Alcohol is a psychoactive drug that is present in various beverages such as wine, distilled spirits, and beer. It is a chemical that causes effects that produce happiness, increased sedation, reduced anxiety, and impairment of memory and sensory function (Collins and Kerouac, 2013).

Alcohol consumption is a public health problem that has affected the lives of many people across the globe. The consumption of this beverage has not just affected ordinary people in society but also the students in higher learning institutions. Students in universities get to experience overwhelming freedom, hence some even make choices that jeopardize their health status. Studies have further shown that students in learning institutions tend to consume more alcohol than their counterparts in the general population (Kim, 2009). The consumption of alcohol is associated with physical activities, psychological, environmental, personal, and socio-economic factors as discussed underneath.

2.2 Physical activities associated with alcohol consumption

Carrying out physical exercises in order to maintain a healthy body is a sacrifice that requires endurance and consistency. Most students in developed countries engage in physical activities that promote health. However, from the studies that have been carried out, it has been observed that there is a correlation between high consumption of alcohol and carrying out physical activities. Despite the positive role that physical activities play such as burning calories and maintaining weight, Partington (2013) stated that students who spent more time doing sports activities consumed more alcohol. Other studies have shown that there is a long-standing relationship between sports activities and alcohol consumption. The researchers have further affirmed that alcohol consumption decreases the use of glucose and amino acids. Injuries in playfields have also been directly linked to the use of alcohol (O'Brien and Lyons, 2000). Therefore, due to the high availability of exercise and sports facilities, there has been more consumption of alcohol among students.

Furthermore, the relationship between physical activity and alcohol consumption is a topic that has been studied for years by different researchers. A common explanation that binds the two variables is the fact that alcohol consumption always goes in hand with victory celebrations

(Sunbal, 2020). A cross-sectional study that involved 296 college students was carried out in the United States and the results revealed that physical activity had a high influence on alcohol consumption (Musselman and Rutledge, 2010). In contrast, another study that was carried out in Austria assessed the association between alcohol consumption and physical activity and the results revealed that there was a negative association between alcohol consumption and physical activity (Kopp et al., 2018). Therefore, the differences in the results from the studies can be attributed to overlooked factors that might had an influence on alcohol consumption.

2.3 Psychological factors associated with alcohol consumption

Because of the exerted life pressure, some youths resort to alcohol consumption in order to relieve *stress*. This has been noted in cases where substance abuse was common in adolescents with mental health conditions such as depression, generalized anxiety disorder, or bipolar disorder. Stress might come as a result of poor academic performance, lack of financial support to pay for school fees, and inability to live a particular social lifestyle. Emmanuel et al (2017) revealed that most of the respondents consumed alcohol in order to relax and cope with stress. In line with the finding, Adeoye et al (2014) stated that the youths who continually experienced bad moods or mood swings mostly resorted to alcohol consumption in order to suppress the *mood*.

From studies that have been conducted, low self-worth has also been noted to be a significant factor of interest that influences alcohol consumption. Natalie et al (2015) also noted that *Self-efficacy* was significantly related to alcohol consumption among adolescents. Equally, Emmanuel et al (2017) found that other respondents consumed alcohol because they felt brave and prosperous. This can be common in higher learning institutions where students from different socio-economic backgrounds try to compete or compare themselves with others.

Some youths use drugs to improve sports or academic *performance*. However, Natalie et al (2015) stated that academic achievement showed moderate to high values and correlated negatively with alcohol use.

2.4 Environmental factors associated with alcohol consumption

Culture plays an important role in societies because it dictates the foods, drinks, and practices that are appropriate. The use of alcoholic beverages has been dependent upon the values each society holds. Some cultures have considered alcohol consumption as a wrong act while others have accepted it and they have gone to an extent of producing it locally. Govender (2017) stated that culture and social norms had an impact on the consumption of alcohol. This has been observed in situations where there was a difference in the prevalence of alcohol consumption between communities that were upholding different cultural values. Scribner (2000) stated that the more liquor establishments are in an area, the more likely individuals were to drink. The availability of alcohol has a great influence on the consumption of alcohol because it enables people to purchase in large quantities. Another environmental factor influencing alcohol consumption is easy accessibility. Chaloupka (2008) observed higher drinking levels of alcohol among college students because of having more alcohol outlets near the campus.

Advertising and marketing alcohol is another significant environmental factor influencing the consumption of alcohol. Staffer (2006) noted that alcohol advertising helps create an environment that suggests that alcohol consumption and over-consumption are normal activities, and contributes to increased alcohol consumption. When students in higher learning institutions are exposed to advertisements for alcohol, they are likely to be influenced to buy alcohol.

Furthermore, a study that was carried out, revealed that communities with a poor built environment and with unsuitable building conditions were more likely to report cases of heavy drinking than those living in better-built environments. (Bernstein and Ahern, 2007).

2.5 Personal factors associated with alcohol consumption

Personal factors refer to knowledge, values, goals, responsibilities, sense of control, education, self-construal, political, and world views that govern different aspects of a person's life (Gifford, 2014). These personal factors lie at an individual level; hence they have a great influence on the health status of a person. In a study that was carried out in Lusaka among four schools, statistics revealed that 64.9% of the respondents pointed out poor self-control which was represented by 33.8% of males and 31.1% of females was a leading cause of alcohol consumption, and 54.9% of the respondents pointed out stress/ depression as a cause (Kangwa, 2019). Lack of self-control is

a mental health problem that needs to be addressed. Other students pointed out that curiosity was also among the leading causes of consumption of alcohol.

Peer pressure is also a factor of interest influencing students to consume alcohol since it comes as a result of socializing with people from different backgrounds. It is common in learning institutions because students tend to have the desire of wanting to suit or adopt a lifestyle that is portrayed by their fellow students at the university. From a study that was carried out among youths in Lusaka, peer pressure was also among the factors contributing to the consumption of alcohol (Tyler et al., 2016). Students in higher learning institutions tend to have more freedom in making choices because of the absence of their established social support networks such as parents. As a result, this liberty has caused most of the students to indulge in inappropriate behaviors such as substance abuse and violent activities. Some students consume alcohol as a way of relaxing or relieving the exerted tension in their lives; some use it for celebration, to increase social interaction, to boost confidence, and as a way of escaping from the distresses of life (Preez, 2016).

A number of studies have also been carried out in order to map the relationship between alcohol consumption and gender. Alex-Hart et al (2015) researched and found that there was a statistically significant association between gender and alcohol consumption as more males than females were found to be consuming alcohol. Similarly, Annor (2016) found a relationship between the *gender* of study participants and their tendency to consume alcohol. Tur et al (2013) also observed that there was a high prevalence of alcohol consumption among boys than girls. In other studies, regarding alcohol consumption, Emmanuel et al (2017) also revealed that the majority of males consumed more alcohol on a daily basis than females. Alike, Rita (2013) and Kidega (2007) also observed that there was a high prevalence of males engaged in the consumption of alcohol than females.

A study was carried out at a higher learning institution and the results that were found revealed that there was a significant difference between male and female undergraduate students on factors influencing substance abuse (Yusuf, 2010). From there observed literature, it can be concluded that indeed there is a strong association between gender and alcohol consumption, hence some students in higher learning institutions engage in alcohol consumption because of the impact of gender.

Another personal factor that influences the consumption of alcohol among students is age. Tur et al (2013) observed that alcohol consumption increased with *age* among the youths. Consistent with the findings, Emmanuel et al (2017) found that alcohol consumption decreased as people were aging. The likelihood of young individuals getting involved in alcohol consumption was higher than in adults. Similarly, Rita (2013) revealed that the level of alcohol consumption among the participants decreased with increasing age. Natalie et al (2015) also stated that the age of adolescents was significantly related to the level of alcohol consumption. Therefore, the consumption of alcohol among students in higher learning institutions can also be associated with age. Most of the students in higher learning institutions are in age groups known to be much associated with exploring their social activities.

Adeoye et al (2014) revealed that the likelihood of seeing youths engaging in bad activities like consuming alcohol was high because of their age group (between 16 to 23 years), as it is a critical stage in their lives in which they tend to experiment and explore different social activities despite the health risks posed. Likewise, Alex-Hart et al (2015) found that a higher proportion of alcohol consumption was observed in the age group ranging from 16 to 20 years age group as compared to the 11 to 15 years and 21 to 25 years age group. On contrary, Annor (2016) revealed that no significant association between the age of participants and their tendency to consume alcohol was observed.

In Zambia, a study was carried out among students in a higher learning institution in order to investigate the association between alcohol consumption and *year of study*. The results revealed that students who were in their fourth year of study were 2.9 times more likely to drink alcohol than those who were in their first year of study (Mwaba, 2016). These differences in the likelihood of alcohol consumption between the fourth year and first year can arise because of issues that have to do with exposure. First-year students tend to have few friends to socialize with, while fourth-year students tend to have been exposed to different friends, lifestyles, and places, hence they resort much to activities involving alcohol consumption. Therefore, the relationship between the year of study and the high consumption of alcohol among students in higher learning institutions can be a result of environmental factors.

2.6 Socioeconomic factors associated with alcohol consumption

Marital status has also been considered to be a vital factor bearing an influence on the consumption of alcohol. *Marital status* is a state in which a person is either single, married, widowed, or divorced. Gezahegn and Mitiku (2014) observed a strong association between alcohol consumption and students who were married. However, this was disputed by another study that was carried out on medical students which showed that married couples had low consumption of alcohol as compared to those who were single (Hassan 2013). Emmanuel et al (2017) stated that individuals that were not married were more likely to consume alcohol than married women. Similarly, Rita (2013) noted that most married participants consumed less alcohol as compared to the participants that were not married. However, time and freedom were attributed to the alcohol consumption behavior among the unmarried participants. This contrast between these studies can therefore be a result of some significant factors that have been overlooked in the society that bare an influence on alcohol consumption.

A study that was carried out at Egerton University in Kenya revealed that divorced individuals contributed 66.7% to the prevalence of alcohol abuse, more than the single and married (Kimuge, 2016). Alcohol abuse in divorced couples is common because it is used to cope with depression and stress.

Race is also another significant factor of interest that researchers have mapped out in order to find out if it has any influence on the consumption of alcohol. A study that was carried out at Rhodes University in South Africa revealed that white students consumed more alcohol than the black student (Charles and Vivian, 2008). The study further revealed that white students who consumed alcohol were more vulnerable to occupying hazardous positions than black, Indian, or colored students. Other studies pointed out that differences in alcohol consumption among races were a result of economic disparities. Velasquez et al (2000) stated that the prevalence of alcohol consumption was high among students from families with high socioeconomic status, hence this could have been the reason why there were differences in alcohol consumption levels among races. Black students were known to be limited by their financial status; hence that could have been the reason why white students were consuming more alcohol.

The **socio-economic status** of households where students come from is directly linked to the level of *income* students are given. Students with higher income tend to buy more alcoholic beverages in the quest of satisfying their pleasures. Lintonen and Nevalainen (2017) stated that university students who had a high-income level were more likely to consume alcohol than those living in a low-income country. A report from a study revealed that students from higher-income households were more involved in high consumption of alcohol than those from lower-income households (Tandin, D. et al., 2020). However, in contrast, Katikiredd, et al (2017) brought out a demonstration proving that those who were from families with low socioeconomic status were strikingly consistent with high consumption of alcohol.

The state of the *family* also has a big influence on whether the children will be more or less vulnerable to alcohol abuse. Students come from different backgrounds where they are instructed on how to live and cope with different circumstances of life, hence that's a vital factor to consider when assessing the impact of family backgrounds on alcohol consumption. In a study that was carried out among students in Lusaka, statistics revealed that students whose parents or guardians were consuming alcohol were 76% more likely to drink than those whose parents don't drink (Kangwa, 2019). Family structures are also known to have an influence on alcohol consumption. Families with both parents alive and families that lost all the parents were having differences in the influence of alcohol consumption among children. Dorothy (2009) observed that many young people got exposed to alcohol consumption in their homes. This mostly happens during events or occasions such as birthday parties, wedding celebrations, or simply just by watching the television at home. The children come to believe that alcohol consumption is a normal act of social life. Others through curiosity started consuming alcohol without the knowledge of their parents (Li, 2002). Therefore, adopted lifestyles in homes also bare a huge impact on alcohol consumption among students in higher learning institutions.

Religions are ethnic groups that hold teachings and beliefs pertaining to different aspects of life. The teachings are considered sacred and they are passed on from one generation to the other. Religious teachings are also considered to have an impact on the behavior of students from all walks of life. A study was carried out in three countries, and the results revealed that the overall prevalence of alcohol consumption was 39.1% among students from Malaysia, 55.0% of students from Thailand, and Indonesia only 2.55% of students consumed alcohol (Siyam et al., 2017). This

difference in the prevalence was however attributed to the religious affiliations of the students. Indonesia recorded the lowest level of alcohol consumption because it is a Muslim country with strict laws that are against the intake of alcohol. Furthermore, other studies have also shed light regarding the influence of religion on alcohol consumption; for example, a study that was carried out in Nigeria revealed that there was a high prevalence of alcohol consumption among Christian students and individuals who infrequently attended religious rituals. In terms of religion, 67.4% were found to be Christians, 31.9% were Muslims and 0.7% represented the traditional African religion (Onongha, 2012). These variations in alcohol consumption all point to the teachings that people receive. Similar findings on how religion influences alcohol consumption were also revealed at a university in Botswana after carrying out research (Olashore, 2018).

Emmanuel et al (2017) found that there was a low likelihood of finding Muslims consuming alcohol as compared to Christians or traditionalists. This, however, could be attributed to different teachings and doctrines on foods and beverages, and how strict adherence was upheld. For example, during weddings, funerals, and parties, it is common to find Christians and traditionalists consuming alcohol. Congruently, Bada and Adebisi (2014) stated that students who were Muslims were not extremely exposed to alcoholic consumption because many believe it is against the ethics of their religion as compared to the ethics that Christian students were taught.

On contrary, Alex-Hart et al (2015) stated that there was no relationship between attending religious services and consuming alcohol. Yusuf (2010) also stated that no significant difference was found among students from different religious backgrounds in regards to the factors influencing alcohol consumption. Similarly, Annor (2016) found that no significant relationship on alcohol use was found among the respondents.

In conclusion, from the literature reviewed it was observed that physical activities, psychological, environmental, personal, socio-economic, and cultural factors have an influenced people's consumption of alcohol. The literature reviewed also indicated a high prevalence of alcohol consumption among adolescents.

2.7 Theoretical framework

The Social Cognitive Model

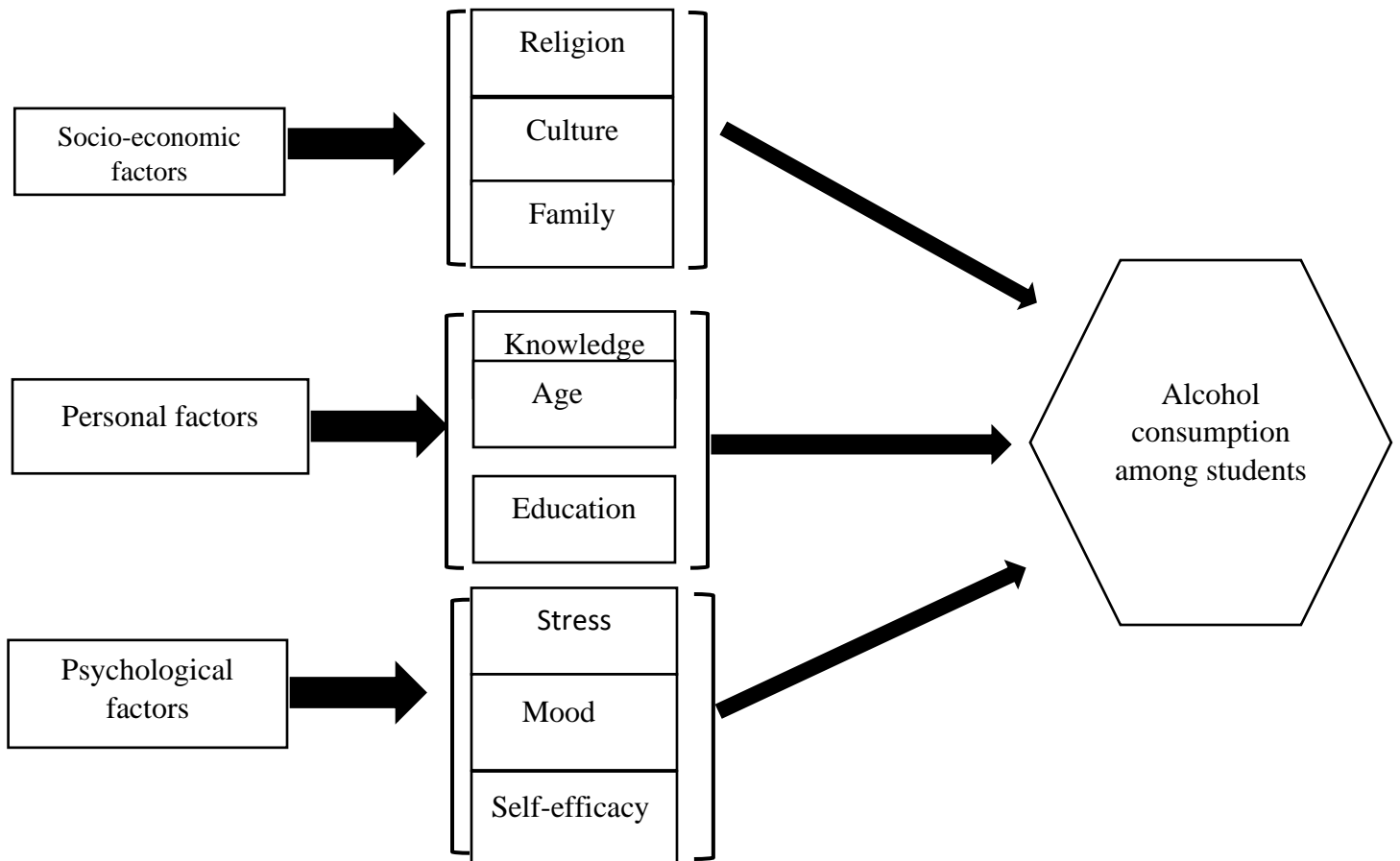
The Social Cognitive Theory (SCT) is a model that was developed by Albert Bandura in the year 1986. His theory explained how the dynamics of human behaviour are influenced by personal factors, behaviour and the environment. The theory considers the behaviour of an individual as being determined by the three factors with more emphasis on the cognitive processes that mediate learning.

Research has revealed that in order to prevent behaviours that cause ill-health, it is imperative to consider underlying factors that increase the risk of developing health problems. The social cognitive theory shed light on how alcohol consumption among students was been influenced by personal, behavioural, and the environmental factors. The environmental factors are forces that are external to an individual and have an influence on an individual's behaviour. For example, the religion, culture, and social norms that an individual follows has an impact on his or her behaviour. These are factors that a person can hardly control because they are well established in society. Environmental factors are hard to change because they are mostly adopted by large populations and they dictate the appropriate way of living. For example, a particular society can have a culture that considers alcohol consumption to be appropriate for young individuals. Furthermore, personal factors also play a vital role in determining individual behaviour. Personal factors are aspirations, self-beliefs, and outcome expectations that influence the behaviour of individuals. For example, some individuals might have knowledge of how alcohol consumption impacts their health, therefore this will either influence them to either consume alcohol or not. Other personal factors can include personality which can either allow or hinder an individual from consuming alcohol. Another influencing factor on alcohol consumption can be a result of lack of self-control. The third component of the social cognitive theory that determines the behaviour of an individual is behavioural factors. These are factors that emerge as a result of understanding and having the skill to perform a particular type of behaviour. Under the behavioural component, some factors to consider include peer pressure and making choices of activities. The choices that one makes can have a huge impact on the consumption of alcohol.

The three elements aligned in this model, clearly showed how various factors contributed to alcohol consumption among students will be well established.

2.8 The conceptual framework

This conceptual framework is highlighting the factors associated with the consumption of alcohol among people in the literature reviewed



The conceptual framework has highlighted how environmental factors such as culture, religion, and family beliefs are contributing to the consumption of alcohol. The framework has also displayed how personal and psychological factors such as stress, mood, and self-efficacy are contributing to alcohol consumption among people.

CHAPTER THREE

3.0 Methodology

3.1 Introduction

This chapter has explained how the study was carried out by describing the methodology that was used in conducting research. The elements under the methodology included the study approach, study design, study population and target population, sample size, sampling procedures, data collection methods, data analysis, and ethical consideration

3.2 Study approach

The factors that contributed to the prevalence of alcohol consumption among students were studied using a qualitative approach. The approach was significant because it helped in providing a clear understanding regarding the thoughts or experiences of people who consumed alcohol. This approach also created a platform for respondents who participated in the research to freely express themselves and give all the vital information necessary for the study. Furthermore, this approach was used to gather in-depth insights into all the relevant information that was ideal for the research.

3.3 Study design

When carrying out the research study, a cross-sectional study design was used in order to facilitate the process of collecting data. The study design measured the existing diseases and current exposures at a point in time. It also helped in determining the association between different variables such as the relationship between certain health problems and exposure or non-exposure. This study design helped in understanding the characteristics such as knowledge, attitude, and practices of students who consumed alcohol. The study design was effective because it enabled the research to study multiple exposures that were contributing to the consumption of alcohol among students. The study was also easy, quick, and inexpensive.

3.4 Target Population

The target population were students are Lewanika School of Nursing who consumed alcohol. The study included all the students who consumed alcohol.

Inclusion Criteria

Interviews were only conducted among students who consumed alcohol at Lewanika School of nursing. The students who participated in the data collection process are those who gave their informed consent, while those who consumed alcohol but refused to be interviewed were excluded.

Exclusion Criteria

Both general community members and students from other institutions were excluded. The data collection process did not include graduates of the university or students who had not yet enrolled.

3.5 Sampling procedure

The sampling procedures provided the basis upon which the sample for the study was selected. During the research process, a snowball sampling technique was used. Snowball sampling is a recruitment technique that is carried out by asking research participants to assist researchers in identifying other potential subjects of interest. For example, individuals who consume alcohol can identify and bring their fellow friends who also consume alcohol to participate in the research study. During the first stage, persons with the relevant characteristics of alcohol consumption were identified and interviewed. The individuals were then used to help in identifying other persons who qualified to be part of the research sample. The second stage involved interviewing the newly identified individuals so that they can provide information, and also help in identifying other individuals who had similar characteristics of interest so that they can also be included in the research study. The sampling technique was referred to as a snowball because it began by forming a small ball of participants, and it then kept on becoming big as it rolled during the process of identifying suitable participants.

3.6 Sample size

The sample size was determined by theoretical saturation or data saturation point.

3.7 Data collection methods

Data was collected from the study participants using an interview schedule. The interview schedule enabled the participants to express themselves in detail.

3.8 Data analysis

Under Qualitative data analysis, there was identification, examination, and interpretation of themes in textual data, and the themes helped to answer the research questions of interest. Qualitative data analysis systematically was used by arranging interview scripts, questionnaires, or non-textual material to help in understanding the research. The qualitative data analysis was carried out by using the grounded theory which commonly uses the data collection methods such as interviewing participants with open-ended questions. Under the grounded theory, data Interview based questionnaires were transcribed, categorized, and coded for comparison, in order to look for variations and connections between themes

3.9 Validity and Reliability

The research study strictly followed the scientific guidelines in data collection, analysis, and interpretation of the data collected so as to ensure minimal error or biases been recorded in the research. No pressure was exerted on the study population by the research or the research tool in order to influence the responses of participants. Confidentiality was guaranteed with regard to ethical considerations and participants were given the maximum autonomy. The issues of reliability were attained by using interview guides that were tested on a small sample population prior to data collection and a checklist was used to ensure consistency. Validity was achieved by strictly following the societal rules of ethical research.

3.10 Ethical consideration

In order for the research study to be implemented, there was approval obtained from the University of Lusaka Research Ethics Committee and Lewanika School of Nursing Authorities. The permission facilitated the process of carrying out the research among students at Lewanika school of nursing. Below are the ethical principles that were adhered to:

- **Autonomy:** the research ensured that individuals made personal decisions regarding whether they take part in the research study or they don't, without being forced.
- **Beneficence:** the research ensured that individuals were treated with kindness and in an upright moral manner. The research's overall goal was mean good to the students.

- Confidentiality: the research study ensured that all the data collected from participants were kept safe without exposing them to the public. There was no disclosure of their identities or credentials.
- Non-Maleficence: the research study ensured that no acts of harm or evil were carried out on individuals who participated in the research study.
- Justice: the research study ensured that there was fairness in all the proceedings during the research study without showing any acts of discrimination or prejudice.

CHAPTER FOUR

4.0 Findings

4.1 Introduction

The chapter presented the study findings on “*Factors influencing students to consume alcohol at Lewanika School of Nursing*”. The findings were grouped and presented in the following subheadings; socio-economic, personal, and psychological factors influencing students to consume alcohol as discussed below.

Table 1 has presented the demographic data of the participants. The study participants included 27 females and 3 males. The frequency of participants who were below the age of 20 years was 12, while those who were above the age of 20 years were 18. The demographic data also revealed that participants who had income levels below the age of K1500 were 8, while those whose income was above K1500 were 22. In regards to religious affiliation, 29 participants were Christians while 1 was a traditionalist.

Table 1. Demographic profile of research participants

Variables		Number of participants n (%)
Gender	Female	27 (90)
	Male	3 (10)
	Total	30 (100)
Age (years)	Less than 20	12
	Above 20	18
	Total	30 (100)
Income	Less than K1,500.00	8
	More than K1,500.00	22
	Total	30 (100)
Religion	Christians	29 (97)
	Traditionalists	1 (3)
	Total	30 (100)

4.2 Psychological factors influencing alcohol consumption among students

a. School pressure

Some participants stated that they experienced stress because of the assignments they were given to research and the learning materials they were required to finish studying before the period of writing exams came. Hence this made some of them to be overwhelmed with school pressure, thus causing them to consume alcohol in order to reduce the stress. Some of the respondents also revealed that periods of carrying out practical work in hospitals after being taught in class also contributed to the stress levels. One of the female participants stated that *“I consume alcohol because it helps in relaxing my body and temporarily make me forget the stress and pressure I experience from school. The pressure is overwhelming because we are told by our lecturers that we are dealing with human lives, hence whatever we do involves commitment”*.

Some of the participants revealed that the stress they experienced was also exacerbated by the fixed learning timetables that had multiple courses. As a result, by the time they knocked off from school they got overwhelmed with school pressure. Similarly, a female student nurse participating in the research said *“I sometimes consume alcohol on weekends as a way of relieving myself from the stress I do experience in the course of the week. The urge of drinking is mostly triggered by the stress resulting from the morning and afternoon learning sessions shown on the learning timetable”*.

b. Disappointments

Participants also revealed that emotional breakdown resulting from disappointments and failure to maintain good relationships also contributed to the prevalence of alcohol consumption habits among students at Lewanika school of nursing. The emotional breakdown was mostly experienced when a relationship ended or when a partner was caught cheating. As a way of coping with emotions, some of the students stated that they opted to consume alcohol so that they reduce the pain they were going through. Alike, one of the female participants stated that *“I started consuming alcohol because of a heartbreak I was experiencing. It was one way of trying to forget and relieve the disappointment I experienced from the person I loved”*.

Some participants also revealed that disappointment was mostly associated with anger, hopelessness, low self-esteem, negative self-perception, and low self-esteem. They also stated that

they were influenced to consume alcohol because of the pressure they experienced from their guardians who were not amused by their academic performance and the grades that they had scored in some courses. One of the female participants stated that *“My uncle was disappointed with the results I scored in most of the courses I was taking. He shouted at me and reminded me of the money he was spending on my education. As a result, I became too depressed on that particular day and I opted to consume alcohol so that I can cope with the depression”*.

c. Excitement

In the findings, positive mood was also identified as a contributing factor to alcohol consumption among students. A positive mood was mostly experienced when there were exciting social events or parties taking place. Respondents stated that whenever musicians came to perform at events or shows, they mostly engaged in alcohol consumption. Some of the respondents also revealed that whenever they were done writing exams at school or when they had scored good grades in their exams, they mostly opted to go out to drink alcohol because of the excitement and joy that they experienced. Similarly, one of the female participants stated that *“I like consuming alcohol when I have finished writing exams because there is a unique form of joy and excitement that comes which triggers the urge to celebrate”*.

The findings also revealed that some of the students consumed alcohol because of the excitement of celebrating public holidays. Some of the participants stated that whenever the government declared holidays or when there was a public holiday as shown on the calendar, some opted to spend their social time freely without involving academics. One of the participants stated that *“my desire to consume alcohol is also prompted by public holidays such as Independence day and youth day. This is because those are periods when most of the youths engage in celebrations”*.

4.3 Personal factors influencing alcohol consumption among students

a. Conforming to the popular lifestyle

The prevalence of alcohol consumption among students at Lewanika school of nursing was also influenced by some of the societal beliefs that were being held by students. From the responses that were obtained from participants who consume alcohol, some pointed out that trying to conform to the popular lifestyle in schools and society was the reason why peer pressure influenced them to start consuming alcohol. One of the female participants stated that *“Most of my close friends at school like going out to nightclubs to consume alcohol and have fun, and as a result, I was compelled to believe, that is the right lifestyle I should adopt. Failing to join my friends made me feel that my lifestyle was not updated, hence I decide to join them”*.

Findings also revealed that seeking acceptance was another reason that influenced some of the students to indulge in the consumption of alcohol. This is because they wanted to be in one accord with the people they were mostly found with.

b. Old enough to make personal decisions

From the findings, aging was another factor that influenced students to consume alcohol. Most of the participants justified their alcohol consumption behaviour by stating that they were old enough to make personal decisions regarding their alcohol consumption habits. One of the male participants stated that *“I have reached a stage in my life when I can consume alcohol without another person’s consent or permission”*.

Some of the students felt that they had gained more autonomy and responsibility pertaining issues concerning their lives, hence whatever they did was in accordance with their will. The findings also revealed that an increase in age was also linked to an increase in problems, pressure, and stress. One of the participants stated that *“As I kept on aging, I felt the pressure was also increasing because my family started looking up to me because I was a student who would soon graduate and get a job. Hence whenever I faced academic pressure, I experienced more stress because of anxiety and worrying”*.

b. Curiosity

From the study findings, curiosity was another personal factor that influenced students to consume alcohol. The participants revealed that the desire to explore how it felt when one was drunk, how the brain reacted, and how it felt to blackout was among the reasons that influenced the students to consume alcohol. One of the female participants stated that *“I started consuming alcohol because I was curious as to how it feels when one is drunk. The curiosity came because of the positive vibe, joy, and free spirit personality that my friends exhibited when they were drunk”*.

Participants also stated that alcohol that was offered for sale came in different types and flavours, hence that also contributed to their curiosity. The findings revealed that the participants consumed alcohol because they wanted to know the taste of different flavours. One of the participants stated that *“I started consuming black label because I was curious as to how it tasted. The curiosity grew because a lot of people talked about it and I also came across a number of posts about the Black label on social media”*.

d. Consume alcohol for fun and pleasure

From the findings, alcohol consumption among students was driven by the desire to have fun and the good feeling that came when one was drunk. Some of the participants stated that they consumed alcohol because it brought them happiness and it elevated their confidence. Similarly, one of the participants stated that *“I enjoy consuming alcohol because it gives me the good feeling that is free from all problems. I do experience much joy and freedom when I am in that state of drunkenness”*.

The findings also revealed that alcohol was consumed for fun. Some of the participants stated that whenever they got drunk, they engaged in activities such as dancing and singing loudly and they also became too talkative. One of the participants stated that *“Alcohol brings out my hidden character. Whenever I am drunk, I cease to be shy and I engage in different activities without caring much about what other people think of me”*.

4.4 Socio-economic factors influencing alcohol consumption among students

a. Extra pocket money among students

From the findings, it was observed that having extra pocket money had an influence on alcohol consumption levels among students at Lewanika School of nursing. Some of the respondents in the research study stated that they mostly received a lot of money at the month-end, hence that influenced them to spend much on alcohol. One of the participants stated that *“Sometimes when I am given extra money by my parents, I usually spend much on alcohol”*.

Findings also revealed that having extra pocket money also contributed to much clubbing and partying. Some of the respondents claimed that clubbing was part of their social life, and having extra pocket money helped them in spending on transport and alcohol. Similarly, one of the participants stated that *“Whenever I receive extra money from my parents, I always make sure that partying and clubbing are also put on the budget”*.

b. Family members consume alcohol

In the study, the findings also revealed that some students had family members who consumed alcohol at their respective homes. Some of the participants claimed that seeing their cousins, siblings, and parents consuming alcohol was also a factor that triggered them to start consuming alcohol. They claimed that they felt it was right because they had seen their relatives doing the same. Some of the participants further stated that whenever there was an event or celebration at their homes, alcohol was usually brought so that the elders who prefer alcohol could drink. One of the participants stated that *“I started consuming alcohol because of the influence I got from my cousin who used to secretly come home with alcohol whenever he went out clubbing on Saturday”*.

c. Family not being aware of my alcohol drinking habits

The findings also revealed that the majority of the students who consumed alcohol were doing it secretly without the knowledge of their parents or guardians at their homes. Some of the participants stated that they only consumed alcohol when they went out clubbing at night because those were places where their family members were not likely to be found. Some stated that they only consumed alcohol when they were at school because they had the freedom to do that without the consent or knowledge of their family members. One of the participants stated that *“I only consume alcohol when I go partying and clubbing at night because it is one way of hiding myself from my family and a way of keeping my good reputation”*.

4.5 Summary of findings

In summary, the nursing students were influenced to consume alcohol by different factors that were both internal and external. The psychological factors included school pressure, disappointments, and excitement, while the socio-economic factors included having extra pocket money and influence from the family. The personal factors that influenced students to consume alcohol included age, peer pressure, conforming to popular lifestyles and consuming alcohol for fun.

CHAPTER FIVE

5.0 Discussion of Findings

5.1 Introduction

The chapter discussed the findings of the study based on the objectives that were outlined in Chapter one. The findings were discussed following the key major themes such as; socio-economic, personal, and psychological factors influencing alcohol consumption.

5.2 Demographic factors influencing alcohol consumption

The study indicated that most of the students were Christians and they consumed alcohol. In line with the findings, Onongha (2012) stated that most of the students who indulged much in alcohol consumption were Christians as compared to those who belonged to other Religions. The findings could be attributed to different teachings and levels of strictness among religions.

The study also revealed that students consumed alcohol because they felt that they are old enough to make independent decisions. Similarly, Tur et al (2013) revealed that alcohol consumption among youths increased with age. The findings could be attributed to increasing life stresses and freedoms as one gets old.

The study also revealed that high income also influenced high levels of alcohol consumption among students. Most of the participants at Lewanika school of nursing were receiving income every month that was exceeding K1500. Congruently, Lintonen and Nevalainen (2017) stated that college students who had a high-income level were more likely to consume alcohol. This finding could be attributed to having extra pocket money.

5.3 Psychological factors influencing alcohol consumption

From the findings, it was observed that students consumed alcohol as a way of coping with school pressure they experienced in the course of the week. Some of the respondents who were interviewed claimed that consuming alcohol was one way of coping and temporally forgetting the stress they experienced at school. Congruently, Emmanuel et al (2017) revealed that most youths consumed alcohol as a way of relaxing and coping with stress.

Students who were failing to get good grades or achieve their relationship goals resorted to alcohol consumption in order to cope with the depression and stress they experienced. Some respondents stated that emotional breakdown mostly came when they found their partners cheating or when their needs were not met. In support of the findings, Jessica (2014) stated that engaging in multiple

relationships and experiencing heartbreaks was a major contributor to alcohol consumption among youths.

Furthermore, the mood was also another factor that contributed to high levels of consumption among students at Lewanika school of nursing. A positive mood was associated with excitement, hence most of the students opted to go out and consume alcohol when they felt happy or when they were celebrating. The respondents stated that they experienced excitement when they passed exams, when there was a social event taking place and when they were exciting Public holidays taking place. The excitement however caused them to consume alcohol when they were celebrating. Alike, Christina (2017) stated that public holidays were associated with an elevated number of alcohol consumption cases among young people.

5.4 Personal factors influencing alcohol consumption

The research findings revealed that some of the students consumed alcohol in order to conform to the popular lifestyle that was adopted by most of the students. Some of the students felt the pressure of not being part of groups that normally went out to have fun and consume alcohol. As a way of coping with pressure, they resorted to joining those groups of students that had a habit of going out to consume alcohol. In line with the findings, Brian (2001) revealed that peer pressure was consistently connected to excessive drinking habits among students in higher learning institutions. The findings have revealed that peer pressure is a problem that people experience as a result of wanting to suit the environments they are found in, thus leading them to the adoption of new lifestyles.

In the study, it was also revealed that some of the students joined their fellow students who consumed alcohol for acceptance purposes. In line with the findings, Bourne (2005) reported that young people seek acceptance by engaging in activities that their friends are doing. Furthermore, another personal factor that contributed to high alcohol consumption habits among nursing students was age. Some of the respondents felt that they were now old enough, that's why they started consuming alcohol. In line with the findings, Natalie et al (2015) also noted that age was significantly related to alcohol consumption among adolescents. This finding could be attributed to freedom and increasing life problems that have to be solved. In the findings, curiosity was another factor that influenced students to consume alcohol because of the desire of wanting to

explore how it felt to be in a state of drunkenness and how different flavours of alcohol tasted. Similarly, Govender (2017) stated that students engaged in alcohol consumption as a way of experimenting how it felt to be drunk. The curiosity among students can however be attributed to seeing fellow friends in a state of drunkenness. Furthermore, some of the students revealed that they consumed alcohol for pleasure and fun. The motive of consuming alcohol was merely based on wanting to experience the good feeling that resulted when one was drunk.

5.5 Socio-economic factors influencing alcohol consumption

The research findings revealed that most of the students had income levels above K1500, hence this was also a contributing factor that influenced most of them to consume alcohol. Some of the respondents revealed that they spent money on alcohol mostly at month-end because that was the time when they received a lot of money. In line with the findings, Lintonen and Nevalainen (2017) stated that college students who had a high-income level were more likely to consume alcohol. The research discovery has shown how income level greatly impacts alcohol consumption habits among students. Findings also revealed that higher income levels made students engage more in clubbing and partying. In relation to the findings, Miller (2009) stated that nightclubs with electronic music and dancing features had high-risk behaviours of alcohol abuse. The finding revealed that the presence of nightclubs and bars influenced students to consume more alcohol.

Furthermore, the families where the students came from also had an influence on their alcohol consumption behavior. The findings revealed that some of the students consumed alcohol because of the influence they got from seeing their family members who consumed alcohol. Some of the respondents claimed that they had parents, cousins, uncles, and aunties who consumed alcohol, hence it somehow influenced them to also start consuming alcohol. In line with the findings, Kangwa (2019) stated that students whose parents or guardians consumed alcohol were 76% more likely to consume alcohol than those whose parents never consumed alcohol. Furthermore, most of the respondents claimed that they consumed alcohol secretly without the knowledge of their family members. Some stated that they only consumed alcohol in places where their family members would not be found such as nightclubs so that they maintain their good reputation. This was however seen as a contributing factor to alcohol consumption among students because the parents or guardians were not aware. In line with the findings, Green (2011) stated that lack of awareness among parents contributed to a high proportion of alcohol consumption among children.

5.6 Limitation of the study

- The study could not establish causality as it was an association study.
- The sample size of the study was too small to generalize the findings to the entire population.
- Not many studies based on factors influencing students in colleges to consume alcohol have been carried out in Zambia

5.7 Summary of the chapter

This chapter above has discussed the findings of the study in line with the research objectives and the limitations that were observed in the study. The next chapter will cover the conclusion and recommendations of the study.

CHAPTER SIX

6.0 Conclusion

The study was undertaken to explore the factors that were influencing alcohol consumption among students at Lewanika school of nursing, using the stated objectives in Chapter one. From the study findings, it can be concluded that personal factors that included age, curiosity, peer pressure, and pleasure were influencing the nursing students to indulge in alcohol consumption. The students opted to start consuming alcohol because of the influence they got from their friends and also the curiosity of tasting alcohol that grew in them. Psychological factors on the other hand which included disappointments, excitement, and stress from school pressure were also found to be having a big role in influencing the prevalence of alcohol consumption among students. It was revealed that disappointments from failed relationships and stress from school work influenced the students to consume alcohol. On socio-economic factors, the income level of students and whether or not the family members consumed alcohol, also had an influence on alcohol consumption among students. The findings revealed that having extra pocket money and being influenced by the family were among the reasons why the students consumed alcohol. Therefore, it can be concluded that personal, psychological, and environmental have an impact

6.1 Recommendations

- In order to establish causality, future researchers should use other different study designs that involve follow-ups should be used, for example, cohort studies.
- In future, the sample size of the study should be increased so that generalization of the findings in relation to the entire population can be more definite.
- More studies on factors influencing students to consume alcohol in higher learning institutions should be carried out by future researchers.
- More policies that address alcoholism among students should be implemented in the learning institution

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Appendix

I. Work Plan

ACTIVITY		RESPONSIBILITY	2021 Nov	2021 Dec	2022 Jan	2022 Feb	2022 Mar	2022 Apr	2022 May
1	Prepare proposal and submit to the University	Researcher							
2	Preparation of study tools	Researcher							
3	Preparation for field work	Researcher							
4	Data collection	Researcher							
5	Data entry and cleaning	Researcher							
6	Data analysis and interpretation	Researcher							
7	Dissertation compilation	Researcher							
8	Dissertation submission	Researcher							

II. Budget

Activity	Unit	Unit cost (K)	Total Cost (K)
Transport	-	K550	K550
Printing	-	K400	K200
Ethical clearance	-	K500	K500
Ream of papers	2	K100	K200
Binding	2	K50	K100
Airtime and bundles	-	K150	K150
			K1700

III. Information Sheet

This research will be based on “assessing the factors associated with alcohol consumption among students at Lewanika school of nursing” in Mongu district. The intention of gathering this information during research will purely be on academic purposes only. The participants in the study will be asked a series of questions related to alcohol consumption and their influencing factors so that the data obtained from their responses can be used for drawing up conclusions that will be used for policy making decisions and for mitigation measures. Participation in the research will be voluntary. i.e. you can decide not to participate if it’s your wish. Refusal to take part will involve no penalty or loss of services to which you are entitled to.

Permission to conduct this research will be sought from the Ethics board of the University of Lusaka who will offer a critical review regarding the adherence of ethics in the whole process of carrying out the study.

IV. Consent Form

My name is Anthony Mubita; I am an undergraduate student at the University of Lusaka in the school of Medicine and Health Sciences. This study is being carried out to enable me partially fulfill the requirements of the Degree of Public Health. Am requesting for your voluntary participation in this study by sparing a few minutes of your time to answer the questions that have been listed. This is a study assessing the factors influencing the consumption of alcohol at Lewanika school of nursing. All the responses will be highly appreciated, treated confidentially and used for academic purposes only. There are no risks in taking part in this study and participants are free to leave the study at any time if they no longer want to participate. Taking part in the study will make you a contributor to the possible development of firm mitigation measures and an increment to the body of knowledge.

If you accept to take part in this study, please sign on the space provided.

Participant ‘s signature:

V. Interview Guide

1. Gender

2. Age.....

3. Income level.....

3. Religion.....

4. How often do you go to church?

.....
.....

5. Explain if your religion allows alcohol consumption?

.....
.....

6. Explain if your family is aware of your alcohol consumption behavior?

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.....

7. Explain if any of your family members consume alcohol?

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.....

8. Explain if you consume alcohol at your home when there is a celebration or special event?

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9. Explain why you consume alcohol?

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10. Explain if peer pressure contributed to your alcohol consumption behavior.

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11. Explain if alcohol reduces stress?

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12. Explain how alcohol is related to mood?

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.....

13. Explain the side effects of alcohol consumption on human health.

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14. Explain if the income level has an influence on alcohol consumption behavior?

.....
.....

15. Explain if age has an influence on alcohol consumption?

.....
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SCHOOL OF MEDICINE AND HEALTH SCIENCES LEOPARDS HILL CAMPUS Plot No. 37413, Off Alick Nkhata Mass Media. P. O Box 36711, Lusaka. Phone: +260211258505, 258409 Fax +260211233409; Cell +260976075850,961917862, E-mail:unilus@zamnet.zm,ictar@zamnet.zm

SCHOOL OF MEDICINE AND HEALTH SCIENCES RESEARCH ETHICS COMMITTEE

Ref no: IORG0010092-2022/052

Date: 17th January, 2022

ANTHONY MUBITA – BSPH18212714

Re: Research Title; FACTORS ASSOCIATED WITH ALCOHOL CONSUMPTION AMONG STUDENTS AT LEWANIKA SCHOOL OF NURSING

The above research was submitted to the research ethics committee for review. The study has no major ethical problems and is approved subject to the following:

1. The study cannot be changed without express permission of the UNILUS Research ethics committee
2. Approval from the Lusaka District health Management or equivalent health authorities should be sought.
3. The study tools should be added.
4. An informed consent form should be attached and filled by all study participants (If dealing with primary data)
5. The risks and benefits should be included in the consent form.

Congratulations and the committee wishes you success in your work.

Prof Kasonde Bowa
MSc (Glasgow), M. Med (UNZA), FRCS (Glasgow), FACS, FCS, DPH(LSTMH),MPH(UCL)
Chairman- UNILUS REC
Professor of Urology and Consultant Urologist
Executive Dean
University of Lusaka and University Teaching Hospital

School of Medicine and Health Sciences.



SCHOOL OF MEDICINE AND HEALTH SCIENCES LEOPARDS HILL CAMPUS Plot No. 37413, Off Alick Nkhata Mass Media. P. O Box 36711, Lusaka. Phone: +260211258505, 258409 Fax +260211233409; Cell +260976075850,961917862, E-mail:unilus@zamnet.zm,ictar@zamnet.zm Date: 17th January, 2022

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PERMISSION FOR ANTHONY MUBITA No. BSPH182112714 TO CONDUCT A RESEARCH STUDY AT YOUR FACILITY/ INSTITUTION/ ORGANIZATION

Reference is made to the above subject matter

The University of Lusaka, School of Medicine and Health Sciences here by requests for permission for **Anthony Mubita** Public Health Student to conduct research at your facility/ institution/ organization, entitled; **FACTORS ASSOCIATED WITH ALCOHOL CONSUMPTION AMONG STUDENTS AT LEWANIKA SCHOOL OF NURSING.**

The research is in partial fulfillment of the requirements for the degree of Bachelor of Science Public Health. This is purely for academic purposes and information gained in such a way will not be used in the public domain without prior authorization from the institutions/ organizations involved.

The research topic has been cleared by the University of Lusaka, School of Medicine and Health Sciences Research Ethics Committee as per the attached copy. Data collection is expected to be done from **1st February, 2022 to 29th April, 2022.**

The University of Lusaka avails itself of this opportunity to review to your office the assurances of its highest considerations and looks forward to your timely and favorable response.



Prof Kasonde Bowa
MSc(Glasgow),M.Med(UNZA),FRCS(Glasgow),FACS,FCS,DPH(LSTMH),MPH(UCL)
Chairman- UNILUS REC
Professor of Urology and Consultant Urologist
Executive Dean University of Lusaka and University Teaching Hospital
School of Medicine and Health Sciences.