

**EFFECTS OF ALCOHOLISM ON CHRISTIAN YOUTHS IN BENUE
STATE, NIGERIA**

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**DEPARTMENT OF ARTS AND SOCIAL SCIENCE EDUCATION,
FACULTY OF EDUCATION,
AHMADU BELLO UNIVERSITY,
ZARIA-NIGERIA**

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**A DISSERTATION SUBMITTED TO THE SCHOOL OF
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**IN PARTIAL FULFILLMENT OF THE REQUIREMENTS OF THE
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EDUCATION, FACULTY OF EDUCATION, AHMADU BELLO
UNIVERSITY, ZARIA-NIGERIA**

FEBRUARY, 2018

DECLARATION

I declare that this dissertation titled “Effects of Alcoholism on Christian Youths in Benue State, Nigeria,” has been carried out by me in the Department of Arts and Social Science Education under the supervision of Rev. Fr. Prof. Joseph H. Mamman and Dr. Oliver Bongontons. The information derived from the literature has been duly acknowledged in the text and a list of references provided. No part of this dissertation has previously been presented for another degree at any university as far as I know.

Matthew Chafa
Name of Student

.....
Signature

.....
Date

CERTIFICATION

This dissertation entitled “Effects of Alcoholism on Christian Youths in Benue State, Nigeria” by Matthew CHAFA meets the regulations governing the award of Masters of Education (M.Ed) in Christian Religious Studies of Ahmadu Bello University, Zaria and is approved for its contribution to knowledge and literary presentation.

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DEDICATION

This dissertation is dedicated to my Late father Mr. A. Chafa and my Mother Mrs. Martina Chafa and Late Fr. David Akaito.

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First and foremost, my thanks goes to God Almighty for the gift of life, guidance, protection and the capacity to carry out this research.

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ABSTRACT

The researcher is titled “Effect of Alcoholism on Christian Youths in Benue State, Nigeria. The objective of the study is to examine the effect of alcoholism on the health, social, academic and morals of Christian Youths in Benue State. Chapter two focuses on the review of literature, the empirical studies and summary. Chapter three deals with the methodology of the study. The survey research design was employed in the study. The target population was on all the registered Churches under Christian Association of Nigeria (CAN) bloc in the three senatorial zones in Benue State. Also, random sampling was adopted. Two instruments were used namely: structural questionnaire and oral interview. The questionnaire was framed based on modified Likert scale of four points. The interview was also adopted in order to reach other respondents who were not privileged to be sampled. Chapter four presents a statistical analysis of the data collected from the respondents on the effects of alcoholism on Christian Youths in Benue State, Nigeria. The statistical analysis was carried out with the Statistical Package for the Social Sciences (SPSS) IBM version 23. A total of 354 questionnaires was successfully retrieved out of 384 administered, giving a total response rate of 98.3%. The findings shows that alcoholism has: health complications on Christian Youths in Benue State, negative effects on the academic performance of Christian Youths in Benue State, it makes the Youths not to be serious with their religious activities. Therefore, it is recommended that: the government should make policies to regulate the sale of alcohol and youth should be prohibited from drinking until they have reached certain age, there should be more preaching on the effects of alcoholism, there should be more advertisement on television and radio about the negative effects of alcohol and finally there should be a rehabilitation center for those who are alcoholics.

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LIST OF ABBREVIATIONS

AA	-	Alcoholics Anonymous
HIV/AIDS	-	Human Immune Virus
NB	-	Nigerian Breweries
OAIC	-	Organization of African Independent Churches
CCON	-	Christian Council of Nigeria
CSN	-	Catholic Secretariat of Nigeria
CPFN	-	Christian Pentecostal Fellowship of Nigeria
WHO	-	World Health Organization
CAN	-	Christian Association of Nigeria
GPA	-	Grade Point Average
IAR	-	Institute of Agricultural Research
SPSS	-	Statistical Package for Social Sciences

OPERATIONAL DEFINITION OF TERM

Youth: The age group of the youths in this study is between 18-45 years

CHAPTER 1

INTRODUCTION

1.1 Background to the study

Alcohol consumption dates back to time immemorial in the history of man. In traditional Nigerian societies, alcohol consumption was gender and age based. It was mainly consumed by adult males in social engagements. Customs and traditions regulated production and consumption of locally made alcoholic drinks. Though, young people in a few communities were permitted to drink, this was usually in the presence of adults who monitored the quantity they consumed Emeka, (2013). Alcohol consumption was not a daily affair and it was restricted for use in religious rituals, marriage ceremonies, kingship enthronements, cultural festivals and child naming ceremonies. Even on these occasions, excess consumption among adults was culturally controlled. Elders would drink first, served by the younger members of the tribe and because the wine was not produced in commercial quantities, this often meant that little would be left for the latter group. This trend was altered in Nigeria following the Group Changing Patterns of Alcohol Consumption in Nigeria with the influx of European slave traders and their 'trade spirit' in the fifteenth century.

The fact that alcohol was not new to the indigenous people, the influence of the Western traders popularized the sale of liquor and facilitated alcohol abuse.

This trend was sustained during the colonial era and beyond, leading to the establishment of the first Brewery (Nigerian Brewery limited presently known as Nigerian Breweries or NB Plc.) in 1946. This signified, a new trend, in alcohol consumption in the country. In more recent years, there have been some striking changes in the patterns of consumption, brought about by the development of the socio-political and economic structures of the country Gotman, (2008). Consumption is no longer solely regulated by custom of the people and it is no longer reserved for social gatherings or entertainments of guests alone. The

patterns of use, the users and reason(s) for consumption are changing rapidly, especially among young drinkers. A sharp contrast from what hitherto existed is the alcohol consumption among Youths in bars, restaurants, drinking joints, hotels and nightclubs that are strategically located near various places in Nigeria.

This has serious implications because researches have revealed that parents and siblings are terribly affected by the drinking behaviour of young people. This is perceived as a serious malady and its consequences are diverse and transcend beyond the alcoholic persons/individuals to affect relatives, friends, neighbours and the society alike.

In Benue state, alcohol consumption is recognized as an important cultural aspect of all ceremonial occasions from the celebration of a child's birth, wedding and funerals. Apart from the festive season drinking during events, there is the usual recreational drinking that occurs during leisure time on weekends. This particular activity is however, having disastrous effects on the lives of the young, old, rich and poor, men and women as well as successful business men, skilled mechanics, laborers, home makers and Church members of all denominations. Sad as this may be, majority of the perpetrators are the Youths. The Youths who persistently abuse alcohol seem to be going through an array of problems. This has remained a source of worry to parents, schools, society and even the government because of the attendant behaviour that usually follow it (Gotman, (2008).

Governments and non-governmental organizations as well as religious leaders are making concerted efforts to reduce, if not eradicate alcohol misuse and its related consequences by providing useful and intensive information so that they can be aware of the effects in the excessive consumption of alcoholic beverages. However, despite the warning messages, immoderate consumption of alcoholic beverages still persists.

1.2 Statement of the Problem

Alcoholism is a chronic and progressive deadly social disease related to continuous consumption of alcoholic drinks and in which genetic, psychosocial, economical and environmental factors correlate to its development and manifestation, (office of applied studies, substance abuse and mental health service administration, 2002). It has been identified as one of the most important risk factors of non-communicable diseases and the third largest global disease burden risk factors.

According to WHO, 2014 estimates, 4 percent of all deaths worldwide are alcohol related problems; this account for 2.5 million deaths, with over 320,000 between 18 and 35 years of age. The United Nations drug program control (2012) revealed that the overall use of drugs such as marijuana, cocaine, heroine among the Youths is on the decline but the proportion of Youths continuing to partake in excessive alcohol consumption across drinking places remain troubling. The impact of alcohol abuse among the Youths has been considered a moral decadent and has made the face of the Youths rough and brought shame to the society. Hanks, (2011)

There is no doubt that civilization and science have increased the number of alcoholic drinks such as spirits, beer and wine in the society. Based on this, many people especially Youths now indulge in alcoholic drinking. Majority consume it without control while others have made it part of their lives Peter, (2002). The trend is such that, some see it as an alternative to food Kazah, (2002). Some young adults indulge in it mostly for ego assertion, the desire to be independent, to reduce frustration, to relieve boredom, fatigue and help them escape the harsh realities of their world.

Against this background, the Youths are always advised to live a good moral life worthy of emulation as they are considered the leaders of tomorrow. For the Christian Youths, they are

considered to be the future of the Church. But considering how Youths especially the Youths in Benue state actively engage in the consumption of alcohol more than their daily commitments and activities in the Church is a thing of worry. Hence, this study is undertaken to highlight the effects of alcoholism in their lives.

1.3 Objectives of the Study

The major objective of the study is to find out the effects of alcoholism among Christian Youths in Benue State. The specific objectives of this study are to:

1. identify the effects of alcoholism on the health of Christian Youths in Benue state;
2. examine the effects of alcoholism on the moral life of Christian Youths in Benue state;
3. evaluate the effects of alcoholism on the academic pursuits of Christian Youths in Benue state;
4. find out the effects of alcoholism on the social life of Christian Youths in Benue state.

1.4 Research Questions

This study seeks to answer the following questions:

1. What are the effects of alcoholism on the health of Christian Youths in Benue State?
2. What are the effects of alcoholism on the moral life of Christian Youths in Benue State?
3. What are the effects of alcoholism on the educational performance of Christian Youths in Benue State?
4. What are the effects of alcoholism on the social disposition of Christian Youths in Benue State?

1.5 Hypotheses

The following hypotheses were postulated for this study:

- Ho1 There is no significant difference in opinion between male and female Christian Youthson the effects of alcoholism on the health of Christian Youths
- Ho2 There is no significant difference in opinion amongCatholic, Protestant and PentecostalYouths on the effects of alcoholism on the moral life of Christian Youths
- Ho3 There is no significant difference in opinion amongpastors and members on the effects of alcoholism on the academic performance of Christian Youths
- Ho4 There is no significant difference in opinion amongYouths of different age groupings on the effects of alcoholism on the social life of Christian Youths

1.6 Significance of the Study

It is hoped that the findings from this study will benefit the Youths,the Church, parents and schools it is obvious that the Alcoholism makes most youths the victims socially misfit. Their behavior makes them a nuisance within their peer group. Thus, this study will guide youth leaders in their conscious efforts to help their alcoholic counterparts. Also, it is hoped that the findings will be a resource material for youths to guide their peer group against addiction and related vices.**Church**is a major stakeholder in the formation of the Youths. The moral inaptitude of the Youths in the society is an affront on the evangelical mission of the Church. Thus, this study will give priests, bishops and pastors etc a blue-print on how to direct their Youths.

It is mostly observed that **Parents** are those directly affected by the behavior of children who are alcoholic. Sometimes, they struggle to contain the violence of their alcohol children. It is believed that suggestions from this study will help them to properly inhabitants and live with their children with care. Also, it will give them an insight on how to take preventive measures against alcoholic behaviours of their wards.

School: the school is a learning centre, it is a place where Youths receive intellectual and moral formation. The findings of this study will help school administrators, teachers and counselors in tackling alcoholic related crises. It will also help them to take preventive measures against the spread of alcoholism.

1.7 Scope of the Study

The study covers all Christian Youths in Benue state. Benue State is a state in the middle-belt region of Nigeria with a population of about 4,253,641 in 2006 census. It is inhabited predominantly by the Tiv and Idoma people, who speak the Tiv language and Idoma, respectively. The Tivs are comprised by the Etulos while the Idomas are comprised by the Ufias (Utonkon), the Igedes, and the Agatu's. There are other ethnic groups, including the Etulo, Abakwa, Jukun, Hausa, Igbo, Akweya and Nyifon. With its capital at Makurdi, Benue is a rich agricultural region; some of the crops grown there are potatoes, cassava, soya beans, guinea corn, yams, sesame, rice, and groundnuts.

Benue State is named after the Benue River and was formed from the former Benue-Plateau State in 1976, along with Igala and some part of Kwara State. In 1991 some areas of Benue state (mostly Igala area), along with areas in Kwara State, were carved out to become part of the new Kogi State. Igbo people are found in the boundary areas of Ebonyi State and Enugu State in local government areas like the Obi, Oju etc. As at the time of conducting this research, Samuel Ortom was the governor and Benson Abounu was deputy governor of Benue state.

The choice of Benue State as a case study is because it is generally believed that the Youths in Benue State consume more alcohol than Youths elsewhere. Secondly, Benue State is a

State where Youths from different parts of the country are represented. It follows by implication that the result of this study could be applied to other parts of Nigeria.

CHAPTER 2

REVIEW OF RELATED LITERATURE

2.1 INTRODUCTION

This chapter is a review of related literature on the topic of the study. It seeks to establish what was already known about the effects of alcohol and Youths, to compare and relate published literature and identify their strength and weaknesses as a basis for this study. The review is presented in the following manner: the definition of alcoholism, epidemiological patterns and trends of alcoholism, Bible teachings on alcohol, effects of alcoholism on educational performances, effects of alcoholism on health, effects of alcoholism on social life, effects of alcoholism on moral life along with effects of alcoholism on spiritual life.

2.2 Definition of Alcoholism

Alcoholism can take on a variety of definitions, depending on the context in which it is discussed. In common and historical usage, alcoholism typically constitutes any condition that results in the continued consumption of alcoholic beverages, despite negative personal and social consequences(Adelekan,2013). Medical definitions describe alcoholism as a disease influenced by genetic, psychological, and social factors any of which may precipitate on-going difficulty in controlling overall alcohol consumption. More generally, alcoholism may also point to concerns such as a preoccupation with or compulsion toward the consumption of alcohol, and/or an impaired ability to recognize the overall negative effects of excessive alcohol consumption (Adewuya, 2006). Although not all of these definitions specify current and on-going use of alcohol as a qualifier, some do, as well as remarking on the long-term effects of consistently heavy alcohol use, includingdependence and symptoms of withdrawal.

According to the World Health Organization (WHO, 2004), alcoholism is a chronic behavioural disorder manifested by a dependence on alcohol and by consumption or drinking of alcoholic beverages in excess of the dietary and social uses to the extent that interferes with the drinker's health, social and economic functions. Anderson, (2006), defines alcoholism as the repetitive intake of alcoholic beverages to such an extent that repeatedly or continually harm the drinker. Babor (2008), further defined alcoholism as "drunkenness plus serious life problem and the inability to stop drinking without help. Such persons usually have both physiological and psychological dependence on alcohol.

Babor (2010), further defined alcoholism as "drinking more than is good for one over an extended period of time". While Endal, (2010) defined alcoholism as "a disease which is characterized, by a compulsive drinking of alcohol in some form". Alcoholism is an illness characterized by significant impairment that is directly associated with persistent and excessive use of alcohol. Impairment may involve physiological, psychological and social dysfunction (Borland, 2009).

An obvious feature of the condition of alcoholism according to Kaskutas (2012) is excessive drinking which results in negative consequences. In a medical context, alcoholism is said to exist when two or more of the following conditions are present:

- (a) Person drinks large amounts over a long time period, has difficulty cutting down,
- (b) Acquiring and drinking alcohol takes up a great deal of time.
- (c) Alcohol is strongly desired.
- (d) Usage results in not fulfilling responsibilities in social problems, in health problems and in risky situations.

A review of the enormous body of material attempting to understand and describe alcoholism reveals two competing conceptualizations of the phenomenon. For the sake of simplicity these can be labeled the 'disease model' and the 'habit model' (Jones, 2009). According to the first model alcoholism is a disease. This view is espoused by the grass roots community organization of "Alcoholics Anonymous" (AA) and treatment programmes that utilize the understandings and resources of that organization. The idea is that alcoholism is an abnormal mental or behavioral condition that a person suffering from has no choice other than the decision about whether or not to embark on treatment. In contrast are the views of those who argue that alcoholism is not a disease but rather a learned behaviour (Jernigan, 2006), more like a habit, the accumulation of lifestyle choices, or an automatic and dysfunctional coping strategy. This view tends to be adhered to by cognitive behavioral professionals.

A study conducted by the United Nations committee on health in the year 2013, revealed that alcoholism is more prevalent in larger communities than in less populated and rural communities. The study also revealed that alcoholism appears to be considerably more common among men than women. But because female alcoholics tend to be more protected and sometimes more reluctantly diagnosed, there are even less reliable figures on the actual number of female alcoholics. However, the number of known women alcoholics has doubled since the World War II (Ibanga, 2005). The pattern of alcohol abuse tends to differ from those by men. Women in their thirties and forties experience the highest incidence of alcohol abuse, while men experience drinking problems most often in their twenties, (Heap, 2008). Recent studies of infants suffering from the fetal alcohol syndrome, who were born to alcoholic mothers, suggest a pattern of defects including mental deficiency, parental and postnatal growth of deficiency and cardiovascular defects which may in part be linked to

alcohol. Whatever the actual incidence and prevalence of alcoholism might be, no one can doubt the magnitude of medical, social and economic consequences which alcoholism brings to the society.

2.3 Definition of Youth

The term 'Youths' could be difficult to define, as it covers a diverse area. Pierre Bourdieu (1978) in Jones (2010) suggests that "youth is just a word" and that it "has been an evolving concept" which has developed over the centuries into a social construction. Youth could also be defined by some, especially in western societies as the "life stages between childhood and adulthood" and becoming independent from dependent (Kehily 2007). Some favour biological markers, in which youth is the period between puberty and parenthood, while others define youth in terms of cultural markers "a distinct social status with specific roles, rituals, and relationships" (USAID/CMM 2005).

Definitions of 'Youth' by age vary drastically across different institutions; the United Nations has defined 'Youth' as person from 15 to 24 years of age, whereas the National Youth Policy of Nepal defines a Youth as persons from 16 to 40 years of age. The term Youth is defined by sociologists as a transition between 'childhood and adulthood' (Roche et al 2004). The alternative is the term 'adolescence' which is often used within psychology to describe the common biological, psychological, emotional and Sexual maturation phases associated with the onset of puberty and the teenage years. From this notion it appears that some perceive youth as a "sociological category rather than a biological one" Frith(2005), in Kehily(2007) notes that youth is a social construct rather than a biological and psychological concept as Hall (2004) cited in Kehily(2007) notes that the biological side changes can have an effect on different people at different times in their life through "hormonal and

psychological changes" from which they are not in control over and can have effect over their "feeling and behaviour".

Social anthropologists on the other hand, try to understand the concept of youth from a cultural perspective for instance rather than seeing it from biological view, they study their behaviour, cultural beliefs, family lives, social, political organizations and their relationships with each other (Kehily 2007) although it must be noted that most cultural studies are "based upon non-western and traditional societies" (Keily, 2007). Aries (2002) cited in Kassem et al (2010) suggests that the concept of youth did not exist in the middle ages and that it has been socially constructed over the centuries, as Aries states, 'in medieval society the idea of childhood did not exist', and that from the age of 7 a child would be classed as an adult, as Heywood (2001) notes the transition into adulthood takes place when a child no longer needs the mother and could survive without her, which is somewhere between the ages of 5 and 7, he states 'they are launched into the great community of men', although some would argue with this concept, as Kassem et al (2010) suggests, Aries work is only 'based upon the ideas of childhood and not children themselves'.

In conclusion as to why youth is so difficult to define, as it is quite diverse and complex and there are numerous reasoning behind the concept of youth from nature versus nurture to cultural and sociological explanations. It also varies globally as their values and beliefs differ from others. Therefore as Jones (2010) notes when youth is taken to mean age, then it really is just a word'. Therefore, the word Youths will always be difficult to define as there is no neutral definition. As we all define the word Youths in many different ways, (Suara, 2014) refer to those people within the ages of 18 and 40.

2.4 Epidemiological Patterns and Trends of Alcoholism

Although, heavy alcoholic beverage consumption is generally considered a personal and private issue, its effects permeate all sectors and dimensions of the society. Alcohol consumption has been a constant component of man's life from time immemorial. Attempts to control, restrict, or abolish alcohol in the developed, developing and underdeveloped world have all met with failure (Casswell, 2011). Alcoholism usually manifests itself due to daily intake of large amount of alcohol, regular heavy drinking most especially on weekends and periodic heavy binge drinking for weeks or months. Drinking behaviour is most likely to occur among men and women under 50 years of age (Bruce, 2001). These people according to Cismaru, (2008) could be men and women of higher social status, professionals, non-professionals, technical workers and management officials, college and university students and graduates, single men and women, residents of suburban cities and towns as well as those without any religious affiliation.

Clinical diagnosis of alcohol is based on symptoms persisting for a month or more, or occurring repeatedly over a period of time (Clarren, 2008). Such symptoms as stated by Cox III (2007) include alcohol intake in large amount (5 or more in a day), persistent desire to quit drinking, considerable time spent obtaining alcoholic drinks, using or recovering from alcohol, persistent drinking despite social, psychological or physical symptoms, sleep problem, denial of alcohol problems, loss of memory, depression and the desire for a drink to start the day. Others are poor judgment, imbalance, headache, stomach pain, fatigue, weakness, muscle cramp and irregular or rapid heart rate.

Alcoholism is associated with different patterns of drinking alcoholic beverages. The most common and generally recognized patterns of consumption of alcoholic drinks among young men, especially those who are single, separated, or divorced, who drink beer, or who

concentrate most of their drinks on weekends include light, infrequent, moderate, social, problem and binge drinking (Farke, 2011). In another dimension of alcohol drinking pattern, Office of Applied Studies, Substance Abuse and Mental Health Services Administration (2002) and Gureje, (2007), report that those who never drink with the exception of consuming communion wine in religious ceremonies are non-drinkers with non-drinking pattern. The social drinkers are distinguished by their control over the quantity and rate of consumption and their ability to choose whether to engage in such social activity. Thus, they follow social drinking pattern. They have a range of drinking behavior such as light, moderate and heavy. They reject drinking by certain persons in various circumstances as inappropriate, and they themselves are subjects to peer group sanction, laws and ordinances against anti-social behavior resulting from alcohol misuse and abuse.

The episodic excessive drinking pattern involves the use of alcoholic beverages which sometime exceeds social norms and results in intoxication. Such persons follow progressive excessive drinking pattern with drinking episodes becoming more frequent and periods of intoxication, physical disorders, deterioration of social relationships, and difficulties with the law enforcement agencies become apparent. People with chronic alcoholic drinking pattern have developed a drug dependency in which the control over the quantity and frequency of drinking is lost. Their persistent alcohol abuse is marked by severe physical disabilities, impaired social and economic relations, and sometimes frequent acts of public intoxication (Chikere, 2011).

2.5 Bible Teachings on Alcohol

The Bible says so much regarding the drinking of alcohol and are contained in the Old and New Testament.

2.5.1 Old Testament Teachings on Alcohol

In the Old Testament, the Word of God is very clear concerning the matter of alcohol or wine. In the book of Genesis 9:20-26 it states that:

Noah began to be a man of the soil, and he planted a vineyard. He drank of the wine and became drunk and lay uncovered in his tent. And Ham, the father of Canaan, saw the nakedness of his father and told his two brothers outside. Then Shem and Japheth took a garment, laid it on both their shoulders, and walked backward and covered the nakedness of their father. Their faces were turned backward, and they did not see their father's nakedness. When Noah awoke from his wine and knew what his youngest son had done to him, said, "Cursed be Canaan; a servant of servants shall he be to his brothers. "He also said, blessed be the LORD, the God of Shem; and let Canaan be his servant.

The book of Genesis tells us about the consequences of Alcoholism. Similarly, Genesis 19:30-38 also states that:

Lot and his two daughters left Zoar and settled in the mountains, for he was afraid to stay in Zoar. He and his two daughters lived in a cave. One day the older daughter said to the younger, "Our father is old, and there is no man around here to give us children—as is the custom all over the earth. Let's get our father to drink wine and then sleep with him and preserve our family line through our father. That night they got their father to drink wine, and the older daughter went in and slept with him. He was not aware of it when she lay down or when she got up. The next day the older daughter said to the younger, "Last night I slept with my father. Let's get him to drink wine again tonight, and you go in and sleep with him so we can preserve our family line through our father". So they got their father to drink wine that night also, and the younger daughter went in and slept with him. Again he was not aware of it when she lay down or when she got up. So both of Lot's daughters, became pregnant by their father.

From the above bible extract, is apparent that excessive alcohol brings about grave consequences in other words, there is a terrible price to pay by using alcohol to destroy the beautiful work of God, confuse the brain and cause one to fail in the capacities to make right judgement. In the same vein, the book of Isaiah 28:2-8 shows how alcoholism can affect people as in the drunkards of Ephraim. The Bible puts it that:

See, the Lord has one who is powerful and strong. Like a hailstorm and a destructive wind, like a driving rain and flooding downpour, he will throw it forcefully to the ground. That wreath, the pride of Ephraim's drunkards will be trampled underfoot. That fading flower, his glorious beauty set on the head of a fertile valley will be like figs ripe before harvest; as soon as people see them and take them in hand, they swallow them. In that day, the Lord almighty will be a glorious crown, a beautiful wreath for the remnant of his people. He will be a spirit of justice to the one who sits in judgment, a source of strength to those who turn back the battle at the gate. And these also stagger from wine and reel from beer: priests and prophets stagger from beer and are befuddled with wine; they reel from beer, they stagger when seeing visions, they stumble when rendering decision. All the tables are covered with vomit and there is not a spot without filth.

Isaiah points out the harm alcohol has on people. He states clearly in the book of Isaiah 5:11-12 that "Woe to those who rise early in the morning to run after their drinks, who stay up late at night till they are inflamed with wine. They have harps and lyres at their banquets, pipes and tumbrels and wine, but they have no regard for the deeds of the LORD, no respect for the work of his hands. Also, in Isaiah 5:22-23, we read where God, in the strongest terms condemns heroes in alcohol consumption. It says that "Woe to those who are heroes at drinking wine, and valiant men in mixing strong drink, who acquit the guilty for a bribe, and deprive the innocent of his right". In a similar vein, just as Isaiah denounces the evil effects of drinking when he states "Harlotry, wine, and new wine enslave the heart" (Hosea 4:11). Aaron and his sons were strictly forbidden from drinking either wine or strong drinks when they went into the tabernacle to minister before the Lord. This is found in Leviticus 10:9-11. It says: You and your sons are not to drink wine or other fermented drink whenever you go into the tent of meeting, or you will die. This is a lasting ordinance for the generations to come, so that you can distinguish between the holy and the common, between the unclean and the clean, and so you can teach the Israelites all the decrees the LORD has given them through Moses." It was traditionally significant for one who has made a vow to be dedicated to God to abstain totally from strong drink. Numbers 6:1-3 states thus:

‘Then the LORD spoke to Moses, saying, “Speak to the children of Israel, and say to them: ‘When either a man or woman consecrates an offering to take the vow of a Nazarite, to separate himself to the LORD, he shall separate himself from wine and similar drink; he shall drink neither vinegar made from wine nor vinegar made from similar drink; neither shall he drink any grape juice, nor eat fresh grapes or raisins’.

Judges 13:4, 7, and 14 also talks about God’s directives to the mother of Samson about drinking alcohol. It says that “see to it that you drink no wine or other fermented drink and that you do not eat anything unclean. You will become pregnant and have a son. Now then, drink no wine or other fermented drink and do not eat anything unclean, because the boy will be a Nazareth of God from the womb until the day of his death. She must not eat anything that comes from the grapevine, nor drink any wine or other fermented drink nor eat anything unclean. She must do everything I have commanded her.”

Drunkenness comes along with many consequences. Many people have taken and are still taking advantage of people’s drunkenness to commit atrocities. The book of 1 Kings 16:8-10 gives us a clear example as thus; “In the twenty-sixth year of Judah’s King Asa, Elah son of Baasha became king over Israel and reigned in Tirzah two years. Zimri, one of his officials who had command of half of his chariots, plotted against him. Elah was in Tirza at the time, getting drunk in the home of Arza, the palace administrator at Tirzah. Zimri came in, struck him down and killed him in the twenty seventh year of Asa, king of Judah, then he succeeded him as king. This implies that if he were not drinking, he would not have been killed.

In the book of Proverbs, similar warnings about alcohol consumption abound. The book of Proverbs 23: 19-21, 29-35 specifically says:

Listen, my son, and be wise, and set your heart on the right path: Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and

drowsiness clothes them in rags. Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine. Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper. Your eyes will see strange sights, and your mind will imagine confusing things.³⁴ you will be like one sleeping on the high seas, lying on top of the rigging. They hit me,” you will say, “but I’m not hurt! They beat me, but I don’t feel it! When will I wake up so I can find another drink?

Alcohol or wine is generally known to cause many problems when consumed beyond limit. The wise Solomon writes that, “Wine is a mocker and beer a brawler; whoever is led astray by them is not wise” (Proverbs 20:1). “Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper” (Proverbs 23:31).

2.5.2 New Testament Teachings on Alcohol

The apostle Paul, in the New Testament speaks tirelessly to several adherents of the gospel of our Lord Jesus Christ to avoid unwise drinking among other warnings contained in his sermons. A good example is in Romans 13:13 where he says “let us walk honestly as in the day not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying”.

In Ephesians 5:18, Paul say “Do not get drunk on wine, which leads to debauchery instead, be filled with the Spirit”. Also, in Galatians 5:19-21, Paul mentioned many vices including drunkenness as one of those things that will prevent us from inheriting the kingdom of God:

Now, the work of the flesh are manifest which are these, Adultery, Fornication, Uncleaness, Lasciviousness, Idolatry, Witchcraft, Hatred, Variance, Emulation, Wrath, Strife, Sedition. Heresies, Envy, Murders, Drunkenness, Reveling and such likes of which I tell you in the past, that they, which do such things shall not inherit the kingdom of God

The Corinthians got the same message when in 1Corinthians 6:9-11 Paul said; “Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortionist will inherit the kingdom of God. And such were some of you”.

Drunkenness and alcoholism is seen as a disease. The bible calls it sin and all who allow themselves to be drunk become prey to it. In Luke 12:45-46 Jesus Christ says:

But suppose the servant says to himself, ‘My master is taking a long time in coming,’ and he then begins to beat the other servants, both men and women, and to eat and drink and get drunk. The master of that servant will come on a day when he does not expect him and at an hour he is not aware of. He will cut him to pieces and assign him a place with the unbelievers.

St. Matthew’s gospel just like St. Luke speaks of the dangers of drunkenness and its dire repercussion. He says:

But suppose that servant is wicked and says to himself, ‘My master is staying away a long time,’ and he then begins to beat his fellow servants and to eat and drink with drunkards. The master of that servant will come on a day when he does not expect him and at an hour he is not aware of. He will cut him to pieces and assign him a place with the hypocrites, where there will be weeping and gnashing of teeth”

Jesus Christ warns in Luke 21:34 “Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap”. St Paul warns us not to associate with alcoholics. This is stated clearly in 1 Corinthians 5:11 thus “But now I am writing to you that you must not associate with anyone who claims to be a brother or sister but is Sexually immoral or greedy, an idolater or slanderer, a drunkard or swindler. Do not even eat with such people”.

In addition, Roman 13:13 encourages us to stay away from alcohol so as to live good and decent life that pleases God. It says “Let us behave decently, as in the daytime, not in orgies

and drunkenness, not in Sexual immorality and debauchery, not in dissension and jealousy. Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature”. St. Paul’s letter to the Romans does not stop there. In Romans 14:21-22 continues continued by saying that; “It is better not to eat meat or drink wine or to do anything else that will cause your brother or sister to fall. So whatever you believe about these things keep between yourself and God. Blessed is the one who does not condemn himself by what he approves”.

The Bible is clear that our bodies are temples of the living God via the agent of the Holy Spirit. “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received of God? Therefore honor God with your body” (1 Corinthians 6:19). God is concerned with how we treat our bodies, including what we eat or drink. “So whether you eat or drink or whatever you do, do it all for the glory of God” (1 Corinthians 10:31).

2.6 Effects of Alcohol Consumption

Alcohol consumption is linked to many effects and consequences for the individual drinker and the drinker’s immediate environment and society as a whole. Such effects have been receiving public or research attention in recent years, indicating a growing interest in a broader concept of alcohol-related consequences (Klingemann, 2011).

2.6.1 Alcohol and Educational Performance

Behavioral research has found that educational performance is highly correlated with substance abuseKehinde, (2012). Economic studies that look at the link between alcohol use and educational outcomes have customarily focused on measures of educational attainment such as graduation, college matriculation, and years of school completed. Consistent with the behavioral research, early economic studies found that drinking reduced educational

attainment. Korieh, (2003), found that heavy or frequent drinking in high school adversely affects high school and college completion.

Alcohol use could conceivably affect a student's quality of learning and academic performance regardless of its impact on school completion. This possibility is suggested by Laughery, (2013), who used a research design similar to that used by Obot, (2000) and found that although binge drinking did not affect high school completion rate, it significantly increased the probability that a student graduated with a low grade.

Drinking alcohol could affect learning through a variety of mechanisms. Recent neurological research suggests that underage drinking can impair learning directly by causing alterations in the structure and function of the developing brain with consequences far reaching beyond adolescence (Odejide, 2006). Negative effects of alcohol use can emerge in areas such as planning and executive functioning, memory, spatial operations, and attention (Luginaah, 2003). Alcohol use could also affect performance by reducing the number of hours committed to studying, completing homework assignments, and school attendance.

Five economic studies have investigated whether drinking affects learning per se. Bray (2005) analysis this issue indirectly by studying the effects of high school students' drinking on subsequent wages, as mediated through human capital accumulation. He finds/discovers that moderate high school drinking had a positive effects on returns to education and therefore on human capital accumulation. Heavier drinking reduced this gain slightly, but net effects were still positive. The other four studies approached the question directly by focusing on the association between drinking and GPA. Three of the GPA studies used data from the Harvard College Alcohol Study. Analyzing data from the study's 1993 wave, Mares, (2012), estimated the impact of college drinking on the quality of human capital acquisition as captured by

study hours and GPA. Both studies found that drinking had direct negative effects on GPA and indirect negative effects through reduced study hours.

Miller, (2011), used data from the 1993 and 1997 waves and found that both high school and college binge drinking were associated with lower college GPA for males and females. For females, however, study time in college was negatively correlated with high school drinking but positively associated with college drinking. Analyzing data from the Youth Risk Behavior Survey, Miller, (2011) used standard regression analysis to estimate whether drinking affected high school GPA. Even after controlling for many covariates, they found that drinking had significant negative effects. Their results showed that the GPAs of binge drinkers were 0.4 points lower on average for both males and females. They also found that the effects of drinking on GPA peaked for ninth graders and declined thereafter and that drinking affected GPA more by reducing the likelihood of high grades than by increasing the likelihood of low grades. Early cross-sectional studies of educational attainment suggest that drinking can have a sizeable negative effects on both outcomes. More recent studies of educational attainment that utilized improved estimation methods to address the endogeneity of alcohol use have found that drinking has negligible effects. However, a lot has been done on the literature review by pinpointing out the negative effects of alcoholism on educational performance using secondary and tertiary schools to ascertain the effects in order to draw a conclusion. However, there was no instrument to determine the opinions of the students, therefore the review did not bring out the authentic result based on the opinion of the students.

2.6.2 Alcohol and its Social Effects

Alcohol consumption have been linked to many harmful consequences for the individual consumer, the drinker's immediate environment and society as a whole. Such social

consequences as traffic accidents, workplace-related problems, family and domestic problems, interpersonal violence, have been receiving more public or research attention in recent years, indicating a growing interest in a broader concept of alcohol-related consequences on some issues and data involving the following social problems: alcohol consumption and workplace problems, alcohol consumption and family problems and domestic violence.

a) Alcohol consumption and the workplace

Heavy drinking at the workplace potentially lowers productivity. Sickness absence associated with harmful use of alcohol and alcohol dependence entails a substantial cost to employees and social security systems. There are ample evidences that people with alcohol dependence and problem drinkers have higher rates of sickness absenteeism than other employees Klingemann, (2011). Ahmed (2001) notes that a number of studies have demonstrated an association between heavy drinking or alcohol abuse and unemployment. Here, a causal association may go in either direction, heavy drinking may lead to unemployment, as suggested by Obot, (2000); but loss of work may also result in increased drinking, which may become heavy drinking, as indicated by Miller, (2011).

A study conducted by Odejide, (2009) found modest but significant relationships between drinking behaviours and self-reports of workplace problems. Some examples may highlight the extent to which alcohol affects work performance. It has been estimated that 30% of absenteeism and workplace accidents in Africa are caused by alcohol dependence (Pan African Health Organization, 2008). According to industry association sources from Mozambique, 15% to 20% of absenteeism and 40% of accidents at work are due to alcohol consumption (Maulik, 2009).

A study by the Department of Hygiene and Industrial Safety in three factories in Bolivia, found that 7.3% of absenteeism in the first two days of the work week and 1.2% of work-related accidents were directly related to the consumption of alcohol (Pan American Health Organization, 2008). It has been estimated that 20–22% of work-related accidents in Chile have a direct or indirect relationship with recent alcohol use. In a study of patients who required hospitalization for severe work-related accidents, it was found that 15% reported recent use of alcohol (Olorunfemi, 2004). It has been reported that in Latvia, alcoholism has had adverse impacts on productivity in the workplace and increased absenteeism. No figures had been published on the extent of absenteeism due to excessive alcohol use. It is estimated that drinking and alcoholism have reduced labour productivity by some 10%, (Odejide, 2006).

b) Alcohol consumption and the family

It is well established that drinking can severely impair the individual's functioning in various social roles. Alcohol misuse is associated with many negative consequences both for the drinker's partner as well as the children. Maternal alcohol consumption during pregnancy can result in fetal alcohol syndrome in children, and parental drinking is correlated with child abuse and impacts a child's environment in many social, psychological and economic ways Odejide, (2009). Drinking can impair performance as a parent, as a spouse or partner, and as a contributor to household functioning. There are also other aspects of drinking which may impair functioning as a family member. In many societies, drinking may be carried out primarily outside the family and the home. In this circumstance, time spent while drinking often competes with the time needed to carry on family life. Drinking also costs money and can impact upon resources particularly of a poor family, leaving other family members destitute. Also, it is worth noting that specific intoxicated events can also have lasting consequences, through home accidents and family violence Olorunfemi, (2004).

A recent paper by Oshodin, (2005), suggests that adverse child health effects of alcohol use are primarily through two distal determinants (indirect effects) - forgone household disposable income and caretakers' time for childcare. Diversion of scant economic resources for alcohol use that could have otherwise been used for seeking health care, may lead to self-care or delay in seeking health care. The other potential ways by which alcohol use can reduce the household income are through morbidity associated with the drinking habit among the consuming individuals, resulting in increase in medical expenditures and loss of income due to lost wages, and, sometimes, resulting in the premature death of sole wage earners in a household. Implicit in the habitual drinker's potential impact on family life is the fact that drinking and its consequences can result in substantial mental health problems of family members. Such effects, though potentially common, are not often documented. Some insight into this issue can be gained from interviews with members of Al-Anon, a companion organization to Alcoholic Anonymous for spouses and family members of people with alcohol dependence.

In interviews with 45 Al-Anon members in Uganda, 73% reported feelings of anxiety, fear, and depression; 62% reported physical or verbal aggression by the spouse toward the family; and 31% reported family disintegration with serious problems involving money and the children Olukojju, (2011). The effects of men's drinking on other members of the family is often particularly on women in their roles as mothers or wives of drinkers. The risks include violence, HIV infection, and an increased burden in their role of economic providers. In a paper that looked at alcohol and alcohol-related problems facing women in Lesotho, it was noted that as in many other developing countries, the cultural position of women in Lesotho facilitates a vicious circle in which women are at one time brewers of alcohol, then sellers,

then become excessive consumers due to the problems created by their drinking husbands, Oluwadiya, (2010).

c) Alcohol and domestic violence

Research has found that alcohol is present in a substantial number of domestic violence. The most common pattern is drinking by both offender and victim. Alcohol has been shown to be a significant risk factor for husband-to-wife violence. Studies have shown that the relationship between alcohol and domestic violence is complex. Drinking frequently has been associated with intrafamily violence. Reviews have found that excessive alcohol use is a strong and consistent correlate of marital violence, but that violence rates vary based on research designs, methodologies, and samples Oshodin, (2005). Therefore, the role of alcohol remains unclear.

Studies based on interviews with abused wives tend to report higher proportions of alcohol involvement than do general population studies or police samples. In a study examining episodes of domestic violence reported to the police in Zurich, Switzerland, evidence of alcohol involvement was found in 40% of the investigated situations. Police officers thus believed there was a clear link between alcohol and violence in at least 26% of the cases studied Parry, (2010). Regarding partner violence, research evidence indicates that it is more strongly associated with heavy drinking, whether usual or occasional, than is non-partner violence, and conflicts as to whether drinking by the victim makes violent acts by a partner more likely.

A study conducted in Nigeria shows a strong association between domestic violence and alcohol use. Alcohol use was involved in 51% of the cases in which a husband stabbed a wife Obot, (2000). In a 1998 cross-sectional study of violence against women undertaken in three

provinces in South Africa, it was found that domestic violence was significantly positively associated with the women drinking alcohol and conflict over the partner's drinking Oshodin, (2014). In a 2000–2001 survey of 5109 women of reproductive age in the Rakai District of Uganda, it was found that the strength of the association between alcohol consumption and domestic violence was particularly noteworthy. Women whose partners frequently or always consumed alcohol before having Sex faced risks of domestic violence almost five times higher than those whose partners never drank before having Sex. Of women who recently experienced domestic violence, 52% reported that their partner had consumed alcohol and 27% reported that their partners had frequently consumed alcohol. This finding supports the conclusion that alcohol may play a direct precipitating role for domestic violence Pitso, (2011).

In a study of 180 women seeking prenatal care in rural South India, it was found that 20% of the women reported domestic violence and 94.5% of these women identified their husbands as the aggressors. Husband's alcohol use was a significant risk factor for domestic violence Poelen, (2007). The role of alcohol in domestic violence is also cited in another Indian study which found that 33% of spouse-abusing husbands were using alcohol. Of these 15% were occasional, 45% frequent and about 40% were daily users of alcohol.

A cross-sectional study of a random sample of 275 women in Barranquilla, Colombia found that habitual alcohol consumption in the women and in the spouses were factors associated with marital violence Reuben, (2006). It has been suggested that because alcohol-dependent individuals are intoxicated more frequently than non-dependent individuals, the observed association between spousal abuse and intoxication may occur simply by chance. In addition, most instances of spouse abuse occur in the absence of alcohol intoxication, suggesting the

need to understand better the processes through which some episodes escalate into violence Reuben, (2006).

The literature reveal on the social effects of alcohol review that alcoholism has great negative effects on family and workers thereby causing low productivity in working places and to the family, broken homes. To get the opinion of the people, Olukoju, (2011) used interview as an instrument to have the result. The review is one sided only the urban Youths were involved while the present work uses two instruments involving the rural and the urban Youths.

2.6.3 Effectsof alcohol on health

For some people, alcohol is a regular or occasional drink enjoyed at social occasions that causes no apparent harm; however, even moderate alcohol use carries some risks. When drunk regularly over time and/or drunk in a pattern of heavy single drinking sessions, alcohol can cause a variety of health conditions. Some of the dangerous health effects of excessive intake of alcohol are discussed below.

Alcohol and Live r disease

Worldwide alcohol is one of the main causes of end-stage liver disease (WHO, 2012). For many decades, alcohol was considered the primary cause of cirrhosis. Alcoholic liver disease occurs in patients who consume excessive amounts of alcohol Ringold, (2002). Alcoholic cirrhosis occurs in the setting of alcoholism; mortality from alcoholic liver disease closely follows the per capita alcohol consumption Selin, (2005). Studies have shown that up to 90% of alcoholics have fatty liver, a disorder that is seldom fatal and usually resolves within 2 weeks if alcohol consumption is discontinued Reuben, (2008). In the past, it was assumed that alcoholic fatty liver was a benign process and did not lead to fibrosis or cirrhosis; however, 5%–15% of patients with alcoholic fatty liver develop cirrhosis Rotimi, (2015). Fatty liver

typically occurs after short term binge drinking and is the hallmark of acute ingestion. It is rare to actually diagnose alcoholic fatty liver as patients are usually asymptomatic and have normal to mildly abnormal liver tests, Seller, (2015). Physical examination may reveal mild liver enlargement and stigmata of chronic liver disease are rarely seen. The clinical presentation of alcoholic hepatitis is reflective of the inflammatory features characteristic of this disorder. Classically, alcoholic hepatitis presents with fever, jaundice, hepatomegaly and occasionally signs of decompensated liver disease, such as ascites, portal hypertensive bleeding and hepatic encephalo-pathy (Reuben, 2007). The chance of liver damage is increased when a person drinks without eating, or drinks different types of alcohol in one sitting. Obesity also increases the chances that a person will experience liver damage as a result of alcohol consumption.

Hypertension and Heart Disease

People who drink alcohol excessively have a one and a half to two times increased frequency of high blood pressure (WHO, 2002). The association between alcohol and high blood pressure is particularly clear when alcohol intake exceeds 5 drinks per day, and the prevalence of hypertension is doubled at 6 or more drinks per day (Reuben, (2007)). Among the risk factors for hypertension that have the potential to be modified, alcohol is second only to obesity in its observed contribution to the prevalence of hypertension in men (Smart, (2007)). Numerous studies suggest that moderate alcohol consumption (not more than 2 drinks/day for men and 1 drink/day for women) helps protect against heart disease by raising cholesterol and reducing plaque accumulations in the arteries. Alcohol also has a mild anticoagulation effects, keeping platelets from clumping together to form clots. Both actions can reduce the risk of heart attack but exactly how alcohol influences either one still remains unclear. On the other hand, consumption of more than three drinks a day has a direct toxic effects on the heart, Smart, (2007). Heavy drinking, particularly over time, can damage the heart and

lead to high blood pressure, alcoholic cardiomyopathy, congestive heart failure, and hemorrhagic stroke. Heavy drinking also impairs fat metabolism and raises triglyceride levels, (Umunna, 2007).

Cancer

Based on extensive reviews of research studies, there is a strong scientific consensus of an association between alcohol drinking and several types of cancer, Toroyan, (2009). In its Report on Carcinogens, the National Toxicology Program of the United States Department of Health and Human Services 2013 lists consumption of alcoholic beverages as a known human carcinogen. The research evidence indicates that the more alcohol a person drinks, particularly the more alcohol a person drinks regularly over time, the higher his or her risk of developing an alcohol-associated cancer. Based on data from 2009, an estimated 3.5 percent of all cancer deaths in the United States (about 19,500 deaths) were alcohol related, Wilkinson,(2009). Clear patterns have emerged between alcohol consumption and the development of the following types of cancer:

- i. **Head and neck cancer:** Alcohol consumption is a major risk factor for certain head and neck cancers, particularly cancers of the oral cavity (excluding the lips), pharynx (throat), and larynx (voice box), Willis, (2012). People who consume 50 or more grams of alcohol per day (approximately 3.5 or more drinks per day) have at least a two to three time greater risk of developing these cancers than nondrinkers,Umunna, (2007). Moreover, the risks of these cancers are substantially higher among persons who consume this amount of alcohol and also use tobacco (WHO, 2004).
- ii. **Esophageal and liver cancer:** Alcohol consumption is a major risk factor for a particular type of esophageal cancer called esophageal squamous cell carcinomaWillis, (2006). In addition, people who inherit a deficiency in an

enzyme that metabolizes alcohol have been found to have substantially increased risks of alcohol-related esophageal squamous cell carcinoma. Also, alcohol consumption is an independent risk factor for, and a primary cause of, liver cancer (hepatocellular carcinoma) (6). (Chronic infection with hepatitis B virus and hepatitis C virus are the other major causes of liver cancer.)

- iii. **Breast cancer:** More than 100 epidemiologic studies have looked at the association between alcohol consumption and the risk of breast cancer in women. These studies have consistently found an increased risk of breast cancer associated with increasing alcohol intake. A meta-analysis of 53 of these studies (which included a total of 58,000 women with breast cancer) showed that women who drank more than 45 grams of alcohol per day (approximately three drinks) had 1.5 times the risk of developing breast cancer as nondrinkers (a modestly increased risk) (7). The risk of breast cancer was higher across all levels of alcohol intake: for every 10 grams of alcohol consumed per day (slightly less than one drink), researchers observed a small (7 percent) increase in the risk of breast cancer.
- iv. **Colorectal cancer:** Alcohol consumption is associated with a modestly increased risk of cancers of the colon and rectum. A meta-analysis of 57 cohort and case-control studies that examined the association between alcohol consumption and colorectal cancer risk showed that people who regularly drank 50 or more grams of alcohol per day (approximately 3.5 drinks) had 1.5 times the risk of developing colorectal cancer as nondrinkers or occasional drinkers (Dani, 2010). For every 10 grams of alcohol consumed per day, there is a small (7 percent) increase in the risk of colorectal cancer, Wood, (2014).

2.7 Empirical Studies

In relation to the topic under study, a number of researches have been conducted by different scholars. Their opinion seems to tally with one another, though their researches were carry out with different purposes, and areas of study. This study however reviewsthe effects of alcoholism on Christian Youths in Benue state. In this context, Chikere, (2011) in his research “Drinking Patterns and Alcohol Problems in Nsukka, Nigeria”investigatesthe way alcohols affect the health of Youths.The research design used byChikere was survey design. The research has a total of 545 Youths. The instrument used for the collection of data was interview. The study revealed that excessive alcohol consumption has serious effects on their health. Chikere’s study is different from the present study in the following ways; Chikereused interview method as instrument for data collection while the present study employsboth questionnaire and interview method. Besides, Chikere’s study was carried out in Nsukka while this present study focus on Youths in Benue State. However, they are related in that both studies examine the effects of alcoholism on Youths.

Gureje(2007), carried out a clinical research titled “Gender and Peripheral Neuropathy in Chronic Alcoholism”, He attempted to examine the medical implication of alcoholism on the human brain in Ibadan, with the population of 750 client to affirm the danger in excessive consumption of alcohol using survey study design. He attempted to investigate the medical implication of alcoholism on the human brain. Two psychiatric hospitals formed the same sample of the study. The result of the findings revealed that alcohol has a negative effects on the brain therefore,alcohol blunts sensibilities and interferes with the power of judgment. The methodology used by Gurejeis the same methodology with this present study. However his instrument wasinterview whereas this present study use questionnaire and interview

method. The similarities are that both studies focus on the effects of alcoholism as well as its dangers on the health of an individual.

Olukoju, (2013), conducted a research titled the “Factors Responsible for Excessive Alcohol Consumption Among Christian Youths in Kwara”. The objective of the work was to find out the factors responsible for alcohol consumption using survey method, with the total population of 300 Youths using descriptive design. The instruments used for the study were interview and questionnaire. The researcher opines that the motivators for consuming alcohol are hard to generalize since different cultures have different belief. This study is different from the present study. While Olukoju’s study focused on the factors responsible for alcohol consumption among Christian Youths, this study focused on the effects of alcohol on Christian Youths in Benue State. The similarities are that both studies focused on the alcoholism.

Cismaru, (2008), carried out a research on “Alcohol Abuse and Alcoholism on Secondary School Students in Kogi, Nigeria”. The objective of his work was to evaluate the effect of alcoholism on academic pursuits of the youth using survey designed method with the population of 500 students. The study revealed that alcohol had great effects on the academic performance of students in secondary schools. The similarity is that both studies focus on the effects of alcoholism on the educational performance among Youths. However, they differ in that the present one is on Christian Youths in Benue while the former was on students in general (Christian and non-Christian Youths).

Adewuya, (2006), conducted a research on “Perception of Polytechnic Students on the Effects of Alcoholism in Adamawa State”. The objective of the study was to identify the effect of alcohol on the social life of Youths. The researcher used survey method with the population of 2,000 students. Interview was structured to elicit responses on the effect of

alcoholism. He found out that most of the students who were alcoholics ended up in all manner of misadventures in the society . The present study is similar to Adewuya's study in the sense that, they both looked at the effects of alcoholism on the social life of students. The present study uses questionnaire and interview while the former used only interview.

Anderson, (2006), carried out a research titled "Effects of Alcohol on the moral lives of Christian Youths". The objective of the study was to find out how alcohol affects the moral life of Christian Youths in Oyo state. For the purpose of the study, data was collected from five hundred and five (505) senior secondary school students in eleven (11) selected secondary schools in Ogbomoso North and Central local government areas of Oyo state, using survey design. The result of the study showed that students who had nothing to do with alcohol are respectful and religious. The study by Anderson and this study are similar in the sense that both studies focus on the effects of alcoholism. Also, both studies focus on the effects of alcoholism on the moral lives of Christian Youths.

2.8 Summary

This chapter deals with the review of related literature on the effects of alcoholism on Christian Youths in Benue State. Alcoholism is the repetitive intake of alcoholic beverages to such an extent that repeated or continued harm to the drinker occurs. Many issues exist in reference to alcohol. Alcohol in the traditional society was not a problem for it was monitored, but today, there is no restriction beginning with the importation of alcohol by the Europeans which allowed access and availability of alcohol.

As a result, alcohol has been abused every now and then particularly in Benue State. This is far from what the Bible teaches. Both the old and the new testaments condemn alcoholism and term it as a sin. An example of such condemnation is found in Isaiah 5:11-12 and in the

New Testament Ephesians 5:18. The literature reviewed have shown that alcoholism has several negative effects on the consumers, health, moral academic, and social.

CHAPTER 3

RESEARCH METHODOLOGY

3.1 Introduction

This section focuses on the methodology that was utilized for the study. It covers the research design, population for the Study, Sample and Sampling Procedure, Instrumentation, validity

of the instrument, Pilot Study, reliability of the Instrument and procedure for data collection and analysis.

3.2 Research Design

The survey research was adopted in conducting this research. This is because of the numerous advantages attributed to it by statisticians and professionals such as Uduak(2013). According to them, survey method could be conveniently used in the study of large and small population without sacrificing efficiency in addition to time and money saving and accuracy. Also, Anthony(2010) argued that the cost of survey is reasonable considering the amount of information to be gathered. This research method is found to be relatively cheap and a fast way of collecting information and data.

3.3 Population of the Study

The population for this study is Christian Youths in Benue State. The Population is 1, 807, 015. Details of the population distribution are shown in table 1 below:

Table 1: Population of Christian Youths in Benue state

S/N	Churches	No. of Youths
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1	Anglican Communion	66,211
2	Assemblies of God Church	21,616
3	Catholic Church	456,458
4	Celestial Church of Christ	9,321
5	Cherubim and Seraphim	11,017
6	Christ Apostolic Church	27,302
7	Christian Reformed Church of Nigeria	19,417
8	Church of Christ in Nigeria	16,112
9	Church of God Mission International	13,812
10	Church of the Brethren in Nigeria	14,024
11	Church of the Lord (Aladura)	12,006
12	Deeper Life Ministries	22,983
13	Evangelical Church Winning All	47,898
14	Evangelical Reformed Church of Christ	33,552
15	Foursquare Gospel Church	14,764
16	Gospel Faith Mission International	46,104
17	House Hold of God Church	18,408
18	Jehovah Witness	10,376
19	Living Faith (Winners chapel)	33,254
20	Methodist Church of Nigeria	31,644
21	Mountain of Fire and Miracles	29,382
22	Nigerian Baptist Convention	32,922
23	NKST Church	558,794
24	Redeemed Christian Church of God	50,451
25	Seventh-Day Adventist	11,338
26	The Apostolic Church of Nigeria	22,117
27	The Lord's Chosen	18,372
28	United Evangelical Church	10,554
TOTAL		1,087,015

Source: Daniel Dam CAN Youth Leader (Benue State) 2017

3.4. Sample and Sampling Technique

Sample is a limited number that is selected from a density population. Sampling entails selecting a group of subject for a study in such as way that the individuals represent the larger group from which they are selected (Uduak, 2013). Due to the largeness of population, random sampling was adopted. Random sampling is a part of the sampling technique in which each sample has an equal probability of being chosen (Nwodu, 1991). From the total population of 1,087,015, the researcher used Morgan and Kredchie population sample table. Morgan and Kredchie table recommends that in every population above one million (1,000,000) the sample should be 384.

Zone	Denomination	Church	No of Youths	Sample size
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Zone A (Benue north east)	Catholic Secretariat of Nigeria (CSN)	St. Winifred Parish Ihugh Vandeikya	523	26
	Christian Council of Nigeria (CCON)	African Church Chito	346	26
	Christian Pentecostal Fellowship of Nigeria (CPFN)	Assemblies of God Church Mkar	430	26
	Organization of African Instituted Churches (OAIC)	Living Faith Church Tondoga K/Ala	631	26
	ECWA/TEKAN	NKST Kwande	865	26
			2795	130
Zone B (Benue North West)	Catholic Secretariat of Nigeria (CSN)	Cathedral of St. John the Baptist Gboko	765	26
	Christian Council of Nigeria (CCON)	The Lords Chosen Konshisha	433	26
	Christian Pentecostal Fellowship of Nigeria (CPFN)	House on the Rock Ushongo	571	26
	Organization of African Instituted Churches (OAIC)	Redeem Church Gwer West	420	26
	ECWA/TEKAN	NKST Gwer East	420	26
			2609	130
Zone C (Benue North West)	Catholic Secretariat of Nigeria (CSN)	St. Edward Cath. Church Owukpa	489	26
	Christian Council of Nigeria (CCON)	House hold of God Church Obusa	432	26
	Christian Pentecostal Fellowship of Nigeria (CPFN)	Dunamis International Otukpo	521	26
	Organization of African Instituted Churches (OAIC)	Full Gospel Church Ohimini	265	26
	ECWA/TEKAN	COCIN Church Otukpa	382	26
			2089	130
	Grand total		7493	390

Table 2: Sample and sampling of Denominations, Churches and Youths for the Study

To get the Churches representing the denomination selected, the researcher used a random sampling method to select the Churches in each Zone according to the five bloc of CAN (Christian Association of Nigerian) for the study, some Churches were selected from each Zone, five from each Bloc, therefore 15 Churches in total were selected for this study. The researcher selects three persons one from each bloc to assist in the random sampling of the Churches. Pieces of paper were provided to these three persons that were to assist. All the names of the Churches under each bloc was written on the paper and the pieces of paper squeezed and dropped into a container, mixed up for persons to pick from. This was repeated five times for each bloc and each time it was done, the Church that was picked, the names are written down. After the exercise, 15 Churches were selected. When the 384 was distributed to the 15 Churches, According to Morgan's prescription each was to get 25.6 subjects. However, there is no fraction in human population. Therefore, the researcher raises the number to 390. Given each Church 26 subjects for the study. This was done for research convenience. Also, the larger the sample size, the more reliable the findings of the study (Uduak, 2013)

3.5 Instrumentation

Research instrument according to Uduak (2013) has to do with the process or technique of inquiry. The research instrument can also be defined as a structure and strategy to obtain answers to research questions. It is also a careful study or investigation in-order to discover the validity of information given. The researcher in this study deployed two instruments, namely: structural questionnaire and oral interview.

Questionnaire

The researcher's choice to the structural questionnaire is because questionnaire is widely used by educators to obtain facts about the past, present, and to predict events and conditions. Questionnaire is an inquiry form, which seeks response to a number of pertinent information of interest to the investigator (Nwodu, 1991), The researcher consider structural questionnaire as the most suitable option for this study because firstly, it is easier to administer. Secondly, it gives room for independent response by the respondents. Thirdly it gives reliable information from the respondents, fourthly, it is easier in scoring. Fifthly, it is efficient and easier to analyze. Close ended questionnaire made up of two parts was developed. The first part deals with the personal bio-data of respondents. The questionnaire was based on the modified four-point Likert scale rating that requires the respondents to indicate their levels of agreement or disagreement on the question items under study as shown below:

Strongly Agree	(AS)4
Agree	(A)3
Disagree	(D)2
Strongly Disagree	(SD)1

Interview

In addition to the questionnaire, a standard and planned scheduled interview was used to obtain more data for the study with children. Interview is an interaction which involves asking questions in a list order, this can be done personally or through telephone conversation, while the researcher records his responses (Nwodu, 1991). This instrument enables the researcher to obtain other relevant pieces of information on the subject matter. 10 respondents who were secondary school students from 13-19 years of age were interviewed. The reason for adopting

this instrument is to reach other respondents who cannot read and write or may not understand the nature of the questionnaire. The interview technique allows a face-to-face interaction between the researcher and the respondents question and answer. Thus, the technique allows the respondents to freely express themselves in answering the questions been asked.

Questionnaire

The questionnaire consists of two parts. Part one is the Bio-data. Items taken into consideration are age, Church status and Sex of respondents. The items are scaled to be ticked as it applies to the respondents.

Part two contains items designed in line with the research objectives and questions. They are scaled to be ticked according to the Likert scale of strongly agree (SA), Agree (A), Strongly disagree (SD) and disagree (D).

Richard (2007) states that the type of summated scale most frequently used on the study of social attitudes is the Likert type of scale. This is because in the Likert type of scale, the subjects are asked to respond to each item of four degrees of agreement and disagreement. Since attitude statements are designed along the Likert type scale, a modified Likert type scale (MLT) was designed and also scored on points ranging from 1-4.

The questionnaire for this study is divided into four sections. Section B addresses issues on the effects of alcoholism on health, Section C centers on the effects of alcoholism on moral life. Section D focus on the effects of alcoholism on educational pursuit and section E, focuson the effects of alcoholism on social life.

The Interview Schedule

The second instrument was the interview technique which was administered to the Youths. It consists of mainly open ended questions. The interview technique as an instrument was used to collect data from the Youths who would not be able to read or write. The method used was the question and the answer situation on which the interviewer asked questions which are pertinent to the research study. It was designed to gather valid and reliable information through the responses of the interviewee to a planned sequence of questions. The structured interview format will be used for the obvious advantage that it confers. This is because the structured interview is more formalized, standardized and yields data that are more manageable at the analysis stage compared to the unstructured format. The interview schedule like the questionnaire also consist of two sections, A and B. Section A comprised such preliminary items as the Sex, occupation and state of the interviewee while section B contained the interview questions. Responses from A was useful in arranging, organizing and seeking patterns of relationship from the data in section B.

3.6 Validity of Instrument

Validity is a degree to which a test measures what is purported to measure (Phelen and Wren, 2005). An instrument has validity when it measures what it is designed to measure (Policymaker's Primer on Education Research, 2004). Validity involves all the measures carried out to ensure the fitness of an instrument. The validation of the questionnaire is done by first seeking the input of the supervisors of the dissertation. Then, it was submitted to an expert in statistics and measurement at the Institute for Agricultural Research (IAR), Ahmadu Bello University, to vet. The issues given attention includes clarity of language, the difficulty level of each item and the number

of items included in the questionnaire. Finally, a pilot study was conducted and the result was used to further ascertain the validity of the questionnaire.

3.7 Pilot Study

A pilot study was carried out to determine the reliability of the designed questionnaire, assess the ease with which the people were responding to it and evaluate its ability to fulfill the objectives of the study. Eighty (80) copies of questionnaires were administered to the Youths in four different Churches in North Bank in Makurdi, Benue State. Data collected with the instrument using the pilot study were coded and submitted for reliability and internal consistency test. The Statistical Package for the Social Sciences (SPSS) IBM Version 20 was used for the determination of the reliability and item consistency index. The Cronbach was the option selected for the determination because of the interval scaling.

3.8 Reliability of the Instrument

Reliability is the extent to which results are consistent over time. A research instrument is reliable if it produces the same result under a similar condition (Golafshini, 2003). It is the degree to which an assessment tool produces stable and consistent results (Phelen and Wren, 2005-06). Reliability is used in education to find out whether a particular technique applied reputedly to the same object will yield the same result each time (Ayodele, 2012)

The instrument has a reliability index of 0.905 obtained from the Cronbach's Alpha. The result is shown in Appendix II. The internal consistency coefficient obtained for the items within the instrument with the intra class average measure was established at 0.905. These observed coefficients are all within the range specified and could be

approximated to 1. These observations implied that the instrument was reliable and internally consistent for the study and studies of similar nature.

3.9 Procedure for Data Collection

In order to administer the above mentioned instruments for this study, a letter of permission was collected from the Head of the Department of Arts and Social Science Education. After which the administration of the instruments and the collection of data was done by the researcher with the help of research assistants who were trained by the researcher. The choice of this method of administration and collection of instruments was used employed to achieve maximum return rate of the questionnaire. One research assistant was employed for three Churches in each senatorial zone selected for the study except the senatorial zone the researcher visited in 2017. To this end, before the research assistants were given the questionnaire, they were thoroughly instructed on what and how to ensure that there was a high rate of return of the questionnaire.

3.10 Procedure for Data Analysis

The data collected were statistically analyzed using Statistical Package for Social Sciences (SPSS) IBM version 20. Frequencies and percentages were used to analyze the demographic variables, while frequencies and mean score were used to answer the research questions. The two sample t-test and one way analysis of variance were used to test the null hypotheses. Specifically, null hypotheses I and III were tested with the two sample t-test procedure because of the two groups of the independent variables. Null hypotheses II and IV were tested with the one way analysis of variance because of the more than two levels of the independent variables. All the null hypotheses were tested at 0.05 level of significance. This 0.05 level of significance was used in accordance with what Uduak (2013) suggested that it is a standard used to test whether a null hypothesis is accepted or rejected.

CHAPTER 4

DATA ANALYSIS

4.1 Introduction

This chapter presents a statistical analysis of the data collected from the respondents on the effects of alcoholism on Christian Youths in Benue State, Nigeria. A total of three hundred and fifty four (354) questionnaires were successfully retrieved out of the 360 administered, giving a total response rate of 98.3%. The statistical analysis was carried out with the Statistical Package for the Social Sciences (SPSS) IBM version 23. Apart from the presentation of the respondents' demographic characteristics in frequencies and percentages, the results of the data analysis are presented along the research objectives and questions in this chapter. Opinions expressed by interviewees were analyzed as appendages to the related items in the respective research questions. The study's hypotheses were tested at the end of the chapter with a discussion of the findings.

4.2 Descriptive Analysis of the Christian Youths' Socio-demographic Characteristics

The demographic variables of the Christian Youths selected for analysis along with the expressed opinions on the effects of alcoholism on Youths in Benue State were based on Sex, age, type of Church or Church group and designation in the Church. Each of the variables was tabulated in frequencies and percentages in tables. Table 3 shows the distribution of the Christian Youths by their Sex.

Table 3: Classification of the Christian Youths by Sex

Gender	Frequency	Percent
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Male	184	52.0
Female	170	48.0
Total	354	100.0

The male Christian Youths involved in this study as shown in the table were 184(52.0%) while the females were 170(48.0%). The inclusion of this variable helps to balance the gender perception of the effects of alcoholism on the Christian Youths in the state.

Table 4: Classification of the Christian Youths by their Age Ranges

Age	Frequency	Percent
18 - 21ears	91	25.7
22 - 28years	131	37.0
28 - 32years	67	18.9
33 - 37years	41	11.6
38 and above	24	6.8
Total	354	100.0

Table 4 reveals that 91(25.7%) of the Christian Youthssampled were between 18 and 22years. Those who were between 23 and 27years were 131(37.0%) while 67(18.9%) of the Christian Youths were between 28 and 32years. For those between 33 and 37years, their number was 41(11.6%). Only 24(6.8%) of the Christian Youths were between 38 and 40years. The age distribution shows that most of the respondents were concentrated in the age range between 18 and 32years. The range placed them in vintage positions to give valid information on the effects of alcoholism on Christian

Youths in the state. Table 5 shows the distribution of the Christian Youths sampled by their respective major Churches' denominations.

Table 5: Classification of the Respondents by Church Groupings

Church Grouping	Frequency	Percent
Protestant	67	18.9
Catholic	119	33.6
Pentecostal	168	47.5
Total	354	100.0

Among the total number of Christian Youths involved in this study, 67(18.9%) were from the Protestant Churches. Those from the Catholic Church were 119(33.6%) while 168(47.5) were from the Pentecostal Churches. From the distributions in the table above, the respondents could be said to have been selected from all the Church grouping in the State. This is to give a fair representation of the Christian Youths in the States. On the other hand, table 6 shows the classifications of the respondents by position or status in their respective Churches. For this classification only two categories were used; either as a clergy or laity (member).

Table 6: Classification of the Christian Youths by Status in their Churches

Status in Church	Frequency	Percent
Pastor	20	5.7
Member	334	94.4
Total	354	100.0

The table shows that 20(5.7%) of the Christian Youths were clergies or pastors in their Churches while 334 (94.40%) were Church members. These distribution means that the opinions of the Church ministers as well as that of the members were reflected fairly in the study.

4.3 Effects of Alcoholism on Christian Youths

The main objective of this study is to investigate the effects of alcoholism on Christian Youths in Benue State.. From the structured interview conducted along with the survey, the alcoholic prevalence rate was 70.0% among the Youths but was relatively low on a male female ratio of 7:3. The index of the investigation were physical health effects, moral effects, the effect of such intake on the academic performance of the victims and the social effects on the individuals in the society These were investigated with specific objectives and research questions as follows:

Research Question one:

What are the effects of alcoholism on the health of Christian Youths in Benue State?

To identify the effects of alcoholism on the health of Christian Youths, information solicited from the respondents included associated immediate mental illusions accompanying excessive consumption of alcohol, lack of concentration and effective focus of the eyes as a result of blurred vision and other long term adverse effects like liver cirrhosis and defective physiological and mental development among others. The solicited opinions were measured on a four point interval scale with 2.5 as the midpoint

average. Mean score of 2.5 and above implied agreement with the suggested notion of the item while mean score lower than 2.5 imply disagreement. The responses of the Youths on the selected items were tabulated in frequencies and percentages in table 7 long with mean scores. Decision taken on the items were indicated with letter of Agreement of disagreement on the remark column (RM).

Table 7: Opinions of the Christian Youths on the Effects of Alcoholic Consumption on health

SN		S A	A	D	S D	
	Physical Effect of Alcoholism	F	F	F	F	Mean
1	Youths who are alcoholic have associated mental problems	150	144	54	6	3.24
2	Alcoholic consumption results in liver disease	181	147	20	6	3.42
3	Alcoholic intake results into cancer	165	156	32	1	3.37
4	Alcoholic intake damages the heart and leads to high blood pressure	141	151	53	9	3.20
5	Youths who drink alcohol excessively have kidney failure	132	186	28	8	3.25
6	Drunkenness on alcohol results in blurred vision	140	172	37	5	3.26
7	Continuous excessive alcoholism dissipates the physical wellbeing of Youths	158	157	30	9	3.31
8	Continuous alcoholism leads to addiction among Youths	158	171	20	5	3.36
9	Alcoholism causes hallucination	120	193	33	8	3.20
10	Some Youths who drink alcohol result in convulsion	124	173	45	12	3.16
					CM	3.277

The expressed opinions of the Youths in the table shows that they were well informed on the adverse effects of excessive alcoholic consumption on the physical wellbeing of

the individuals who indulge in it. In the first item of the table, 150(42.4%) and 144(40.7%) of the Youths strongly agree and agree respectively with the notion that excessive consumption of alcohol had associated mental problems. The only divergent opinion from this general perception was that of 54(15.3%) and 6 (1.7%) who disagree and strongly disagreed with the suggestion. From the mean score of 3.24, the agreement with the suggestion in the item could be said to be a consensus among the respondents. Among other long term adverse effects of the phenomenon is the development of liver cirrhosis which 181(51.1%) and 147(41.5%) of the Youths strongly agree and agree respectively that could result from excessive alcoholic intake. Though, 32(9.0%) and 1 (0.3%) disagree and strongly disagree with the suggestion, their opinion was negligible considering the mean score of 3.42 for the item.

Among the immediate adverse effects of excessive consumption of alcohol is the lack of concentration, especially in academic activities. In the third item of the table, 165(46.6%) and 156(44.1%) of the Youths strongly agree and agree respectively with this opinion. The mean score for the item was 3.37 which means that it was a consensus opinion among the respondents. In the fourth item of the table, the respondents agree that excessive intake of alcohol could have adverse cardiovascular effects on the individuals. This was indicated with a mean score of 3.20 and 141(39.8%) along with 151(42.7%) of the Youths who strongly agree and agree respectively with the suggestion. In agreement with the adverse effects of the excessive intake of alcohol, 132(37.3%) and 186(52.5%) of the respondents strongly agree and agree respectively with the suggestion that Youths who drank alcohol excessively had defective mental development. The mean score for the item was 3.25. Only 28(7.9%) and 8(2.3%) of the respondents expressed a divergent opinion on the suggestion as indicated in the table.

Among the immediate adverse effect of excessive consumption of alcoholics is the blurred vision of individuals involved in it. In item 6 of the table, 140(39.5%) and 172(48.6%) of the respondents strongly agree and agree respectively that excessive consumption of alcohol results in blurred vision. The mean score was 3.26 which suggest that this was the opinion of most of the respondents. The respondents were also of the view that excessive consumption of alcohol exact the physical wellbeing of the individuals who indulge in it. In item 7 of the table, 158(44.6%) and 157(44.4%) of the respondents strongly agree and agree respectively that continuous excessive alcoholism dissipates the physical wellbeing of Youths involved in it. The mean score for the item was 3.31, an indication that most of the Youths agreed with this opinion.

Other physical health consequences of indulging in excessive consumption of alcohol as indicated in item 8 of the table was the problem of addiction. In response to the suggestion, 158(44.6%) and 171(48.3%) of the respondents strongly agree and agree with the suggestion that continuous alcoholism leads to addiction among Youths. The respondents agree with a mean score of 3.20 for item 9 of the table that, excessive intake of alcohol caused hallucination while in item 10 of the table the respondents agree that continuous consumption of alcohol leads to the problem of addiction. From the expressed opinions of the respondents in the table suggests a general agreement that excessive intake of alcohol is associated with adverse physical health among the respondents.

This expression of adverse physical effects tally with the opinion from the interview. Among the opinions from the interview, some respondents who said they had taken alcohol were of the view that it makes them to sleep, others said it makes them feel high with blurred vision such that they find it difficult to walk or move. Of all the respondents from the interview, only one said he saw no health hazard on individuals who excessively drank alcohol. Most of the interviewees unanimously agree that

excessive consumption of alcohol results in poor health condition of the consumers. One particular interviewee enumerated the health hazards to include destruction of the liver, headache, increased diabetic condition, hypertension and early death.

Research Question Two:

What are the effects of alcoholism on the moral life of Christian Youths in Benue State? The effects of alcoholism on the moral life of the Christian Youths was explored by examining the behavioural disposition of individuals who indulge in excessive alcoholic intake in public alongside their moral obligations. In this regard their adherence to biblical injunction were among other moral considerations examined. Table 8 shows the opinions of Youths on the suggested moral effects of Youths indulging in excessive alcoholic intake in the state.

The responses to item 1 of the table with a mean score of 3.19 shows that most of the respondents were of the view that when Youths were excessively drunk, they were likely to disrespect their elders. In response to the item, 119(33.6%) and 189(53.4%) of the respondents strongly agree and agree with the suggestion that Youths who were alcoholics were likely to be disrespectful to their parents. Only 41(11.6%) and 5(1.4%) of the respondents had a contrary opinion to this view.

Table 8: Opinions of the Christian Youths on the Moral Effects of Alcoholic Consumption by Youths in the State

S/n	S A	A	D	S D	
Moral Effects of Alcoholism	F	F	F	F	Mean

1	Youths who are alcoholics are disrespectful to their parents	119	189	41	5	3.19
2	Youths who are alcoholics indulge in premarital Sex	124	185	43	2	3.22
3	Intake of alcohol makes Youths fight in public	119	177	52	6	3.16
4	Youths who takes alcohol indulge in rape	91	178	74	11	2.99
5	Youths who are alcoholics tend to be more inclined to tell lies	130	152	44	28	3.08
6	Alcoholic Youths have high tendency of stealing	151	155	33	15	3.25
7	Excessive alcoholism make Youths to misbehave in their homes	125	191	33	5	3.23
8	Youths who indulge in alcoholism disorganize their family setup	122	143	64	25	3.02
9	Alcoholic Youths indulge in rape	116	173	57	8	3.12
10	Youths who are alcoholic have high tendencies to disrespect their elders	124	183	39	8	3.19
				Total	C.M.	3.145

In terms of immorality, 124(35.0%) and 185(52.3%) of the respondents strongly agree and agreed with the suggestion that Youths who consume alcohol excessively indulge themselves in premarital Sex. The response to item 3 on the table show that the respondents were of the view that such Youths who indulge in excessive alcoholism

got involved in violent behaviours and were likely to fight in public places. The mean score for the item was 3.16 which clearly show that most of the respondents agree with the opinion as one of the moral effects of alcoholism among Youths in Benue State.

The adverse effect of neglecting moral obligations was another aspect of alcoholism among Youths in the state. This also extended to their religious obligations. In response to item 4 on the table, 91(25.7%) and 178(50.3%) of the respondents strongly agree and agree respectively with the suggestion that intake of alcohol made Youths neglect their religious obligations. But 70(20.9%) and 11(3.1%) of the respondents do not agree with the opinion as indicated in the table. With a mean score of 2.99, it could be said that the respondents agree with the opinion. In item 6 on the table, 151(42.7%) and 155(43.8%) of the respondents strongly agree and agree respectively that the influence of alcoholism distracted such Youths from reading their Bibles which is mandatory as one of the religious injunction of Christianity. This is indicated with a mean score of 3.25 for item 6 in the table. Thus, it could be said that excessive alcohol intake prevents the Christian Youths from performing their religious obligations.

In terms of moral interaction, the respondents are of the view that Youths who are alcoholics are inclined to tell lies. In the table, 130(36.7%) and 152(42.9%) of the Youths strongly agree and agree with this suggestion. Only 44(12.4%) and 28(7.9%) of the Youths involve in the study disagree and strongly disagree with the suggestion. The mean score which is 3.08, suggest that most respondents hold the view regarding the moral effect of alcoholism on Youths' behaviour in the state.

Apart from the immorally exhibited behaviours resulting from excessive alcohol intake, there is an extension of such negative moral dispositions by Youths within the family

setup. In item 7 of the table, 125(35.3%) and 191(54.0%) of the respondents strongly agree and agree with the suggestion that excessive alcoholism makes Youths to misbehave in their homes. However, only 33(9.3%) and 5(1.4%) of the respondents disagree and strongly disagree with the suggestion. The mean score of 3.23, is a clear indication that most respondents were in agreement with the idea. To further affirm the opinion, 122(34.5%) and 143(40.4%) of the respondents strongly agree and agree with the suggestion that Youths who indulge in alcoholism disorganize their family setup. Thus, the Youths who disagree and strongly disagree with the suggestions were only 64s(18.1%) and 25(7.1%) respectively.

The adverse effects of alcoholism include utter disregard for religious activities to his 116(32.8%) and 173(48.9%) of the Youths strongly agree and agree. This is reflected in item 10 of the table where 124(35.0%) and 183(51.7%) of the respondents strongly agree and agree respectively that Youths who are alcoholics have high tendency to disrespect their elders. Only 39(11.0%) and 8(2.3%) of the respondents disagree and strongly disagree with the suggestion. In view of this, the mean score 3.19 shows that most respondents agree with the opinion. From the responses to the items on the moral effects of alcoholism among the Youths, indicates that the respondents are completely in agreement that excessive alcoholism has negative moral effects on the Youths' behaviour.

Results from the structured interview clearly supports the opinion about adverse effects of alcohol on the Youths. For all the interviewees, excessive drinking of alcohol easily turns one into a drunkard. But some of the respondents were of the view that they got more inspirations when they are drunk. One of the interviewee was of the notion that some people become very intelligent when they were drunk. For some of the

interviewees who had never drank, opinion was divided as some were not sure of the moral effect, while others support the notion that excessive drinking of alcohol makes the individuals to be unserious in their undertakings.

Research Question Three

What are the effects of alcoholism on the educational performance of Christian Youths in Benue State? Among the effects of alcoholism on the academic pursuits of Christian Youths, their attitude towards educational activities, general performances, punctuality in school activities, and general regards for educational activities among others were evaluated. The opinions on the selected items were presented in frequencies percentages and mean scores for the respective items in table 9. In this context, the decisions on each of the items were based on the magnitude of the mean and the midpoint average of 2.50

The respondents agreed with a mean score of 3.09 that consumption of alcohol contributes to decline in youths academic performance. In item 1, 99(28.0%) and 198(55.9%) of the respondents strongly agree and agree respectively with this suggestion and in item 4 on the table, 141(39.8%) and 143(40.4%) of the respondents strongly agree and agree with the suggestion that effects of alcoholism does not enable Youths to study. Only 58(16.4%) and 12(3.4%) of the respondents disagree and strongly disagree with the opinion. To further buttress the adverse effects of excessive alcoholic intake on the individuals involved, 129(36.4%) and 177(50.0%) of the respondents strongly agree and agree respectively that Youths who engage in excessive alcoholic consumption pay little or no attention to their class lessons and home work. Consequently, in item 6, 131(37.0%) and 176(49.7%) of the respondents strongly agree

and agree with the suggestion that alcoholism makes Youths to be unserious and lazy with their academics.

Table 9: Opinions of the Christian Youths on the Effects of Alcoholism on their Academic Performances in the State

S/n	Effects of alcoholism on academic	S A	A	D	S D	Mean
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	performance	F	F	F	F	
1	Effects of alcohol involves a decline in academic performance of Youths who indulge in its consumption	99	198	48	9	3.09
2	Youths who consume alcohol sleeps in the class	141	143	58	12	3.17
3	Alcoholic Youths are usually not punctual in their school activities	50	101	102	101	2.28
4	Alcoholic Youths are always absent from school	141	154	55	4	3.22
5	Alcoholic Youths pay little or no attention to their class lessons and home work	129	177	40	8	3.21
6	Alcoholism Youth always come late to class	131	176	34	13	3.20
7	Youths who indulge in excessive intake of alcohol have high dropout rate from school	125	158	55	16	3.11
8	Youths who indulge in excessive intake of alcohol do not obey the school rules and regulations	155	154	31	14	3.27
9	Youths who indulge in excessive intake of alcohol do not take their lesson work serious	160	155	34	5	3.33
10	Youths who indulge in excessive alcohol intake neglect their academic responsibilities	121	179	49	5	3.18
				Total	C.M.	3.106

There was consensus among the Youths concerning item 3 of the table where 102(28.8%) and 101(28.5%) of them disagree and strongly disagree with the opinion that Youths who indulge in excessive alcoholic consumption were usually not punctual

at school activities. In the table, only 50(14.1%) and 101(28.5%) of the respondents agreed with the suggestion. The mean score for the item shows 2.28 which fall short of the midpoint average of 2.5 an indication that most respondents disagree with the suggestion. This opinion was buttressed in item 4 where 141(39.8%) and 154(43.5%) where the respondents strongly agree and agree with the suggestion that Youths who indulge in excessive alcoholic intake do not disrespect Christian Youths organizations in schools.

To confirm the adverse effect of excessive alcoholism on the academic performances of the Youths who involved in it, 125(35.3%) and 158(44.6%) of the respondents strongly agree and agree respectively that Youths who indulge in excessive intake of alcohol had high dropout rates from school. Only 55(15.5%) and 16(4.5%) of the respondents disagree and strongly disagree with the suggestion. With a mean score of 3.11, the agreement could be taken as the general opinion of the respondents. This opinion follows the response in the next item of the table, where 155(43.8%) and 154(43.5%) of the respondents strongly agree and agree with the suggestion that Youths who indulge in excessive intake of alcohol do not obey school rules and regulations. Furthermore, in item 9 of the table, 160(45.2%) along with 155(43.8%) of the respondents strongly agree and agree with the suggestion that Youths who indulge in excessive intake of alcohol got involved in examination malpractice. Though, 34(9.6%) and 5(1.4%) of the respondents disagree and strongly disagree with the suggestion, the mean score of 3.33 shows that most of the respondents agree with the suggestion. In item 10, 121(34.2%) and 179(50.6%) of the respondents strongly agree and agree with the suggestion that Youths who indulge in excessive alcohol intake neglect their academic responsibilities. From the observation of the expressed opinions, the respondents are of the view that

excessive alcoholic intake by Youths have negative effects on their academic performances in the state.

Consequently, the general opinion demonstrates that excessive alcohol consumption leads to lower academic performance. But some of the interviewees are of the view that consumption of alcohol does not really have such negative effects on individuals' academic performances as they claimed that some individuals become better in their academic activities when they have taken alcohol than when they were sober. The view of these people is that alcohol acts as stimulants which motivates such individuals.

Research Question four:

What are the effects of alcoholism on the social disposition of Christian Youths in Benue State? To find out the effects of alcoholism on the social life of the Christian Youths, their social interactions and involvement was evaluated. On table 10, the opinions of the respondents on the select items are presented in frequencies and percentages. The decision on the items is based on the midpoint average of 2.5.

From the expressions of respondents in the first item of the table about Youths who were alcoholics and constitute nuisance to the society, 129(36.4%) and 168 (47.5%) of the respondents strongly agree and agree with the suggestion in the table. Only 48(13.6%) and 9(2.5%) of the respondents disagree and strongly disagree with the suggestion and the mean score was 3.18. This opinion tally with the view of 107(30.2%) and 184(52.0%) of the respondents who strongly agree and agree in item 2 which suggests that Youths who indulge in excessive alcoholics disobey social norms in the society. This opinion corresponds with the view point on item 3 of the table

where 162(42.1%) and 149(42.1%) of the respondents strongly agree and agree with the suggestion that Youths who are alcoholics usually engage in societal troubles.

Table 10: Opinions of the Christian Youths on the Effects of Alcoholism on their Social Life

Sn	Social Effect of Alcoholism	S A	A	D	S D	Mean
		F	F	F	F	
1	Youths who are alcoholics constitute nuisance to the society	129	168	48	9	3.18
2	Youths who are alcoholics disobey social norms in the society	107	184	55	8	3.10
3	Youths who are alcoholics are usually absent in their places of work	162	149	25	18	3.29
4	Alcoholic Youths do not have time to relate well with family members	149	164	34	7	3.29
5	Alcoholic Youths who drive cars do not follow traffic rules and regulations	158	155	40	1	3.33
6	Heavy drinking lowers productivity among Youths	117	165	49	23	3.06
7	Some accidents could have been avoided if Youths were not alcoholics	140	177	30	7	3.27
8	Alcoholic Youths have higher tendencies to steal	119	205	23	7	3.23
9	Alcoholic Youths sleep in the club	162	149	25	18	3.29
10	Alcoholism influence Youths to think of kidnapping and robbery	129	168	48	9	3.18
				Total	C.M.	3.122

The Youths who indulge in excessive drinking of alcohol were a complete nuisance to the society shows that 149(42.1%) and 164(46.3%) of the respondents strongly agree and agree. This is indicated on item 4 of the table with a mean score of 3.29. In portraying the veracity of the notion, 158(44.6%) and 155(43.8%) of the respondents strongly agree and agree in item 5 that such Youths who

drank excessively and drove cars do not follow traffic rules and regulations. On this note, only 40(11.3%) and 1(0.3%) of the respondents disagree and strongly disagree with the suggestion.

In what could be seen as societal effects of excessive drinking of alcohol by the Youths, 117(33.1%) and 165(46.6%) of the respondents strongly agree and agree with the suggestion that heavy drinking lowers productivity among such Youths. Only 49(13.8%) and 23(6.5%) of the respondents disagree and strongly disagree with the suggestion on item 6 of the table. The mean score of 3.06 clearly implies that most respondents agree with the suggestion. In line with the expressed opinions on item 5, 140(39.5%) and 177(50.0%) of the respondents strongly agree and agree with the suggestion in item 7 that some accidents could have been avoided if the Youths involved were not excessively drunk. The mean score was 3.27.

At the individual level, 119(33.6%) and 205(57.9%) of the respondents strongly agree and agree on item 8 on the table that Youths who indulge in immoderate drinking of alcohol had higher tendencies to steal than those who did not. Though, 23(6.5%) and 7(2.0%) of the respondents disagree and strongly disagree with the opinion, the mean score of 3.23 for the item strongly support the suggested notion. The respondents concur with the notion that Youths who were alcoholic constitute nuisance. In item 9 on the table, respondents agree that such Youths have higher tendencies to indulge in rape with a mean score of 3.29. In item 10, they were of the view, that such individuals who involve in excessive drinking of alcohol were easily induced to fight even in their homes. From the expressed opinion of the respondents, it implies that they are of the view that excessive drinking of alcohol have unfavourable social effects on Youths in the state.

4.4 Test of Hypotheses

The null hypotheses formulated along with the research questions and objectives of the study aim at determining the possible difference in the opinions of the Christian Youths based on their demographic characteristics. The hypotheses were tested with the two sample t-test and one way analysis of variance respectively at the probability level of 0.05 as follows:

Null hypothesis I: There is no significant difference in opinion between male and female Christian Youths on the effects of alcoholism on the health of Christian Youths in Benue State.

This hypothesis was tested with the mean scores of the male and female Christian Youthson table 8 where their perceptions on the effects of alcoholism on the well-being of the Youths was assessed. The two sample t-test was used for the test because of the two independent groups (male and female) involved in the test. In table 9, the summary of the result was presented.

Table 11: Two Sample t-test on Effects of Alcoholism on the Health of Christian Youths in Benue State

Gender	N	Mean	Std. Dev.	Std. Error	t-cal.	DF	P-value	Decision
Male	184	3.2891	.45938	.03387	.553	352	.581	Not significant
Female	170	3.2629	.42923	.03292				

(t-critical = 1.96, P = 0.05)

The result in the table shows that the two groups are not significantly different in their opinions on the effects of alcoholism on the health of Christian Youths in the state. This is shown in the table with an observed t-value of 0.553 obtained at 352 degree of freedom (DF) compared with the critical t-value equivalent of 1.96 shown at the bottom of the table. The significant level obtained in the test is 0.581 ($P > 0.05$). These observations do not provide sufficient evidence for rejecting the null hypothesis. The null hypothesis which states that there is no significant difference in opinion between male and female Christian Youths on the effects of alcoholism on the health of Christian Youths in Benue state is therefore retained. The mean scores indicated in the table shows that both groups (male and female) agree with the adverse effects of alcoholism on the physical health of Youths in the state. This unanimity of opinions account for the no significant difference observed in the test.

Null hypothesis II: There is no significant difference in opinion between Catholics, Protestants and Pentecostals Youths on the effects of alcoholism on the moral life of Christian Youths in Benue State.

The mean scores of the Christian Youths from different Church denominational background on the effects of alcoholism on the moral life of the Christian Youths were compared here using the three major denomination distinction of Catholics, Protestants and Pentecostal Churches. The moral effects were assessed in table 8. The test was

carried out with the one way analysis of variance because of the more than two levels (Church denominations) of the independent variable. Table 12 shows the summary of the result.

Table 12: One Way Analysis of Variance on the Effects of Alcoholism on the Moral Lives of Christian Youths in Benue State

Source	Sum of Squares	DF	Mean Square	F	Sig.
Between Groups	.126	2	.063	.270	.763
Within Groups	82.151	351	.234		
Total	82.278	353			

(F-critical at 2, 351 and at 0.05 = 3.00)

The result in the table above reveal that the Christian Youths from the different Church denominations do not differ in their opinions concerning the moral effects of alcoholism on Christian Youths in Benue State. This is indicated in the table with an observed f-value 0.270 obtained at 2, 351 degree of freedom. The observed significant level for the test is 0.763 ($P > 0.05$). These observations do not provide sufficient evidence for rejecting the null hypothesis. Therefore, the null hypothesis states that there is no significant difference between the opinions of Catholics, Protestants and Pentecostals Youths on the effects of alcoholism on the moral life of Christian Youths in Benue State is retained. Table 13 shows the mean scores for the Christian Youths of the different Church denominations on the moral effects of alcoholism.

Table 13: Mean Scores of the Christian Youths from different**ChurchDenominations on the Moral Effects of Alcoholism**

ChurchDenominations	N	Mean	Std. Deviation	Std. Error
Protestant	67	3.16	0.467	0.057
Catholic	119	3.16	0.529	0.049
Pentecostal	168	3.13	0.456	0.035
Total	354	3.15	0.483	0.026

The mean scores indicated in the table shows that the Christian Youths generally have the same level of opinion on the moral effects of alcoholism. From the mean scores all the groups irrespective of their Church denominations agree that alcoholism have adverse moral effects on Christian Youths in the state.

Null hypothesis III: There is no significant difference in opinions between pastors and members on the effects of alcoholism on the academic performance of Christian Youths in Benue state

In Table 9, the opinion of the Christian Youths on the effects of alcoholism on the academic performance of Youths was examined. The mean scores in the table was compared based on the designations of the respondents in their Churches. For the purpose of the designation, two categories were used either as clergy (pastor) or laity (member). The result of the two sample t-test used for the hypothesis is summarized in the table.

**Table 14: Two Sample t-test on Effects of Alcoholism on Academic Performance
of Christian Youths in Benue State**

Status	N	Mean	Std. Dev.	Std. Error	t-cal.	DF	P-value	Decision
Pastor	20	3.04	0.546	0.125	0.610	352	.542	Not significant
Member	334	3.11	0.458	0.025				

(t-critical = 1.96, P = 0.05)

The result in the table shows that the two groups are not significantly different in their opinions on the effects of alcoholism on the academic performances of the Christian Youths in the state. The observed t-value of 0.610 obtained at 352 degree of freedom (DF) compared with the critical t-value equivalent of 1.96 showed at the bottom of the table was lower. The significant level obtained in the test was 0.542 ($P > 0.05$). These observations provide sufficient evidence for accepting the null hypothesis. The null hypothesis that there is no significant difference in opinion between pastors and members on the effects of alcoholism on the academic performance of Christian Youths in Benue state was therefore retained. The mean scores in the table shows that both groups agree that alcoholism have negative effects on the academic performance of Christian Youths in the state.

Null hypothesis IV: There is no significant difference in opinion between Youths of different age groups on the effects of alcoholism on the social life of Christian Youths in Benue state.

The mean scores of the social effects of alcoholism assessed in table 10 were compared to establish the level of difference between respondents of different age groups perception of the phenomenon. The test was carried out with the one way analysis of variance because of the more than two levels of the independent variable (age groups). Table 15 shows the summary of the results.

Table 15: One Way Analysis of Variance on Effects of Alcoholism on the Social Lives of Christian Youths in Benue State

Source	Sum of Squares	DF	Mean Square	F	Sig.
Between Groups	1.477	4	.369	1.531	.194
Within Groups	84.423	351	.241		
Total	85.900	353			

(F-critical at 2, 565 and at 0.05 = 3.00)

The Christian Youths with different age groupings do not differ in their opinion on the effects of alcoholism on their social lives in the state. This is indicated in the table with an observed F-value of 1.531 obtained at 2, 351 degree of freedom. The observed significant level for the test was 0.194 ($P > 0.05$). With these observations, there is no evidence to reject the null hypothesis. The null hypothesis shows that there is no significant difference in opinion between Youths of different age groups on the effects of alcoholism on the social life of Christian Youths in Benue state is therefore retained. Thus, table 16, shows the mean scores for the Christian Youths with the different age groupings on the social effects of alcoholism.

Table 4.16: Mean Scores of the Christian Youths with different Age Range on the Effects of Alcoholism on their Social Lives

Age groupings	N	Mean	Std. Deviation	Std. Error
18 - 22years	91	3.29	0.470	0.049
23 - 27years	131	3.16	0.484	0.042
28 - 32years	67	3.23	0.541	0.066
33 - 37years	41	3.15	0.448	0.070
38 and above	24	3.34	0.544	0.111
Total	354	3.22	0.493	0.026

The mean scores indicated in the table shows that the Christian Youths generally have the same level of opinion on the effects of alcoholism on their social lives. From the level of the mean scores they are of the opinion that alcoholism have adverse effects on their social lives.

4.5 Summary of the Major Findings

The following are the findings of this study:

1. The phenomenon of alcoholism has the following disastrous effects on the health of the Youths in Benue State. Excess alcohol consumption has caused mental problems, liver cirrhosis, high blood pressure, blurred vision, hallucination and addiction. The data analysis shows, the greatest effect is liver cirrhosis with a mean score of 3.42, followed by addiction with 3.36.
2. Alcoholism has great moral effects on the life of the Youths in Benue State, some of this negative moral effects are pre-marital sex, telling lies, stealing, disrespect to elders, disobedience to parent and rape. Stealing has the greatest effect as shown by the mean scores of 3.22 for pre-marital sex.

3. The excessive consumption of alcohol affects the academic performance of the youths. Those involve in it avoid going to school. Many of them drop out of school. They disobey school rules, their performance in class is poor because they do not attend lessons, nor do their homework, nor do they do their tests or continuous assessment. From the statistic analysis, the worst of all the effect is absenteeism with the means score of 3.22 and 3.21 for non attention to lesson or class work
4. Alcoholism has a disastrous effects on the social life of the Youth, they are often nuisance to the society, fight publicly, they often drive under the influence of alcohol which result in accidents. They have poor relationship with the other members of the family. Accidents has the highest mean of 3.33 and 3.29 for poor relationship with members of the family.

4.6 Discussions

This study evaluated the effects of alcoholism on Christian Youths in Benue State. Four null hypotheses were tested in line with the specific objectives and research questions of the study. In the analysis of data relating to the first research question where the effects of alcoholism on the health of the Christian Youths was assessed, it was found that the respondents were of the opinion that excessive alcoholism negatively affects the health of the Youths who indulge in it. Among such negative effects were mental impairment, diseases like liver cirrhosis. The finding agrees with De Bruijn, (2011) who listed headache, stomach pain, fatigue and weakness, muscle cramp and irregular or rapid heart rate as some of the effects of alcoholism. So, from the results of the interview conducted, about 85% of the respondents observe that alcoholism have caused liver problems resulting in deaths. Chikere, (2011) reports that persistent alcohol abuse is marked by severe disabilities, impaired social and economic relations, and sometimes frequent acts of public intoxication. The finding agrees with Rotimi, (2015) who states that in the past it was assumed that alcoholic fatty liver was a benign process and do not lead to fibrosis or cirrhosis; however, 5%–15% of patients with alcoholic fatty liver develop cirrhosis.

In the test of the first hypothesis, the perception of male and female respondents on effects of alcoholism on the physical health of Christian Youths in the state was compared. The result reveals that the groups do not differ significantly in their opinions on the adverse effects of alcoholism on the health of the Christian Youths. The null hypothesis was therefore retained.

Research question two assesses the effects of alcoholism on the moral lives of Youths in the state. From the related data examined, it was observed that all the respondents were of the view that the excessive consumption of alcohol adversely affected the moral lives

of Youths. The general opinions was that when Youths are excessively drunk, they are likely to disrespect their elders, involve in Sexual immorality and stealing. This finding agrees with the report of Hanks, (2011) who states that the impact of alcohol abuse among Youths is considered to be a moral decadent which disfigures Youths and brings shame to the society.

In the test of null hypothesis II, difference in opinions of the Christian Youths from different Churches was tested. The result of the test reveals that the Christian Youthsirrespective of their denominations do not differ significantly in their opinions on the moral effects of alcoholism on the lives of the individuals who indulge in it. The null hypothesis was therefore retained. The finding agrees with the report of Perter (2002) and Kazah (2002) who respectively observe that majority of those who drank excessively without control end up in Sexual immorality and disrespect elders.

Research question three investigates the effects of alcoholism on the educational performance of Christian Youths in the state. From the related data analyzed from the respondents, they wereof the view that excessive alcoholic intake by Youthshas negative effects on their academic performances in the state. Among others, the respondents agreed that excessive consumption of alcohol on individuals leads to a decline in their academic performance because such individuals paidlittle or no attention to their class lessons and homework and were likely to have high dropout rate from school. This finding agrees with Korieh, (2003) who reports that early economic studies shows that drinking reduces educational attainment and that heavy or frequent drinking in high school adversely affects high school and college completion. The

finding corresponds with Kehinde, (2012) where it was observed that poor academic performance correlates with alcohol consumption.

Null hypothesis III tested for differences in the opinions of the members and the clergies reveal that the members were not significantly different on the negative effect of alcoholism on the academic performance. The null hypothesis was therefore retained.

Furthermore, research question four assess the effects of alcoholism on the social lives of the Christian Youths in the state. From the expressed opinions of the respondents, it was a general consensus that Youths who indulge in excessive drinking of alcohol constitute nuisance to the society. Among others, they were perceived to be frequently involved in troubles and misadventures in the society, thereby contributing less in terms of productivity. The finding agrees with the report of Odejide, (2009) that excessive drinking result in accident and violence. In the test of null hypothesis IV, where different kind of behaviours and self-reports of workplace problems. In a similar study, Ahmed (2001) notes that a number of studies demonstrate connection between heavy drinking and unemployment.

In the test of null hypothesis IV, differences in the opinion of the effects of alcoholism on the social lives of Christian was tested. The result shows that all the respondents irrespective of their age hold the same opinion of the adverse effects of alcoholism. Therefore the null hypothesis was retained.

CHAPTER 5

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter presents the summary, conclusion and recommendations on the effects of alcoholism on Christian Youths in Benue state.

5.2 Summary

The study was set against the background that alcoholism is a chronic and progressive deadly social disease that requires all hands to be on deck towards its eradication. Chapter one examined the background to the study. In it, alcohol consumption is traced back from the traditional age in Nigeria to the colonial era in Nigeria. In the traditional way, alcohol was gender and age based. It was mostly consumed during social engagements like marriage, burial, religious rites with regulations. But this was not a daily affair and was not excessively consumed. However, the traditional trend was altered with the influx of European slave trade and “Trade Spirit” that popularized the sales of liquor and facilitated abuse due to the free importation and distribution of the liquor without regulations. This signified a new trend in alcohol consumption in Nigeria. The Youths who persistently abuse alcohol are going through an array of problems. This has remained a source of worry to parents, government, Church leaders, schools and the society. To find out unbiased answers on the effects of alcoholism, four objectives with four hypotheses were raised to enable the respondents to answer the question correctly.

Chapter two discussed relevant literatures related to the study. It looked at the concept of alcoholism and what the Bible says about it and the havoc it has done to great men, women and Youths. Furthermore, the researcher thematically followed the objectives of

the work to find out authors views on the effects of alcoholism on health, academics, social and moral life of people.

Chapter three focused on the methodology used in the study. A simple survey was used in the study because it involved collecting and analyzing data from representatives of an entire group. The target population for the study was 1,807,015 subjects. This cut across three senatorial zones in Benue State. The researcher used the five blocs of CAN in each of the zones to ensure Youths from each bloc were represented. Random sampling was used in sampling. A total of fifteen (15) Churches were sampled. In each bloc, one Church was selected and at the end of the selection, 7,258 Youths were identified. 390 subjects constituted the sample for the study. Questionnaire and interview techniques were considered the appropriate instrument because of their usefulness in getting the opinions of literate and illiterate subjects. The pilot study conducted using the questionnaire indicated a correlation coefficient (R) of 0.50 implying that the instrument is reliable and valid. The input of supervisors and statisticians further strengthen the reliability and validity of the questionnaire and the schedule of the interview. Data was collected by the researcher and research assistants.

On the presentation of data, 354 copies of the questionnaire were retrieved. The data was analyzed using frequencies, percentages and standard deviation. The hypotheses were tested using t-test while the face to face interview was used as a complimentary data in the discussion. The frequencies of the percentage of respondents were presented in tables. In all these, the researcher used the Statistical Package for Social Sciences (SPSS).

5.3 Conclusions

From the analysis of the data and the test of hypotheses in this study, it is pertinent to make the following conclusions that:

1. Alcoholism has caused serious health problems on the life of Christian Youths in Benue statesuch as liver cirrhosis, hypertension, Diabetes, mental disorder, cardiovascular and blurred vision.
2. It has increased immorality among the Youths in Benue State such as premarital Sex, telling lies, lack of interest in religious activities, rape and stealing.
3. Alcohol has affected the academic performance of Youths resulting in examination malpractice, dropout in school and absence from school resulting to low academic performance in examination.
4. Alcohol has affected the Youths socially, thus constituting them into societal miscreants and nuisance and they are often disrespectful to their parents and elders.

5.4 Recommendations

From the study, it is clear that alcoholism is like a cancer destroying the lives of the Youths health wise, morally, educationally and socially. The researcher therefore wishes to make the following recommendations:

1. The sincere responses to the questionnaire and interview shows that most of the Youths were not ignorant of the negative effects of alcohol but rather, there is no law or policy to regulate the distribution and consumption of the liquor that would restrict young people from drinking till they reach mature age. Therefore, government should prevent alcohol sellers from selling it to young people.
2. Religious leaders should particularly preach on the dangerous effects of alcohol to young people.
3. There should be frequent adverts on the Television and Radio to create more awareness on the effects and dangers of alcoholism on young people.
4. Curriculum designers should include a subject on alcoholism in the school curriculum and rehabilitation centre for those who are addicted.

5.5 Suggestions for Further Studies

1. This study was carried out in Benue state. The researcher suggests that the same study be done in another state to see if the same problems exist there.
2. Further studies should be done on the factors responsible for the excessive intake of alcohol by youths.
3. Another study should be carried out on the roles of religious leaders and parents in controlling the excessive consumption of alcoholism.

5.6 Contributions to Knowledge

From this study, it is established that:

1. Alcohol is a deadly phenomenon that destroys the lives and future of Youths who are the hopes of both the society and the Church.
2. That most of the social ills and immoral behaviors of the Youths of today in Benue State is the result of excessive consumption of alcohol.

3. The result is that if this phenomenon is not checked there will be no meaningful development among the Youths and this will affect the entire state of Benue.

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APPENDIX 1

Christian Religious Studies Section
Department of Arts and Social Science Education
Faculty of Education
Ahmadu Bello University, Zaria

Dear Respondent,

REQUEST TO COMPLETE QUESTIONNAIRE

I am a postgraduate student (M.Ed) of Christian Religious Studies Section in the Department of Arts and Social Science Education, Ahmadu Bello University, Zaria. I am carrying out a research on the **“Effects of Alcoholism on Christian Youths in Benue State”**.

I sincerely hope you will consent to complete this questionnaire as your response will be useful in this research which is purely for academic purpose. The information you will provide will be treated as confidential and will be used only for the purpose of the research.

Please, be sincere as possible to enable the researcher get the information required.

Thanks for your cooperation

Yours faithfully,

Chafa Matthew
P16ED AS8312

INSTRUCTION

Please provide the information requested in Section A, then read the statements in Section B carefully and show your reaction to each statement by ticking () under one of the corresponding letters provided in the right hand column.

SECTION 'A' PERSONAL DATA

1. Gender:

Male () Female ()

2. Age:

18-22 () 23-27 () 28-32 () 33-37 () 38 and above ()

3. Church Grouping:

Protestant () Catholic () Pentecostal ()

4. Church Status:

Pastor () Member ()

Please use these keys as guide to answer the questions below.

SA means Strongly Agree

A means Agree

D means Disagree

SD means Strongly Disagree

SECTION 'B' ON THE EFFECTS OF ALCOHOLISM ON HEALTH

S/N	ITEMS	SA	A	D	SD
1	Youths who are alcoholic have associated mental problems				
2	Alcoholic consumption results in liver disease				
3	Alcoholic intake results in lack of concentration especially in academic activities				
4	Alcoholic intake damages the heart and leads to high blood pressure				
5	Youths who drink alcohol excessively have defective mental development				
6	Drunkenness on alcohol results in blurred vision				
7	Continuous excessive alcoholism dissipates the physical well-being of Youths				
8	Continuous alcoholism leads to addiction among Youths				
9	Alcoholism causes hallucination				
10	Youths who drink become more addicted				

SECTION 'C' ON THE EFFECTS OF ALCOHOLISM ON MORAL LIFE

S/N	ITEMS	SA	A	D	SD
1	Youths who are alcoholic are disrespectful to their parents				
2	Youths who are alcoholic indulge in premarital Sex				
3	Intake of alcohol makes youth to fight in the public				
4	Intake of alcohol makes youth neglect their religious obligations				
5	Youths who are alcoholic tend to be more inclined in telling lies				
6	Alcoholic Youths hardly read the bible				
7	Excessive alcoholism makes Youths to misbehave in their homes				
8	Youths who indulge in alcoholism disorganize their family setup				
9	Alcoholic Youths have no regard for religious activities				
10	Youths who are alcoholic have a high tendency of disrespect for their elders				

SECTION 'D' ON THE EFFECTS OF ALCOHOLISM ON EDUCATIONAL PURSUITS

S/N	ITEMS	SA	A	D	SD
1	Effects of alcohol involves a decline in academic performance of Youths who indulge in its consumption				
2	Youths who consume alcohol take education less seriously				
3	Alcoholic Youths are usually not punctual in their school activities				
4	Alcoholic Youths do not disrespect their teachers				
5	Alcoholic Youths pay little or no attention to their class lessons and home work				
6	Alcoholism makes Youths to think less of their academic				
7	Youths who indulge in excessive intake of alcohol have high dropout rate from school				
8	Youths who indulge in excessive intake of alcohol do not obey the school rules and regulations				
9	Youths who indulge in excessive intake of alcohol get involved in examination malpractices				
10	Youths who indulge in excessive alcohol intake neglect their academic responsibilities				

SECTION 'E' ON THE EFFECTS OF ALCOHOLISM ON SOCIAL LIFE

S/N	ITEMS	SA	A	D	SD
1	Youths who are alcoholic constitute nuisance to the society				
2	Youths who are alcoholic disobey social norms in the society				
3	Youths who are alcoholic are usually involved in societal troubles				
4	Alcoholic Youths get involved in all manner of misadventures in the society				
5	Alcoholic Youths who drive cars do not follow the traffic rules and regulations				
6	Heavy drinking lowers productivity among Youths				
7	Some accidents could have been avoided if Youths were not alcoholic				
8	Alcoholic Youths have higher tendencies to steal				
9	Alcoholic Youths have higher tendencies to indulge in rape				
10	Alcoholism influences Youths to fight at home				

APPENDIX II

INTERVIEW SCHEDULE

Introduction

Good day Sir/Ma, thank you for honoring my request to participate in this interview schedule. I am Chafa, Matthew, a Master student of the Ahmadu Bello University, Zaria and this research entitled “Effects of Alcoholism on Christian Youths in Benue State” is a part of my Master programme. This interview is specifically carried out to gather data on the effects of alcoholism on Christian Youths for research purposes. I kindly request you to provide information that will help to facilitate and enhance the actualization of the research goals.

Before us is a mobile phone device which I will use to record all our interactions because I don't want to miss any piece of information due to its importance. I will equally be using a jotter to keep some field notes. Please, do you have any question before we get started? Thank you. I would be grateful for your valuable comments. I will be asking you several questions on the effects of alcoholism on Christian Youths. No personal information will be collected in the process and there are no foreseeable risks associated with your participation.

1. Have you ever had a drink containing alcohol?
2. If you ever had a drink containing alcohol, can you explain to me how you felt when you first had it?
3. Many Youths who consume alcohol say that whenever they do that, many of their problems are solved. Do you believe that statement? Please, explain

4. What consequences do you think are associated with the excessive intake of alcohol?
5. Do you have any idea on what excessive intake of alcohol does on the health of the consumer?
6. Are the Youths in this area involved in the alcohol consumption? If they are involved, does it have any effect on their educational pursuit? What could the effects be like on their educational pursuit?
7. Many Youths today are immoral; do you think some or many of the immoralities are linked to their engagement in excessive intake of alcohol?
Please explain.
8. To the best of your knowledge, why do you think Youths today involve themselves in excessive alcohol consumption?
9. Do you have any idea on what is prompting the Youths of this community into excessive intake of alcohol?
10. What measures have been taken in this community to caution the Youths on the consequences of excessive intake of alcohol?

Thank you for your time.

APPENDIX III

RELIABILITY RESULT FOR THE QUESTIONNAIRE

Scale: ALL VARIABLES

Case Processing Summary

	N	%
Valid	50	100.0
Cases Excluded ^a	0	.0
Total	50	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.905	20

Intraclass Correlation Coefficient

	IntraclassCorrelation ^b	95% Confidence Interval		F Test with True Value 0			
		Lower Bound	Upper Bound	Value	df1	df2	Sig
Single Measures	.324 ^a	.239	.438	10.581	49	931	.000
Average Measures	.905 ^c	.863	.940	10.581	49	931	.000

Two-way mixed effects model where people effects are random and measures effects are fixed.

- a. The estimator is the same, whether the interaction effects is present or not.
- b. Type C intraclass correlation coefficients using a consistency definition-the between-measure variance is excluded from the denominator variance.
- c. This estimate is computed assuming the interaction effects is absent, because it is not estimable otherwise.

a. The items are: Sex, Age, Occupation, Educational level, Youths who abuse alcohol normally result into mental problems. Excessive intake of alcohol can result to liver disease. Excessively intake of alcohol can damage the heart and lead to high blood pressure. Youths who drink alcohol are usually obsessed. When Youths consume alcohol, they disrespect their parents and their elders, Most Youths who involve themselves in alcohol consumption indulge in premarital Sexual behaviour.

b. The items are: Most Youths who drink alcohol involve in stealing in order to have the means to purchase more drinks, Influence of alcohol on Youths include telling lies. Alcohol use affects performance by reducing the number of hours committed to studying, completing homework and assignment. Most Youths who involve themselves in alcohol consumption usually end up with very lower grades. School attendance is very poor for those Youths who use alcohol. Heavy or frequent drinking of alcohol adversely affects school completion. Most traffic accidents that Youths are involved in are as a result of alcohol use. Heavy drinking of alcohol among Youths potentially lowers productivity at the workplace. Interpersonal violence among the youths is as a result of the intake of alcohol, therefore alcohol is a significant risk factor for domestic violence.