



*Sealed*



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13<sup>TH</sup> NATIONAL ASSOCIATION OF DOCTORS IN UNIVERSITY HEALTH SERVICES

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MEETING THE 21<sup>ST</sup> CENTURY PUBLIC HEALTH  
CHALLENGES IN UNIVERSITIES & ENVIRONS

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## KNOWLEDGE OF THE MANAGEMENT TECHNIQUE OF ALCOHOLICS AMONG THE STUDENTS OF AHMADU BELLO UNIVERSITY, ZARIA

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### ABSTRACT

The general trend is that alcohol has been used in some religious ceremonies and other social gatherings despite vivid harm on people and the society. The purpose of this research is to find out the knowledge of management skill of alcoholics among the students of Ahmadu Bello University, Zaria. A questionnaire was developed, validated and pilot tested for reliability. A purposive sampling technique was used to sample Two hundred and eighty eight (288) students from twelve faculties. Chi-Square, t-test and ANOVA statistical techniques were used to test the hypotheses. The main finding revealed that the students do not have knowledge of the management technique of alcoholics. It was recommended that environmental health (GENS 102) curriculum should contain drugs education.

*Key words: management technique, alcoholics, students, A.B.U.*

### INTRODUCTION

The use of ethyl alcohol has been an age long behaviour which has found a place in some religious ceremonies, feasts and celebrations, and as a medicine. Through history, alcohol has been more popular than any other drug in most cultures in the world, despite numerous prohibitions against it.<sup>1</sup> A lot of people think of alcohol the way it is portrayed in advertisement and in movies, being part of good times. The use of alcohol is a social acceptable phenomenon in Nigerian societies. This has made the use of alcohol to become rampant in the Universities. Even though moderate use of alcohol can enhance social occasions by loosening inhibitions and creating a pleasant feeling of relaxation, this can lead to an unhealthy adaptation.<sup>2,3</sup> Alcohol has definite physiological effects on the body that can impair functioning in the short term and cause devastating damage in the long term. The users becomes addictive which leads to a lifetime of recovery or, for others, to debilitation and death.<sup>2</sup> A study reported that through unintentional injuries, especially automobile crashes, alcohol is the leading cause of death among people between the ages of 15 and 24 in the United States.<sup>6</sup>

The use of alcohol is a complex issue, one that demands conscious thought and informed decisions. A similar survey revealed that 71.4% of the respondents drink alcohol, 52.6% are daily drinkers, 59% are heavy drinkers, 48% are social drinkers, and 24% are drinking to release anxiety in Ahmadu Bello University Zaria.<sup>7</sup> A researcher equally reported that students in Ahmadu Bello University, Zaria, use and abuse alcohol in a greater volume.<sup>8</sup> This ugly trend call for action.

Therefore, helping a friend or relative who drinks requires skill. The first step is making sure you do not create opportunities for continuous consumption of alcohol. Do not cover-up by minimizing or lying about someone's drinking behaviour. At the point of discussion with the drinker, be very conscious with the use of language. The use of frank statement which directly hit the user, like, you have a problem with alcohol, will cause emotional rebuttals and may endanger a relationship. This amounts to judging, blaming, attacking or forcing. There is need to be very careful in your approach to handling the problem. Taking action shows that you care. It has been reported that even when



problems are acknowledged, there is usually reluctance to get help.<sup>9</sup> You should understand that it is not easy to cure a friend's drinking behaviour alone, you need other capable hands. Consider making an appointment for your friend at the students health centre and then go with him/her to the appointment. Remember, being very drunk is potentially life-threatening. Helping a drunken friend could save a life. This is to inform you that abuse and dependence on alcohol affect more than just the drinker. Friends, family members, coworkers, strangers that the drinker meet on the road, and the society as a whole pay the physical, emotional, and financial costs of the misuse of alcohol. Bearing this in mind, a research on the assessment of the knowledge of the management technique of alcoholics among the students of Ahmadu Bello University was undertaken to find out the students knowledge on management technique of alcoholics, whether there is difference between male and female students knowledge on management technique of alcoholics and also whether difference exist in knowledge on management technique of alcoholics among the students' level of study.

## METHOD

An ex-post-factor design was used. A purposive sampling technique was used to select population of two hundred and eighty eight (288) respondents among the students of Ahmadu Bello University, Zaria from the twelve (12) faculties. One hundred and forty four (144) female and one hundred and forty four (144) male.

A questionnaire was developed by the researcher to obtain the required information. It was validated and tested for reliability and 0.75 was found. Twenty four (24) copies of the questionnaire were distributed to each faculty for the respondents to respond. The researcher made use of three (3) trained research assistants who collected data from nine (9) faculties. The researcher collected data from the remaining three (3) faculties. The analysis was based on two hundred and seventy (270) copies of duly completed questionnaire copies.

One hundred and forty nine (149) respondents were male while one hundred and twenty one (121) respondents were female. Chi-square, t-test and ANOVA statistical analyses were used.

## RESULTS

The analyses were presented as follow: Hypothesis One: Knowledge of management technique of alcoholic among the students of Ahmadu Bello University, Zaria is not positive. To test this hypothesis, frequency and percentages of responses to items on the questionnaire were computed and transformed to Chi-square as reflected in Table I.

Table 1: Descriptive Chi-Square denoting management skill of the students

S/ No	Variable	Value	DF	X <sup>2</sup> - calculated
1.	Do not argue with intoxicated person.	2.868	4	.580
2.	Engage intoxicated person in discussion of the drinking problem.	4.253	4	.373
3.	Do not allow intoxicated person to drive.	3.023	4	.554
4.	Allow intoxicated person to climb stair case alone.	22.128	4	.000
5.	Do not allow intoxicated person to wander around.	9.229	4	.056
6.	Give more alcohol to intoxicated person.	1.880	4	.758
7.	Neglect unconscious intoxicated person.	3.940	4	.414
8.	Prevent choking due to vomiting by intoxicated person.	3.172	4	.529
9.	Do not stay in readiness to assist the intoxicated person in danger of breathing.	1.094	4	.895
10.	Give intoxicated person something to eat.	1.823	4	.768
11.	Do not give him/her something to drink.	1.378	4	.848
12.	Give cold showers to intoxicated person.	.904	4	.924
13.	Do not call for help if you fail to wake an intoxicated person.	3.712	4	.446
14.	Call for help if his/her breathing seem to be shallow or irregular.	3.277	4	.513
15.	Do not call for help if assume he/she combined drugs with alcohol.	2.821	4	.588
16.	Call for help if he/she had head injury	2.910	4	.573
17.	Do not call for help in case of excessive drinking.	5.049	4	.282

$$\chi^2 (270) \geq 9.49 < .05$$

Table 1 show that the knowledge of the management technique of alcoholic among the students of Ahmadu Bello University Zaria is insignificant. This is due to the fact that the Chi-square calculated was greater than .05. The hypothesis is accepted.

Table 2 shows the difference between male and female students of

Ahmadu Bello University, Zaria in their knowledge of the management technique of alcoholic. A hypothesis was raised to this effect. Thus, there is no significant difference between male and female students of Ahmadu Bello University, Zaria in their knowledge of management technique of alcoholic.

Table 2: **t-test for the difference between male and female students in their management technique of alcoholic**

Gender	Mean	SD	SE	t-value	Df
Male	3.3695	.45033	.03689	-.073	268
Female	3.3738	.51706	.04701		

$$t (270) = 1.96 < .05$$

Table 2 indicate no significant difference between male and female students of Ahmadu Bello University, Zaria in their knowledge of management technique of alcoholic as indicated by a t-value of -.073 as compared with 1.96 table value. Therefore, the hypothesis is accepted.

Table 3 shows difference among the students' levels of study in their knowledge of management technique to alcoholic. The hypothesis raised to this effect was that, there is no significant difference among the students' levels of study in their knowledge of management of alcoholic.

Table 3: **One way analysis of variance of the different levels (100, 200, 300, 400, 500 and 600) of study on management technique of alcoholic**

Source	Df	Sum of Squares	Mean Squares	f-value	P
Between groups	5	1.977	.395	1.737	.126
Within groups	264	60.120	.228		
<b>Total</b>	<b>269</b>	<b>62.098</b>			

$$F (269) = 3.84; P < .05$$

Table 3 indicates insignificant difference among the students' levels (100, 200, 300, 400, 500 and 600) of study in their knowledge of management technique to alcoholic as indicated by f-value of 1.737 as compared with 3.84 table value. Therefore, the hypothesis is accepted.

### DISCUSSION

The aim of this study was to assess the knowledge of management technique of alcoholic among the students of Ahmadu Bello University, Zaria. Alcohol use causes more serious social and psychological problems than all other forms of drug abuse combine.<sup>10</sup> This is

because alcohol is accepted for use in social gathering which involve youth and adult. For this reason, people become alcoholics without even knowing. Therefore, for every person who is an alcoholic, another three or four people are directly affected. Similar report showed that about a third of Americans had trace alcohol to be source of trouble in their family. It is the responsibility of family and friends to understand the best way to treat alcoholics in order to assist them to recover. Some alcoholics recover without professional help, as many as 25% stop drinking on their own or reduce it enough to eliminate problems.<sup>4</sup> Therefore having knowledge of the management technique of alcoholic will assist in helping alcoholics to recover from their drinking habit. Many alcoholics have patterns of drinking that fluctuate widely with time which indicate that, their alcohol abuse is a response to environmental factors, such as life stressors or social pressures and therefore, those with adequate knowledge of treating them have succeeded.<sup>11</sup> This is contrary to the finding of this research which revealed that the students do not have knowledge on management of alcoholics. This difference could be due to environmental factors. Therefore, such drinkers who need the help of family and friends would not get it, which will further worsen their problem. Alcoholics must be made to understand that they are powerless over alcohol must seek help from those with the management technique in order to regain control of their lives. If the "know how" within the students is lacking as revealed by this research. The problem of alcoholism would be rampant on campus with all its damaging effect. Researchers reported that children in alcoholic households often cope by learning patterns of interaction that help them and their parents to cope well.<sup>12</sup> This further emphasizes the need to acquire knowledge on how best to manage alcoholics. It was equally reported that many adult children of alcoholics benefit

greatly from therapy with a counselor who is experienced in treating people who have been affected by an alcoholic family.<sup>13</sup> The use of drug such as diazepam (valium) to replace alcohol during initial stages of withdrawal, can be useful for only a week or so, because of its dependence tendency. Counseling and peer group support are generally the most effective elements of alcoholism treatment. Counseling and peer group support is only effective when those concern have knowledge of management technique. Many people have difficulty expressing disapproval about someone who has drunk too much, and people are amused by the antics of the funny drunk. Remember, the drinker constitutes a nuisance to many around him/her. Therefore help him/her and the society. This is because other people drunkenness can impinge on your living or study environment. Speak up to help.

## CONCLUSION

Based on the results obtained from the study and within its limitations, the following conclusions were drawn.

- The students' do not have knowledge on management technique of alcoholics.
- Both male and female students have the same knowledge of management technique of alcoholic.
- Non of the students in the different levels of study differ in their knowledge of management technique of alcoholic.

## RECOMMENDATION

Based on the conclusions, the following recommendations were made:

- Environmental health (GENS 102) is a compulsory course for each student who secured admission into Ahmadu Bello University, Zaria. Therefore, its curriculum should contain drug education. This will arrest the ugly trend on campus.



- There is also need for Health education to serve as GENS course. This will cover the area of personal health which is deficient in environmental health.
- There is need to form a mutual help programme among the students which will assist in arresting the ugly trend on campus.

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