

Pattern of Alcohol Use among Undergraduate Students of Adekunle Ajasin University, Akungba Akoko, Ondo State, Nigeria

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Abstract

Background: Despite the major health Problems that arises from drinking of excessive alcohol; for example, cancer pancreatitis, liver cirrhosis, tuberculosis, pneumonia, diabetes mellitus, malignancies, mental horribleness, and injury, students still indulges in the drinking of alcohol. In other to help in reducing chronic diseases and other adverse health effects associated with excessive alcohol drinking, there is the need to get a latest baseline data on alcohol use. Hence, the need to investigate the pattern of Alcohol use among Undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo State, Nigeria.

Methods: The research design used for this study is descriptive survey research, questionnaire was used for data collection, and multistage sampling procedure was used to select respondents. Furthermore, this study was conducted in Adekunle Ajasin University, Akungba Akoko in Ondo State, Nigeria, and the respondents for this study comprised 500 undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria. The descriptive statistics of frequency count and percentages score were used to analyse demographic data and the research question, while inferential Statistics of linear regression was used to test the hypotheses at 0.05 levels of significance.

Findings: Findings revealed that 269 (53.8%) respondents do not take Alcohol at all, but 33 (6.6%) respondents takes Alcohol once a month, 44 (8.8%) respondents takes Alcohol once a week, 31 (6.2%) respondents takes Alcohol once every day, 19 (3.8%) respondents takes Alcohol twice every morning and 104 (20.8%) respondents takes Alcohol only during occasions. It was also discovered that age, gender and family background of students have no significant influence on their pattern of Alcohol use.

Conclusions: It was concluded that majority of undergraduate students of Adekunle Ajasin University, Akungba-Akoko, Ondo state, Nigeria does not drink alcoholic beverages i.e. 53.8% respondents do not drink it at all; while 46.2% of undergraduate students of Adekunle Ajasin University, Akungba-Akoko, Ondo state, Nigeria drink alcoholic beverages. Also, it was concluded that age, gender and family background of students have no significant influence on their pattern of Alcohol use.

Keywords: Pattern; Alcohol use; Undergraduates; Students

Introduction

It will be uncontroversial to express that most university grounds battle with containing and controlling Alcohol use by their students, this is because the age at which students initially enter such institutions is a period of experimentation, where adolescents have the chance to test the points of confinement already set by parents or guardians and schools. Alcohols are generally used in numerous nations and internationally, as around two billion individuals drink Alcohol [1]. Despite the fact that drinking of Alcohol is socially acceptable, it is conceivably unsafe for health. While numerous individuals drink with no genuine problems and effects, drinking to intoxication level or binge drinking has been noted to be related with a wide range of negative social and conduct effects. Among adolescents in the USA and Northern Europe, uncontrolled Alcohol use is a developing problem. In the USA for example, up to half of youthful alcohol clients

report binge drinking [2], and an investigation of US university students found that the rate of incessant binge drinking is (≥ 3 times in a multi week duration), which had expanded from 20% to 23% in the time of 1993-1999 [3]. Binge drinking is especially common among youngsters, prompting individual, relationship and wrongdoing problems [4]. A review study in 1997 among 542 school students in southwestern Nigeria (266 males and 276 females in the sample) found that the pervasiveness rate of alcohol consumption was 13.4%; an increase of 20.1% in males and 7.4% in females. The study likewise found out that the commonness rate of lifetime Alcohol clients was 26.4% an increase of 33.3% in males and 20% in females. The most regularly consumed mixed drinks was palm wine (with 60.1% of clients), trailed by brew (20.8%), Wine and refined gin (14.7%) [5]. Furthermore, the information gathered from 640 optional school students of 14 years of age in Anambra state, Nigeria, revealed that 57% of the students had consumed Alcohol [6].

Also, a 1998 study carried out among 988 university students in Ilorin, Nigeria, found the rate of Alcohol users to be 18.5%; an increase

of 24% in male students and 17% in females students [7]. The aforementioned statistics was corroborated by a study carried out among 292 out-of-school male youths in an urban territory of Central Nigeria (aged 11 to 20 years); results found out that in excess of 33% (38.7%) of the sample had taken alcohol at any rate once in their lives. Lasebikan and Ola [8] discovered that the pervasiveness of lifetime alcohol use was 57.9%, and that of current alcohol use was 27.3% among a sample of Nigerian semi-rural community inhabitants. Furthermore, through a face-to-face interviews with some Nigerian adolescents, past research by [9] uncovered that the lifetime pervasiveness of alcohol use was 56%. In addition, a report by [10] demonstrated that the predominance of current alcohol use among a sample of Nigerian optional school students was 30.6% and that 38.1% of current consumers had likewise been drunk in the previous 30 days, with 17.2% being drunk most of the time. Despite the major health problem that arises from drinking of excessive alcohol; for example, cancer [11], pancreatitis, liver cirrhosis, tuberculosis, pneumonia, diabetes mellitus, malignancies, mental horribleness, and injury [12], students still indulges in the drinking of alcohol. In other to help in reducing chronic diseases and other adverse health effects associated with excessive alcohol drinking, there is the need to get a latest baseline data on alcohol use. Hence, the need to investigate the pattern of Alcohol use among Undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo State, Nigeria.

Significance of the study

The result of this study has revealed the pattern of the respondents towards alcohol use. This is an important tool that will help school authorities, Governmental and non-governmental health organizations in charge of alcohol and drug abuse to be able to sustain and improve on the present development in the sector. In addition, this study will also beef up the literature of knowledge, and spur interest for further researches into related areas of alcohol use and drug abuse.

Research question

What is the Pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria?

Hypotheses

Age will not significantly influence the Pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Sex will not significantly influence the Pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Family Background will not significantly influence the Pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Method of the Study

Study design

The research design used for this study is descriptive survey research.

Study setting

This study was conducted in Adekunle Ajasin University, Akungba Akoko in Ondo States, Nigeria.

Study respondents

The respondents for this study comprised 500 undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Sample and Sampling Technique

The sample size for this study consisted of 500 respondents drawn from the five faculties in Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Multistage sampling procedure was used to select respondents;

Stage I

Purposive sampling technique was used to select undergraduate students from other students in Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Stage II

Total enumeration sampling technique was used to select all the five faculties which included 100 level to 500 level students in Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Stage III

Proportionate sampling technique was used to select the number of respondents from each faculty. The total populations of the students were 14,000 as at the time of this study. Faculties; of Sciences have 3,400 students, Education have 4,000, Social and Management sciences have 3100, Law have 1000 students and Art have 2,600. The 500 respondents were gotten from each facilities using population proportionate to size. The formula $A \times B/C$ was used to calculate the proportion of respondents in each faculties, where;

A=Total number of the students in each faculties

B= Sample size and,

C= Total number of undergraduate students in Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

E.g. for faculty of Science

A= 3,400

B= 500

C= 14000

= $3,400 \times 500/14,000$

=121

= 121 Respondents from Faculty of science

*The same process was used for other faculties

Stage IV

Finally, accidental sampling technique was used to administer the questionnaire to the respondents that were available in each of the

faculties at the time of administration of the instrument by the researcher.

Similarities of study population with other Nigerian universities

Adekunle Ajasin University Akungba Akoko is a state university in Ondo state Nigeria, West Africa. The university offers undergraduate, postgraduate, as well as pre-degree programmes to students. Students Population of Adekunle Ajasin University Akungba Akoko shares many characteristics and similarities with other state universities in Nigeria e.g., the university has a mixture of both male and female as its students, and has a current total population of around 15,000, usually of the normal student's population in states universities in Nigeria. Also, the average age of its undergraduate students fall within the ranges of 21-25 years, the usual age of students in Nigeria universities.

Measures

The Pattern of Alcohol use questionnaire for Undergraduate University students is a structured questionnaire developed by the

researcher. The questionnaire consisted of 8 items divided into 2 major sections (A and B). Section A assessed the respondents' personal data (Age, Gender and Family background), while Section B contains 6 items that evaluates the pattern of Alcohol use. The questionnaire was validated by 2 experts in Educational Research Measurement and Evaluation. Furthermore, the instrument was found to have a 0.65 reliability coefficient when subjected to test re-test method of reliability. The completed questionnaire was collated, coded and analysed using both descriptive and inferential statistics. The descriptive statistics of frequency count and percentages score were used to analyse demographic data and research question, while inferential statistic of linear regression was used to test the hypotheses at 0.05 levels of significance.

Findings

		Age		
	Frequency	Percent (%)	Valid percent (%)	Cumulative percent (%)
15-20 years	121	24.2	24.2	24.2
21-25 years	291	58.2	58.2	82.4
26 years and above	88	17.6	17.6	100.0
Total	500	100.0	100.0	
		Gender		
	Frequency	Percent (%)	Valid percent (%)	Cumulative percent (%)
Male	303	60.6	60.6	60.6
Female	197	39.4	39.4	100.0
Total	500	100.0	100.0	
		Family Background		
	Frequency	Percent (%)	Valid percent (%)	Cumulative percent (%)
Monogamous	306	61.2	61.2	61.2
Polygamous	130	26.0	26.0	87.2
One parent	55	11.0	11.0	98.2
Orphan	9	1.8	1.8	100.0
Total	500	100.0	100.0	

Table 1: Demographic data of the respondents (Age, Gender and Family background).

For Age, respondents within the age range of 21-25 years accounted for the largest respondents with 58.2%, while those within the age range of 26 years and above accounted for the lowest number of respondents with 17.6%. For Gender, Male accounted for the largest proportion of the respondents consisting of 60.6%, while female accounted for 39.4% of the respondents. For Family Background, students from the Monogamous family were the highest number of

respondents with 61.2%, while students from the orphan family accounted for the lowest number of respondents with 1.8% (Table 1).

Research question

What is the Pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria?

How often do you drink alcoholic beverage				
	Frequency	Percent (%)	Valid Percent (%)	Cumulative Percent (%)
I don't drink it at all	269	53.8	53.8	53.8
Once a month	33	6.6	6.6	60.4
Once a week	44	8.8	8.8	69.2
Once every day	31	6.2	6.2	75.4
Twice every morning	19	3.8	3.8	79.2
Only during Occasions	104	20.8	20.8	100
Total	500	100	100	

Table 2: Pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba-Akoko, Ondo state, Nigeria.

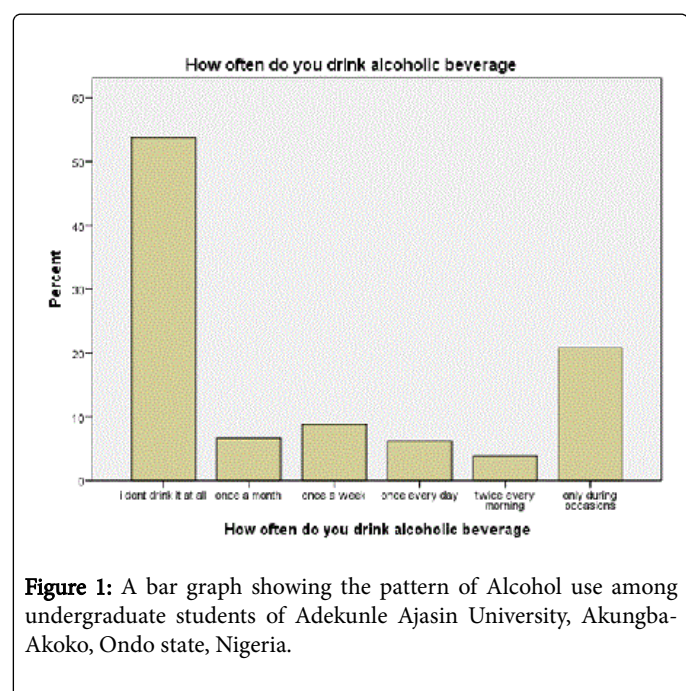


Figure 1: A bar graph showing the pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba-Akoko, Ondo state, Nigeria.

Table 2 and Figure 1 shows the descriptive analysis of the pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba-Akoko, Ondo state, Nigeria. The table revealed that 269 (53.8%) respondents do not take Alcohol at all, 33 (6.6%) respondents takes Alcohol once a month, 44 (8.8%) respondents takes Alcohol once a week, 31 (6.2%) respondents takes Alcohol once every day, 19 (3.8%) respondents takes Alcohol twice every morning, and 104 (20.8%) respondents takes Alcohol only during occasions. This implies that majority of the undergraduate students of Adekunle Ajasin University, Akungba-Akoko, Ondo state, Nigeria does not take alcohol.

Hypothesis one: Age will not significantly influence the Pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Table 3 revealed a t value of .084 which is not significant (.933) at 0.05 level of significance. Hence, the hypothesis is retained, meaning that Age has no significant influence on the pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.597	0.29		8.967	0
	AGE	0.012	0.142	0.004	0.084	0.933

a. Dependent Variable: How often do you drink alcoholic beverage

Table 3: Regression analysis of the Influence of Age on the pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Hypothesis two: Gender will not significantly influence the Pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.68	0.276		9.701	0
	Gender	-0.043	0.187	-0.01	-0.23	0.818

a. Dependent Variable: How often do you drink alcoholic beverage

Table 4: Regression analysis of the Influence of Gender on the pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria, Table 4 revealed a t value of -.230 which is not significant (.818) at 0.05 level of significance.

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.559	0.206		12.425	0
	Family Background	0.04	0.12	0.015	0.33	0.741

a. Dependent Variable: How often do you drink alcoholic beverage

Table 5: Regression analysis of the Influence of Family background Influence of Gender on the pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Hence, the hypothesis is retained, meaning that Gender has no significant influence on the pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Hypothesis three: Family background will not significantly influence the Pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Table 5 revealed a t value of .330 which is not significant (.741) at 0.05 level of significance. Hence, the hypothesis is retained, meaning that Family Background has no significant influence on the pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Discussion of findings

The current study determined the pattern of Alcohol use among among undergraduate students of Adekunle Ajasin University, Akungba-Akoko, Ondo state, Nigeria. Analysis on Table 2 and Figure 1 indicated that majority of undergraduate students of Adekunle Ajasin University, Akungba-Akoko, Ondo state, Nigeria does not drink alcoholic beverages i.e. 53.8% respondents do not drink it at all. While 46.2% of undergraduate students of Adekunle Ajasin University, Akungba-Akoko, Ondo state, Nigeria still drink alcoholic beverages, although the level and rate of consumption differs. This result disagrees with [10], whose study revealed that the predominance of current alcohol use among a sample of Nigerian optional school students was 30.6%, and that 38.1% of current consumers had likewise been drunk in the previous 30 days, with 17.2% being drunk most of the time. Although, this study agrees with [7], who's investigation among 292 out-of-school male youths in an urban territory of Central Nigeria (aged 11 to 20 years) found that in excess of 33% (38.7%) of the sample had taken alcohol at any rate once in their lives. Furthermore, Regression Analysis of Hypothesis one and Table 3, Hypothesis two and Table 4 and Hypothesis three and Table 5 revealed that Age, Sex and Family background has no significant influence on the pattern of Alcohol use among undergraduate students of Adekunle Ajasin University, Akungba Akoko, Ondo state, Nigeria.

Conclusions and Recommendations

It was concluded that majority of undergraduate students of Adekunle Ajasin University, Akungba-Akoko, Ondo state, Nigeria, does not drink alcoholic beverages i.e. 53.8% respondents do not drink it at all, While 46.2% of undergraduate students of Adekunle Ajasin University, Akungba-Akoko, Ondo state, Nigeria still drink alcoholic beverages. Although, the percentages of drinkers were high (46.2%), it was therefore recommended by the researchers that, Health education approach method should be used to reduce the level of Alcohol consumption among drinkers. Furthermore, it was concluded that Age, gender and family background of students have no significant influence on their pattern of Alcohol use.

Implications for health education

The findings of this study have the following implications for health education:

Health education is the only way of developing positive health attitudes and behavior. Hence, efforts should be made to ensure that all

students are exposed to health education, so as to empower them to develop positive attitudes, which will enable them take informed positive health decisions regarding alcohol use in future.

Health Education should be made a compulsory course at all levels of education, as this will help to boost the health knowledge of the upcoming generation.

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Conflict of Interest

The authors declare no competing interests.

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