

UNIVERSITY OF NAIROBI

FACULTY OF ARTS

DEPARTMENT OF SOCIOLOGY

**"ALCOHOLISM AND ITS EFFECTS ON THE PRODUCTIVITY OF
THE YOUTH: A CASE STUDY OF KINYAGO VILLAGE,
GATUNDU DISTRICT."**

BY

ALICE WANGUI GIKANDI

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**UNIVERSITY OF NAIROBI
EAST AFRICANA COLLECTION**

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ABSTRACT

The intensity of alcohol abuse in Kenya has been a major concern in recent years, more so affecting the youth. This study focused on the youth aged between ages 15-25 years and was carried out in Kinyago Village, Gatundu District, where the problem of youth alcoholism was noted as highly prevalent. The study set out to find out the extent to which alcoholism affects productivity of the youth, and to understand how the youth cope with the challenges of alcoholism in Kinyago village, Gatundu District.

The objectives of the study were: 1) to identify the coping mechanisms adopted by the addicts of alcoholism as well as the significant others, 2) to assess the attitudes and perceptions of the community towards the problem of youth alcoholism, and 3) to establish the mitigation measures put in place to deal with the problem of alcoholism among the Kenyan youth at the community and national levels.

To achieve the stated objectives, a survey research was carried out. Probability and non-probability sampling was used to gather a total of 128 respondents. A structured questionnaire was used to collect data from the youth and an unstructured interviews collected data from the key informants. The raw data collected were processed using the SPSS statistical package; both descriptive and inferential statistics were used to analyze the data.

Findings from the study revealed that 90% of the youth were men. The education level of the youth was low with only 33% having completed secondary education. The type of alcohol consumed in this village is chang'aa and 88% of the youth said that it is of poor quality. The youth admitted that they drink excessively. The study found diverse ways in which the youth cope with the drinking problem which includes; fighting their spouses and parents, avoiding those who discourage them from drinking, stealing from spouses and other family members, while others sink deep into denial. The findings here revealed that 79% of the youth drink due to unemployment and not peer pressure as other studies have indicated. 97% admitted that alcoholism has affected their productivity a lot. There are some mitigation measures put in place to deal with the problem of alcoholism among the Kenyan youth both at the community and national levels. These include; the police raid the chang'aa dens, the parents talk to their youth, discourage them from drinking and pressurize them on the same, introduction of the youth funds to keep youth busy in business, chiefs hold public barazas to address the youth on the negative effects of alcoholism, games are also organized to occupy the youth and church leaders hold crusades and seminars as a forum to discourage youth from drinking. However 90% of the youth were of the opinion that the measures put up were not appropriate or effective in addressing the problem of youth alcoholism.

The stakeholder therefore need to intensify their efforts in addressing the problem of youth alcoholism to save the youth from this menace otherwise our future leaders are really in peril. The youth felt that everything should be done to discourage them from drinking and alternative occupation/employment made available. The government should

create employment or find ways of occupying the youth, and enact effective laws to contain the sale of chang'aa. The youth should also raise education level, boost business development skills, and avoid HIV/AIDS. The teachers teach on the dangers of alcoholism, become good role models

Future studies should address the role of parents in molding an alcohol free youth, effects of alcohol related activities on poverty levels in the society, and the social-economic effects of alcoholism on the family stability.