FACTORS INFLUENCING ALCOHOL CONSUMPTION IN MAJENGO SLUMS OF NYERI MUNICIPALITY, NYERI COUNTY, KENYA.

ALEX KAMWIKO KOBIA

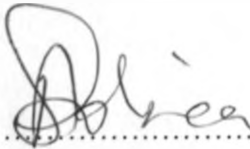A RESEARCH PROJECT REPORT SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF THE DEGREE OF MASTER OF ARTS IN PROJECT PLANNING AND MANAGEMENT, UNIVERSITY OF NAIROBI.

2011

DECLARATION

This is my original work and has not been presented for the award of a degree in any University or any other institution of higher learning.
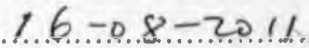
Signature .... Date..... Ang. 16 2011

Alex Kamwiko Kobia

L50/60420/2010

This research project report has been submitted for examination with my approval as University Supervisor.

Signature ...... J.E.Maitho.... Date ..16-08-2011...

Professor T. Maitho

Department of Public Health, Pharmacology and Toxicology

University of Nairobi.

DEDICATION

This research project is dedicated to my wife Becky Keya, for being a source of inspiration and joy to me while I was carrying out the research work.

ACKNOWLEDGEMENT

TABLE OF CONTENTS

LIST OF TABLES

ABBREVIATIONS AND ACRONYMS

GABA   gamma-aminobutyric acid

IUPAC   International Union of Pure and Applied Chemistry

Kes   Kenya shillings

NABAK   National Alcohol Beverages Association of Kenya

NGO   Non Governmental Organization

SPSS   Statistical Package for Social Sciences

ABSTRACT

Alcohol consumption has become a menace in Kenya and especially among the middle and low income earners. Excessive alcohol consumption has rendered many young men both socially and economically unproductive as most of their time is spent hopping from one drinking den to another in search of the liquor. The magnitude of the problem had soared to the point of forcing the parliament to pass the Alcohol Drinks Control Act of 2010 intended to regulate alcohol consumption in Kenya. This study was therefore conducted to establish the factors that lead to alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya. The literature studied revealed an outcry from the residents and leaders who had complained over the increase in the number of alcohol dens in the area and some of the reasons why alcohol was preferred. The following were the objectives of the study: to examine how type of occupation and income level influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya; to determine how the level of education influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya; to establish how cost and access to alcohol influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya; to examine how religion influences alcohol consumption in Majengo Slums, Nyeri Municipality Nyeri County, Kenya and; to assess how social factors such as gender, marital status and age influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya. The study used descriptive survey research design carried on 200 residents who were selected using clustered random sampling. The study adopted questionnaires as the research instrument and were administered with the help of a research assistant. The data collected was analyzed using descriptive analysis method and the findings were presented using tables and charts. The main findings of the study revealed that low level of education, joblessness, low cost and ease of access of alcohol significantly led to excessive alcohol consumption in the area. Similarly, the study revealed that married men, particularly those aged between 18 and 28 years, were more vulnerable to excessive alcohol consumption than their female counterparts. Religion was insignificant in alcohol reduction as more Christians consumed alcohol compared to atheists contrary to the expectations. The study recommends that income generating projects ought to be started in the area to engage the idle youth in productive activities. Secondly, the study recommends that awareness campaigns ought to be started to sensitize the youth, especially those aged between 18 and 28 years, on the demerits of alcohol consumption and the need to further their education to a level that can give them a reliable and legitimate source of income. Thirdly, the Alcohol Law should be fully implemented in the area in order to regulate excessive alcohol consumption through restricting access to alcohol. With regard to the type of alcohol consumed, the government should totally barn the cheap illicit brews from the area since they are easily available despite their detrimental effects. Lastly, religious groups ought to restructure themselves so as to remain relevant in curbing social evils such as excessive alcohol consumption among the followers. The findings of this study are very useful to the government and other policy makers in mitigating the alcoholism problem in Majengo Slums of Nyeri Municipality, Nyeri Kenya and other alcohol torn areas in Kenya.

CHAPTER ONE

INTRODUCTION

This chapter discusses the background to the study, statement of the problem, significance of the study, objectives, research questions, limitations, delimitations, assumptions and organization of the study.

1.1   Background of the Study.

The population growth rate in Nyeri County has decreased drastically while the number of the alcohol drinking dens has grown in multiples despite the harsh economic times facing the country (Mott, 2010). The stake holders have blamed the current decline in the population to excessive alcohol consumption in the area. The magnitude of the problem is so significant that some kindergartens are on the breach of closure due to lack of pupils in classrooms. While there could be other factors leading to low birthrate in this region, alcohol consumption among young men has been cited as the greatest factor contributing to the low birthrate. Similarly, the crime rate has gone high since many youths don't engage in any income generating activities because of alcohol consumption.

According to Mott (2010) the 2010 signing of alcohol bill into law by the Kenyan President, Mwai Kibaki was a major leap into bringing sanity in the lucrative leisure and entertainment industry in Kenya. The purpose of this law is to make liquor available to those adults who choose to drink responsibly: not to promote the sale of liquor. It also seeks to keep liquor out of the residential areas, schools, and other institution protected by law. The law defines how alcohol is to be packaged, labeled and sold. It also sets time for opening and closing of bars and other retail stores. In actual sense, it moderates the alcohol consumption in the country. This law is popularly known as the Mututho Law because the alcohol bill was brought

1

to parliament by Naivasha Member of Parliament, John Mututho and later pushed it for enactment.

Similarly, the Bill was also meant to rein the high end beers market by regulating their advertising and subsequent sale (Mott, 2010). Consequently, fancy advertisements that used to glamorize alcoholic drinks, link beer to social success and therapeutic value, was outlawed. NABAK condemned the production of illicit brews and supported government endeavour that would support the production and sale of clean safe alcohol to adult Kenyans. However, after passing the bill into law, the state of alcohol consumption in the country did not change as was expected. In most parts of the country such as the Majengo Slums in Nyeri municipality, Nyeri County included, the passing of the bill into law remained insignificant. Despite the county's good rainfall and fertile soils, as of 2009, the population of the children between birth and school going age had greatly decreased. According to the area member of parliament, the experienced low population growth rate in Nyeri County is as a result of excessive alcohol consumption by the productive population (Kahuthu et al, 2005). It was from that background that the researcher sought to establish the factors that influence alcohol consumption in Majengo slums, Nyeri Municipality, Nyeri County, Kenya.

World Alcohol Consumption Report (2009) revealed that the world alcohol consumption was averaged out at 17.95 pints of pure alcohol per person aged 15 years or older. The report further pointed out that a marked increase in alcohol consumption was in Africa and South-East Asia. Surprising enough, more than 30% of the total alcohol consumed was home-brewed or what is referred to as illicit brews (Word Alcohol Consumption Report, 2009). The report further focused on the public health implications of alcohol consumption. Globally, nearly 4 percent of

2

all deaths each year are related to alcohol, with the vast majority of those being male at 6.2 percent, compared to 1.1 percent of female deaths (World Alcohol Consumption Report, 2009).

It is evident from the World Alcohol Consumption Report (2009) that alcohol consumption results in more deaths each year than AIDS or tuberculosis. The problem is more severe in Africa and Asia more than anywhere else in the world. It is from that background that the research was conducted to assess the state of alcohol consumption and the factors that leads to its consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya.

1.2   Statement of the Problem

There is an increase in excessive alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya which has led to low birthrate, economic unproductivity and related social evils.

1.3   Purpose of the Study

The purpose of the study was to establish the factors influencing alcohol consumption in Majengo slums in Nyeri Municipality, Nyeri County, Kenya.

1.4   Objectives of the Study

The study was based on the following objectives:

1. To examine how type of occupation and income level influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya.

2. To determine how the level of education influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya.

3. To establish how cost and access to alcohol influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya.

3

4. To examine how religion influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya.

5. To assess how social factors such as gender, marital status and age influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya.

1.5   Research Questions

The study sought to answer the following questions:

1. How does type of occupation and income level influence alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya?

2. How does Education level influence alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya?

3. How does cost and access of alcohol influence alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya?

4. What is the influence of religion on alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya?

5. What is the influence of the social factors such as gender, marital status and age influence alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya?

1.6   Significance of the Study

The findings generated by this research will be used to make recommendations to the government and other policy makers on the appropriate measures to be taken to mitigate the current alcoholism menace in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya. This is in line with the economic recovery strategy for wealth and employment creation: a plan by the government of Kenya. Additionally, the research findings will contribute to the development of knowledge on the state of alcohol consumption in the country, the factors leading to excessive

4

alcoholic consumption and the mitigation procedures to be adopted. Lastly, the findings will add to the existing documents on alcohol consumption.

1.7   Limitations of the Study

It was perceived that time and financial resources would constrain the study since the researcher was a full time employee with a non-governmental organization while carrying out the study. Therefore, permission to distribute the questionnaires to the respondents personally and subsequent analysis was limited. This was however overcome by applying for an annual leave so as to administer the questionnaires, analyze them and write a project report. Additionally, the security risk in some sections of the Majengo slums was perceived to be unreachable for data collection. To overcome this, I requested the area chief to provide security to my research assistant and I while collecting the data. Lastly, the findings of the study were to be limited to the Majengo slums of Nyeri Municipality and was feared that they could not be easily generalized. Further research is therefore necessary to establish the factors that lead to alcohol consumption in other Counties.

1.8   Delimitations of the Study

The study was conducted in Majengo Slums of Nyeri Municipality within a period of seven months. It was conducted within the following parameters: the sample size became small at the end of the study; study time was very short and this created a lot of tension and hurry to complete the study as the University allocated only two months to collect data and compile the report and lastly; some respondents used in the study as the researcher to find out later had not lived in Majengo slums for long.

5

1.9   Assumptions of the Study

It was assumed that the responses to the questionnaire were accurate and relevant to the study. Secondly, the researcher assumed that the variables of the study did not change in the course of the research period. Thirdly, the sample chosen was adequate to help in drawing valid conclusion. Finally, the data collection instrument used was valid and measured the desired constructs.

1.11 Organization of the Study

The study is organized into five chapters, references and an appendix. The first chapter introduces the study while the second chapter reviews related literature. Chapter three highlights the research methodology and chapter four gives data analysis, presentations and interpretation. Chapter five gives a summary of the research findings, discussions, conclusions and recommendations. The reference section gives credit to the scholars whose works has been cited in the study. Lastly, the appendix holds miscellaneous materials such as the letter of introduction, questionnaires and the map of Nyeri Municipality.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This chapter discusses literature materials reviewed in this study. It outlines the state of alcoholism in Kenya, causes of alcoholism, mitigation procedures, and the state of alcoholism around the globe. This is meant to shed light on the studies that have been carried out in the field of alcohol consumption and their respective mitigation procedures. This is important for the study of the factors influencing alcohol consumption in Majengo slums of Nyeri Municipality.

2.2 The state of Alcoholism in Kenya

An addiction to alcohol is known to wreak havoc on the body and negatively affect the life of the individual and the lives of those he or she loves. In Kenya, it appears to have a marked effect, creating dysfunctional and emotionally stunted families. A recent report highlighted a campaign launched by President Mwai Kibaki to try and curb alcoholism among men and in turn engage in productive activities (Mott, 2010). A particular focus was put on men in the Nyeri County due to the escalated prevalence of alcohol consumption in the area. According to Kahuthu et al (2005) central region has a history of excessive alcohol consumption and idleness due the high unemployment rate that hits the area.

The situation has gone from bad to worse: the women in the province have staged several protest demonstration in a bid to stop brewers from selling alcoholic drinks to their husbands and sons who have become economically and socially unproductive because of spending most of their valuable time drinking alcohol instead of engaging in other productive activities. A prominent cabinet minister was reported to have suggested that men from other provinces be shipped in to help impregnate the women as the local men could no longer reproduce: replacing

9

one social issue with another. Alcoholism is not only rampant in Nyeri County, but it is a growing concern in the area due to the many cases of marital irresponsibility, social crimes, and other illegal acts that have soared among the alcohol addicts in the area that have raised the concern. For instance, the bar owners continue to report strong revenues as customers are guaranteed drunkenness every night. While consistent drinking in bars appears to cut through ethnicity, region, race and social class, the situation seems worse in Nyeri County and particularly in Majengo slums.

While visiting bars is viewed as a social activity in many countries, in Kenya it is purely a male pastime (Woo, 2005). The purpose is not to socialize or spend time with spouses as done in other countries; it is to drink until the money runs out or the drinker collapses. There is a suggested phenomenon that men who stay home with their families are considered to be "sissies" and insecure: men must visit the bar to asset their masculinity (Kahuthu et al, 2005). Whatever the motivation, the reality is that the male obsession with alcohol in Kenya has a far-reaching impact that could be difficult to reverse. There have been numerous cases of young men who lost their lives after consuming tainted alcohol: also called the killer brew. Others have lost their sight as a result of consuming alcohol with methanol. Since many alcohol consumers don't have a steady source of income, they turn to the consumption of lethal illicit brews which have dire physical consequences such loss of sight, healthy problems and in some cases could lead to death.

2.3 General Causes of Alcoholism

It is natural to wonder what causes alcoholism, and the truth is that there are many complex causes of alcoholism. There is definitely a hereditary component to alcoholism, but there are many other factors involved as well. These can be classified with regard to personal

traits, education and development, environmental factors, established behavior patterns, religion and social factors.

2.3.1 Personality Traits

There are a number of personality traits common to alcoholics. Personality traits tend to be inborn, although some may be learned (Mańkowski, 2000). Some of the traits common to alcoholics include emotional immaturity, difficulty coping with frustration, a competitive nature, and perfectionism (Norwood, 2009). Alcoholics usually also have difficulty with communication in relationships, a feeling of inferiority, and a sense of guilt.

2.3.2 Level of Education

The level of education determines one's level of exposure (Norwood, 2009). Alcoholics tend to share a number of factors with their friends who are at the same or higher academic level. The educated people have ability to cross examine a venture before indulging in it. This is the reason why majority of alcoholics are people with little education.

2.3.3 Established Behaviour Patterns

Alcoholism can become a habit. It can become a way to deal with stress, unhappiness, anxiety, and other feelings. Alcoholics also tend to develop drinking rituals, such as having a drink every night before dinner, or after dinner, or so on (Kohler, 2001). They become very anxious or upset if their routine is disrupted. These drinking patterns can be part of what causes alcoholism.

2.3.4 Environmental Factors

Alcohol can be used to escape a number of environmental situations, such as anxiety, stress, fatigue, depression, boredom and insecurity (Organic chemistry IUPAC nomenclature,

11

2002). It can also be used to lower inhibitions in social situations. People may also drink in order to "fit in" in certain social situations.

2.3.5 Religion

Without promoting any particular religion here it should be noted that religious people can be alcoholics too. But religion, or a sense of spirituality, can be a source of protection against what causes alcoholism. Spirituality refers to a sense of a "higher power," a feeling of something greater than us, a belief that there is a greater meaning to life (Audrey, 2005). Religion, or spirituality, provides a sense of security that is often lacking in alcoholics. It also helps to relieve the feelings of guilt and inferiority that alcoholics often suffer.

2.3.6 Social Factors

Social factors are often cause alcoholism just like other factors (Audrey, 2005). Alcoholics often have poor social skills and do not function well in social situations. They may drink in order to feel more comfortable in social situations. They may then begin to socialize with other drinkers and withdraw from social situations with family and non-drinking friends. This can in turn create a sense of pressure to drink more.

2.4 Treatment

It should be noted that none of the factors mentioned above singly causes alcoholism. Alcoholism is more complex than that. But these are factors that contribute to the causes of alcoholism, and in combination can lead to the development of the disease. When a person begins the process of recovery from alcoholism, they will have to deal with these causes of alcoholism (Woo, 2005). For instance, they will have to learn new ways to cope with environmental factors like stress and depression. They may need to develop better social skills and learn about healthy relationships. If they don't deal with the factors that led them to drink in

the first place, they are likely to relapse. Most treatment programs include strong psycho-educational components to teach new coping skills. Successful treatment programs generally include individual counseling as well, to deal with what causes alcoholism in each individual, since it will vary from person to person. Those are things to look for when seeking a treatment program.

2.5 Alcohol consumption around the globe

According to the new study of the nation's drinking habits, more adults in the U.S. appear to be drinking alcohol, (Jones-Web, 2010). The trend seems to be consistent across ethnic groups and genders. Between 1992 and 2002, the study established that the percentage of men and women who drank alcohol increased, as did the percentage of Whites, Blacks, and Hispanics (Jones-Web, 2010). Americans don't seem to be drinking more, however, as the average number of drinks consumed per month remained steady. According to Rhonda Jones-Webb, an epidemiologist and alcohol expert at the University Of Minnesota School Of Public Health, in Minneapolis, more people are drinking, but they seem to not be drinking heavily as frequently (Jones-Web, 2010). Yet the study revealed an important exception to that trend: an uptake in the number of people who binge drink at least once a month. Binge drinking is defined as consuming five or more drinks in one day. "We need to address this increase, which may be associated with alcohol abuse," says Dr. Deborah Dawson, Ph.D., a staff scientist at the National Institute on Alcohol Abuse and Alcoholism, in Bethesda, Maryland (Jones-Web, 2010). He further insists on the need to focus attention on preventive measures that target binge drinking than mere public talks.

The rise in the proportion of drinkers and in binge drinking could be a sign that society is more accepting of alcohol consumption (and over consumption (Lachenmeier et al, 2008). There

13

has been much emphasis on drug education and treatment but not as much emphasis on alcohol

misuse, which could signal a change in norms and explain the increase in the prevalence of

drinkers (Bahr, 2010). Social and economic characteristics also affect alcohol consumption in

complex ways. The researchers note that people who live alone, are unemployed, are less

educated, and were born in the U.S. are all more likely to drink alcohol (and more of it) (Bahr,

2010). At the same time, notes Jones-Webb (2010) whites may drink more because, as a group,

they are more affluent and can better afford alcohol. Although the researchers controlled for

marital status, education, income, and age, other unidentified factors may have skewed the

survey data on different genders and ethnic groups (Bahr, 2010). It is however important to

evaluate whether health messages regarding drinking are working, and the group that may need

to be targeted more effectively.

2.6 Conceptual framework

Independent Variables   **Moderating Variable**   **Dependent Variable**

Intervening Variable
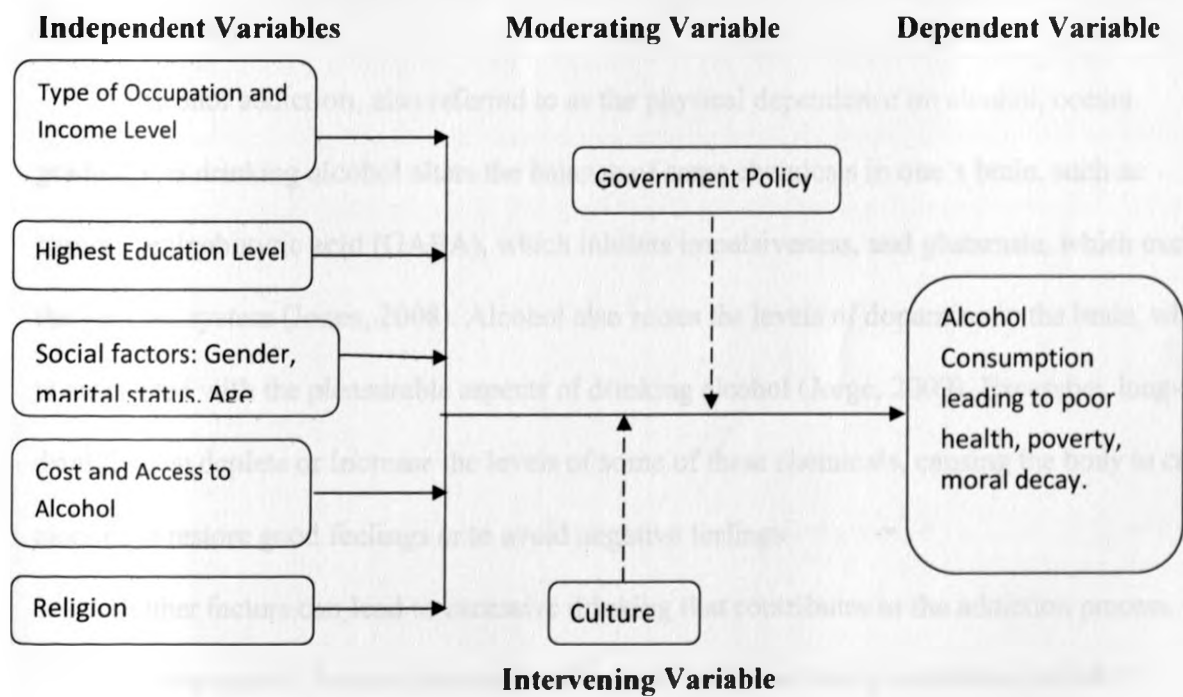
Figure 1 Conceptual Framework.

14

Alcohol consumption is conceptualized in this study as a dependent variable. Type of occupation, level of education, religion, social economic factors such as gender, marital status and age as well as cost and access to alcohol are in the same vein conceptualized as independent variables: factors that influences alcohol consumption in Majengo slums, Nyeri Municipality, Nyeri County, Kenya. Culture is an intervening variable while government policy such as the alcohol laws and other policies governing alcohol consumption are the moderating variables.

2.7 Summary

Usually, a variety of factors contribute to the development of a problem with alcohol. Social factors such as the influence of family, peers, society, availability of alcohol, and psychological factors such as elevated levels of stress, inadequate coping mechanisms, and reinforcement of alcohol use from other drinkers can contribute to alcoholism (Metcalf, 2009). Also, the factors contributing to initial alcohol use may vary from those maintaining it, once the disease develops.

Alcohol addiction, also referred to as the physical dependence on alcohol, occurs gradually as drinking alcohol alters the balance of some chemicals in one's brain, such as gamma-aminobutyric acid (GABA), which inhibits impulsiveness, and glutamate, which excites the nervous system (Jones, 2008). Alcohol also raises the levels of dopamine in the brain, which is associated with the pleasurable aspects of drinking alcohol (Jorge, 2009). Excessive, long-term drinking can deplete or increase the levels of some of these chemicals, causing the body to crave alcohol to restore good feelings or to avoid negative feelings.

Other factors can lead to excessive drinking that contributes to the addiction process. Firstly certain genetic factors may cause a person to be vulnerable to alcoholism or other addiction. If one has an imbalance of brain chemicals, he or she may be more predisposed to

alcoholism (Hori et al, 2003). Secondly, emotional state such as high levels of stress, anxiety or emotional pain can lead some people to drink alcohol to block out the turmoil. Certain stress hormones may be associated with alcoholism.

Psychological factors such as having low-self esteem or suffering from depression may also make one to be more likely to abuse alcohol. Having friends or a close partner who drinks regularly, but who may not abuse alcohol could lead to excessive drinking on one's part (Eversley, 2001). It may be difficult for one to distance himself or herself from these "enablers" or at least from their drinking habits.

Lastly, alcohol consumption is also influenced by the socio-cultural factors influences alcohol consumption. For instance, the glamorous way that drinking alcohol is portrayed in the advertisement and in the entertainment media sends many people messages that it's OK to drink excessively (Ehret, 2002). All in all, there are a number of the family problems that co-occur with excessive alcohol consumption. They include: violence such as slapping, hitting, smashing and throwing objects; marital conflict such as arguments, the silent treatment, growing apart; infidelity i.e. finding someone who 'understands', prostitution, internet sex; economic insecurity such as loss of job, poor financial decisions, easting money; divorce and fetal alcohol effect especially from drinking when pregnant which could damage the child's brain (Tarver, 1996).

CHAPTER THREE

RESEARCH METHODOLOGY

3.1. Introduction

This chapter outlines the research design and methodology that was used in the study. It describes the research design, target population, sampling and sampling procedure, research instruments, data validity and reliability, data collection, data analysis and presentation.

3.2 Research Design

A descriptive survey design was used to study the factors that influence alcohol consumption in Majengo slums, Nyeri Municipality, Nyeri County, Kenya. According to Kombo and Tirop (2006) descriptive survey design is used in the preliminary and exploratory studies to allow the researcher gather information, summarize, present, and interpret it for the purpose of clarification. Similarly, Kothari (2003) points out that descriptive design allows the researcher to describe, record, analyze, and report conditions that exist or existed before. The research design adopted allows the researcher to generate both numerical and descriptive data that is meant to assist in measuring correlation between the variables. Descriptive survey research produced statistical data on alcohol consumption and the underlying influencing factors in Majengo slums, Nyeri Municipality, Nyeri County, Kenya.

3.3 Target Population

Kombo and Tirop (2006) defined a population as a group of individuals, objects, or items from which samples are taken for measurements. The study was carried out in Majengo slums, Nyeri Municipality, Nyeri County, Kenya. The population was sampled through stratified random sampling. A target population of 4000 and accessible population of 1500 was used in the study.

3.4 Sample size and Sample Selection

In this study, the researcher embarked on cluster Sampling procedure. This is because the effect of alcohol consumption is spread across the County. The cluster sampling procedure therefore ensured that all the sections within Majengo slums in Nyeri Municipality, Nyeri County, Kenya were represented in the research. According to Mugenda and Mugenda (1999), a descriptive study of 10% or above of the accessible population is enough for the study: a total of 200 respondents, who comprise 13.3% of the accessible population, was used. The respondent used in the study represents an individual or households in the area of study.

3.5 Research Instruments

The instruments for collecting data from the target population in Majengo slums, Nyeri Municipality, Nyeri County, Kenya were questionnaires. The questionnaires designed comprised of open and closed questions which were used to collect primary data. The open questionnaires were instrumental in collecting in-depth information concerning the alcohol consumption and the underlying factors.

3.5.1 Piloting of the Instruments

A pilot study was conducted in which 50 questionnaires were administered to the residents and their responses cross-checked for correctness and validity to the study. After the study, some questions were adjusted to suit the research topic and the objectives.

3.5.2 Validity of the Instrument

According to Mugenda and Mugenda (1999), validity of an instrument refers to the accuracy and meaningfulness of the inferences based on the research results. Validity therefore refers to the degree to which an instrument obtains the data that it is supposed to get. To ensure

validity of the instrument, the researcher gave the instrument to his supervisor, Professor Maitho, to check its validity before using it in data collection.

3.5.3 Reliability of the Instruments

Reliability of the instrument refers to the degree to which a research instrument yields consistent results after repeated trials (Mugenda and Mugenda, 1999). It is very important in research because it enables the researcher to identify the ambiguities and inadequate items in the research instrument. In this study, the reliability of the instrument used was measured through a pilot study in which the questionnaires were administered and later the responses cross-checked to ensure their ability to yield consistent results. Thereafter, necessary changes were made before administering the questionnaire to the target group.

3.6 Data Collection Procedure

The data was collected by administering the questionnaires to the clustered respondents in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya. The respondents were first informed that their responses would be used for academic purpose only. Also, their anonymity was promised to as to collect accurate data. After the respondents filled the questionnaires, they were then collected and coded so as to be analyzed by a statistical package for social sciences (SPSS).

3.7 Data Analysis Technique

The data collected was first pre-processed: editing of data to detect errors and omissions in order to correct where possible. Secondly, the researcher coded the data for efficiency after a close scrutiny for accuracy and consistency. Thirdly, the data was classified on the basis of common characteristics and attributes. After the mass of raw data was assembled, it was tabulated in form of statistical tables to allow further analysis. This facilitated the summation of

19

items and the detection of errors and omissions. The data was then analyzed using descriptive statistics which included the measures of central tendency (mean, mode, median). This was facilitated by the use of a statistical package for social sciences (SPSS) version 11.5. For qualitative data, use of content analysis to identify patterns, themes and biases was applied. Finally, the data was stored in soft and hard copies and presented by use of frequency tables and percentages.

3.8 Ethical Considerations

Before administering the questionnaires to the respondents, an informed consent was obtained from the respondents allowing them to participate voluntarily to the study. The aims and objectives of the research were explained before and after undertaking the research. This helped in attaining an informed consent from the respondents. The researcher also maintained utmost confidentiality about the respondents. Before embarking on the field the researcher met all legal requirement and made prior appointments for the questionnaire administration.

3.9 Operationalization of Variables.

Table 3.1 Operationalization of Variables

Objective	Type of Variable	Indicator	Tools for Analysis	Measurement scale	Data analysis
1.To examine how type of occupation influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya.	**Independent** Type of Occupation **Dependent** Alcohol consumption	Salary Wages	Observation Questionnaire	Ordinal Ratio	Descriptive statistics
2.To determine how the level of education influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya.	**Independent** Highest Academic level **Dependent** Alcohol consumption	The highest level of education	Observation Questionnaire	Ordinal Ratio	Descriptive statistics
3.To establish how cost and access to alcohol influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya.	**Independent** Accessibility to Alcohol. **Dependent** Alcohol consumption	Proximity of a bar. Cost of alcoholic drinks.	Observation Questionnaire	Ordinal Ratio	Descriptive statistics
4. To examine how religion influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya.	**Independent** Religion **Dependent** Alcohol consumption	Denomina-tion	Questionnaire	Ordinal Ratio	Descriptive statistics
5.To assess how social factors such as gender, marital status and age influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya.	**Independent** Gender Marital status Age **Dependent** Alcohol consumption	Sex Age Marital status	Observation Questionnaire	Ordinal Ratio	Descriptive statistics

CHAPTER FOUR

DATA ANALYSIS, PRESENTATION AND INTERPRETATION

4.1 Introduction

This chapter presents the summary of the analyzed data. The results are presented on the basis of the objectives of the study which aimed at finding the factors leading to alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya. The analysis is based on the research questions and objectives as identified in the study and then processed using statistical package for social sciences (SPSS) version 11.5. Presentation is done in tables mainly describing the variables long the frequencies or percentages.

4.2 Questionnaires' Return rate

Out of 200 questionnaires that were administered, 157 were returned in good time and with valid information for analysis. This implies that a return rate of 78.5% of the questionnaires administered was realized. According to Peil (1995), questionnaires return rate of more than 50% is considered good for the study. Therefore, the return rate of 78.5% was okay for the study.

4.3 Demographic information

The study required demographic information so as to establish the gender and age of the respondents that was greatly affected by alcohol consumption and further examine the factors that are particular to them.

4.3.1 Gender of Respondents

The study examined gender to establish which gender was most vulnerable to alcohol consumption. Table 4.1 gives the gender of the respondents as it emerged from the study.

Table 4.1. Gender of the Respondents

Gender	Frequency	Percentage
Male	102	65
Female	55	35
Total	**157**	**100**

As shown in Table 4.1 above, 102 (65%) respondents were male while females were 55

(35%). This implies that the study focused more on the men who were perceived to be more

affected by alcoholism than women.

4.3.2 Age of the Respondents

Age was a critical parameter in the study since the researcher wanted to establish the age

bracket that is most vulnerable to alcohol consumption: and the one that is least vulnerable too.

The findings are presented in Table 4.2 below.

Table 4.2 Gender of the Respondents

Age (Years)	Frequency	Percentage
18-22	31	27
23-27	34	30
28-32	17	15
33-37	14	12
37-42	5	4
over 43	14	12
Total	**115**	**100**

Indeed, 31 out of 115 (27%) respondents who admitted to be consuming alcohol aged

between 18-22 years. Similarly, 34 out of 115 (30%) of the total alcohol consumers in Majengo

Slums Nyeri Municipality, Nyeri County, Kenya aged between 23 and 27 years. Additionally,

only 5 (4%) of respondents who consumed alcohol were aged between 37-42 years. This could

be explained by the fact that older men and women prefer returning to their rural homes to settle

in agricultural activities while the younger generations prefer to remain in towns where they

engage in non-agricultural activities such as trade. Further still, at the age of 35 years up to 43,

23

many people have their children in high schools and colleges and hence little money is left for leisure. From 18 to 28 years, many people are in colleges, others are usually busy looking for jobs and lifetime companions. Therefore, they are not as financially constrained those above 35 years.

4.3.3 Marital Status of the Respondents.

Marital status, just like age and gender, was an important parameter in establishing, among the married and the single respondents, the group that was most vulnerable to alcohol consumption so as to narrow down to the factors that leads to their excessive consumption. Table 4.3 below summarizes the findings with regard to marital status of the respondents.

Table 4.3 Marital Status of the Respondents.

Marital Status	Frequency	Percentage
Married	71	61
Single	45	39
Total	116	100

The highest number, 71 (61%), of the respondents who consumed alcohol were married while the remaining 45 (44.7%) were single. Marriage is one of the social institutions seen to be on the breach of becoming extinct in Majengo slums, Nyeri Municipality, Nyeri County, Kenya if stringent measures are not taken immediately. From qualitative data collected, more than 36 (50%) of the couples in marriage remained there for convenience only and not for the sake of marriage as a social institution. 22 (31%) of the married couples who took excessive alcohol noted that if they could get own income they would separate permanently with their spouses completely.

4.3.4 Family Size

The size of the family was studied so as to examine its influence on alcohol consumption. A summary of the findings are presented in Table 4.4 below.

24

Table 4.4 Family size of the respondents

Number of children	Frequency	Percentage
none	40	37
one	18	17
two	32	29
three	19	17
more than three	0	0
Total	**109**	**100**

Despite the fact that over 50% respondents were married, 40 (37%) of the married couples did not have any child at all. Additionally, 18 (17%) had only one child while 32 (29%) had two children. This in itself sounds an alarm because 58 (54%) of all the respondents who consumed alcohol had only one child or less and none had more than three children. Possibly, this could be the reason why alcohol consumption is blamed for low birthrate in the area.

4.3.5 The Highest Level of Education of the Respondents

The level of education determines the level of exposure and subsequent ability to critically analyze issues. For that reason, the level of education was important in establishing the most vulnerable group between those with a high education level such as a University and those who dropped from Primary school: or never attended school altogether. Table 4.5 summarizes the findings on frequencies and percentages.

Table 4.5 Highest Level of Education

Highest Academic Level	Frequency	Percentage
University	2	2
College	11	10
High School	45	39
Primary	53	46
Never been to school	3	3
Total	**114**	**100**

The study revealed that majority of the respondents who consumed alcohol, 53 out of 114 (46%) had primary school as their highest level of education. This group was closely followed by 45(39%) of the respondents who had left their education at the high school level. There were

only 2(2%) of the respondents who had reached university level of education. Similarly, there were 3 (3%) of the respondents who had never been to school. These findings reveal that the level of education inversely influences alcohol consumption.

4.4 Type of Occupation of the Respondent

The rationale of using the type of occupation in the study was to establish its influence on alcohol consumption. This is because the respondents' type of occupation determined how much money and free time they had for spending on alcohol consumption. Table 2.6 summarizes these findings.

Table 4.6 Type of Occupation of the Respondent

Type of Occupation	Frequency	Percentage
Salaried	38	41
Self Employed	52	56
Jobless	3	3
Total	**93**	**100**

The study revealed that type of occupation of the respondent greatly contributed to the alcohol consumption. Comparing the salaried and self-employed respondents, it was established that the highest number of alcohol consumers were self employed. 52 (56%) self-employed respondents took excessive alcohol as compared to 38 (41%) of their salaried counter part. This could be attributed to the flexibility in income levels and time of the self-employed respondents as opposed to the fixed time frames and constant monthly incomes that characterize the salaried respondents.

4.5 Religion of the Respondents

The religion of the resident was important in the study in that it is ought to reduce social evils in the community. Excessive alcohol consumption being one of them, the researcher

wanted to establish the influence of religion on alcohol consumption. Table 4.7 summarizes the findings of the religion with regard to alcohol consumption.

Table 4.7 Religion of the Respondents

Religion	Frequency	Percentage
Christian	92	84
Muslim	12	11
Hindu	0	0
Atheist	6	5
Total	**110**	**100**

The studies revealed that religion was insignificant in reducing excessive alcohol consumption. This is because 92 (84%) of the total alcohol consumers were practicing Christians. They were followed by the Muslims who were only 6 (5%). Indeed if religion contributed in the reduction of the social evils such alcohol consumption, then the trend realized would have been reversed.

4.6 The Respondents Cost and Access to Alcohol

Access to alcohol consumption was critical for the study since the researcher wanted to establish whether the proximity of the alcohol bars to the residents influenced alcohol consumption in any way. Table 4.8 summarized these findings in frequencies and percentages.

Table 4.8 Respondents Cost and Access to Alcohol

Distance	Frequency	Percentage
More than 10km	11	10
5-10km	20	18
2-5km	16	14
1-2km	27	24
less than a km	40	35
Total	**114**	**100**

The low cost and ease of access to alcohol contributed greatly to excessive alcohol consumption. The study established that 40 (35%) of the respondents who took alcohol lived near alcohol bars: i.e. less than a kilometer from their houses. Cumulatively, the study revealed

that 67(59%) of the respondents who consumed alcohol admitted that bars were less than 2 kilometers away from their houses. The bars sold cheap brands that were fast selling. Some of the cheap brands include: Munyiri, Keg, Chang'aa, spirits and other local brews shelved with beers like Tusker, Pilsner, Guinness and Alsopps. In more than 50 residential plots that the researcher visited, alcohol bars were on the front rooms while people resided on the rear side. The music played in the bars and the noise made by the drunks could be heard very well from the residential houses: this could have lured the respondents into daily drinking.

CHAPTER FIVE

SUMMARY OF FINDINGS, DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

The study aimed at finding the factors that affects alcohol consumption in Majengo slums, Nyeri municipality, Nyeri County. This chapter therefore highlights a summary of findings, discussions and conclusions made on the findings and the recommendations which are meant to assist the government and well-wishers in helping the affected people to come out of the alcoholism bondage. Finally, there are the suggestions for further research.

5.2 Summary of the Findings

The first objective was to examine how type of occupation influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya. The type of one's occupation determines the free hours and money available for spending. As it emerged from the study, the salaried people (those in the formal employment) did not have much time to spend on alcohol consumption compared to their informal (self-employed like jua kali) counterparts. The self employed topped the list in alcohol consumption.

Similarly, the income level of the respondent was analyzed with reference to alcohol consumption. While it is expected that those who earn more are expected to spend more, the study revealed otherwise. In the case of Majengo Slums, those who earn more spent less on alcohol consumption while those who earned little, spent everything they got on alcohol. Possibly, the high income earners are usually busy with their investments as opposed to the low

29

income earners with very little to invest. Therefore, most of their time is spent socializing in the alcohol dens than in engaging in economically fruitful activities.

The second objective was to determine how the highest level of education influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya. The study revealed that those with high academic levels consumed less alcohol than those with low education level. This could be attributed to the level of exposure that those who had gone up to university had over those who stopped their education at primary level. These findings are very important since they emphasize the need to education. The residents of Majengo slums ought to be encouraged to take their studies seriously so as to arrest the alcohol menace that is rampant in the area.

Additionally, the study also noted that social economic factors such as marital status, gender, and age also influences alcohol consumption in the area under study irrespective of the highest level of education. The married respondents seemed to drink more than their single counterparts. This could be attributed to the high demands bestowed on the married couples than on the single that leads to high stress levels. Similarly, men, whether with high academic level on low, were greatest affected by the alcohol consumption than women. This could also be attributed to the many responsibilities that are bestowed on men irrespective of their income levels. Such high expectations often lead to high stress levels and subsequent indulgence into alcohol consumption.

The study further revealed that religion play insignificant role in reducing alcohol consumption among Majengo Slum Dwellers. This is ironical because religion is meant to discourage such social evils through its religious teachings. However, Christians (who formed the largest percentage of alcohol consumers) in the study prove that the increase in the number of

30

churches in the area was only meant to enrich the clergy and had nothing to do with the spiritual growth of the local people. This could have led to the believers' loss of trust in the church and subsequent disregard to the religious teachings.

Cost and access to alcohol also greatly influenced alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya. The study revealed that the proximity of the alcohol selling points to the respondents' houses positively influenced alcohol consumption. This was particularly if the alcohol bars were selling cheaper brands. When the cost was too high, the consumers shifted to cheaper brands, preferably illicit brews. Similarly, when the bars were far away from the residential quarters, consumers took less alcohol as opposed to when the bars were in their vicinity.

5.3 Discussions

Excessive alcohol consumption as the study revealed is a menace that is bound to stay longer among the residents of Majengo Slums of Nyeri Municipality, Nyeri County. This is because the factors that lead to excessive alcohol consumption are diverse. For instance, it is ironical that the respondents who earned more money took less alcohol than their low income counterparts. This contradicts the predisposition that poverty leads to alcohol consumption and vice versa. However, that could be explained by argument that those who earn more money take legal drinks in small amounts. Secondly, the high income earners don't take excessive alcohol since they are keener on their self image that on the alcoholic drink. The low income earners are in most cases disregard their self image while intoxicating themselves.

The influence of the social economic factors such as marital status, age and gender too reveal that married respondents were more prone to alcohol consumption. Age-wise, 18-28 years group mostly men consumed excessive alcohol that any other age or gender. This could be attributed to

31

the responsibilities that the society pegs on men particularly those who are within the vulnerable age: 18-28 years. Religion as the study showed played an insignificant role in curbing excessive alcohol consumption. That shows that many respondents had lost faith in the religious teachings possibly due to the double standards applied by the clergy. The clergy seems to incline more on property acquisition at the expense of morals.

On cost and access to alcohol, it is evident that majority of the excessive alcohol consumers lived less than a kilometer away from the alcohol bars. This made alcohol to be easily accessible to them whenever they needed. Similarly, availability of cheap brands of alcohol on the shelves worsened the situation as the respondents would intoxicate themselves with less than a hundred shillings. Most bars too opened from morning till late. This made alcohol access to be very easy to the clients. Therefore, in mitigating the alcohol consumption in Majengo slums, the bars should be far from the residential areas and opening hours as stipulated in the Alcohol Law should be followed..

5.4 Conclusions

To conclude, it is prudent to reiterate that alcohol consumption in Majengo slums is the greatest menace that the government and the well-wishers ought to tackle once and for all before the situation get completely out of hand. While alcohol may be seen as an acceptable pastime or a leisure activity, its destruction in Majengo Slums, Nyeri municipality is insurmountable. For that reason, it is important to understand the factors that influence alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya so as to apply appropriate corrective measure.

Firstly, the type of occupation and income level has both negative and positive influence on alcohol consumption. Those with salaried and high paid jobs consumed less alcohol compared to the self-employed with low incomes. These findings were shocking in that those will little income indulged in alcohol consumption more than those with high income. Possibly this is because those with more income could be having more responsibilities arising from their investments than those with little income.

Secondly, the highest level of education influenced alcohol consumption both negatively and positively. Those who had gone up to university consumed less alcohol than those who had stopped at primary school or high school level. This could be attributed to the difference in the level of exposure and societal expectations on them. The bracket that was most vulnerable to alcohol consumption was the primary and secondary school leavers. However, these findings were influenced by gender, age, and religion: men especially those aged between 18-28 and who practiced Christianity were the greatest affected by the alcohol consumption.

Thirdly, cost and ease of access to alcohol consumption influenced it consumption positively. Where alcohol was easily accessible, the respondents consumed excessively as compared to the instances where its access was not possible due to cost or distance. Many residents opted for illicit brews irrespective of their health hazards since they were readily available and at cheaper prices. For that reason, the type of occupation, highest level of education, and ease of access of alcohol emerged to the three main factors that influences alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya.

Fourthly, social economic factors such as gender, marital status and age greatly influenced alcohol consumption in Majengo Slums of Nyeri Municipality, Nyeri County, Kenya. Men were more prone to excessive alcohol consumption compared to women of the same age

33

and marital status. While there could be other factors leading to more men consuming alcohol than women, one cannot sideline the heavy responsibilities bestowed upon men by the society. These leads to high stress levels which in turn forces men into finding solace in alcohol.

Lastly, religion was perceived to influence alcohol consumption. However as the study revealed, religion was insignificant in reducing alcohol consumption. A significant number of the Christians consumed alcohol against what was expected. This shows how the residents of Majengo Slums of Nyeri Municipality have disregarded the religious teachings on alcohol consumption. The church and other religious groups in the area ought to review their operations so as to establish where they went wrong.

5.4 Recommendations

In order to curb alcohol consumption in Majengo Slums, Nyeri Municipality, Nyeri County, Kenya, it is fundamental to look into the following recommendations. Firstly, income generating projects involving the local youth should be started immediately so as to reduce the rate of unemployment. Such income generating project should offer high returns and opportunities for career development to the youths of Majengo Slums so as to shun from excessive alcohol consumption.

Secondly, awareness campaigns should be started to sensitize the local people on the demerits of alcohol consumption and the need to further their education. This could be started by giving the residents who had left their studies at primary school and high school levels a chance to go back to school to further their studies. Such an offer should be made without conditions. This is because majority of the residents within that bracket already have families and their children are attending school. In light of that, such studies should be fully sponsored by the government so that they may not constrain them financially leading to more problems.

The role of religion in the society ought to be revised. Religion is intended to reduce the social evils such as excessive alcohol consumption. However, that is not the case in Majengo Slums of Nyeri Municipality. It is shameful to lean that atheism are more sober than the Christians. In order to win the believers back, the religious groups ought to restructure their operations and more so, carry out a study to establish where they went wrong. This is because their influence on morals is not felt in the society as it ought to be.

While many civil groups focus on the girl child and women empowerment, it is the high time that such groups focused on boy child and men in general. This is because they have been neglected and bestowed with heavy responsibilities by the society. Too many responsibilities with little income often raise their stress levels to a point of consuming too much alcohol in finding solace. Therefore, "Men Trust" (similar to Women Trust that funds women projects) or other movements to empower men ought to be started so as to help men meet their societal obligations legitimately.

Lastly, cost and access to alcohol should be looked into. This could be done by fully implementing the alcohol laws that controls the opening and closing of bars, their proximity to the residential areas, branding, cost and advertisements. This is because many bars open at eight in the morning and close past midnight making alcohol to be easily accessible. With regard to the type of alcohol consumed, the government should totally barn the cheap illicit brews from the area to reduce the numbers of youths who takes them. With those measures put into place, Majengo slum would be an economic hub for Nyeri County, and Kenya at large.

5.5 Suggestion for further research

The following area of further research is suggested: a study to investigate the factors that lead to excessive alcohol consumption among married men in Kenya.

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APPENDICES

APPENDIX 1: LETTER OF TRANSMITTAL

Alex Kamwiko Kobia,

University of Nairobi,

School of Continuing and Distance Education,

Nyeri Centre.

Mr/Mrs/Ms……………………………………………….

 Nyeri Municipality Constituency.

Dear Sir/Madam,

Re: ACADEMIC RESEARCH.

I am a student of University of Nairobi currently pursuing a Master of Arts Degree in Project

Planning and Management. I am conducting a research on the factors influencing alcohol

consumption in Majengo Slums in Nyeri Municipality, Nyeri County, Kenya.

I am kindly requesting your assistance in responding honestly to the interview questions and

questionnaire provided. All information given will be anonymous. Your response will be treated

as confidential and will only be used for academic purposes only.

Thank you.

Yours faithfully,

Alex Kobia.

APPENDIX 2: QUESTIONNAIRE FOR THE RESIDENTS

Instructions

Please tick (✔) in the boxes provided alongside the question and fill the blank spaces.

1. What is your gender?

   Male [   ]   Female [   ]

2. What is your current age in Years?

   18-22 years   [   ]

   23-27 years   [   ]

   28-32 years   [   ]

   33-37 years   [   ]

   38-42 years   [   ]

   Over 43 years [   ]

3. Which is your highest academic level.

   University   [   ] Tertiary (College) [   ]

   High school   [   ] Primary   [   ] Never been to school [ ]

4. Select your religion from the list below.

   Christian [   ] Muslim [   ] Hindu   [   ] Atheist   [   ]

5. What is your occupation?

   Salaried   [   ]   Self employed [   ] Jobless [   ]

   Other (please specify)...

6. What is your gross monthly income in Kes.?

   Above 50,000 [   ]   30,000 – 50,000   [   ]

20,000-30,000 [   ]   10,000-20,000   [   ]

5,000-10,000   [   ]   Less that 5,000   [   ]

7. What is your marital status?

    Married   [   ]

    Single   [   ]

8. How far is the nearest bar from where you live?

More than 10km   [   ] 5-10 km   [   ]   2-5 km [   ]

1-2km   [   ] Less than a km   [   ]

9. a) When do bars open?

    Always open   [   ]

    5pm-11pm on weekdays and 2pm-11pm on weekends [   ]

    Other (please specify)..

9. b) Do you take alcoholic drinks?

    Yes   [   ]   No   [   ]

10. If yes in Question 9b. above, who do you drink with?

    Friends [   ]   Alone [   ]   Both   [   ]

11. Are you involved in any substance abuse?

    Yes   [   ]   No   [   ]

12. If yes in questions 11, what substances do you often take?

Cocaine   [   ]

Marijuana   [   ]

Tobacco   [   ]

Miraa   [   ]

Others (Specify) ....

13. If you chose yes in questions 9, which is your favorite category of alcoholic drinks?

Spirits [   ]   beers [   ]   Wines [   ] Illicit Brews [   ]

14. How often do you drink?

Monthly [   ]   Weekly [   ]   Daily [   ]   Occasionally [   ]

15. Select circumstances that make you drink.

When stressed [   ]

When with friends   [   ]

When in a party   [   ]

When at home [   ]

Passing time   [   ]

After pay   [   ]

Others (State)..

16. I came to know alcohol through:

Media   [   ]

Posters   [   ]

Peers   [   ]

Social gathering   [   ]

Other (state) ....

17. How much money (in Kenya shillings) do you spend on alcohol per month. Please select from the categories provided.

Kes. 1-500   [   ]

Kes. 500-1000   [   ]

Kes. 1000-1500   [   ]

Kes. 1500-2000   [   ]

Over 2000   [   ]

18. Do you use family planning methods?

Yes   [   ]   No   [   ]

19. How many children do you have?

None   [   ]

One   [   ]

Two   [   ]

Three   [   ]

Others (specify)................................

20. How old is your last born?

0-2 years   [   ]

3-5 years   [   ]

Over 5 Years   [   ]

21. Does your partner take alcohol?

Yes   [   ]

No   [   ]

22. Sexually, I perform better when under alcohol influence than when I am sober?

Totally Agree   [   ]

Partially Agree   [   ]

Neither Agree or Disagree   [   ]

Partially Disagree   [   ]

Totally Disagree   [   ]

23. A decline in the birthrate in Nyeri Municipality Constituency has been caused by alcohol consumption.

Totally Agree   [   ]

Partially Agree   [   ]

Neither Agree or Disagree   [   ]

Partially Disagree   [   ]

Totally Disagree   [   ]

24. State other two factors that influences alcohol consumption?

....

....

....

APPENDIX 3: QUESTIONNAIRE FOR THE LEADERS
Instructions

Please fill blank spaces and/or put a tick (✔) in one of the boxes after selecting a suitable response.

1. What is your gender?

Male   [   ]   Female [   ]

2. What leadership position are you holding currently in Nyeri Municipality?

     Religious   [   ]

     Civil   [   ]

     Political   [   ]

     Informal   [   ]

     Other (specify)..

3. Do you take alcoholic drinks?

Yes   [   ]   No   [   ]

4. If "Yes" in question 3, how often do you take alcohol?

  Monthly [   ]   Weekly [   ]   Daily [   ]   Occasionally [   ]

5. How much (on average) do you spend per month on Alcohol?

     Kes. 1-500   [   ]

     Kes. 500-1000 [   ]

     Kes. 1000-1500   [   ]

     Kes. 1500-2000   [   ]

     Over 2000   [   ]

6. The population of Nyeri Municipality Constituency has declined drastically in the last decade

45

Totally Agree   [   ]

Partially Agree   [   ]

Neither Agree or Disagree   [   ]

Partially Disagree   [   ]

Totally Disagree   [   ]

7. The following are some of the possible factors that influences alcohol consumption. Select

    from the list those that greatly affect the residents of Majengo slums, Nyeri Municipality,

    Nyeri County, Kenya.

Peer pressure   [   ]

Family structure   [   ]

Religion   [   ]

Occupation   [   ]

Poverty   [   ]

Alcohol accessibility   [   ]

Cost of alcohol   [   ]

Education   [   ]

Gender   [   ]

Others (specify) ....

8. Which is the most vulnerable group to alcohol consumption in Nyeri Municipality

    Constituency?

Men   [   ]   Women [   ]

9. Alcohol law of 2010 is fully effective in Nyeri Municipality Constituency.

Totally Agree   [   ]

Partially Agree   [   ]

Neither Agree or Disagree [   ]

Partially Disagree   [   ]

Totally Disagree   [   ]

10. State other two factors that could have influenced high alcohol consumption in Majengo

    slums, Nyeri Municipality, Nyeri County, Kenya.

....

....

....

....

....

....

11. Give a general comment on alcohol consumption in Majengo Slums, Nyeri Municipality

    currently.

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....

....

APPENDIX 4: A MAP OF NYERI MUNICIPALITY