

AWARENESS AND EFFECTS OF ALCOHOL CONSUMPTION AMONGST STAFF OF RIVERS STATE UNIVERSITY

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ABSTRACT

Alcohol is a popular substance consumed across the entire world. The rate of consumption has been on the increase despite awareness created by authority in placed and this has led different people to have different psychological problems. The aim of the study is to investigate the level of awareness and effects of alcohol consumption amongst staff of Rivers State University. 52 staff (34 male and 18 female) participated with ages greater than 18 years and the research was conducted for a period of 4 weeks. It was a cross-sectional study. Data were obtained after a self-administered questionnaire were filled and returned by the participants. The study revealed that 80.7% of the staff consumed alcohol while 19.3% of the staff do not consumed alcohol. 27 of the staff consumed alcohol to build moral confidence, 3 staff

consumed alcohol due to peer influence and 2 staff due to psychological problems. Our study shows that 56% of the staff have been enlightened about the effects of alcohol consumption. The study also revealed that the staff experienced several degrees of effects as a result of alcohol consumption.

KEYWORDS: Awareness, Effects, Alcohol consumption, Staff.

Article Received on
10 March 2020,

Revised on 31 March 2020,
Accepted on 20 April 2020,
DOI: 10.20959/wjpr20205-17413

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INTRODUCTION

Alcohol is popular and more available in our immediate environment. Availability of alcohol without regulations by the authority in place has made it possible or exposes students to engage the consumption of alcohol (Gbaranor et al, 2018). It is well documented that depression, anxiety and alcohol misuse often occur together (Teesson et al, 2009). Alcohol could be used to help cope with depression and anxiety disorders and could worsen the situation (disorders) (Fergusson et al, 2009; Hides et al, 2008). Brenner et al., 1999 revealed that students who had considered suicide were high and were using tobacco, alcohol, and illicit drugs. Much evidence revealed that focusing on events that really associated with high alcohol consumption, such as 21st birthday parties and holidays, could also be beneficial (Lewis et al, 2008; Neighbors et al, 2007; Neighbors et al, 2009). Online interventions could have a role to play, with evidence supporting the effectiveness of personalized feedback interventions for alcohol misuse in tertiary education students (Reavley et al, 2010; Hallett et al, 2008; Kypri et al, 2009).

Gbaranor et al, (2018), in his previous study revealed that environmental influence is another determinant in alcohol consumption because these alcohols are available and accessible within the school and its environs. Most times students get alcohol free from neighbours and friends. Alcohol manufacturers and the media who advertise different brand of alcohol tend to lure students to engage in alcohol consumption (Gbaranor et al). Confidence in the midst of people is another cause of students engaging in alcohol consumption because it gives them morale and take away fear and shame while standing before crowd. Some students combine both schooling and working therefore become addicted at their place of work. Culture, religion, family, and peers influence students' character with respect to alcohol consumption (Gbaranor et al, 2018). Also being a neophyte in school or starting school or getting new job or entering into a new environment are fertile ground to engage in alcohol consumption practices (Gbaranor et al, 2018).

MATERIALS AND METHOD

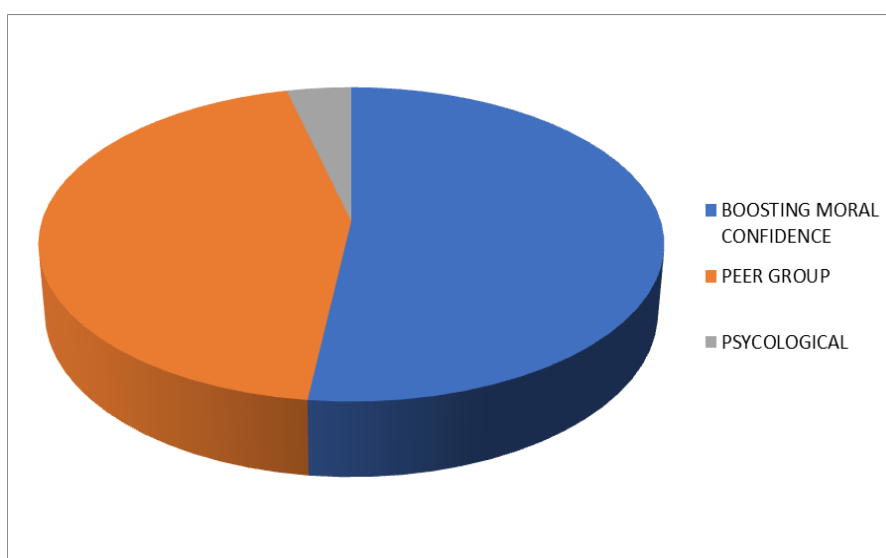
It was a cross-sectional study involving 52 (male and female) staff of Rivers State University with ages greater than 18 years. A well-structured questionnaire was administered to the participants to filled and return. The study lasted for a period of 4 weeks and Statistical data obtained were analysed using Microsoft Excel, with $p < 0.05$ is said to be significant.

RESULTS**Table 1: Staff.**

OCCUPATION
52
100%

Table 2: Staff who took alcohol.

YES	NO
42	10
80.7%	19.3%

**Figure 1: Reason for alcohol consumption.****Table 3: Staff who purchased alcohol for consumption.**

YES	NO
39	9
81.2%	18.8%

Table 4: Awareness about the effects of alcohol

YES	NO
28	22
56%	44%

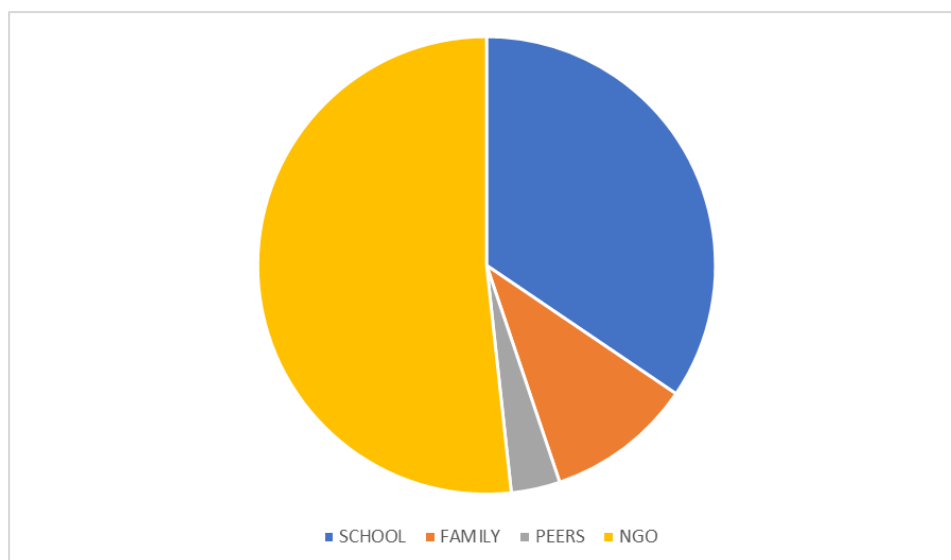


Figure 2: Respondents source of alcohol awareness.

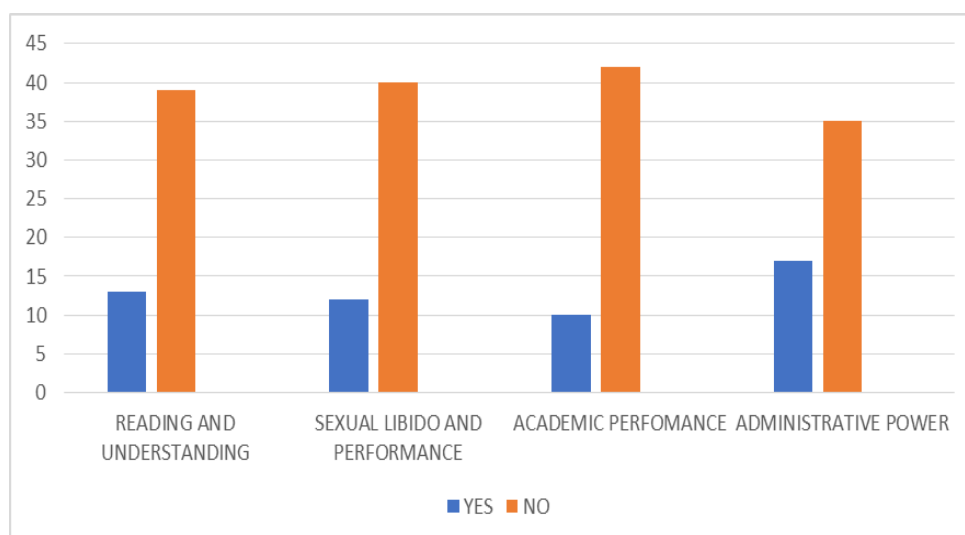


Figure 3: Effects of alcohol consumption.

Table 5: Staff willing to quit alcohol.

YES	NO
42	9
82.3%	17.7%

DISCUSSION

This study investigated the level of awareness and effects of alcohol consumption among staff of Rivers State University. The study revealed that greater percentage of the staff have taken alcohol. This is because they are staff and they are been paid at the end of every month. The study also revealed that greater number of the staff bought the alcohol with their money

and this resulted to the reason why greater percentage of the staff have involved in alcohol consumption.

The study also shows that 27 of the staff took alcohol to boost moral confidence probably because they are academic staff and season administrators who will always stand before crowd and speak and this is in consonance with previous study by Gbaranor et al, (2018) who said confidence in the midst of people is another cause of students engaging in alcohol consumption because it gives them morale and take away fear and shame while standing before crowd. Reasonable number of the staff took alcohol due to peer influenced this agreed with previous study by Gbaranor et al, (2018) who revealed that being a neophyte in school or starting school or getting new job or entering into a new environment are fertile ground to engage in alcohol consumption practices. Again, 2 staff consumed alcohol due to psychological problems.

Also, as nature demands, that what ever you do may definitely have effects. Some of the staff who consumed alcohol have effects such as reading and understanding, sexual libido and performance, academic performance and administrative confidence or power. However, these effects were not much and does not outweighed the reasons why they consumed alcohol.

Our study also shows that 56% of the staff who consumed alcohol has been enlightened through awareness campaigns and seminars and most of this awareness were created by Non-Governmental Organization (NGO). The school management and family as the first agent of socialization should step-up their responsibility by making policies and playing advisory roles to curb the increase rate in alcohol consumption.

However, following awareness created by NGO, greater number of the staff are willing to stop taking alcohol.

CONCLUSION

Greater number of staff consumed alcohol to boost moral confidence. The access to alcohol is due to the fact that they are working class and purchased the alcohol by themselves. Some of the staff have effects as a result of alcohol consumption and greater number of them have been enlightened by NGO. This awareness by the NGO led to greater number of the staff who intend to quit alcohol consumption.

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