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FACTORS ASSOCIATED WITH ALCOHOL ABUSE AMONG YOUTH OUT OF
SCHOOL IN GITHARURU LOCATION, GATUNDU DISTRICT

BY

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ABSTRACT

Alcohol abuse leads to wastage of resources and potential of the youth, which is a threat to Kenya's ambition of meeting the Millennium Development Goal (MDG) of poverty eradication, and achievement of Vision 2030. It was therefore important for research to be conducted to identify the factors associated with alcohol abuse among out-of-school youth. The purpose of this study was therefore to investigate the factors associated with alcohol abuse among out-of-school-youth in Githaruru Location, Gatundu District. The objectives of the study were to: assess the extent of alcohol abuse among out-of-school-youth in Githaruru Location, assess the factors contributing to alcohol abuse among the youth in the location, assess the effects of alcohol abuse among the youth, and suggest possible solutions to the problem of alcohol abuse among the youth. The study was a survey research and was conducted among the out-of-school youth, aged between 18 and 30 years, in Githaruru Location of Gatundu District. Simple random sampling technique was used to select 50 youths. A questionnaire was used to collect data from the youths. Quantitative data was analysed using descriptive statistics including frequency counts and percentages. Qualitative data was analysed by organising responses to open-ended questions thematically and reporting them in line with the objectives of the study. For clarity and simplicity of reporting, data was presented graphically using frequency distribution tables, pie charts and bar graphs. The study established that alcohol abuse is a real threat to the youth in Githaruru location. Most of the respondents take alcohol because of peer influence, to reduce boredom, to reduce stress, family influence, unemployment and to feel high. The effects of alcohol among the youth included psychological problems, poor performance in schools, health problems, alcohol and financial dependency, strained relationships and anti-social aggression due to alcohol abuse. The study established that possible solutions to the alcohol abuse problem were: provision of employment, parents taking a more active role in the raising of their children, engaging the youth in extra-curricular activities to avoid idleness and imposing tough penalties on those found selling illicit brews. The most affected members of the society by alcohol are the youth, and the consequences are huge not only on the youth, but society at large.