



Relationship between Women Alcohol Consumption and Family Instability in Kitumba Sub-County, Kabale District Western Uganda

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ABSTRACT

The study examined the effect of the relationship between women alcohol consumption and family instability in Kitumba Sub-County in Kabale District of Western Uganda. The mixed methods approaches were used to achieve the set objective. Quantitative data was collected using questionnaires from 90 respondents while qualitative data was collected from 10 key informants using interview guide, all together adding up to 100 respondents. This study was anchored on Social Learning Theory propounded by Albert Bandura (1977) who developed the concept of social learning that emphasizes modeling, imitation, and observational learning as noteworthy aspects of acquiring behaviors. The Social Learning theory also states that violence is a learned behavior and can be precipitated by stress, alcohol abuse, money, or relationships. According to the social learning theory, drinking is a cognitive behavior that imitates what we have learned through family, friends, the media, and direct experiences. Analytical techniques of correlation and regression were applied to quantitative data while content analysis procedure was applied to the qualitative data. It was found out that; women alcohol consumption was positively related with family instability and women alcoholics influenced family instability. The study concluded that; women alcohol consumption influences family instability. It also recommends that there is need by the government or Non-governmental Organizations to tighten policies on alcohol consumption, sensitizing families about having positive home environment as well as engaging families in productive activities and provide counseling services as approaches to deal with women alcohol consumption and family instability respectively.

Keywords: Relationship, Between, Women, alcohol, consumption, Family instability kitumba sub-county, Kabale District and Western, Uganda.

1. Introduction

Assessing the relationship between women alcohol consumption and family instability is complex due to various ways of operationalizing alcohol use. There is wide variation in the research literature between ever-use of alcohol, frequent abuse, and alcoholism. In addition, some research has included the temporal factor of alcohol use; for example the influence of chronic alcohol use over a period of time versus episodes of acute drinking immediately preceding a violent event.

While the association between women alcohol consumption and family instability is not fully understood, the overwhelming evidence is that the two are proximate. Family instability is more likely to occur in the presence of women alcohol consumption than when alcohol is not consumed by one of the partner (a woman).

American research suggests that, in general, women who drink more heavily are likely to have an advanced level degree, to have never married, to be separated or divorced, to have no children and to be employed in a male dominated occupation (National Institute on Alcohol Abuse and Alcoholism, 1990).

In addition, the multiple roles of women with families appear to have a protective effect when it comes to alcohol misuse, and young, professional, single women who typically have high disposable income and few family responsibilities are more at risk of developing problems of alcohol consumption (Institute of Alcohol Studies, 2008). In addition however, where a women loses the role of mother, wife or worker, has been closely linked with alcohol-related problems.

It is also important to note that; women's family background also influences their use of alcohol in other ways. A woman's drinking habits have been found to closely resemble those of her parents, husband, siblings or close friends (National Institute on Alcohol Abuse and Alcoholism, 1990, Corrigan & Butler, 1991). This means that having a family background of heavy alcohol drinkers may predispose some women in alcohol consumption and hence family instability (Institute of Alcohol Studies, 2008).

2. Review of Related Literature

This section reviewed related literature about the subject matter under study. The literature reviewed was picked from books, journals, presentations and reports.

Relationship Between Women Alcohol Consumption and Family Instability

Alcohol abuse has had a negative impact on marriage and the emotional wellbeing of the children. It is evident from various studies that alcohol abuse leads to marriage instability and affects negatively the relationship between the parents and children (Rosalind, 1988; Maritim, 1992; Greenfeld, 1998, Birech *et al.*, 2013). Alcohol misuse, by partners in particular, has the potential to not only impair partner and family relations but also to contribute to physical abuse of partners and children (O'Farrell & Murphy, 1995; Windle, 1996; Lipsky, Caetano, Field & Larkin, 2005).

Where there is parental alcohol misuse, families are more troubled and dysfunctional, perceive their environment to be less cohesive, lack ritual and routines, have lower levels of physical and verbal expression of positive feelings, warmth and caring, and have higher levels of unresolved conflict, fighting, blaming and arguing (Rotunda *et al.*, 1995; Roosa *et al.*, 1996; Jester *et al.*, 2000; Richter & Richter, 2001). Jester *et al.* (2000), for example, showed that parental alcohol misuse was associated with poorer intellectual stimulation, a family environment with less cohesion and organization, and greater domestic violence.

Parents who abuse alcohol have been found to be emotionally unavailable to their children, to exhibit other impairments that adversely influence their ability to parent effectively, and to be characterized by comparatively higher levels of family conflict and stress (Ohannessian *et al.* 2004). Rogers *et al.* (2003, p. 590) looked at the relationship between domestic violence severity and alcohol use among battered women. The studies found that, compared with men, women were more likely to use substances to self-medicate and cope with trauma and less likely to use substances as an excuse for aggression (Bennett 1997, p. 4; Stuart *et al.* 2002, p. 936). A U.S. study of 182 cases reported that their findings support the theory that women may self-medicate to alleviate the effects of violence (Lipsky 2005). However, limitations of the study included the small sample size, bias of self-reports, the under-reporting of alcohol use and underreporting of domestic violence.

Clark and Foy's U.S. study found both domestic violence severity and childhood sexual abuses were positively correlated with alcohol use, with childhood sexual abuse as the stronger predictor (Clark and Foy, 2000, p. 37). Women who used alcohol were also reported as more likely to be victimized by partners (Zweig *et al.* 2002, p. 163).

Clark and Foy's (2000) study in the U.S. found that the severity of domestic violence, as well as childhood sexual abuse and parental alcohol abuse, were correlated with women's alcohol use (p. 45). Women experiencing domestic violence who enter therapy could therefore benefit from initial screenings for alcohol abuse and any past childhood abuse including parental domestic violence and parental alcohol abuse (p. 46). The U.S. Illinois Department of Human Services (2002) recommended that a formal screening for substance abuse be included in the intake process by domestic violence agencies. Women may begin or increase their use of alcohol or drugs to cope with the domestic violence. Substance abuse screening could initiate the preliminary step to look at the likelihood of an alcohol or drug problem and to commence discussion on how substance abuse could impact on safety (Illinois Department of Human Services. 2002). Lipsky *et al.* (2005) also raised the importance of screening for substance use among women who are at risk of domestic violence, and the identification of those with substance-using partners, in order to assist victims who are at increased risk for co-morbid poly-substance use and domestic violence, by providing more tailored responses or referrals for substance use treatment.

Alcohol may be used to medicate the physical and emotional pain of domestic violence (Stuart *et al.* 2002, p. 936). Keys Young (1998) conducted interviews with 150 women in Australia and found that some women revealed that the only way they could cope with the violence was to find comfort in alcohol or drugs (p.18). Depression, anxiety and suicide attempts are frequently reported as effects of repeated violent and abusive conduct (Miller *et al.* 2000, p. 1292; Downs & Miller 2002, p. 262; Ragin *et al.* 2002, p. 1042). High rates of post-traumatic stress have also been found among women with histories of domestic violence and among women with both alcohol and drug misuse and histories of violence (Miller *et al.* 2000, p. 1291; Downs & Miller 2002, p. 262). Clinicians need to be aware of the increased risks raised by multiple forms of trauma such as domestic violence, histories of childhood abuse, parental domestic violence and parental substance abuse among female clients with alcohol abuse (Bennett 1997, p. 4; Clark & Foy 2000, p. 46; Ragin *et al.* 2002, p. 1042). It is likely that these are important factors in diagnosis and treatment planning as well as essential for relapse prevention (Clark & Foy 2000, p. 46; Bennett & Williams 2003, p. 567).

Assessing the relationship between alcohol and domestic violence as observed by Hutchison (1999) is complex due to various ways of operationalizing alcohol use and also, there is wide variation in the research literature between ever-use of alcohol, frequent abuse, and alcoholism. In studying young

married men, Leonard and Blane (1992) found a significant relationship between alcohol and aggression which remained after taking into account levels of hostility and marital satisfaction. Kantor and Straus (1989) found that the wife's drunkenness, along with several other factors, contributed to minor violence against her. However, neither wives' drunkenness nor drug use contributed to severe violence by the husband. Another study showed that alcoholic women experienced higher levels of battering than did a community sample of women, but lower levels than did a sample of battered -- but not alcoholic -- women (Downs, Miller and Panek (1993). One national crime survey as cited in Mirrlees-Black, (1999) indicated that within the United Kingdom, victims of domestic assault had higher levels of alcohol consumption and more recent use of illegal drugs than did non-victims. Mirrlees-Black (1999) also found evidence that the risk of violence to victims increased as their own drinking increased.

According to Sirera and Mwenje (2010), various studies on alcohol like one conducted by Wedding (2001) and NACADA (2010) showed that alcohol had addictive effects which makes those who are dependent on alcohol to spend resources and their time in drinking places since they have to 'quench' their thirst for alcohol. In the process, many of their family roles go unattended. Because of alcoholic habits, such had little time to spend with their children; they rarely helped their children in home work, or monitored their development and also used the family resources to sustain their drinking habits. This made it difficult for the affected parents to play the paternalistic/ materialistic roles that are often associated with image of persons in control. The implication is that such parents may not be in a position to guide their children.

3. Methodology

Introduction

This chapter presents the methodology used for the study and it includes the procedures and processes which were followed while conducting this research. The research design for the study, population and sampling strategy, data collection, data analysis and presentation methods.

Research Design

Research design is a plan on how data should be collected, selection of participants, data analysis finding interpretation and recommendation by the researcher (Kumar, 2014).

Social science research is normally divided into two broad categories that is; quantitative and qualitative research approaches (Sekaran, 2003). In light of the objectives of the current study where questionnaires and interview guides as methods of data collection were used, the mixed methods or triangulation approach was deemed to be the most appropriate approach to be used in this study. Mixed methods or triangulation was viewed as the best approach to achieve objectivity and minimize biasness. To a post-positivist, the best way to achieve objectivity is to triangulate across multiple methods of data collection and analysis (Fellows and Liu, 2003). In a similar perspective, according to Johnson and Onwuegbuzie (2004), the mixed method approach fits the description of methodological pluralism, which is claimed by its proponents to provide superior research results. Therefore, the researcher employed descriptive correlation survey design. The descriptive correlation survey design was used since the study involved examining the strengths and direction of the relationship between constructs of the independent variable (women alcoholics) and family instability – the dependent variable. Ary *et al* (2002) contends that correlation research is used to examine the strengths and direction of the relationship between two or more variables.

Study Population

Study population is the group of people that the researcher desires to draw a conclusion and generalization once the research study is over (Korb, 2012). Therefore, the study population included 4175 homesteads (National Housing and Population Census Report, 2014). and three (3) parish chiefs from the 3 parishes (i.e. Bushuro, Kabindi and Kitumba parishes) in Kitumba Sub-County in Kabale District within Western Uganda were considered for this study and it is from the above population that the sample size of 100 respondents were chosen. According to the National Population and Housing Census Report for the republic of Uganda (2014 pg. 55), Kitumba Sub-County had 4175 homesteads with average size of 4.6 and a total population of 19500 persons.

Area of the study

The study was carried out in Bushuro, Kabindi and Kitumba parishes in Kitumba Sub-County in Kabale District within Western Uganda.

The reason for selecting this setting and/or research environment was based on the fact that it has been reported that 47% of Ugandans who drink alcohol 55% of them are men and 40% are women, although men are reported to be more likely long term drinkers compared to women (Kafuko, 2008). In addition, 40% of men and 20% of women in Uganda are considered heavy drinkers (Tumwesigye *et al*, 2003). In Kabale, family instabilities were reported to be attributed to increasing problems of poverty and alcohol abuse (Participatory Poverty Association on Safety Security and Access to Justice Report, 2002).

Sample size

A sample is a subset of a population that is used to represent the entire group as a whole. As it is not always possible to collect data from all members of a population, researchers often collect data from a sample and then generalize the findings to the target population (Cherry, 2017). The total sample size comprised of 100 respondents that is, 30 homesteads from 3 parishes, thirty (30) women alcoholics and thirty (30) men from alcoholic homesteads, thirty (30) non-alcoholic women, three (3) parish chiefs, three (3) local community leaders (LCs), one (1) probation officer, two (2) family protection police officers and one (1) hospital rehabilitation officer .

Sampling procedures and techniques

Non- probability snowball sampling technique as well as purposive sampling were used to select the respondents. Amin (2005 pg. 243) observed that snowball or network sampling involves asking key informants to name other people who should be contacted by the investigator in order to understand some aspect of the situation under study. Amin adds that with snowball sampling, the researcher begins with few respondents who are difficult or impossible to locate using other means.

Table 1: Shows sample size determination

Sn	Category of respondents	Sample size	Sampling technique
1	Parish Chiefs	3	Purposive Sampling
2	Local community leaders	3	Purposive Sampling
3	Probation officer	1	Purposive Sampling
4	Family protection police officers	2	Purposive Sampling
5	Hospital rehabilitation officer	1	Purposive Sampling
6	Non- alcoholic women	30	Snowball Sampling
7	Women alcoholics	30	Snowball Sampling
8	Male homestead heads	30	Snowball Sampling
Total		100	

Source: Primary data. (2017).

Source of data (Primary and Secondary)

Basically, the researcher got primary data from the respondents, whereby they were interviewed and others given structured questionnaires to fill and their information was to be considered as the first hand. Furthermore, the researcher reviewed existing documents (like journals, Newspapers, dissertations, books and among others) provided secondary data to the researcher

Data Collection Instruments

According to Ogula and Onsongo (2009), research instruments are the tools used to gather information for answering the research questions and hypotheses testing. Abawi (2013) discovered that data collection instruments permit a researcher to collect information that he or she wants to collect about the study. This study used two types of data collection instruments, namely;questionnaires and structured interview guide.

Questionnaire

Abawi (2013) defined questionnaire as data collection device, which comprises research questions and other reasons for collecting information from the respondents.

Therefore, the researcher used researcher-made structured questionnaires entailing items on the level of women alcoholics and the level of family instability patterned with the related literature. This instrument was used to collect data from women and men. A questionnaire was used because it consumes less time and money compared to other methods (Alston & Bowels, 1998). A questionnaire was also preferred because it provides first-hand information.

Interview guide

According to Kajornboon (2017) interviews are an organized way of talking and listening to individuals and also through chatting one could collect information required from people. Furthermore using an interview guide provides advantage to the researcher to investigate issues in an in-depth way and the ambiguities can be clarified and incomplete answers followed up.

Therefore, the interview guide was used to collect data from Parish chiefs, Local community members, Probation officer,Family protection police officers and Hospital rehabilitation officers which data was then thematically analyzed and this was used as back up for the results and/or findings obtained

through questionnaires thereby justifying the relevance of mixed methods approach.

Validity and Reliability of the Instruments

The researcher had to put into consideration the validity and reliability of the instruments in order to get the required results for the study. Construct validity test was conducted to ensure that the questionnaire was valid. Accordingly, the construct validity index of 0.7 and above was used as a basis for the reasonable utilization of the questionnaires.

The reliability of the questionnaires on the other hand was established using the internal consistence method. Internal consistency is calculated by measuring a statistic known as the Cronbach's Alpha which reflects the homogeneity of a scale (Turyasingura, 2011 and Cronbach, 1951). The Cronbach alpha coefficient of 0.7 and above renders the questionnaires reliable.

Data Collection Procedure

The researcher ensured that the following data collection procedures were implemented:-

a) Before the Administration of the Questionnaires.

The researcher secured an introductory letter from the faculty of Social Sciences- School of Higher Degrees and Research Studies.

This letter was addressed to the relevant authorities of the district and leaders of rural areas under the study seeking permission for the researcher to conduct the study. The researcher also wrote a letter to introduce him to the respondents (Women Alcoholics, male household heads, Parish Chiefs and Local Community Leaders).

The pre-testing of the instrument on women alcoholics then followed. Women who were alcoholics but not specifically in the area of study (i.e. Ntungamo District) were used in the pre-testing of the t-test for the validity of research instruments.

b) During the Administration of the questionnaires.

The researcher requested the respondents to do the following (1) to sign the informed consent (2) to avoid biases and to be objective in answering the questionnaire (3) to answer all questions without leaving any item unanswered. The researcher collected questionnaires within at least two weeks from the date of distribution and all the questionnaires received back were checked to establish whether they were completely filled. Any questionnaire which had not been filled up to 75% was neglected. Then within the scheduled time, interviews were held with the Local Leaders and Police Officers in the area of study.

c) After the Administration of the questionnaires.

The data collected was organized, edited, coded and entered into the computer, and then summarized or presented, and statistically treated and drafted into tables using a Statistical Package for Social Sciences (SPSS).

Data processing and analysis procedure

The data entered into the computer was statistically treated and drafted into tables using a Statistical Package for Social Sciences (SPSS). Pearson's Linear Co-relation Co-efficient was used to determine the relationship between women alcoholics and families' instability. Regression analysis was done to establish the causal relationship between social work practices and families' instability as well as the causal relationship between women alcoholics and families' instability. Qualitative data was analyzed through thematic analysis.

Ethical implications

Flanagan (2016) defined ethics as that which related to human values of right and wrong. Madges (2006) noted that ethical research is considered harmless; it allows informed consent and respects the rights of persons .being studied.

In this case, the researcher had to abide by the acceptable norms of research, for example the issue of confidentiality had to be emphasized and assured to the respondents. Details including revealing the name, unless after the consent of the respondents for some matters were not to be mentioned.

Limitations of the study

The researcher had no adequate control over the extraneous variables such as honest of the respondents, personal biases and descriptive nature of the design, however the researcher tried to request the respondents to provide their answers without any bias and assured them of confidentiality to all the information which they had provided.

4. Presentation and Interpretation of Findings

Relationship between women alcohol consumption and family instability in Kitumba Sub- County in Kabale District of Western Uganda

Objective four aimed at examining the relationship between women alcohol consumption and family instability in Kitumba Sub-County in Kabale District of Western Uganda. Pearson linear correlation as well as regression analyses were conducted and the results are presented in tables 2 and 3 respectively. The interpretation of the relationships was based on the classical “five rules of thumb” proposed by Bartz (1999: 184), who states as follows in relation to correlation coefficient (r):

- 1) Between 0 and 0.20 indicates a very low correlation;
- 2) Between 0.21 and 0.40 indicates a low correlation;
- 3) Between 0.41 and 0.60 indicates a moderate correlation;
- 4) Between 0.61 and 0.80 indicates a strong correlation; and
- 5) Between 0.81 and 1.00 indicates a high correlation.

Table 2: Relationship between women alcohol consumption and family instability

Constructs Correlated	Pearson Correlation (r)	P-value	Interpretation	Decision on Ho
Moral decadency Vs. family instability	0.270**	0.000	Significant relationship	Rejected
Family concerns Vs. family instability	0.420**	0.000	Significant relationship	Rejected
Performance/Productivity Vs. family instability	0.171**	0.000	Significant relationship	Rejected

Source: Primary data. (2017).** Correlation is significant at the 0.01 level (2-tailed)

Results from table 2 above indicated that all the three dimensions/constructs of women alcohol consumption (i.e. moral decadency, family concerns and performance/productivity) were positively correlated with family instability. This meant that as women alcoholics increased, family instability would be subjected to an increase and vice versa. However, since the correlation (r- value) on average was below 0.40, this implied a weak correlation between women alcoholics and family instability in Kitumba Sub-County in Kabale District of Western Uganda.

Table 3: Causal relationship between women alcohol consumption and family instability

Model Summary						
Model	R	R Squared	Adjusted R Square	Std. Error of the Estimate		
1	.483 ^a	.233	.206	.38948		
a. Predictors: (Constant), Perform, Moral, Family						
ANOVA ^a						
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	3.959	3	1.320	8.701	.000 ^b
	Residual	13.045	86	.152		
	Total	17.005	89			
a. Dependent Variable: DV						
b. Predictors: (Constant), Perform, Moral, Family						
Coefficients ^a						
Model		Unstandardized Coefficients		Standardized	T	Sig.
		B	Std. Error	Coefficients Beta		
1	(Constant)	1.469	.523		2.809	.006
	Moral decadency	.195	.090	.210	2.168	.033
	Family concerns	.288	.078	.360	3.694	.000
	Performance/Productivity	.098	.065	.145	1.509	.035
a. Dependent Variable: DV						

Source: Primary data. (2017).

Results from table 3 above indicated that women alcoholics was positively associated with family instability ($r = 0.483$). However, since the r -value was less than 0.5, this meant that the correlation/association was a weak one. The results from table 4.12 further indicated that women alcoholics under the dimensions of moral decadency ($\beta = 0.195$, $p = 0.033$), family concerns ($\beta = 0.288$, $p = 0.000$) and performance/productivity ($\beta = 0.098$, $p = 0.035$) significantly influenced family instability in Kitumba Sub-county in Kabale District of Western Uganda. The R-squared of 0.233 implied that a unit change in women alcoholics predicted 0.233 change in family instability.

Similarly, from the interviews held with the informants it was reported that;

“Women alcoholics had little time for their families (family neglect) as well as less concern for their gender roles and that such women alcoholics were susceptible to family fights”. One respondent observed:

“Another respondent revealed that, most of the instabilities within homesteads in Kitumba Sub-county are attributed to family neglect, family fighting’s and sexual immorality which are prominent in this area”.

This observation reveals and confirms the quantitative findings of a positive relationship between women alcohol consumption and family instability in Kitumba Sub-county in Kabale district.

Conclusion

The study concludes that women alcohol consumption influences family instability. Implying that when women consume a lot of alcohol they end up having unstable families, with a lot of misunderstandings and or conflicts between them and their counterparts’ husbands and even children.

Recommendations

The study recommends that there is need by the government or Non-governmental Organizations to tighten policies on alcohol consumption (like opening of the bars should begin at 6:00PM and closing them should be at 11:00 PM, but not to drink the whole day and night respectively), sensitizing families about having positive home environment as well as engaging families in productive activities and provide counseling services as approaches to deal with women alcohol consumption and family instability respectively.

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