Alcohol Use among Students in University of Education, Winneba, Ghana

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Abstract
The study explored the use of alcohol among students on the Winneba Campus of University of Education, Winneba. It investigated the extent of use of alcohol, causes, category of students more likely to use alcohol, and the effects of alcohol consumption on students. An exploratory survey design was used with aid of a structured questionnaire to solicit information from a randomly selected sample of 100 students from a population of students in on campus residence. The data obtained was analyzed with SPSS. The results indicated that, majority of the students had a history of use of alcohol as well as current use of alcohol. Most users attributed their use to the perceived good feelings associated with the use alcohol, sex enhancement and because their friends and relatives used it too. Male students, residents on campus and students in higher levels of the university were seen to use alcohol most. The study recommends the intensification of health education and adolescent counselling service on the university campus to provide counselling on the negative consequences of alcohol use. The study further suggests that policy makers should have a more influential power over the advertisement and sale of alcohol in educational institutions.

Keywords: alcohol, students, department, beverage

Introduction
Consumption of alcoholic beverages by students in tertiary institutions has become a fashion in recent times (Cooper, 2002). The attitude of alcoholic beverage consumption to intoxicating levels seems to be taking a large portion of the useful lifetime of students especially in tertiary institutions in particular. This issue is becoming a major concern for most stakeholders in tertiary education. It has been observed that most students in the country’s universities who fall within the ages of 18 and 26 are using alcohol excessively (Ofori, 2006). They do so especially during campus activities organized by students. These activities include drink-ups, hall-week celebrations, sporting activities and beach parties. Students also find themselves surrounded by establishments in and around campus which serve and sell alcohol, and which actually depend on the college clientele for their financial successes. The extent of alcohol use is suspected to be having deleterious effects on students of universities academically, physically and socially.
Problem statement
Over the past decade, alcohol use has become a major health concern in many communities and around the world in general (World Health Organization, 2002). Alcohol use on the University of Education, Winneba campuses is suspected to be on the increase. This may be due to the fact that students on campus are exposed to advertisement of alcoholic beverages on television, sponsorship of students’ non-academic programmes, sale of alcoholic beverages in and around campus, peer influence from students who consume alcohol to signify their emerging adulthood and the urge to be seen as being “in tune with the times”. The University of Education, Winneba (UEW) Ghana was set up to provide higher education and foster a systematic advancement of teacher education. It is to train tutors for the Colleges of Education, Basic Schools, High Schools and other tertiary institutions in Ghana. Further, the University is to provide teachers with professional competence and of good morals for teaching in pre-tertiary formal and Non-formal educational institutions in Ghana. Beyond these, the university is supposed to foster links between the schools and the community in order to ensure the holistic training of teachers. This University is a co-educational secular institution of higher learning that offers a wide range of academic programmes and admits applicants of different academic backgrounds. The University’s academic programme covers Diplomas, Bachelors, Masters and Doctorate degrees. It admits students of all races and nationalities, irrespective of religion, cultural, social or ethnic backgrounds. The University has four satellite campuses at Winneba, Kumasi, Mampong and Ajumako in Ghana. The Winneba campus is at three locations referred to as North, Central and South. The North Campus is currently the seat of the entire University.

It is often complained by the non-alcohol users that some students smell of alcohol while in class and at other occasions; a situation that is frowned upon by many university administrators and other stakeholders. In a particular instance, some students withdrawn on grounds of poor academic performance, smelt of alcohol when they ventured to plead for consideration at the registry. Even though each student in the university is considered an adult and as such left to make their own decisions, the absence of parental supervision on campus, makes it easier for students to engage in some unacceptable activities including alcohol use. It is believed that most students lose sight of the main reason for enrolling in the university such as studying, attain good grades, getting a good job, having a broader scope of knowledge and been able to fit better into society. In contrast, alcohol use by students may lead to increased chances of risky behaviour, lowered Grade Point Averages, vandalism and lowered income potentials. The need to curtail these problems and to ensure that students attain their ultimate educational goals calls for empirical study. The study therefore attempts to determine the extent of prevalence of alcohol use among students on the University of Education, Winneba Campus.

Purpose and objectives
The general purpose of the study was to determine the prevalence of alcohol use among students of University of Education, Winneba. Specifically, the study sought to achieve the following objectives:
1. Identify the causes of alcoholism among students in UEW;
2. Determine the category of students that mostly use alcohol;
3. Assess the extent of alcohol use among students and
4. Establish the effects of alcohol use on students.
Research questions
1. What are the causes of alcoholism among students in UEW?
2. Which category of students use alcohol mostly at UEW?
3. What is the extent of alcohol use among students?
4. What are the effects of alcohol use on students of UEW?

Significance of the study
The findings from this study will provide an insight into the prevalence of alcohol use among students of University of Education, Winneba. It will also provide stakeholders of the University with information about the existence and intensity of the problem of alcohol use among students.

Ethical consideration
Anonymity and confidentiality of participants was ensured. Therefore, the participants were not required to mention anything that could link them to the study. Participation was only based on responses. Informed consent was sought before respondents were asked to answer the questions. Full disclosure of the purpose of the study and the minimal risks involved were made available to the respondents.

Scope of the study
The study was conducted on only the Winneba campus of University of Education. It may therefore be difficult to generalize the findings to include students of the campuses of the university. Also due to the presence of close-ended questions in the questionnaire, students could have under reported on their drinking habits.

Literature review
The extent of alcohol use among students has remained consistently high over the years, with several researches indicating high rates of consumption. Wechsler, (2000) wrote that the majority of today’s college students’ drink, and nearly half of all college students indulge in binge drinking. Vontamay (2009) reported that there was a higher prevalence of alcohol use among male students as compared to female students. In his survey among Australian Secondary School students, a higher drinking ratio was found among males compared to females. Wechsler, (2000) stated that students who live off campus (e.g., in apartments) drink less, while commuting students who live with their families drink the least. Drinking rates are however high in on-campus housing such as dormitories and halls of residence. In an attempt to find out the factors that influenced alcohol consumption among students, Vontamay (2009) further found out that students in dormitories drank more than those who lived at home.

Research design
A non-experimental exploratory survey approach was used. The explorative approach was adopted because the study sought to describe alcoholic usage. The approach aimed at investigating the full nature of the phenomenon, the manner in which it was manifested, and other related factors such as causes and effects of alcohol use. The target population of this study was all male and female students of the University of Education, Winneba on campuses at Winneba. This study was carried out at Winneba covering the three sites with a total population of 7,000 students. The entire University has about 34,000 students with a ratio of 1.5 male to 1 female. Simple random sampling method was adopted in the selection of 100 sampled participants. The sample comprised of 60 male and 40 female students.
A structured questionnaire was used to gather data. The questionnaire was a composite of both open and close-ended items. The questionnaire was presented to respondents personally with the aid of trained assistants so as to clarify questions raised as well as explain the purpose of the study. Data was analyzed using Statistical Package for Social Sciences (SPSS). The results were presented in tables, graphs and charts. The questionnaire items were validated by some colleagues of the Institute for Educational Research and Innovation Studies of the University of Education, Winneba; Ghana and some senior administrative staff of the university. A pre-testing of the research items gave a Cronbach Alpha value of .08; a value validated by Pallant (2007) as a good instrument for conducting social research.

**Results**

**Vulnerable age groups**

Out of the total number of respondents, 23 (23%) were aged between 18-21 years, 60 (60%) were within the ages of 22-25 years, 15 (15%) were aged between 26-29 years while 2 (2%) were aged 30 and above as shown in Table 1.

<table>
<thead>
<tr>
<th>Age group</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-21</td>
<td>23</td>
<td>23</td>
</tr>
<tr>
<td>22-25</td>
<td>60</td>
<td>60</td>
</tr>
<tr>
<td>26-29</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>30 and above</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

It is inferred that the population of students from which the sample was drawn was dominated by students of age group 22-25 years and least by those in age group “30 and above”.

**Sex of respondents**

Sixty respondents (60%) were males while 40 (40%) were females as shown in Figure 1.

![Figure 1: Sex of Respondents](image)

The population for the study is likely to be dominated by males than by females.
Religion of respondents
Seventy of the respondents (70%) were Christians while 26 (26%) were Muslims. Traditional religion recorded 4%. There were more Christians in the study population than other religions.

University education level of respondents
Out of the total number of respondents, 34(34%) were in level 300, 28(28%) were in level 100, 20(20%) were in level 200 and 18(18%) were in level 400 as illustrated in Table 2.

Table 2: Level of Respondents at the University

<table>
<thead>
<tr>
<th>Level</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>28</td>
<td>28</td>
</tr>
<tr>
<td>200</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>300</td>
<td>34</td>
<td>34</td>
</tr>
<tr>
<td>400</td>
<td>18</td>
<td>18</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

The sample had more respondents from level 300 and least from level 400.

Programme of study
Forty nine respondents (49%) of the sample study Bachelor of Arts (BA) while 37(37%) study Bachelor of Science (BSc). Bachelor in Arts Education (Bed) respondents constitute 14(14%) of the sample as shown in Table 3.

Table 3: Programme of study

<table>
<thead>
<tr>
<th>Programme of study</th>
<th>Frequency</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BA</td>
<td>49</td>
<td>49</td>
</tr>
<tr>
<td>BSC</td>
<td>37</td>
<td>37</td>
</tr>
<tr>
<td>Bed</td>
<td>14</td>
<td>14</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

The sample had more of BA students and least of Bed students.

Residential status of students
From the sample, 68 (68%) respondents lived in university residential accommodation and 32(32%) were non-resident students.
The sample was therefore made up of more residential students than non-residents.

**History of alcohol use**

Seventy seven percent of the respondents have ever used alcohol while 23(23%) have never consumed alcohol.

![Figure 3: History of alcohol use](image)

From Figure 3, it is inferred that there are more students in the population who have ever used alcohol than those who use alcohol at the time of the study.

**Type of alcoholic beverages used**

Respondents used different brands of alcohol as indicated in Figure 4. Thus, 36 (36%) of the students used beer, 14% used wine, 13% used gin, 10% used Pito (a locally brewed alcoholic beverage) and 4% used other brands of alcohol beverages. The remaining 23% claim they have never use alcohol. Thus, beer was the most common alcoholic beverage used by students.

![Figure 4: Various alcoholic beverages used by students.](image)

**Frequency of alcohol use**

This sought to find the number of times students consume alcohol in a week. In all 36 respondents said they did not use alcohol hence, a ‘none’ answer, 11 respondents said once a
week, 27 respondents said twice a week, 12 respondents said 3 times a week, 8 respondents also said about 4 times and 6 respondents claimed 5 or more times. This is illustrated in the Figure 5 below.

**Figure 5: Frequency of alcohol use**

**Frequency of drunkenness in students**
From the 77 respondents who used alcohol, some got drunk at certain times and others never got drunk. Out of the number, 56 students forming 72.72% claimed they never gotten drunk while 21 students forming 27.27% claimed they have never gotten drunk. For the number of times students have gotten drunk in a week, 17 respondents claimed they usually got drunk once, 24 respondents said 2 times, 15 students claim 3 times none said 4 or more times. The high number of students who got drunk after using alcohol indicates that students should be aware of the effects of alcohol use.

**Sources of alcohol**
From the 77 students who used alcohol, 40 (52%) got alcohol from bars outside campus while 18 (23%) got their supply of alcohol from bars in school. As shown in Figure 6, a further, 8 (10%) brought alcohol from home, 9 (12%) got it from the club house and 2 (3%) could not indicate where they got their supply of alcohol.

**Figure 6: Sources of alcohol for respondents who take alcohol**

Thus both the school and outside environments constitute a source of supply of alcohol to student alcohol users.
Place of consumption
As shown in Table 5, in all, 8 (10.39%) of those who consumed alcohol did so in their rooms, 34 (44.16%) did so in drinking bars on campus, 6 (7.79%) used alcohol during campus events, 27 (35.06%) drunk at drinking bars outside campus and 2 (2.60%) used alcohol in moving cars. It is clear therefore that students use alcohol even in their rooms and other places on campus.

Table 5: Place of consumption

<table>
<thead>
<tr>
<th>Place of consumption</th>
<th>FREQUENCY</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the room</td>
<td>8</td>
<td>10.39</td>
</tr>
<tr>
<td>At a bar/restaurant on campus</td>
<td>34</td>
<td>44.16</td>
</tr>
<tr>
<td>At a campus event</td>
<td>6</td>
<td>7.79</td>
</tr>
<tr>
<td>At a bar outside campus</td>
<td>27</td>
<td>35.06</td>
</tr>
<tr>
<td>In a car</td>
<td>2</td>
<td>2.60</td>
</tr>
<tr>
<td>Total</td>
<td>77</td>
<td>100</td>
</tr>
</tbody>
</table>

Students who currently use alcohol
The study further revealed based on the sample that, 55 (71.42%) and 22 (28.58%) males and females respectively currently use alcohol. Thus more male students use alcohol than their female counterparts.

According to level/year of study at the University, more Level 300 students use alcohol than any level with least use of alcohol among Level 100 as shown in Table 6. This implies that population of alcohol users is dominated by level 300 students.

Table 6: Intensity of alcohol use according to level of university education

<table>
<thead>
<tr>
<th>Level</th>
<th>No. in alcohol use</th>
<th>% in alcohol use</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>12</td>
<td>15.59</td>
</tr>
<tr>
<td>200</td>
<td>20</td>
<td>25.97</td>
</tr>
<tr>
<td>300</td>
<td>31</td>
<td>40.26</td>
</tr>
<tr>
<td>400</td>
<td>14</td>
<td>18.18</td>
</tr>
<tr>
<td>Total</td>
<td>77</td>
<td>100.00</td>
</tr>
</tbody>
</table>

Out of the total number of respondents, 12 (37.50%) of non-resident students currently use alcohol, whereas 52 (76.50%) of resident students also currently use alcohol. Residential students are therefore seen as using alcohol more than the non-resident students.

Causes of alcohol use
The main reason given by respondents for using alcohol according to Table 7 was that alcohol gives them pleasure. This reason was adduced by 23 (29.87%) of the respondents. The relative strength of other reasons given by respondents are shown in Table 7.
Table 7: Reasons for using alcohol

<table>
<thead>
<tr>
<th>Reasons for consuming alcohol</th>
<th>Frequency</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>To help cope with stress</td>
<td>17</td>
<td>22.08</td>
</tr>
<tr>
<td>Because friends use alcohol</td>
<td>18</td>
<td>23.38</td>
</tr>
<tr>
<td>Because relatives use alcohol</td>
<td>6</td>
<td>7.79</td>
</tr>
<tr>
<td>Because alcohol use is in the “in thing”</td>
<td>1</td>
<td>1.30</td>
</tr>
<tr>
<td>Because they are grown ups</td>
<td>12</td>
<td>15.58</td>
</tr>
<tr>
<td>Because alcohol gives pleasure</td>
<td>23</td>
<td>29.87</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>77</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

People who influenced students to use alcohol

Figure 7 shows that respondents were mostly influenced by friends to use alcohol, followed by their neighbours and least by their siblings at magnitudes shown.

![Graph showing influence of various people on alcohol use]

Figure 7: Knowledge of specific people who use alcohol

Effects of alcohol use

The response on the effects of alcohol use indicated that students exhibited the following behaviours in order of severity:

1. Developed a habit of insulting people and petty quarrels when drunk (70.8% of alcohol users)
2. Sustained various degrees of injuries when drunk (59.6% of alcohol users)
3. Unable to learn and attend lectures for a period. (37.8% of alcohol users)

(The percentages may not add up because of multiple response)

Awareness of health effects of alcohol use

Thirty-two (32%) respondents claimed to be aware of health effects associated with the use of alcohol while 68 (68%) respondents claimed to be unaware of any alcohol related health effects. Table 8 shows that out of the 32 (32%) respondents who claimed to be aware of health effects associated with alcohol use, 6 (18.75%) knew of related problems such as hypertension, 4 (12.5%) knew of low birth weight, 3 (9.38%) knew of stroke and sudden death, 1 (3.13%) knew of HIV/STI, 13 (40.63%) chose liver disease and 5 (15.63%) knew of heart diseases.
Table 8: Knowledge on specific health related problems.

<table>
<thead>
<tr>
<th>Responses on specific health problems</th>
<th>Frequency</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension</td>
<td>6</td>
<td>18.75</td>
</tr>
<tr>
<td>Low birth weight</td>
<td>4</td>
<td>12.5</td>
</tr>
<tr>
<td>Stroke and sudden death</td>
<td>3</td>
<td>9.38</td>
</tr>
<tr>
<td>HIV/STI</td>
<td>1</td>
<td>3.13</td>
</tr>
<tr>
<td>Liver diseases</td>
<td>13</td>
<td>40.63</td>
</tr>
<tr>
<td>Heart diseases</td>
<td>5</td>
<td>15.63</td>
</tr>
<tr>
<td>Total</td>
<td>32</td>
<td>100</td>
</tr>
</tbody>
</table>

Other effects associated with alcohol use
Collectively, respondents identified other effects associated with alcohol use to include the fact that it gives users feeling of feeling good and high strength, enhances sexual performance, can leads to strained relationships, causes feeling of remorse and vandalism.

Summary of findings
Based on the sample of respondents, many students currently use alcohol (64%) and very many of them had a history of alcohol use (77%). About 71.88% of those with history of alcohol use are males while 28.13% were females.

The findings revealed that generally the rate of use of alcohol was progressive per level of study at the University. It is documented that 15.63% of level 100 students, 26.56% of level 200 students, 40.63% of level 300 and 17.19% of level 400 students used alcohol. There was the likelihood that alcohol use increased as a student progressed from level 100 and only drops at level 400.

Students engaged in alcohol use because it gives them pleasure (29.87%) and because their friends were using alcohol (28.32%). Most student alcohol users had serious effects including drop in academic and negative social life. Students were also aware of some most health related problems due to alcohol use.

Discussion

Extent of alcohol use among students
As majority (77%) of the respondents had engaged in alcohol use at least once in their lifetime and 64% currently use, there is a high prevalence of alcohol use among students in the University of Education, Winneba. Wechsler and Wuethrich (2000) states that majority of today’s college students’ drink.

This study showed that majority (36%) of the students preferred beer to the other types of alcohol. This indicates that beer was the preferred alcoholic beverage for most students who consumed alcohol followed by wine and gin. WHO (2003) reports that beer is the most used alcoholic beverage in Ghana. The data is however, at variance with Ofori (2006), that majority of the people who consume alcohol in Ghana consume locally distilled gin (Akpeteshie). This may however, be because ‘Akpeteshie’ is not sold in most of the places students got their alcoholic beverages from. Majority (27%) of students used alcohol 2 times in a week and only 6% used alcohol more than 5 times in a week. Majority (72.72%) of students who had a history of alcohol use had gotten drunk before and as many as (42.9%) of
this number got drunk 2 times in a week. This indicates that even though majority of the students did not use alcohol frequently, many of them got drunk on the few occasions which they took alcohol.

**Causes of alcohol use**
The study showed that majority of the respondents (29.9%) used alcohol because it gave them pleasure. This is in tandem with Chikere and Mayowa (2009) view that among the 482 male undergraduate students in Universities in Owerri, Nigeria, where only 24.4% of the respondents said they used alcohol; they did so because it made them feel ‘high’. This could mean that most of the students in our study who use alcohol did so because they found pleasure in drinking. About (23.4%) of the respondents also stated that they used alcohol because their friends used it too. Eliza (2011) agreed that students are more likely to be influenced by their peers to use alcohol. However, Chikere and Mayowa (2009) stated in their study that, only 1.6% of their responded used alcohol because their friends used it too. Generally, these are indications that peer influence is a contributing factor to the high rate of alcohol use among students. Further, 22.08% of respondents indicated that they used alcohol because it helped them to cope with stress. This is also in agreement with a Chikere and Mayowa (2009) study among students on alcohol and other drugs use in which about 43.1% of respondents indicated that they used alcohol because it helped them to relieve stress. This indicates that even though peer influence and drinking for pleasure are major causes of alcohol use, a significant number of student could use alcohol in order to cope with stresses on campus.

**Categories of students who are more likely to use alcohol**
Majority (71.8%) of male respondents currently used alcohol whereas only a few (28.13%) of the female respondents currently used alcohol. Thus, more males used alcohol than females. This agrees with Cooper, M. (2002) that 74% of male students used alcohol as compared to the 56% of female students who also used alcohol in their study. The current study shows that the rate of use of alcohol increased with various levels of study at the University, and reached its peak at level 300 (40.63%) but dropped significantly when students got to level 400 (17.19%). The drop may be due to the period required for preparation for final exams during which students cannot afford to continue to be under the influence of alcohol. Majority of students who were residents (76.5%) on campus used alcohol and only few of the non-resident students (37.5%) engaged in alcohol use. Thus students who are residents on campus are more likely to engage in alcohol use as compared to students who live off campus. These agree with Taner (2005) that 80% of students who reside on campus and 52% of students who reside off-campus use alcohol. The category of students who use alcohol indicates that 42.23% began using alcohol before age 12 and 62.02% continued to use alcohol even at the university level. This is also true with Swahn- (2011) that the younger a child starts taking alcohol, the more likely it is for him to continue using alcohol into adulthood.

**Effects of alcohol use**
Many (66%) of the students who got drunk exhibited certain behaviours that they would not have done if they were not drunk. About 78% of the students agreed that alcohol use led to petty quarrels and 68% agreed that use of alcohol could lead to vandalism and destruction of school properties. This confirms the indication by Atwoli –(2011) that while 86% of the 248 students selected from four Kenyan universities responded in a study that they had acted in ways they wouldn’t have if they were not drunk. In the same study about 49% of the
respondents who also responded that they had been injured whilst drunk. This shows that majority of students who used alcohol exhibited certain behaviours when they were drunk and they regretted these behaviours after they were no longer under the influence of alcohol. In terms of awareness of the health effects of using alcohol, 68% of the respondents said that they were not aware of any health effects associated with the use of alcohol. This indicates that majority of the students do not know the health implications associated with the use of alcohol. As much as 68.0% of the respondents strongly agreed that alcohol use caused low academic performance. In the current study a negative correlation was found between alcohol use and academic performance among students. As 76% of the students strongly agreed that alcohol use causes absenteeism in school, a positive relation could be established between alcohol use and number of classes hours missed. This agrees with Richardson and Barrow (2000) that there is a negative correlation between alcohol use and academic performance and also a positive correlation between the extent of use of alcohol and the number of classes hours missed in their study.

Conclusion
The findings of this study suggests that there is a high prevalence of alcohol use among students at the University of Education, Winneba. The study further underscores the need for measures to remedy the situation.

Recommendations
- The findings of this study suggest the need to intensify adolescent counselling service on university campuses to provide counselling on the negative consequences of alcohol use. This is to reduce the high prevalence of alcohol use among students and its associated effects.
- Health education is also necessary to educate students on the health effects associated with the use of alcohol. This would go a long way to ensure that the prevalence of alcohol use among students would reduce. Since majority of the students do not know about the health effects of alcohol use, the health directorate of the university should embark on an extensive education to correct this deficit. The matriculation orientation organized for freshmen and women would be a good platform.
- There is the need for more resources to be allocated to deal with the issue of high prevalence of alcohol use among students. This can be achieved through the setting up of adolescent-friendly services in the university hospital. Also, nurse administrators can organize in service training to help nurses to become more equipped to educate and manage student clients who have a history of alcohol use. Health education programmes need to be organized in conjunction with non-governmental organizations, religious organizations and the communities to address the problem of high prevalence of alcohol use in a culturally acceptable manner.
- Policy makers should have a more influential power over the advertisement and sale of alcohol in educational institutions. They should enforce policies to control the use of alcohol among students.
- There should be a multidisciplinary approach to dealing with the issue of alcohol use among students, through the combined efforts of psychologists, psychiatrists, sociologists, parents, educationists and law enforcement agencies.
- Educationists should also include school-based alcohol prevention programmes that are imperative as they provide students with the information and skills necessary to enable them to abstain from alcohol use.
Trained counselors should also organize programmes which intend to educate on alcohol and its effects to help control use among students. Adolescent-friendly services should be established at vantage places such as in the communities and on university compounds to bring their services closer to students.

- Alcohol anonymous groups, which are groups that bring together people who have problems related to alcohol use and addiction, should be formed on campus to help students who have drinking problems to share their experiences and ways by which they can deal with the problem.

- University nurses must be encouraged to give health education on alcohol use and its implications to the youth and the society.

- The university radio station can also be used to educate people on the effects of alcohol use on their health and social lives.

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Vontamay, S. (2009), Social Ecological Approach to Alcohol Consumption Southeast Journal of Tropical Medicine and Public Health Volume 40 pages 354-369

