



Factors Influencing Alcohol Consumption Among Emmanuel Alayande College of Education Students

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Abstract: This study investigates the factors influencing alcohol consumption among Emmanuel Alayande College of Education Students, Oyo State. A cross-sectional study design was adopted for the study. A multistage sampling method was used in selecting faculty of science from which 450 respondents were purposively sampled. Data were collected with the aid of a questionnaire and were analyzed using simple percentages (%), and frequency tables with SPSS version 21. The result shows the prevalence of alcohol consumption was higher among males 60.4% than females 39.6%. The result further revealed that the majority of the respondents admitted to the fact that they cannot read their books, concentrate during lectures, communicate effectively after taking alcohol, and that alcohol consumption does not enhance their academic performance as their grades get worse with its consumption. The result also revealed that the respondents 166(36.9%) agreed to drinking socially makes the event more fun. It is obvious from the result that students were well aware of the implication of alcohol consumption and its effect on their academic achievement. Most of the respondents 256(56.9%) believe that alcohol is not good.

Keywords: Alcohol consumption, Knowledge, Perception, College of Education students.

Also, the finding also reveals that many of the respondents 313(69.6%) agreed that alcohol causes mental health and suicide. Also, the result reveals that there is a significant relationship between the level of knowledge and socio-demographic characteristics such as gender, family type, parental influence, and access to alcohol at a p-value of 0.05. Also, the finding showed a significant relationship between perception and knowledge as well as health implication with a p-value of 0.001 also logistic regression also showed a highly significant at (OR=7.292, 95% CI=0.254-1.046). Based on the result of findings, the study recommended that there is a need to advocate and promote the

policies on alcohol consumption among higher learning of education in Nigeria also Drinking joints and bars will not be allowed to operate within or around higher institutions

Background of the study

A vast majority of college students take drinking as a casual thing. They are not aware that alcohol is more of a depressant than a stimulant and continuous consumption of alcohol even in small quantities leads to undesirable consequences. Alcohol can be a false friend. It Plays a major part in illness, premature death and traffics accidents (Howard 1995).

Alcohol is a type of psychoactive drug that acts to depress the central nervous system, it has a high potential or psychological dependence and leads to irreversible tissue damage (Ramalingam, 1991). Alcohol is one of the most widely used psychoactive drug in the world approximately 80% of the world's population consumes it on a daily basis and continuous research is being carried out to determine its health benefits and consequences (Barone & Roberts, 1996).

An early study of college problem drinking was conducted between year 1975 – 1985 Berkowitz and Perkins (1986) showed that problem drinkers were identified as heavy drinkers if involved in weekly drinking in excess of 5 or more drinks (bottles) per occasion. Differences were reported between male and female where males were typically drinking more excessively than women. Factsheet for Alcohol Concern (2011) in the United Kingdom stated that men of age group 16 – 24 are the heaviest drinking group of the population whereas for young women alcohol consumption tend to peak in the late teenage years. It further states that alcohol consumption declines with steady relationships, parenthood and financial responsibilities (Alcohol Concern, 2011). Further shown in SLAN 2007 survey, one quarter of young adults aged 18-29 said to drink nine or more standard drinks ('standard drink' per Ireland measure) on a typical drinking occasion (Morgan et al, 2009). In a sample of college students, drinking behaviours were closely examined among students aged 18 – 24 (majority of students in sample were this age) and high rates of binge drinking were found. In this group 51% were binge drinkers of which 55% were male and 48% female students. In the same study students of all-women's colleges reported significant increase in frequent binge drinking since the first surveys in 1993 which showed a narrowing of the gap in drinking behaviour between all-women's colleges and coeducational schools (Wechsler et al, 2002).

Alcohol is kind of drinks such as beer or wine that contain a substance which can make one drunk. In Nigeria, alcohol are commonly used during burial, funeral, child dedication, thanks giving, birthdays, political rallies, initiation ceremonies, wedding, festivals, meetings, church services and other social gatherings. In the college of education and other institutions of higher learning, students consume alcohol during matriculation, convocation and initiation ceremonies into clubs and societies. The types of alcohol frequently used and abused in Nigeria are similar to other parts of Africa. The most commonly abused substances in Africa are alcohol, cannabis and (Odejide, 2006)

Alcohol plays a major role in students involvement in violent Crime (Nwankwo, 2010) Excessive use of alcohol (intoxication, binge drinking has been associated with the development of neuro-psychiatric conditions, physical injuries, unsafe sexual behavior and use of other psychoactive drugs. The use and or abuse of alcohol no doubt affect the behavior of individual positively or negatively. It however, depends on the brain chemistry of the individual involved (Odejide, 2006).

Alcohol consumption continues to be one of the most risky behaviours engaged in by the colleges of education students and it is one of the common habits among peer groups that cause psychological and social problems (Arata, Stafford & Tims, 2003). The world over, alcohol consumption is increasingly becoming a social problem of phenomenal proportions (Hewitt, 1988), Nakamyuka (1982) found that, in Nigeria, alcohol consumption among students is on the increase and becoming a major point of concern. She discovered that students are mostly influenced to start consuming alcohol by their

friends, and this may affect these students' attitudes towards school. So therefore findings of this study will be significant in many respects to the college students, undergraduates, psychologists, Public health specialist, the college management, policy-makers, and the general public in Nigeria for the planning of appropriate educational intervention. College of Education students are future teachers of primary and secondary schools. They are therefore expected to be role models who should not be involved in alcoholic drinking while in training. The study will identify predisposing factors that need to be controlled.

Research Questions

1. What is the prevalence of alcohol consumption among Emmanuel Alayande College of Education students?
2. What factors predispose the students to alcohol consumption?
3. How do the students perceive alcohol?
4. What is the level of knowledge of the Students on health and other implication of alcohol consumption?

Broad Objective

To investigate the factors influencing alcohol consumption among Emmanuel Alayande College of Education Students, Oyo State.

Specific Objectives

1. To assess the prevalence of alcohol consumption among Emmanuel Alayande College of Education students.
2. To identify factors that predispose the students to alcohol consumption.
3. To describe the perception of students on alcohol consumption.
4. To assess the level of knowledge of the students on health and other implication of alcohol consumption?

Research Hypotheses

- 1 There is no association between Socio-demographic characteristics (Age, Family background, Gender, and Religious) and alcohol consumption among Emmanuel Alayande College of Education Students.
- 2 There is no association between parental influence and alcohol consumption among the students.
- 3 There is no association between access to Alcohol in school and alcohol consumption among the students.
- 4 There is no association between peer influence and alcohol consumption among the students.
- 5 There is no association between students' perception of alcohol and alcohol consumption.
- 6 There is no association between level of knowledge on health implications of alcohol and alcohol consumption among the students.

Materials and Method

The study was carried out in Emmanuel Alayande College of Education Oyo. Oyo State. Oyo State is one of the 36 states of Nigeria and is located in South-Western region of the country. The State was created in 1976 out of the old Western region. A descriptive cross-sectional designed was used to determine the factors influencing alcohol consumption among Emmanuel Alayande College of

Education Student Oyo, Oyo State. Focus Group Discussion guide was developed based on the research objectives to collect Qualitative data. The study population consists of the students of Emmanuel Alayande College of Education, Oyo, Oyo State. The sample size was calculated using Leslie Kish's formula. A multistage sampling technique was used to recruit subjects for the study. Participants were interviewed as they came into the hospital. The process continued until the required sample size (450) was obtained. Data were entered, edited, and analyzed with SPSS statistical software (version 15). Focus Group Discussion and questionnaire were used for data collection. The frequency tables, percentages diagrams, and graphs for these data shall be computed. Univariate analysis was employed to calculate frequencies and distributions of each variable. A Chi-square test was used for bivariate analyses to test the significance of the association between categorical variables.

Ethical considerations

The proposal was submitted, reviewed and approved by the Oyo State Ethical Review Committee. Permission was taken from the Provost of the College before collecting data. Informed consent was obtained from the respondents by giving them an informed consent form to fill by explaining it to the best of their understanding.

RESULT

Socio-Demographic Characteristics of Respondents

A completion response rate of 100% (450 out of 450) was obtained with the questionnaire among Alayande College of Education students. The ages of the College of Education Students ranged from 15 to 30 years with a mean age of 20.5 ± 2.4 . (Fig 4.1) shows the distribution of the college of Education students. The participants were 243 males (54.0%) and 207 females (46.0%). The distribution of respondents by Schools (Faculties) showed as follow: 169 (37.6%) of respondents were from school of Education, 165(36.7%) were from school of Vocation, 116 (25.8%) were from school of Languages and the distribution of respondents by department were showed that 36(8.0%) were from Agricultural science Department, 129(28.7%) from Business education 108 (24.0%) from Primary education Studies , 61(13.6%) were from Early child care Education, 89 (19.8%) were from English Language, while 27(6.0%) were from Yoruba language Department. Respondents within the 15-18 years age bracket constituted 18.9%, those aged 19-22years were 65.1%, 23-26years were 15.3% and 27-30years were 0.7%. The distribution of respondents by religion showed that More than half 262 (58.2%) were Christians, 166 (36.9%) were Islam and 22(4.9%) were Traditional. The distributions of respondents by course-year level showed 100level were 142(31.6%), 200level 130(28.9%) and 300level were 178(39.6%). Almost half of respondents 225 (50%) were from monogamous family, 205 (45.6%) were from polygamous family and 20(4.4%) were from divorce family. Majority, 416 (92.4%) of the respondents were Yoruba, 32 (5.8%) Igbo and 8(1.8%) Hausa.

Participants' Distribution by college categories and socio-demographic characteristics

Variable	Response options	Frequency	Percentage
Faculties(schools)	Vocation	165	36.7
	Education	169	37.6
	Language	116	25.8
Departments	Agricultural Science	36	8.0
	Business Education	129	28.7
	Primary Education Studies	108	24.0
	Early Child Care Education	61	13.6
	English Language	89	19.8
	Yoruba Language	27	6.0

Gender	Male	243	54.0
	Female	207	46.0
Age group	15-18	85	18.9
	19-22	293	65.1
	23-26	69	15.3
	27-30	3	0.7
Religion	Christian	262	58.2
	Islam	166	36.9
	Traditional	22	4.9
Levels	100	142	31.6
	200	130	28.9
	300	178	39.6
Family Type	Polygamy	205	45.6
	Monogamy	225	50.0
	Divorce	20	4.4
Ethnicity	Yoruba	416	92.4
	Igbo	26	5.8
	Hausa	8	1.8

Prevalence of Alcohol Consumption among College Students.

Table shows that the overall prevalence of lifetime use of at least one drink was 63.3% while reported use in the last one year was 54.7% and 38.4% in the last six months. The prevalence of alcohol consumption was higher among male 60.4% than females 39.6%. Out of 285 that were reported that they have consumed alcoholic beverages, 160(56.2%) were reported that they consume it daily, 83(29.1%) that they consume it monthly and 42(14.7%) on yearly basis. The percentage of students initiated to alcohol consumption was 211(74.0%) and the mean age at first initiation was 14.3 ± 3.9 showing that while initiation occurs more between ages 10-20 years, it begins as early age. (See Table 4.2 for detail)

Prevalence of Alcohol Consumption

Variable	Response options	Frequency	Percentage
Have you ever consumed alcoholic beverages? N=450	Yes	285	63.3
	No	165	36.7
If yes to Question above, how often? N=285	Daily	160	56.2
	Monthly	83	29.1
	Yearly	42	14.7
Have you ever consumed alcoholic beverages in the last one year? N=450	Yes	246	54.7
	No	204	45.3
Have you ever consumed alcoholic beverages in the last six months? N=450	Yes	173	38.4
	No	277	61.6
Age initiated group N=285	≤ 10	59	20.7
	11-20	211	74.0
	≥ 21	11	3.9
	No response	4	1.4

Factors influencing Alcohol Consumption among College Student.

Table 4.3 shows that the majority of the respondents 125 (27.8%) strongly agreed that drinking is an easy way to relieve stress. Many of respondents 166(36.9%) agreed drinking socially makes the event

more fun. Some 151(33.6%) disagreed that “I should be concerned about what my friends will think of me if I don't drink as much as they do at parties”. Many 141(31.3%) agreed that they need to drink to fall asleep. 132(29.3%) of respondents disagreed that “alcohol can help me to organize my thoughts when I feel overwhelmed”. Some of the respondents 180(40.0%) agreed that “my father drinks, so I should”. Majority 142(31.6%) agreed access to alcohol in school leads to alcohol consumption. Many of the respondent 133(29.6%) disagreed that “I drink alcohol when I am sad”. Many 133(29.6%) agreed that they drink alcohol to forget problems, 121(26.9%) agreed that they drink alcohol when they feel like while 129(28.7%) of respondents agreed that they can accept alcohol drink when offered after school with a friend and, 119(26.4%) agreed that they can accept alcohol drink when offered at party with friends. (See table 4.3.1 for details). Slightly more than half of respondents 249(55.3%) reported that they belong to a social club, 284(63.1%) reported that they have many friends who drinks. (See table 4.3.1 for details).

Perceptions of College Students towards Alcohol Consumption

Respondents' perceptions towards alcohol consumption are presented in Table 4.4. Most of the respondents 256(56.9%) believe that alcohol is not good. The majority of the respondents 336(74.7%) disagreed that most accidents in Nigeria are caused by Alcohol. Many of the respondents 259(57.6%) agreed that one can be abused or laughed at if one refused to take alcohol. More than half of the respondents 289(64.2%) believe that it is good not to drink alcohol even if one is the only one who is not drinking among friends. The majority of the respondents 336(74.7%) disagreed that one can be discouraged by friends from drinking alcohol. Many of the respondents 243(54%) agreed that alcohol consumption can make one look mature, Many of the respondents 247(54.9%) agreed that alcohol consumption can make one bold. Majority 262(58.2%) agreed that alcohol drinking can remove shyness. Also, 238(52.9%) believe that alcohol is good for health, and slightly more than half 252(56.0%) agreed that one can be influenced to drink alcohol against one's desire. Majority (60%) of respondents had a positive perception and the remaining (40%) had negative perception towards alcohol consumption. The overall mean perception score by the respondents was 5.56 ± 2.2 .

Perceptions of college students towards alcohol consumption

Variable	Frequency	%
I believe alcohol is not good.		
Agree	256	56.9
Disagree	194	43.1
Most accidents in Nigeria are caused by Alcohol.		
Agree	114	25.3
Disagree	336	74.7
One can be abused or laughed at if one refused to take alcohol.		
Agree	259	57.6
Disagree	191	42.4
I believe that it is good not to drink alcohol even if one is the only one who is not drinking among friends		
Agree	289	64.2
Disagree	161	35.8
One can be discouraged by friends from drinking alcohol.		
Agree	114	25.3
Disagree	336	74.7
Alcohol consumption can make one look matured.		
Agree	243	54.0
Disagree	207	46.0
Alcohol consumption can make one bold	247	54.9

Disagree	203	45.1
Alcohol drinking can remove shyness. Agree	262	58.2
Disagree	188	41.8
I believe that alcohol is good for health. Agree	238	52.9
Disagree	212	47.1
One can be influenced to drink alcohol against one's desire Agree	252	56.0
Disagree	198	44.0

Respondent's knowledge of health implication on alcohol Consumption

In Table 4.5, majority of the respondents 352(78.2%) agreed that drinking alcohol causes headache. Many of the respondents 320(71.1%) agree that drinking alcohol may lead to trouble. Three hundred and nineteen (70.9%) agreed drinking alcohol is harmful to health. More than half of the respondents 303(67.3%) agreed that drinking alcohol causes delay in work. Majority 349(77.6%) disagreed that alcohol is a risk factor for accident and injury. Many of the respondent 313(69.6%) agreed that alcohol causes mental health and suicide. Three hundred and eight (68.4%) of the respondents agreed that alcohol leads to criminal justice. Many 331(73.6%) of the respondents agreed that young adults who misuse alcohol are more likely to suffer from appetite changes. Also, 307 (68.2) of the respondents agreed that young adults who misuse alcohol are more likely to suffer from weight loss. Three hundred and four (67.6%) of the respondents agreed that young adults who misuse alcohol are more likely to suffer from eczema. 305(67.8) of the respondents agreed that young adults who misuse alcohol are more likely to suffer from sleep disturbance.

Majority 335(74.4%) agreed that the most common impacts of alcohol intoxication are vomiting and coma. Many of the respondent 343(76.2%) agreed that alcohol abuse in adolescence, during a developmental sensitive period, poses a danger to the effective functioning of emerging brain faculties and long term memory. Majority 329(73.1%) agreed that Alcohol may increase feelings of depression. Many 305(67.8%) of the respondents agreed that Stress / anxiety based drinking is associated with long-term and more severe negative outcomes. More than half of the respondents 313(69.6) agreed that alcohol leads to loss of memory. Majority 322(71.6%) agreed that heavy drinking causes hepatitis. Many 296(65.8%) of respondents agreed that heavy drinking causes cirrhosis. Majority of the respondent 345(76.7%) agreed that alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. Three hundred and thirty-one (73.6) of the respondents agreed that drinking a lot over a long time or too much on a single occasion can damage the heart, causing Stretching and drooping of heart muscle. Also 325(72.2%) agreed that drinking a lot over a long time or too much on a single occasion can also damage the heart and causing Irregular heart beat. 321(71.3%) agreed that drinking a lot over a long time or too much on a single occasion can damage the heart and causing Stroke. Three hundred and eight(68.4) of the respondents agreed that drinking a lot over a long time or too much on a single occasion can damage the heart and causing high blood pressure. Majority 332(73.8) also agree that alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis. Three hundred and thirty-two (73.8) agreed that drinking too much alcohol increases the risk of developing certain types of cancers. And also 344(76.4) agreed that drinking too much can weaken immune system, making body a much easier target for disease. (See Table 4.5 for details). According to the rating of knowledge, 42(9.3%) had a poor knowledge, many 147(32.7%) respondents had a fair knowledge and more than half 261(58.0%) had a good knowledge. The overall mean knowledge score of health implication by the respondents was 17.7 ± 6.1 .

Respondent's knowledge of health implication on alcohol Consumption

Variable	Frequency	%
Drinking alcohol causes headache.	352	78.2
Agree	98	21.8
Disagree		
Drinking alcohol tends to get me in trouble.	320	71.1
Agree	130	28.9
Disagree		
Drinking alcohol is harmful to health.	319	70.9
Agree	131	29.1
Disagree		
Drinking alcohol causes delay in work.	303	67.3
Agree	147	32.7
Disagree		
Alcohol is a risk factor for accident and injury.	101	22.4
Agree	349	77.6
Disagree		
Alcohol causes Mental health and suicide.	313	69.6
Agree	137	30.4
Disagree		
Alcohol leads to criminal justice.	308	68.4
Agree	142	31.6
Disagree		
Young adults who misuse alcohol are more likely to suffer from appetite changes.	331	73.6
Agree	119	26.4
Disagree		
Young adults who misuse alcohol are more likely to suffer from weight loss.	307	68.2
Agree	143	31.8
Disagree		
Young adults who misuse alcohol are more likely to suffer from side effects including eczema.	304	67.6
Agree	146	32.4
Disagree		
Young adults who misuse alcohol are more likely to suffer from side effects including sleep disturbance.	305	67.8
Agree	145	32.2
Disagree		
The most common impacts of alcohol intoxication are vomiting and coma.	335	74.4
Agree	115	25.6
Disagree		
Alcohol abuse in adolescence, during a developmental sensitive period, poses a danger to the effective functioning of emerging brain faculties and long term memory.	343	76.2
Agree	107	23.8
Disagree		
Alcohol may increase feelings of depression.	329	73.1
Agree	121	26.9
Disagree		
Stress / anxiety based drinking is associated with long-term and more severe negative outcomes.	305	67.8
Agree	145	32.2
Disagree		
Alcohol leads to loss of memory.	313	69.6
Agree	137	30.4
Disagree		
Heavy drinking causes hepatitis.	322	71.6
Agree	128	28.4
Disagree		
Heavy drinking causes.	296	65.8
Agree		

Disagree	154	34.2
Alcohol interferes with the brain's communication pathways and can affect the way the brain looks and works.	345	76.7
Disagree	105	23.3
Drinking a lot over a long time or too much on a single occasion can damage the heart, causing Stretching and drooping of heart muscle.	331	73.6
Disagree	119	26.4
Drinking a lot over a long time or too much on a single occasion can damage the heart, causing Irregular heart beat .	325	72.2
Disagree	125	27.8
Drinking a lot over a long time or too much on a single occasion can damage the heart, causing Stroke.	321	71.3
Disagree	129	28.9
Drinking a lot over a long time or too much on a single occasion can damage the heart, causing High blood pressure	308	68.4
Disagree	142	31.6
Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis.	332	73.8
Disagree	118	26.2
Drinking too much alcohol increase risk of developing certain cancers.	332	73.8
Disagree	118	26.2
Drinking too much can weaken your immune system, making your body a much easier target for disease.	344	76.4
Disagree	106	23.6

Hypotheses testing

Hypothesis one (H₀₁)

There is no association between Socio-demographic characteristic (Age, family background, Gender, religious etc.) and alcohol consumption among Emmanuel Alayande College of Education Students.

Faculty

Faculty	Have you ever consumed alcoholic beverages?		Subtotal	X ²	df	P-value
	Yes (%)	No (%)				
Vocation	101(35.4%)	64(38.8%)	165(36.6%)	1.110	2	0.574**
Education	106(37.2%)	63(38.2%)	169(37.6%)			
Language	78(27.4%)	38(23.0%)	116(25.8%)			
Total	285(100%)	165(100%)	450(100.0%)			

** is not significant *N=450

From the result of this testing, the p-value = 0.574 which is not statistically significant. The null hypothesis is therefore accepted and the alternate is rejected. This means that the faculty of the student has no influence on alcohol consumption among college students.

Department

Department	Have you ever consumed alcoholic beverages?		Subtotal	X ²	Df	P-value
	Yes (%)	No (%)				
Agricultural Science	22(7.7%)	14(8.5%)	36(8.0%)	3.823	5	0.575**
Bussiness Education	79(27.7%)	50(30.3%)	129(28.7%)			
Primary Education Studies	72(25.3%)	36(21.8%)	108(24.0%)			
Early Child Care Education	34(11.9%)	27(16.4%)	61(13.6%)			
English Language	58(20.4%)	31(18.8%)	89(19.8%)			
Yoruba Language	20(7.0%)	7(4.2%)	27(6.0%)			
TOTAL	285(100%)	165(100%)	450(100.0%)			

**** Not Significant * N=450**

From the result of this testing, the p-value = 0.575 which is not statistically significant. The null hypothesis is therefore accepted and the alternate is rejected. This means that department of the student has no influence on alcohol consumption among college student.

Gender

Gender	Have you ever consumed alcoholic beverages?		Subtotal	X ²	df	P-value
	Yes (%)	No (%)				
Male	172(60.4%)	71(43.0%)	243(54.0%)	12.621	1	0.001*
Female	113(39.6%)	94(57.0%)	207(46.0%)			
Total	285(100%)	165(100%)	450(100.0%)			

***Significant * N=450**

From the result of this testing, the p-value = 0.001 which is statistically significant. The null hypothesis is therefore rejected and the alternate is accepted. This means that gender of the students has influence on alcohol consumption among college student. Male genders (60.4%) were more likely to consume alcohol than female genders (OR 1.93, 95% CI 1.04-3.61) See table 4.6.15 for details.

Age Group

Age Group	Have you ever consumed alcoholic beverages?		Subtotal	X ²	df	P-value
	Yes (%)	No (%)				
15-18	54(18.9%)	31(18.8%)	85(18.9%)			
19-22	189(66.3%)	104(63.0%)	293(65.1%)			
23-26	40(14.0%)	29(17.6%)	69(15.3%)			

27-30	2(0.7%)	1(0.6%)	3(0.7%)	1.043	3	0.791**
Total	285(100%)	165(100%)	450(100.0%)			

**** Not Significant**

From the result of this testing, the p-value = 0.791 which is not statistically significant. The null hypothesis is therefore accepted and the alternate is rejected. This means that age of the student has no influence on alcohol consumption among college student.

Religion

Religion	Have you ever consumed alcoholic beverages?		Subtotal	X ²	df	P-value
	Yes (%)	No (%)				
Christianity	155(54.4%)	107(64.8%)	262(58.2%)	5.029	2	0.081**
Islam	116(40.7%)	50(30.3%)	166(36.9%)			
Traditional	14(4.9%)	8(4.9%)	22(4.9%)			
Total	285(100%)	165(100%)	450(100.0%)			

**** Not Significant**

From the result of this testing, the p-value = 0.081 which is not statistically significant. The null hypothesis is therefore accepted and the alternate is rejected. This means that religion of the student has no influence on alcohol consumption among college students.

Level

Level	Have you ever consumed alcoholic beverages?		Subtotal	X ²	df	P-value
	Yes (%)	No (%)				
100	87(30.5%)	55(33.3%)	142(31.6%)	0.498	2	0.779**
200	85(29.8%)	45(27.3%)	130(28.9%)			
300	113(39.7%)	65(39.4%)	178(39.5%)			
Total	285(100%)	165(100%)	450(100.0%)			

**** Not Significant**

From the result of this testing, the p-value = 0.574 which is not statistically significant. The null hypothesis is therefore accepted and the alternate is rejected. This means that level of the student has no influence on alcohol consumption among college student.

Ethnicity

Ethnicity	Have you ever consumed alcoholic beverages?		Subtotal	X ²	Df	P-value
	Yes (%)	No (%)				
Yoruba	263(55.8%)	153(35.2%)	416(48.2%)	0.507	2	0.776**
Igbo	16(40.0%)	10(61.2%)	26(47.8%)			
Hausa	6(4.2%)	2(3.6%)	8(4.0%)			
Total	285(100%)	165(100%)	450(100.0%)			

**** Not Significant**

From the result of this testing, the p-value = 0.776 which is not statistically significant. The null hypothesis is therefore accepted and the alternate is rejected. This means that ethnicity of the student has no influence on alcohol consumption among college student.

Family Type

Family Type	Have you ever consumed alcoholic beverages?		Subtotal	X ²	Df	P-value
	Yes (%)	No (%)				
Polygamy	147(55.8%)	58(35.2%)	205(48.2%)	13.123	2	0.001*
Monogamy	124(40.0%)	101(61.2%)	225(47.8%)			
Divorce	14(4.2%)	6(3.6%)	20(4.0%)			
Total	285(100%)	165(100%)	450(100.0%)			

* Significant

From the result of this testing, the p-value = 0.001 which is statistically significant. The null hypothesis is therefore rejected and the alternate is accepted. This means that family that student belongs to has influence on alcohol consumption among college student. Respondents from polygamous family (55.8%) were more likely to consume alcohol than student from monogamous and divorce family. In attempting to test for level of significant under regression analysis, is no longer significant. See table 4.6.15 for details.

Hypothesis three (Ho₂)

There is no association between parental influence and alcohol consumption among the students.

My father drinks, So I should.	Have you ever consumed alcoholic beverages?		Subtotal	X ²	Df	P-value
	Yes (%)	No (%)				
Agree	162(56.8%)	7(4.2%)	169(37.6%)	77.036	1	0.000*
Disagree	123(43.2%)	158(95.8%)	281(62.4%)			
Total	285(100%)	165(100%)	450(100%)			

*Significant

From the result of this testing, the p-value = 0.000 which is statistically significant. The null hypothesis is therefore rejected and the alternate is accepted. This means that parental influence has influence on alcohol consumption among college student. Respondents that have parent that drink (56.8%) were more likely to consume alcohol than those that do not have. (OR 7.29, 95% CI 6.3-10.7) See table 4.6.15 for details.

Hypothesis Four (Ho₄)

There is no association between access to alcohol in school and alcohol consumption among the students.

Access to alcohol in school leads to alcohol consumption	Have you ever consumed alcoholic beverages?		Subtotal	X ²	Df	P-value
	Yes (%)	No (%)				
Agree	190(66.7%)	71(43.0%)	261(58.0%)	23.996	1	0.000*
Disagree	95(33.3%)	94(57.0%)	189(42.0%)			
Total	285(100%)	165(100%)	450(100.0%)			

*Significant

From the result of this testing, the p-value = 0.000 which is statistically significant. The null hypothesis is therefore rejected and the alternate is accepted. This means that access to alcohol in school has influence on alcohol consumption among college student. Respondents that have access to alcohol in school (66.7%) were more likely to consume alcohols that do not. (OR 2.72, 95% CI 1.45-5.09) See table 4.6.15 for details.

Hypothesis Five (Ho₅)

There is no association between peer influence and alcohol consumption among the students.

Friends that drink	Have you ever consumed alcoholic beverages?		Subtotal	X ²	Df	P-value
	Yes (%)	No (%)				
Yes	227(79.6%)	57(34.5%)	284(63.1%)	91.314	1	0.000*
No	58(20.4%)	108(65.5%)	166(36.9%)			
Total	285(100%)	165(100%)	450(100.0%)			

*Significant

From the result of this testing, the p-value = 0.000 which is statistically significant. The null hypothesis is therefore rejected and the alternate is accepted. This means that peer influence has influence on alcohol consumption among college student. Respondents that have friends that drink (79.6%) were more likely to consume alcohol than those that do not have. (OR 4.95, 95% CI 2.56-9.61) See table 4.6.15 for details.

Hypothesis Six (Ho₆)

There is no association between students' perception of alcohol and alcohol consumption

Perception Scale	Have you ever consumed alcoholic beverages?		Subtotal	X ²	Df	P-value
	Yes (%)	No (%)				
Negative	44(15.4%)	136(82.4%)	180(40.0%)	24.566	1	0.000*
Positive	241(84.6%)	29(17.6%)	270(60.0%)			
Total	285(100%)	165(100%)	450(100%)			

*Significant

From the result of this testing, the p-value = 0.000 which is statistically significant. The null hypothesis is therefore rejected and the alternate is accepted. This means that students' perception of alcohol has influence on alcohol consumption among college student. Respondents with positive perception towards alcohol consumption (84.6%) were more likely to consume alcohol than those with negative perception. (OR 19.23, 95% CI 10.20-35.71) See table 4.6.15 for details.

Hypothesis Seven (Ho₇)

There is no association between level of knowledge on health implications of alcohol and alcohol consumption among the students.

Level of knowledge	Have you ever consumed alcoholic beverages?		Subtotal	X ²	Df	P-value
	Yes (%)	No (%)				
Poor	38(13.3%)	4(2.4%)	42(9.3%)			
Fair	130(45.6%)	17(10.3%)	147(32.7%)			
Good	117(41.1%)	144(87.3%)	261(58.0%)			

Total	285(100%)	165(100%)	450(100.0%)	91.702	2	0.000*
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***Significant**

From the result of this testing, the p-value = 0.000 which is statistically significant. The null hypothesis is therefore rejected and the alternate is accepted. This means that knowledge on health implications of alcohol has influence on alcohol consumption among college student. Respondents with fair knowledge of health implication were more likely to consume alcohol than those with good and poor knowledge. (OR 5.69, 95% CI 2.62-12.36) See table 4.6.15 for details.

Regression Analysis

Selected covariates	S.E.	Df	Sig.	OR	95.0% C.I. for OR	
					Lower	Upper
Gender; Male Female	0.319 .	1 0	0.039* .	1.932 .	1.035 .	3.608 .
Family Types: Polygamy Monogamy Divorces	0.862 0.856	1 1 0	0.913** 0.807**	1.099 0.811	0.203 0.152	5.954 4.341
Social Group: Yes No	0.387	1 0	0.013*	2.626	1.230	5.608
Parental: Yes No	0.507	1 0	0.000*	7.292	6.395	10.754
Access to Alcohol Yes No	0.320	1 0	0.002*	2.720	1.454	5.090
Peer Influence: Yes No	0.338	1	0.000*	4.956	2.557	9.605
Perception: Poor Good	0.322	1 0	0.000*	0.052	0.028	0.098
Knowledge : Poor Fair Good	0.760 0.395	1 1 0	0.026* 0.000*	5.461 5.696	1.230 2.624	24.244 12.365

significant*Conclusion**

In conclusion, the finding of this study shows that the prevalence of alcohol consumption is relatively high among college students, and the study identified some factors influencing alcohol consumption among college students which include; peer influence, parental influence, access to alcohol in school, social club membership, positive perception towards alcohol consumption and knowledge of health implication. Furthermore, the study also reviewed that more males were more likely to consume alcohol than females. Respondents in the social clubs were more likely to consume alcohol than those not in the social club. And respondents that have friends that drink were more likely to consume alcohol than those that do not have. Respondents with positive perceptions were more likely to

consume alcohol than those with negative perceptions and respondents with fair knowledge of health implications were more likely to consume alcohol than those with good and poor knowledge. Health education strategies focusing on factors influencing perception of AC and Knowledge of Health implication of alcohol consumption among College of Education students is hereby advocated.

Recommendation

Based on the findings of this study, the following recommendations are made;

- There should be a continuous awareness program on the dangers of alcohol consumption on the academic performance for students starting from freshmen to those in their final year..
- There is need to advocate and promote the policies on alcohol consumption among higher learning of education in Nigeria.
- Drinking joints and bars will not be allowed to operate within or around higher institutions.

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