

Attitude of Students towards Alcohol Abuse in Federal University of Agriculture, Makurdi, Nigeria

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Abstract: The study was carried out to access the attitude of students towards alcohol abuse in University of Agriculture, Makurdi in Benue State. A sample of 1,458 students was used for the study using a random sampling technique. A questionnaire was used as instrument for data collection. Mean and standard deviation were used to analyze the data collected while Chi-Square and t-test were used in testing the hypothesis at 0.05 level of significance. Results of findings based in hypotheses tested indicated that 1386 (95.10%) of the respondents with expected frequency of 729.0 agreed that there are factors responsible for students attitude towards alcohol abuse while 72 or 4.90% of the respondents disagreed. Also, the findings revealed that only 4 (90.03%) of respondents with expected frequency of 729 said that there are no factors responsible for abuse of alcohol in students' behavior while 1454 (99.70) respondents agreed that there are factors responsible for abuse of alcohol in students' behavior. From the findings too, male respondents have alcohol abuse mean of 3.0240 with standard deviation of 0.27664 while female respondents have alcohol abuse mean of 3.0239 with standard deviation of 0.27439. The difference between the male and female is not statistically significant so there is no significant difference in male and female students' attitude towards alcohol abuse.

Keywords: Attitude, Students, Alcohol, Alcohol abuse

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I. Introduction

Attitude is a psychological construct, or latent variable inferred from observable responses to stimuli which are assumed to mediate consistency and coherence among those responses [11]. Alcohol consumed in moderation, up to one drink per day for women or two drinks a day for men is thought to help reduce the risk of heart disease [9]. However, moderate alcohol use may be of benefit only if you are an older adult or if you have existing risk factors for heart disease such as high cholesterol; but if you are a middle aged, or young adult, some evidences show that even moderate alcohol use may cause more harm than good [3]. Drinking too much alcohol will not only leave you with a hangover the next day, but binge drinking (having four or five drinks in a space of a few hours) and or drinking more than recommended intake on a regular basis can also cause long-term damage to the body's internal organs [2]. Students like any group of people have attitude toward alcohol abuse. Alcohol abuse is defined as a pattern of drinking which results in harm to one's health, interpersonal relationships or ability to work. According to [7] alcohol abuse is linked with suicide. Certain manifestations of alcohol abuse include failure to fulfill responsibilities a work, school or home, drinking in dangerous situations, such as while driving; legal problems associated with alcohol use; and continued drinking despite problems that are caused or worsened by drinking.

II. Materials and Methods

Design: The researchers used survey method to investigate the attitude of students towards alcohol abuse on one hundred to five hundred level students in Federal University of Agriculture, Makurdi in Benue State. The design is considered appropriate because it allows the researcher to make inferences and generalization of the population by selecting and studying the sample of the study. It is used to critically analyze the situation based on information, [10].

Participants: This refers to those who participated in the research. The participants in the study comprised 2,485 students in 100 level, 2,839 students in 200 level, 3,407 students in 300 level, 2,281 students in 400 level and 158 students in 500 level of University of Agriculture Makurdi. The total population of the participant is

eleven thousand, one hundred and sixty three students. Both male and female students participated in the study. The ages of the participants ranges from sixteen years to forty years.

Sampling Method: A representative of the students' population was selected to participate in the research. The method used in the selection is random sampling. This method gave every member of the student population equal chance of being selected to participate in the research. Consequently, 335 students were selected from 100 level, 338 from 200 level, 346 from 300 level, 331 from 400 level and 108 from 500 level using sample size table, [7].

Instrument for Data Collection: The method used in this study to collect data is questionnaire. The questionnaires were administered to the respondents in their lecture halls and each participant was instructed on the correct method of completing the questionnaire. They were requested to kindly answer as sincerely as possible within 24 hours after which the questionnaire would be collected from the.

Method of Data Analysis: The research questions were answered using the mean and standard deviation. The Chi-Square was used in testing the hypothesis at 0.5 level of significance. The mean was calculated to form the basis for acceptance or rejection of the results.

III. Results

The result showed that there were 1458 respondents comprising 929 (63.7%) males and 529 (36.3%) females. From the results, more males participated in the study than females. On age distribution, respondents who were 15-20 years were more in number than any other age group and they represent 34.4% of the total number of respondents. 21-25 years represent 31.0%, 26-30 years represent 20.2% and 31 years and above represent 14.3%.

On their religion, 79.1% were Christians while only 20.9% were Muslims. More Christians participated in the study than Muslims probably because the population of Christians in University of Agriculture Makurdi is far more than their Muslim counterparts. The class or level representation showed that 349 (23.9%) were in 100 level, 208 (14.3%) were in 200 level, 549 (37.7%) were in 300 level, 196 (13.4%) were in 400 level and 156 (10.7%) were in their 500 level. 200 level has the highest number of participants in the study which is 37.7%, while 500 level has the lowest number of participants with 10.7%.

Table 1: Descriptive statistics of responses on factors responsible for students' attitude toward alcohol abuse

	N	Mean	Std. Deviation
The group of people one associates with influences his or her attitude towards alcohol abuse	1458	3.7236	.44737
Parental attitude influences one's attitude towards alcohol abuse	1458	3.3985	.53912
Culture influences one's attitude towards alcohol abuse	1458	2.9259	.52002
Easy accessibility of alcohol contributes to people's attitude towards alcohol abuse	1458	2.9259	.52002
Parenting structure influences one's attitude towards alcohol abuse	1458	1.5748	.66502
Advertisement on alcohol influences one's attitude towards alcohol abuse	1458	3.1996	.74511
Religious alcohol tolerance influences one's attitude towards alcohol abuse	1458	2.8704	.93013
Mean of factors that are responsible for students' alcoholic tendencies	1458	2.9455	.27538
Valid N (list wise)	1458		

The above table shows respondents' opinion on attitude towards alcohol abuse: The result indicates that a group of people one associates with which has a mean of 3.7236 and standard deviation of .44737, parental attitude with a mean of 3.3985 and standard deviation of .53912, cultural influence with a mean of 2.9259 and standard deviation of .52002, easy accessibility to alcohol with mean of 2.9259 and standard deviation of .52002, advertisement on alcohol with mean of 3,1996 and deviation of .74511 and religious alcohol tolerance with mean of 2.8704 and standard deviation of .93013 are all factors responsible for students attitude towards alcohol abuse. Respondents however in their opinion disagreed on parental structure which has a mean of 1.5748 and standard deviation of .66502 as a factor influencing ones attitude towards alcohol abuse.

Table 2: Descriptive statistics of responses on factors responsible for abuse of alcohol in students' behaviour

	N	Mean	Std. Deviation
I consume alcohol when I am in the midst of my friends	1458	1.7243	.67057
I do not drink alcohol at any occasion	1458	2.1989	.55718
I drink alcohol to reduce stress	1458	3.8237	.38118
I buy alcohol for people to drink	1458	3.5487	.49779
I encourage people to take alcohol to reduce their stress and become bold	1458	3.1248	.51156
Drinking alcohol makes me feel good	1458	3.7236	.44737
Mean of the factors responsible for abuse of alcohol in students' behavior	1458	3.0240	.27573
Valid N (list wise)	1458		

The above table shows that the mean ratings of all the items are above 2.5 except I consume alcohol when I am in the midst of my friends and I do not drink alcohol at any occasion. The grand mean of factors responsible for abuse of alcohol in students' behavior is 3.0240 with standard deviation of .27573. This means that I drink alcohol to reduce stress, I buy alcohol for people to drink, I encourage people to take alcohol to reduce their stress and become bold and drinking alcohol makes me feel good are the factors responsible for abuse of alcohol in students' behavior.

Table 3: Descriptive statistics of male and female alcohol abuse

	N	Mean	Std.
Male	929	3.0240	.27664
Female	529	3.0239	.27439

The above table shows that 929 male respondents have alcohol abuse mean of 3.0240 with standard deviation of .27664 while female respondents have alcohol abuse mean of 3.0239 with standard deviation of .27439. Since male and female students have similar alcohol abuse mean description, the question can be answered that male students' abuse of alcohol is not more than that of their female counterparts. The difference seen is statistically small to be considered as been different as such.

Table 4: Descriptive statistics of responses on measures to change students' attitude towards alcohol abuse

	N	Mean	Std. Deviation
To reduce alcohol abuse, young people should not drink alcohol before adulthood	1458	3.3985	.53912
Education of parents to discuss and address drinking among young people	1458	1.5748	.66502
Education of community against cultural practices that encourage alcohol use	1458	3.1996	.74511
Intensify religious tolerance against alcohol consumption	1458	2.8704	.93013
Advertisement on alcohol does not target under legal age	1458	1.7243	.67057
Restricting the sales of alcohol to limited areas	1458	2.1989	.55718
Prescribe punitive measures for non-compliance of rules around age drinking	1458	1.5748	.66502
Mean of what measures can be taken to change students' attitude towards alcohol abuse	1458	2.3630	.26843
Valid N (listwise)	1458		

The above table shows that respondents have disagreed on education of parents to discuss and address drinking among young people; advertisement on alcohol does not target under legal age, restricting the sales of alcohol to limited areas and prescribe punitive measures for non-compliance of rules around age drinking. However, they agreed on to reduce alcohol abuse, young people should not drink alcohol before adulthood, education of community against cultural practices that encourage alcohol use and intensify religious tolerance against alcohol consumption. The grand mean of what measures can be taken to change students' attitude towards alcohol abuse is 2.3630 with standard deviation of .26843. This means that to reduce alcohol abuse, young people should not drink alcohol before adulthood, education of community against cultural practices that encourage alcohol use and intensify religious tolerance against alcohol consumption are measures that can be taken to change students' attitude towards alcohol abuse.

HYPOTHESES TESTING

Hypotheses -1

Table 5: Factors responsible for students’ alcoholic tendencies

	Observed N	Expected N	X ²	df	Asymp. Sig	Remarks
There are no factors responsible for students’ attitude towards alcohol abuse	72	729.0	1184.222	1	.000	Significant
There are factors responsible for students’ attitude towards alcohol abuse	1386	729.0				
Total	1458					

The above table shows that 72 with expected frequency of 729.0 respondents said that there are no factors responsible for students’ attitudes towards alcohol abuse while 1386 with expected frequency of 792.0 respondents agreed that there are factors responsible for students’ attitudes towards alcohol abuse. Testing for the hypothesis, X² = 1184.222 with df = 1 and had computer calculated probability for decision taking (Asymp. Sig.) = .000 = P. Since P is less than 0.05 (significance level) then the difference is significant in favor of those who said there are factors responsible for students’ attitudes towards alcohol abuse. Therefore, the hypothesis is rejected with the conclusion that there are factors responsible for students’ attitudes towards alcohol abuse.

Hypotheses -2

Table 6: Factors responsible for alcoholic abuse in students’ behaviours

	Observed N	Expected N	X ²	df	Asymp. Sig	Remarks
There are no factors responsible for abuse of alcohol in students’ behavior	4	729.0	1442.044	1	.000	Significant
There are factors responsible for abuse of alcohol in students’ behavior	1454	729.0				
Total	1458					

The above table shows that 4 with expected frequency of 729.0 respondents said that there are no factors responsible for abuse of alcohol in students’ behavior while 1454 with expected frequency of 729.0 respondents are of the opinion that there are factors responsible for abuse of alcohol in students’ behavior. Testing for the hypothesis, X² = 1442.044 with df = 1 and had computer calculated probability for decision taking (Asymp. Sig.) = .000 = P. Since P is less than 0.05 (significance level) then the difference is significant with the conclusion that there are factors responsible for abuse of alcohol in students’ behavior.

Hypotheses 3

Table 7: Male and female students’ attitudes toward alcohol abuse

Sex	N	Mean	Std	T	df	Sig. (2-tailed)	Remarks
Male	929	3.0240	.27664	.006	1456	.995	Not significant
Female	529	3.0239	.27439				

The above table shows that 929 male respondents have alcohol abuse mean of 3.0240 with standard deviation of .27664 while female respondents have alcohol abuse mean of 3.0239 with standard deviation of .27439. The t-calculated = .006, df = 1456 with an associated probability of .995 indicating that the difference between male and female is not statistically significant. So, the hypothesis is accepted with conclusion that there is no significant difference in male and female students’ attitudes towards alcohol abuse

IV. Discussion

The survey investigated the attitudes of students toward alcohol abuse in University of Agriculture, Makurdi, Benue State. The result is consisted with those of [1], [6] and [8]. This indicates that an attitude of students towards alcohol abuse is likely to be caused by some factors such as culture, parental influence and easy accessibility of alcohol. However, the studies disagree with family structure influencing students’ attitude towards alcohol abuse.

This is contrary to [13] who said that young people who have a close relationship with their parents and are surrounded by strong family support are less likely to experience problems than those whose families are not intact who lack adult support.

The findings revealed that drinking alcohol to reduce stress, buying alcohol for people to drink, encouraging people to take alcohol to reduce their stress and become bold and taking alcohol to make one feel good are factors responsible for abuse of alcohol in students’ behavior. This is in agreement with [9] who said that drinking alcohol to reduce stress, buying it for people to drink; encouraging people to take alcohol to reduce stress and become bold are responsible for students’ attitudes toward alcohol abuse.

The study also found that when young people do not drink alcohol before adulthood, education of community against cultural practices that encourage alcohol use and intensifying religious tolerance against

alcohol consumption are measures that can be taken to change students' attitudes toward alcohol abuse. This is in agreement with [5] who said that when young people are made not to drink alcohol before adulthood, the community is educated against cultural practices that encourage alcohol use and efforts are intensified on religious tolerance against alcohol consumption, it becomes easy and possible to change students' attitude towards alcohol abuse.

From the survey, 929 (63.7%) of the participants are males while only 529 (36.3%) are females. The wide gap between the male and female is not deliberate. It is due to the fact that the population of males is more than their female counterparts in the institution.

The final result reviews that male and female students have similar alcohol abuse mean description. While the male respondents have alcohol abuse mean of 3.0240 with standard deviation of .27464, the female respondent have alcohol abuse mean of 3.0239 with standard deviation of .27439. This is in agreement with [4] who said that the comparative study of alcohol abuse between and female students show similar results.

V. Conclusion

This study has shown that there is no significant difference in male and female attitudes toward alcohol abuse. The study also reveal that students' developed positive attitude to alcohol abuse due to factors such as parental attitude, cultural practices, easy accessibility to alcohol, advertisement of alcohol and religious tolerant to alcohol use. It is important to carry out studies on attitudes of students toward alcohol abuse to curtail and enlighten students on the need to change from their positive attitudes and tendencies toward alcohol abuse.

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