

ADDIS ABABA UNIVERSITY
SCHOOL OF GRADUATE STUDIES

ADOLESCENCE ALCOHOL ABUSE: CAUSES AND FORCES SUSTAINING
DRINKING AMONG HIGH SCHOOL STUDENTS IN ADDIS ABABA

MINGIZEM MARU SHIBESHI

ADDIS ABABA UNIVERSITY
LIBRARIES
157-209487
27/06/2015

JUNE 2015

ADOLESCENCE ALCOHOL ABUSE: CAUSES AND FORCES SUSTAINING
DRINKING AMONG HIGH SCHOOL STUDENTS IN ADDIS ABABA

IN PARTIAL FULFILMENT OF THE REQUIRMENT FOR
THE DEGREE OF MASTERS IN SOCIAL WORK

MINGIZEM MARU SHIBESHI

JUNE, 2015

ADOLESCENCE ALCOHOL ABUSE: CAUSES AND FORCES SUSTAINING DRINKING
AMONG HIGH SCHOOL STUDENTS IN ADDIS ABABA

A THESIS SUBMITTED TO
THE SCHOOL OF GRADUATE STUDIES
ADDIS ABABA UNIVERSITY

ADVISOR

FEKADU MULUGETA (Ph.D)

IN PARTIAL FULFILMENT OF THE REQUIRMENT FOR
THE DEGREE OF MASTERS IN SOCIAL WORK

MINGIZEM MARU SHIBESHI

JUNE, 2015

Addis Ababa University

School of Graduate Studies

ADOLESCENCE AND ALCOHOL USE: CAUSES AND SOCIAL FORCES SUSTAINING
DRINKING AMONG HIGH SCHOOL STUDENTS IN ADDIS ABABA

MINGIZEM MARU SHIBESHI

Graduate school of Social Work

Signed by the Examining Board

Yekoyalem D. Signature
External Examiner

[Signature] Date July 03, 2015

Abebe Assef Signature
Internal examiner

[Signature] Date June 30, 2015

Fekadu Mihagite Signature
Advisor

[Signature] Date June 30, 2015

Table of contents

Acknowledgments.....	i
List of tables.....	iii
ABSTRACT.....	iv
Chapter One: Introduction	1
1.1 Background of the study	1
1.2 Statement of the problem	3
1.3 Research question.....	5
1.4 Objectives and Research Questions	6
General Objectives	6
Specific objective	6
1.5 Significance of the study	6
1.6 Scope and delimitation of the study	7
Chapter Two: Review of Related Literature.....	8
2.1 Meaning of Adolescence.....	8
2.2 Alcohol abuse.....	8
2.3 Risk factors for alcohol abuse during adolescence	10
2.4 Theoretical framework of the study	12
Chapter Three: Research Methods.....	15
3.1 Research design.....	15
3.2 Study area and selection criteria.....	15
3.3 Participants' selection procedure	16
3.4 Data collection.....	17
3.5 Data Analysis	20

3.6	Ethical Considerations.....	20
Chapter Four: Findings		22
4.1	Profile of the Research Participants	22
4.2	Factors associated with adolescents alcohol abuse	23
	<i>Initial contact with alcohol</i>	23
	<i>Duration of time as alcohol consumers</i>	24
	<i>Time and place for alcohol abuse</i>	25
	<i>Attitude towards alcohol</i>	26
	<i>Alcohol and other substances</i>	27
	<i>Alcohol abuse and expense</i>	27
	<i>Prior knowledge and Alcohol influencers</i>	27
	<i>Alcohol abuse and school settings</i>	29
	<i>The law and adolescent's alcohol use</i>	30
4.3	Sources of information on alcohol	30
4.4	Decision set off.....	31
4.5	The cause and goal of alcohol abuse	31
Chapter Five: Analysis.....		33
5.1	Causes of alcohol abuse among high school adolescents	33
5.2	Factors triggering decision and sources of information to consume alcohol among Adolescents	39
5.3	Types of causes for alcohol abuse.....	40
5.4	The duality of causes and effect of alcohol abuse.....	42
5.5	Types of drinkers.....	42
Chapter Six: Conclusion		45
Chapter Seven: Social Work Implication		48

7.1 Practice Implications 48

7.2 Policy implications..... 50

7.3 Research implications 50

References

APPENDICES

Appendix A: Informed Consent

Appendix B: In-depth Interview Guide

Appendix C: Focus Group Discussion Guide

Appendix D: Structured Interview Guide

Acknowledgements

This research came true mainly because of the support from the almighty. It was also the result of key guidance from my advisor, Dr. Fekdau Mulugeta. His constructive feedbacks and the confidence he imparted on me made this thesis a possibility.

This work would not have been successful without the constant encouragement and emotional support from my parents, Maru Shibeshi and Tayech Abera. Dear Mom and Dad I can not thank you enough for all your efforts to make me who I am today.

My deepest appreciation also goes to Ato Firew Kefyalew, for his relentless follow up and encouragement in my career. Another important support through the course of this study also came from "My Dear", hence I submit my heart felt gratitude with love.

Finally, I would like to pay my gratitude to all who took part in this research in one way or another. For those who participated as respondents and those who helped me write and edit the manuscript of this final paper, it would have been impossible without any of you.

List of tables

Table 1: Profile of research participants

Table 2: summary of age of adolescents at their first alcohol test from the structured interview

Table 3: Summary of responses for choice of location to consume alcohol freely from structured interview

ABSTRACT

There are stages in human development including adolescence, which is a social construct. At this stage proper follow up and nurturing would be essential for a smooth transition to the next stages of life. Nonetheless, it is also part of the process to pass through some challenging experiences and experiments of life; alcohol abuse being amongst the most eminent concern during their adolescence. This research mainly aims at identifying causes and forces sustaining alcohol abuse among adolescents in high schools of Addis Ababa and the various sources of information on alcohol along the issues triggering decision on the start of drinking alcohol. A mix of four data collection methods, namely in depth interviews, Focus Group Discussions, structured interview and hidden observation, were used to get all pertinent data. 10 adolescents took part in the in depth interview and 32 others in the structured interview. A total of 7 students from three different schools participated in the FGDs. The major findings of the research unveiled that adolescents in high schools abuse alcohol because of various social, economic, and cultural reasons encouraging consumption including peer pressure in the form fear of isolation, school parties/trips and school surrounding kiosks making them one of the four drinkers; problem drinkers, social drinkers, fashion drinkers or aspiring drinker. Therefore, it is of paramount importance to plan interventions to on people and environment around adolescents to protect them from slithering down to harder psychosocial pathologies even better pull them out in the long run.

Key words: *Alcohol abuse; Adolescent; high school students; social factors*

Chapter One: Introduction

1.1 Background of the study

Adolescence is part of the developmental stages in life, which is a socially constructed transition period people make during the second decade of life. It is cultural phenomenon highly affected by the socialization process unique to each civilization (Hoffman, 1989).

The start of puberty orients the inception of adolescence. However, a boundary for its start and end seems to be less agreed on among scholars, which is attributed to the difference in culture between societies of different nature. In societies where young girls and boys take key adult responsibilities such as giving birth or getting married at an early age, adolescence does not practically exist (Goode, 2006).

Adolescence also stands as a path from childhood to Adulthood, during which physical and emotional transformation along with maturity of the body and mind triggers more questioning and urge for independence. This is a time when young people start to acquire to decide for them, strive to fulfill biological and social needs. They are neither child nor adults, which creates a paradox in their life. They want to be independent and seek adult support at the same time, involve in a lot of risk, become optimists and curious of many things. As a result, this is a period when they engage in many different risky activities without thinking through (Ibid).

Currently, the proportion of adolescents in the world is higher than ever before. In sub Saharan countries an average of quarter the population is constituted by adolescents. In Ethiopia, this segment of the population exceeds 30% from the general population; these adolescents need proper care, better education, good health and important life skills for a brighter future to themselves and their country (CSA, 1998).

Nonetheless, among numerous other challenges of adolescents at a young age alcohol remains a concern for many. Alcohol is a complex health and social issue. Its consumption among young people is a global distress and is an important risk factor for poor health and social harm worldwide leading to the death of million each year (Marelign & Gistane, 2013; Freeman & Parry, 2006).

Although, moderate alcohol drinking is an acceptable convention utilized by over two billion people across the world, it is hardly doubted that sizeable harm is done through its abuse (Freeman & Parry, 2006).

Alcohol abuse among teenagers in Ethiopia is a common problem. In fact, almost 80 percent of high school students report drinking alcohol and over 40 percent of students report trying alcohol by eighth grade. The effects of alcohol abuse on teens can lead to serious consequences now and later in life, including health problems, social problems damage and problems with alcoholism well in to adulthood (Teshome & Gedif, 2013).

Adolescents who are involved in binge alcohol intake increase their risk of negative health effects because their organs, brain, and mental capabilities are still growing. Increased risk of social problems, depression, suicidal thoughts and violence include some of the behavioral problems. Poor school performance and higher drop-out rates are also among the adverse consequences as a result (Ayalu, Asmamaw, Berhanu & Sibhatu, 2012).

This makes the issue of alcohol among adolescents a serious concern for families, schools and the country as a whole.

1.2 Statement of the problem

WHO (2011) underlined that there is a growing global concern about drinking trends among young people. Alcohol consumption is becoming an attention seeking risk factor for morbidity, mortality and social harm worldwide leading to 2.5 million deaths each year. The report indicates that the burden has been higher in high income and is increasing in the developing world. However, there are no sufficient data on alcohol use and its consequences in many developing countries.

The use of alcohol during teenage and young adulthood years is a common phenomenon in many societies. Studies indicate that a substantial proportion of alcohol users progress to problematic drinking or become alcohol dependent, which increases the risk of developing alcohol related problems later in life. Among youth, drinking often coexists with other problem behaviors either preceding or following them, such as poor academic performance and absenteeism which may impair healthy development and successful transition from adolescence to adulthood (Merline, Jager & Schulenberg, 2008).

While the exact cause of alcoholism is unknown, according to the studies in the USA, researches has shown increasing evidence that susceptibility to it may be inherited and the risk of developing significantly in families with relatives who are dependent on alcohol. Additional risk factors include having a psychiatric condition such as schizophrenia, depression, or anxiety disorders. Poverty, social isolation, and shyness may also be risk factors. In addition, how one's body processes alcohol can affect the risk of developing a dependence on alcohol. Research has shown that people who need comparatively more alcohol to achieve an effect are more likely to become alcohol dependent (Sandra & Susan, 2004).

A study conducted among high school adolescents in Ethiopia from 2001 to 2002 reported that about 8.9% drunk alcohol at least on a weekly bases, where as other reports among students in eastern Ethiopia, southern Ethiopia and high schools in Addis Ababa found a prevalence of 10 to 22%, 36.6 and 45.7% respectively (Mareign & Gistane, 2013). In other sub-Saharan African countries like Kenya ever drinking prevalence of up to 15% were found among secondary school students, where some private universities had rates as high as 84%. A study from South Africa also reported an alcohol use prevalence of 39.1% among high school adolescents (Ayalu, 2012; Teshome & Gedif, 2013).

As in other developing countries, the causes and sustaining factors of substance use including alcohol are not sufficiently studied in Ethiopia (World Health Organization [WHO], 2004). Practical observations can assert that legal prohibitions on alcohol consumption among teen agers less than 18 years of age is not yet effectively executed in Ethiopia and there are no age limits on alcohol drinking officially exercised except for few liquor companies that declared minimum age limit since recently.

Culturally, alcohol is consumed in social gatherings and among friends as a pass time activity and relaxation experience. Description of the relationship between alcohol use and other important variables would usefully guide national policy and decision making on consumption patterns and how its impact could be mitigated.

A cross-sectional study conducted by Ayalu et al. (2012) and Similar study in southern Ethiopia (Mareign & Gistane, 2013) to assess the prevalence of alcohol use and its predictors among high school students in eastern Ethiopia implies that there is a high level of alcohol use among high school students in eastern Ethiopia. Another recent study also found out that most of

the youth in Addis Ababa consume alcohol more than any other drug amounting to 60.7 % out of 2529 study participants (Addis Ababa City Administration, 2013). These studies recommend involvement of parents, health workers and school authorities to curb the problem and reminder that, youth drinking requires proper attention, not only because of what it leads to but also because of the extensive human and economic impact of alcohol use among these vulnerable population.

The studies also indicated that determining which influences are involved in specific youth drinking patterns will permit the design of more potent interventions which justifies the need for this study.

Thus, this study has attempted to find out the causal factors for alcoholism and social forces that sustain drinking among high school students.

1.3 Research question

In order to meet the objectives of the study the research will strive to answer the following question. Cause

- What is/are the influencing factors and forces that lead to high consumption of alcohol and sustained drinking among high school students?
- What are the major sources of information on alcohol for adolescents in high school?
- What is/are the fundamental ground that triggers decision to start drinking the most?

1.4 Objectives and Research Questions

General Objectives

Finding out the causes that lead to alcoholism and the factors that result in sustained drinking among adolescents of high school in Addis Ababa will be the main aim of the study.

Specific objective

The specific objectives as per the main goal of the study includes the following

- Identifying the causes and forces that lead to sustained alcohol consumption among high school students
- Identifying the major sources of information about alcohol for adolescents in high school
- Identifying the recurrent factor that effects decision to begin alcohol consumptions among adolescents

1.5 Significance of the study

The fact that there is a growing concern over adolescents risk behavior, increased access to places to exercise such behavior and expansion in the alcohol beverage industry makes exploring causes and sustaining factors for alcohol use worth researching. In addition, without knowing the causes and factors that endure heavy drinking it is impossible to device a coping or halting strategy.

To the researcher's knowledge there is no research that particularly focuses on the roots of alcohol abuse, especially focused on high school adolescents. Therefore, this study aims at filling the gap by establishing the cause factor for adolescents' alcohol abuse to enable the

availability of better evidence on alcohol along with many studies conducted on prevalence and effect.

Therefore, this study can help policy makers and other parties interested to work towards minimizing the effect alcohol abuse on the abusers as well as their family by addressing causes and sustaining factors.

1.6 Scope and delimitation of the study

Although adolescents may engage in the use or abuse of different kinds of drugs or substances, this study focuses only on alcohol as its central concern. The scope of this study is limited to the social and individual factors causing alcohol abuse, excluding medical and/or biological factors. The study also focuses on adolescents between the ages of 15 to 22 who are students of grade 9 to 12 in Addis Ababa.

Chapter Two: Review of Related Literature

In this part of the document, review of related literatures is presented following the major elements of the study. Available and latest studies concerning variables of the study have been succinctly reviewed and presented compendiously.

2.1 Meaning of Adolescence

Adolescence has been differently defined among various scholars and contexts. However, most of them agree on the average age variation that falls in to adolescents' category. In more general terms adolescence can be defined as a transition period between childhood and adulthood (Hall, 1904). Adolescence is also a process, both biological and cultural.

2.2 Alcohol abuse

As per the American Medical Association Council on Scientific Affairs task force of the Panel on Alcoholism and Drug Abuse; "*Drug abuse is defined as any use of drugs that causes physical, psychological, economic, legal, or social harm to the individual user or to others affected by the drug users' behavior.*" This implies that alcohol abuse specifically can also be treated by a similar definition.

A sizable amount of high school students in Ethiopia are reported to have been involved in alcohol abuse at an early age which makes it a national concern. Studies conducted in eastern and southern part of the country present substantial evidence on high prevalence. One study entitled "Alcohol drinking patterns among high school students in Ethiopia: cross – sectional study." conducted in eastern Ethiopia by Ayalu Reda, Asmamaw Moges, Birhanu Wondimagegn and Sibhatu Biadgelign described prevalence of alcohol consumption by sex, age, practice of alcohol use among family and friends' behavior. At the end more males than females

were found ever drinkers but no difference was observed in mean age of drinking by sex. The majority of the drinkers drank alcohol with their parents and almost all of the participants were living with people who drank alcohol which entails the highest probability of alcohol consumption among those who live in such a setting. Major challenges with potential effect on the result were the use of self-reporting methods or social desirability bias and the fact that non respondents might have higher levels of drinking compared to respondents.

Another explanatory cross sectional study on “Factors associated with alcohol use among youths in Gamo Gofa, south west, Ethiopia” by Maregion Tilahun Malaju and Gistane Ayele Asale measured age and sex by knowledge of HIV and other substances. Their findings include, alcohol use is prevalent among youths in the study area and it is independently associated with male Gender, not having comprehensive knowledge on HIV, khat use, being a student and merchant and HIV positive sero-status. The study acknowledges no limitation, though ethical sensitivity and issues of self-reporting bias seem to be probable areas of challenge in the research setting.

Drug abuse in general and alcohol abuse in particular is then a serious threat that faces parents and adolescents in the process of self-making. In a detailed discussion on drug abuse MacDonald, 1987 suggested five stages of adolescent substance abuse, knowing which might help monitor dependence on drugs. Accordingly, he forwarded that stage 0 is “Showing curiosity” followed by four other stages. Stage one, “Learning about the drug-induced mood swings” The teen learns more about use of drugs, but use is limited to group settings, usually on weekends. Peer pressure is frequently intense and is a prime reason for continuance. Stage two, seeking the drug-induced mood swing. Having learned that these drugs can alleviate perceived pain and anxiety, the adolescent now seeks the highs of drug use. The teen may acquire a supply

of drugs and paraphernalia. The drugs are now used more to relax than as part of the social scene. The teen becomes a regular weekend and occasional weekday user. There may be a decrease in school performance and abandonment of extracurricular interests. Stage three, being preoccupied with the drug-induced mood swings. The teen loses control of his or her life and is concerned only with getting high. The behavioral changes are more pronounced and more obvious. New behaviors may also include stealing, school truancy, and lying. Drug dealing, to obtain the money necessary for continued drug use, may start. Stage four is burnout by which the teen is using drugs just to feel normal. Drugs may no longer produce euphoria. "Zombies" and "space cadets" are common terms used by adolescents to describe this group (Ibid).

2.3 Risk factors for alcohol abuse during adolescence

According to numerous studies conducted on youth drug abuse, alcohol has been registered as the one abused by the most. Repeated studies by the National Institute of drug abuse (NIDA), p522 put in the picture that "Adolescents most commonly abused drug is alcohol." The study also adds that "the typical trajectory of alcohol use for most youth begins in early to mid-adolescence" this is also true for Addis Ababa based on the finding of a study that pronounces 80.1% of the youth who participated in the study abuse alcohol than any other drug (AA city administration, 2013).

Some researches indicate that about 68% of parents believe that most teens try beer occasionally, 63% did not think their own teen had consumed any alcohol. Additionally, parents and adults may view alcohol use as a rite of passage for adolescents. Almost one-third of adolescents believed that their parents would not mind if they had a beer once in a while.

Adolescents also perceive the consumption of alcohol to be less risky than other substances as opposed to the opinion of health professionals (John & Gale, 2012).

In many different research findings, it is indicated that there is a strong correlation between factors like family and parental factors including genetics, extreme parenting styles, lack of perceived family support; socio economic status, dropping out of school and developing a career, peer influence, environmental exposure, lack of religious involvement and individual factors.

Among others a study was conducted by Evarist Mukama entitled "Peer Group Influence, Alcohol Consumption, and Secondary School Students' attitudes towards School" using a quantitative study that adopted a co-relational research design. In his study, he mainly measured the intensity of alcohol consumption, students attitude towards school and peer group influence. Consequently, he found out that Peer group influence is significantly related to alcohol consumption; he also figured that as alcohol consumption increases secondary school student's attitudes towards school decreases

According to the researcher the drawback that might have affected the resulted of the study include; some of the respondents filled the questionnaires hurriedly implying that some never paid much attention to what the questions asked but simply filled the gaps. During the power block out (interval of darkness), students exchanged views regarding certain items on the questionnaires, which could have influenced the way they responded to certain items. However, this does not mean that the conclusions of the study are based on a subjective analysis; rather it was strictly dependent on a scientific methodology and ethical consideration adopted throughout the study.

Another recent study conducted in Ethiopia by Addis Ababa city administration, 2013 to find out the negative effects of westernization and bad habits on the youth of the city also uncovered that alcoholism might be the result of social hiccups, economic limitations, traumatic experiences, uncensored access to ICT and policy and law enforcement gaps. The challenge remains to identify and intervene in the factors that contribute to a trajectory of problem alcohol use such as binge and heavy drinking, driving under the influence, and alcohol abuse and dependency compared to the “normal” trajectory of alcohol use.

2.4 Theoretical framework of the study

In a normal life cycle, individuals pass through different stages of growth and change. These types of life transitions are now a days being specifically affected by how the surrounding environment operates. Globalization constitutes a significant proportion of the external factors that impacts individuals along their transition in the course of life. Among the stages of life in the course is adolescence, during which most teen agers are in schools. Adolescence is a stage where attempt to deal with factors of change in our life is going to be basically on our own, where exposure for many things is easier and overwhelming as a result of globalization (Arnett,1999).

The proposed study will combine existing knowledge on behavior related changes during adolescence with developing alcoholic experience to assess the causes attributed to student’s alcohol use and other contributors that sustain alcohol intake during this stage.

Medical sociologists are interested in the use of drugs in therapy. Criminologists study drugs as illegal substances. Economists look at drugs as an exchange commodity, bought, sold, and distributed according to patterns both similar to and different from those of legal products. Anthropologists conduct research on the consumption of psychoactive plant products by tribal

and agrarian peoples; here, cultural factors in drug use predominate. Policy analysts examine the feasibility of specific drug policies. Pharmacologists consider the effects of drug substances on the physical organism; psychologists and psycho pharmacologists study their effects on the brain that is, the mind. The task of sociologists has mainly establishing a distinctive voice in the din of competing perspectives and disciplines investigating drug use. Their focus is on what makes drug use a specifically social activity, how socialization, culture, social interaction, social inequality, deviance, and group membership play a central role in the use of psychoactive substances; what people do under the influence; and what societies do about the control of or why they tolerate or accept drug use and distribution. If a single theme could be isolated out of the work of the pioneers of drug use, it would be that illicit drug use, abuse, and addiction are normative violations that is, a form of deviance (Gooide, 2006).

Theories on substance use including alcohol also paint picture in this regard. Social control theory, for instance assumes that violations of society's norms are natural, understandable, and not in need of an explanation. What needs to be explained is why people conform to society's norms. Self-control theory on the other hand agrees that it is conformity that needs to be explained, not normative violations or illegal behavior. But its explanation is very different that goes back to childhood. The factor that account for deviance and problematic drug use included low self-control (Ibid).

Drug abuse is when someone is using drugs in a way that causes them harm. It is not just a matter of how much of a drug the person is using, but how their use affects their life and the lives of those around them.

Being Alcoholic is a relative concept which is defined differently by different people. However, for the purpose of this study an Alcohol drink is a drink with a 3% minimum alcohol content and an individual will be classified as alcoholic whenever he/she drinks more than half liter of alcohol in an event and it becomes a habit that cannot be resisted.

High school student to be studied are teenagers in the adolescent age group whose grade level are 9th to 12th in the Ethiopian education curriculum who are being prepared to go to higher level of education in few years.

In general, alcoholism is one of the main problem behaviors during adolescence. It may be affected by the behavior system, personality system, or perceived environment. This specifically includes individual characteristics of adolescents, available model of behavior, and concept of self-worth, low achievement, and attitude towards deviance, lower self-esteem and adoption of counter values.

Chapter Three: Research Methods

3.1 Research design

The main aim of this research is identifying, comprehending and analyzing the causes and sustaining factors of alcohol abuse among adolescent students without any generalization of the findings to a wider group. To this end the research will be a qualitative exploratory study in its design. It will explore the driving forces or agents that are contributing towards urging the students to abuse alcohol and the forces that make them do it over and over again. This requires examining individual experiences and analyzing the different situations accordingly.

According to Grinnell (2001), one of the benefits of qualitative method in an exploratory research is the use of open-ended question that allows respondents to go into detail and express greater depth in their answer. Nonetheless, as no method alone produces all the data required for this research, a combination of different data collection methods have been used. Besides, triangulation calls for the use of multiple methods and hence in depth interview and focus group discussion were utilized.

Though this research is mainly qualitative, a small scale survey is administered to produce supplementary quantitative data, but making generalization on the findings of the research was hardly the intention. The research deals with individuals as its unit of analysis as opposed to schools or families of targeted students.

3.2 Study area and selection criteria

The research was conducted at different near school villages in Addis Ababa to find the right targets for the study. As students' background determines their exposure and access,

students from private, public and government schools are included in the research. Addis Ababa is chosen because the researcher lives in the city and has easy access to the research targets. Participants were selected in terms of their sex, class level and age group. The three schools were chosen due to easy access to the researcher. Accordingly this research focuses only on those students between grade 9 and 12.

10 students, five male and five female were involved in the in depth interview, additional 7 students took part in FGD and a total of 32 students responded to the structured interview. In choosing the participants, inclusion criteria were applied to include students who have experience of alcohol consumption and are still drinking alcohol. This enabled the researcher to capture various causes and sustaining factors for alcohol abuse.

3.3 Participants' selection procedure

Qualitative researches usually focuses on in depth or relatively small samples selected purposefully unlike quantitative research which usually depends on larger samples that may be selected randomly. Therefore, all the participants of this research, 10 for the in depth interview, 7 for the FGD, and 32 for the structured interview are selected using heterogeneous purposive sampling technique. As purposive sampling enables choosing relevant and informative participants, it was used to identify the participants for the in depth interview, FGD and respondents of the structured questionnaire. This helped to include those adolescents who go to different types of schools and helped to ensure the inclusion of enough participants across different categories like age and sex. Such information was possible to get as a result of the good rapport established with bar owners and drinking students.

The number of participants for the in depth interview was determined by the data saturation, while FGD participants' was determined by the willingness and availability of students who met the selection criteria. The structured questionnaire, as the researcher's intention is not generalizing the research findings, is driven by the need to supplement the findings by exposing more participants to the issue. Nevertheless, time and resource constraints have compelled the researcher to administer the survey on small sample size, i.e. 32 respondents selected with purposive sampling.

3.4 Data collection

A combination of three data collection methods, namely in depth interview, focus group discussion and structured interview are employed to gather the data.

In depth interviews

As the research is an exploratory research, its major data collection technique is in depth interview. According to Boyce and Neal (2006), in depth interview is a qualitative research technique that involves conducting intensive individual interviews with a small number of respondents to explore their perspectives on a particular idea, program, or situation. Before conducting interviews, rapport was established with the interviewees to facilitate open and thorough discussion.

A semi structured interview guide was used for the in depth interview with 10 students. Data from the interview of this research is used to get pertinent data, the analysis of which also enabled to answer the research questions. Semi structured questions were formulated, which range from general questions like age, area of origin and material status to specific questions on reasons that led them to high alcohol consumption, major sources of information that influence

their decision and the factors that associates them with alcohol for long. Then, the questions were pre tested with one participant before the actual research began. The guide was adjusted as per the feedback gathered from the pre-testing.

A digital recorder, with the consent of the participants, was used during interviews and notes were also taken on the spot to incorporate, non-verbal cues and other important aspects of the interview that were not captured by the recorder.

The interviews were conducted in the absence of another person and in places where the interviewees could talk freely. Most of the interviews took place in a quiet room or corner at the construction sites that allowed full privacy.

Focus Group Discussions

In order to benefit from the advantages of FGD, which includes developing a broad and deep understanding of the research topic, particularly by exploring how groups interact and contest over issues, a FGD was facilitated. As all of the FGD participants are high school students learning in public schools, they all had closely related background and similar exposure to the research issue. The FGD had seven participants. The FGD gave good opportunities for the students to discuss, among themselves, factors related that led them to engage in alcohol use and it was helpful to remind each other as well as confirm if one factor could be agreed on by the rest of the participants.

The FGD was facilitated by the researcher using FGD guide and the researcher's role was purely facilitating and guiding the participants through the interview guide, maintaining sufficient level of flexibility for grasping valuable information that were raised during the discussions. The researcher was also observing the verbal and non-verbal reactions of the

participants. Participants were given enough time and chance to share their experience in relation to the research area.

A comfortable place which could accommodate the participants was selected and refreshments were provided so as to put the participants at ease and discuss issues freely. Off day/ weekend is chosen for FGD due to the difficulty of running FGD during class days. With the consent of the participants, a recorder was used during the discussions so as to capture all points raised during the discussions.

Questionnaire

The purpose of this questionnaire was, apart from identifying leading and sustaining factors, to get a larger information base that would enable the researcher to see the bigger picture, which in turn enables to get better idea on patterns, relationships and frequency.

A survey of 32 high school students was administered using questionnaire. Based on the information gathered during the in depth interview and FGD, an exhaustive questionnaire is developed. The questionnaire consists of 14 questions which range from general questions that ask to provide general information on respondent's background to specific question on their reasons to use alcohol and the factors that endure drinking for a long period of time. The questionnaire was prepared in English and all was administered by the researcher, giving the researcher a chance to explain points that seek clarification from the respondents.

A purposive sampling technique was used to select respondents in order to deliberately include non-frequent drinkers. Attempts were also made to incorporate students from diverse class level, age, gender, and length of times spent using alcohol.

Observation

This was designed to check the implication of regulation limiting sells to adolescents under the age of 18 with carefully selected children between the age of 15-16 years of age to make sure they appears under the age of 18 in front of sellers of alcohol drink at bars and school surrounding kiosks. Accordingly 5 children were sent to five different selling points asking for alcohol drinks for take away and drinking on spot without having ID along.

3.5 Data Analysis

Data collected from the in depth interviews and FGD were first transcribed in English. After reading the entire document for the purpose of content analysis, the data are categorized based on the questions in the tools, which were further categorized into specific themes as per the research objectives and the research questions. Analysis was simultaneous done along data collection to determine data saturation.

Data collected from the questionnaire was tabulated and analyzed using descriptive statistics. Quantitative information that the structured questionnaire provided were tabulated and analyzed with a spread sheet. The quantitative data from the structured interview was only for descriptive purposes, not for generalizations.

3.6 Ethical Considerations

Before commencing the interviews and the FGD, the researcher did a brief self-introduction describing status and background in order to build trust and encourage the participant to open up for the interview. The nature and purpose of the research was clearly explained for the participants. The participants were told explicitly that participation is purely on

voluntary basis. Then, participants were provided with informed consent statement, a written consent was sought from them (see consent form in annex A).

All the necessary precautions were taken to ensure the safety and comfort of the participants. Not only physical harm, but also psychological, legal or any other forms of harm were not encountered as a result of participation in the research. There was no deception to get information out of the participants. No question that invaded the participant's privacy was forwarded. The researcher made sure that the need for confidentiality and/or anonymity of the participants was protected, by not asking names.

No financial compensation was offered for the participants for taking part in the research. However, conducive environment was created whereby the participants were at ease when sharing their experience. This involved the provision of some refreshments.

Chapter Four: Findings

This section presents the major findings of the research. Under all sections the summary of the findings from in-depth interviews and FGD are presented together. These sections are also substantiated by the findings from the structured interview questionnaire and findings from quasi-experiment technique as necessary.

4.1 Profile of the Research Participants

In depth Interview

Six male and four female high school and preparatory level students took part in the in depth interview. The youngest of the interviewees is 17 years old while the oldest is 22 years old. Among the 10 interviewees 5 are orthodox Christians, 4 Protestants and 1 follows no particular religion.

Focus Group Discussion

Three female and four male students out of which 2 were from high school and 5 from preparatory school participated in the focus group discussion. The age of participants ranges from 16 to 21. Three of them are Orthodox, 2 of them protestant and the remaining 2 did not define their religion.

Structured Interview

Fifteen students from high schools and Seventeen from preparatory school took part in filing out the structured interview questionnaire. Out of the total thirty two participants only 9 were female. Participants of the structured interview were between the age of 16 and 22.

Interviewees of this category follow Orthodox Christianity, Protestantism, Islam religion and no religion which amounts to 15,10,2 and 5 in numbers respectively.

Table 1: Profile of research participants

		In Number	Percentage share
Sex	Male	33	67.35
	Female	16	32.65
	Total	49	100.00
Age	15-16	8	16.33
	17-18	20	40.82
	19-20	17	34.69
	21-22	4	8.16
	Total	49	100.00
Level of education	Grade 9-10	21	42.86
	Grade 11-12	28	51.85
Religion	Orthodox	23	42.59
	Protestant	16	29.63
	Muslim	2	3.70
	Others	0	0.00
	Non-Religious	8	14.81

4.2 Factors associated with adolescents alcohol abuse

Initial contact with alcohol

In more general terms most of the respondent had an initial contact with alcohol between the ages of 10-20. But very few have experienced the test of alcoholic drink, either homemade or factory brewed, before the age of 10. Among 32 participants in the structured interview, 4 of them had their first alcohol test under the age of 10 while the same amount of students had this

similar experience under the age of 15. The remaining 18 tested alcohol once they crossed 15 years old.

According to participants response from the in-depth interview, early experience with alcohol is highly associated with holidays and other home celebrations where by parents give their permission for their children to consume small amount of alcohol for only that particular day. However, according to 4 respondents to the in depth interview, they kept their engagement past the day of celebration without the knowledge of their parents, taking from storage of liquor for adults in the household in many occasions.

Table 2: summary of age of adolescents at their first alcohol test from the structured interview

Age at first test	Frequency	Percentage
Before the age of 10	4	13%
10-15 years old	10	31%
15- 20 years old	18	56%
Above 20 years old	0	0%

Duration of time as alcohol consumers

Participants' alcohol consumption history ranges from 1 to 20 years when calculated from the day of their first test to the date of response. However, it was only a maximum of 7 years since anyone of them started drinking on regular period. This kind of regular drinking habit takes different forms from one adolescent to another, which includes end of week schedule ranging from Friday to Sunday, drink on school parties and other celebration events. 12 of the participants for structured interview are regular consumers of alcohol on every weekend. The remaining are occasional drinkers but with higher level of consumption. 18 out of 32 students consume up to 5 bottles of beer on a particular event. 8 others reported to consume up to 10

bottles of beer and the rest can take up to 20 bottles per a single occasion while its frequency goes up to 4 days per week on average. Molla Tesfaw during the in-depth interview also shared a story alike participants of the structured interview saying “*the first time I had the chance to test alcohol was when I was 8th grade at a primary school on my older sister’s wedding and has continued ever since*” Roza Ababu, on the other hand traces back her first test of alcohol to a school trip out of town with her friends when she was the age of 17. The FGD also painted a similar picture reviling first test as early as respondents remember.

Time and place for alcohol abuse

Based on firsthand information from adolescents at school who consume alcohol to a greater extent; learning specific time and places of alcohol abuse would help in any combative reactions. Many agree that weekends, celebrations, day parties, holidays and recreational trips are among the usual times that comfort them with abundant access to abuse alcohol drinks. But majority of the participants are binge on alcohol on school parties and weekends.

The typical drinking locations for these students are most often small bars and night clubs with their friends. In addition to this spots; home, big bars and secret houses also take their share as possible sites for alcohol consumption without restriction. Participants of the FGD also highlighted that choice of drinking location is affected by the rationale behind alcohol intake across different time and situation.

Table 3: Summary of responses for choice of location to consume alcohol freely from structured interview

Location of drinking	Frequency	Percentage
Home	7	22%
Big bars	7	22%
Secret houses	1	3%
With friends (small bars and school parties)	23	72%

Attitude towards alcohol

Attitude was found an interesting factor among participants of all interviews and the discussion; being the most disputable issue of all. Most of the participants, while explaining their first encounter with alcohol came up with a paradoxical description of their feeling. *“It was bitter and sweet at the same time, I ended up wanting more after I had the first sip”* said Molla Tesfaw during the in-depth interview and Dangne Mekonen adds saying *“it was never sweet for me but I cannot not have a drink once I am around anywhere near it.”*

Besides this many participants asserted that they want to stop taking alcohol but it is the best entertainer unlike any. Accordingly, most agreed that the idea they had about alcohol before the first test and past that was completely different. In comparison with other drugs or substances it was found the same in that the first decision was to never do it again while the practice demonstrates a completely different story. It was also the opinion of most interviewees that they hate doing it especially binge and would discourage the use of alcohol by their younger siblings at the house or elsewhere but they could not lead by example. It was also reinforced by the support and culture of peer group.

Alcohol and other substances

Usually alcohol use is found associated with other substances; it can either cause use of other drugs or be induced by utilization of other substances. Though it was not totally different for the participants of this research; the large majority of them are using only alcohol: Out of 49 students 17 also use substances other than alcohol including *Chat* and different smokes. Some of the participants that go to private schools reported occasional use of dry alcohols such as Gin and Vodka. Others who attend either public or government schools reported their usual consumption to depend on local or homemade alcohol drinks. A small proportion of the respondents are found to be convinced that the local drinks are stronger and satisfactory than those brewed in different factories.

Alcohol abuse and expense

Unlike many other alcohol consumers, all participants of this study are dependent on either their parents or guardians for most of their expenses, implying their dependency for money to buy alcohol. Nonetheless, all participants have reported that they get the money for alcohol indirectly by asking parents for a different purpose or saving money from their school fees, transport cost and entertainment allocations. Significant others from the participants also mentioned dependency on students or friends from a better family to fulfill their need to consume alcohol.

Prior knowledge and Alcohol influencers

Greater proportion of respondents, 18 out of 32, has reported to have gone through an awareness raising program about the harms of alcohol use. Among these, many believe that they

know more than enough about the disadvantages of alcohol use contrary to being binge. Almost all those who had the chance to take part in awareness programs have attended it either in school or religious institutions. But, only 1 respondent out of 32 has got enough knowledge about alcohol from home.

On the other hand, 14 of the participants in the structured interview reported that they know little about the harms and never been part of any kind of awareness raising initiative. They attribute that, coupled with their lack of enough knowledge about the disadvantages of alcohol, their exposure to the surrounding environment which includes but not limited to the media, schools setting, neighborhood, peer pressure and leisure time activities.

Among the leading influencers, a drinking family member and a media role model has affected their idea of alcohol in turn cultivating their interest to engage with drinking. 18 of the respondents for the structured interview are found to have a family member that indulges in alcohol binge. All respondents of the in-depth interview also indicated association with an elder engaged in alcohol use in their respective families or at least someone they loved.

Participants of the FGD and in-depth interview also put forward a clear view over the role of media. Most of them agreed that the media makes it look like drinking is part of a modern day life. It was also clear that they are fond of some of the characters in the commercials and would do anything that looks good on them which in return increased their aspiration to feel the life of their idols. Cheaper price and wider availabilities have also played their part in encouraging student to consume alcohol following aggressive advertisements over the media at almost any time of the day grating massive viewers.

Adolescents also shade light on the role played by their neighborhood in reinforcing drinking. This takes different forms within the culture of that particular village from where drinking is a routine to those who consider it bad habit. This implies that what the vast majority believes in vicinity interferes to affect the thinking of adolescents.

Alcohol abuse and school settings

Adolescents of today spend most of their day time in and around schools for many reasons including a full day class schedule at all levels of school. Thereby, the nature of such environment affects students' thinking and character significantly. Participants of the FGD and in-depth interview confirm that both the internal school setting and the external surrounding to be contributing factors for alcohol intake.

From within, the school serves as a platform for communication between students from various backgrounds which makes peer pressure evident. In addition to this the education system or curriculum itself poses an unbearable challenge on to students pushing them to a state of anxiety, hence participants reported they would consume alcohol to get over similar feelings.

The school surrounding has also become a pertinent source of concern because of various reasons, one being small business congestion nearby. These small businesses are often found to be ease access for adolescents' alcohol and other drugs need.

In addition to these, the school environment also facilitates unintended access to alcohol through events organized to stimulate social gatherings and encourage extra-curricular engagements among students, however these occasions often serve as a chance to access and abuse alcohol by providing them an excuse to ask for money and get permission to stay out late on weekend which was reported to be the dates many adolescents consume alcohol.

The law and adolescent's alcohol use

From the law perspective alcohol appears to be one of those drugs permitted for consumption in Ethiopia, though not without certain limits. In relation with adolescents alcohol use the law of the land has put forward a regulation that prohibits adolescents below the age of 18 from buying alcohols in groceries and elsewhere. The law also applies for the supplier, prohibiting them from selling alcohol for those under the limit age.

However, with a quasi-experimental, one time technique piloted during the course of this study, 5 children between the ages of 15-16 were selected to make sure they looked young enough and it is clearly understandable that they are under 18 years of age. These children were sent to 2 groceries, 2 bars and 1 super market to buy and drink alcohol around a school setting. In all the five attempts they did not encounter rejection for their age neither did any seller cared to ask their age. On the other hand, out of 32 informants of the structured interview 12 reported rejections by sellers either for being under age limit or for not having ID with them while the remaining 20 reported no incident of rejection and ID requirement before the sale of alcohol.

Furthermore, participants of in-depth interview were asked to explain what they now about the law on alcohol use and distribution. Most of the respondent focused on drunken driving, fight in bars and beverages' expire date rather than the minimum age limit.

4.3 Sources of information on alcohol

Alcohol related information for high school adolescents were found to have emanated from their surroundings. Participants have recurrently mentioned school surroundings, their home, broadcast media, billboards and mainly peer-group as fundamental sources of information on alcohol.

4.4 Decision set off

High school students interviewed during the course gave different response to the question on what triggered the decision to start drinking alcohol. However, some of the reasons are repeatedly said by a couple of respondents. Dagim Yohannes, a 17 year old student in a private school said “I had once a girl friend that broke up with me in just four months and I was distressed about it for a long time. To sedate my pains I usually prefer to chat with friends or take alcohol and that is when I started consume it regularly”. Another student from a public school said “I hate going home to see my mom and dad fighting so I stay out late, which is why I started drinking”. Many other have mentioned peer approval. Some also attributed the decision to their inner thirst to explore new experiences. Other associates the start of drinking with media influence. Jalo Tesfaye said “I love this actor, the way he holds the bottle and sips it. I eventually copied him and saw my friend trying to do the same. I felt good and continued doing it.”

4.5 The cause and goal of alcohol abuse

It was an integral part of the quest under this study to find out the causes of alcohol use and to what end adolescents abuse alcohol. Accordingly, 16 possible reasons provided with freedom to leave out those deemed to have nothing to do with alcohol consumption. Participants were given the chance to pick their reasons and identify factors most unlikely to cause abuse of alcohol drinks, hence all of them agreed on the following three reasons; peer pressure, school surrounding kiosks and day parties as factors behind their first engagement.

Causal factors such as expansion of bars in town, family disintegration, class pressure and lack of open discussion within a family were also factors endorsed by all participants except for single rejection on each of them.

On the other end, out of the sixteen factors provided, significant rejection from participants rested on poverty, better family economy, forced drinking, foreign contact and uncontrolled access to media and the internet. In addition to all these, poor child raising, authoritative parenting, and lack knowledge and awareness were highlighted as factors by few of the participants.

Chapter Five: Analysis

The findings presented in section four of this paper are analyzed under this section in line with the major research questions and the specific questions raised in the introduction segment of this paper. Understanding and describing the causes and sustaining factors of alcohol abuse are in line with the essence of social work in practice to solve problems and intervene on crisis. In social work both problem solving and crisis intervention models are used based on the difference in nature of issues to which first one refers to teaching the clients how to apply a problem solving method so they can develop their own solutions and the later one is used when someone is dealing with an acute crisis such as suicidal ideation despite its cause. Alcohol abuse could cause such problems that require either of these models put to practice though not limited to the two alternative approaches only.

5.1 Causes of alcohol abuse among high school adolescents

Unlike many other substances or drugs abused by different segments of the society at different time history of human kind, alcohol is the oldest recreational drug ever consumed by man which actually is still the most widely used of all. Statistics shows that it is consumed by over quarter the world's population and is a source of considerable harm on the life of many. Though alcohol related data is hard to obtain in low income countries including Ethiopia, quit a few studies have indicated a significant prevalence of alcohol abuse. A study conducted in eastern Ethiopia targeting high school students indicates that the prevalence of alcohol consumption is about 22%; and similar study conducted in southern Ethiopia also confirms a prevalence rate close to the previous one. Accordingly, it is only logical to assume it would be much higher in Addis Ababa where the population size and access to alcohol contributes much more than other parts of the country (AA city administration, 2013).

Beside the growing prevalence rate, researches also indicate that binge and abuse of alcohol are becoming primary concerns calling for dire attention from parents, school administration and socio-medical professional. A study in Ethiopia, for instance indicated that from 2001 to 2002 8.9% of high school student in the country drink alcohol every week. This is also reflected in the findings of this study in that 62% of the students' interviewed consume alcohol regularly at least every weekend.

Once involved in such regular drinking habit adolescents often get in to complex health and psycho social problems, hence the need for this study to understand the cause and plan intervention to deal with the roots. This research found out that there are variable foundations for alcohol abuse related to personal, social, economic, religious and cultural factors. This research has also gathered some key elements in adolescents' environment that cause and encourage alcohol abuse. It was also reflected in the finding that in most case causes and sustaining factors for alcohol consumption among adolescents of high school are found overlapping.

Initial contact with alcohol

Adolescents targeted in this study have an average drinking history of 7 years. Most of them had the test of alcohol without even crossing to adolescence while they were still in their childhood. Their first was also usually authorized by their parents or guardians, however the amount of alcohol provided to them during their childhood was often highly monitored under the eyes of their parents. In addition to this, drinking was only in the picture during holidays, social gatherings or celebrations including weddings and other religious ceremonies at their house or a close neighbor. Nonetheless, the restriction or limitation imposed on their drinking was overrun

by children through stealing, which was hardly noticed and corrected by guardians on time as it is said "*advice most needed is least heeded*".

According to some researches, children who had their first alcohol drinks before the age of 11 are likely to become dependent on it. Theories of early learning and socialization also substantiate the same. Consequently, one of the reasons we came across alcohol abuse among young adolescents at school is because of such dysfunction in child development at an early age, which entails the need for improved management in raising our children and providing alternative drinks on holidays and celebration of every kind. It is also clear from the finding that alcohol related experience and its abuse is highly encouraged by our celebrations, happiness and ecstasy management though it might be unintended; where everyone is entitled to share the joy at the expense of anything for that day often leaving regrets.

Duration of time as alcohol consumers

Adolescent at high school level were also found to have years of experience consuming alcohol from the short years they have lived in relative terms. Students involved with alcohol abuse for up to 7 years were reported highlighting good amount of their time spent abusing alcohol which is a time deduced from family or educative activities. The number of years they have spent engaged with alcohol is sizable and highlights on the possible outcomes on the health of these adolescent, who are supposedly the futures of their families in particular and the country in general, affecting their life expectancy and/or their service after education. It also shades light on the probable challenges of professionals involved in the fields of dealing with alcoholic adolescents and why withdrawal effects are often detrimental during counseling and therapy sessions of all kind.

Time and place for alcohol abuse

High school students' preference of time and place for drinking alcoholic beverages is another area depicting a crucial picture in this regard. According to adolescents who took part in this study, almost all kinds of places with alcohol drinks are accessible to them at all times except for occasional challenges to enter big night clubs as a result of underage regulations that are seldom executed. The findings of the study revealed that small bars and school surrounding kiosks are the most visited by students as they are known through friends and are often visited in groups.

Adolescent choice of time and place was a clear indication that they are less and poorly supervised by guardians regarding where they spent their leisure time. Their weekends are often unplanned for serious matters with an assumption that students have to take rest on these days; hence the weekends are often sponsored by parents without knowing where adolescents spent the money. Schools also play their part by organizing events and trips that are at times funded by beverage companies and unregulated for access to alcohol. Considering alcohol as a major recreational drink and so forgetting to avail alternative drinks for the adolescent during celebrations and parties also played its part exacerbating their vulnerability.

Attitude towards alcohol

A paradox of ideas and beliefs about the merits and demerits of alcohol according to adolescents was surfaced during the course of the study. Many believe that it's the most cheering substance as it helps them relax and manage their stress at times. But, they also believe that they hate the fact that they want to drink it every other day and believe that they had to stop consuming alcohol.

Many others also believe that it is acceptable to drink a small amount over a period of time while at the same time showing their doubt if it is even possible to do that without getting used to it eventually and ending up dependent.

All ideas forward are hints to the likelihood of denial among these adolescents that they don't want to assume themselves as alcoholic or want to show that they are in control of their alcohol consumption pattern and would only do it for its recreational value. But, many interviewees reported unsuccessful attempts to quit drinking implying the understanding that they depend on alcohol at least above their will which is not overtly admitted.

Alcohol abuse and expense

Neither lack of money nor dependence affected adolescents' access to alcohol. They usually cover their expense for alcohol drinks without getting the money for it directly. Even though they fail to produce a penny for it there is still a room to be sponsored by friends with similar interest. This implies that limited access to money for alcohol on its own won't prevent adolescents from abusing alcohol unless coupled with other measures since they have ways of getting what they want.

Awareness about alcohol and its influencers

The vast majority of the adolescents targeted by this research informed that they have had sufficient awareness raising programs to know enough about the nitty-gritty of alcohol, usually at their schools. This finding informs two things; despite knowledge about the harms as a result of alcohol abuse students have continued to abuse it implying that many awareness programs have hardly succeeded in bringing the desired outcome. It can also be an indication that messages

through awareness program are not really hitting the right spot, hence the result. The finding also unveils the fact that parents or guardians of adolescents hardly teach their children about alcohol.

Learning by association is another finding of this study in that students highly associate drinking with modern life and civilization often substantiated by clips from the media involving actors they admire and consider their idol. Implications are also on less regulated alcohol commercials for their side effect and broadcasting time. Participants' rejection of western influence as a reason asserts that all efforts targeting on curbing issues of alcohol abuse ought to focus on addressing problem within the country.

Alcohol abuse and school settings

The school is a place where adolescents spend more of their usable time of the day. More time in and around the school means more time to observe the surrounding and learn some of it. This is also an environment where adolescents find their equals in many aspects and get to spend more time as wells as try/experiment things together. The later defines what we know as peer pressure, the most powerful influence on many people. The luxury of spending more time with peers and shared characteristics as a result of age, interest or class pressure facilitates recurrent opportunities for alcohol abuse.

Near school business outreaches such as kiosks and small bars are evidences that alcohol abuse is also a result of failure by concerned government bodies to regulate either school surrounding business types or enforce proper law to halt access to adolescents.

In-school events, like day parties and celebration of different days and educational trips combined with supposed entertainment activities are other sources of opportunities to abuse alcohol far from parental supervision. This entails either the declining authority of schools over

the supervision of their students or reluctant management of similar management that requires dire attention.

The law and adolescents alcohol use

Despite the proclamation describing the dos and don'ts related with alcoholic drinks, practice and engagement manifests a different story in this regards. Both vendors of alcoholic drinks in kiosks, shops and supermarkets; and buyers of alcohol have not seen the law in place except for some self-motivated beverage companies publically announcing the age limit for sells over the media. Confusions on who is responsible to execute the law and gaps of understanding the law itself are among the critical challenges causing the proclamation to remain paper work so far.

5.2 Factors triggering decision and sources of information to consume alcohol among Adolescents

The causal factors and purposes attached to alcohol consumption are not exactly the same with immediate factors that trigger decision right before the start. The most common ingredients that prompt drinking according to participants of the research are related with their peer group, pressures of different kind and conception of entertainment especially during leisure times.

Many adolescents drink to win the will and attention of their peer group, hence fear of isolation from such groups is among the most irrefutable influences that result in immediate decision without second guess if it means approval of such peer groups.

Another important issues at the back of unthought-of decision to engage in sudden binge on alcohol are different sort of pressure or stress that came on adolescents. Some of these are

attributed to class overload, relationship hiccups and family disintegration that upset the usual balance in their lives. When such issues surface on to their day to day life these adolescents run to sedate their emotion and feeling of stress by abusing alcohol.

Furthermore, a usually overlooked trigger for abrupt decision to consume alcohol in large quantity is entertainment. Leisure times and happy moments won't pass without being celebrated among adolescents of today. Birthdays, weekends, and achievements are few among others. On such events the ecstasy is coupled with pressure from others around as a vital push factor for drinking indulgence.

In more general terms, situations like above and the way they get information about alcohol in general and specific beverages in particular affect their decision to a greater extent. Information over the media especially delivered through their idols, recommendation of a trusted friend or family member and western movies are major source of information about alcohol for adolescents.

5.3 Types of causes for alcohol abuse

Causes for alcohol abuse in the lives of adolescent in high schools of Addis Ababa can be categorized in to different factor clusters; these include social, economic, and religious and cultural factors.

Social factors

These are factors that affect the thinking and character of adolescents as a result of being part of the society. The society as hub for socialization with both the intended and unintended influences has impacted the target group. For instance it is in the society that adolescents are

disappointed; get the chance to look up to some people us idols and are provided with access to alcohol. Consequently, causes such as anger management, and family disintegration alongside the flip side of it; personal intimacy level drinking adolescents has among themselves is an important factor that keeps them going despite the need/interest to quit.

Economic factors

The status of adolescents in terms of their family economy is not without implication on alcohol abuse. Nonetheless, it does not mean that students from poor family consume less of an alcohol. Rather frustration over poor economic situation was found to have encouraged drinking drastically which was found ironic in relation to the possibility of getting money to buy drinks. Many adolescent, who fall in this category, did not even articulate from where they get the money for alcohol. But access to money still remains to have a role in limiting quantity of drinks.

Religious and Cultural factors

Another stimulating finding from the study is that adolescent alcohol consumption was religion neutral within the range of respondents to this study. Respondents of this research were from different religious background consisting 28 orthodox Christians, 16 Protestants, 2 Muslims and 8 non-religious students.

On the other hand, some religious ceremonies, rituals and celebrations are also mentioned to have served as convenient platforms facilitating access to alcohol. Ceremonies including religious holidays, funerals and monthly ¹*Tsiwa Mahiber* are often conducted with alcohol. In

¹ Religious gathering constituted by interested members of Orthodox Christianity. It is usually named after a particular saint and held over a regular period of time.

fact, *Tsiwa Mahiber* for instance uses local alcohol called *Tella*² as the basic element metaphorically representing holly drink shared among members of the *Mahiber*.

Many religious factors are also found to be deeply embedded in cultural context or are at times overlapping.

5.4 The duality of causes and effect of alcohol abuse

It is common to find things in a paired nature but not to find two things in an opposite end be the same. However, during the course of this research an interesting realization also includes that the same thing can be a cause and effect of alcohol abuse at the same time.

Alcohol abuse can be caused by and also effect; loose social network, social isolation, poor performance in education, frustrating health condition, family disintegration, unprotected sexual engagement and many more.

5.5 Types of drinkers

As part of the findings in this research adolescents were found to have different level of attachment with alcohol with varying purpose and wish in mind. The different answers they provided to different questions have informed the type of alcohol consumer they are. They are , therefore classified in to four groups.

Forced or Problem drinkers

Adolescents in this category are those who are drinking for reasons that have stroked their life with distress. The different causes that involve from family disintegration, stress and relationship issues fall under this category. These are also youth who drink to satisfy their

² A local/homemade beverage from barely and other ingredients

internal urge and does not have special preference of beverages as long as it gives them the relief needed. Most students from the poor families were found to have a tendency to abuse alcohol to forget or avoid problems they have at least temporarily, hence making them problem drinkers.

Social drinkers

The social drinkers are adolescents that are involved in alcohol abuse from day one to make others happy and win their approval. These are young people highly influenced by other in their surroundings; their friends, family members, and fellow members in religious *Mahibers*. Adolescents in this category also rely on suggestions from their peer group to decide quantity and type of drinks they consume. The drinks are ways of connecting with people for those in this category.

Fashion drinkers

In this category are people who choose types of drinks following the trend and according to the specific context/ place of drink. These are youth who often come up with those new brand drinks they saw on movies, or got one from abroad. While drinking they care about the type of bottles and glasses they use and they prefer fancy places to do it in public. The drinks are also source of pride not only a relaxer or mood changer.

Aspiring drinkers

This is a category that can include all of the previous with additional elements in it. In this category adolescents with different aspirations are counted in. Their aspiration differs from one another. Those under the problem drinkers' category aspire to do it differently and enjoy their drinks and become like the social and fashion drinkers. Those with the social drinkers want

to be able to decide for themselves and be free to choose what they like. The fashion drinkers wish to keep excelling and drink every type of beverage available.

However, most of the adolescents in this category share one thing in common and that is they want to drink more if access could be granted free, indicating their aspiration to drink bigger amount of alcohol. Therefore, this is an indication of how hard alcohol abuse could get with increasing access to money and cheaper availability in the future, especially with increasing number of beverage factories in the country in general and Addis Ababa in particular calling for dire action by all concerned bodies.

Chapter Six: Conclusion

Adolescence stands as a path from childhood to Adulthood, during which physical and emotional transformation along with maturity of the body and mind triggers more questioning and urge for independence. This is a time when young people start to acquire to decide for them, strive to fulfill biological and social needs. They are neither child nor adults, which creates a paradox in their life. They want to be independent and seek adult support as the same time, involve in a lot of risk, become optimists and curious of many things. As a result, this is a period when they engage in many different risky activities without thinking through.

Among numerous risky activities they engage in at such a young age alcohol remains a concern for many. Alcohol is a complex health and social issue. Its consumption among young people is a global distress and is an important risk factor for poor health and social harm worldwide leading to the death of million each year, Ethiopia is no exception in this regard.

Therefore, high prevalence rate and a growing social distress as a result of alcohol among adolescents makes the issue a serious concern for families, schools and the country as a whole.

The very few studies found on the subject of alcohol in Ethiopia all share recommendation on the need for the design of potent interventions to overcome the issue of alcohol abuse during such a young age. It would only be possible to come up with radical interventions other than addressing the symptoms or manifestation of alcohol abuse when there is a better understanding of the causes leading to it. Knowing the causes and sustaining factors attached to alcohol use also helps guide a policy or at least properly execute the existing ones informing the gaps in practice.

Therefore, to identify the causes and sustaining factors for alcohol abuse among high school students, this research gathered firsthand information from adolescents that go to public, government and private high schools in Addis Ababa through in depth interview with 10 daily laborers, FGD with 7 students of different background and structured interview with 32 high school students.

This research found out that, added to the urge for independence and involvement in risky activities because of the nature of this stage of life, there are many factors causing and sustaining drinking which are either social, economic or cultural. Some of the most common factors across all the students at this age independent of their background; the influence of a peer group, school surrounding kiosks and business, and distresses of life including family disintegration and class pressure are among the most indicted. Beside such problem based causes often forcing drinking, adolescents were also found to start drinking as a fashion and means of earning social acceptability, though appears ironic as it is also something found to cost them social acceptability.

In this research, it was also understood that in most cases, causes and sustaining factors for alcohol consumption among adolescents of high school are found overlapping. Similarly, most of the causes are found to be effects of alcohol abuse for others and the effects being causes going back and forth.

On the other hand, many adolescents were also found to have deeply embedded aspiration to keep on drink more if access could be granted free which was paradoxically put along their wish to quit alcohol abuse at the same time. This could increase the challenge in a foreseeable future as students' access to money increases and increasing number of beverage

factories in the country in general and Addis Ababa in particular eases access to cheaper availability.

Therefore, identifying cause of alcohol abuse is a valuable input as the situation calls for dire action among concerned bodies in determining future policy actions and their effective execution, which in turn facilitate for focused, targeted and carefully planned crisis response and/or problem solving programs. Besides, it is also important to design intervention to protect students from being involved in such risky activities before they are actually overwhelmed by it.

Chapter Seven: Social Work Implication

As part of an academic work, this research's objectives and findings have implication in social work at three levels; practice, policy and research level.

7.1 Practice Implications

Social work's practice spins around assessing the needs and strengthens of the target people. It also involves planning to respond to their needs and enhance their strength to enable them override difficulties. In order to design any social work intervention for vulnerable group it is vital to understand the source of vulnerability and reinforce new learning based on that. As per Albert Bandura's social learning theory, learning is based on idea that occurs through observation and imitation. New behavior will continue if it is reinforced. According to this theory, rather than simply hearing a new concept and applying it, the learning process is made more efficient if the new behavior is modeled as well. Therefore, this research is in line with major value of social work as it provides the insight needed for intervention design on alcohol. The following are the implications of the research to social work practice.

The problem solving model as an alternative dictates, assisting people (young students) with the problem solving process rather than telling clients what to do. Social workers teach clients how to apply a problem solving method so they can develop their own solutions. Therefore, the findings of this research contribute significantly to the process of mapping the source of the problem and the possible targets for intervention to deal with alcohol abuse, which further facilitates for any possible future intervention by social workers to that segment of the community.

Based on this information, social work practitioners' ought to design specific programs/projects that are geared towards alleviating problem drinking with the right target including the students, schools, parents and law enforcement agents to tackle the issue at different levels. These includes, managing peer pressure, coaching on proper parenting styles, improve peoples' awareness of regulation on alcohol and their execution as well. This enables social workers to reverse the adverse consequences alcohol abuse on the health and social wellbeing of adolescents during this important period of transition in the development process.

This research has also revealed that the kind of environment around high schools of Addis Ababa is surrounded by small business out of which many are engaged in supplying drugs of different kind including alcohol functioning unlawfully on many parameters. This requires the attention of government when approving either the location of schools or business in the city. Therefore, social workers can play a great role in facilitating systematic investigation before schools are open to service.

Poorly planned leisure time and weekends contributing to increased alcohol abuse among students is also an indication for lack of descent, affordable to many and risk free environment for youth to spend their time during such times. Therefore, social workers, while developing programs, they need to pay special attention to availing centers equipped with materials that can engage students without boring them or pushing them away in search of a different shelter.

As the applications of social work knowledge, skills and values are crucial in tackling problems during adolescence, social workers should look into the specific situations that high school students face daily as a result of the of age. This includes educational curriculum that considers their patience and ability to shoulder stress per grade level.

7.2 Policy implications

This research's findings call for policies that effectively shield adolescents from being tantalized by the media, beverage factories and sellers of alcohol at their territories such as schools, recreation/gaming centers and educational trips. Hence, social workers should play active role in advocating for policies that provide protect youth from such passive attack and effective implementation of those already on paper.

7.3 Research implications

As the subject of this research is individual students, as opposed to other groups, it would be interesting to explore causes for the elderly and find out if there is any difference between the cause for students of the youth and older people. It might be important to see the effects of it on the households and the future of the county in general as well. Analyzing the difference between alcohol consumption patterns of students from well to do families and the poor can also be an interesting area as indicates the process of this research. Therefore, this area might be one area of research for social workers.

Though alcohol abuse has been a concern for long, it would be very essential to find out how the expanding alcohol industry in this country would affect the drinking trend and what can be done about it.

References

- Arnett, J. (1999). *Adolescent Storm and Stress, Reconsidered*. University of Maryland College Park
- Ayalew, T. (2007). *High school adolescents' knowledge and attitude on sexual practice: the case of Debre-Zeith town*. Addis Ababa.
- Ayalu, A. R., Asmamaw, M. , Berhanu, Y. , & Sibhatu, B. (2012). *Alcohol drinking patterns among high school students in Ethiopia: cross sectional study*. Licensee Bio med central Ltd.
- Boyce, C., & Neale, P. (2006). *Conducting in depth Interviews: a guide for Designing and Conducting In-Depth Interviews for Evaluation Inputs*. Path Finder International
- CSA. (1998). *The 1994 population and housing census of Ethiopia- results at a country level*. Addis Ababa.
- Freeman, M. , & Parry, C. (2006). *Alcohol use literature review*. South Africa.
- Grinnell, R. (2001). *Social Work Research and Evaluation: Quantitative and Qualitative Approaches*. (6th ed). Canada:Author.
- Goode, E. (2006). *The Sociology of Drug Use*. The University of Maryland, College Park. SAGE Publications
- Hall, G.S. (1904). *Biogenetic Psychology of Adolescence*. USA
- Hoffman, A. (1989). *Adolescent medicine*. (2nd ed). U.S.A.

- John A. Gale, et al. (2012). *Adolescent Alcohol Use: Do Risk and Protective Factors Explain Rural-Urban Differences?*. Institute for Health and Social Policy Muskie School of Public Service University of Southern Maine. USA
- Kidanu, A. , & Fekade, K. (2001). *Creating a better future for Ethiopian Youth: A conference on adolescents' reproductive health*. Addis Ababa.
- Maregn, T. M. , & Gistane, A. A. (2013). *Factors Associated with Alcohol Use Among Youths in Gamo Gofa, South West, Ethiopia*, Science Journal of Public Health. Vol. 1, No. 2, 2013, pp. 62-68. doi: 10.11648/j.sjph.20130102.13
- Merline, A. , Jager, J. , Schulenberg, J. (2008). *Adolescent risk factors for adult alcohol use and abuse: stability and change of predictive value across early and middle adulthood*. *Addiction*, 103(Suppl 1):84-99.
- Mukama, E. (2010). *Peer Group Influence, Alcohol Consumption, and Secondary School Students Attitudes towards School*. Kampala: Makerete University.
- Newbury, et al. (2009). *Impact of alcohol consumption on young people, a systematic review of published reviews*. Research reports no DCSF-RR067, Newcastle University.
- Sandra A., & Susan F. (2004). *Adolescence and the trajectory of alcohol use: basic to clinical studies*. Sciences volume, article first published online: 12 January 2006
- Teshome, D. (2011). *Prevalence of substance use and its determinants among high school students in Addis Ababa*. Ethiopian Public Health Association (EPHA).

Teshome, D. and Gedif, T. (2013). *Determinants of alcohol drinking and its association with sexual practices among high school students in Addis Ababa, Ethiopia: Cross sectional study*. Open Journal of Preventive Medicine, 3, 420-427. doi: 10.4236/ojpm.2013.36057.

WHO. (2011). *Global status report on alcohol. Mental health and Substance Abuse*. Geneva: World Health Organization.

APPENDICES

Appendix A: Consent Form

First of all, I want to thank you for taking your time to meet with me today. I, Mingizem Maru, am a final year graduate student of the school of social work, Addis Ababa University. As part of my study, I am conducting a research on “Adolescence and alcohol use: causes and social forces sustaining drinking among high school students”. I am especially interested in knowing the factors that compel students in to alcohol abuse and the reasons that sustain alcohol consumption. However, I will also ask some background information.

Participation in the interview is entirely voluntary. Accordingly, not will to participate or withdrawing at any stage of the interview will have no consequences. All your responses will be kept confidential and will be destroyed after the completion of this research. I will also be taking notes whenever necessary.

Do you have any question about what I have just explained?

Are you willing to participate in this interview?

If yes, please put your signature below.

Signature

Date

Thank you for your willingness and contribution!

Appendix B: In depth Interview Guide

Demographic information

Sex _____

Grade level _____

Age _____

Religion _____

Background information

1. Tell me about your family
2. When was the first time you had alcohol?
3. How do you come to know about alcohol?
4. How do you describe your feeling about alcohol before and after you tested it?
5. How do you compare alcohol with other drugs (smokes and other substances)?
6. How many bottles of alcohol do you drink in a week?
7. What type/s of alcohol do you usually prefer to drink?
8. Do you use other types of drugs?
9. Do you consume local/ homemade alcoholic drinks? If yes, how often?
10. How hard is it for you to stop drinking alcohol?

Causes/ predictors and sustaining factors

11. How do you describe your alcohol use? If binge, what makes you do that?
12. How do you get the money for alcohol?
13. Do you think you are influenced by anyone in your family?
14. Often, where do you drink alcohol, why?
15. What are your major reasons for alcohol use?
 - a. Do you see it as a source of relaxation

- b. Would you like to stay part of a peer group? Avoid isolation?
 - c. Do you think people will consider you civilized?
 - d. Do think it helps you manage school stress, family problem, relationship crisis?
16. Do you face any pressure from your friends to involve in alcohol abuse?
17. What factors you believe are encouraging alcohol use in and around your school?
18. Have you ever seen/heard alcohol beverage commercial on a media? What do you think about the advertisement?
19. How far do you think you know about the effects (positive and negative) of alcohol?
20. Do you know anything about the country's law on alcohol distribution and consumption?
21. If yes, what do you know about the law in relation to someone your age?
22. Do you accept the idea that, minimum age limit for alcohol consumption is 18? Why?
23. Have you ever encountered a situation in a shop where you have been asked for ID card to buy alcohol or faced rejection because of your age?
24. Have you ever tried to quit drinking? If yes, how did it go for you?
25. Is there anything more you would like to add?

Thank you for taking time to talk to me!

Appendix C: Focus Group Discussion Guide

1. What are the social factors that lead to alcohol abuse in your surrounding?
2. What is the role of families, friends, the media and law making bodies in the course of alcohol abuse?
3. How do you see the role of globalization in this regard?
4. What are the main influencing factors that made you drink alcohol?
5. What do you think other people think about you?
6. How do you access alcohol?
7. Did the media in anyway affected your idea about alcohol?
8. How do you relate the use of other drugs with alcohol use?

Thank you for taking time to talk to me!

Appendix D: Structured Interview Questionnaire

Introduction

This questionnaire is developed to collect data for a research on “Adolescence alcohol abuse: causes and forces sustaining drinking among high school students”. Participation in the process of filling out this questionnaire is entirely voluntary and neither unwillingness to participate nor withdrawing at any stage of the interview will have any consequences.

Part one: Background Information

Sex _____ Age _____ Religion _____
 Education level 9-10 11-12 Other _____

Part two:

N.B. You can choose more than one.

1. When was the first time you had alcohol?	A. Before the age of 10 B. 10-15 years old C. 15-20 years old
2. How frequent do you use Alcohol?	A. On weekend B. Holidays C. Occasionally D. Others _____
3. Where do you take Alcohols?	A. Home B. Bars C. Secret Houses D. With Friends
4. Have you ever had any awareness program about alcohol? If yes, where?	Yes <input type="checkbox"/> No <input type="checkbox"/> A. School B. Office

	<p>C. Church</p> <p>D. Home</p>
5. What do you use alcohol for?	<p>A. Stimulation</p> <p>B. Stress management etc</p> <p>C. Relaxation</p> <p>D. Meet a friend (sex partner)</p>
6. Where do you get/buy alcohol from?	<p>A. Shops</p> <p>B. supermarkets</p> <p>C. Bars</p> <p>D. Others _____</p>
7. If your cost is covered and other situations fulfilled, how many bottles would you drink?	<p>A. < 5</p> <p>B. 5-10</p> <p>C. 10-15</p> <p>D. 15-20</p> <p>E. >20</p>
8. Have you ever encountered no for an answer to alcohol request because of your age?	<p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>
9. Where from do you get the money for alcohol?	
10. Do you have alcoholic family/friend?	<p>Yes No</p>

<p>11. Rank the reason in order of effect to induce alcohol drinking</p>	<ul style="list-style-type: none"> a. Day party b. Poverty c. Better family economy d. Family disintegration e. No open discussion f. Poor child raising g. Authoritative family h. Unemployment i. Peer pressure j. Enforcement k. School surrounding kiosks l. Lack of knowledge and awareness m. Increased and uncontrolled access to media/internet n. Expansion of bars, clubs etc o. Foreign/western contact p. Class pressure
<p>12. Out of those listed under question number 13, are there any factors you believe cannot be a cause? If yes, List the letters.</p>	<p>Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>List _____</p>
<p>13. Do you agree that high pressure from school/classes to be a factor for alcohol use?</p>	<p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>
<p>14. If yes, what do you think causes high pressure in school? <i>You can choose more than one</i></p>	<ul style="list-style-type: none"> A. Curriculum B. Teaching mechanism/teachers capacity C. School culture D. Students capacity

Thank you for taking time to answer my questions!

DECLARATION

I, the undersigned, declare that this study entitled "Adolescence alcohol abuse: Causes and Forces sustaining drinking among high school students in Addis Ababa" is my original work and any material used in this study is duly acknowledged.

Name: Mingizem Maru Shibeshi

Signature: 

Date: 29/06/15