

THE EFFECT OF ALCOHOLISM ON DISCIPLINE OF THE YOUTH

IN MBARARA DISTRICT. THE CASE STUDY OF

MBARARA MUNICIPALITY

BY

GUMISIRIZA .K. RICHARD

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DECLARATION

I **Gumisiriza .K. Richard** declares that, this is my original work and has never been presented to any University or institution of higher learning for any academic award.

Signature.....



GUMISIRIZA .K. RICHARD

Date.....

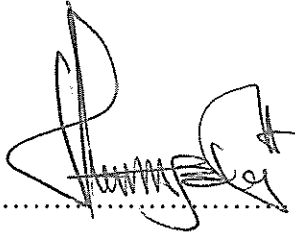
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Dedication

This research report is dedicated to my beloved wife Mrs. Costance Gumisiriza and Maj. Noel Mwesigye for his courage and support to give me an opportunity to go for further studies. May the grace of God be you all.

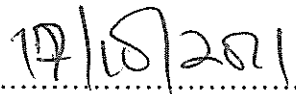
APPROVAL

This is to certify that this research proposal entitled the effect of alcoholism on the discipline of the youth in Mbarara district has been completed under my supervision and approval.

Signature.....

MR. MIKE ODONG

SUPERVISOR

Date.....

Acknowledgement

I would like to extend special thanks to my father for his support and care both financially and spiritually towards my success in life.

Also I would like to extend my thanks to my brother Isaac Nuwagira and sister Noem Busingye for their zeal and social support that strengthened me to come to the end of my course of studies successfully. May the almighty God bless you.

Lastly would like to extend sincere thanks to all my course mates friends and relatives who helped in all sorts of ways, May the Lord God reward you all abundantly.

ABSTRACT

The purpose of this study was to examine the effect of alcoholism on the discipline of the youth in Mbarara Municipality. The study was guided by the following objectives which were; To examine the effect of drug taking on the discipline of the youth in Mbarara Municipality, to assess the extent to which drunkardness affect the discipline of the youth in Mbarara Municipality, to examine the effects of clubbing on the discipline of the youth in Mbarara Municipality, to assess the extent to which government policy affect the discipline of the youth in Mbarara Municipality. The study used cross sectional research design to establish the magnitude of the problem. The study was conducted from 3 divisions which are; Kakoba, Nyamitanga, and Kamukuzi. A sample of 36 parents out of 40 was selected to take part in the study, 66 youth out of 80, 10 out of 10 community leaders, 14 out of 15 Local communities, and 10 out of 12 security personnel were also be selected to take part in the study. Data was collected using three methods and these were; questionnaire, interview, and observation. Findings indicated that majority of the respondents agreed that alcoholism in a family leads to familial dysfunctional. Findings also indicated that most of the respondents agreed that clubbing has become an indispensable element of life for most people in the contemporary world. Research findings in relation theme one it was found out that majority of the respondents agreed that alcoholism in a family leads to familial dysfunctional

CHAPTER ONE

INTRODUCTION

1.0 Introduction

This chapter introduces the background of the study, statement of the problem, purpose of the study, objectives of the study, research questions, scope of the study, significance of the study, operational definition of terms and conceptual frame work.

1.1 Background to the study

Alcohol is the most widely used recreational drug in our society. It is also most popular college campuses where approximately 84% of students consume alcoholic beverages.

In the United States, constitutional amendment banning alcohol beverages went into effect in 1920, but millions of Americans defied the prohibition law, the government estimated that in addition of large quantities smuggled in from abroad. Billions of alcoholic beverages were being produced in the country each year. (The World Book Encyclopedia 1994)

The consumption of beverages containing alcohol has been practiced in all parts of the world for thousands of years. The world book encyclopedia 1994 vol. 18), traces that the alcohol beverages were fermented. Scenes showing fermentation appear on pottery made in Mesopotamia as early as 4200BC. Brandy is probably the oldest distilled beverage. It was made as early as 100AD. By the 1400's, whisky was being distilled in Ireland and Scotland, gin was first made by Flemish Dutch in the 1600's.

In Senegal and Nigeria especially in capitals, about 1/3 of college students are classified as heavy drinkers meaning that they consume large amounts of alcohol per drinking occasion. (Wayne Welten; 1992).

In Uganda through out history, there have been attempts to prohibit or limit the drinking of alcohol beverages but in some areas like those occupied by Batwa and Buhweju regions alcohol brewing is the major economic activity which has precipitated heavy drinking among all people in the area

In Mbarara there has been prohibition of alcohol consumption especially beyond the normal hours 12:00 am all the authorities forbid the consumption of alcohol though it seems like a source of support to some people's socio-economic welfare. People enjoy their solidarity through beer brewing and drinking. This type of beer is processed from bananas which is squeezed, fermented using sorghum to get alcohol. Peers spend hours or days drinking freely, the act of going to drink this free beer is called "Okuvumba". (John, M 2008). Whenever beer would be finished in a home, it would be ready in another home. Wealthy people even slaughter goats so that the beer drinking people would eat and drink. With this practice, most of the work in homes was done by women while, men embarked on drinking beer (John, M 2008).

1.2 Statement of the Problem

Youth in Mbarara indulge in drinking alcohol most of their times. They even make contributions among their peers to solicit some money for drinking. The authorities have restricted bar owners not to give alcohol to the youth, punishing any youth found drunk, even youth who are already alcoholics have been taken to rehabilitation centers, while others sensitized and counseled to make them live a meaningful life. Despite all the above the youth's discipline has kept on changing as some abuse the parents/ elders, others rape while others are so disrespectful. Basing on this experience, the researcher is compelled establish the effect of alcoholism on the discipline of the youth in Mbarara District in particular reference to Mbarara Municipality.

1.3 Purpose of the Study

The purpose of this study was to examine the effect of alcoholism on the discipline of the youth in Mbarara Municipality.

1.4 Objectives

The study was guided by the following objectives.

1.4.1 To examine the effect of drug taking on the discipline of the youth in Mbarara Municipality

1.4.2 To assess the extent to which drunkardness affect the discipline of the youth in Mbarara Municipality

1.4.3 To examine the effects of clubbing on the discipline of the youth in Mbarara Municipality.

1.4.4 To assess the extent to which government policy affect the discipline of the youth in Mbarara Municipality

1.5 Research Questions

The research was guided by the following research questions;

1.5.1 What are the effects of drugs taking on the discipline of the youth in Mbarara Municipality?

1.5.2 To what extent does drunkardness affect the discipline of the youth in Mbarara municipality?

1.5.3 How does clubbing affect the discipline of the youth in Mbarara Municipality?

1.5.4 To what extent does the moderator effect of human rights affect the discipline of youth in Mbarara Municipality?

1.6 Scope of the study

The geographical scope; The study was conducted in Mbarara Municipality. This area has three divisions. This is Kakoba, Nyamitanga, and Kamukuzi. The area receives reliable rainfall which enables people within do some agricultural activities. However, the Municipality is a commercial centre. Mbarara is located to the south of Uganda (western Uganda)

The content scope; The study was to investigate into the effect of alcoholism on the discipline of the youth in Mbarara Municipality. It paid attention drug taking, smoking, drunkardness clubbing and the moderator effect of human rights and how they affect the discipline of youths in Mbarara Municipality

The time scope, the study would cover the period from 2006 – 2010. The study was done in a period of four months; these were April to August 2011. This time helped the researcher come up with the findings intended to be got from the field. This was because youths behaviors have changed too much from good to bad in the course of the period between the past few years (2006- 2010)

1.7 Significance

The findings of the study would be of importance to a number of stake holders;

To the government, it shall provide guided information to the government about the behavior of youth and how best address there that light.

To policy;- The policy makers shall find this study instrumental in providing appropriate policy action on the problems of the youths in Mbarara and Uganda as a whole.

Local community;- They are direct beneficiaries of the project. The study shall help the people to adequately identify and address the impact and problems of alcoholism in Mbarara district

To researchers;- Future researchers shall find this study important in benchmarking and also as research gap- from which they can get research area for future investigations

1.8 Operational definitions of terms

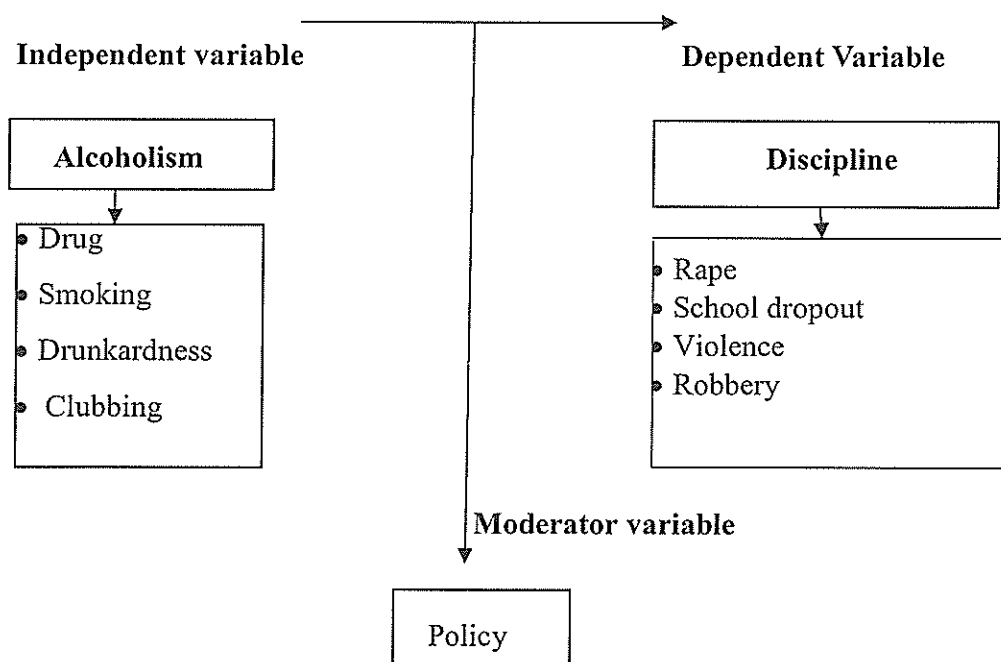
Alcohol

This is a substance that destabilizes ones minds when taken in plenty making unconscious part of the active.

Alcoholism

This is the act of drinking alcohol regularly in uncontrollable manner

1.9 Conceptual frame work showing the relationship between alcoholism and discipline of the youth



In the conceptual frame work above, Alcoholism is conceived as independent variable. While discipline has dependent variable. The dimensions under Independent Variable are drugs, smoking, drunkardness and clubbing. Which are believed to affect discipline of the students in Mbarara. Rape, School Dropout, Violence, and Robbery are dimensions under dependent variable which are concerned as the outcome of alcoholism. Policy is seen to have moderating effect on this relationship.

CHAPTER TWO

LITERATURE REVIEW

2.0. Introduction

This chapter presents a review of related literature which is done thematically as per study objectives. It consists of theoretical review, and actual review of the problem

2.1 Theoretical review

Alcohol refers to a class of chemical products all of which consists of chemically bounded atoms of carbon, hydrogen and oxygen it is a commonly abused substance that contributes to many thousands of deaths each year. In the USA, alone, alcohol is responsible for over 17,000 deaths on the roads due to drinking (DUI or D.W.I) which is 41% of all USA road accidents

Kesster, et al, (1996) stated that alcohol abuse is one of the most serious problems that presently face Mbarara municipality. The life time prevalence rate for substance abuse disorder is estimated to be about 26.6%.

2.2 Theories on drinking and discipline of people

Through out history, there have been attempts to prohibit or limit the drinking of alcohol beverages. Prohibition is normal in Islamic states where the religion forbids the consumption of alcohol. In many other countries however measures to limit alcohol use

ranges from legal ban against drinking to heavy taxation on alcohol beverages. Most of these measures have little or no effect.

Chronic alcohol use can inhibit the production of both white blood cells which carry oxygen to all organs and tissues of the body. Alcohol may increase the risk of infection with human immunodeficiency virus (HIV) by altering the judgement of users so that the users are more likely to engage in activities

Alcohol impairs memory by inhibiting the transfer and consolidation of information in long term memory. So alcohol reduces our ability to remember information that we learnt prior to going out for drinks.

2.3. Actual review of related literature

According to united nations international emergence (1987) for many years most people use drugs (illegal , legal or prescription) in moderation and for short lived effects, but some people depend too much on them and others abuse drugs at the cost of their own health many various definitions of drug abuse have been put forward.

According to waters etal, (2006; 164) alcohol abuse is a chemical substance others than food, air or water that you put into your body to change the way your body or mind works. Some drugs are helpful and contribute towards one's good health but others are harmful and can cause serious danger to one's body or mind.

Ibid, (2006:173) alcohol abuse is “really the misuse of alcohol that can cause damage and lead to serious health risks for an individual”.

Wade and touns (2005:61) alcohol abuse is defined as “a maladaptive pattern of substances used leading to chemically significant impairment or distress”.

According to the study on American’s schools and alcohol abuse (2002), reported that the cost associated with drugs, alcohol and tobacco abuse add 10% or 41 billion to already strained budgets of schools across the nation.

Cason etal, (1996), also stated that the life time prevalence for alcoholism is estimated to be about 13.8%. According to diagnostic statistical manual of metal disorders, fourth edition revised (Dsm-v-tr 2000). The pharmacological effects of alcohol abuse cause severe dependence, which is classified as psychiatric disorders.

International drug concern, (1996) stated alcohol abuse is one of the most serious problems that presently face united states and the world at large. This life time prevalence rate for alcohol abuse disorder is estimated to be about 26. 6%.

According to National narcotic intelligence committed (1994:70) social drugs approximately and 0.4 billions is spent for alcohol, and 51.9 billion for tobacco products of which 95% comes from cigarette sales.

The other 5% accounts for marijuana and 2 billion or so spent on cigar, chewing tobacco, pipe tobacco and snuff tobacco, and 5.7 billion is spent on coffee, tea and cocoa.

According to substance abuse and mental Health services Administration (SAMHSA) (1995), Prescription drugs world wide, and 480 billion is the amount people waste on purchasing drugs to stimulate their body functions. People purchase these drugs in the pharmaceuticals market (Morrow, 1999)

2.4 Drug taking on the discipline of the youth

According to National Institute on drug abuse (2003) heavy marijuana causes negative effects to smokers like learning abilities to students who use marijuana daily, they get lower grades and their general abstract thinking is impaired, it affects the users' ability to learn and remember for days or even weeks after abstinence from smoking.

According to Roosen z, (2003) workers who smoke Marijuana are more likely to experience increased absenteeism, hardness, accidents, worker's compensation claims and job turn over, some end up losing their careers and social life is greatly endangered.

Alcoholism in a family leads to familial dysfunctional, violence and financial insecurity.

According to Dr Johns C, (2000) long term heavy drinking damages the lives, nervous system, heart and brain. It also leads to high blood pressure stomach problems and cancer.

International drug concern, (1996) stated drug abuse is one of the most serious problems that presently face united states and the world at large. This life time prevalence rate for substance abuse disorder is estimated to be about 26. 6%.

2.5 Effect of drunkardness on the discipline of the youth

Alcoholism in a family leads to familial dysfunctional, violence and financial insecurity. According to Dr Johns C, (2000) long term heavy drinking damages the lives, nervous system, heart and brain. It also leads to high blood pressure stomach problems and cancer.

According to national school of mental illness (2003) some one with alcohol dependence may suffer serious withdrawals symptoms, such as trembling, delusions, hallucinations and sweating, if he or she stops drinking suddenly “cold turkey”

Studies indicate that alcohol consumption is related to poor academic performance (Durkin, Wolf and Clirk, 1999). Substance abuse affects overall student relation rates directly through accidents; alcohol related problems and misconduct and indirectly through reduced problematic academic performance.

Alcohol impairs memory by inhibiting the transfer and consolidation of information in long term memory. So alcohol reduces our ability to remember information that we learnt prior to going out for drinks. Perhaps, most importantly your attention span is shorter for periods up to 48 hour after drinking (Cashin. J.R, 1996)

Even in small doses, alcohol inhibits REM sleep when REM sleep is suppressed. We may feel tired when we wake up. In addition to cognitive impairment of alcohol and the recovery period i.e. hangover wastes time that might be better spent studying or having fun (Lyeria. R, 1996)

There is little doubt that alcohol use has a damaging effect on academic performance in fact one national study shows that at 4 year institution, college students with an "A" average consume 3.3 drinks per week whereas students with "D" or "F" drinks per week. (Presley 1996)

Another national study conducted for year colleges and universities by Henry Wechsler of the Harvard school of public health found that since the beginning of the school year, nearly 1/3 of high risk drinkers had missed class and 21% had fallen behind in their school work because of their drinking.

According to 2002 national survey on alcohol abuse and health, 36% of teenagers with a "D" grade average reported that they used cigarettes, alcohol or illegal drugs in the past months used declined steadily with improved academic performance(Wechsler, 1996)

The connection between poor academic performance and drug abuse probably involves a number of factors, says Mike Alle, supervisor of intake services at Hazel den center for

youth and families in Ply-mouth. Among them are missed classes, however test scores and memory problems.

2.6 Effects of clubbing on the discipline of the youth

Clubbing has become an indispensable element of life for most people in the contemporary world, and children are not excluded. Because of the ubiquitous availability of internet access, in schools and libraries, children are increasingly becoming involved in this new technology and they try to put in practice what they see which led some youth to be on bad terms with the parents. ([http:// www. Hedcor. Co.za](http://www.Hedcor.Co.za) 03.05 2010)

Clinton, (2003), as of December 2003, 23 million youth in the united states ages 6 to 17 have internet access at home, which is a threefold increase since 2000(media post,2003). According to survey conducted by the corporation for public Broadcasting in July 2002, 78%of family house holds with children have internet access at home. A survey by yahoo and carat showed that children ages 12 to 17 used the internet an average of 16.7 hour per week in 2003 (Indian television, 2003)Given this extensive use as age, the internet has the potential to be every powerful socialization agent (Huston, Watkins,Skunkel,1989).

Clubbing has double-edged sword characteristic for youth. Providing many opportunities for learning (parent link, 2004; wartella, lee, \$ cap Ovitz, 2002) while exposing youth to potentially harmful behaviours that most of the time end up affecting them greatly.

Negative content (Finkelhar, Mitchell, & Wolak, 2000). The internet not only provides significant benefits children such as research access, socialization, entertainment, and communication tool with families but it also cannot negative aspects such as violence, pornography, hate sites isolation, predators and commercialization.

The clubs with free access to internet are considered detrimental include those dedicated to negative content such as pornography, violent online games, online gambling and so forth for example many children can easily access pornographic content when they type seemingly innocent key words in to a search engine, for example, the mass media plays a crucial role in forming and reflecting public opinion, connecting the world to individuals and producing the self-image of society. (Media Awareness net work, 2003).

Clubbing makes the youth join bad groups which most of these groups are of drug abusers especially alcoholics. At the end one gets indulged into bad acts and eventually changes his behaviours. (<http://www.hmc.psu.edu/healthinfo/a/alcoholi>)

Clubbing has led to increased number of early and unwanted pregnancies among many girls. Most of these girls are presumed to have no backup in case of any attempts to be forced into sex or raped. Due to lack of backup on their ways from clubs many have ended up becoming pregnant. (Henry G, 1999)

Learned violent acts. The effects of violence in American culture seem to be elevating a long with increased aggression which leads to family break down with recent shooting and various other acts of needless bloodshed. We seem to be desperate to lay the brunt of the blame on to something and it seems that violent media may be the scape goat we are looking for. The effects of violence in the media are apparently negative especially on young children; later these observations lead to family dysfunctions. (Elton t, 2008)

2.7 Government policy affect the discipline of the youth

There is little doubt that alcohol use has a damaging effect on academic performance in fact one national study shows that at 4 year institution, college students with an "A" average consume 3.3 drinks per week whereas students with "D" or "F" drinks per week. (Presley 1996)

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The connection between poor academic performance and substance abuse probably involves a number of factors, says Mike Alle, supervisor of intake services at Hazel den center for youth and families in Ply-mouth. Among them are missed classes, however test scores and memory problems.

Valerie Wilson et al (2003) revealed that poor conditions of health, lack of transportation, parents, poor financial condition, inability of parents to provide instructional materials and teachers' non commitment to the teaching of their subjects also leads to poor academic performance in schools.

Harsh rules and regulations could cause absenteeism that is corporal punishment, families where children prepare themselves for school and parents to work. Truancy among students in caused by school related problems bullied by school staff, boredom, dislike of teachers and avoidance of tests, all these lead to poor academic performance. (Ubogu, 2004).

Parents particularly in rural areas keep their children at home for domestic activities on market and community festival days. This increases student absence from school for safety reasons thus dodging some lessons which leads to poor academic performance (Susan Kirk, 2003)

Absenteeism is among female students that male students. This is a result of their involvement in domestic violence by their parents, distance to school; school discipline,

family background and school location are among causes of absenteeism among secondary schools which leads to poor academic performance (Emore 2005)

Teachers identified effects of absenteeism on students being academic underachievement which increases costs and wastage, difficulty in making friends which could lead to boredom, loss of confidence and engagement in premature sexual activity which could lead to pregnancy resulting into school drop outs and stress among young careers.(Heather Malchilm etal, 2003)

CHAPTER THREE

METHODOLOGY

3.0. Introduction

This chapter presents the methods that were used to present data from the field. And this included, research design, area of the study, study population, sample size ,sampling techniques, data collection methods, data collection instruments, procedure for data collection ,data analysis, reliability, and validity, research gap.

3.1 Research design

The study used cross sectional research design to establish the magnitude of the problem because it helped the researcher to get information from cross section of the respondents (Amin, 2005)

3.2 Study population

The study was conducted in Mbarara Municipality which has a total population of 9000 males and 1100 females. The study was conducted from 3 divisions which are; Kakoba, Nyamitanga, and Kamukuzi where by kamukuzi has a total population of 450, Nyamitanga 650 and Kakoba 900. Kamukuzi has 200 females and 250 Males, Nyamitanga has 200 males and 450 females while Kakoba has 500 males and 400 females.

Table 1: Showing the sample selection

Key informants	Total	Sample
DPC, LC5 chair person, CAO, and district officers	10	10
Parents	40	36
Youth	80	66
Community leaders	10	10
Local community	15	14
Security personnel (police)	12	10
TOTAL	167	146

The table above shows that 10/10 of the key informants were selected to take part in the study as they would provide necessary information to the researcher. A sample of 36 parents out of 40 was selected to take part in the study, 66 youth out of 80, 10 out of 10 community leaders, 14 out of 15 Local communities, and 10 out of 12 security personnel were also be selected to take part in the study.

3.3 Sampling techniques.

Table 2: Showing sampling techniques

Respondents	Total	Sample	Sampling techniques
<u>Key informants</u> DPC, LC5 chair person, CAO, and district officers	10	10	Purposive sampling
Parents	40	36	Cluster sampling
Youth	80	66	Simple random sampling
Community leaders	10	10	Simple random sampling
Local community	15	14	Cluster sampling
Security personnel (police)	12	10	Snowball sampling

From the table above a sample of key informants was selected by purposive sampling, parents were selected by cluster sampling, youth were selected by Simple random sampling, local community was selected by cluster sampling, while security personnel were selected by snowball.

3.4 Data collection

Data was collected using three methods and these were; questionnaire, interview, and observation.

Interview

Oral interview was used to collect primary data from parents of whom were presumed to be illiterate. Interviews were used because they would help to generate first hand and reliable data for the respondents would give an immediate feedback and also adequate probing was used to establish the reasons for alcohol abuse and its influences on behavior.

Self administered questionnaires

This is an instrument that consists of a set logical questions to which the subject responded in writing. They were administered to youth and teachers from selected villages. The researcher used questionnaires because they would generate reliable data about the nature of alcohol abuse.

Observation method

This is a purposeful, systematic and selective way of watching and listening to an interaction or phenomenon as it takes place (Strydom Fouch 2004:280). This method was used to collect the information by use of observation checklists and sensory observations. The researcher tried to observe the behaviours of the respondents in relation to alcohol consumption.

Documentation

The researcher consulted text books, pamphlets, news papers, journals, reports, and internet in order to get the data related to the topic for easy assessment and comparison.

All these were comprising information that was related to the study problem.

3.5 Data collection instruments

Data was collected using various tools and these included; interview guide, observation checklists, focus group discussions, documentary questionnaire

Interview guide

The researcher had a list of questions written on a piece of paper which were guiding him while interviewing the respondents.

Observation checklist

An observation checklist is a list of things that an observer is going to look at when observing the place he or she is in. (<http://www.teachingenglish.org/uk>).

These included; interacting with the audience, voice and physical features.

Focus group discussions

Respondents were informed to get together in an organized manner that was favorable to all people involved in the study. This included all selected youth, parents, and community leaders categories. The researcher interacted with these categories of people to get their views about the study problem.

Documentary questionnaire

Questionnaires will be administered to respondents that will get a chance to be selected to take part in the study and can easily read and write. Respondents will be given a chance to read the questions, interpret what is required of them and then write down the answers. This method was used because it would enable the researcher to get first hand information, it was simple to use and the respondents answered the questions according to their feelings.

3.6 Procedure for data collection

The researcher had an introductory letter introducing him to the authorities in Mbarara town especially the Municipal council administrators seeking permission to carry out research about the effect of alcoholism on the discipline of the youth in Mbarara Municipality.

3.7 Data analysis

The data was analyzed using qualitative methods. The data was analyzed by use of SPSS computer program in tables for easy analysis and presentation of research findings.

Themes were clearly identified and put in coding categories, the theme of analysis worked out following their coding categories using spss, ideas and discussions were presented

3.8 Reliability and Validity

The researcher made sure that the questionnaires provided consistent and accurate results.

The researcher used test re-test reliability technique to administer the questionnaires at different points in time onto the same group of people.

The researcher tested the validity by seeking relevant evidence that confirms the answers that were in questionnaires. The researcher used content validity technique to test for the validity.

3.9 Research gap

The researcher suggests that further research should be done in other areas neighboring Mbarara municipality to compare them with the situation in Mbarara municipality according to the research findings that were found out. There should be further investigations to establish other factors affecting youths' behaviours in Mbarara Municipality other than alcohol abuse

CHAPTER FOUR

DATA PRESENTATION ANALYSIS AND INTERPRETATION

4.0 Introduction.

The chapter shows research findings, it includes the data presentation, analysis and interpretation of the findings. The data in this chapter represents the respondents views about the study problem basing on the research questions.

4.1 Bio Data

Table 1: Age

Age	Frequency	Percent
18-25	50	34.2
26-30	26	17.8
31-35	15	10.3
36-40	20	13.7
41-45	26	17.8
51-60	9	6.2
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 50 (34.4%) of the respondents were between 18-25, 26 (17.8%) were between 26-30, 15 (10.3%) were between 36-40, 26 (17.8%) were between 41-45, and 9 (6.2%) of respondents were aged between 51-60.

Table 2: Sex

Sex	Frequency	Percent
Male	95	65.1
Female	51	34.9
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 95 (65.1%) of the respondents were males while 51 (34.9%) of the respondents were females.

Table 3: Marital status

Marital status	Frequency	Percent
Married	79	54.1
Single	67	45.9
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 79 (54.1%) of respondents were married while 67 (45.9%) single

Table 3: Respondents level of education

Level of education	Frequency	Percent
Primary	11	7.5
Secondary	60	41.1
University	25	17.1
Tertially	50	34.2
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 11(7.5%) of the respondents had stoped at primary level, 60 (41.1) had education level of secondary, 60 (41.1%) of the respondents were university students while 50(34.2%) of the respondents were in tertiary institutions.

Table 4: Religion

Religion	Frequency	Percent
moslem	40	27.4
catholic	36	24.7
protestant	70	47.9
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 40 (27.4%) of respondents were moslems, 36 (24.4 %) were catholics, and 70 (47.9%) of respondents were protestants.

4.2 Drunkardness and discipline of the youth

Table 5: A table showing responses on alcoholism.

Responses	Frequency	Percent
disagree	55	37.7
not sure	21	14.4
agree	70	47.9
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 55(37.7%) of respondents disagreed with the statement that alcoholism in a family leads to familial dysfunctional, 21 (14.4%) were not sure while 70 (47.9%) of the respondents agreed that alcoholism in a family leads to familial dysfunctional. There fore most of the respondents had a belief that alcoholism in a family makes family members fail to perfect what they are supposed to do leading to conflicts.

Table 6: A table showing responses on alcohol dependence.

Responses	Frequency	Percent
Disagree	50	34.2
not sure	31	21.2
agree	65	44.5
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 50 (34.2%) of respondents disagreed that some one with alcohol dependence may suffer serious withdrawal symptoms, 31(21.2%) were not sure, while 65 (44.5%) agreed that some one with alcohol dependence may suffer serious withdrawal symptoms. Respondents said that as one becomes an alcoholic, he always feels like taking over and again hence becoming had for him or her to stop. There for leading to withdrawal symptoms.

Table 7: A table showing responses on alcohol impairs memory by inhibiting the transfer and consideration of information in long term memory

Responses	Frequency	Percent
disagree	30	20.5
not sure	56	38.4
agree	60	41.1
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 30 (20.5%) of respondents disagreed that alcohol impairs memory by inhibiting the transfer and consideration of information in long term memory, 56 (38.4%) were not sure while 60 (41.1%) of respondents agreed that alcohol impairs memory by inhibiting the transfer and consideration of information in long term memory. Therefore, it's identified that the big number of people had some information about how alcohol impairs memory in relation to abstract thinking.

Table 8: A table showing responses on, alcohol reduces our ability to remember information that we learnt prior to going out for friends

Responses	Frequency	Percent
disagree	60	41.1
not sure	36	24.7
agree	50	34.2
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 60 (41.1%) of the respondents disagreed that alcohol reduces our ability to remember information that learn prior to going out for friends, 36 (24.7%) were not sure while 50 (34.2%) of the respondents agreed that alcohol reduces our ability to remember information that learn prior to going out for friends. There for many people showed that alcohol has nothing to do with their daily activities in relation to learning.

Table 9: A table showing responses on, too much alcohol taking leads to madness

Responses	Frequency	Percent
disagree	36	24.7
not sure	40	27.4
agree	70	47.9
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 36 (24.7%) of the respondents disagreed that too much alcohol taking leads to madness, 40 (27.4%) were not sure while 70 (47.9%) of the respondents did not agree that too much alcohol taking leads to madness. There for this was backed by people's evidence of high numbers of mad people that were taking too much of alcohol hence resulting them to agree with the statement.

4.3 Effects of clubbing on the discipline of the youth

Table 10: A table showing responses on, Clubbing

Responses	Frequency	Percent
disagree	50	34.2
not sure	31	21.2
agree	65	44.5
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 50 (34.2%) of respondents agreed that Clubbing has become an indispensable element of life for most people in the contemporary world, 31 (21.2%) of the respondents were not sure while 65 44.5%) of the respondents agreed that clubbing has become an indispensable element of life for most people in the contemporary world. There for most of the youth the youth go clubbing now days especially in Mbarara as a way of enjoying them selves.

Table 11: A table showing responses on, Clubbing makes the youth join bad groups which most of these groups are of drug abusers especially alcoholics.

Responses	Frequency	Percent
disagree	50	34.2
not sure	36	24.7
agree	60	41.1
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 50 (34.2%) of respondents disagreed that Clubbing makes the youth join bad groups which most of these groups are of drug abusers especially alcoholics, 36 (24.7%) were not sure while 60 (41.1%) of the respondents agreed that Clubbing makes the youth join bad groups which most of these groups are of drug abusers especially alcoholics. This is due to the fact that people characterized by drinking are the ones mostly engaged in clubbing which makes the youth end up joining them.

Table 12: A table showing responses on Clubbing influences many youth to become prostitutes

Responses	Frequency	Percent
disagree	16	11.0
not sure	50	34.2
agree	80	54.8
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 16(11.0%) of respondents disagreed that Clubbing influences many youth to become prostitutes, 50 (34.2%) of respondents were not sure while 80 (54.8%) of respondents agreed that clubbing influences many youth to become prostitutes. The majority agreed in a sense that clubbing needs a lot of money to live a luxurious life, there youth resort to prostitution in order to get money to enjoy.

Table 13: A table showing responses on clubbing has made the youth escape from home and disrespecting their parents

Responses	Frequency	Percent
disagree	16	11.0
not sure	70	47.9
agree	60	41.1
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 16(11.0%) of respondents disagreed that clubbing has made the youth escape from home and disrespecting their parents, 70 (47.9%) were not sure while 60 (41.1%) of the respondents agreed that clubbing has made the youth escape from home and disrespecting their parents. This makes the youth become more unruly and adopting more bad manners to the extent of disrespecting elders.

Table 14: A table showing responses on, youths who go to club end up becoming irresponsible adults.

Responses	Frequency	Percent
disagree	10	6.8
not sure	69	47.3
agree	67	45.9
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 10(6.8%) of respondents disagreed that youths who go to club end up becoming irresponsible adults, 69 (47.3%) were not sure while 67 (45.9%) were not sure while 67 (45.9%) agreed that youths who go to club end up becoming irresponsible adults. There fore as a result of frequenting clubs all the time they end up failing to take up responsibilities in their adulthood leading them to become irresponsible adults....

4.4 Government policy affects the discipline of the youth

Table 15: A table showing responses on the government policy on corporal punishments is a cause of indiscipline of the youth in schools

Responses	Frequency	Percent
disagree	40	27.4
not sure	75	51.4
agree	31	21.2
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 40 (27.4%) of respondents disagreed that the government policy on corporal punishments is a cause of indiscipline of the youth, 75 (51.4%) were not sure while 31 (21.2%) of the respondents did not agree that the government policy on corporal punishments is a cause of indiscipline of the youth. There fore as a result of these punishments different individuals end up reacting differently depending on ones personality, so some end up reforming while others fail to reform

Table 16: A table showing responses on government has been reluctant in punishing those who sell alcohol to those under 18 years of age

Responses	Frequency	Percent
disagree	30	20.5
not sure	33	22.6
agree	83	56.8
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 30(20.5%) of respondents disagreed that government has been reluctant in punishing those who sell alcohol to those under 18 years of age, 33(22.6%) of the respondents were not sure while 83 (56.8%) of the respondents agreed that government has been reluctant in punishing those who sell alcohol to those under 18 years of age.

Table 17: A table showing responses on corruption has made government officials not to support prohibition of the youth from clubbing

Responses	Frequency	Percent
disagree	43	29.5
not sure	70	47.9
agree	33	22.6
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 43 (29.5%) of respondents disagreed that corruption has made government officials not to support prohibition of the youth from clubbing, 70 (47.9%) were not sure while 33 (22.6%) of respondents agreed that corruption has made government officials not to support prohibition of the youth from clubbing. Therefore due to the fact that many people owners of clubs want money to boost their business they corrupt government officials not to stop youth from clubbing because youth support their business.

Table 16: A table showing responses on reluctance of school authorities to implement school rules and regulations leads to indiscipline of students

Responses	Frequency	Percent
disagree	20	13.7
not sure	50	34.2
agree	76	52.1
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 20 (13.7%) of respondents disagreed that reluctance of school authorities to implement school rules and regulations leads to indiscipline of students, 50 (34.2%) were not sure while 76 (52.1%) of respondents agreed that reluctance of school authorities to implement school rules and regulations leads to indiscipline of students.

There fore as a result of teachers taking up a lot of responsibilities that make them relax to implement school rules and regulations it has stirred indiscipline.

Table 17: A table showing responses on the policy of UPE and USE of automatic passing is a basis of students' indiscipline at school

Responses	Frequency	Percent
disagree	74	50.7
not sure	52	35.6
agree	20	13.7
Total	146	100.0

Source: Primary Data, 2011

The table above shows that 74 (50.7%) of respondents disagreed that the policy of UPE and USE of automatic passing is a basis of students' indiscipline at school, 52 (35.6%) of respondents were not sure while 20 (13.7%) of respondents agreed that the policy of UPE and USE of automatic passing is a basis of students' indiscipline at school. There fore many disagreed in a sense that most of the students adopt discipline from home, therefore automatic passing can not really affect the discipline.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction

This chapter discusses and concludes the findings of the study. An attempt is also made to highlight recommendations which the researcher demand to benefit the government and the general public

5.1 Summary

The main problem of this study as indicated in chapter one was to examine the effect of alcoholism on the discipline of the youth in Mbarara Municipality. This subsequent discussion in this chapter is based on results presented in chapter four of this report as given by respondents.

5.2 Drunkardness and discipline of the youth

Findings indicated that majority of the respondents agreed that alcoholism in a family leads to familial dysfunctional. Findings concur with Dr Johns C, (2000) that alcoholism in a family leads to familial dysfunctional, violence and financial insecurity. Findings further indicated that majority of respondents agreed that some one with alcohol dependence may suffer serious withdrawal symptoms. According to national school of mental illness (2003) some one with alcohol dependence may suffer serious withdrawals symptoms, such as trembling, delusions, hallucinations and sweating, if he or she stops

drinking suddenly. Findings revealed that majority of respondents agreed that alcohol impairs memory by inhibiting the transfer and consideration of information in long term memory. Findings agree with Cashin. J.R, (1996), still according to Cashin. J.R, (1996) alcohol reduces our ability to remember information that we learnt prior to going out for drinks.

5.3 Effects of clubbing on the discipline of the youth

Findings indicated that most of the respondents agreed that clubbing has become an indispensable element of life for most people in the contemporary world. Because of the ubiquitous availability of internet access, in schools and libraries, children are increasingly becoming involved in this new technology and they try to put in practice what they see which led some youth to be on bad terms with the parents. ([http:// www. Hedcor. Co.za](http://www.Hedcor.Co.za) 03.05 2010). Findings further revealed that majority of the respondents were not sure whether youths who go to club end up becoming irresponsible adults. While interviewing councilor LC111 Kakoba Division he said that this is due to the fact that they don't make a follow up on such youth. Findings indicated that most of the respondents were not sure whether clubbing influences many youth to become prostitutes. However, clubbing has double-edged sword characteristic for youth. Providing many opportunities for learning (parent link, 2004; wartella, lee, Ovitz, 2002) while exposing youth to potentially harmful behaviours that most of the time end up affecting them greatly.

5.4 Government policy affects the discipline of the youth

Findings indicated that of the respondents agreed that government has been reluctant in punishing those who sell alcohol to those under 18 years of age. Findings further revealed that most of the respondents were not sure whether corruption has made government officials not to support prohibition of the youth from clubbing. Most of the of respondents agreed that reluctance of school authorities to implement school rules and regulations leads to indiscipline of students. These findings agree with Valerie Wilson et al (2003) revealed that poor conditions of health, lack of transportation, parents, poor financial condition, inability of parents to provide instructional materials and teachers' non commitment to the teaching of their subjects also leads to poor academic performance in schools.

5.5 Conclusions

Research findings in relation theme one it was found out that majority of the respondents agreed that alcoholism in a family leads to familial dysfunctional, majority of respondents agreed that some one with alcohol dependence may suffer serious withdrawal symptoms. According to the researcher he concluded that alcoholism is hazardous on ones wellbeing.

Findings in relation to theme two it was concluded that majority of respondents were not sure whether clubbing has made the youth escape from home and disrespecting their parents. Majority of respondents agreed that clubbing influences many youth to become

prostitutes, further more the majority were not sure whether youths who go to club end up becoming irresponsible adults and whether the government policy on corporal punishments is a cause of indiscipline of the youth in schools

Research findings in relation to the third theme indicated that the majority of respondents were not sure whether the government policy on corporal punishments is a cause of indiscipline of the youth, Majority agreed that reluctance of school authorities to implement school rules and regulations leads to indiscipline of students.

5.6 Recommendations

Basing on the findings of the study, the following recommendations are put forward as regarding the laws put in place to control the habit of alcoholism and solutions suggested to control the habit.

The government in support of the entire population and also the private institution like NGOs should work hand in hand to fight the habit of alcoholism especially among non schooling youths since research findings indicated that they were the ones mostly involved in the act of drug abuse. Therefore, the entire people of Mbarara municipality in particular should always report alcoholism cases to the authority agencies like government, officials and NGOs who can help to control the situation and advise the means that are appropriate to bring about peace in the area.

The ministry of health in support of the government, parents and community leaders should continue to sensitize the entire population most especially the youth about the dangers, consequences or outcomes of alcoholism in order to save the situation and generation to come.

Religious leaders and Christians also should be encouraged to talk to their congregations about the dangers of alcoholism since some people never get chances for being given advice regarding alcoholism and its related dangers. This information helps people to get proper understanding of the act, its causes and its influence/consequences.

Youth groups should be introduced in the area by the community leaders and youth which educate the youth about the positive living. This will help the already affected by alcoholism act and those that are not yet affected because these groups will educate the youth about the dangers of alcoholism, they will keep them busy which will reduce idleness tendencies that also contributes to alcoholism hence helping the youth to control the habit of alcoholism and prepare them to be future leaders and parents.

5.4 Areas for further study

Because of various limitations in time and finance, It's suggested that further research should be done on the following:

1. Factors hindering government efforts and the private efforts to develop and implement appropriate policies and laws that can help to control the act of alcoholism.
2. More research should be done in other areas of Mbarara district and areas surrounding it so as to compare them with Mbarara municipality
3. More research should be done in other causes for behavioral change among the youth other than alcoholism in Mbarara municipality..

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Questionnaire

I am GUMISIRIZA K RICHARD, a student pursuing a bachelors degree in Guidance and counseling. You have been specially selected to participate in this study. May you please provide me with information needed for the success of this field research as the questions below ask.

Your support and co operation is highly appreciated

BIO DATA

Age

.....

Marital status

(a) Married

(b) Single

Level of education

(a) Primary

(b) Secondary

(c) University

(d) Tertiary institution

Religion

.....

Section B: Drunkardness and discipline of the youth

	agree	Not sure	disagree
1. Alcoholism in a family leads to familial dysfunctional	3	2	1
2. Some one with alcohol dependence may suffer serious withdrawals symptoms	3	2	1
3. Alcohol impairs memory by inhibiting the transfer and consolidation of information in long term memory.	3	2	1
4. alcohol reduces our ability to remember information that we learn prior to going out for drinks.	3	2	1
5. Too much alcohol taking leads to madness	3	2	1

Section C. Effects of clubbing on the discipline of the youth

1. Clubbing has become an indispensable element of life for most people in the contemporary world

	agree	Not sure	disagree
	3	2	1
2. Clubbing makes the youth join bad groups which most of these groups are of drug abusers especially alcoholics.	3	2	1
3. Clubbing influences many youth to become prostitutes	3	2	1
4. Clubbing has made the youth escape from home and disrespecting their parents	3	2	1
5. Youths who go to club end up becoming irresponsible adults	3	2	1

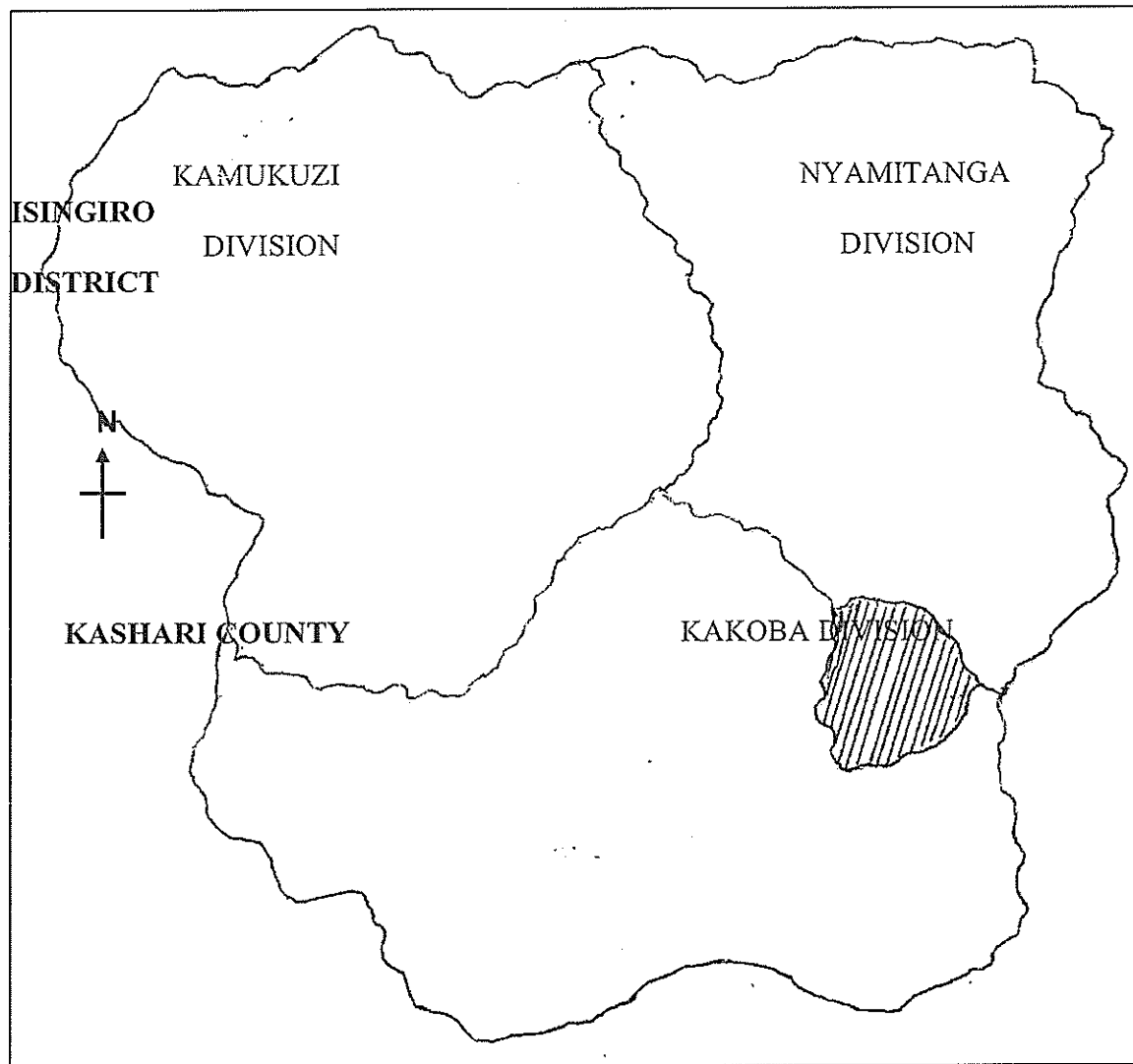
Section D: Government policy affect the discipline of the youth

1. The government policy on corporal punishments is a agree Not sure disagree
cause of indiscipline of the youth

	3	2	1
2. Government has been reluctant in punishing those who sell alcohol to those under 18 years of age	3	2	1
3. Corruption has made government officials not to support prohibition of the youth from clubbing	3	2	1
4. Reluctance of school authorities to implement school rules and regulations leads to indiscipline of students	3	2	1
5. The policy of UPE and USE of automatic passing is a basis of students' indiscipline at school	3	2	1

APPENDIX 1

MAP OF MBARARA MUNICIPALITY



APPENDIX 2

Proposed budget

Activity / Item	No. of items	Costs per item	Total cost
Transport			80,000/=
Lunch		1,000 per meal	60,000/=
Typesetting		500 per page	40,000/=
Printing	8 Reams of papers	10,000 per ream	80,000/=
Binding	4 Copies	5,000/=per copy	20,000/=
Photocopying	100 per page		
Internet costs		2,000 per hour	30,000/=
Miscellaneous			30,000/=
Grand total in UG Shillings			380,000/=

APPENDIX 3

Work plan

ACTIVITY	PERIOD
Submission of 1 st chapter	December 2010
Submission of 2 nd chapter	February 2011
Submission of 3 rd chapter	February 2011
Submission of draft proposal	February 2011
Data collection	August, 2011
Data analysis	August, 201
Report writing	August, 2011
Submission of research report	September, 2011