

Alcoholic Consumption and Antisocial Behaviours Among Secondary School Students in Ado Ekiti, Ekiti State

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ABSTRACT: *The study examined the influence of alcoholic consumption on the social behaviour problems among secondary school students in Ado, Ekiti State. The study specifically examined if there is any difference between social behaviour of secondary school students that indulge in drinking of alcohol as a habit in Ado. The research design that was adopted for this study is descriptive survey design. The population of the study consisted of all the public secondary school students, both male and female in Ado Ekiti, Ekiti State. The sample of this study consisted of 300 students selected randomly from the public secondary schools in Ado Ekiti State. The method of selection was multi stage sampling procedure which was used to determine the schools, and students used for the study. The first stage involved the selection of five streets out of the twenty streets in Ado Ekiti, Nigeria using simple random sampling technique. The second stage was a simple random sampling technique in the selection of five schools. In the third stage, stratified random sampling technique was used to select classes from each of the school selected which are students from SS1 to SS III. The last stage also involved the use of stratified random sampling technique to select 40 students from each school based on gender of the students. A self-designed research instrument tagged 'Alcoholism and Students Social Behaviour Questionnaire (ASSBQ)' was used to collect relevant data for the study. Section A of the instrument seek for students' Bio-data while section B contained questions on the influence of alcoholism on the social behaviour of students in Ado-Ekiti which were given to students to respond to. Data collected was analyzed using both descriptive and inferential statistics. The research question was analysed using frequency counts, percentage, mean, and table, while the research hypotheses 1 and 2 were analyzed using t-test, hypothesis 3 was tested using Pearson Product Moment Correlation. All hypotheses were tested at 0.05 level of significant. The study revealed that there is significant difference between the social behaviours of students that indulge in alcohol drinking habit and those who do not and that alcohol consumption is significantly related to antisocial behaviours among adolescents in secondary schools. The study recommended among others that school guidance counsellors should create effective techniques to convey pertinent information regarding alcohol drinking, including details about its immediate and long-term impacts. Also, the school*

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administration should encourage initiatives that will provide pupils the social skills they need to withstand peer pressure's influence on alcohol use and, as a result, lessen antisocial behaviour among adolescents. It is also recommended that parent-child relationships should be improved, discipline should be constant, and parents should watch over their kids' activities. This is based on the premise that the likelihood that teenagers will engage in alcohol consumption and participate in antisocial behaviours will decline as family ties are strengthened.

KEYWORDS: alcoholic consumption, social drinking, antisocial behaviour, health challenge

INTRODUCTION

Adolescence is the stage of life between childhood and adulthood. It is characterized by rapid physical, cognitive, and psychosocial growth (Steinberg & Morris, 2001), which affects the way adolescents behave and interact with the world around them. During this phase, adolescents establish patterns of behaviour that are related to social activities which may include substance use especially alcohol consumption and sexual activity which can protect their health, and the health of others around them or on other occasions put their health at risk now and in the future.

Adolescents frequently engage in behaviors that are detrimental to society and to themselves. These behaviors, which are termed antisocial are conducts that are hostile to other people, their property, or violates social norms (Clare, 2006; Jalling et al., 2016; Cabrera, et al., 2017) because they cause bodily harm or mental anguish to other people or their possessions (Kimberly & Jacob, 2002). This kind of behavior can take many different forms, such as lying, dangerous sexual behavior like having multiple sexual partners, breaking the law, using drugs, and doing things that bother other people, like stealing, damaging property, cheating, or being verbally or physically aggressive (Kazdin, 1987; Patterson, et al., 1989; Patterson, et al., 1992; Torry & Billick, 2011; Pears et al., 2016). Also, the American Psychiatric Association (2013) and the World Health Organization (1992), list behaviours like being physically or verbally mean to other people, breaking social rules, doing things like delinquency, vandalism, theft, and skipping school, or having troubled relationships with other people, as antisocial behaviors among the adolescents.

The most prevalent behavioural issues in children and adolescents are antisocial behaviour and associated conduct disorder (Otto, et al., 2021). Even the DSM-5 and ICD-10 describe antisocial behaviour as a defining feature and subtype of conduct disorder (CD). An epidemiological study of conduct disorder was published by Otto et al. in 2021. According to Erskine et al. (2013), 3.6% (3.3% to 4.0%) of boys and 1.5% (1.4% to 1.7%) of females between the ages of 5 and 19 experience antisocial behaviour, which has been proven to be relatively stable across time. More than twice as many boys as girls are labelled with conduct disorder, which is marked by antisocial, violent, or defiant behaviour. Antisocial behaviour and the associated conduct disorder symptoms typically peak between the ages of 10 and 14. Milder indications of antisocial behaviour in

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children, such as lying, stealing from home, and truancy, give way to more significant symptoms, such as aggressive and delinquent behaviour, during adolescence (Dishion & Patterson, 2015). Between half and eighty-five percent of children and adolescents with an early onset conduct disorder continue to have major behavioural disorders into adulthood, according to research published in 2013 by the National Collaborating Centre for Mental Health and Social Care Institute for Excellence. Additionally, the World Health Organisation (1992) suggests that antisocial behaviour in children as part of a conduct problem may be a precursor to adult antisocial personality disorder.

In Ekiti State, Nigeria, the trend of antisocial behavior among adolescents in secondary schools appears to be becoming worse every day, and the consequences of this behavior are worrying as society, the school and other stakeholders helplessly observe. Some of the antisocial behaviors that are common among adolescents in the State include substance abuse (alcoholism), cultism, lying, non-compliance with rules and regulations, gambling, involvement in cyber-crime (yahoo yahoo), stealing, keeping bad companies, confused moral values, examination malpractice, and bullying, among many others. Indeed, the government, parents, and all other stakeholders are deeply concerned about the rate of antisocial behaviors among these leaders of tomorrow.

Adolescents, as a population, have been shown to be particularly susceptible to drug use, particularly alcohol consumption, due to the complex interplay of personal and social factors, the maturation of social skills, and the many other changes and challenges associated with the transition into adulthood. Rates of alcohol consumption and abuse differ from country to country. 52% of eighth graders and 80% of high school seniors in the United States have tried alcohol at least once, according to the National Youth Violence Prevention (2010) study; nevertheless, 25% of eighth graders and 62% of high school seniors have been drunk. Prevalence rates of alcohol consumption among Nigerian teenagers are high, and there is reason to believe that this trend will only accelerate (Adeyemo, 2017). Multiple studies have demonstrated that there are substantial disparities in alcohol intake according to age and level of education (Garca & da Costa Junior, 2008; Hammerton, et al, 2017). Positive and significant correlations between antisocial behaviour and adolescent alcohol use have also been identified.

Komro and Toomey (2002) found a significant relationship between youth alcohol use and a wide range of social, emotional, and behavioural problems, such as drug use, fighting, stealing, driving under the influence of alcohol or other drugs, not showing up to class, feeling depressed, and intentionally hurting or killing oneself. Adolescent alcohol use is associated with a greater risk of developing alcohol-related disorders later in life.

Available research work on alcohol usage in Ekiti State showed a high consumption of alcohol among tertiary institution students and there is a significant difference in the extent to which male and female students consumed psychoactive substances (Akindutire & Adegboyega, 2012). Also, Soremekun, et al. (2021) discovered that the prevalence of substance use differed considerably by

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Research Hypotheses

These hypotheses were raised and tested:

1. There is no significant difference between the social behaviours of students that indulge in alcohol drinking habit and those who do not.
2. There is no significant difference between the alcoholic drinking habit of male and female students.
3. There is no significant relationship between the alcoholic drinking habit and antisocial behaviours among adolescents in Ekiti State of Nigeria.

Research Design

The research design that was adopted for this study is descriptive design of the survey type. It describes the alcohol consumption and antisocial behaviours among adolescents in Ekiti State without the manipulation of any variable.

The population of the study consisted of all the public secondary school students, both male and female in Ado-Ekiti, Ekiti State of Nigeria. Three hundred students participated in the study. Simple random sampling technique was used to select the five public secondary schools used for the study, while stratified and simple random sampling techniques were used to select the students. In each of these schools, the student were stratified into male and female while simple random technique was used to select fifteen students from each stratum. A self-designed research instrument tagged “Adolescents’ Alcoholic Consumption and Social Behaviour Problem Questionnaire” was used to collect relevant data for the study. Section A of the instrument seek for students’ Bio-data while section B contained items on alcohol consumption behaviours of adolescents. It is rated Yes or No. Section C contains items on alcoholic consumption and antisocial behaviours problems among school students in Ado Ekiti. The questionnaire was rated

Publication of the European Centre for Research Training and Development -UK using a modified Likert-type scale with four response options ranging from Strongly Agreed (SA), Agree (A), Strongly Disagree (SD) and Disagree (D). The scores of each response is rated as SA – 4, A -3, SD-2, and D-1. The instrument was subjected to face and content validity measures. The reliability of the instrument was established using test-re-test method and the reliability coefficient of 0.75 was obtained. The researcher personally administered the questionnaire to the respondents. Data collected were analyzed and the research hypotheses were analyzed using t-test and Pearson Product Moment Correlation. All hypotheses were tested at 0.05 level of significant.

Demographic Characteristics of the Respondents

Table 1: Demographic Information of Respondents

Variables	Grouping	Frequency	%
Gender	Male	120	40.0
	Female	180	60.0
Total		300	100
Age	11- 14 years	80	26.7
	15 – 17 years	120	40
	18 - 19 years	100	33.3
Total		300	100
Class	JSS 1 - 3	125	41.7
	SSS 1- 3	175	58.3
Total		300	100

Table 1 shows that the female respondents, 180 (60.0%) were more than the male respondents 120 (40%). The respondents were divided into three age groups 11 -14 years (Early adolescents, 80 (26.7%), 15 – 17 years, 120 (40%) (Middle adolescents) and 18 – 19 years, (Late adolescents), 100 (33.3%). 125 respondents (41.7%) were in JSS while 175 (58.3) were in SSS classes.

Table 2: Alcohol Consumption

Alcohol Consumption	Response	f	%
I have not taken alcohol before	Yes	202	67.3%
	No	98	32.7%
I took alcohol very long time ago	Yes	100	33.3%
	No	200	66.7%
I took alcohol every time I am with my friends	Yes	124	41.3%
	No	176	58.7%
I took alcohol at least once in a week	Yes	90	30%
	No	210	70%
I frequently take alcohol	Yes	85	28.3%
	No	215	71.7%

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From the above table, a good number of the respondents 175 (58.3%) have not consumed alcohol before but a significant part of them 125 (41.7%) have actually engaged in alcohol consumption behaviour. 100 (33.3%) respondents have consumed alcohol very long time ago while 200 (66.7%) have not. A good number of them, 124 (41.3%) took alcohol every time they are with friends while 178 (59.3%) would not. 90 (30%) consumed alcohol once a week while 210 (70%) do not. A significant proportion of the respondents, 85 (28.3%) frequently take alcohol.

Test of Hypotheses

Hypothesis 1: There is no significant difference between the social behaviours of students that indulge in alcohol drinking and those who do not.

Table 3: t-test analysis of the social behaviours of students that indulge in alcohol drinking habit and those who do not

Behaviour and Alcohol Consumption	N	Mean	SD	df	t _{cal}	t _{table}
Social behaviours of students that indulge in alcohol drinking habit	300	31.19	5.151	1.198	1.960	0.138
Social behaviours of students that do not indulge in alcohol drinking habit	300	31.23	5.105			

p>0.05 (Not Significant Result)

The result of the analysis as presented in table 4 revealed that t cal (1.960) is greater than t table (0.138) at 0.05 level of significance. Therefore, the null hypothesis is rejected. This implies that there is significant difference between the social behaviours of students that indulge in alcohol drinking habit and those who do not.

Hypothesis 2: There is no significant difference between the alcoholic drinking habit of male and female students.

Table 4: t-test analysis of alcoholic drinking habit of male and female students

Gender	N	Mean	SD	Df	t _{cal}	t _{table}
Male	300	14.41	3.998	1.198	2.369*	1.960
Female	300	13.30	2.105			

p>0.05 (Not Significant Result)

The result of the analysis as presented in table 5 revealed that that t-cal (2.369) is greater than t-table (1.960) at 0.05 level of significance. Therefore, the null hypothesis is rejected. This implies that there is significant difference between the alcoholic drinking habit of male and female students.

Hypothesis 3: There is no significant relationship between antisocial behaviours and alcohol consumption behaviour.

Table 5: Correlation Analysis between Alcohol Consumption and Antisocial Behaviours among Adolescents in Secondary Schools.

<i>Variables</i>	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>r_{cal}</i>	<i>r_{table}</i>
Alcohol Consumption	300	17.41	9.85	0.291*	0.062
Antisocial Behaviours	300	15.12	1.94		

* $p < 0.05$

The result in Table 3 reveals that alcohol consumption is significantly related to antisocial behaviours among adolescents in secondary schools ($r = -0.291$, $p < 0.05$). Though the relationship between alcohol consumption and antisocial behaviours is very low but it is statistically significant at 0.05 level. The null hypothesis is rejected. This implies that alcohol consumption is significantly related to antisocial behaviours among adolescents in secondary schools. In other words, the greater the alcohol consumption by school adolescents the higher the antisocial behaviours among adolescents in secondary schools.

DISCUSSION

The study revealed that alcohol consumption is a phenomenon among secondary school students in Ado Ekiti. This agrees with various studies (Okonkwo *et al.*, 2010; Adekeye *et al.*, 2015; WHO 2018; Agofure, Okandeji-Barry & Odjimogho, 2020) that have established that alcohol consumption among adolescents is a major public health challenge confronting many developing countries including Nigeria. Interaction with some of these adolescents during the course of this study also revealed that they don't see anything wrong in taking alcohol. They see alcohol taking as part of social life and often felt they have achieved when they take alcohol. Many of them might have been encouraged as alcohol may assist in energizing them to challenge their opponents and improve their self-confidence. These attest to the fact that adolescence as a developmental stage is characterised by behavioural changes, such as increases in experimental and risk-taking behaviours (Steinberg & Morris, 2001).

It was found out that that there is significant difference between the social behaviours of students that indulge in alcohol drinking habit and those who do not. This is in accord with the findings of Steinberg & Morris (2001) that found out that adolescents' binge drinking habits would predict adult's dependence on some substances in addition to a range of other negative health and social outcomes. Komro & Toomey (2002) also found out that drinking alcohol increases the likelihood

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of adolescents becoming aggressive or angry and engaging in other antisocial behaviours such as fighting class mates, truancy, and examination malpractices.

The study further revealed that there is significant difference between the alcoholic drinking habits of male and female students. This agrees with the findings of Gracia and Junior (2008) that there is a statistically significant gender difference in alcohol consumption with the male students showing a higher consumption proportion (36.6%) than female students (27.8%). A study by Adelekan, Ndom and Makanjuola (2000) also shows that the gender ratio of alcohol favour more males consuming alcohol than females. In addition, the result of this study is also similar to the findings of Lasebikan and Ola (2016) and Lawal (2017) which reported higher alcohol consumption among males than females. The reason for this might not be unconnected with the fact that teenage boys are more adventurous than their female counterparts.

The study also found that there is a strong correlation between teenage alcohol use and antisocial behaviour in secondary school settings. To put it another way, the more alcohol secondary school students consume, the more likely they are to engage in antisocial behaviour. This is consistent with the findings of several research that have linked alcohol consumption to antisocial behaviour (Eklund, 2006; Garca & Junior, 2008; Hammerton et al., 2018). However, Clark, et al (2002) argue that antisocial behaviours (like aggression towards people and animals, destruction of property, deceitfulness, theft, and serious rule violations) and related mental disorders (like conduct disorder and oppositional defiant disorder) in childhood would predict AUDs in adolescence.

Recommendations

The study recommended the following:

1. School guidance counsellors should create effective techniques to convey pertinent information regarding alcohol drinking, including details about its immediate and long-term impacts.
2. The school administration should encourage initiatives that will provide pupils the social skills they need to withstand peer pressure's influence on alcohol use and, as a result, lessen antisocial behaviour among adolescents.
3. Parent-child relationships should be improved, discipline should be constant, and parents should watch over their kids' activities. The likelihood that teenagers will engage in alcohol consumption and participate in antisocial behaviours will decline as family ties are strengthened.
4. The government should enforce the law to stop minors from buying alcohol from registered sellers through its various organizations, such as the National Drugs Law Enforcement Agency (NDLEA). Also, the NDLEA needs to step up its anti-drug initiatives to reduce youth alcohol usage.
5. Communities should also discourage youth alcohol use at social gatherings.

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