



Parents' Alcohol Drinking Habits on in-School Adolescents' Present and Future Drinking

Olufunke Chenube¹, Olujide Adekeye², Florence Omumu³

¹College of Education, Early Childhood Unit, Agbor, Nigeria

²Covenant University, Department of Psychology, Ota, Nigeria

³College of Education, Department of Counselling Psychology, Agbor, Nigeria

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Abstract

The family plays a key role in young people's behaviour both now and in the future. This study examined the influence of parents' drinking habits on in-school adolescents' present and future drinking habits. The research design is a cross-sectional descriptive study of 337 senior secondary students randomly selected from ten high schools in Delta North Senatorial Districts, South-South, Nigeria. A self-administered questionnaire was used to obtain data from the respondents. The data obtained were analysed using descriptive and inferential statistics. The result showed the number of parents who drink, how and where the adolescents were introduced to alcohol or 'tasted' alcohol for the first time and those who have continued after their first experience. The results also indicated those who have not tasted alcohol but intend to do so in the future. There was a significant association between the alcohol drinking status of respondents and that of their parents. Parent-child dynamism should be considered on alcohol harm reduction among young people.

KEYWORDS: parents, in-school adolescents, drinking, alcohol, south-south Nigeria

Introduction

Alcohol is the world's third-largest risk factor for disease burden, and about 320 000 young people between the age of 15 and 29 died from alcohol-related causes, resulting in 9% of all

deaths in that age group (WHO, 2011). There is a global concern about binge drinking among young people because of its attendant consequences. Some past studies have identified the role the home plays in the drinking behaviour of young people (Adekeye,

2012; IAS, 2013; Adekeye et al., 2015). Parents are natural role models to their children; what a child sees around them directly or indirectly impacts his present and future behaviour and health. Parents' habits and practices can shape children's attitudes and perceptions towards alcohol.

NDTI (2015) reported the findings of some researchers from Sam Houston State University who found that when compared to parents who did not use the substance, parents who used alcohol, marijuana and other illicit drugs were significantly more likely to have children who used those same drugs. They equally found that the odds of children's alcohol use were five times higher if their parents used alcohol; the odds of children's marijuana use were two times higher if their parents used marijuana and the odds of children's other drug use were two times higher if their parents used other drugs. In another similar report, it was found that parents who use alcohol, marijuana and other drugs are more likely to have children who will pick up their habits (Nauret, 2015).

Though some believe that allowing children a small amount of alcohol at home may prevent binge drinking, but a three-year study of 561 Rhoda Island students reported that kids who were allowed to sip wine or beer from parents before age 11 were four times likely to binge in high school (Barton, 2015). Adolescents who can drink at home drink more heavily outside of the house (Van der Vorst et al., 2006; Van der Vorst et al., 2010). Also, on the contrary, adolescents are less likely to drink

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heavily if they live in homes where parents have specific rules against drinking at a young age and drink responsibly.

Underage and binge drinking has mental, emotional, academic and health consequences for young people (Adekeye et al., 2019). It is also associated with reduced academic achievement, lower employment rates, poorer health, dependency, neighbourhood disorganization, and increased likelihood of crime and criminal victimization and incarceration (Nauret, 2015). It can also lead to the experience of hallucinations or delusions that could lead to accidents or injury (RaisingChildren.net, 2015). Young people who drink stand the danger of engaging in risky sexual activity, leading to teenage pregnancy or contamination of sexually related diseases like HIV/AIDS and syphilis.

Drinking alcohol is a norm in some communities, and they introduced children to this from early years. This study is carried out in a community where drinking is the norm and children have unlimited access to alcohol. This study examined the prevalence of alcohol among high school adolescents and the influence of parents drinking habits on the adolescents present and future alcohol intake. This study hopes to add to the literature on the influence of parental drinking on Nigeria's children.

Methods

This study is a cross-sectional descriptive survey of 337 senior secondary students selected from ten high schools in Delta State

North Senatorial Districts, South-South, Nigeria. Delta State is one of the 36 States in Nigeria. There are about 100 high schools in the District, and ten were randomly selected for this study using convenience sampling. The actual sample was Senior Secondary students in year 2 (SS2), and about thirty were

chosen from each school across the streams (Science, Art and Commercial). The researchers obtained official permission from each school head before embarking on the study. Students were made to sign a consent form to participate. They were assured of the confidentiality of their submissions.

Table 1: Demographic characteristics of respondents

Variable	Category	Frequency	Percentage
Gender	Male	165	49.0
	Female	168	49.9
	NR	4	1.2
Age	13 – 15 years	120	35.6
	16 – 18 years	166	49.3
	19 – 22 years	11	3.3
	NR	40	11.9
Class	Science	228	67.7
	Arts	81	24.0
	Commercial	28	8.3
Family status	Both parents	252	74.8
	Father	26	7.7
	Mother	41	12.2
	Relation/Guardian	13	3.9
	NR	5	1.5

The result showed 165 (49.0%) males and 168 (49.9%) females, whereas those aged 16 -18 years accounted for the largest age group of respondents while those 19 – 22 years were the least age group represented. Also, 228 (67.7%) respondents are from the Sciences, 81 (24.0%) are from the Arts, and 28 (8.3%) are from the Commercial classes. Moreover, concerning the Family status, the majority of respondents [i.e. 252 (74.8%)] live with both parents, whereas 41 (12.2%) live with their mothers and 26 (7.7%) with their fathers. However, 13 (3.9%) respondents indicated they live with their relations/guardians, while 5 (1.5%) did not respond.

Instrument

A self-administered questionnaire developed by the researchers was used to obtain data from the respondents. The questions bothered on: their present alcohol status (i.e. whether they take alcohol or not.), when they had their first drink, whether their drink parents drink alcohol or not, etc. The alcohol drinking status of respondents was determined based on items/questions poised to reveal the following; (1) whether respondents have ever tasted alcohol, (2) where their first drink of alcohol was taken and (3) the number of bottles of alcohol that can be taken at an instance. To ensure the psychometric requirements of the

scale, as advocated by Odukoya et al. (2018), a split-half reliability method was employed to ascertain the reliability of the instrument. It was administered to 45 secondary school students with an internal consistency of 0.87. The research trajectory was therefore considered adequate for data gathering purposes. Statistical analyses were performed using excel and IBM SPSS statistical software (v. 22).

Ethical Approval

Approval to conduct the study was sought from the Delta State Ministry of Education, Agbor Office. The school administrators also gave permission. After the study protocol was explained, the Department of Counselling Psychology Internal Review Board was satisfied with the study procedure without harming the participants. Informed consent was obtained for all eligible students. Consents were obtained verbally. Participants 18 and above signed a consent form, while parental

assents were obtained for those younger than 18. Participation was voluntary and confidential. Participants were free to opt-out of the study at any point

Results

Concerning whether respondents have ever tasted alcohol, Table 2(a) shows that 177 (56.0%) have had a taste of alcohol as against 139 (44.0%) that indicated they have never had a taste of alcohol. Table 2(b) shows that, of those exposed to the drinking of alcohol, 70.1% of them took their first drink at home, 28.7% took theirs at a party, and a paltry 1.2% took theirs at other (unspecified) places. When disaggregated, the result shows more females (75.7%) than males (66.7%), as well as more respondents who live with both parents (73.7%) than those who did not live with both parents (60.9%), took their first drink at home.

Alcohol Drinking Status of Respondents (ADS-r)

Table 2: Alcohol Drinking Status of Respondents

	Male	Female	I live with both parents	I don't live with both parents	Total
(a) Have you ever tasted alcohol?					
Never	65 (40.9%)	75 (47.5%)	111 (46.6%)	28 (35.9%)	139 (44%)
Yes	94 (59.1%)	83 (52.5%)	127 (53.4%)	50 (64.1%)	177 (56%)

(b) Where did you take this first drink					
At home	60	56	87	28	115
In a Party	(66.7%)	(75.7%)	(73.7%)	(60.9%)	(70.1%)
Other Places	29	17 (23%)	30	17 (37%)	47 (28.7%)
	(32.2%)	1 (1.4%)	(25.4%)	1 (2.2%)	2 (1.2%)
	1 (1.1%)		1 (0.8%)		
(c) How many bottles of alcohol can you take at single drinking?					
One bottle	65	51	92	24 (60%)	116 (80%)
	(80.2%)	(79.7%)	(87.6%)		
2 – 3 bottles	12	10	10 (9.5%)	12 (30%)	22 (15.2%)
	(14.8%)	(15.6%)			
More than three bottles			3 (2.9%)	4 (10%)	7 (4.8%)
	4 (4.9%)	3 (4.7%)			

Further to this, Table 2(c) shows that about 80.0% of those exposed to the drinking of alcohol can take only one bottle at single drinking, while 15.2% and 4.8% of these take 2 – 3 bottles, and more than three bottles at single drinking, respectively. The number of bottles taken at a single drinking age is approximately similar for either male or female respondents on a disaggregated basis. However, a significantly higher proportion of those who do not live with both parents consume more bottles of alcohol at single drinking [2 – 3 bottles (30.0%) and more than

three bottles (10.0%)] than their counterparts who live with their parents [2 – 3 bottles (9.5%) and more than three bottles (2.9%)].

Alcohol Drinking Status of Parents (ADS-p)

In assessing the alcohol drinking status of parents, five key items were evaluated to show parents' exposure level to alcohol and its attendant effect on both parents and respondents. The results are further disaggregated based on gender and family status and presented in Table 3.

Table 3: Exposure of parents to alcohol

	Male	Female	I live with both parents	I don't live with both parents	Total
(a) Do your parents drink alcohol?					
Never	74	57	99 (43%)	32	131
	(46.8%)	(37.5%)	108 (47%)	(40.5%)	(42.4%)
Normally					

Habitually	71 (44.9%)	74 (48.7%)	3 (1.3%)	38 (48.1%)	146 (47.2%)
I don't know	5 (3.2%)	2 (1.3%)	20 (8.7%)	4 (5.1%)	7 (2.3%)
	8 (5.1%)	19 (12.5%)		5 (6.3%)	25 (8.1%)
(b) Which of your parent(s) drink alcohol?					
Father	60 (84.5%)	64 (77.1%)	98 (86%)	27 (65.9%)	125 (80.6%)
Mother			11 (9.6%)		
Both	9 (12.7%)	15 (18.1%)	5 (4.4%)	13 (31.7%)	24 (15.5%)
	2 (2.8%)	4 (4.8%)		1 (2.4%)	6 (3.9%)
(c) Does any of your parents/guardians get drunk?					
Never	64 (79%)	73 (78.5%)	102 (77.9%)	32 (76.2%)	134 (77.5%)
Sometimes	17 (21%)				
Regularly	0 (0%)	15 (16.1%)	26 (19.8%)	8 (19%) 2 (4.8%)	34 (19.7%) 5 (2.9%)
		5 (5.4%)	3 (2.3%)		

Table 3(a) sought to know whether respondents' parents drink alcohol. The result shows 131 (42.2%) respondents indicated their parents have never taken alcoholic drinks. In comparison, 146 (47.2%) are alcoholic normal drinkers sometimes, and 7 (2.3%) are habitual drinkers, 25 (8.1%) respondents do not know whether their parents drink alcohol.

Further, Table 3(b) shows that 80.6% of parents who drink alcohol are Fathers, 15.5% are Mothers, and only 3.9% of respondents indicated both parents drink alcohol. Significantly more males (84.5%) than females (77.1%) indicated their fathers drink alcohol, whereas considerably more females (18.1%) than males (12.7%) indicated their

mothers drink alcohol. Similarly, significantly more respondents who live with both parents (86.0%) than those who do not live with both parents (65.9%) indicated their fathers drink alcohol. In contrast, significantly more respondents who do not live with both parents (31.7%) than those who live with both parents (9.6%) indicated their mothers drink alcohol. In a bid to know whether the toll of alcohol on parents who indulge, Table 3(c) shows 134 (77.5%) respondents indicated their parents never get drunk. However, 34 (19.7%) indicated their parents sometimes get tipsy, while only 5 (2.9%) noted their parents regularly get drunk. The result further shows that all parents who regularly drank are from the female respondents when disaggregated.

Further to the foregoing of the ADS-p, Table 4 shows how parents' indulgence in drinking alcohol could rub off on their children/wards.

To assess this, two key items were evaluated. The result was disaggregated by gender and family status and presented in Table 4.

Table 4: Involvement in the Use of Alcohol

	Male	Female	I live with both parents	I don't live with both parents	Total
(a) Do your parents send you to buy alcoholic drinks?					
Never	42	56	76	19	95 (57.2%)
Sometimes	(52.5%)	(64.4%)	(62.3%)	(43.2%)	70 (42.2%)
Regularly	38	31	46	24	1 (0.6%)
	(47.5%)	(35.6%)	(37.7%)	(54.5%)	
	0 (0%)	0 (0%)	0 (0%)	1 (2.3%)	
(b) Have they ever given you alcohol to drink?					
Never	38	48	69	17	86 (51.5%)
Sometimes	(48.1%)	(54.5%)	(55.2%)	(40.5%)	81 (48.5%)
	41	40	56	25	
	(51.9%)	(45.5%)	(44.8%)	(59.5%)	

Table 4(a) shows that 95 (57.2%) respondents indicated that their parents have never sent them to buy alcoholic drinks, while 70 (42.2%) of them noted they have sometimes been sent to purchase alcoholic beverages. Also, based on the gender of respondents, a significantly higher proportion of males (47.5%) than females (35.6%) have bought alcoholic drinks for their parents. This trend equally applies to a significantly higher proportion of respondents who do not live with both parents (54.5%) than those who live with both parents (37.7%).

Furthermore, Table 4(b) shows an approximately similar proportion of respondents have been either given (48.5%) or not given (51.5%) alcohol by their parents. However, a significant proportion of respondents who do not live with both parents (59.5%) than those who live with both parents (44.8%) have sometimes been given alcohol to drink by their parents.

The interplay between ADS-r and ADS-p

Pearson Chi-squared was performed to evaluate the interplay of respondents' alcohol drinking status and parents' alcohol drinking status to find any significant

association/relationship between both variables. This analytic approach was further disaggregated by gender and family status.

The results are presented in Table 5 and Table 6, respectively.

Table 5: Association between alcohol drinking status of respondents and alcohol drinking status of parents

	Do your parents drink alcohol				X ² / p-value
	Never	Normally	Habitually	I don't know	
Have you ever tasted or drank any drink containing alcohol in your lifetime					
Never	80 (62%)	40 (27.4%)	4 (57.1%)	13 (52%)	34.317 (0.000)
Yes	49 (38%)	106 (72.6%)	3 (42.9%)	12 (48%)	

Table 5 shows the X² analysis to test if there is any significant association between the alcohol drinking status of respondents, and that of their parents, respectively. The result shows an X² value of 34.0317 and a p-value of 0.000. This result indicates a significant association between the alcohol drinking status of respondents and that of their parents, given the obtained p-value (0.000) is less than 0.05 significance level.

Table 6 shows a significant relationship between ADS-r and ADS-p for male (X²=25.602, p=0.000) and female (X²=12.327, p=0.006) respectively. Thus, the gender of respondents does not play any moderating effect; that is, irrespective of respondents' gender, the relationship/association between ADS-r and ADS-p is significant. Therefore,

male or female respondents who indulge in alcohol drinking are significantly more likely to influence parents who also drink alcohol. A similar trend follows for respondents' family status. The result shows a significant relationship between ADS-r and ADS-p for those living with both parents (X²=28.509, p=0.000) and those not living with both parents (X²=11.163, p=0.011) respectively. Thus, the family status of respondents does not play any moderating effect; that is, irrespective of respondents' family status, the relationship/association between ADS-r and ADS-p is still significant. Therefore, respondents who live with both parents or do not live with both parents who drink alcohol are significantly more likely to be under the influence of parents who also drink alcohol.

Table 6: Association between alcohol drinking status of respondents and alcohol drinking status of parents disaggregated by Gender and Family status

	Do your parents drink alcohol				X ² / p-value
	Never	Normally	Habitually	I don't know	
GENDER					
Male					
Never	42 (58.3%)	14 (19.7%)	3 (60%)	5 (71.4%)	25.602(0.000)
Yes	30 (41.7%)	57 (80.3%)	2 (40%)	2 (28.6%)	
Female					
Never	36 (65.5%)	25 (34.2%)	1 (50%)	8 (44.4%)	12.327 (0.006)
Yes	19 (34.5%)	48 (65.8%)	1 (50%)	10 (55.6%)	
FAMILY STATUS					
Both parents					
Never	62 (63.9%)	30 (28%)	2 (66.7%)	11 (61.1%)	28.509 (0.000)
Yes	35 (36.1%)	77 (72%)	1 (33.3%)	7 (38.9%)	
Not both parents					
Never	17 (56.7%)	9 (23.7%)	2 (50%)	0 (0%)	11.163(0.011)
Yes	13 (43.3%)	29 (76.3%)	2 (50%)	5 (100%)	

Discussion

The study revealed that a rough estimate of 6 out of every ten respondents had had a taste of alcohol. On a disaggregated basis, the result showed that more proportion of surveyed males (59.1%) than females (52.5%) are already exposed to alcohol drinking. This exposure to alcohol drinking is more prominent amongst respondents who don't live with both parents (64.1%) as against those who live with both parents (53.4%). The findings show that males and those who don't live with both parents are significantly more

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exposed to alcohol drinking than their females and those who live with their parents, respectively. Of those exposed to alcohol, it was found that exposure to alcohol amongst respondents significantly occurred at home as against parties and other places. Also, a cumulative of about 20.0% of respondents exposed to alcohol drinking can take 2 – 3 bottles and more than three bottles at a go. This is more significantly prominent with those who do not live with their parents as against those who live with their parents

The study also revealed that 34 (19.7%) mostly females indicated their parents sometimes get drunk while only 5 (2.9%) noted their parents regularly get drunk. Respondents' drinking status is not independent of their parents, suggesting that respondents who drink alcohol are significantly more likely to be under the influence of parents who also drink alcohol. Another remarkable finding is that whether they live with both parents and just one parent, there is a relationship between respondents drinking and their parents drinking status. Thus, the family status of respondents does not play any moderating effect; that is, irrespective of respondents' family status, the relationship/association between ADS-r and ADS-p is still significant.

Conclusion

This study has revealed that young people in SS2 do take alcohol. More males consume alcohol than females, and 20% of the respondents take more than expected at an instance. This should be a cause of concern to relevant stakeholders that young people indulge in much drinking at an instance. There is equally an association between parents drinking status and that of their children. Parents drinking habit plays a significant role in the drinking of young people.

Significance for public health

In Africa and especially Nigeria, the family is the main environment where children socialise and learn individual behaviour. Although previous studies have examined predictors of

preadolescent first alcohol use, few studies have analysed factors associated with parental alcohol use as a predictor of in-school adolescents' present and future drinking behaviour in a country with moderate to high alcohol consumption. This study thus provides information on parents' alcohol drinking habits and their influence on in-school adolescents present and future drinking. Detailed analysis showed that most of the respondents had had a taste of alcohol, and almost a fourth of the in-school adolescents took their first drink at home. This research also shows that more females than males and more respondents who live with both parents consume alcohol. This study revealed that social and familial environmental factors strongly influence the initiation of alcohol use among in-school adolescents.

Recommendation

Based on the findings of this study, it is recommended that parents should be encouraged to be good role models to their children; they should not abuse alcohol or encourage underage drinking. School counsellors, relevant agencies and Non-Governmental Organizations should develop programs where young people will be exposed to the dangers of underage and binge drinking. Adolescents should be taught how to make independent and responsible decisions; this will help them cope with peer pressure and bad drinking example from parents. Parents having issues with alcohol should be identified and helped to work through it. Lastly, children

with alcoholic parents should be given adequate support to help them not toll the path of alcoholism.

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