

**ST. ANTHONY OF PADUA INSTITUTE OF AFRICA**  
**INSTITUTE OF SPIRITUALITY AND RELIGIOUS FORMATION**  
**TANGAZA UNIVERSITY COLLEGE**  
**CATHOLIC UNIVERSITY OF EASTERN AFRICA**

**ALCOHOLISM AS A BARRIER TO PERSONAL AND SOCIETAL GROWTH: A CASE**  
**OF CHISARE SMALL CHRISTIAN COMMUNITY**

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**A Long Essay Submitted in Partial Fulfillment of the Requirements for the Diploma in**  
**Spirituality with Specialization in Franciscan Studies**

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**STUDENTS DECLARATION**

I sister Jane Wambui Ngunyi of the Little sisters of Saint Francis hereby declare that this work, titled Alcoholism as a barrier to personal and societal growth is my original work achieved through my personal reading. This is my reflections from families own brothers on the effects of alcoholism. It hurts damages and destroys the organs of an alcoholic's whole body and cut down relationships with family members, failing in family responsibility.

**NAME OF THE STUDENT: SISTER JANE WAMBUI NGUNYI**

**SIGNED .....**

**DATE.....**

THIS LONG ESSAY HAS BEEN SUBMITTED WITH MY APPROVAL AS THE COLLEGE SUPERVISOR:

**SUPERVISOR: MR. JAMES GATUKU**

**SIGNED: .....**

**DATE: .....**

## **DEDICATION**

This book is dedicated to Saint Anthony of Padua Institute of Africa and to Missio Germany through the Institute of Spirituality and Religious Vocation for having helped me pursue my studies here at Tangaza University College. I extend my gratitude to the Little sisters of Saint Francis for having given me an opportunity to study.

## **ACKNOWLEDGEMENT**

First and foremost I am grateful to God for the gift of my dear parents through whom I received the gift of religious vocation.

Secondly, I extend my profound appreciation and heartfelt gratitude to all who made the writing of this book possible. I am sincerely grateful to my sisters in the Institute of the Little Sisters of Saint Francis congregation for their support and prayers. I thank them even so for allowing me to study in order to improve on myself and the mission of the church.

I highly and respectfully appreciate all my lecturers who in all ways have taught my mind, touched my heart, have transformed my life in order to assist those in need of my help. I thank in a special way the director of Spirituality and Religious Formation Rev Fr. Remigius who directed me to develop this topic. I thank my supervisor Mr. James Gatuku thoughtfully and critically read through these work before editing it and helped me to make corrections. I cannot forget to thank my spiritual directress Rev. Sister Maria Felix for her continuous encouragement and prayers, always wishing me the best in all my endeavors.

Finally, my indebtedness goes to all who have inspired, advised, challenged, cared and supported me in every way in my studies. I thank all my lecturers for their tireless efforts in installing and equipping me with knowledge and skills for the mission awaiting me in the Lord's vineyard. All including the Tangaza University College staff and support staff for having shown unflinching support for this study, I thank them all without exception.

## **EPIGRAPH**

Wine in the Bible represents goodness, prosperity and abundance. It is a symbol of blessing and God's favor. Wine is used by the Good Samaritan as a source of healing. The Good Samaritan pours wine on the open wound of the injured man to encourage healing of his wounds.

Jesus wants us to observe his commandment of loving God with all our heart, soul, mind and strength and love our neighbor just as much as we love ourselves.

Christian love means treating others with respect, kindness and generosity by helping them when they need it.

Do not help only those of your tribe, household, race, but be open to give assistance to those in any kind of help.

Try not to create enemies with each other.

Be neighbors to those who are injured.

Jesus reminds us to practice love and compassion to those who are hurt.

Jesus wants us to be neighbors by loving others as the Samaritan man without ridicule, hatred and discrimination.

Let's love one another and assist our brothers and sisters, mothers or fathers who abuse alcohol.

Let's us pray not to do harm or despise any of those caught up in the web of alcohol or drugs but pray for their healing, repentance, and trust in God.

Help anyone in need and go as far as you can to help unconditionally.

**Luke 10:25-37**

## **ABBREVIATIONS**

AA Alcoholic Anonymous

CCC The Catholic Catechism of the Catholic Church

CCL The Code of Canon Law

CF Confer, compare

FASD Fetal Alcohol Spectrum

HIV Human Immune Deviancy Virus

IBID In the Same Source

NACADA National Authority for Campaign against Alcohol and Drug Abuse

NHTSA The National Highway Traffic Safety Administration

NRT Nicotine Replacement Therapy

O.T Old Testament

SCAD Student's Campaign against Drugs

SCC Small Christian Community

WHO World Health Organization

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## **CHAPTER ONE**

### **PRELIMINARY INFORMATION**

#### **1.0 GENERAL INTRODUCTION**

In this background the researcher will give the background, the purpose of the study, the statement of the problem, hypothesis, and justification of the study, the research objectives, possible research questions, Scope and delimitation, methodology, difficulties and how to overcome them and conclusion.

#### **1.1 BACKGROUND**

This is an experience in the mission where we were working in a special boarding primary school for girls and boys with hearing impairment. We interacted with the people on Sundays in Church, Small Christian Communities, fund raising in families meetings, grinding, and from church to the convent. We became part of the bigger community by sharing times of joy and sorrow. They used to come to our community ones in a while for prayers and we would go to their homes for the same. We came to know each other as neighbors and Christians belonging to the same environment, placed in the same geographical area.

The name Chisare is a Gusii name meaning twins for the majority of the people here originated from Kisii County and a few others tribes scattered here and there. We had interaction with people of this area so much that we came to discover some of the challenges facing them such as alcoholism, dysfunctional families, unemployment, financial constraints, poverty and many other challenges. We used to go for Sunday services every week in the outstation where the church attendance would be very low especially the number of men and youths. Some people would come

to church drunk others we met on the way and still others inside or outside houses drinking. When you listen to some of the challenges affecting the families you find alcoholism contributing the highest percentage.

The effects of alcohol affect everybody those who drink and those who do not, for we depend on one another. The innocent children of alcoholics find themselves confused and traumatized and asking many questions without answers looking at the behavior of the parents. This is the reason why the young people are unable to find role models in our society today. There have been a few incidences that have taken place in this village, killing through car, motorcycle accidents, killing through poisoning, losing jobs, single parenthood, illiteracy and poor health.

## **1.2 THE PURPOSE OF THE STUDY**

The purpose of this study is to search for ways and means of finding solutions as to why many people in this village spend their quality time drinking instead of working to earn a living in order to face out poverty and improve their standard of living. It is aimed at helping people to reduce, prevent and eradicate alcoholism among those who drink and those affected by its effects.

The people will come to know the damage and dangers brought about by alcohol abuse and refrain from consuming it. The people will stop their drinking habits by actively working hard for the family, taking care of their families responsibly, impacting knowledge and morals to their children. There will be understanding and harmony among the family members instead of quarrels and violence. Families will bring up their children with ease providing for them basic needs, quality education, feeding them with balanced diet, peaceful atmosphere, knowledge of themselves, others and God. Farmers will work with other experts in the ministry of agriculture and other successful people for better results in farming.

### **1.3 THE SIGNIFICANCE OF THE STUDY**

The general objective of the study will help this community to reduce or stop the alarming increasing number of community members that abuse alcohol and cause social problems including deaths.

It will be a means of saving a generation of young industrious people of these Nation from losing their lives at a tender age.

It will allow Christians to be constant in church and there will be people who will be role models for the young to emulate.

This will help identify the reasons why many Christians at Chisare Small Christian community are involved in alcohol abuse.

This will help discover ways and means of preventing Christians from taking too much alcohol.

### **1.4 THE STATEMENT OF THE PROBLEM**

The church states that it is a sin when you consume alcohol in excess, for if we cannot properly make decisions, we go too far outside the law.<sup>1</sup> The National Highway Traffic Safety Administration Fars Data (NHTSA) 2014, warned against drivers driving while drunk.

Alcoholism in Church documents is considered as a condition in which the brain is violently abused and its use harmed. The church says alcohol can have disastrous consequences if nothing is done about it. In 2013, 10,076 people died because of drunkard drivers or one death after every

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<sup>1</sup> T. JIN, *the Catholic Church view on alcoholism*, 34-35.

52 minutes. Excessive alcohol consumption greatly impairs a person's ability to reason, which means, someone is not him or herself when you are drunk. Spiritual life strengthens our control over our bodily desires and avoids unhealthy attachment to material world.

Poor parenting has been witnessed among couples with alcohol addiction, for instance, American Academy of experts in traumatic stress reported that families where alcohol is being abused the behavior is very unpredictable and communication unclear. Such families are characterized with chaos and domestic violence which threaten family life. The study indicates that children born from parents abusing alcohol are likely to have learning disabilities thereby affecting their education performance. Other alcohol related problems include disruption of family and social relationships, aggregation and emotion problems.<sup>2</sup> Alcohol consumption is responsible for approximately 5.9 percent of deaths worldwide and global lose of 139 million disabilities. In Ghana alcoholism among the youth has contributed to road and lake accidents, low productivity in the formal and informal sectors, broken homes, and crimes such as theft, rape, defilement and domestic violence.<sup>3</sup>

These challenges are a danger of high crime rates, death and high level of parental responsibility, addictions and erosion of social and moral values. If this is not checked it will lead on the parental irresponsibility and erosion of cultural values for the future generation. That is why the researcher took this topic.

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<sup>2</sup> K., SIMONE, *Alcohol Impacts on Health*, A rapid review of the evidence, 58.

<sup>3</sup> A. KALU., *A Case Study on Alcoholism among the Youth*, A case study on alcoholism among the youth of Juapong, Ghana, 2018. 84-92.

In most cases the alcoholics lose jobs and have poor performance because they lose the ability to concentrate. They are either demoted or dismissed from work and therefore they get frustrated after losing their jobs. They normally miss their work or come late on duty failing in responsibility.

## **1.5 HYPOTHESIS**

In most cases the alcoholics lose jobs and have poor performance. High crime rates, death and high level of parental responsibility, addictions and erosion of social and moral values. Other alcohol related problems include disruption of family and social relationships, aggregation and emotion problems which affect the spiritual growth of the small Christian community.

## **1.6 JUSTIFICATION OF THE STUDY**

This generation seems to be weakening due to the challenges facing our universe in destroying self and affecting everybody else especially after consuming too much alcohol and drugs. This is a reminder to parents to be close to their children by giving them the knowledge necessary in life and by parents reviewing the way they handle themselves and their children which will help to determine the change we shall have tomorrow. The youths are seasonal in the church; they come for some time and not getting meaning or fulfillment in their lives due to the challenges which make them disappear. This makes them reduce their performance, presence and participation in small Christian community.

## **1.7 THE RESEARCH OBJECTIVES**

The general objective of the study is to help this community to reduce or prevent the alarming increasing number of community members that abuse alcohol and cause social problems including deaths.

To help the Chisare Christian Community to reduce or stop consuming too much alcohol.

To look for ways and means of preventing Christians from consuming too much alcohol.

The young people will get sober Christians who will be role models to be emulated.

There will be discussions, debates, talks to discover why many Christians at chisare SCC abuse alcohol.

## **1.8 RESEARCH QUESTIONS**

How will the study done in this community help them reduce or stop abusing alcohol?

What are the ways and means of preventing Christians from consuming too much alcohol?

Will the young people find role models in the community to emulate?

What are the underlying reasons as to why many Christians at Chisare SCC abuse alcohol?

## **1.9 SCOPE AND DELIMITATION**

The study shall be conducted in Chisare Small Community, Kibomet Catholic Parish, in the Catholic Diocese of Kitale, Western Kenya, from December 2017 to May 2019.

### **1.1.0 LIMITATION**

The study took place from January 2018 to March 2019. We chose to carry out our study in this particular area because we saw and listened to the suffering of the people whom we were sent to serve.

### **1.1.1 CHALLENGES**

It was not easy to convince the administration of the area to organize meetings with the people in this area but due to persistence they joined us some days. The people were hesitating and suspicious of what we were to discuss with them but they kept on increasing as we went on with our discussions. It has been difficult to carry out the study because it requires team work, transport, learning materials, meals, accommodation, stationeries, allowances and time to be with people. The roads are impassable when it rains heavily for cars or motorcycles to pass.

### **1.1.2 METHODOLOGY**

In order to test the hypothesis of the study and examine the main questions raised, the following methodology will be employed:

The researchers will observe and hear Christians bring their observation during the time they will be discussing, debating and presentation in their group of people in the area will be used. The aim will be to collect more qualitative information about their lifestyle and behaviors in relation to spreading the gospel both in deed and in words and prayer. Library and online materials shall also be employed to find out the scholarly and more advanced knowledge on these matters.

### **1.1.3 DIFFICULTIES AND HOW TO OVERCOME THEM**

The subject is not deeply rooted in the hearts and minds of most of the ordinary people and so will be difficult to collect the data; since the alcoholic addiction is a disease that quietly is extinguishing the people but doesn't seem to be a challenge to most of them to talk about it. This will be solved through the use of library and online material.



## **CHAPTER TWO**

### **CAUSES AND EFFECTS OF ALCOHOLISM**

#### **INTRODUCTION**

In this chapter the researcher will give the Definition of alcoholism, Types of Alcohol Problems, Causes of alcoholism, Effects of Alcoholism, Relationship between Alcoholism and Parenting and finally the Conclusion.

#### **2.1 DEFINITION OF ALCOHOLISM**

Alcoholism is a continued excessive or compulsive use of alcoholic drinks. Alcoholism is an acute alcohol poisoning resulting from the usually rapid drinks consumption of excessive alcoholic beverages. It is typically characterized by the inability to control alcoholic drinking, impairment of the ability to work and socialize, tendency to drink and engage in violent behavior, neglect of physical appearance and proper nutrition, and alcohol related illness.

Alcohol abuse refers to a long term addiction to alcohol. A person with condition does not know when or how to stop drinking. Alcoholics spend a lot of time thinking about alcohol and they cannot control how much they consume, even if it is causing serious problems at home, workplace and financially. Alcohol is a disease of the mind. This is consuming alcohol in large amounts causes the sufferer to inflict a range of damage on his or her personal life and health. Alcoholics are not able to stop drinking alcohol despite these negative consequences.

It is a physical dependence on alcohol to the extent that stopping alcohol use would bring on withdrawal symptoms. In popular and therapeutic parlance, the term may also be used to refer to ingrained drinking habits that cause health or social problems. Treatment requires first ending the physical dependence and then making lifestyle changes that help the individual avoid relapse. In some cases, medication and hospitalization are necessary. Alcohol dependence can have many serious effects on the brain, liver, and other organs of the body, some of which can lead to death. The term alcoholism refers to a disease known as alcohol dependence syndrome, the most severe stage of a group of drinking problems which begins with binge drinking and alcohol abuse.<sup>4</sup>

## **2.2 TYPES OF ALCOHOL PROBLEM**

Alcohol problems occur at different levels of severity, from mild and annoying to life-threatening. Although alcohol dependence (alcoholism) is the most severe stage, less severe drinking problems can also be dangerous.<sup>5</sup>

### **2.2.1 BINGE DRINKING**

Binge drinking means having five or more drinks in one session for men and four or more for women. Another informal definition for binge drinking is simply drinking to get drunk, although this usage is not clinically specific. Binge drinking is the most common drinking problem for young people under the age of 21.<sup>6</sup>

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<sup>4</sup> D. BURKE., *Alcoholism causes risks, factors and symptoms*, [https:// www. Healthline.com/ health/ Alcoholism/ basics](https://www.healthline.com/health/Alcoholism/basics) (accessed on 30<sup>th</sup> December, 2018).

<sup>5</sup> S. M., MALCLEAD - R. U. DIRNAG - CHALMERS. *Increasing Value and Reducing Waste, chapter 7*

<sup>6</sup> cf, J.D SINCLAIR. *The Irrationality Of Alcoholic Anonymous*,

## **2.2.2 ALCOHOL ABUSE**

Binge drinking turns into alcohol abuse when drinking begins to cause problems in an alcoholic daily life and the drinking continues anyway in other words, alcohol abuse is when an alcoholic continue to drink in spite of continued social, interpersonal, or legal difficulties. Alcohol abuse can result in missing time at school or work, neglecting children or household responsibilities or incurring legal problems including lawsuits from unpaid bills or criminal prosecution for public intoxication, drunk driving, or domestic violence.<sup>7</sup> Alcohol impairs one's judgment, and is more likely to do "something stupid" under the influence of alcohol than if you were stone-cold sober.

## **2.2.3 ALCOHOL DEPENDENCE**

Alcohol abuse becomes alcohol dependence when drinkers begin to experience a craving for alcohol, a loss of control of their drinking, withdrawal symptoms when they are not drinking and an increased tolerance to alcohol so that they have to drink more to achieve the same effect. Alcohol dependence is a chronic and often progressive disease that includes a strong need to drink despite repeated problems.

## **2.3 CAUSES OF ALCOHOLISM**

### **2.3.1 ALCOHOLISM IS A SPECIFIC TYPE OF ADDICTION.**

There is no one single cause of alcohol addiction. Instead, there are multiple causes that can be grouped into four basic categories. These four categories are: biological causes, psychological causes, socio-cultural causes, and spiritual causes. Psychologists call this the Bio-

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<sup>7</sup> J.KEITH., Alcoholism source book, 21

Psycho-Social and Spiritual Model of addiction. We generally understand these are all inter-related. Therefore, each of these four factors contributes in some manner to the formation of addiction.<sup>8</sup>

The biological causes of alcohol addiction include each person's unique physiology and genetics. People differ in the degree to which they like or dislike a particular addictive substance or activity. Some people may enjoy a substance or activity so much that it becomes very tempting and difficult to resist. Another person would not experience this difficulty because they do not experience a similar enjoyment. Likewise, the ability to temper impulsive desires with rational thought is a brain function that varies among different people. Some people may have a deficiency in their capacity to resist certain types of impulses.<sup>9</sup>

Thus, these folks would be at greater risk for developing an addiction because of their genetic vulnerability. Oddly enough, even normal human brain functioning, and its chemistry, make people vulnerable to addiction. Our normal brain chemistry and functioning motivate us to repeat behaviors that are pleasurable (for example sex, eating). The repetition of these behaviors ensured our species for survival. Unfortunately, it also makes human beings vulnerable to developing addictions to harmful substances and activities that are pleasurable.

Psychology also helps us to understand the causes of alcohol addiction. Addiction is a harmful behavior. Psychological research has helped us to understand why people repeat certain behaviors, even when these behaviors are harmful. This is because people learn to anticipate some benefit from the addiction even though it is harmful. These benefits can range from stress reduction, relief from boredom, pleasurable sensations, coping with negative feelings or situations,

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<sup>8</sup> D. BURKE. *Alcoholism; Causes, Risk, Factors and Symptoms*.

<sup>9</sup> M. GATHIGAH, *Kenya Struggles with Rising Alcoholism*.

or simply the benefit of avoiding withdrawal symptoms. People have varying abilities to cope with unpleasant emotions or circumstances.<sup>10</sup>

When people have poor coping skills they are more vulnerable to addiction. Likewise, people have varying degrees of stress and varying skills in stress reduction. People with high stress, that lack stress reduction skills, are also more vulnerable to addiction. Psychological research also helps us to understand that motivation is critical. Without sufficient motivation, people cannot easily change unhealthy behaviors. Simply being aware of an alcohol problem is usually insufficient motivation to discontinue unhealthy behavior. However, psychologists can help strengthen people's motivation through therapy and specialized techniques. Many psychological disorders such as depression and anxiety often co-occur with addiction. These other psychological disorders make people more vulnerable to addiction. This is because people may use alcohol to temporarily relieve the unpleasant symptoms of these disorders.<sup>11</sup>

Socio-cultural influences also contribute to the development of alcohol addiction. For our purposes, the term culture describes a group's learned and shared pattern of values and beliefs. These values and beliefs guide group members' behavior and their social interactions. When a culture accepts or tolerates drunkenness, the members of that culture are more vulnerable to addiction. The greatest social influence is the family. This is how culture is transmitted from one generation to the next. Children learn from their family members about alcohol use, or misuse.<sup>12</sup>

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<sup>10</sup> G.L. FISHER – T. C. HARRISON, *Substance Abuse*, 256

<sup>11</sup> M. SUDHINARASET, *Social and cultural contexts of alcohol use*

<sup>12</sup> L. K., CURRIE- MCGHEE., *Chronic alcohol*,9

### **2.3.2 SPIRITUALITY**

Spirituality is another causal factor that can determine whether an addiction develops and flourishes. Spirituality reflects a belief that life has a meaning and purpose. This definition is inclusive and respectful. It includes the many different, specific beliefs that people have about that meaning and purpose. For some people, spirituality includes specific beliefs that there is something bigger and greater than our individual existence. People might call this a higher power, God, many gods, the life force, the universe, Source, or Spirit (to name just a few). For other people, there is no higher power or religion attached to that belief.

These people derive meaning and purpose through a personal set of values and goals. The lack of a meaning and purpose in life leads to a disconnection from ourselves and each other. As addiction progresses this disconnection increases. This disconnection causes a failure to live in harmony with the universal laws or principles that ordinarily guide our behavior. These specific universal laws and principles may vary according to different faiths and religions. Nonetheless, the lack of a spiritual anchor can also lead to the development of an addiction.<sup>13</sup>

### **2.3.3 DRINKING AT AN EARLY AGE.**

Experimenting with alcohol at a young age can lead to problems later on in life, especially between ages twenty to thirty years. This is especially true when adolescents engage in frequent

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<sup>13</sup> J. D., SINCLAIR, *The Irrationality of Alcoholic Anonymous(AA)*

binge drinking. While drinking early on can increase the likelihood of alcohol abuse, alcoholism can affect anyone at any age.<sup>14</sup>

#### **2.3.4 FAMILY HISTORY WITH ALCOHOL ADDICTION.**

Growing up around family members and close relatives that suffer from alcoholism increases the risk of alcohol abuse for generations to come. When surrounded by people who drink excessively, there is likelihood of looking at alcohol use differently and fall victim to bad habits.

#### **2.3.5 HIGH LEVELS OF STRESS**

Drinking in an effort to reduce stress can quickly turn problematic. Career paths that are more likely to face high levels of stress due to long hours and strenuous tasks include doctors, nurses, emergency rescue workers, construction workers and military. It's important for professionals of any industry to find other ways to de-stress in order to prevent alcohol abuse.<sup>15</sup>

#### **2.3.6 PEER PRESSURE.**

When a partner or close friend frequently drinks, you may be more inclined to join them. Giving into peer pressure can lead to drinking problems down the road, as well as many health complications that arise from excessive alcohol consumption. Rather than feel the need to drink, offer to be designated driver.<sup>16</sup>

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<sup>14</sup> GATHIGAH M., *Kenya Struggles with Rising Alcoholism*.

<sup>15</sup> R.K. PAPAS., *Estimating Alcohol content*

<sup>16</sup> E. RAIKHEL., *Governing habits*,173

### **2.3.7 FREQUENT ALCOHOL CONSUMPTION OVER A LONG PERIOD.**

When drinking too much becomes a pattern, an alcoholic will greatly increase his or her chances of developing an alcohol related problem. The more an alcoholic drink, the more his or her body builds a tolerance to alcohol. Tolerance means consuming more alcohol to feel the same effects as the person used to feel with less.<sup>17</sup>

### **2.4 EFFECTS OF ALCOHOLISM**

Alcoholics in most cases lose their jobs and have poor performance because they lose the ability to concentrate. They are either demoted or dismissed from work and therefore they get frustrated after losing their jobs. They normally miss their work or come late on duty failing in responsibility. When people become alcoholics they are usually fired from their place of work by their bosses or employers. They keep on searching for jobs for they are unable to remain in their jobs.<sup>18</sup>

Poor parenting has been witnessed among couples with alcohol addiction, for instance, American Academy of experts in traumatic stress reported that families where alcohol is being abused the behavior is very unpredictable and communication unclear. Such families are characterized with chaos and domestic violence which threaten family life. The study indicates that children born from parents abusing alcohol are likely to have learning disabilities thereby

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<sup>17</sup> J. DUPUY, *integral recovery*

<sup>18</sup> P. N., KAITHURU, S., ASATSA, *Alcoholism and its impact on workforce*

affecting their education performance. Other alcohol related problems include disruption of family and social relationships, aggregation and emotion problems.<sup>19</sup>

According to the World Health Organization (WHO; 2014) alcohol consumption is responsible for approximately 5.9 percent of deaths worldwide and global lose of 139 million disabilities. In Kenya alcoholism among the youth has contributed to road accidents, low productivity in the formal and informal sectors, school dropouts, teenage pregnancy, prone to abuse other drugs as well and crimes such as theft, rape, abortion and defilement.<sup>20</sup>

Kenya is one of the leading developing nations experiencing a worrying trend of alcohol related problems. According to a study by Pamela Kaithuru and Stephen Asatsa (2015) on alcoholism and its impact on workforce in Kenya, alcohol has become a major threat and a challenge to a progressive economic development. Most employees who abuse alcohol show irregularity in work attendance, low productivity, hangovers, stress, financial problems, and health and safety risks. A survey report released on April 2016 by National Authority for Campaign against Alcohol and Drug abuse (NACADA) and student's campaign against Drugs (SCAD) revealed that 36% of students consume alcohol.<sup>21</sup>

A study by Simone, Teresa, Elizabeth and Suzanne (2013) also found that alcoholism contributes to poverty whereby in serious cases, there have been instances where alcoholics and their close family members lose their personal belongings, furnishings or even their homes. More expenses go to court fines and related expenses (Montarat et.al, 2009). Social influence and places

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<sup>19</sup> K., SIMONE, W., TERESA, A., ELIZABETH, S., SUZANNE, *Alcohol impact on health*

<sup>20</sup> Q. BAKKE, World health organization, Global status report on alcohol and health, *campaign development and solidarity*

<sup>21</sup> L., BENYAWA, Alcohol Abuse, National Authority for Campaign against Alcohol and Drug Abuse (NACADA)

can cause individual alcohol use within the contexts and environments where people live and interact. Societal influences its members through advertising, marketing and social media.

Youth exposed to alcohol advertisements tend to drink more on average than their peers who were exposed to less intensive alcohol.<sup>22</sup> Social media venues are most widely used by youth with 92% of teens reporting being online daily and 24% online is almost constantly.<sup>23</sup> Alcohol consumption can affect work performance in several ways; there is ample evidence that people with alcohol dependence and drinking problems are on sick leave more frequently than other employees.<sup>24</sup>

#### **2.4.1 WORK ACCIDENTS**

In Great Britain, up to 25% of workplace accidents and around 60% fatal accidents at work may be linked to alcohol. In India about 40% of work accidents have been attributed to alcohol abuse.

#### **2.4.2 PRODUCTIVITY**

Heavy drinking at work may reduce productivity. Performance at work may be affected both by the volume and pattern of drinking.

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<sup>22</sup> L., AMANDA, *teens social media technology*, Pew Research Center US

<sup>23</sup> V., ACHUKA, *Kenyan Culture*, Nation media group

<sup>24</sup> P., KAITHURU, *Alcoholism And Its Impact On Work Force*

### **2.4.3 UNEMPLOYMENT**

Heavy drinking or alcohol abuse may lead to unemployment. This can make someone more frustrated something which may accelerate the drinking.<sup>25</sup>

### **2.4.4 FAMILY LIFE**

Drinking can impair how a person performs as a parent, a partner as well as how s/he contributes to the functioning of the household, for instance through home accidents and violence. Children can suffer Fetal Alcohol Spectrum Disorder (FASD), when mothers drink during pregnancy. After birth, parental drinking can lead to child abuse and numerous other impacts on the child's social, psychological and economic environment. The impact of drinking on family can include substantial mental health problems, for other family members may experience problems such as anxiety, fear and depression.<sup>26</sup> Drinking outside home can mean less time spent at home. The financial costs of alcohol purchase and medical treatment, as well as lost wages can leave other family members destitute. When men drink it often primarily affects their mothers or partners who may need to contribute more to the income of the household and who run an increased risk of violence or HIV infection.<sup>27</sup>

## **2.5 LINK BETWEEN ALCOHOL AND POVERTY**

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<sup>25</sup> MORRIS AND CHAPMAN, *WHO Global Status Report on Alcohol*

<sup>26</sup> *Ibid*

<sup>27</sup> POZNYAK, VLADIMIR'S and REKVE, *World Health Organization, Global Status Report on Alcoholic and Health.*

The economic consequences of alcohol consumption can be severe, particularly for the poor people. Apart from money spent on drinks, heavy drinkers may suffer other economic problems such as lower wages, and loss of employment opportunities, increased medical and legal expenses, and decreased eligibility for loans. A survey in Sri Lanka indicated that for 7% of men the amount spent on alcohol exceeded their income.<sup>28</sup>

### **2.5.1 ALCOHOL AND VIOLENCE BETWEEN PARTNERS**

Alcohol plays a role in a substantial number of domestic incidents, especially in the case of abusing husbands. This happens mostly when both the offender and the victim have been drinking. Heavy drinking has been strongly linked to violence between partners and to a lesser extent to violence towards others, possibly because proximity increases the opportunities for violence.<sup>29</sup>

### **2.5.2 SOCIAL AND ECONOMIC COSTS**

It covers negative economic impacts of alcohol consumption on the material welfare of the society as a whole. They comprise both direct costs, the value of personal productivity services that are not delivered as a consequence of drinking. Estimating the costs of the impact of alcohol on material welfare of society is often difficult and requires estimates of the social costs of treatment, prevention, research, law enforcement, lost productivity and some measure of years and quality of life lost.<sup>30</sup>

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<sup>28</sup> Ibid

<sup>29</sup> Ibid

<sup>30</sup> Ibid

Social factors can contribute to a person's view of drinking. Someone's culture, religion, family, and work influence many of our behaviors, including drinking. Family plays the biggest role in a person's likelihood of developing alcoholism. Children who are exposed to alcohol abuse from an early age are more at risk of falling into a dangerous drinking pattern. It is more tempting for those in schools, to those starting college or a new job can make a person more susceptible to alcoholism. During these times, a person may be looking forward to make new friends and develop relationships with peers. The desire to fit in and be well liked may cause an alcoholic to participate in activities that normally would not partake in before coming to know it; alcoholics may be leading to every company (bar) happy hour, drinking more frequently and even craving alcohol after a long work day. <sup>31</sup>

Study done in Santa Barbara County, Sydney, Australia says that with regards to alcohol abuse and abuse issues there is an abundance of both protective factors and high risk factors. Among the many protective factors is the country's strong, diverse economy and collaborative political landscape. Additionally, there are a significant number of educational and social service resources available throughout each region of the county. <sup>32</sup>

However, much of the Santa Barbara economy is based upon industries, including winemaking, distilleries, tourism and hospitality, which can lend themselves to substance abuse. Furthermore, the county is marked by extremes of wealth and poverty. In high poverty of the county's population 40% of which are children, is a contributing risk factor. <sup>33</sup>

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<sup>31</sup> J., JUERGENS, T., SOLTESZ, *Alcohol causes and risk factors*

<sup>32</sup> V., PATEL and R., VELLEMAN, *Counseling for Alcohol problems*

<sup>33</sup> N., HEATHER, health CAP, *Addiction is brain disease*,

### **2.5.3 RELATIONSHIP BETWEEN ALCOHOLISM AND PARENTING**

It is widely accepted that early experiences have the ability to shape the ways in which we interact with others later in life. Adult children of alcoholics have significant difficulty recognizing their own needs and often are not able to have appropriate balance in their relationships with others. They are more likely to exhibit patterns of an insecure attachment style than their peers who were not raised in alcoholic homes. Insecure attachment refers to a maladaptive pattern of relating to others, which stems from fears related to the potential for rejection or abandonment. Individuals with insecure attachment have been found to be at greater risk for developing psychopathology throughout adulthood. Thus, adult children of alcoholics may exhibit the following insecure attachment patterns in their relationships with friends, co-workers, romantic partners, family members, and even their own children.

### **2.5.4 NORMALIZATION OF ALCOHOLISM.**

Because they may not have had a good example to follow from their childhood and potentially never experienced traditional or harmonious family relationships, adult children of alcoholics may have to guess at what it means to be "normal." Because alcohol use is normalized in families with alcoholism, children can often struggle to distinguish between good role models and bad ones. As a result, many will end up feeling conflicted, confused, and self-conscious when they realize that drinking is not considered normal in other families.

### **2.5.6 TRUST ISSUES.**

After growing up in an atmosphere where denial, lying, and keeping secrets may have been the norm, adult children of alcoholics can develop serious trust problems. Broken promises of the

past tell them that trusting someone will backfire on them in the future. As a result of trust issues or the lack of self-esteem, adult children of alcoholics will often struggle with romantic relationships or avoid getting close to others. If a child's of an alcoholic parent was mean or abusive when they were drunk, adult children can grow up with a fear of all angry people. They may spend their lives avoiding conflict or confrontation of any kind, worrying that it could turn to violent.<sup>34</sup>

### **2.5.7 SELF- JUDGMENT.**

Some adult children of alcoholics find it difficult to give themselves a break. If they had a tumultuous upbringing, they often don't feel adequate when comparing themselves to others and feel that they are never good enough. They may have little self-worth and low self-esteem and can develop deep feelings of inadequacy. Children of an alcoholic parent may find themselves thinking they are different from other people and therefore not good enough. Consequently, they may avoid social situations, have difficulty making friends, and isolate themselves as a result. Many adult children of alcoholics take themselves very seriously and can be their own worst critics, leading to anxiety, depression, and social isolation. It can often be difficult for an adult child of an alcoholic to lighten up at social gatherings when they associate these events with trauma, tension, or feelings of dread.

### **2.5.8 APPROVAL SEEKING BEHAVIORS**

In addition to judging themselves too harshly, some adult children of alcoholics constantly seek approval from others. They can become people-pleasers who are crushed if someone is not happy with them and live in fear of any kind of criticism. Perhaps to avoid criticism or the anger of their alcoholic parent, many children from alcoholic homes become super responsible or

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<sup>34</sup> DELYSE. M., *The impact of alcohol use disorders on Family life*

perfectionists and can become overachievers or workaholics. On the other hand, it is not uncommon for a person to go in the opposite direction, mirroring the same bad behaviors they may have witnessed during childhood. If an alcoholic parent was emotionally or physically unavailable, the adult child can develop a debilitating fear of abandonment and, as a result, hold on to toxic relationships just because they don't want to be alone.<sup>35</sup>

## **CONCLUSION**

Alcohol Abuse is the top problems confronting the Kenyan community, and many other nations today. Daily Nation reported that the country leads in beer consumption in the region with 56% of alcohol consumption (October 7<sup>th</sup>, 2014). The menace of alcohol abuse eating deep into the families the best people of our society spreading to the institutions, streets, and in offices. The family institution is hit harder causing many challenges such as dysfunctional, vulnerable, conflict, court cases, family breakdown, parental misuse, drunkard parents and inconsistency. It has affected the social, spiritual, and economic life of a person by creating problems for oneself, others and by disobeying God' law and the law of nature and by freely choosing death instead of life.

## **CHAPTER THREE**

### **THE CHURCH'S TEACHING ON ALCOHOLISM**

#### **INTRODUCTION**

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<sup>35</sup> H., SCHMIDT, *Recession and Alcohol outcomes*, 9-20.

In this chapter the researcher will give the biblical understanding of alcohol, the church view on alcoholism, code of canon law consensual incapacity, catechism of the Catholic Church, the Catholic Church and alcoholism, spirituality and finally conclusion.

### **3.1 BIBLICAL UNDERSTANDING OF ALCOHOL**

The Old Testament primarily uses two words for wine: *yayin* (more than 140 times) and *tirosh* (38). Where *tirosh* is used, no moral issues are involved. Indeed, *tirosh* is most often understood to be "new wine," and The New King James Version translates it as such 37 times. Therefore this study will be limited to major texts that use *yayin*. *Yayin* occurs throughout the Old Testament. Standard scholarly works define *yayin* as the fermented juice of the grape, indicating such to be the usage in Scriptures.<sup>36</sup> Although attempts are made to demonstrate that *yayin* can refer to fermented as well as unfermented grape juice, there simply is no proof for this

#### **3.1.1 ALCOHOL IN THE BIBLE**

Wine and other alcoholic drinks are mentioned frequently in the Old and New Testaments. The Bible uses the word, wine or strong drinks to refer to alcohol.

(Gen 14: 18) Melchizedek King of Salem and a Priest of the Most High God, brought out bread and wine, as he blessed Abraham. In the book of Deuteronomy God commanded the priestly tribe of Levites to include a portion of wine as a drink offering to the Lord. In Hebrew word strong

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<sup>36</sup> H., SEESEMAN, Theological Dictionary of the New Testament, vol.5 162-166

drink appears many times in the O.T. The strong drinks were made by fermenting grapes, dates and other fruits. In (Sam 16: 2) wines is used to refresh the exhausted.<sup>37</sup>

In (1Tim 5:23) say, take little wine for your stomach's sake, wine here becomes a medium of healing. In the Gospel of (Lk 10:34) the Good Samaritan pours wine, on the open wounds of the injured man to encourage healing of his wounds. Drunkenness is clearly prohibited in both O.T and in New Testaments of the Bible. It is listed among the sins of the flesh by Paul in (Gal 5:21). In (Eph 5:18) St Paul in his letter says, do not get drunk on wine, which leads to debauchery, instead, be filled with Holy Spirit. Taking one for the road is just a single drink that can become a slippery slope that leads them into dark pit (Mt 5: 30ff). Jesus in His teachings warned His followers not to be drunk. Jesus changes water into wine serving wine as an important part of Jewish wedding festivities as it is in many cultures of today. The divine act has more to do with blessing a marriage and saving a family from embarrassment than it does with endorsing debauchery.

Samson in the Bible and John the Baptist refrained from alcohol completely. John was chosen by God for unique mission to prepare the way for the messiah. He was set apart by God and commanded to abstain from alcohol. John Chrysostom told believers wine is the work of God, but drunkenness is the work of the devil. When used properly it sustains the health of a person but when drunk it destroys one's entire body. During the last supper wine became the blood of the new covenant and source of redemption and ongoing refreshment along with our spiritual journey.

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<sup>37</sup> W. L., HOLLADAY, *A Concise Hebrew and Aramaic Lexicon of the Old Testament*. 134.

In (Luke 7:34) the gospel says the son of Man came eating and drinking and you say He is a glutton and a drunkard, a friend of tax collectors and sinners. Jesus came to search the sick and the lost found at parties, dinners, and wedding celebrations and even in night clubs. God provides us with everything for our enjoyment, everything that God created was very good according to God's plan (Gen 1:31). St. Paul in his letter to the (Romans 13:13) says, do not get drunk with wine, for that is debauchery, but be filled with the Spirit of God.

### **3.2 THE CHURCH VIEW ON ALCOHOLISM**

The church says alcohol can have disastrous consequences if nothing is done about it. In 2013, 10,076 people died because of drunkard drivers or one death after every 52 minutes. Excessive alcohol consumption greatly impairs your ability to reason that means you are not your true self when you are drunk. While spiritual life strengthens our control over our bodily desires and avoids unhealthy attachment to material world.

The study carried out recently shows that Protestant Christians consume less alcohol but perceived great problems with the substance in contrast to Roman Catholic Christians who consume more. Alcohol was consumed to carry out religious duty (such as sanctifying the Sabbath with wine) prescribed and regularly practiced within Judaism. Jewish communities on the whole view alcohol consumption more negative in comparison to Protestant Christian groups. The church states that it is a sin when you consume alcohol in excess, for if we cannot properly make decisions, we go too far outside the law.<sup>38</sup> The National Highway Traffic Safety Administration Fars Data

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<sup>38</sup>W.S., Tseng, H., Nguyen, j., Liebowitz, Research Data, *Fatality Analysis Reporting System FARS*, 1

(2014) warned against drivers driving while drunk. Alcoholism in Church documents is considered as a condition in which the brain is violently abused and its use harmed.<sup>39</sup>

The abusive way of consuming alcohol causes harm in the family institution by making people divorce, separate, widows or widowed and all that which was organized and nurtured is distorted, leaving them sick and disturbed. An active spiritual living is an important protective factor against the use of alcohol. There has to be religious practices, commitment, beliefs, church involvement and the right understanding of God, healthier physical life for your family to avoid self destructive behavior such as suicide, smoking, drugs, alcohol abuse and other strange behaviors. Christian living helps you to develop high levels of hope and positive attitudes towards life and to keep you focused to God in your Christian life.

### **3.3 CODE OF CANON LAW**

The Church says that alcoholics are those who lack the sufficient use of reason. Canonists have long recognized that serious mental disorders or disturbances can incapacitate a person for performance of responsible human acts in general and for marital consent in particular. Those who suffer from a grave defect of discretion of judgment concerning the essential matrimonial rights and duties mutually to be handed over and accepted. Lack of due Discretion he/she lacks the ability to deliberate critically about this choice in the concrete.

#### **3.3.1 INABILITY TO ASSUME THE ESSENTIAL OBLIGATIONS OF MARRIAGE.**

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<sup>39</sup> C.1095, R., Lezohupski, *marriage Consent*, code of canon law, 249

Jurisprudence has long recognized that physical impotence, i.e. the incapacity to complete the marital act in a human manner; invalidates marriage, when the impotence is both antecedent to marriage and perpetual. Alcoholism is a disorder that can prevent a couple from fulfilling its obligations.

### **3.4 CATECHISM OF THE CATHOLIC CHURCH**

#### **3.4.1 RESPECT FOR THE DIGNITY OF PERSONS.**

The virtue of temperance disposes us to avoid every kind of excess; the abuse of food, alcohol, tobacco or medicine. Those incur grave guilt who, by drunkenness or a love of speed, endanger their own and others safety on the road, at sea, or in the air (CCC 2290).<sup>40</sup>

The Church continues to say do not get drunk for the sake of food which destroys the work of God. It is wrong to make others fall by what they eat or drink, it is not good to eat meat or drink wine or do anything that makes your brother or sister stumble especially alcohol. The spiritual factors for spiritual growth are prayer, sacraments, faith, and the word of God, Christ centeredness, compassion, loving relationships, spiritual discipline, obedient to the law of God and conversion.

Fasting is a prayer we make by abstaining from food for the purpose of focusing on God, relying on Him for wisdom and direction. It helps strengthen our control over our bodily desires and to avoid unhealthy attachment to the material world. Addiction makes us dependent on alcohol, but our true dependence should be on God who protects us from every evil circumstance. Alcohol should be taken as part of food with moderation which is simply a gift, not our end goal. Drinking should be a moment of joyful celebration and fellowship. We should not let it leave you

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<sup>40</sup> J., PAUL II, the *Catechism of the Catholic Church*, 487.

empty inside, instead, let it bring you together as it were sometime back with your fellow brothers and sisters.<sup>41</sup>

*Drink because you are happy, but never because you are miserable. Never drink when you are wretched without it, or you will be like the Grey-faced gin-drinker in the slum; but drink when you would be happy without it, anyway you will be like the laughing peasant of Italy. Never drink because you need it, for this is rational drinking, and the way to death and hell. But drink because you do not need it for this is irrational drinking, and the ancient health of the world. (G.K.Chesterton).*

### **3.5 THE CATHOLIC CHURCH AND ALCOHOLISM**

Pope Francis message at the close of the year of Mercy on 31/12/2017 in his response about alcoholism had this to say, when alcoholics lose their connection with God once hooked in addiction. They can restore their connection only through sobriety attained through the program which is reviewed as a spiritual program. Today alcohol is found in many families as sometimes our families act as a bar, alcohol is found in religious houses, parish houses, formation houses, in offices, in our car boots, and even in our pockets. This is from a quick summary of Pope Francis letter ending the year of mercy during the closing the Holy door of Saint Peter's Basilica.

Alcohol is cunning, powerful and baffling. It is a reality and has become normal to our life. Too much consumption of alcohol is harmful it leads into sickness and ultimately premature death. When it becomes an addiction, alcohol is able to alter one's brain and behavior without the awareness of the person concerned. It causes suffering to many couples and families, brings

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<sup>41</sup> J., BLACKBURN, *Catholic Answers*, John Paul the Great Catholic University

madness and creates dysfunctional families and societies around the world. An alcoholic denies that he drinks too much; he denies that his or her life is in a mess.<sup>42</sup>

Salvation comes only when one accepts it is a sickness. Alcoholics can be helped through advocacy, effective communication; proper information about alcoholism, this demon can be caged, says, the Holy Father Pope Francis. Alcoholism is a killer disease and the inherent dangers of alcohol will continue to violently rape and destroy our families which are the foundation of our church and society at large. Alcohol is causing suffering, pain, family stress, crime, marriage breakups (divorce) incest, rape in families and society, violence, fatal accidents, dysfunctional families, bad parenting and breeds immoral behavior in the society.

It creates irresponsible and alcoholic citizen who will die prematurely. He proposes that parishes should start spiritual programs such as alcoholic Anonymous (AA) as the recovery program for the suffering family members. An alcoholic at one time loses the family ties because most of his/her leisure moments are with other drunkards. If it is a man who is always drunk may come back home late in the night and leaves home when everyone is away may not even know the names of his children nor does he know how they live. As for a drunkard woman may become lazy, irresponsible and careless to manage the family.

The person suffers loss of close friendships making the person lonely and forcing them to look for social friends those they drink with. They lose spiritual beliefs; they no longer participate actively in the church and no longer go to church. When it is time for going to church they are

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<sup>42</sup> S., OBEMBE, *practical skills and clinical management of alcoholism and drug addiction*

either sleeping or drinking. They gradually lose their faith by stopping to pray when one is feeling high or has a hangover.<sup>43</sup>

## CONCLUSION

First, wine drinking is not a major issue in the Scriptures. Although wine appears throughout the Old Testament, only a few passages say anything about its use. In the majority of cases wine is simply a part of the scenery of the Old Testament, often mentioned along with "oil" and "bread." Wine is often used in a symbolic sense. Secondly, one of the major themes of Scripture is God's repeated attempts to win back His people from sin, rebellion, and death. Given this, and in light of the stories recounted here, it is apparent that wine drinking, and especially drunkenness, is not only not helpful but absolutely harmful to that endeavor of God. Those who argue that the Bible does not condemn the use of wine will look in vain for any teaching, story, or text that extols the virtues of wine. Granted, there are passages that speak, both literally and symbolically, of God's people using wine in celebrations over their lives. Perhaps such celebration use of wine had some corporately understood cultural (and religious?) symbolism among the Israelites that we are not aware of. But to use these texts as proof that the Bible does not condemn the use of wine is unwarranted.

One needs only to review the scriptural record of grief, trouble, and woe that the use of wine brought to individuals and families. Further, the Bible mentions wine both symbolically and literally more frequently in the context of judgment than in the context of celebrations. Now, to argue from numbers is weak, inconclusive, and unscholarly. However, those who point to texts

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<sup>43</sup> B. R., MAPUNDA, *The Catholic Church and Alcoholism*

that speak of wine in celebrations must also take cognizance of texts that place wine in a judgment context.

The primary purpose on earth is to praise and glorify God and to allow ourselves to be His ministers of reconciliation. That ministry reaches out to those both inside and outside the kingdom of God. It seems that the best way of engaging in that ministry is to do it free of alcohol or other drugs, giving heed to the counsel of the Apostle Peter: "Gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; as obedient children, not conforming yourselves to the former lusts, as in your ignorance; but as He who called you is holy, you also be holy in all your conduct"<sup>44</sup>

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<sup>44</sup> Support Bible info. What does the Bible say about wine and alcohol?

## **CHAPTER FOUR**

### **4.0 INTRODUCTION**

In this last chapter the researcher will give the conclusion and recommendation, on how to stop drinking, moderate social drinking plan, information dissemination, prevention education, alternatives, problem identification and referral, community based process and environmental approach, recommendation and general remarks.

### **4.1 HOW TO STOP DRINKING**

Ask the right questions. Stop asking yourself whether or not you are an alcoholic. Always stop the comparisons. They do you no good. That's not your life. Think of your future self. Picture yourself five years from now with the same drinking habits. Make resolution not to drink with the help of family members, friends, peer and workmates who are not drinking. Parents are to give morals and instill values to their growing children.

Disease prevention is a procedure through which individuals particularly those with risk factors for a disease are treated in order to prevent a disease from occurring. Prevention is better than cure means that it is better to stop something bad from happening than to deal with it after it has happened.

### **4.2 MODERATE SOCIAL DRINKING PLAN**

Set a realistic goal for your alcohol use. Keep an honest journal of your drinking. Always start with non alcoholic drink to quench your thirst. Never drink on an empty stomach. Alternate alcoholic and non alcoholic drinks. Remember to avoid heavy drinking situations. Keep our

countries high health care costs, crime, social ills including child abuse, neglect, chronic poverty, homelessness, teenage pregnancy, diseases, family breakup, free from alcohol, smoking, tobacco and other substances.

Some people who drink alcohol also smoke cigarettes because alcohol triggers smoking. It is good to stop or decrease your alcohol intake. If possible this is the best approach even for a little while. Get your smoker friends to help and get your non smoker friends to help. Create a smoke free zone at home. It would be good to use Nicotine replacement therapy (NRT).

#### **4.3 INFORMATION DISSEMINATION**

This strategy provides awareness knowledge of the nature and extent of alcohol and other drug use, abuse addiction and their effects on individuals, families, communities as well as information to increase perceptions of risk. It also provides knowledge and awareness of prevention policies, programs, seminars, conferences and services. It helps set and reinforce norms (example, underage drinking and drug dealers will not be tolerated in the neighborhood).

#### **4.4 PREVENTION EDUCATION**

This strategy aims to affect critical life and social skills, including decision making, refusal skills, critical analysis (example of media messages), and systematic and judgmental abilities.

#### **4.5 ALTERNATIVES**

This strategy provides for the participation of targeted populations in activities that exclude alcohol, and other drugs use especially with the youth. Constructive and healthy activities offset the attraction to or otherwise meet the needs usually filled by alcohol and other drugs.

#### **4.6 PROBLEM IDENTIFICATION AND REFFERAL**

This strategy calls for identification, education and counseling, for those youth who have indulged in age appropriate use of alcohol or who have indulged in the first use of illicit drugs. Activities under this strategy would include screening for tendencies toward substance abuse and refer for preventive treatment for curbing such tendencies.

#### **4.7 COMMUNITY BASED PROCESS**

This strategy aims to enhance the ability of the community to provide prevention and treatment services to alcohol and other drug use disorders more effectively. Activities include organizing, planning, enhancing efficiency and effectiveness of services, implementation, interagency, collaboration, and coalition building a networking, building healthy communities encourages healthy lifestyle choices.

#### **4.8 ENVIRONMENT APPROACH**

This strategy sets up or changes written and unwritten community standards, code, and attitudes. Influencing incidence and prevalence of alcohol and other drugs use problems in the general population, included are laws to restrict availability and access, price increases, and community wide actions.<sup>45</sup>

Workforce intervention can access specific groups that would otherwise be difficult to reach and, because most people are employed, to reach large population employers have a vested interest in keeping their employees to participate in prevention programs. They can therefore use their influence to encourage employees to participate in prevention programs. Many employers

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<sup>45</sup> M. A., MOLINA., *A community framework for preventing alcohol and other drug problems through a systematic approach*

should offer employee assistance programs to help employees deal with personal problems including substance abuse that might adversely affect their work performance, health and well being.

Employee assistance programs generally include assessment, short term, counseling and referral services for employees and their household members. Although employees primarily are treatment oriented, a survey of employee assistance professionals found that most believed that prevention should have a large role in such programs. These programs also include employer health plans that offer confidential alcohol screening services. Individual and environmental intervention strategies are two primary approaches to preventing substance abuse disorders. Some prevention interventions are designed to help individuals develop the intentions and skills to act in a healthy manner. Some focus on creating environments to support healthy behavior.

There are some ways suggested here in order to avoid abusing alcohol. Do not keep alcohol at home. Having alcohol at home makes it easy to drink without accountability especially if you live alone or have a tendency to drink privately. It is good to know one's limits. Make true friendship with those who do not drink. Make sure you find a support group apart from your Family members, make sure the sick enroll in medical treatment and proper diet. There are three levels of prevention; improving the overall health of the population.

Primary prevention is concerned with preventing the onset of disease; it aims to reduce the incidence of disease. It involves interventions that are applied before there is any evidence of disease or injury. Primary prevention may be aimed at individuals or at the whole communities. Prevention is better than cure because it literary prevent discomfort and costs of becoming sick or experiencing a similar preventable event. It also often takes less effort to prevent something than

to cure it, hence the popular expression “an ounce of prevention is worth a pound of cure” (Desiderius Erasmus).

Secondary prevention aims at reduce the impact of a disease, or injury that has already occurred. They carry out regular examinations and screening tests to detect disease in its earliest stages (for example Mammograms to detect breast cancer). This is trying to detect a disease early and prevent it from getting worse. Tertiary prevention is trying to improve quality of life and reduce the symptoms of a disease an alcoholic already have.

## **RECOMMENDATIONS**

The governing body should enact strong laws and policies regulating the availability of alcohol and drug control.

There should be an increase of rehabilitation centers in the country and affordable fee to enable more people to access them.

The government should train its people on dangers and harm brought about by alcohol. Since alcohol contributes most problems in families, the Ngo’s, government, churches, denominations, communities, local administration, individuals should fight daily the battle of alcoholism.

Empower NACADA and improve Alcoholic Anonymous services.

The Government ought to make policies for those importing beer in Kenya.

The divine law is very clear that wine and especially drunkenness is not only helpful but absolutely harmful to that endeavor of God.

The missionaries should reach out to those inside and outside the kingdom of God.

The employers should offer employees assistance programs to help employees deal with personal problems which affect their work performance, health and well being. Never drink alcohol and drive. Alcohol and other drug substances including cigarette smoking are harmful for human consumption. Let us keep Kenya free from alcoholism and all other drugs.

## **GENERAL CONCLUSION**

Alcohol abuse is the top cause of problems affecting our nation today by eating deep the cream of our society without mercy, it calls for combined efforts to curb the spread of the substance in our homes, in institutions, streets, and in offices. Alcoholism leaves our families dysfunctional, vulnerable, violence, cases, divorce or separation, accidents, health problems and eventually premature deaths. God created human person in His image and likeness to take care of our bodies and not to disfigure them with alcohol or any other drug. The effects of alcohol and other substances affect the brain, make one to sin, have negative implications and eventually premature deaths.

Alcohol causes more harm than good. The family institution experiences discomfort, misunderstanding, mistrust, violence, chaos, trauma, disability, abuse, disruption, cutoff relationships, communication, aggregation, emotional, and many other problems. Alcohol is quietly eating up the people and people do not seem to be taking it seriously as an alarming issue but accept it and watch as alcoholics slowly die and others continue drinking and getting drunk. Some of identified causes are biological, genetic, psychological (stress, depression, anxiety, tension and loneliness), social-cultural, spiritual, environmental, family history and peer pressure.

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