

A Paradigm Model of Children of Alcohol Abuse Parents Phenomenon

Temitayo Serah Abijo* Hussin Huzili Suhairi Hanif

School of Human Development and Technocommunication (IKOM), Universiti Malaysia Perlis, 02600 Arau, Perlis

Abstract

Presently, the wave of alcohol abuse in families in Nigeria has stretched to startling point just as only few is free of alcohol abuse and unfortunately, nothing is being done about it. Therefore, this study filled the knowledge gap in the phenomena of children of alcohol abuse parent by focusing on the factors that contribute to its development in the context of Nigeria. The study seeks to understand the antecedents, the context and prevailing conditions that influence it, as well as description of alcohol abuse phenomenon, the coping strategies and the consequences resulting from the coping strategies. In-depth interviews were conducted with 19 children and seven parents who were recruited through Alcohol Abuse and Family Support Agency. A grounded theory approach was adopted to analyze the transcribed interview data. Nvivo 10 software was used in analyzing the data by methodologically coding and categorizing the data in open, axial and selective coding. A paradigm model was obtained based on informants' personal comments and experiences which uniquely contributed to the body of knowledge on the phenomena of children of alcohol abuse parent in Nigeria. The significance of the study lies in an attempt to provide a working framework for reducing the effect of parental alcohol abuse on children that will eventually leads to frustration and abuse of alcohol. This study is planned to benefit all parties: parents, teachers, counselors and other stakeholders to minimize the effect of parent alcohol abuse on children.

Keywords: Alcohol abuse, Grounded theory, Paradigm model, children, Nvivo

1. Introduction

Alcohol abuse and other illicit activity remain significant issues that influence the lives of most Nigerians, therefore; the necessity for in-depth research becomes imperative. Alcohol abuse, according to Chweya and Auya (2014) is the wrong use or inappropriate use of chemical alcohols that are capable of changing functions of cells in the body. The abuse of alcohols, particularly within the family, has become a real social threat which cut across all part of Nigeria with children bearing the brunt mostly (Igidi, 2016). Based on the statistics of alcohol abuse in Nigeria, the Northwest has 37.47 percent of the alcohol abusers in the country, whereas the Southwest is ranked second with 17.32 percent. The south-East has been ranked third with 13.5 percent, while the North-central is 11.71 percent, and the North-east zone is rated 8.54 percent of the alcohol users in Nigeria (Akannam, 2008; Mamman, Othman, & Lian, 2014). However, in each of these zones, the devastating effects on the families are continuing to be get less consideration (Mamman, Othman, & Lian, 2014). In view of this therefore, this current study will explore the personal experiences and perceptions of children in alcohol abused family in the context of Nigeria. Therefore, alcohol, according to mental health experts, is a catalyst for crime, as most criminal acts are committed under the influence of alcohols (Ogbeboto, 2014).

Presently, alcohol abuse is one of the monster jeopardizing family structures. According to Igidi (2016) the spate of alcohol abuse in families in Nigeria has reached a disturbing point in light of the fact that at present, just few is free of alcohol abuse and sadly, nothing is being done about it. Similarly, Chweya and Auya (2014) lamented that in Nigeria, the circumstances appears there is high pervasiveness of alcohol use especially alcohol among family members and there is high probability that the frequency will continue to increase.

Additionally and most essentially, on the grounds that children commonly are highly attached to their parents, the affection relationship might reinforce the impact of family alcohol abused on the children. For instance, according to Reilly (1992) children are expected to behave in a manner that is not age - appropriate. Similarly, children of alcohol abused families may experience feelings of neglect, anxiety, fear, anger. More so, children are befuddled in the light of the fact that they cannot figure out the limitations of right and wrong. As a result, the problem translates to cognitive, behavioral, psychosocial, and emotional consequences for children (Turning Point, 2006). Most welfare professionals (79.6%) report that alcohol abuse causes or contributes to at least half of all cases of child maltreatment; 39.7% say it is a factor in over 75% of the cases (Reid, Macchetto & Foster, 1999).

Corroborating this, Abdu-Raheem (2013), the issue of alcohol abuse needs pressing responsiveness because of the startling rate and more so, that the children of these families who are innocently at risk receive less attention. According to National Academy of Sciences (1996) alcohol abuse can significantly affect the health of children who either are exposed to nicotine, alcohol, or illicit alcohols through parental alcohol abuse or experience childhood in an alcohol-abusing household. Similarly, Kendler, Ohlsson, Sundquist and Sundquist (2013) believed the widespread prevalence of illicit alcohol use which is high within the family presents another

indication of the need for continued research because it is a risk factor for children.

According to Uwe (2012) the climate conditions in the home have an extraordinary effect either adversely or favorably on the character of the children in that home, therefore, families could be said to be the strongest socializing forces of life. As noted by Sanni, Udoh, Okediji, Modo and Eze (2010), in alcohol free family, children are educated to shun undesirable behaviors, however on the contrary, in alcohol abused families, children can learn aggressive, antisocial and violent behaviors as well. That is the reason researchers (Goliath & Pretorius, 2016; Kemjika & Ojiugo, 2015; Taylor, Coall, Marquis, & Batten, 2016) inferred that it could be properly assumed that the standard of conducts young person came up with could be traced to their home background. In that light also, Taylor, et al., (2016) stressed that alcohol abused related family failure to adequately parent children places a tri-generational burden on society. In spite of this huge implication, there remains a disconnect between what is now known methodically about alcohol abuse and the public's understanding of and beliefs about abuse within the families and the magnitude to which what is known is in reality applied in public health situations and society at large (Kemjika & Ojiugo, 2015; National Academy of Sciences, 1996). Similarly, while governments are preoccupied with increasing economic growth and consequently concentrating most of their resources in that direction, ironically, alcohol and alcohol abuse threaten to erode those gains.

Reiterating the challenges surrounding the phenomena, Oshodi, Aina and Onajole (2010) described that, despite the wide-reaching concern as well as education about alcohol abuse, many families and adolescents have shown partial sensitivity to the adverse consequences on the children and society in general. More so, according to Makanjuola, Daramola and Obembe (2007), Aina and Olorunsola (2008), Buddy (2009), 9% to 10% of the national budgetary allocation for health is being consumed for treatment and rehabilitation of those with alcohol use problems in Nigeria. Similarly, attention is required in the light of the fact that in Nigeria the children of alcohol abused families have mainly remained hidden from view and rehabilitation. The harm done to them is also usually not traced directly to their families; consequently, the right strategies to handle the menace could not be identified.

In relation to this, the children of alcohol abused families are inclined to the danger of abusing alcohols themselves thereby sustaining the cycle of abuse (Chalder, Elgar & Bennett, 2006; Turning point, 2016). In view of this therefore, the lack of attention to the needs of children of alcohol users suggests that at a strategic level, neither the number of children involved nor the extent of their needs has yet been fully recognized (Cleaver, Nicholson, Tarr & Cleaver, 2007). Similarly, National Family and Parenting Institute and Alcohol Concern (2001) has indicated that less attention has been given to children of families in alcohol abuse, in spite of the fact that alcohol is involved in one-third of child abuse cases and 40 per cent of domestic violence incidents. Also, Strategy Unit (2004) disclosed that in UK, although there are between 780,000 and 1.3 million children who are affected by parental alcohol problems, the children are not given required attention. As noted by Chweya and Auya (2014) due to the stark effects linked with alcoholism in Nigeria as explained above then a knowledge gap exists regarding the effects on the children of alcohol abused families.

2. Research aims

This study's aims are to construct a grounded theory of the phenomena of children in alcohol abused families on the basis of the description of their own comprehensive experience. In this research, the approach offered by Strauss and Corbin (1990) was implemented. By so doing, the study explores and conceptualizes the phenomena and broadens the knowledge on children in alcohol abused family. Explicitly, the research aims go thus:

- To discover the context and the prevailing conditions that influence the antecedents of situation of children of alcohol abused families and their parents.
- To know the antecedents that contributes towards the occurrence of central phenomena.
- To discover the children and parents coping strategies.
- To understand the consequences resulting from the coping strategies.
- To come out with a "working hypothesis" or a paradigm model in order to churn out the whole plot of this phenomenon.

The substantive theory generated from the study describe the context, experiences, conditions and phases which will pioneer a new path for necessary action in tackling the phenomena. This study's exploration is due to a number of purposes. Firstly, due to inadequate research on children of alcohol abused families, this has resulted to low level of understanding regarding the phenomena. Secondly, previous studies have all a long directed attention at the outcome of school, street and work based alcohol abuse incidents. Thirdly, the problems of alcohol abuse at other different levels are usually not traced directly to their families; consequently, the right strategies to handle the menace have not been identified. Fourthly, while governments are preoccupied with increasing economic growth and consequently concentrating most of their resources in that direction, ironically, alcohol abuse threaten to erode those gains. And lastly, due to all these gaps, there is no clear cut theory or model specifically for children in alcohol abused families. Therefore, this study will be advancing knowledge on

these phenomena.

3. Research questions

In view of the problems and aims highlighted above, this study has provided the following research questions upon which the interview question rest on. First, what are the contexts and prevailing conditions that influence the antecedents of children in alcohol abused families and their parents? Second, what are the antecedents that contribute towards the occurrence of central phenomenon? Then the third research question is what are the coping strategies resulting of parents and children in alcohol abused families? Finally, the fourth research question is what are consequences resulting from the coping strategies taken by informants?

4. Significance of the study

This study is important in theoretical, methodological and practical to knowledge because the findings will be widely useful in providing deep and encompassing perspectives to the phenomena of children in alcohol abused families in Nigeria specifically and other similar countries in general.

Theoretically, this study will be contributing significantly to the body of knowledge in the sense that presently lack of substantive theory and wide-ranging data have continued to hinder full understanding of the phenomena of children in alcohol abused families. Methodologically, the exploration of the phenomena of alcohol abuse in families through a grounded theory and interview approach will benefit research and academic field greatly. It is also significant in view of the call to action in looking for new ways to examine and enhance the problematic challenge in alcohol abuse generally. In practical terms, it is imperative for policy maker and law enforcement agency such as National Alcohol Law Enforcement Agent to be aware of contexts, consequences and management strategies of the phenomena of children in alcohol abused families.

5. Children of alcohol abuse parents' phenomenon

Alcohol is generally referred to any natural or invented, lawful or unlawful element which is used to generate physical or mental effects in people or animals. Children of parent who abuse alcohol are categorized as an individual with at least one parent which is or was an alcoholic (Nordegren, 2002). Therefore, alcohol abuse denotes the use of drug in a technique that deters from appropriate health or social outlines in a specified culture (Cheloti & Gathumbi, 2016). On the word of Twain (2013), alcohol abuse is the constant and obsessive use of drugs that are considered addictive or illegal.

Furthermore, Lakhanpal and Agnihotri (2007) noted that alcohol abuse is described as illogical and over reliance on a certain drug to enhance daily activity. According to Oluremi (2012) alcohol misuse is the damaging use of mind changing drugs classify as unlawful drugs, that also comprise damaging use of lawful treatment drugs, for instance, self-medication. According to the National Institute on Drug Abuse (2014) alcohol abuse could also be categorized as a long-lasting, degenerating brain illness that is considered by neurotic drug seeking and use, in spite of the unsafe consequences. In relation to that Khodarahimi and Rezaye (2012) described alcohol abuse as a far-reaching disorder with numerous and negative lifelong effects on individual well-being, particularly that of children of abusers.

The present study had three imperative aims; one would be constructing a paradigm model that methodically relates five aspects of children of alcohol abuse parents' experience. These characteristics includes conditions that are antecedents of children of alcohol abuse parents, description of the phenomenon, situational circumstances affecting the phenomenon, approaches used by the children to take action and consequences of taking that action. Secondly, to scrutinize in details the effect of alcohol abuse on children in relation to the families. Previous research have all along directed attention at the outcomes of school, street and work place and problem of alcohol abuse at other levels are usually not traced directly to their families. On the contrary, the researcher believes that there may be favorable outcome of alcohol abuse if been directly traced to their families. The third purpose was to identify emergence factors that influence children of alcohol abused families. These factors would be appropriate objects of study in forthcoming research and may help to encourage theory improvement and testing.

6. Methodology

6.1 Participants

A total of 19 children of alcohol abusing parents whose age ranges between 10 and 21 years and seven (7) parents who abused alcohol participated in this study. Data were collected over a period of three months. These periods were selected because these are the periods that majority of the children are mostly home being holiday time in Nigeria. It is believed that these periods are when the children experience mostly the challenges of families' alcohol abuse. Most of the informants were recruited through Non-Governmental Organization (NGO) in the South West, Nigeria and other participants were picked through snow-balling technique as the children inform about others whose parents engage in alcohol abuse activities.

6.2 Procedure

Data were collected using grounded theory procedures described in Strauss and Corbin (1990, 1998). Creswell (1998) suggested that a standard grounded theory research will comprise 20 to 30 interviews that collectively saturate the categories that emerge during analysis. Data are accumulated in four phases that differ with regard to purpose and data collection strategies (Harry, Sturges, & Klingner, 2005) are summarized in Table 1. Analysis of data of current study were completed by using NVivo Version 10 Software as to meet the terms of "trustworthiness", "rigorousness", or "quality" of the data, therefore it is important that this are carried out in a thorough and transparent manner (Crawford, Leybourne & Arnott, 2000; Creswell, 1998; Kirk & Miller, 1986; Lincoln & Guba, 1985; Miles & Huberman, 1994; Seale, 1999). Therefore, using software in the data analysis process has been thought by some to add rigor to qualitative research (Richards & Richards, 1991).

Table 1: Four phase of data collection

Phase	Coding	Purpose
1	Open	Categorizes codes within categories for advance analysis
2	Axial	Specifies codes in detail; relay codes to one another to create themes
3	Selective	Creates paradigm model and discuss themes in relative to model; Establish plan that incorporates paradigm model
4	Selective	Test, certify and explain paradigm model until saturated; recognize surfacing principles constant with paradigm model; perform member checks.

The Phase 1 is open coding in the data analysis of a grounded theory. In open coding, the researcher forms initial five categories of information (antecedents of the alcohol abuse families, description of alcohol abuse, context and conditions that affect the children in alcohol abuse families, coping strategies, and consequences of alcohol abuse families' phenomenon) being studied, in this case, the children in alcohol abuse families, by segmenting the information (Strauss & Corbin, 2008). The main purpose of open coding is to differentiate significant topics of closer analysis and explanation (Strauss & Corbin, 1998). All interviews are based on open ended responses to the following questions. Emerging from the study's categories are 112 variety of initial themes on the basis of the five categories and codes then combined themes in a manner consistent with the interviews.

In Phase 2 which is axial coding, the categories generated in open coding are positioned within the theoretical model. The phase used clusters codes into themes and patterns related to a central phenomenon (the children in alcohol abuse families). Therefore, Phase 2 data collection has allowed the researcher to construct a better understanding of each of the five main components in the paradigm model (Strauss & Corbin, 1998). After a question had been addressed, the researcher probed specific categories that emerged during the analysis in Phase 1.

Furthermore, the researcher has identified a variety of initial themes on the basis of the five categories and codes then combined themes in a manner consistent with the interviews. Structured interviews were used in which each individual (children and parent) responded to the follow up questions and probes. Question 1 intended to explain a typical parental alcohol abuse situation while other questions were based on the questions presented in Phase 1 of data collection. Follow-up probe questions were included to focus in details on prominent categories mentioned during Phase 1.

The researcher identified a variety of initial themes on the basis of the five categories and codes then combined themes in a manner consistent with the interviews. It is important to note that Phase 2 provided the researcher with the opportunity to organize and label themes that could be tested in Phase 3. Therefore, macro-themes and themes identified in Phase 2 were viewed as tentative in nature, subject to revision or deletion in Phase 3.

In Phase 3 which is the selective coding, the researcher finally clarified categories into a storyline based on the interconnections of these categories (Creswell, 2007, Strauss & Corbin, 1998). Through this process the theory development was displayed as the more concrete aspects of the children in alcohol abuse families are refined and integrated into more theoretical and abstract ideas. Informants were interviewed using the in-depth interview from Phase 2 with several additional probes in each question which asked informants to elaborate on themes identified in Phase 2. These interviews served to reproduce vital codes and themes that were identified in Phases 1 and 2. A second purpose was to investigate the preliminary diagrams of the paradigm model and asked informants to comment on whether the model made sense to them as well as if it was consistent with their experience as children of alcohol abuse families. The third intention was to ask informants to refine or add to any of the categories, macrothemes, or themes in the paradigm model. Also, to require informants to discuss how the five categories in the paradigm model related to each other. Based on this, it was common for informants to discuss the relationship between one category (contextual conditions) and a second category (coping strategies) in a manner that shed light on the alcohol abuse in the families. This information assisted the researcher construct a plausible paradigm model that could be validated in Phase 4. A final goal was to construct a storyline, which consists of a descriptive story about the children of alcohol abuse families.

As a final point, Phase 4 was intended to verify and elucidate on the paradigm model constructed in Phase 3. Informants were asked to respond to a paradigm model based on responses in Phase 3. This phase of data collection served to conduct member checks on the preliminary paradigm model. Though, it was difficult getting a considerable number of the children to participate in the member checking, as well as paying attention to the confirmatory exercise but few of the adolescents were eventually made to answer whether the themes and macrothemes were plausible to them. The other intent for this phase was to solicit comments and reactions regarding the credibility of the paradigm model. Meanwhile, in line with the objective of the study, some of the parents were involved in the interview as informants. So, the Informants in Phase 4 were shown preliminary diagrams of the paradigm model and asked to comment on whether the model made sense to them and if it was consistent with their own experience as children of alcohol abuse families on one hand and if it covered their own behavior as alcohol abuser. A third purpose was to invite respondents to refine or add to any of the categories, macrothemes, or themes in the paradigm model. This concluding stage was meant to guarantee that the ultimate paradigm model attains saturation, reliability, as well as credibility (Maxwell, 1996).

6.3 Adequacy of current research procedure

The issue of rigor and quality, both in terms of the procedure and the results have been stressed by Strauss and Corbin (1999), Lomborg and Kirkevold (2003), Jeon (2004). Therefore, in order to obtain good results for this grounded theory, the current research followed Strauss & Corbin's (1990) submission that researchers should detail out the information concerning the research process outlined as seven criteria and specific questions for judging the adequacy.

Table 2: Strauss & Corbin's Research Process

Criterion number 1	The selection of original sample and justification of using purposive sampling.
Criterion number 2	Core categories surfaced.
Criterion number 3	Events, occurrences, actions and so on that revealed some these major categories.
Criterion number 4	Depiction of how theoretical formulations affected or guided the collection of data.
Criterion number 5	The elaboration with respect to the hypotheses and justifications for the establishment of connections amongst categories and the method to validation.
Criterion number 6	The accounting for discrepancies in the data and resulting theoretical modifications.
Criterion number 7	The rationale for the selection of the main or core category.

In this way, the table gives the analytic choices that happened within the present study in subtle elements. The documentation of data collection and analysis within each of the stages show the rationale of the coding techniques. This systematic management of data in the research procedure additionally exhibits the dependability of the research (Guba, 1981).

7. Result and interpretations

Findings are presented in two sections. The first section concentrates on the paradigm model constructed in phases 1-3 and validated in phase 4. The key objective of this section is to discuss themes that surfaced within each category and to relate these themes into an integrated plot that describes the process of cyberbullying. The second concentrates on factors that come to light resulting from the interviews and evaluation of the paradigm model by the informants in phase 4.

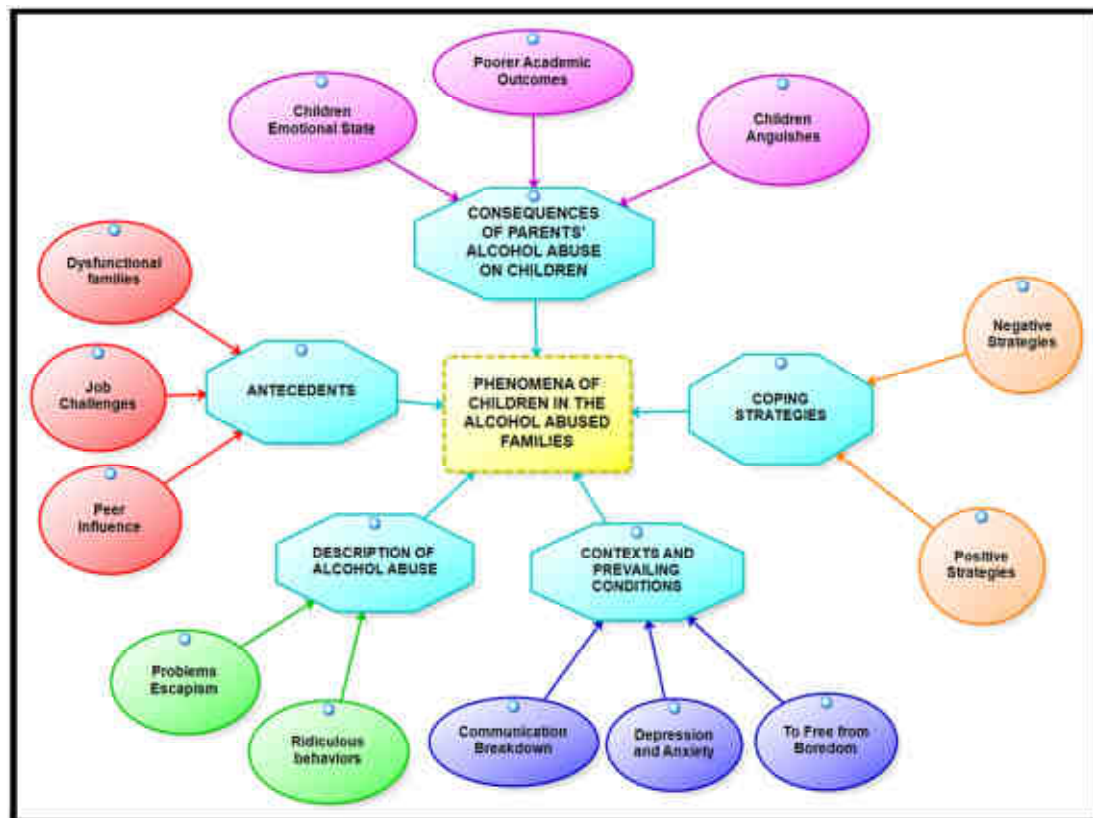


Figure 1: Main Themes and Subthemes of the phenomena of children in the alcohol abused families

Data analysis of informants (N = 26) (CAAF = 19, P = 7) (CAAF stands for code representing Children of Alcohol Abuse Families, while P stands for parents who abuse alcohol) using NVivo 10 discovered that the four main principles of occurrences on the phenomena of children in the alcohol abused families that were acknowledged in the literature review surfaced as the key concepts in this research. Alongside antecedents, phenomenon, contexts in addition to prevailing conditions, coping strategies as well as consequences, description of alcohol abuse also surfaced as significant conceptions. Figure 1 point out the main themes and subthemes that construct children alcohol abuse parent among informants. These themes are developed into a paradigm model during phase 4 data analysis and will be further discussed below.

7.1 A paradigm model of children of alcohol abuse parents phenomenon

This model shown in figure 2 includes antecedents of children in alcohol abuse families, the phenomenon, context and condition, coping strategies as well as consequences as results of coping strategies.

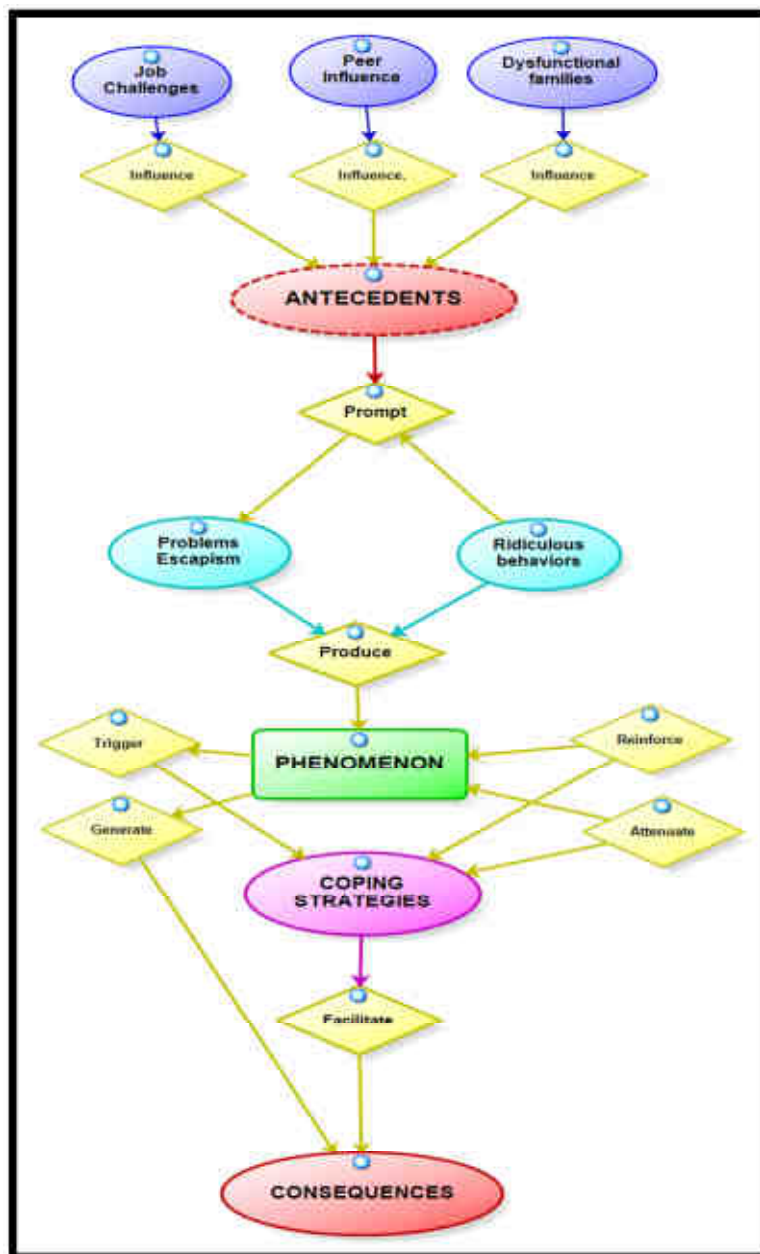


Figure 2: A Paradigm Model of the Phenomenon of children in alcohol abuse families

7.2 Antecedents of children of alcohol abuse parents

There may be numerous possibilities of antecedents of alcohol abuse in families; however, the analysis of the in-depth interviews using NVivo 10 software found that the informants attributed alcohol abuse in the families to three antecedents namely dysfunctional families, job challenges and peer influence.

Specifically, a family in disarray either as a result of broken home or other things have been identified as having the tendency for dysfunctional which can lead to any of the antecedents of alcohol abuse. Therefore, the evidence from this study's interviews showed that significant number of the interviewees view economic challenge as a motivating factor of alcohol abuse. One of the informants, aged 14, who happened to be a female, while disclosing the antecedent of her parent alcohol abuse said that aside the problem of promotion, he also felt that constant lack of money to take care of his family is a problem. Also, the study revealed that some informants claimed that marital discord is an impetus for alcohol abuse of some parents.

Job challenge is a serious problem in Nigeria, because a lot of people are upset with prevalent idleness. Being without a job in Nigeria is like a sickness that the treatment has not been known. Based on the findings of the study, one of the informants recounted that his father's alcohol abuse was as a result of him being fired at work. Also revealed from the perception of some parents who were involved in alcohol abuse is similar to that of

their children. A parent disclosed that he lost his job; frustration set in and could not perform his responsibilities. Similarly, emerged from the study's finding, some of the children of alcohol abuse parents attested to the fact that frustration due to promotion stagnation works as the antecedents to alcohol abuse which was also confirmed by one of the parents.

The researcher in the current study found that peer group influence is known to be an important stimulus in one's life; nonetheless, they are more serious when there is a challenge. The supremacy of the peer group is more vital once the family dealings are not close or helpful. Though, it becomes necessary to be aware that the kind of peer group one belongs has something to do with the kind of influence.

7.3 Description of alcohol abuse

Alcohol is as longstanding as human history besides its drinking in diverse socio-cultural settings spreads further than the last ten thousand years (Smart, 2007). However, in contemporary times, the pattern, amount as well as motive for consumption are shifting quickly, particularly among adults (Chikere & Mayowa, 2011). Therefore, alcoholism is a protracted disorder which manifests by obsessive drinking. This obsession leads to psychological in addition to physical dependence and perhaps addiction. Based on this, the effects of alcohol, when consumed unreasonably, can bring on ridiculous behavior that can cause major issues in a person's life.

From the perspectives of children of alcohol abusing parents, it is a major worry in view of the impacts on them. Similarly, according to Royce, Singleton, and Wolfson (2009) alcohol drinking is the main apprehension for parents, policymakers, teachers as well as public health officials. These concerns however emerged from findings of this study which was analyzed using NVivo 10 software.

The ridiculous conducts that arises as an import of damaging alcohol consumption cannot be deprived of in the present world. Generally, it has social, economic, health, mental as well as many other implications (Klingemann & Gmel, 2001). But most precisely, alcohol drinking has been connected to upsurge in violence as well as ridiculous behaviors at individual level and in local communities (Luginaah & Dakubo, 2003) which is virtually a daily incidence in Nigerian (Rotimi, 2005). In relation to this, the findings discovered the following ridiculous behaviors as the usual out of alcohol abuse among parents: Stimulate Nagging and Fighting, Influence Disorderly, and Coercive relationship.

It has been established according to Malibu (2018) that many alcoholics turn to their alcohol of choice as a way to escape realism. They mostly misuse a mood-altering substance, such as alcohol as a means to find respite from difficulties in their daily life, either connected to work, relationships, self-image, or financial difficulties. Meanwhile, the more they result to alcohol for problem escapism, the complex their risk of becoming an addiction in alcohol. The implication of this is that addicts often find themselves living a life of escaping, avoidance, as well as denial, which further prolongs their problem rather than solving it. Sadly, many parents battling with extreme emotional suffering, distress, or a mental health disorder result to alcohol as a solution. However, the alcohol offers an insignificant extent of respite, up until they are once again confronted with certainty. If they cannot acquire the assistance they need to overcome their issues then manage emotions in a healthy manner, they will just endure to try to escape certainty by taking drugs or drinking alcohol. Establishing this fact, one of the children of alcohol abusing family, revealed that alcohol is the genesis of their entire family crisis but to him, it is a source of fun.

7.4 Contexts and prevailing conditions

Pepper (1942) submits that the precise context of an experience is very vital towards understanding world. From the findings of the study, the researcher identifies two main macrothemes as context of alcohol abuse among the parents which are depression and anxiety as well as communication breakdown. However, during Stages 3 as well as 4 of the data collection procedure, the informants submitted that the need to be free from boredom was also one of the context for alcohol abuse and therefore was included as part of the themes.

Establishing the depression and anxiety as context for alcohol abuse among parents with a serious implication for children and family members, ADA (2016) highlighted further that the co-manifestation of alcohol misuse, is obvious among individuals who have social nervousness condition. Therefore, people with this malady account that alcohol aids diminish their social worry, even though it mostly makes it more problematic. Alcohol misuse commonly progresses after the beginning of this condition. Emerged from depression and anxiety as the context and prevailing condition of alcohol abuse were health problem which normally lead to frustration that eventually lead to alcohol abuse.

Alcohol-linked violence has attracted headlines with growing regularity, however not every person who consumes alcohol, even to surplus, becomes violent. In line with these views, this study discovered series of perceptions explaining the experiences of the children of alcohol abuse parent. For instance, one of the participants, aged 17, revealed how they dealt with such conditions by avoiding their alcohol abused parent whenever he comes home because he gets angry easily.

The researcher, in addition discovered that communication constantly opens with a readiness to interchange

thoughts on a topic in an approach of honesty and affection. But as soon as one of the most hazardous components in each of these communication problems anger, it becomes a challenge on the family especially the children. Communication breakdown could steer a family to determine that nothing can be fixed by chatting. As a result, this family will gradually become detached. Thus, alcohol misuse leads to huge costs to the addict, his or her family as well as the public.

Lastly, to free from boredom is another factor that influences the antecedents of children of alcohol abused families. Boredom, these days, has turned out to be a very usual problem. All and sundry becomes uninterested in recent days. And, the most horrible part of boredom is that, it can turn a very gifted, stimulating and resourceful person into such a whole good-for-nothing. Likewise, it turns out to be riskier when it ends up in loss of efficiency, uncertain restive mind, and poor health. Boredom has to be controlled once it is about to surface. Otherwise, it might produce negative influences on personal well-being, effort in addition to life. According to Bright Eye (2018) numerous people with alcohol complications are involve as a means of dealing with boredom. They don't have anything exciting to do, so they result alcohol as an alternative, and that keeps them entertained.

7.5 Coping strategy

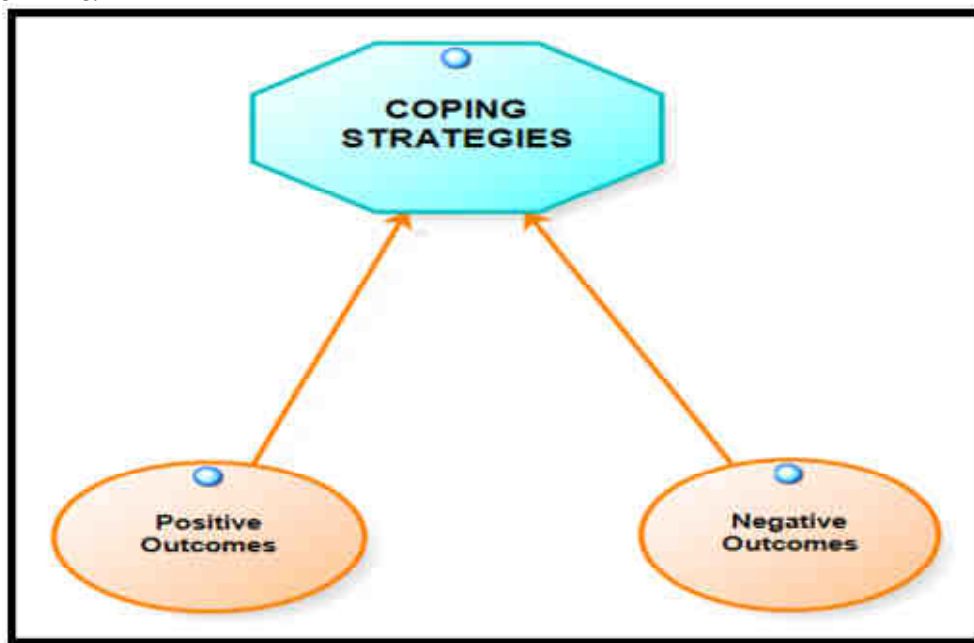


Figure 3: Coping strategies

In the context of this study, children who were nurtured in families with an alcoholic parent are prone to series of challenges that require coping strategies. As discovered from this study's finding, they are likely to suffer from a multitude of conduct as well as emotional concerns owing to their problematic household. More so, it emerged from the perceptions of the children of alcohol abusing parents that the impacts of alcoholism on the household spread further than the alcoholic alone. In actual fact, communication in families of alcoholics has a tendency to develop difficult the more the structure becomes dysfunctional. In view of this study coping strategies as shown in figure 3 can be either negative or positive which tallied with literature that specified both effective and ineffective coping strategies.

Active or positive coping is the means of using active steps to eliminate or avoid the stressor or to reduce its effects (Rohit, Rai & Bhatc, 2017). Concentrating on positive sides of a circumstances would be regarded a form of rational coping, even though involving in alcohol abuse or physically isolating oneself from the cause of stress would be regarded as behavioral coping. From the interviews, the researcher discovered that children of the alcohol abuse family use resilience as a coping strategy. Also from the findings, most children opined that they tried to come together as family with other family members to console each other as a response to the importance of forming bond as a coping strategy.

Alcohol misuse have tendency of serious consequence on children that are living in or are around the abuser over a long periods of time. Individuals who misuse alcohol are more probably going to be aggressive, rude and can turn out to ne irrational. This conduct will not only have implications on the abuser but also the children themselves. Children without coping abilities as well as logic of efficacy in relation to their consumption are possibly to face high levels of negative feelings and, therefore, may be at risk for demonstrating externalizing behaviors for the reason that they lack tactics for dealing with pressure and negative emotions. Most of the

participants, from the findings disclosed that they have to isolate themselves from the people as a way of reducing sadness.

7.6 Consequences

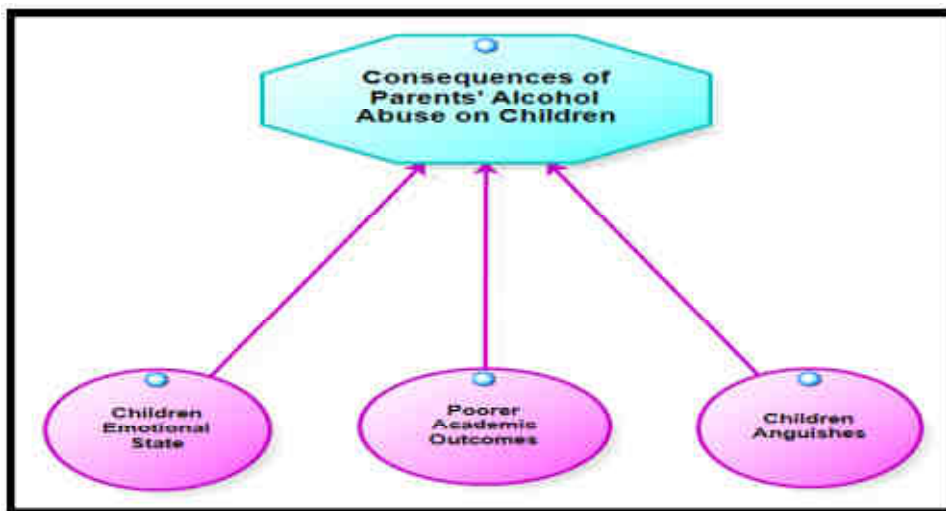


Figure 4: Consequences of Parental Alcohol Abuse on Children

Parental alcohol abuse has been christened a family infection, for the reason that the problem alcohol abuse has, families among which particularly vulnerable are children. Corroborating this view, Klingemann and Gmel (2001) established that the impacts of parental alcohol consumption extent broader than the individual drinking the alcohol, regularly impacting families, friends as well as contemporaries before any undesirable health concerns can be recognized in the drinker. Noting further, the impacts can be as detrimental to the household just as to the person consuming, and the children being the most affected. Based on the interview with the children of parents who abuse alcohol, it was discovered that some of them exhibit lower self-esteem. In correspondence with Christensen (1997), the researcher found that the stress related problems of children of parents that abuse alcohol was profound.

Parental alcoholism is regularly connected with lower academic operative as indicated in figure 4, comprising lower grade point averages, improved grade retention, and failure to pursue secondary education (Chassin, Barrera, Jr., & Montgomery, 1997; Burns, Solis, Shadur, & Hussong, 2013). Averagely, children whose parents are involved in alcoholism indicates weaker performance in reading, spelling, in addition to math during initial as well as middle childhood matched to their peers. Based on this study's finding, some children of the parent who abuse alcohol expressed their worries and unhappiness about the consequences on their schooling as they were faced with sponsorship challenge. In addition, the researcher found from the perception of the children of alcohol abused parent that academic poor performance which is as a result of school absenteeism is another consequences being faced by the children of alcohol abused parent.

7.7 The emergence factors of children of alcohol abuse parents

These factors clearly are interpretive in nature and involve advance exploration despite the fact that there was sound consistency among the respondents in this study. All things considered, most respondents delineated these factors imprudently and when asked honestly to assess these factors in phase 4 of this study using peer member checks, all respondents strongly agreed with them.

Children of alcohol abuse parents as well as the parents revealed in the course of this study that they thought there was a dearth of backing to help them anywhere within and far away except very few and inadequate support-based organizations. Most of the existing services don't focus beyond the immediate needs of those experiencing alcohol abuses but not the main need in the area of scholarship to study and be away from their parents (Burns, Solis, Shadur, & Husson, 2012). Most of the facilities centers are designed for the parents and adults but children are being incorporated in view of the emerging challenges. It becomes imperative to establish that the specific and quality of support that the children of alcohol abuse parents get will determine their future and eventually the future of the society.

Communication with children in the custody of alcohol abusing parents has not been given attention in spite of the increasing impact of this phenomenon on the children (Philip, 2016). In view of the enormity of the parental alcohol abuse, it was discovered that it has become imperative for government, Non-Governmental Organizations and parents to get their children to understand why drinking moderately is important and the reason only adults should drink. Children should be asked about how they feel concerning drinking alcohol.

Parents need to learn about their children's attitude toward it.

It was also discovered that while some parents are aware of the injury their consumption may be having on the household, others are not, repudiating that they have an alcohol problem, or not realizing the effect it can have on their children or on their own capacity to care for them. This emerged perception revealed that wrong strategies of communication have been applied previously consequently; children of alcohol abuse parents have been alienated from necessary education and awareness.

This study discovered that most of the families that have suffered the impact of alcohol abuse got to know of the right intervention and treatment later and the strategies adopted were not providing long lasting remedies. Therefore, early identification of children of alcohol abuse parents is imperative because, the consequences, as shown in the finding, of living with parent who abuse alcohol are serious, prevalent, and protracted, so it call for early identification and intervention to forestall the devastating impact of children. As noted earlier, most of the children interviewed had simply gain access to services when their condition had stretch to crisis point.

8. Discussion

8.1 Research limitation

The main limitation of this study is that all of the information derived was self-reported by the children of alcohol abuse parents who were all recruited through an NGO who is saddled with the responsibility of rehabilitating both the children and parents involved in alcohol abuse. Giving human nature, there is likelihood that these children were reporting only information necessary for stranger and putting up behaviors that was not true of their experiences or even over representing the incidents. Despite the fact that this possibility exists, the children were forthcoming to the satisfaction of the researcher. They described the antecedents of parents' alcohol abuse phenomenon.

Another limitation is that the paradigm model of the study is expected to disclose relationships among the differing aspects of the children experiences on parental alcohol abuse as opposed to propose a major association among the five components.

8.2 Recommendation for future research

The evidence in this study's report has highlighted extensive consequences of parental alcohol abuse. Therefore, the model generated from this study could guide further inquiries into areas of child impact including other hidden abuses, neglect, as well as other consequences, which can then inform specific protection and policy efforts.

One of the next steps stemming from this research is work on construct development to further define and develop the constructs in this study. Further testing of the model with a larger sample may reveal that more constructs should be included to refine the theory to provide a better understanding of the phenomenon. Constructs must be evaluated for how they will be operationalized and measured in order to test the theory from this research study. A scale can be developed based on the five categories of this study.

Another area for further study is more expanded theory testing. This exploratory study is an important first step. It provides more information regarding an understudied population. Closely linked to this and in view of the discovery of this study is the need for government to finance a national investigation that will provide the necessities of children of alcohol abusing parents.

Findings are based on the informants' perceptions concerning their experience from their parents' alcohol abuse as Creswell (1998) emphasized that one of the fundamental features of qualitative research is that it focuses on informants point of views and it is not expected to be generalized to a wider populace. Seeing that there are various issues which have emerged in the current research, the likelihood for further and advanced explorations are enormous.

8.3 Concern for children

A noteworthy strength of this study is that children of alcohol abusing parents, understudied population, were able to share their experiences in their own words. This made it possible for children's perceptions to be heard, without sieve or framing by the researcher. The informants were able to share their views on the phenomenon in an open-ended interview arrangement which provided time and space for them to share their views on the antecedents, description of alcohol, precedents, coping strategies and consequences.

While a few parents know about the harm their drinking might have on the family, others are not, they deny having an alcohol issue, or not realizing the effect it can have on their children or on their own capability to care for them. Some of the children admitted during the interview that their parents not knowing where to go for help or what might happen if they requested for help often prevent them from seeking guidance and had resulted them in seeking help at a later stage when their circumstance had worsened. To prevent this from happening information should be effectively opened to those that are in this predicament as well as those that are susceptible to the phenomenon.

Children depicted how they had regularly become unsettling or had been absenting in school, end up engaged with bad behavior, or began drinking themselves before anybody had noticed they have issues. To keep this from happening, all organizations working with children should know about the effect parental alcohol abuse can have on children and should be able to identify signs of a potential problem. Just like the Alcohol Abuse Education, Counselling and Rehabilitation Centers, other organizations ought to have suitable screening processes in place which will help to identify the risk factors and signs, including children inconsistency attendance at school, being particularly pulled back and hesitant to take an interest in activities, hesitant to talk about the home circumstance, deterioration in individual hygiene and appearance, loss of weight and so on. Where a parent alcohol abuse is identified at an early stage, interventions can be offered to forestall continuous damage to children, reduce the effect of the parents' behavior on the family as a whole and stop problems escalating.

Similarly, based on the interactions with the children and parents, that while parental alcohol abuse is harming it can be deduced that some children are more affected than others. For instance, in the analysis of the findings on coping strategy, it was discovered that when a child's resilience is increased, high self-esteem and social competence are sustained, problem-solving skills, and spiritual efficacy are enhanced, and the impact can be reduced. In view of these therefore, there is a need for support to improve school attendance and non-disciplinary methods if the youngster is late or absent due to caring of a parent or young siblings.

References

- Abdu-Raheem, B.O., 2013. Sociological Factors to Drug Abuse and the Effects on Secondary School Students' Academic Performance in Ekiti and Ondo States, Nigeria. *Contemporary Issues in Education Research*, 6(2), pp.233-240.
- ADAA (2016). Retrieved February 3, 2018.
- Aina, O.F. and Olorunshola, D.A., 2008. Alcohol and substance use portrayals in Nigerian video tapes: an analysis of 479 films and implications for public drug education. *International Quarterly of Community Health Education*, 28(1), pp.63-71.
- Akannam, T., 2008. North-West Rank Highest in Drug Addiction. Nigerian Drug Statistics by Zone. Retrieved May 5, 2012.
- Bright Eye 2018. Are you drinking to cope with boredom?. Retrieved January 12, 2018
- Buddy, T. 2009. The difference between alcohol use abuse. Retrieved 25 March, 2016
- Burns, A.R., Solis, J.M., Shadur, J.M. and Hussong, A.M., 2013. Comparing psychiatric symptoms among children of substance-abusing parents with different treatment histories. *Vulnerable children and youth studies*, 8(3), pp.258-271.
- Chalder, M., Elgar, F.J. and Bennett, P., 2005. Drinking and motivations to drink among adolescent children of parents with alcohol problems. *Alcohol and Alcoholism*, 41(1), pp.107-113.
- Chassin, L., Barrera, M. and Montgomery, H., 1997. Parental alcoholism as a risk factor. In *Handbook of children's coping* (pp. 101-129). Springer, Boston, MA.
- Cheloti, S.K. and Gathumbi, A.M., 2016. Curbing drug and substance abuse in secondary schools in Kenya; the disconnect in school community intervention strategies.
- Chikere, E.I. and Mayowa, M.O., 2011. Prevalence and perceived health effect of alcohol use among male undergraduate students in Owerri, South-East Nigeria: a descriptive cross-sectional study. *BMC Public health*, 11(1), p.118.
- Christensen, E., 1997. Aspects of a preventive approach to support children of alcoholics. *Child Abuse Review: Journal of the British Association for the Study and Prevention of Child Abuse and Neglect*, 6(1), pp.24-34.
- Chweya, M. and Auya, S., 2014. Socio-economic effects of alcoholism on families in Mukuru slum, Nairobi County. *International journal of innovation and scientific research*, 9(1), pp.35-39.
- Cleaver, H., Nicholson, D., Tarr, S. and Cleaver, D., 2008. Child protection, domestic violence and parental substance misuse: family experiences and effective practice: executive summary.
- Crawford, H.K., Leybourne, M.L. and Arnott, A., 2000, January. How we ensured rigor from a multi-site, multi-discipline, multi-researcher study. In *Forum Qualitative Sozialforschung/Forum: Qualitative Social Research* (Vol. 1, No. 1).
- Creswell, J.W., 1998. Qualitative inquiry and research design: Choosing among five tradition.
- Creswell, J.W., 2007. Five qualitative approaches to inquiry. *Qualitative inquiry and research design: Choosing among five approaches*, 2, pp.53-80.
- Corbin, J. and Strauss, A., 2008. Basics of qualitative research: Techniques and procedures for developing grounded theory.
- Goliath, V. and Pretorius, B., 2016. Peer risk and protective factors in adolescence: Implications for drug use prevention. *Social Work*, 52(1), pp.113-129.
- Guba, E.G., 1981. Criteria for assessing the trustworthiness of naturalistic inquiries. *Ectj*, 29(2), p.75.

- Harry, B., Sturges, K.M. and Klingner, J.K., 2005. Mapping the process: An exemplar of process and challenge in grounded theory analysis. *Educational researcher*, 34(2), pp.3-13.
- Igidi, T. 2016. Few families are alcohol free in Nigeria. Daily Trust Newspaper. Retrieved February 27, 2016.
- Institute of Medicine, 1996. Pathways of addiction: opportunities in drug abuse research.
- Jeon, Y.H., 2004. The application of grounded theory and symbolic interactionism. *Scandinavian journal of caring sciences*, 18(3), pp.249-256.
- Kemjika, O.G. and Ojiugo, A.B., 2015. INFLUENCE OF FAMILY DYSFUNCTION ON DRUG ABUSE OF ADOLESCENT STUDENTS OF UNITY SCHOOLS IN SOUTH-SOUTH ZONE NIGERIA. *European Journal of Psychological Research Vol*, 2(2).
- Kendler, K.S., Ohlsson, H., Sundquist, K. and Sundquist, J., 2013. Within-family environmental transmission of drug abuse: a Swedish national study. *JAMA psychiatry*, 70(2), pp.235-242.
- Khodarahimi, S. and Rezaye, A.M., 2012. The effects of psychopathology and personality on substance abuse in twelve-step treatment programme abstainers, opiate substance abusers and a control sample. *Heroin Addict Relat Clin Probl 2012; 14 (2): 35, 48.*
- Kirk, J., Miller, M.L. and Miller, M.L., 1986. *Reliability and validity in qualitative research* (Vol. 1). Sage.
- Klingemann, H. and Gmel, G. eds., 2001. *Mapping the social consequences of alcohol consumption*. Dordrecht: Kluwer Academic Publishers.
- Lakhanpal, P. and Agnihotri, A.K., 2007. Drug abuse an international problem: A short review with special reference to african continent. *Indian Journal of Forensic Medicine & Toxicology*, 1(1), pp.3-12.
- Lincoln, Y.S. and Guba, E.G., 1985. *Naturalistic inquiry*. Beverley Hills.
- Lomborg, K. and Kirkevold, M., 2003. Truth and validity in grounded theory—a reconsidered realist interpretation of the criteria: fit, work, relevance and modifiability. *Nursing Philosophy*, 4(3), pp.189-200.
- Luginaah, I. and Dakubo, C., 2003. Consumption and impacts of local brewed alcohol (akpeteshie) in the Upper West Region of Ghana: a public health tragedy. *Social Science & Medicine*, 57(9), pp.1747-1760.
- Makanjuola, A.B., Daramola, T.O. and Obembe, A.O., 2007. Psychoactive substance use among medical students in a Nigerian university. *World psychiatry*, 6(2), p.112.
- Malibu S. 2018. Why most addicts and alcoholics identify with an ‘escape of reality’.
- Mamman, H., Othman, A.T. and Lian, L.H., 2014. Adolescent’s and drugs abuse in Nigeria. *Journal of Biology, Agriculture and Healthcare*, 4(1), pp.5-9.
- Maxwell, J.A., 1996. *Qualitative research design* (Vol. 41). *Thousand Oaks*.
- Miles, M.B., Huberman, A.M., Huberman, M.A. and Huberman, M., 1994. *Qualitative data analysis: An expanded sourcebook*. sage.
- National Family and Parenting Institute and Alcohol Concern 2001. Putting the Children First: Helping Families to Deal with the Effects of Parent’s Heavy Drinking on Family Life. London: A National Family and Parenting Institute and Alcohol Concern publication.
- NIDA. 2014. *Drugs, Brains, and Behavior: The Science of Addiction*.
- Nordegren, T., 2002. *The AZ encyclopedia of alcohol and drug abuse*. Universal-Publishers.
- Ogbebo, W. 2014. Need To Rid Nigeria Of Alcohol Abuse. Leadership Newspaper. Retrieved January 21, 2016.
- Oluremi Fareo, D., 2012. DRUG ABUSE AMONG NIGERIAN ADOLESCENTS STRATEGIES FOR COUNSELLING. *Journal of International social research*, 5(20).
- Oshodi, O.Y., Aina, O.F. and Onajole, A.T., 2010. Substance use among secondary school students in an urban setting in Nigeria: prevalence and associated factors. *African journal of psychiatry*, 13(1).
- Pepper, S.C., 1942. *World hypotheses: A study in evidence*. Univ of California Press.
- Philip, J.K., 2016. *An investigation into the effects of single motherhood on socio-emotional development of children in Kalundu zone primary schools, Kitui county* (Doctoral dissertation).
- Reid, J., Macchetto, P., & Foster, S. 1999. *No Safe Haven: Children of Alcohol-Abusing Parents*. Center on Addiction and Alcohol Abuse at Columbia University.
- Reilly 1992. Impact of Alcohol Abuse on Families. Retrieved on April 14, 2016 from <http://www.ncbi.nlm.nih.gov/books/NBK64258/>.
- Richards, L. and Richards, T., 1991. Computing in qualitative analysis: a healthy development?. *Qualitative Health Research*, 1(2), pp.234-262.
- Rohit, V. Shwetha R. & Bhat, S. M., 2017. Factor Analysis of Coping Strategies among Subjects of Alcohol Dependence Syndrome: A Study at Tertiary Care Center. *J Alcohol Drug Depend*. 5(6):pp. 292.
- Rotimi, A., 2005. Violence in the citadel: The menace of secret cults in the Nigerian universities. *Nordic Journal of African Studies*, 14(1), pp.79-98.
- Royce, A., Singleton, Jr., Wolfson, A. R., 2009. Alcohol Consumption, Sleep, and academic performance among college students.
- Sanni, K.B., Udoh, N.A., Okedij, A.A., Modo, F.N. and Ezeh, L.N., 2010. Family types and juvenile delinquency issues among secondary school students in Akwa Ibom State, Nigeria: Counseling

- implications. *Journal of Social Sciences*, 23(1), pp.21-28.
- Seale, C., 1999. Quality in qualitative research. *Qualitative inquiry*, 5(4), pp.465-478.
- Smart, L., 2007. Alcohol and human health. Oxford: Oxford University Press.
- Strategy Unit, 2004. Alcohol Harm Reduction Strategy for England. London: Strategy Unit.
- Strauss, A. and Corbin, J.M., 1990. *Basics of qualitative research: Grounded theory procedures and techniques*. Sage Publications, Inc.
- Strauss, A. L., & Corbin, J., 1998. *Basics of qualitative research: Techniques and procedures for developing grounded theory*, Thousand Oaks, CA: Sage.
- Taylor, M.F., Coall, D., Marquis, R. and Batten, R., 2016. Drug addiction is a scourge on the earth and my grandchildren are its victims: The tough love and resilient growth exhibited by grandparents raising the children of drug-dependent mothers. *International Journal of Mental Health and Addiction*, 14(6), pp.937-951.
- Turning Point, 2016. Bottling it up the effects of alcohol misuse on children, parents and families.
- Turning Point, 2006. Bottling it up: The effects of alcohol misuse on children, parents and families
- Twain, A., 2013. Drugs - How to Spot the Warning Signs that a Friend or Family Member is Abusing Drugs and What You Should Do to Help Out, Magazine
- Uwe, E. A., 2012. Pre-marital and marital therapy as family homeostasis and counselling strategy for enhancing societal security: in Keynote and lead presentations at the annual international conference of the counselling Association of Nigeria. Kolo I. A (ed). pp 26-31.