

CORRELATES OF ALCOHOL USE AND DRUNKENNESS AMONG SECONDARY SCHOOL STUDENTS IN NIGERIA

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Background

Alcohol is the most used substance among adolescents in Nigeria. Studies conducted among secondary school adolescents found a worrisome prevalence of drinking. According to WHO report on alcohol and health, Nigeria ranks second for the heavy episodic drinking among senior secondary school adolescents in Africa. Moreover, risk factors for alcohol use among adolescents received poor attention in African countries. This study aimed to investigate correlates of drinking and drunkenness episodes among secondary school adolescents across the six geopolitical zones of Nigeria.

Methods

The survey involved 32 secondary schools and 4,078 pupils of six geo-political zones (SS, SW, SE, NC, NW and NE) and two metropolitan cities (Abuja and Lagos) between December 2015 and January 2016. Socio-demographic characteristics, parental alcohol use and permissiveness, friends' alcohol use, risk perceptions and beliefs were investigated as correlates of lifetime drinking and drunkenness through multilevel logistic regression models.

Results

The prevalence of lifetime drinking was 34.0%, while the prevalence of drunkenness episodes was 13.4%. Results of logistic regression models showed that male gender, living in family structure different from both parents' families, parental and friends' alcohol use, parental permissiveness to drink, risk perceptions and beliefs were associated with an increased probability of both drinking and getting drunk. Having more cars was only related with the probability of drinking but not with that of getting drunk.

Conclusions

Since young population is dominant in Nigeria, alcohol use could become a big public health problem in the future. Higher investment in adolescents' well-being through policy interventions and prevention programs addressing knowledge, risk perceptions, beliefs on consequences of alcohol use, and parental behaviours should be a priority for policy makers.

CORRELATES	Drinking (n=3,689) AOR* (95% CI)	Drunkenness (n=3,690) AOR* (95% CI)
Gender (ref: Girls)		
Boys	1.50 (1.25-1.79)	1.31 (1.01-1.69)
Age (Continuous)	0.98 (0.91-1.06)	1.02 (0.92-1.14)
Family possession of car (ref: None)		
One	1.26 (1.02-1.56)	1.20 (0.89-1.62)
Two or more	1.30 (1.04-1.63)	1.26 (0.92-1.72)
Family composition (ref: Both parents)		
One parent	1.37 (1.01-1.86)	1.03 (0.67-1.57)
Other	1.27 (1.08-1.50)	1.26 (1.00-1.58)
Parents drink alcohol (ref: No)		
Yes	3.00 (2.48-3.64)	2.64 (2.06-3.38)
Parental permissiveness to drink alcohol (ref: Wouldn't allow at all)		
Would not allow at home	2.46 (1.74-3.48)	2.12 (1.42-3.16)
Would allow	4.69 (2.62-8.40)	2.08 (1.21-3.59)
Don't know	3.00 (2.02-4.45)	1.91 (1.23-2.95)
Friends' drinking/drunkenness (ref: No)		
Yes	3.45 (2.79-4.27)¹	3.22 (2.38-4.38)²
Risk perception: drinking one or two drinks each week (ref: Great risk)		
Slight risk	1.43 (1.14-1.80)	1.39 (1.00-1.94)
No risk	1.88 (1.44-2.47)	1.43 (0.99-2.09)
Risk perception: drinking alcohol every day (ref: Great risk)		
Slight risk	1.53 (1.19-1.97)	1.58 (1.16-2.17)
No risk	1.84 (1.22-2.78)	2.19 (1.32-3.62)
Positive beliefs on alcohol (ref: Low)		
Middle/High	1.24 (1.05-1.46)	1.45 (1.15-1.84)

¹Friends drinking alcohol
²Friends getting drunk
*AOR – Adjusted odds ratios

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