

# RISKY SEXUAL BEHAVIOUR ASSOCIATED WITH ALCOHOL CONSUMPTION AMONG MALES AND FEMALES IN JOS, NIGERIA

\*M.A. Bankat, C. Piwuna, \*\*Joseph L. Kosen, \*\*\*Tony R. Gyang

Correspondence to:

Mr. M.A. Bankat

\*Department of Psychiatry, Jos University Teaching Hospital

Email: [otonabankat@gmail.com](mailto:otonabankat@gmail.com)

Tel: +2348036556226

\*\*Department of Psychology, University of Jos.

\*\*\*Department of Psychology, Plateau State University,  
Bokkos, Plateau State.

## ABSTRACT:

**BACKGROUND:** The consumption of alcoholic beverages has been known to be responsible for several negative forms, of behavior, actions, attitudes and social ills. The link between alcohol consumption and risky sexual behavior has also been established. As the scourge of HIV ravages the population, the link between alcohol consumption and related risky sexual behavior in the Jos population becomes relevant and imperative. This is in view of the fact that there has been an increase in the incidence and prevalence rate of HIV in Plateau State in recent times.

**OBJECTIVE:** The objective of the study is to find out gender difference in alcohol consumption, and risky sexual behaviors in Jos.

**METHOD:** To achieve the objectives of this study 318 males who fall within the age range 18-60 and 318 females who fall within the age range 17-69 were randomly drawn from Jos metropolis and environs, Participate were interviewed in beer parlors and residential areas, four research hypotheses were formulated to guide the study.

**RESULT:** Of the four result hypotheses, only the second was supported. There was a significant difference in the number of extra- sexual partners kept by males and females who consume alcoholic beverages ( $\chi^2 = 10.72 > p.05 = 7.52$ ), it was also found that there is a significant relationship; between the desire for sexual intercourse and actual intercourse; for both sexes. Relationship between sexual intercourse and the use of condom for the males was significant. The relationship between caring to know the HIV status of the sexual partner before engaging in the sexual act was not significant for both sexes.

**CONCLUSION:** The study found that alcohol consumption makes people to actually engage in the sexual act and risky sexual behavior. Engaging in these risky behaviors can be implicated in the spread of HIV.

**KEYWORD:** Risky sexual behaviour, Alcohol consumption, Male / Female.

## INTRODUCTION

Alcohol consumption has been known to influence people's sexual feelings and leads to risky sexual behavior. This is because alcohol alters much of peoples' consciousness (1). The link between alcohol consumption and risky sexual behavior has been established by several researchers. In a study of college students in New York,( 2) found that ¼ of the students reported that they had engaged in either unintended or unprotected sexual activity at least once as a result of drinking alcohol during the

previous year, with 15% of males and 10% of female reporting multiple occurrence. A study of a South-Eastern College undergraduate by (3) found that the students have had several sexual intercourse as a result of the influence of alcohol. Similarly earlier studies by (4), (5) found uncreated relationship between alcohol consumption and high risky sexual behaviors, such as having multiple sex partners, unprotected sexual intercourse and sex with high

risk partners.

The relationship between alcohol consumption and risky sexual behavior has been found by several researchers, studies by (6), (7) had found that adolescents who use alcohol and drugs were more likely to have more sexual partners, more casual sex partners and higher risk of sexually transmitted diseases and HIV. (8) had pointed out that research results have demonstrated that the use of alcohol and other substance of abuse is a factor in the spread of HIV and (9) reported that several studies indicated that alcohol consumption is associated with high risk sexual behavior and that alcohol consumption appears to be a factor for potential exposure to HIV and relapse into high risk sexual activities. Furthermore, (10) reported that drinking alcohol and its abuse significantly increase the risk of the spread of HIV and behavior that transmit HIV from individual to individual, with the abuse particularly increasing the difficulty of preventing people from engaging in sex.

The danger posed to mankind by HIV and risky behavior that will lead to the spread of the virus is an established fact. What matters is whether the effect of alcohol on people's sexual behavior is the same across the globe. It is in the light of this that this study is intended to:

- (i) Determine the frequency of alcohol consumption among males and females
- (ii) To find out whether males and females do engage in sexual intercourse with extra-sexual partners when they have consume alcohol.
- (iv) To find out whether males and females use condom when they engage in sexual intercourse with extra-sexual partners after the consumption of alcohol.
- (v) To find out whether males and females who consume alcohol keep multiple sexual partners.
- (vi) To also find out whether males and females who engage in extra-sexual activity care to know the HIV status of their sexual partners.

To achieve the above objectives, four research hypothesis were formulated to guide the research. The hypotheses are:

- I. There is a significant difference between the males and females who engage in sexual intercourse when consuming alcohol
- ii. There is a significant difference in the number of extra-sexual partners kept by males and female who consume alcohol
- iii. There is a significant difference in condom

use between males and females during sexual intercourse with extra-sexual partners

- iv. There is a significant difference in the number of males and females who care to know the HIV status of their extra-sexual partners when they have consume alcohol.

## **METHOD**

### **Participants:**

Six hundred and thirty six (636) participants randomly drawn from Jos metropolis and environs were administered the alcohol questionnaire. This sample comprised of 318 males who fell within the age range 18-60 and 318 females who fell within the age range 17-69.

### **Material:**

Carefully constructed alcohol research questionnaire was used for the purpose of data collection. In constructing the questionnaire, the guidelines for the construction of questionnaire specified by (10), (11) were meticulously followed. The questionnaire contained three parts. Section A contained items to elicit information on the types of alcohol usually consumed, the frequency of consumption, time usually spend in the consumption of alcohol, reasons for alcohol consumption. Part B contained seven items. These items were to tap information on the types of feelings usually experienced when drinking, desire for sexual intercourse when drinking, actual engagement in sexual intercourse when drinking, use of condom when engaging in sexual intercourse with an y of the multiple sexual partners, number of extra-sexual partners kept by the participants and their desire to know the HIV status of the extra sexual partners when engaging in sexual affairs with them. In this section, the respondents were to indicate the frequency of such behaviors in the response categories of No, sometimes, most of the times and always. Section C is the demographic section.

### **PROCEDURE:**

Participants were met at different points. These included drinking parlours and residential homes. At each of these points, participants were introduced to the purpose of the research and to obtain their concents and willingness to participate in the study. Participants who were willing to participate in the study were interviewed following the items one after another. One question was asked at a time and the response noted down before the succeeding one was asked. Each participant was interviewed at a time and separately. The interview

was conducted in English language for those who could understand the language while those who could not understand English were interviewed in

Hausa language. Time that was used to interview each participant was between 10 – 15 minutes.

**DEMOGRAPHIC DATA – AGE**

S/No.	Age Range	FREQUENCY	
		No. of Males	No. of Females
1.	10 – 19	21	7
2.	20 – 29	127	200
3.	30 – 39	99	77
4.	40 – 49	53	29
5.	50 – 59	11	2
6.	60 – 69	7	3

**DEMOGRAPHIC INFORMATION**

**GENDER**

S/No.	Religion	Males	Females
1.	Christianity	311	308
2.	Islam	7	10

**MARITAL STATUS**

1.	Single	162	151
2.	Married	125	73
3.	Separated	21	47
4.	Divorced	4	3
5.	Widowed	6	44

**EDUCATIONAL STANDARD**

1.	No formal education	12	25
2.	Primary education	22	40
3.	Senior secondary school	97	100
4.	A’L/OND/NCE	108	95
5.	HND	40	33
6.	Degree	34	23
7.	Post Graduate	5	Nil

### OCCUPATION

1.	Student	66	86
2.	Business	68	62
3.	Civil Servants	120	92
4.	Unemployed	64	62
5.	House wife	-	16

### RESULTS

**Table I:** Frequency of Alcohol Consumption

S/NO.	Frequency of Consumption	No. of Males	No. of Females	Differences
1	Once a month	23	13	10
2	2 -4 times a week	41	34	7
3	Once a week	58	67	-9
4	2 – 6 times a week	90	86	4
5	Every day	107	116	-9
<b>TOTAL</b>		<b>318</b>	<b>318</b>	

**Table II:** Frequency of engagement in sexual intercourse when alcohol is consumed

S/No.	Frequency of Sexual Engagement	No. of Males	No. of Females
1	No sexual intercourse	93	116
2	Sometimes	116	148
3	Most of the times	52	20
4	Always	27	34
<b>TOTAL</b>		<b>318</b>	<b>318</b>

Summary table of t-test unrelated for differences in sexual engagement when alcohol is consumed.

Mean A	Mean B	df	t_test value	Critical value	Level of Sig.
0.98	0.90	634	0.08	1.96	0.05
				2.34	0.01

$$t < 0.01 / 0.05$$

Mean A = Mean for the males

Mean B = Mean for the females

**Table III:** Number of Extra-Sexual Partners kept by respondents

S/No.	Number of Extra-Sexual Partners kept	No. of Males	No. of Females
1	Do not keep extra-sexual partners	166	140
2	Keep 1-3 partners	121	138
3	Keep 4-6 partners	21	15
4	Keep above 7 partners	10	25
<b>TOTAL</b>		<b>318</b>	<b>318</b>

Chi-Square Summary table for difference in Extra-sexual partners kept by respondents

No. of Males	No. of Females	df	X <sup>2</sup> Value	Critical value	Level of Sig.
318	318	3	10.72	7.32	0.05
				3.84	0.01

$$X^2 > 0.01 / 0.05$$

**Table IV:** Use of Condom during sexual intercourse with extra-sexual partners

S/No.	Frequency of Use of Condom during Sex	No. of Males	No. of Females
1	Do not use condom	86	112
2	Use condom sometimes	76	59
3	Use condom most of the times	51	21
4	Use condom always	105	116
<b>TOTAL</b>		<b>318</b>	<b>318</b>

Summary table of t-test unrelated for differences in condom use by respondents during sexual intercourse with extra-sexual partners.

Mean A	Mean B	df	t-test value	Critical value	Level of Sig.
1.55	1.44	634	0.09	1.96	0.05
				2.52	0.01

$$t < 0.01 / 0.05$$

Mean A = Mean of the males

Mean B = Mean of the females

**Table V:** Interest in knowing the HIV status of the extra-sexual partners by respondents before engaging in sexual intercourse.

S/No.	Frequency of Interest in knowing the HIV status	No. of Males	No. of Females
1	Do no care to know	86	112
2	Care to know sometimes	58	52
3	Care to know most of the times	70	35
4	Care to know always	164	119
<b>TOTAL</b>		<b>318</b>	<b>318</b>

t-test unrelated summary table for differences in the interest of respondents to know the HIV status of their extra-sexual partners.

Mean A	Mean B	df	t-test value	Critical value	Level of Sig.
1.62	1.55	634	0.03	1.96	0.05
				2.52	0.01

$$t < 0.01 / 0.05$$

Mean A = Mean of the males

Mean B = Mean of the female

**Correlational Summary Table of Relationship between Alcohol Consumption and Risky Sexual behavior**

S/No.	Type of Relationship	No. of Males	No. of Females	df for Males	df for Females	r-value for Males	r-value for Females	Critical Values
1	Relationship between desires for sexual activity and actual sexual intercourse	318	318	316	316	0.30	0.63	0.1946
2	Relationship between engagement in sexual intercourse and use of condom during sexual activity with extra-sexual partners	318	318	316	316	0.34	0.14	0.1946
3	Relationship between sexual intercourse with extra-sexual partners and the desire to know the HIV status of the extra-sexual partners by respondents.	318	318	316	316	0.06	0.15	0.1946

**DISCUSSION**

The results of this study show a number of revelations. The four research hypotheses were not supported by the result except the second hypothesis. The second hypothesis states that: there will be a significant difference in the number of extra-sexual partners kept by males and females who consume alcohol. Indeed, there was a significant difference in the number of extra-sexual partners kept by males and females who consume alcohol ( $X^2 = 10.72 > 0.05 = 7.52$ ). The first hypothesis which states that there will be a significant difference between the males and females who engage in sexual intercourse when consuming alcohol was also not supported ( $t = 0.05 < 0.05 = 1.96$ ). This indicates that there was no significant difference between males and females who engage in sexual intercourse when consuming alcohol. The remaining two hypotheses were not supported by the study. Hypothesis three which states that; there will be a significant difference in condom use between males and females during sexual intercourse with extra-sexual partners when consuming alcohol was not supported ( $t = 0.09 < 0.05 = 1.96$ ). The fourth hypothesis was intended to test the difference between the desires of respondents to know the HIV status of their extra-sexual partners before engaging in sexual intercourse with them. This was also not supported ( $t = 0.03 < 0.05 = 1.96$ ). This means that there was

no difference between males and females who care to know the HIV status of their extra-sexual partners before engaging in sexual activity with them. In general, the result of the study indicates that there is no significant difference in the frequency of alcohol consumption between males and females who consume alcohol and the risky sexual behaviors that accompany alcohol consumption.

In the absence of a significant difference in the way alcohol affects the respondents engagement in risky sexual behaviour, a correlational analysis was ran to find out the relationship between desire for sexual intercourse and actual sexual intercourse, between engaging in sexual intercourse with many sexual partners without the use of condom, keeping multiple sexual partners and engaging in sexual intercourse with them without caring to know their HIV status. The result shows that there is a significant relationship between the desire for sexual intercourse when alcohol is consumed and actual sexual activity for both the male and female groups ( $r = 0.30 > 0.05 = 0.19$  and  $r = 0.62 > 0.05 = 0.19$  respectively). The relationship between sexual intercourse with extra-sexual partners when consuming alcohol and the use of condom was significant for the males but not significant for the females ( $r = 0.34 > 0.05 = 0.19$  and  $r = 0.14 < 0.05 = 0.19$  respectively). This indicates that for the



females, the use of condom when having sexual intercourse with their extra-sexual partners may not be of great concern to them. Similarly, the relationship between engaging in sexual intercourse with the extra-sexual partners and the desire of males or females to know the HIV status of their sexual partners is not significant. The “r” value of the male group at the 0.05 level of significance is 0.06 while that of the female is 0.15 less than the 0.19 critical level results. This result shows that both males and females are usually not bothered to know the HIV status of their extra-sexual partners before engaging in sexual intercourse when consuming alcohol.

The result of this study is similar to what (3) found among students of a South-Eastern College undergraduates who reported having engaged in sexual intercourse as a result of the influence of alcohol. (2) had found a similar result among the New York students where  $\frac{1}{4}$  reported having engaged in unintended or unprotected sex as a result of alcohol consumption; with 15% of the males and 10% of the females reporting multiple occurrences. In this study 36.47%, 16.35% and 8.49% of the males indicated engaging in sexual intercourse sometimes, most of the times and always in that order when drinking alcohol. Their female counterparts reported a 36.47%, 46.54% and 10.59% engagement in sexual intercourse as a result of alcohol consumption sometimes, most of the times and always in that order. **Implications of the Consumption of Alcohol to the spread of HIV**

The finding of this study indicates that the consumption of alcohol influences peoples sexual behavior and other risky sexual activities. Such influences will without doubt have implications for the spread of HIV. These include:

1. Most of the respondents fall within the sexually active age range. Of the 318 males, 299 (94.03%) falls within this age group while of the 318 females 311 (97.80%) fall within the sexually active age group. With a high proportion of the respondents falling within the sexually active age range and for the fact that they can be influence to engage in unhealthy sexual behaviors, the implication for the spread of HIV as a function of alcohol consumption cannot be over emphasized.
2. With 38.05%, 16.60%, and 3.14% of the males keeping extra-sexual partners in the range of 1-3, 4-6 and above seven in that order and with 43.39%, 4.71% AND 7.86% of the females keeping extra-sexual partners in the same

range, the spread of HIV can best be imagined; particularly if the respondents engage in sexual intercourse with the extra sexual partners without condom and without knowing their HIV status.

3. Similarly, with 27.09% of the males and 35.22% of the females not using condom at all during sexual intercourse with their extra sexual partners and with 23.83% of the males, 18.55% of the females using condom only sometimes during sexual intercourse can implicate the spread of HIV. This is because engaging in sexual intercourse with a person whose HIV status is not known and the sexual intercourse is done without the use of condom, the infected person can pass on the virus to an uninfected person or the virus is contracted from an infected person. This is feasible since the result of this study show that 22.01% of the males and 11% of the females indicated that they do not care to know the HIV status of their extra-sexual partners before engaging in sexual intercourse with them when they have taken alcohol.

Furthermore, even for those who indicated that they do sometimes or most of the times care to know the HIV status of their extra-sexual partners, before engaging in sexual intercourse with them, one cannot say what happens for the time they do not. They can at this rare times pass on the virus to others or contract it.

#### **CONCLUSION:**

The result of this study indicate that alcohol affects both the males and females in similar ways, and influences their sexual feelings and engagement in risky sexual behavior also in similar ways.

#### **REFERENCE**

1. Merki M.B. and Merki D. : Health: A guide to wellness. Glenco;1987
2. Perkins H. : Gender pattern in consequences of College Alcohol Abuse: A ten year study of trends in undergraduate population. Journal of Studies in Alcohol 1992; 155-162.
3. Meilman P.W. : Alcohol induced sexual behaviors on Campus: Journal of American College of Health 1993 42, 22-31.
4. Petry N.W.: Alcohol use in HIV patients: What we do not know may hurt us. International Journal of Sexually Transmitted Disease and AIDS 1989 10(9) 561-570.

5. Whincle M. : The trading of sex for money or drugs: Sexually transmitted diseases (STDS) and HIV related risks behaviors among multi-substance using alcoholic in-patients: *Drug and Alcohol Dependence* 1987 48(1) 33-38.
6. Palen L.A., Smith L., Fisher A.J., Caldwell L.L., & Mpoff E. : Substance Use and sexual risk behaviors among South African Eight grade students: *Journal of Adolescent Health*, 2006 39(5) 761 – 763.
7. Kaufman C.E., Clark S., Manzin N. and May J. : Communities opportunities and adolescence sexual behavior in Kwa-zulu Natal, South Africa: *Studies in Family Planning* 2004; 35(4) 261-274.
8. Kingston R. and Byrant R. : Alcohol and AIDS; Commentary (In *Alcohol Alert*): Alcohol and AIDS 57, National Institute on Alcohol and Alcoholism.; 2002
9. National Institute on Alcohol abuse and alcoholism: *Alcohol and AIDS: A Guide to Research issues and opportunities*: Publication of NIAA; Update Dec. 2004.
10. Kellinger F. N: *Foundation of Behavioural Research*: Third Edition. New York, Harcourt Brace College, 1996.
11. Mc Bunney D.H, White T. L, *Research Method*: Seventh Edition; Australia, Thompson Wacsworth, 2007.