

**FAMILIAL DRINKING HABIT, EMOTIONAL STABILITY AND ALCOHOL USE IN
A SAMPLE OF MALE AND FEMALE ADOLESCENTS IN IBADAN, NIGERIA**

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ABSTRACT

This study examined demographic variables, familial drinking habit and emotional stability as predictors of alcohol use among adolescents in Ibadan, Nigeria. This is across sectional study that used ex-post facto research design. Data were collected from 220 (118 males & 102 females) adolescents using structured questionnaires comprising of demographic characteristics and scales measuring variables of interest in the study. Three-stage hierarchical multiple regression analyses were used in the study. Parents' SES ($\beta = .13$; $p < .05$) and parents' educational level ($\beta = .16$; $p < .05$) independently predicted alcohol use; and along with age, they accounted for 7% of the explained variance in alcohol use. Inclusion of familial drinking habit along with other variables accounted for 40% of the explained variance in alcohol use. Male reported more alcohol use than female adolescents. Findings were discussed in accordance with previous studies. The relevance of the influence of familial drinking habits was emphasized in alcohol-reduction intervention programmes for adolescents.

Keywords: Alcohol use, familial drinking habits, emotional stability, adolescents, Nigeria.

INTRODUCTION

Alcohol is the most frequently used psychoactive substance by adolescents globally (Olumide, Robinson, Levy, Mashimbye, *et al.*, 2014; Atilola, *et al.*, 2014; Hibell, *et al.*, 2009; Johnston, *et al.*, 2010). In Nigeria, a high level of alcohol use by adolescents has been severally

reported (Idowu, Fatusi & Olajide, 2016; Hamisu, Ahmad & Lim, 2014; Ebirim & Morakinyo, 2011). In their study, Idowu *et al.* (2016) described that 36.1% of their study sample reported consuming alcoholic drinks. The adverse consequences of high consumption of alcohol by adolescents call for unrelenting efforts of researchers to continue to investigate and

give possible solutions that could lead to a significant reduction in alcohol intake in the population of youth in Nigeria. Apart from findings across the globe that adolescent alcohol use is associated with several problem behaviours (Sise, *et al.*, 2009; World Health Organization, 2008), many studies in Nigeria also confirm the link with numerous risky behaviours such as hazardous drinking, sexual risk behaviours, violence, drinking and driving, and other problematic patterns of alcohol use (Atilola, Ayinde & Adeitan, 2013; Abio-koye & Olley, 2012). The consequences of alcohol abuse by adolescents go beyond them as perpetrators; rather, they cut across the family, friends and the society at large.

Review of several studies has shown that family is among the most prompting variables on young children's attitudes toward alcohol use and actual consumption of alcohol (Erik, *et al.*, 2014; Latendresse, *et al.*, 2008; Chassin, Flora & King, 2004). As reported that a family with a history of alcoholism is a well confirmed risk factor for the development of alcohol use by members of such family (McGue, 1994), perhaps concurrently or later in life. Also, Chassin, *et al.* (2004) reported that familial alcoholism partly raised risk factor and drug use among adolescents. To further establish the implication of familial drinking habit in drinking nature of adolescents, Erik *et al.* (2014) found that adolescents, who often see their family member drunk, would engage more in drinking too. Also, Wang, Hipp, Butts, Jose and Lakon (2015) reported that parental drinking environment affected alcohol use among adolescents. Nevertheless, some children of alcoholics might not become alcoholics too when other mediating variables are considered. In

line with this assertion is the report made that having a positive family background for heavy drinking was not related to alcohol consumption by young individuals (Engs, 1990). This suggests that there are multiple pathways as predisposing factors to alcohol consumption (Sher *et al.* 1997; Cloninger *et al.*, 1996). However, in this current study, familial drinking habit is defined to be a situation or an event whereby a member of the family has the habit or fond of drinking alcohol a lot. An event of this nature is viewed as a possible contributing factor to alcohol consumption by adolescents.

Adolescents who are not emotionally stable appear to be open to some health risk behaviours; perhaps they feel uneasy to deal with or express certain feelings; thus, seeking for any form of perceived enhancing substance. Many personality traits have been reported to be associated with or moderate alcohol use in different populations. For instance, Lawal and Ogunsakin (2012) reported the relevance of big five personality factors in individuals who patronize beer parlours. Some of the mostly identified personality traits influential to alcohol use according to the literature include the big five personality factors (Lawal & Ogunsakin, 2012), impulsivity (Littlefield, Sher, & Wood, 2009), sensation seeking (Cyders, Flory, Rainer & Smith, 2009), hopelessness (Woicik, Stewart, Pihl & Conrod, 2009) and anxiety (DeMartini & Carey, 2011) among others. Since people often use alcohol as a way of coping with emotional problems, the study therefore looks at emotional stability in adolescents as a conceivable factor predicting alcohol use. Investigating the relationship between emotional stability and alcohol use, Stevenson, Dvorak, Kuvaas, Williams and Spaeth (2015) recently

reported a positive relationship between emotional instability and alcohol consequences; which was moderated by cognitive control. Similarly, Dvorak, Kuvaas, Lamis, Pearson and Stevenson (2015) revealed an indirect association between emotional stability and alcohol dependence symptoms.

Gender difference in human behaviour has always been found necessary for clarity in the way a male or a female behaves. Prior studies have reported gender difference in alcohol drinking, with male adolescents recording higher consumption compared to female adolescents (Lawal & Ogunsakin, 2012; Melotti, *et al.*, 2013). In contrast, Substance Abuse and Mental Health Services Administration (2008) reported remarkably indifference in current alcohol use between female and male adolescents. In Nigeria, however, there has always been the argument that alcohol consumption is a “male thing”, and not for females (Dumbili, 2015). This conclusion might have resulted to gender difference recorded in literature with more males consuming alcohol than females.

Socioeconomic status (SES) appears to be a construct mostly used as a yardstick for understanding the financial status of a family or how affluence a family is. Previous studies have reported mixed findings regarding relationship between parental background variables such as socioeconomic status (SES), educational level and alcohol consumption. For instance, Melotti, *et al* (2013) reported that higher household income was associated with greater risk of alcohol consumption and related problems; particularly among females. While, Silveira, *et al* (2014), reported opposite views by finding that those with low (SES) consume alcohol drinks more. Also, parents’ educational

level might have an association with consumption of alcohol by adolescents. For example, Melotti, *et al* (2013) reported in their study that higher maternal education appeared to be protective in controlling alcohol-related problems among male children. The main aim of this study was to investigate the extent to which age; parents’ socioeconomic, parents’ educational level, perceived familial drinking habit and emotional stability independently and jointly predict alcohol use among adolescents in Ibadan Nigeria. Also examined, is gender difference and direct influence of perception of parents’ SES on alcohol use by adolescents.

METHOD

Study Design

This is a cross sectional study that adopted ex-post facto research design. The design was chosen because the researcher did not subject any of the independent variables to manipulation; rather their influences on dependent variable were measured. Independent variables are age, parents’ socioeconomic level, parents’ education level, perceived familial influence and emotional stability, while the dependent variable is alcohol use.

Sample

The sample for this study was drawn from five secondary schools located within Ibadan North Local Government Area of Oyo state, Nigeria. With the use of convenience sampling method, 220 comprising of 118 (53.6%) males and 102(46.4%) females completed questionnaires in the study. Ages of participants ranged from 12 to 19 years ($M = 15.25$, $SD = 1.72$). Other demographical profile of the respondents

showed that 160(72.7%) of them were Christians, 57(25.9%) were Muslims and 3(1.4%) specified Traditional religion. Distribution of participants' level of education showed that 181(82.3%) were in Senior Secondary School classes and 39(17.7%) were in Junior Secondary School classes. Two hundred and eleven adolescents (95.9%) indicated their both parents intact and 9(4.1%) indicated both parents not intact. One hundred and eighty six (84.5%) of the respondents were from monogamous family background and 34(15.5%) were from polygamous homes. In terms of rating parents socio-economic status, 110(50%) of the adolescents assessed their parents to be of low SES, 101(45.9%) assessed this to be of middle level and 9(4.2%) assessed it to be high. Description of parents' level of education, 181(82.3%) had primary education, 37(16.8%) had secondary education and 2(0.9%) has tertiary education.

Instrument

Questionnaire was used as an instrument for data collection in the study. The questionnaire comprises of demographic background information of respondents and reliable scales measuring variables of interest in the study. Order of the sections in the questionnaire is as follows:

Section A consists of demographics such as age, gender, religion, class, parent type, family type, parents' socioeconomic status, parents' educational level.

Section B comprises of the 24-item Michigan Alcoholism Screening Test (MAST) developed by Selzer (1971). High score indicates higher alcohol use by respondents. The MAST is a self-report measure with original response format of YES and NO. Selzer, *et al.* (1975) reported a high internal consistency of alpha

coefficient of .95, while in the current study, the researcher obtained a Cronbach's alpha coefficient of .93.

Section C consists of 10-item Familial Drinking Habit scale developed for the purpose of this study. Examples of items in the scale include "My family cannot do without drinking alcohol", "I know that my grandfather cannot do without drinking alcohol", etc. The scale has 5-point Likert response format ranging from strongly disagree (1) to strongly agree (5). High score indicates higher familial drinking habit. The researcher obtained alpha coefficient of .91 in the current study.

Section D of 10-item Emotional Stability scale constructed by AS Patel. Respondents are requested to read each of the ten statements carefully and indicate Yes if agree or No if disagree to them. High score is indicative of higher emotional stability. In the current study, the researcher reported a reliability coefficient of .93.

Data collection procedure

Data were collected from five secondary schools located within Ibadan North Local Government Area of Oyo state, Nigeria. For ethical reason, the researcher approached School Principals to seek permission for conduct of the exercise and this was granted having explained research purposes to them. The principals provided us with teachers who led the researcher and his assistant to classes in order to meet with students for administration of the questionnaires. With the belief that higher classes would comprehend the test items very well, the researcher only administered the questionnaires to students in Senior Secondary School classes (I, II & III). Method of administering the questionnaires involved asking the students who were interested and willing to signify; and

they were given a copy each to complete. Completion of a copy of the questionnaire took about 25 minutes. In all, a total number of 250 questionnaires was distributed, but 232 were collected. However, only 220 properly completed were used in this study. This suggested a response rate of 88% and 12 improperly completed questionnaires were discarded.

Statistical Analyses

Statistical analyses were performed with IBM SPSS 20 version. Regarding the demographic variables; age was measured in ratio as reported by respondent; perceived parents' socioeconomic status was measured as low (scored, 1), middle (scored, 2) and high (scored 3); and parents educational level was measured as primary (scored, 1), secondary (scored, 2) and tertiary (scored, 3). Familial drinking habit, emotional stability and alcohol use were measured as continuous variables. Descriptive statistics such as mean, standard deviation and percentages were used to analyse demographic characteristics of participants. Three-model hierarchical multiple regression was employed to ascertain the study objectives. At first model, age, perceived parents'

socioeconomic status and parents' educational level were entered. At second model, familial drinking habit was entered. At third model, emotional stability was entered.

RESULTS

Bivariate correlation analyses on interrelationships among study variables are presented in Table 1. Results showed that age of respondents does not relate with parents' SES ($r=-.02$; $p>.05$), parents' educational level ($r=.10$; $p>.05$), familial drinking habits ($r=.06$; $p>.05$) and emotional stability ($r=-.04$; $p>.01$), but positively related with alcohol use ($r=.13$; $p<.01$). Parents' SES does not related with parents' educational level ($r=.11$; $p>.05$), familial drinking habits ($r=.09$; $p>.05$) and emotional stability ($r=-.07$; $p>.01$), but positively related with alcohol use ($r=.19$; $p<.01$). Parents' educational level does not relate with emotional stability ($r=-.10$; $p>.05$), but positively related to familial drinking habit ($r=.24$; $p<.01$), and with alcohol use ($r=.18$; $p<.01$). Familial drinking habits negatively related with emotional stability ($r=-.25$; $p<.01$), but positively

Table 1. Mean, standard deviation and correlational matrix between variables in the study ($N = 220$)

Variable	1	2	3	4	5	6
1 Age	-					
2 Parents' PSES	.02	-				
3 Parents' Education Level	.10	.11	-			
4 Familial Drinking Habit	.06	.09	.24**	-		
5 Emotional Stability	-.04	-.07	-.10	-.25**	-	
6 Alcohol Use	.13*	.19**	.18**	.61**	-.22**	-
<i>M</i>	15.25	1.54	1.19	15.71	35.75	45.41
<i>SD</i>	1.72	0.58	0.41	7.39	10.47	18.57

** $p < .01$, PSES = Parents' Perceived Socioeconomic Status

related with alcohol use ($r=.61$; $p<.01$). Emotional stability was negatively related with alcohol use ($r=-.22$; $p<.01$).

In order to test the extent at which each of the predictor variables: age, parents' SES, parents' educational level, familial drinking habit, and emotional stability independently and jointly contribute to explain alcohol use of adolescents, hierarchical multiple regression of three stages was conducted. The results revealed that at stage one, age, parents' SES and parents' educational level jointly contributed significantly to the regression model, $F(3,216) = 5.79$, $p < .01$ and accounted for 7% of the variation in alcohol use. Addition of familial drinking habits in stage two led to a significant increase of 32% of variation in alcohol use with joint contribution to the regression model $F(4,215) = 35.27$, $p < .01$. At stage three, adding emotional stability as a personality variable led to a non-significant

1% variation in alcohol use; though significantly jointly contributed $F(5,214) = 28.64$, $p < .01$. When all the five predictor variables were included in stage three of the regression model, parents' SES and perceived familial drinking behaviour were independently significant predictors of alcohol use, while age, parents' educational level and emotional stability were not significant independently in predicting of alcohol use among adolescents. However, all the five predictor variables accounted for 40% in the variation of alcohol use.

In Table 3, the researcher further investigated gender difference in alcohol use among adolescents using t-test. The result showed that male adolescents ($M = 50.43$, $SD = 19.35$) significantly reported higher alcohol use than female adolescents ($M = 39.60$, $SD = 15.82$). The result indicates that gender has significant influence on alcohol use $t(218) = 4.50$, $p = .000$.

Table 2. Summary of hierarchical regression analysis for variables predicting alcohol use of adolescents (N = 220)

Variable	Model 1			Model 2			Model 3		
	B	SEB	β	B	SEB	B	B	SEB	β
Age	1.21	0.71	.11	1.00	0.57	.09	0.99	0.57	.09
Parents SES	5.38	2.12	.17*	4.11	1.72	.13*	4.01	1.72	.13*
Parents Education Level	6.96	2.97	.16*	1.03	2.47	.02	0.92	2.47	.02
Perceived Familial Influence				1.47	0.14	.59**	1.43	0.14	.57**
Emotional Stability							-0.13	0.10	-.07
R		.28			.63			.63	
R ²		.07			.40			.40	
Adj R ²		.06			.39			.39	
R ² Change (%)		.07			.32			.01	
F		5.79**			35.27**			28.64**	
F Change		5.79**			114.57**			1.67	

Table 3: Summary of t-test analysis of male and female adolescents on alcohol use

DV	Gender	N	Mean	Std	df	t	P
Alcohol Use	Male	118	50.43	19.35	218	4.50	.000
	Female	102	39.60	15.82			

Finally, an investigation was done direct influence of perceived parents' socioeconomic status on alcohol use by adolescents with One-way Analysis of Variance (ANOVA). See Table 4. The result showed that adolescents who perceived high parents' SES ($M = 55.00$, $SD = 16.89$) significantly reported higher alcohol use than those who perceived middle ($M = 48.03$, $SD = 20.47$) and low ($M = 42.21$, $SD = 16.21$) parents' SES. The result indicates that parents' SES significantly influenced alcohol consumption among adolescents $F(2, 217) = 3.94$, $p = .02$.

Figure 1 shows graphically that adolescents with high parents' SES scored higher in alcohol use than those with middle and low parents' SES.

DISCUSSION

The goal of this study was to investigate the extent at which age, perceived parents' socioeconomic status, parents' educational level, familial drinking behaviour and emotional stability independently and jointly explain alcohol use among adolescents. Also, examined is gender difference and direct influence of perceived parents' SES on alcohol use. In the first model of regression, ages of adolescents, perceived parents' SES and parents' educational level jointly explained alcohol use with 7%, age did not have direct relationship with alcohol; other demographics do. The finding revealed that certain personal variables of adolescents, as well as

Table 4. Summary of One-way ANOVA of perception of parents' SES on alcohol use

Source	Sum of Squares	df	Mean Squares	F	P
Between Groups	2641.51	2	1320.75	3.94	.021
Within Groups	72841.68	217	335.68		
Total	75483.19	219			

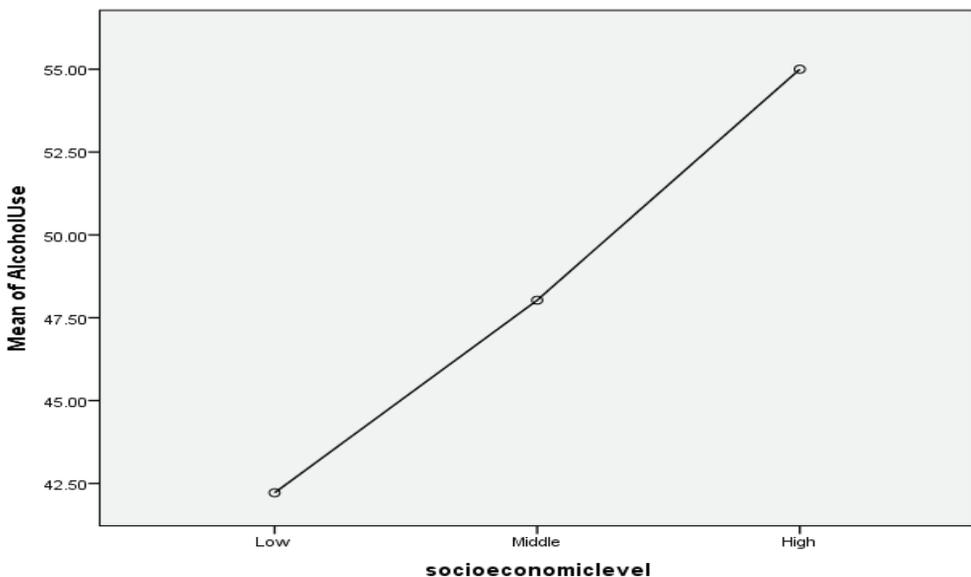


Figure 1. Perceived parents' SES and Alcohol use

parents' socio-demographic factors contribute significantly to why adolescents drink alcohol use.

The second model of regression with inclusion of familial drinking habit revealed a remarkable contribution to the explanation of alcohol use by adolescents. In other words, addition of familial drinking habit in the regression model with an increase of 32% was very substantial in alcohol consumption by adolescents. This finding corresponds with many previous studies that have revealed that parental or familial variables are keys to why many adolescents engage in alcohol-related outcomes (Wang, *et al.*, 2015 Erik, *et al.*, 2014; Latendresse, *et al.*, 2008). Our finding suggests how powerful familial behaviour could be in forming the behaviour of younger ones at home; especially when members of the family engage in risk taking behaviours.

It was found that inclusion of emotional stability in the regression model did not contribute significantly to alcohol use among adolescents. This finding suggests that certain factors go along with or mediate personality variables in explaining alcohol-related consequences in individuals. The finding is in line with the report of Hustad, *et al.* (2014) that other factors such as descriptive norms, injunctive norms, and role of drinking largely mediated the effects of personality variables on alcohol outcomes.

The finding that males consume alcohol more than female adolescents collaborates with many previous studies that have investigated gender difference in alcohol use by adolescents (Lawal & Ogunakin, 2012; Melotti, *et al.*, 2013); and conforms to the assertion that alcohol drinking is a male dominated behaviour. Perhaps, males experience some developmental changes early in life than

females that predispose them to various drinking behaviours. Nevertheless, the finding that more males than female reporting higher consumption of alcohol use does not mean that female adolescents should be left out as targets in risk-reduction intervention programmes. Both sexes are important as targets in order to be successful in curbing the prevalence of alcohol abuse in our society.

CONCLUSION

In conclusion, the significant joint contribution of age, parents' SES, parents' educational level, familial drinking habits and emotional stability in explaining alcohol use by adolescents indicates the fact that a lot of factors; be it socio-demographic, family and personality play substantial roles in alcohol use by adolescents in Nigeria. Our finding that male reported higher alcohol consumption than female adolescents indicates the terrible drinking behaviour of male adolescents compared to female adolescents in our society. With the direct influence of perception of parents' SES on alcohol use by adolescents, the researcher concludes that parents need to be cautious in the way they make resources available to their children; as they could take advantage of the opportunity to have access and engage in some risk taking behaviours.

Recommendations

Considering findings of this study, the researcher recommends that alcohol-risk reduction programme for adolescents should focus more on familial related factors; especially the negative impact parental affluence and drinking behaviour could have in the encouragement of

drinking behaviours in adolescents. It is also recommended that parents need to be encouraged to ensure that the relevance of their high educational attainment should have great positive impact in upbringing and up-keeping their children. Alcohol risk reduction should be focused on both sexes as target audience in schools and at various homes.

Limitations of Study

The study was faced with few limitations. Foremost, the use of a limited number of adolescents in the study could have effect on generalizability of the findings. A larger number of adolescents across Ibadan are suggested for more generalizable findings. Therefore, replication of a study like this across Oyo state is recommended. Second, the study was cross sectional in approach; thereby making causal-relationship between independent and dependent variables impossible. Experimental or observation methods of data collection could be added to the use of questionnaire for a more comprehensive data. Third, instruments used in the study were self-report tests. With this, respondents could be biased in their responses towards some sensitive questions; hence, observation method could be an added advantage. However, findings of the present study have been able to establish the significance roles of family or parental factors in the encouragement of alcohol use by adolescents.

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Competing Interests

The author declares no competing interest on this study.

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