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Ban of alcohol sales and its effects on drinking of staff in a college of education in southern Nigeria

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Abstract---Availability and accessibility have been associated in previous studies with binge and heavy drinking. In a College of Education in Delta state, Nigeria from 2012 till date the sales of alcohol was officially prohibited in all the sales outlets within the school premises except in the Staff club. This study examined the effects of the ban on the drinking habit of staff. Data was collected from 190 academic and non-academic staff working in College of Education, Agbor. Delta State. A self-administered questionnaire was used to collect data from the respondents. Descriptive and inferential statistics were used to analyse the data collected. The results showed no significant differences as reported by the drinkers between when alcohol was sold within the premise and now that it is sold outside. The major reason for this insignificant difference might be because the students and staff live outside the campus, so it is still easy to obtain alcohol outside the school. It was therefore concluded that a positive reduction can only be achieved if there is restriction in the sales of alcohol close to the school.

Keywords---alcohol sales, education, Nigeria, alcohol, drinking.

Introduction

Alcohol according to World Health Organization (2014) accounted for about 3.3 million preventable deaths and 5.1 percent of the global burden and disease. Alcohol drinking and abuse is influenced by many environmental factors which includes unrestricted access, early exposure to drinking in the family, messages in the media, community norms and attitudes, public and institutional policies and practices [Toomey and Wagenaar, 2011]. Harvard School of Public Health [2003] reported that availability of large volumes of

alcohol [e.g. 24 and 30 cans of beer and kegs] low prices; frequent promotions and advertising of alcohol around college campuses are all associated with binge drinking. When alcohol is availability within a workplace especially in a College it can lead to binge and excessive drinking by both staff and students. Chenube,et al (2013) in a study of students in some selected universities in Southern Nigeria equally found that availability and accessibility of alcohol around the campus was a major cause of alcohol abuse among the students.

It is not only young people who use alcohol excessively or take it at the wrong hour, adults also abuse alcohol. Drinking of alcohol at work place can reduce an employee's level of productivity and equally impair its sense of judgement. It becomes a serious source of concern when men and women who are custodians of young adults sit around the table sipping alcohol in a college. Some Colleges have come up with policy banning sales of alcohol on campuses. Ban of alcohol sales and drinking on campus can help reduce binge, excessive drinking and drinking at the wrong place and time. Marcus & Siedel (2015) reported that alcohol ban helped to reduce alcohol — related hospitalization among adolescents and young adults but did not find any significant reduction among older people.

The concern for this paper bothers on the impact of ban of alcohol sales within a campus of a College of Education in Southern Nigeria; Alcohol was sold inside the campus by retailers in shops and in the staff club and there was no restriction in sales to persons and time. In 2012, the College Provost prohibited the sales of alcohol in the retailers' shops and limited it sales to the staff club located at an obscure location on campus. Technically the sale of alcohol in the staff club is limited to staff members only. A major snag with this ban that gave rise to this study is; though the sale of alcohol is prohibited in shops within the campus, it is sold in many outlets outside and it is accessible to staff and students, Some of the retailers operating within the school did not stop the sales of alcohol but relocated outside the Campus to continue their business. This paper therefore investigated the effect of the ban of alcohol sales on the drinking status of staff members. We hypothesized that the ban will not significantly affect the drinking status of staff members.

Methods

This is a descriptive study of 190 academic and non academic staff of College of Education, Agbor Delta State in Sothern Nigeria. The school has about 300 academic and 700 non academic staff members. The actual samples for the study were 62 academic staff and 128 non academic staff members and they were selected through convenience sampling method. The participants were approached in their offices and in the bars outside the school gate. The purpose of the study was explained to them and those who indicated willingness were recruited for the study.

Table 1
Demographic characteristics of respondents

Variable	Category	Frequency	Percentage
Gender	Male	130	68.4
	Female	60	31.6
Age	Below 30 years	17	8.9
	30 — 45 years	148	77.9
	46 — 60 years	24	12.6
	Above 60 years	1	0.5
College years	Less than 3 years	12	6.3
	3 — 5 years	47	24.7
	6 — 10 years	66	34.7
	11 — 20 years	39	20.5
	21 — 30 years	11	5.8
	NR	15	7.9
Staff status	Academic staff (1 &2)	62	32.6
	Non-academic staff	128	67.4

The results indicates there are 130 (68.4%) males and 60 (31.6%) females, whereas those aged 30 - 45 years account for the largest age group of respondents while those aged below 30 years (8.9%), 46 - 60 years (12.6%), and above 60 years (0.5%) are sparsely represented. With respect to their years of service in the college, majority of respondents (about 34.7%) have served for 6 - 10 years while those with less than 3 years (6.3%), and 21-30 years (5.8%) of service account for the least. Also, 128 (67.4%) respondents are non-academic staff as against 62 (32.6%) who are academic staff.

Instrument

The instrument used for this study *was* developed by the researchers and it is a self administered Questionnaire. The questions bothered on their drinking status, patronage of the retailers shops before the ban and the outside bars, any difference in their drinking after the ban etc.

Results

Alcohol Drinking Status (ADS)

A detailed assessment of the respondents drinking status (Table 2) vis-a-viz their rate of consumption of alcohol (Table 3), and level of alcohol consumption (Table 4) is presented in this section.

Table 2
Alcohol Drinking Status of Respondents

Gender			Staff status			
Items	Male	Female	ACA ¹	Non-ACA	ACA ²	Total
<i>(a) Do you drink alcohol</i>						
Never	19 (15.0%)	16 (27.1%)	4 (16.7%) 15	26 (20.8%)	5 (13.5%)	35 (18.8%) 129
Normally	88 (69.3%)	41 (69.5%)	(62.5%)	90 (72.0%)	24 (64.9%)	(69.4%)
Habitually	20 (15.7%)	2 (3.4%)	5 (20.8%)	9 (7.2%)	8 (21.6%)	22 (11.8%)
<i>(b) Have you ever bought or drunk alcohol in the staff club</i>						
Yes	61 (51.7%)	7 (14.6%)	11 (50%)	39 (36.1%)	18 (50.0%)	68 (41%)
No	57 (48.3%)	41 (85.4%)	11 (50%)	69 (63.9%)	18 (50.0%)	98 (59%)
<i>(c) Do you buy or drink alcohol at OPG/Bamboo point</i>						
Never	49 (41.9%)	38 (84.4%)	8 (38.1%)	61 (57.0%)	18 (57.0%)	87 (53.7%)
Yes	59 (50.4%)	7 (15.6%)	8 (38.1%)	44 (41.1%)	14 (41.1%)	66 (40.7%)
Always	9 (7.7%)	0 (0%)	5 (23.8%)	2 (1.9%)	2 (1.9%)	9 (5.6%)
<i>(d) Apart from OPG/Bamboo Point, I visit other drinking outlets close to the college</i>						
Never	32 (29.9%)	29 (70.7%)	7 (33.3%)	42 (43.7%)	12 (38.7%)	61 (41.2%)
Yes	69 (64.5%)	12 (29.3%)	13 (61.9%)	52 (54.2%)	16 (51.6%)	81 (54.7%)
Regular	6 (5.6%)	0 (0%)	1 (4.8%)	2 (2.1%)	3 (9.7%)	6 (4.1%)

A total of four items were used to assess the alcohol drinking status of respondents. Table 2(a) sought to know if respondents drink alcohol; only 35 (18.8%) of the entire respondents surveyed indicated they do not drink alcohol. Whilst 129 (69.4%) normally drink alcohol, only 22 (11.8%) of the respondents are habitual drinkers. When disaggregated by gender, the result shows that a greater proportion of males (15.7%) than females (3.4%) are regular drinkers of alcohol. Further assessment of respondents' drinking status (as shown Table 2(b) indicates that only 68 (41.9%) respondents have patronized the staff club for purchase or drinking of alcohol. This patronage is most common amongst males (51.7%) and those categorized as Staff (50.0%).

Table 2(c) sought to know if respondents buy or drink alcohol at OPG/Bamboo point. The result shows that majority i.e 87 (53.7%) respondents, indicated in the negative, 66 (40.7%) indicated yes, while only 9 (5.6%) regularly patronize the OPG/Bamboo point. When disaggregated by gender, the result shows that all respondents who always patronize the OPG/Bamboo point are males.. Furthermore, Table 2(d) details findings on respondents' patronage of other drinking outlets close to the college. The result shows 81 (54.7%) of respondents patronize other drinking outlets, while only 6 (4.1 %) regularly do this. A greater proportion of males (64.5%) than their female counterpart (29.3%) sometimes

patronize other outlets, while all regular patronize other drinking outlets are males.

Further to the foregoing on the findings from Table 2(a), 2(b), 2(c), and 2(d) on the drinking status of study respondents, Table 3(a) and 3(b) sought to detail the frequency/rate of drinking of alcohol amongst respondents while Table 3(c), 3(d) and 3(e) sought to detail the measure of convenience in drinking alcohol.

Table 3
Frequency and Convenience of Drinking of Alcohol amongst Respondents

Gender	Staff status					
	Male	Female	ACA ¹	Non-staff	ACA ²	Total
<u>FREQUENCY OF DRINKING</u>						
<i>(a) How many bottles of alcohol did you take on a typical day when drinking in those shops?</i>						
Just 1 bottle	42 (67.7%)	8 (66.7%)	8 (61.5%)	32 (74.4%)	10 (55.6%)	650 (67.6%) 20
2 - 3 bottles	16 (25.8%)	4 (33.3%)	4 (30.8%)	10 (23.3%)	1 (33.3%)	2 (27.0%) 4
Above 3 bottles	4 (6.5%)	0 (0%)	1 (7.7%)	(2.3%)	(11.1%)	(5.4%)
<i>(b) If you buy/drink at OPG/ Bamboo Point on typical day, how bottles containing alcohol do you take?</i>						
1 bottle	44 (72.1%)	4 (57.1%)	9 (69.2%)	30 (73.2%)	9 (64.3%)	48 (70.6%)
2 - 3 bottles	15 (24.6%)	3 (42.9%)	4 (30.8%)	10 (24.4%)	4 (28.6%)	18 (26.5%)
More than 3 bottles	2 (3.3%)	0 (0%)	0 (0%)	1 (2.4%)	1 (7.1%)	2 (2.9%)
<u>CONVENIENCE OF DRINKING</u>						
<i>(c) Was it convenient for you buying/ drinking in those shops before the ban</i>						
Yes	46 (73.0%)	4 (40.0%)	(76.9%)	29 (69.1%)	11 (61.1%)	50 (68.5%)
No	17 (27.0%)	6 (60.0%)	3 (23.1%)	13 (30.9%)	7 (38.9%)	23 (31.5%)
<i>(d) The location of the staff club is not convenient for regular drinking habit</i>						
Yes	60 (54.6%)	16 (35.6%)	(57.1%)	49 (48.5%)	15 (45.5%)	76 (49.0%)
No	37 (33.6%)	18 (40.0%)	7 (33.3%)	35 (34.7%)	13 (39.4%)	55 (35.5%)
I don't know	13 (11.8%)	11 (24.4%)	2 (9.5%)	17 (16.8%)	5 (15.1%)	24 (15.5%)
<i>(e) Is it convenient for you to buy/drink at OPG/ Bamboo Point</i>						
Yes	41 (38.7%)	4 (9.3%)	9 (45.0%)	26 (26.8%)	10 (31.3%)	45 (30.2%) 104
No	65 (61.3%)	39 (90.7%)	(55.0%)	71 (73.2%)	22 (68.7%)	(69.8%)

Table 3(a) shows that majority (67.6%) of respondents who drink alcohol take just 1 bottle on a typical day, 27% take 2 -3 bottles, while only 5.4% take more than 3 bottles on a typical day. When disaggregated by gender, the result indicates a greater proportion of females (33.3%) as against their male counterparts (25.8%) take 2 -3 bottles on a typical day. From table 3(b), with respect to those who buy/drink at OPG/Bamboo, more respondents (70.6%) take 1 bottle of alcohol on a

typical day, 26.5% take 2- 3 bottles, and while only 2.9% take more than 3 bottles on a typical day. The consumption of 2- 3 bottles of alcohol on a typical day is more common among females (42.9%) as against their male counterparts (24.6).

Convenience of Drinking

Table 3(c) shows 68.5% of respondents who drink alcohol find it convenient to buy/drink in the shops before the ban and greater proportion of males (73.0%) than females (40.0%) ascribe to this convenience. With respect to the convenience of the location of the club for regular drinking, as shown in Table 3(d), only 49% ascribe to its convenience, 35.5% did not ascribe to it and 15.5% indicated "I don't know". Still on the convenience of drinking, as shown in Table 3(e), 30.2% of respondents indicated the OPG/Bamboo point is convenient for them to buy/drink alcohol. This assertion is most common amongst male (38.7%) than female (9.3%) respondents, and similarly this assertion is more common among academic staff

Assessment of the Ban on Alcohol

In assessing the ban of alcohol, 3 key items were evaluated to show the extent of the effect of the ban among study respondents. The results are presented in Table 4. While Table 4(a) sought to know how regular respondents visited drinking points (specifically the OPG/Bamboo point) prior to the ban, Table 4(b) and 4(c) sought to know the direct effect of the ban on the drinking habit of respondents.

Table 4
Assessment of the ban of alcohol

Gender		Staff status				
Item	Male	Female	ACA	Non-Staff	ACA	Total
(a) Do you visit OPG / Bamboo Point before the ban of the sales of alcohol in the school						
Never	44 (38.6%)	37 (80.4%)	9 (42.9%)	55 (51.9%)	17 (51.5%)	81 (50.6%)
Yes	65 (57.0%)	9 (19.6%)	11 (52.4%)	49 (46.2%)	14 (42.4%)	74 (46.3%)
Always	5 (4.4%)	0 (0%)	1 (4.7%)	2 (1.9%)	5 (6.1%)	5 (3.1%)
(b) The restriction on the sales of alcohol in the school has reduced my drinking habit						
Yes	35 (35.7%)	10 (33.3%)	7 (38.9%)	29 (36.3%)	9 (30.0%)	45 (35.1%)
Not all	45 (45.9%)	1.5 (50.0%)	8 (44.4%)	37 (46.2%)	15 (50.0%)	60 (46.9%)
Not sure	18 (18.4%)	5 (16.7%)	3 (16.7%)	14 (17.5%)	6 (20.0%)	23 (18.0%)
(c) The ban on the sales of alcohol in the college has made difference on my drinking habit and pattern						
It has	36 (36.0%)	11 (36.7%)	4 (21%)	30 (36.6%)	13 (44.8%)	47 (36.2%)
No difference	64 (64.0%)	19 (63.3%)	15 (79%)	52 (63.4%)	16 (55.2%)	83 (63.8%)

Table 4(a) shows that 50.6% of respondents never visited the OPG/Bamboo point before the ban whereas 46.3% sometimes visited, while 3.1% regularly visited the point. A greater proportion of males (57.0%) than females (19.6%) visit this point, whereas all respondents who always visit the OPG/Bamboo point before the ban are males. Results in Table 4(b) indicates the ban on alcohol has only reduced the drinking habit of 35.1%, however 46.9% indicated the ban did not affect their drinking habit while 18.0% remain unsure if there was any reduction on their drinking habit. This trend is approximately the same irrespective of respondents' gender and staff status.

Interplay of Drinking status and ban on Alcohol

To evaluate the interplay of drinking status of respondents and the ban of alcohol, Pearson Chi-squared statistics was computed for Number of bottles of alcohol consumed against Effect of the ban of alcohol; this was further disaggregated by gender and staff status. The results follow in Table 5 and Table 6

Table 5
Chi-square output for effect of alcohol ban on alcohol consumption

Effect of Alcohol Ban

Items	It has	No difference	Chi2 / p-value
<i>If you buy/drink at OPG/Bamboo Point on a typical day, how many bottles containing alcohol do you take?</i>			
15			
1 bottle	9 (62.5%)	33 (75.0%)	3.139 (0.208)
2 - 3 bottles	9 (37.5%)	9 (20.5%)	
More than 3 bottles	0 (0%)	2 (4.5%)	

Table 5 shows the chi-squared analysis to test if there is any significant association between consumption of alcohol and ban of alcohol. The analysis yielded a chi-squared value of 3.139 and a p-value of 0.208. Further evaluation, as shown in Table 6, takes into account the role of gender on the interplay between alcohol consumption and ban on alcohol.

Table 6
Chi-square output for effect of alcohol ban on alcohol consumption disaggregated Gender

	It has	No difference	Chi2/p-value
<i>GENDER Male</i>			
<i>just 1 bottle</i>	13 (59.1%)	31 (79.5%)	5.666 (0.059)
<i>2 - 3 bottles</i>	9 (40.9%)	6 (15.4%)	
<i>More than 3 bottles</i>	0 (0%)	2 (5.1%)	
<i>Female</i>			
<i>just 1 bottle</i>	2 (100%)	2 (40%)	2.100 (0.147)
<i>2 - 3 bottles</i>	0 (0%)	3 (60%)	

The result shows there is no significant relationship between alcohol consumption and ban of alcohol for male ($\chi^2=5.666$, $p=0.059$) and female ($\chi^2=2.100$, $p=0.147$) respectively

Discussion

The findings of this study revealed that majority of respondents normally drink alcohol, however the habitual drinkers account for less than 10%% of the entire respondents surveyed. It also showed that staff members visit/patronize drinking outlets outside the college. Also, alcohol drinking is more common among the normal drinkers (1-3) with only few classified as heavy drinkers (that is, those who consume more than 3 bottles on a typical day) interestingly, a greater proportion of female drinkers than their male counterparts are moderate drinkers, whereas a greater proportion of male drinkers are heavy drinkers.

Many indicated that it was more convenient buying alcohol on campus before the ban. However, such conveniences are commonly reported amongst male respondents than their female counterparts. The results also showed that 63.8% indicated the ban had no difference on their drinking habit/pattern as against 36.2% who affirmed the ban had an effect. This result indicates there is no significant association between consumption of alcohol and ban of alcohol given the obtained p-value is less than 0.05. In essence, the result implies consumption of alcohol amongst respondents is not associated with whether a ban on alcohol is imposed or not. Therefore, ban of alcohol does not have a significant implication on the consumption level of alcohol amongst study respondents, thus alcohol consumption could increase or decrease irrespective of the imposition of a ban or not.

Conclusion

The study has shown alcohol availability around an environment has effect on its use. Though alcohol sales was banned inside the campuses, majority of the staff still enjoy their normal drinking pattern, The intention of the School management is to discourage drinking during working hours but this has not been achieved as staff still indulge in drinking close to the school.

Recommendations

Based on the findings of this study, It is recommended that there should be legislation and monitoring of alcohol sales around campuses. The policies should focus on density or number of alcohol outlets around the campus, hours and days of sales. (Chenube et al 2013) Sanctions and strict discipline should be meted to staff and students caught drinking during working hours.

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