

Psychosocial Challenges of Alcohol Abuse and Its Effect on the Marital Relationship in Ainamoi Division, Kericho County, Kenya

Gladys Bett^{1*} Christine M. Wasanga² Merecia Sirera²

1.University of Kabianga, Student Affairs department P.O Box 2030 Kericho

2.Department of Psychology, Kenyatta University P.o. Box 43844,Nairobi

Abstract

In Kenya recent community studies indicate (nacada,2012) indicate significant alcohol consumption resulting in many deaths. Despite prevalence of alcohol abuse, few studies have been done on the challenges of alcohol abuse and its effect on the non-drinking spouse. Most past studies on effect on alcohol abuse on spousal relationship have focused on the role of spouse on facilitating or curtailing alcohol abuse of their spouses. The purpose of this study was to investigate the challenges of alcohol abuse and its effect in the marital relationship. The study was carried out in Ainamoi Division, Kericho County. To realize the purpose of the study a descriptive survey design was used and data was collected through questionnaires, interviews and focused group discussion. The target populations were people whose spouses' abuse alcohol and were selected using stratified and snowballing sampling procedures. The division was stratified into urban and rural so as to ensure comprehensive coverage of the area. Snowballing sampling was used to identify participants who led the researchers to others. A sample population of 144 respondents was used. Descriptive statistics was used to analyze quantitative data with the help of the Statistical Packages for Social Science (SPSS). The qualitative data was summarized into themes in line with the study objectives and thematic analysis done. The research found out that alcohol abuse causes many challenges for example it causes failure in communication, financial problems, resentments, domestic violence among others which affect the spousal relationship. The research recommends that there is need to sensitize non-drinking spouses on the psychosocial challenges of alcohol abuse on the spousal relationship. There is also need for establishment of counseling centers in more places in order the address the alcohol problem. This would assist non-alcoholic spouses to cope with alcohol abuse in a more effective way.

Keywords: Challenges, psychosocial, alcohol abuse, spousal relationship, Kenya

1. Introduction

The Global status of alcohol abuse (2014) reports that harmful use of alcohol is one of the world's leading risk factors for morbidity, disability and mortality. It is a component cause of more than 200 disease and injury conditions as described in the International Statistical Classification of Diseases and Related Health Problems (ICD) 10th Revision (WHO, 2011). Globally, alcohol consumption results in approximately 3.3 million deaths each year, and this number has already been adjusted to take into account the beneficial impact of low risk patterns of alcohol consumption on some diseases. Of all deaths worldwide, 5.9% are attributable to alcohol consumption; this is greater than, for example, the proportion of deaths from HIV/AIDS (2.8%), violence (0.9%) or tuberculosis (1.7%). Also, 5.1% of the global burden of disease and injury is attributable to alcohol, as measured in disability adjusted life years (DALYs). This implies that alcohol consumption is a problem affecting the whole world. These people affected by alcohol come from communities and families and hence affecting them too.

Psychosocial effects are a combination of psychological and social factors responsible for the well-being of people. The term directs attention towards totality of people's experience and emphasizes the need to view psychological aspects of health and wellbeing within the interpersonal contexts of the wider family and community networks in which they are located (Silverstain, 1990). This means looking at an individual's behavior and how it affects the people he/she interacts with in the family, work place and society at large. Social effects of alcohol include drunken driving, crime, violence, rape, accidents, lost productivity etc. These effects turn psychological when it causes stress, fights, quarrels, anger, isolation, depression, anxiety, shame etc. Research has shown that alcohol abuse causes so many fights and conflicts which in turn cause resentments, anger and stress on the non-drinking spouse.

Marital satisfaction is related strongly to a couple's ability to communicate effectively (Fals-Stewart, 2006), but heavy alcohol use is associated with more negative and hostile communication, more expressions of anger, and less warmth and unity in the relationship (Jacob, Leonard, & Haber, 2001). These factors decrease a couple's satisfaction in their marriage and create greater tension. A rift in the marital communication pattern almost always occurs with alcoholism in marriage, as the non-alcoholic spouse may pull away from the alcoholic and vice-versa, or because they lose their skills and ability as a couple to communicate or too much resentment and unresolved conflict has accumulated (Jacob et al, 2001) hence affecting the couples' relationship. Lack of communication in the relationship will lead to loss of emotional and sexual intimacy, abundant

misunderstandings, lack of satisfaction and depth, more conflict and a less fulfilling relationship (Fals-Stewart, 2006). The more alcoholism progresses, the less communication that will be taking place. The less communication taking place, the more the quality of the relationship will deteriorate (Fals-Stewart, 2006). As a result alcohol problems are related to increased rates of marital violence, poor communication, and feelings of marital distress that lead to a greater risk of divorce (Leonard, & Mudar, 2003).

Alcohol consumption has many social consequences. In addition to the fact that drinking can severely impair the individual's functioning in various social roles like as a parent, as a spouse and as a contributor to household functioning; there are also other aspects of drinking which may impair functioning as a family member. When drinking is carried out outside the home and the family, time spent while drinking often competes with the time needed to carry on family life (Global Status Report on Alcohol, 2014). Drinking also costs money and can impact upon resources particularly of a poor family, leaving other family members destitute (Bonu et al, 2004). Money that would be used for other things like seeking health care is used for drinking and this leads to delay in seeking medical care resulting in bigger problems.

Also, it is worth noting that specific intoxicated events can have everlasting consequence, through home accidents and family violence (Room et al 2002). This increases medical expenditure and loss of wages. An increase in medical expenditure brings hardship upon both spouses and children who will be denied a normal way of life. Apart from loss of wages because of accidents and violence, heavy drinkers may receive lower wages because of missed work and decreased efficiency in the job. This means that they may not have money to provide for their families because the little they get is spent on alcohol. Decreased efficiency and sometimes absenteeism may also result in losing employment opportunities and as a result decreased eligibility for loans. This causes fights in the family because of failure to meet the daily obligation of providing for the family. This affects the marriage relationship leading to psychosocial problems.

Attempts have been made to control the use and abuse of Alcohol the world over. Some of the approaches used include legislation and licensing policies, taxation, rehabilitation of victims and education. The latest legislation in Kenya is The Alcoholic Drinks Control Bill, 2010 commonly known as Mututho Laws. The Bill's purpose is to provide for the control of the production, sale, and use of alcoholic drinks, in order to protect the health of the individual; inform and educate the public on the harmful health, economic and social consequences of the consumption of alcoholic drinks; promote and provide for treatment and rehabilitation programs for those addicted or dependent on alcoholic drinks; and promote research and dissemination of information on the effects of alcoholic drink consumption, in particular the health risks that may arise there from (The Kenyan Alcohol Supplement Law 2010).

The objectives of the law look good and are intended to impact positively on the society, families and individuals. Since the laws will control the production, sale and use of alcoholic drinks then excessive consumption and abuse is expected to reduce. However, the impact of controlling access and availability of Alcoholic drinks may force some people to take home alcoholic drinks because bars close early and this may cause more conflicts in the family. This is because although they have controlled the hours in the bar they have not controlled the hours one can take at home. Although there are laws that control alcohol consumption they are not explicit on how to control their effects on families. Despite the large health, social and economic burden associated with harmful use of alcohol, it has remained a relatively low priority to look at the effects on the family where the alcohol abuser comes from. This research is timely for it comes in the background of the bill and will bring to light what happens in families so that laws may also be enacted to protect the families.

Ainamoi Division is like anywhere in the world when it comes to alcohol use with many people abusing alcohol. For this reason Ainamoi division, Kericho County, Kenya could be facing threats of alcohol related challenges like other parts. However, little research had been carried out to determine the effects of alcohol abuse in the division and specifically in the family. It is due to these reasons that this research was undertaken to assess the impact of alcohol abuse in the family. The study sought to explore the psychosocial challenges of alcohol abuse on the non-alcoholic spouse in Ainamoi Division, Kericho County, Kenya. Specifically the objectives of the study were: (1) to find out the challenges of alcohol abuse and the effects of alcohol abuse on the non-drinking spouse and (2) establish what intervention measures can be put in place to help spouses cope with alcohol abuse.

1.2 Statement of the Problem

Although effects of alcohol on the institution of the family have been widely researched, few studies have focused on the effects of alcohol on the spouse. Many studies that have been done on the effects of alcohol show that alcohol addiction has adverse effects on the user and family. This is evident in many of the studies given below: A study done in Nandi, Rift Valley Province by Birech (2006) found that alcohol abuse has affected marriage stability and emotional wellbeing of the children. They concluded that in many households alcohol generates socio-economic problems; however, the study did not show how the socio-economic problems affect the spouses. Another study by Miswazeddie and Bowen (2011) conducted in Kangemi Informal settlement;

Kenya shows that the impact of alcohol in the family is devastating. Close family members reported a number of problems which include: domestic violence, divorce, lack of communication, confusion, and involvement with the police (Miswazeddie, and Bowen, 2011). However, though it reveals so many problems it did not show how these problems affect the spouse. Another study undertaken in Kalawani location, Mbooni district in 2007 Eastern province in Kenya revealed that Alcohol Abuse has led to domestic violence, poverty and death (Katee, 2007). This information is supported by a study done by Atetwe (2011) in Luanda, Kenya showing that there is a significant relationship between drug abuse and domestic violence with alcohol and bhang having the strongest relationship.

While there is increasing information regarding the effects of alcohol on health and on marriage as suggested above there were still gaps on the effects of alcohol on the wellbeing of the spouse and on rural areas. Studies that have focused on the spousal relationships have generally examined the role of the spouse in facilitating or curtailing the partner's drinking and not on how they are affected by alcoholism. The current study was aimed at exploring the challenges they go through as a result of the drinking habit of the spouse and what interventions can be put in place to help them cope in a better way.

2.0 Literature review

2.1 Theoretical framework

The theoretical framework guiding the study is Bowen's Family Systems Theory. Family Systems Theory developed by Murray Bowen (1966) highlights the importance of functional roles and emotional relationships among family members and the reciprocal interactions in the context of family process. This theory addresses family responsibilities which families come together to accomplish and emphasizes family organization and the need for balance or homeostasis. It highlights the importance of the functional roles and emotional relationships among family members and their reciprocal interactions in the context of family process (Kerr & Bowen, 1988). This theory informs research for it addresses the roles and responsibilities that spouses need to accomplish in the family. In a family where one of the spouses abuse alcohol, the roles may be transferred to one spouse which causes an imbalance which affects the marital relationship.

2.2 Related literature

The relationship between marriage and alcohol abuse has been the topic of numerous studies over the past three decades. These studies reveal that alcohol abuse affects millions of families either directly or indirectly, and the abuse of legal substances is a prominent concern for public health officials throughout the world (Corroa, et al., 2000; WHO, 2004). According to the 2004 National Survey on Drug Use and Health (SAMHSA, 2006), of the 3.8 million persons who received treatment in the U.S. for alcohol or drugs in the past year, more than half (2.4 million) were treated for alcohol abuse (Grant, Stinson, Dawson, Compton, 2004). A study done by Asunta between 2001 and 2002 in Malaysia; showed that alcohol is a major factor in exacerbating poverty. Alcohol abuse was shown to lead to wife battery, discord in the home, abused and deprived children, non-working or chronologically ill husbands who become a burden to both the family and society (Asunta, 2002). The wife battery and discord affects the marital relationship and leads to dissatisfaction. These turn psychological as they cause stress, anxiety which leads to depression and other psychological problems. The research concluded that the alcohol menace ruins families and contributes to the breakdown of the social fabric of the society. This is true because a family is the basic unit of the society. It holds the society together and when the family is united the society is well. When there are fights in the family the society is also affected, for example screams will interfere with peace and people will go to solve the problems in the family. Sometimes money need to be collected to help pay fees for the children or for hospital bills.

In Australia, a research done by the Government of Australia shows alcohol intoxication is responsible for accidents, fire injuries, child abuse cases, crime, and suicides, (Government of South Australia, 2010). Disability, life imprisonment or court fines and deaths does not only impact on the country but also family resources, roles and responsibilities and could affect the spousal relationships. For example, a disabled or sick spouse has to be taken care of, and their roles be transferred to the non-drinking spouse. This could lead to fatigue and stress because of too many responsibilities. The children also need fees and other basic needs yet one of their parents has been hospitalized or imprisoned because of alcohol abuse. These cause resentments which affects the marital relationship.

In the United States, alcohol and drug abuse by employees is estimated to contribute to company loss of \$100 billion a year (Buddy, 2003). This effect of alcohol on work productivity could lead to loss of jobs which have a direct effect on the family. Loss of job means that the family will not have a source of income this results in failure to meet daily needs as a result there will be so many blames, quarrels and fights. The global status report (2014) observed that intoxication, dependence or alcohol withdrawal states can result in poor performance in major social roles – in functioning at work, in parenting, in relationship and friendship roles. Both the drinker and others may be affected by the consequences, such as job or productivity loss, break-up and dysfunction in

family life, including domestic violence. This in turn can result in harm to physical or mental health, caused by the role functioning impairment itself, others' reactions to the impairment, or both (Schmidt et al., 2010). A survey specific to harms to others in New Zealand found the prevalence of such harms to be higher than the prevalence of harms from one's own drinking (18% versus 12%), particularly among women and young people (Connor & Casswell, 2012). The same research group found that the greater the exposure to heavy drinkers, the lower people's scores on measures of personal well-being and health status (ibid).

Studies that have been done in Kenya support these by revealing devastating effects of alcohol abuse on the family. For example in a research by the Kenya Medical Research Institute, alcohol abuse is shown to affect 70 percent of families in Kenya (Barasa, 2006). However, although the research shows that the family is affected little is known on how the spouse of the alcohol addict is affected. Research done on the effects of alcohol use on gender roles by Kathungu, Wasanga, Sirera and Karega (2011) in Embu, and Busia, Kenya revealed that alcohol affects traditional gender roles which are still very prevalent in the communities under study. Although the study shows that there is clear effect on the roles it does not reveal how this affects the spouse who takes over the responsibilities of the alcoholic spouse. It is clear that a gap exists on the effects of alcohol abuse on the non-drinking spouse.

Alcohol use has also led to so many deaths in Kenya. In the year 2010 alone, the cases of large number of people dying out of a single episode of drinking poisonous illicit liquor have occurred in Shauri Moyo and Laikipia, Kenya (Mureithi, 2002). Other most conspicuous cases include the use of kumi kumi in November 2000 which resulted in 140 deaths and lose of sight among some users in poor Nairobi neighborhoods (Mukuru kwa Njenga and Mukuru Kaiyaba); (WHO, 2004). Similar incidents have also been in Muranga (Muthithi and Kabati areas), Naivasha and Machakos, Kenya (Mureithi, 2002). The hazardous drinking behavior and deaths must be causing emotional, physical, mental, financial effects on the families affected. This may leave a family with responsibilities they were not prepared for. In such situation the spouses may be affected from extra responsibilities they carry to provide for the family.

3. Research Methodology

The study adopted descriptive survey research design. Mugenda and Mugenda, (2003) defines the descriptive survey design as a process of collecting data in order to answer questions concerning the status of the subjects(behavior, attitudes, values and characteristics) in a study. The research sought to obtain information that described existing phenomena by asking individuals about their behavior, perceptions attitudes and values with an aim of answering some research questions hence the decision to use it as a design for the present study. Surveys also aim at obtaining information, which can be analyzed, patterns extracted and comparison made (Bell, 1993), hence its choice for this study. The research was undertaken in Ainamoi division, Kericho County. The target population for this study consisted of people who have spouses who abuse alcohol in Ainamoi Division, Kericho County. A sample size of 144 participants was used. Both quantitative and qualitative methods were used.

To achieve the stated objectives of the study, a questionnaire was developed and used to collect quantitative data. Qualitative data was collected through structured interviews, focused group discussions and key informants. The instruments were validated and the reliability established. To ensure validity of results, the instrument was piloted on a randomly selected sample of twenty spouses. The sample was picked outside the divisions designated for actual data collection study. To ensure reliability the researcher used split halves method. The test items were divided into halves, each half scored independently of the other with the items of the two halves matched on content and difficulty. The findings from the two tests were correlated to ensure the tests were reliable. This was aimed at finding out if the results were consistent to determine the reliability of the instrument.

This study generated both qualitative and quantitative data; hence descriptive and inferential statistics were used to analyze the data obtained. Descriptive statistics involved the use of means, frequencies, percentages and tabulation. Inferential statistics were analyzed using Pearson's Correlation Coefficient. Data analysis was performed using the Statistical Package for Social Sciences (SPSS) version 17 for windows. The data was further subjected to significant test using Pearson product-moment correlation technique to establish linear relationship between the variables. Qualitative data was cleaned, coded and summarized into working themes in line with the study objectives. Key words related to the research objectives were identified for example: role and responsibilities, challenges faced, psychological effect, copying mechanisms etc. Codes were then given in line with the themes and all materials related were placed together. A summary report was then developed identifying the major themes and the relationship between them.

4. Data analysis and presentation

4.1 Demographic Characteristics

Demographic characteristics of the respondents including the age, gender, length of marriage, highest educational level and the frequency of spouse abuse of alcohol were established. The information is presented in

tables 1 to 3:

Table 4.1: Gender of the Respondents

Gender	Frequency	Percent
Male	24	16.7
Female	120	83.3
Total	144	100.0

From table 4.1, the majority of the respondents were female (83.3%). This implies that there are more males who use alcohol than females. This is agreement with NACADA'S, 2007 findings which indicate a significant alcohol usage with males' consumption being 29% and female consumption being 5.9% NACADA, (20007).

The age of the respondents was established and the findings are summarized in table 2 below.

Table 4.2: Age of Respondents

Age	Frequency	Percent
18-24	22	15.3
25-30	37	25.7
31-35	46	31.9
35-40	23	16.0
41.00	16	11.1
Total	144	100.0

As shown in Table 4.2, most of the respondents are below 35 years old (72.9%) This means that most of the respondents are in their early adulthood which is a critical stage in family life. Couples who are 35 years and below are likely to have young children and thus heavy responsibilities related to family demands .Absenteeism of one parent could place a lot of emotional demand on the parent that is present this is because all the parenting responsibility including disciplining will fall on one parent. This could lead to anxiety and stress which could affect the spousal relationship. These results are similar to those revealed by a survey done in Uganda which showed that 47% of the 1,479 people interviewed were drinkers' aged between 18-35 years. The survey showed that in this group, 22.3% engaged in frequent heavy drinking and a third drank daily (Tumwesigye & Kasirye, 2005).

The research wanted to know for how long the respondents have been married. The findings is shown in the following table

Table 4.3: Length of Marriage

Years	Frequency	Percent
0-5	40	27.8
6-10	41	28.5
11-15	45	31.3
Above16	18	12.5
Total	144	100.0

The results in Table 4.3 reveal that 56.3% of the couples had been married for less than 10 years with 27.8% being married for less than 5years. The majority of this people are in the young adulthood stage (below 35 years) as revealed by Table 2.According to Corey (2000) this is the time to form intimate relationships. With alcohol abuse by a spouse the formation of intimate relationship may be affected. This is because the time spent in consuming alcohol competes with the time spent with the spouse. This means the non-alcoholic spouse may feel lonely, unwanted and this may affect their self-esteem and this affects the spousal relationship.

4.2 Results and Discussion

In objective one the study sought to find out the challenges of alcohol abuse and the effects on the spousal relationship. The analysis of the results are shown in table 4.4

Table 4.4: Challenges of alcohol on the marital relationship

CHALLENGES	SD %	D %	U %	A %	SA %	TOTAL %
Alcohol use has helped us communicate effectively	27.1	30.6	9.0	25.5	8.3	100
We are not able to discuss and resolve conflicts	10.4	25.7	5.6	29.9	28.4	100
Alcohol use has enhanced sexual activity	29.3	22.2	6.0	17.4	15.1	100
There are many conflicts in our family	5.6	16.6	3.5	22.2	52.1	100
Alcohol has made us close to each other	35.4	27.8	6.9	12.5	17.4	100
There are no misunderstanding in our family	27.8	37.4	4.9	15.4	14.5	100

Results from table 4.4 above shows that 57% disagreed with alcohol use has helped us communicate effectively and express our feelings freely. This means that alcohol abuse by a spouse creates a rift in their marital communication pattern. This may create resentment and this could lead to fights, quarrels etc. The findings also showed that over 59% agreed with the statements: “we are not able to discuss and resolve conflicts.” These results reveal that one of the challenges faced in a marital relationship where one spouse abuse alcohol is breakdown in communication. This means that the non-alcoholic spouse may pull away from the alcoholic and vice-versa, or they may lose their skills and ability as a couple to communicate or too much resentment and unresolved conflict has accumulated (Jacob et al, 2001). When there is a rift in communication the spousal relationship is affected negatively. This results in failure to resolve conflicts. This concurs with what Fals-Stewart (2006) observed that lack of communication in the relationship will lead to loss of emotional and sexual intimacy, abundant misunderstandings, lack of satisfaction and depth, more conflict and a less fulfilling relationship. The more alcoholism progresses, the less communication that will be taking place. The less communication taking place, the more the quality of the relationship will deteriorate (Fals-Stewart, 2006).

The findings also show that alcohol use has caused many conflicts in the marital relationship. A majority (74%) of the respondents agree with the fact that their marriage has many conflicts. This implies that when people fail to communicate many conflicts arise and as a result it is likely that important issues such as family finances, sexual intimacy and child rearing decisions go unresolved. When these decisions are not made it turns psychological as it causes complains, quarrels and fights which may affect the non-alcoholic spouse and the spousal relationship.

On the other hand, a total of over 51% of the respondents disagreed with the statements: alcohol abuse has enhanced our sexual intimacy. This implies that alcohol use diminishes sexual activity in a family. This may be due to failure in responsibility by the alcoholic spouse which makes the non-alcoholic spouse take extra responsibility to provide for the family. The non-alcoholic spouse maybe too exhausted for intimacy or may have internal anger as a result of the spouse love for alcohol. To add to these, the spouse may also feel neglected since there is little time spent together. The alcoholic on the other hand may be suffering from impotence from the drug and their sexual relationship is affected. This is agrees with what Musikoyo (2000) observed that families have broken down due to alcoholism and couples especially women report that drinking puts them off sexually, because of the smell, and alcohol induced impotence among men (Musikoyo, 2000). The findings of this study explain why there are several media reports of women protesting about neglected sex roles by their husbands, for example: women in Kangemi, Muranga and Limuru, Kenya have raided local brew dens as well as regular bars, complaining that their men are becoming economically lazy and sexually inactive (Barasa, 2006). It also shows that in Ainamoi division drinking by their spouses has affected intimacy in the marital relationship.

The results also show that a total of about 65.2% disagreed with there are no misunderstandings in our family and a total of 63% disagreed with alcohol has made our relationship closer. These findings show that alcohol abuse by a spouse causes negative consequences in a family and are in agreement with those from interviews and focused group discussion. For example those frequently mentioned include: financial constraints, lack of trust between spouses, lack of communication, loneliness, poverty, children lacking role models, parent has no time for children, fights and lack of trust between spouses. Their sentiments are captured in the following excerpts derived from the focused group discussions:

“There is no development in our home. Although we have a tea plantation but all the money is spent in alcohol. He sells it and spends all; he does not even buy clothes for himself” (female, 42 years)

“He has drained our resources I have to do everything” (31years female)

Lack of development of the family can be a source of stress and strain in the relationship between man and wife especially when resources are poorly used. This is because growth is a basic human need and lack of social or economic development can be a source of a lot of psychological challenges. Another participant had this to say:

“Alcohol has caused many fights in our home. It has made me very bitter. We once fought and I hit him hard and had to be judged in a court of law.” (54 year female)

“There are many problems in this home. The food isn’t enough we sometimes sleep without eating.” (47

years female)

Her drinking has caused so many conflicts in our home. She sometimes sells farm produce to finance her drinking sprees. I have lost face in this village. Many wonder why i am still married to her. I do it for the children” (40 year old male)

In conclusion, from the findings and the discussion above, it can be seen that when a spouse fails to accomplish their responsibilities it causes many challenges in the family. One, it causes failure in communication. The addicted member is not willing to be questioned about failure in the roles so they may fight or remain silent. These may cause resentment, quarrels or fights. Second, it causes financial problems. Alcohol use shares resources with other family needs and sometimes it may take a bigger percentage at the expense of other needs causing quarrels in the family. Thirdly, it affects intimacy. Alcohol abuse by a spouse may cause resentment which may affect their sexual activity and all these affects the marital relationship. The challenges highlighted concurs with Koenig et al., 2003 who argued that alcohol problems are related to increased rates of marital violence, poor communication, and feelings of marital distress that lead to a greater risk of divorce. It shows that alcohol abuse affects the spousal relationship.

In objective two the respondents were requested to give suggestions on how the affected spouses can be assisted. Since they have experience on the challenges faced in such families they would give timely and effective suggestions which will assist them and others. Table 4.3.13 gives a summary of the suggestions given.

Table 3: Suggestions on how to Help Non-Alcoholic Spouses

Suggestion	Frequency	%
Create jobs/ income generating projects	34	23.6
Guidance and Counseling	20	13.9
Organize awareness programs/ seminars)	22	15.3
Enforce strict laws on alcohol consumption/ brewing	23	16.0
Monitor alcohol consumption	11	7.6
Increase beer prices	21	14.6
Spiritual intervention	13	9.0
Total	144	100

Table 4.3 gives the suggestions that were given by the non-alcoholic spouses. The table shows what needs to be done to help them cope with alcohol abuse in a more healthy way. Majority of the respondents feel that jobs should be created for the non-alcoholic spouses so that they can earn a regular source of income (40%). Since alcohol abuse strains the resources of the family so a source of income would be very beneficial. It could also be a defense mechanism (sublimation) which may affect the relationship. This is because the spouse may be running away from a problem and thus the problem may not be resolved. This is followed by guidance and counseling suggested by 30.5% respondents which would help them admit that there is a problem and learn to live with it in a healthy way. There is need to sensitize the non-alcoholic spouses on the psychosocial effects of alcohol abuse on their emotional wellbeing.

5. Conclusion

The study revealed that there are many challenges in a family where one or both spouses abuse alcohol. These challenges are both short term and long term. The following emerged as the main challenges faced in Ainamoi Division, Kericho County, Kenya: First, there is communication breakdown. Failure in roles and responsibilities causes quarrels, fights which leads to anger and resentment. As a result the partners are not able to discuss and resolve conflicts pertaining to finances, sexual intimacy and child rearing decision. Failure to resolve these issues causes a further rift in marital communication pattern which affects the spousal relationship. Secondly, it causes financial problems. Alcohol abuse competes with other needs for resources in the family. This leads to limited resources which could strain the spousal relationship.

Thirdly, alcohol abuse diminishes sexual intimacy. This is as a result of fatigue, impotence, failure to groom, resentment and the bad smell of alcohol, which puts the spouse off. Other challenges that were mentioned include: lack of trust, loneliness, failure to have time together, children lacking role models and lack of development in the family. These findings are to a great extent consistent with the existing body of literature. They support the fact that alcohols abuse by a spouse cause several challenges. It can be concluded that these challenges affect the spousal relationship and therefore confirms that psychosocial challenges of alcohol abuse has affected the spousal relationship in Ainamoi Division, Kericho County, Kenya.

Based on the findings, the following recommendations were made

- i. There is need to sensitize non-drinking spouses on the psychosocial challenges of alcohol abuse on the spousal relationship.
- ii. There is need for establishment of community based counseling centers in more places in order the

- address the alcohol problem. This will assist non-alcoholic spouses to cope with alcohol abuse in a more effective way.
- iii. The government should come up with laws to regulate consumption of alcohol use in the family. This will reduce the effects discussed above.
 - iv. Development funds should be put into properly appraised community projects that will empower spouses financially.

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