

## Correlates of Alcohol Consumption among Adolescents in Ibadan North Local Government Area of Oyo State, Nigeria

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Doi:10.5901/mjss.2012.v3n2.251

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**Abstract:** *Alcohol consumption is a behavioural problem defined relative to age and is considered problematic below a certain age or stage in life. Young people by virtue of their stage in development are likely to engage in drinking alcohol. The aim of the paper is to examine the correlate of alcohol consumption among adolescents in Ibadan North Local Government area of Oyo State, Nigeria. The paper was based on the social action theory and it adopted the survey design and multi-stage sampling procedure to elicit information from 313 adolescents. Some of the findings revealed that males were more predisposed to alcohol consumption. 71.9% of males had drunk alcohol compared to 32.5% females' counterparts. Males who still drink alcohol prior to the study were higher than females (47.2% compared to 15.8%). The hypothesis revealed that there was no significant relationship between peer pressure and alcohol consumption. Another hypothesis revealed that marital status, high level of education mother's occupation, father's highest education and father's occupation had positive correlation with alcohol consumption. Ethnicity, religious affiliation, occupation, persons living with and type of house showed a negative correlation toward alcohol consumption with only religion having a significant relationship. This shows that socioeconomic status will jointly and independently affect alcohol consumption. The paper concludes that males should be warned about the implications of alcohol consumption since they are likely to be more predisposed to alcohol than females, career counselors must encourage students to abstain from high levels of alcohol consumption so that they may be focused in life.*

**Keywords:** *Adolescents, alcohol consumption, peer influence, socio- economic status and correlates.*

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### 1. Introduction

Adolescence is a period of many transitions, which involves a process of confrontation with diverse tasks of development and with demands on development. It is a time of change, exploration, exuberance and youthful searching. Adolescents show marked changes in their social relationships sometimes leading to the breaking away from the family. During adolescence, there is a sharp increase in the amount of behavior that exposes a child to danger. Many adolescents prove resilient in the face of these challenges and demands; on the other hand, many engage in risky health behavior and, for a minority, this risk-taking can have serious adverse consequences. One of such behavior often initiated during adolescence is experimentation with alcohol. Alcohol consumption, however, appears to be far from innocuous behavior and may have extensive ramifications, affecting users' physical, psychological, social, financial and economic well-being. Young people, by virtue of their developmental status and their varied emotional and social needs, are less adept at contending with these substances and are, therefore, more liable to experience a range of negative outcomes.

The prevalent rate of alcohol consumption among adolescents in different parts of the world gives room for concern. For instance, in the United States of America according to the National Youth Violence Prevention (2000), it was reported that 52% of the eighth graders and 80% of the high school seniors have taken alcohol at sometimes, 25% of the eighth graders and 62% of high school seniors have been drunk. As pointed out by Eastand (1990) cited in Adeyemo (2004), there are about 5 million habitual alcohol drinkers in France. The situation in Nigeria shows that there is high prevalence of alcohol consumption among adolescents and there is a high probability that the frequency of alcohol drinking will continue to increase (Ogunremi and Rotimi, 1989 cited in Adeyemo, 2004) coupled with the fact that there is no legal minimum age for drinking in the country.

Data on the long-term implications of such alcohol consumption are emerging while intoxication, memory loss, violence and sexual risk-taking are associated with current patterns of adolescent alcohol consumption. The sociological implications of alcohol abuse among the Nigerian adolescents have been a major threat to the peaceful co-existence of all and sundry in this contemporary society, thereby destroying the socio-political dignity, personality and integrity of dependence on life. The pertinent issue to raise therefore is- what is it that is sustaining or reinforcing the consumption of alcohol among adolescents despite the awareness of the potential dangers it constitutes to healthy living? The purpose of the present study is to examine the likely determinants of the consumption of alcohol among adolescents by answering the following research questions:

1. What are the key determinants of alcohol consumption among adolescents?
2. How do adolescents perceive alcohol?
3. Why do adolescents agree or refuse to drink alcohol?
4. What do adolescents understand about the implications of alcohol consumption?
5. How can adolescents' knowledge of alcohol be managed?

## 2. Brief Literature Review

### 2.1 Determinants of alcohol consumption among adolescents

Steinberg (2002) argued that the high rate of alcohol consumption was due to changes in the family. Earlier studies by Horton and Hunt (1980) mentioned the family as the basic social institution from which other institutions have grown as increasing cultural complexity made them necessary. In light of these scholarly studies, alcohol consumption can be understood in the context of the family. For Coon (1995), the quality of mothering and fathering is of prime importance. Other scholars have shown that living in a family where family members consume alcohol increases the chance that an adolescent has friends who drink alcohol (Bahr, Marcos and Maughan, G 1995). Perceived availability is commonly associated with adolescent alcohol use. Perceived availability and drinking volume appear to be shaped by the adolescents' social environment. Part of this social environment includes having siblings who drink. Based on the fact sheet of Institute of Alcohol Studies on adolescents and alcohol (2009:10) it indicated that among the youngest adolescents the usual drinking place was the home. As they grew older, they continued to drink at home, but the usual site of their drinking shifted, first to parties, then to clubs and discos and finally to pubs

More generally, findings suggest that family structure has a moderate effect on youth substance use; that parental and peer relations are better predictors than family structure of levels of alcohol consumption; and that variations in parental attachment, parenting style, and peer relations across family types explain some, but not all, of the effects of family structure on adolescents' substance use behaviours (Crawford, 2008).

Family bonding has been repeatedly shown to be negatively related to adolescent drinking (Kuending and Kuntschi, 2006). This is reflected in perceived monitoring, communication, involvement and joint activities in the family. Family bonding can be defined as a feeling of closeness and intimacy towards one's parents (Bahr et al., 1995, Zhang et al., 1999 cited in Kuendig and Kuntschi, 2006). Researchers suggest that strong family

bonding is reflected in the adolescent's adoption of parental and societal norms and values, which in turn protect against involvement in risk behaviors (Bell et al., 2000 cited in Kuendig and Kuntschi, 2006). Studies have shown that parental death is associated with some negative attitudes in terms of alcohol consumption which could be measured as number of drinks (Umberson and Chen (1994) cited in Marks et al., 2007). Umberson and Chen (1994) cited in Marks et al (2007) found that a father's death was associated with a greater increase in alcohol consumption over a period of 3 years than not experiencing a father's death.

Many parents who drink excessively fail to establish strong family bonds as they tend to create high levels of stress and emotional harm among other family members. Therefore, strong family bonds are not easily developed, established and maintained in families where excessive drinking habits are common (Eurocare and COFACE, 1998 cited in Kuendig and Kuntschi, 2006). Individuals with distant, hostile, or conflicted family relationships are more likely to develop substance-abuse problems than their peers who grow up in close nurturing families (Steinberg, 2002). What differentiates children of alcoholics who develop substance-abuse problems from those who do not has to do with the extent to which parent's alcoholism interferes with family functioning (Steinberg, 2002). Poor parenting increases the adolescents' involvement in problem behavior overall which in turn is linked to alcohol consumption (Steinberg, 2002). Improving the quality of family relationships and parenting attitude has been shown to be beneficial in delaying the initiation of alcohol use (Spath et al., 1999 cited in Kuendig and Kuntschi, 2006).

Studies have also shown that there is a substantial effect of socioeconomic background of adolescents on alcohol consumption. Adolescents from the lowest occupational group had almost twice the odds of being a large consumer than the highest occupational group (Droomers, et al 2003). The association between father's occupation and high alcohol consumption during adolescences was explained by friends' approval of alcohol consumption and lower parental attachment among adolescents from lower occupational groups (Droomers, et al 2003). The consumption of alcohol in Mexico for instance has been linked with higher socioeconomic status (SES); half of the alcohol consumed in the country is consumed by the 30% of the population with the highest SES (Medina-Mora & Rojas Guiot, 2003 cited in Marsiglia, et al, 2009). Higher SES, which often is associated with higher parental levels of education, also appears to have an effect on adolescent substance use. Higher level of education of the head of the house in Mexico are correlated with higher adolescent substance use, especially for alcohol and tobacco (Felix-Ortiz et al, 2001; Medina-Mora, Carreno, & De la Fuente, 1998; Medina-Mora & Rojas Guiot, 2003; Villatoro et al, 1998 cited in Marsiglia, et al, 2009). Because higher levels of education are often associated with higher SES, increased levels of alcohol use by adolescents may therefore be associated with easier access to the money needed to purchase those substances (Felix-Ortiz et al, 2001 cited in Marsiglia, et al 2009) and possibly with weaker anti-drug norms present among higher SES families.

Apart from influence of parents, adolescents' drinking behaviors has been shown to be enhanced by peer groups, and their relationship with their peer groups (Yeh, 2006). It is primarily through interactions with peers that adolescents learn to define substance use as an acceptable and desirable activity (Crawford and Novak, 2008). Best friend's alcohol use has been shown to be the most important predictor of adolescents' own alcohol use in every sub-sample (Kemppainen, et al., 2008). Friends are presumed to exert a substantial influence on young people's drinking patterns. Schoor et al (2008) conducted a study to whether personality traits and peer drinking affect alcohol consumption in young adults. Data were analyzed from a study that was conducted in a 'bar laboratory' in which ad-lib drinking of peer groups was observed. The findings indicated that personality was not associated with young adults' actual alcohol consumption. Further, peer drinking levels were strongly related to young adults' drinking. They noticed that agreeableness interacted with the effects of peer drinking on young adults' drinking in such a way that agreeable individuals adapted their actual alcohol consumption more easily than others when socializing in a high- or a low- drinking peer group. They therefore concluded that drinking in a peer context, irrespective of personality, played a major role in forming young adults' drinking.

Adolescents who use alcohol are more likely to choose other alcohol users as friends but spending time with friends who use these substance increases adolescents' own use as well (Curran et al., 1997; Urbreg, Degirmenciglu, & Pilgrim, 1997 cited in Steinberg, 2002:186). It appears that to some extent when it comes to anti-social behaviours birds of the same feather flock together (Steinberg, 2002:186).

## *2.2 Adolescents' perception of alcohol*

How people view alcohol and its effects also influences their drinking behavior including whether they begin to drink and how much. An adolescent who expects drinking to be a pleasurable experience is more likely to drink than one who does not. Studies have shown that perceived benefits and risks, grade level and independence are directly associated with participation in alcohol-related activities (Hampson et al., 2001). According to the Institute of Alcohol Studies (2009) most adolescents under 18 years view drinking positively. They see it as a means of socializing with friends (62%) and increasing their confidence. The National Institute on Alcohol Abuse and Alcoholism (2006) indicated that beliefs about alcohol are established very early in life, even before the child begins elementary school (15). The institute also reported that before age 9, children generally viewed alcohol negatively and saw drinking as bad, with adverse effects. By about age 13, their expectancies shifted, becoming more positive. It also indicated that adolescents who drank the most, also placed the greatest emphasis on the positive and arousing effects of alcohol. This arousal effect could be in terms of enhancing sexual performance (Adeniyi, 2009). The perception that nothing would happen and that they had control over the situation is a common characteristic among adolescents, which has contributed to a reduced risk perception and increased the consumption of alcohol (Gil et al, 2008).

A study conducted by Anderson (1999) among male adolescents, participants indicated that most of their substance use was a natural, everyday activity, not requiring conscious thought or active decision making. They said, "the comments of one teen participant exemplified those of many others. In his remarks about beer he said " just mellow you out... Kick back; drink a beer after a hard day... or whatever." The participants did not consider that drinking beer was a dangerous behavior requiring much thought or careful decision making. A study conducted by Onohwosafe et al (2008) on drug use among secondary school children in central Delta state, Nigeria, showed the students had little knowledge about the different drugs and their effects.

## *2.3 Adolescents' reasons for the acceptance or rejection of alcohol consumption*

Many researchers feel that the need to belong in a group is very strong in adolescence. The compelling need to fit into and belong to a group of friends may be motivating factors in alcohol use (Adeyemo, 2007:322). This need is what many feel leads adolescents to partake in such risky behaviours (Wolf et al 1995) such as alcohol use and abuse. Jessor and Jessor (1975) and Nash (1997) cited in Adeyemo D. A, (2007:321) found out that adolescents consumed alcohol because they were exposed to it by their friends and peers. Similar finding was made by Mcpherson (1997) cited in Adeyemo, 2007:322) who confirmed that peer pressure is one of the factors that encouraged students to drink alcoholic beverage. Research on preparing styles and alcohol use among non-Latinos also indicated that authoritative parenting was associated with less alcohol use (Ennett et al., 2001; Lilja et al., 2003 cited in Cristina, 2009). Qualitative research suggest that individual based reasons (such as changing mood, coping with stress and feeling happy), socially based reasons (such as developing trust with friends) and peer influence explain why adolescents drink alcohol (Institute of Alcohol Studies, 2009).

According to Percy (2008) adolescent substance use can be considered to be behavior that can be both intrinsically motivated (i.e. it is an activity undertaken for its own pleasure or reward, for example, intoxication) and extrinsically motivated (i.e it is not undertaken for it own pleasure but to attain some pleasure external to the activity such as peer approval or increased social status. These factors are generally related to the

curiosity to achieve pleasure and satisfaction, relaxation from psychological tensions, facilitate socialization, avoiding social pressure from a group, social isolation, family dynamics and low self-esteem (Gil et al, 2008). Van Hecke (1995) cited in Adeyemo (2007), pointed out that the use of alcoholic beverages by adolescents is often seen as a way to look more like adults. Many students use alcohol to establish status symbol and attract the attention of colleagues especially the female students. This behavior emanates from a society that seems helpless in the face of value decay that has engulfed the African traditional institution in the name of globalization (Odekina, 2007). In a study conducted by Odekina (2007), on alcohol use among junior secondary school students in Nigeria showed that 40% of the students have used alcohol at least once in their life 26% drank an alcoholic beverage to the point of intoxication, 32% had used their own money to buy an alcoholic drink for personal consumption in the past while 48% never had any contact with alcohol.

The influence of peer factor such as peer alcohol use, peer norms and susceptibility to peer pressure have been found to account for significant variance in adolescent alcohol consumption (Schwarzer, 1996 cited in Adeyemo, 2007:322). Harmful health consequences of alcohol use and religious injunction are the most prevalent reasons for abstinence among moslems (Moore and Weiss, 1994). Christians abstain mainly because of the harmful effects of alcohol on health and dislike of its taste and / or smell (Moore and Weiss, 1994). Other reasons for this type of risky behavior in adolescents include attaining social maturity and establishing identity (Benthin, et al 1993 cited in Adeyemo, 2007:322).

Lastly, explanation for the reasons why adolescents might refuse alcohol can be traced to their career aspiration. This is because it is believed that alcoholism can have other direct effects on wages and can affect career choices and stability (Macpherson, 1998). It has been shown that it is possible for alcoholic to self-select into jobs that are less demanding, and therefore low paying. Alcoholics are likely to be less concerned about their career. Therefore, alcoholics tend to gravitate towards jobs that require no great efforts or are not taxing. In fact, there is evidence to support the hypothesis that alcohol and earnings have a parabolic relationship (Macpherson, 1998). In other words, teetotaler and heavy drinkers both earn less than moderate drinkers. It has been estimated that wages peak for individuals consuming an average of 2.40 drinks per day, which is consistent with the medical literature (Macpherson, 1998).

#### *2.4 Adolescents' knowledge of implications of alcohol consumption*

Research suggests that from the age of about 12 or 13 years, young people are similar to adults in their ability to identify and evaluate possible consequence of engaging in risky behavior (Fischhoff et al, 1999 cited in Dworkin, 2006). When youth drink they tend to drink intensively, often consuming four to five at one time. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) in 2006 defines "binge drinking as a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 grams percent or above". The institute also indicated that people who reportedly started drinking before the age of 15 were four times more likely to have met the criteria for alcohol dependence at some point in their lives (9). In fact, new research shows that the serious drinking problems including what is called alcoholism) typically associated with middle age actually begin to appear much earlier, during young adulthood and even adolescence. Research shows that the brain keeps developing well into the twenties during which time it continues to establish important communication connections and further refines its function. Scientists believe that this lengthy developmental period may help explain some of the behavior which is characteristic of adolescence-such as their propensity to seek out new and potentially dangerous situations (NIAAA, 2006). For some teens, thrill-seeking might include experimenting with alcohol.

Developmental changes also offer a possible physiological explanation for why teens act so impulsively, often not recognizing that their actions--such as drinking--have consequences (NIAAA, 2006). Adolescents who drink the most also place the greatest emphasis on the positive and arousing effects of alcohol. The National Institute on Alcohol Abuse and Alcoholism (2006) showed that the differences between the adult brain and the brain of the maturing adolescent also may help to explain why many young drinkers are able to



consume much larger amounts of alcohol than adults by age 17 before experiencing the negative consequences of drinking, such as drowsiness, lack of coordination, and withdrawal/hangover effects. This unusual tolerance may help to explain the high rates of binge drinking among young adults. At the same time, adolescents appear to be particularly sensitive to the positive effects of drinking, such as feeling more at ease in social situations, and young people by ages 18 or 19 years may drink more than adults because of these positive social experiences (NIAAA, 2006).

However with the exception of beer, students incorrectly define the volumes of standard servings of alcohol, overestimating the appropriate volumes (White, 2005). They tend to overstate the appropriate volumes, leading them to over pour drinks and underreport levels of consumption. Adolescents are more likely than adults to list social consequences of engaging in or avoiding risky behavior. Teenager also report engaging in behavior that they describe as more likely to have positive than negative consequence. Research also shows that adolescents are more likely to see themselves as invulnerable (Fischhoff, et al, 1999 cited in Dworkin, 2006). Adolescents' involvement in risky behavior has often been attributed to the fact that they see themselves as invulnerable-to bad consequences will not happen to them.

### *2.5 Management of adolescents' knowledge of alcohol*

Alcohol is not only legal, but its use is socially acceptable in Nigeria (Dimah and Gire, 2004). For most cultures, alcohol is too engraved in the society to just get rid of it. So far there has not been any policy put in place to manage adolescents' knowledge of alcohol. What had been done so far to manage their knowledge is basically a recommendation guiding policy formulation in relation to health. The Institute of Alcohol Studies (2001) indicated primary prevention as a means to curbing alcohol problems, which may be achieved by encouraging, through education and other means, a more healthy approach to the use of alcohol and its place in society. It also noted that alcohol use should be more effectively integrated into social and family life, so that it becomes an adjunct to other activities rather than an end in itself, and the mystique surrounding alcohol use is reduced. Restrictions on hours of sale, age of legal consumption and so on may be counter productive, as they are likely to act as impediments to integrated, healthy drinking attitudes and practices.

## **3. Theoretical Position**

### *3.1 Social Learning Theory*

This theory posits that people learn from one another, via observation, imitation, and modeling. People learn through observing others' behavior, attitudes, and outcomes of those behaviors. Most human behavior is learned observationally through modeling: from observing others, one forms an idea of how new behaviours are performed, and on later occasions this coded information serves as a guide for action. Bandura suggested that the environment also reinforces modeling in different ways. First the observer is reinforced by the model. For example a student who changes his or her dress code to fit in with a certain group of students has a strong likelihood of being accepted and thus reinforced by that group. Secondly, the imitated behavior itself leads to reinforcing consequences. Many behaviors that we learn from others produce satisfying or reinforcing results. For example, a student in a multimedia class could observe how the extra work a classmate does is fun. This student in turn would do the same extra work and also receive enjoyment. Lastly, consequences of the model's behavior affect the observer's behavior vicariously. This is known as vicarious reinforcement. This is where the model is reinforced for a response and then the observer shows an increase in that same response. Bandura illustrated this by having students watch a film of a model hitting an inflated clown doll. A group of children saw the model being praised for such action. Without being reinforced, the group of children began to also hit the doll. The incidence of substance use among adolescents is high. It has been suggested that alcohol consumption during adolescence is almost always a

social experience and a learned behavior (Ench A. U and Stanley P.C, 2004) and which often times takes place in schools.

Relating Bandura's postulation to the subject matter of this study, this theory can help explain why in order to gain information or access to opportunities that a peer group provides and enjoy social and emotional support, an adolescent who was never an alcohol user suddenly starts drinking so as to fit into a group of students who share the same characteristics in terms of age and the same sex. Also, receives enjoyment in drinking after observing how members of his peer group have fun when drinking socially. Lastly, drinks alcohol because the friends he is imitating are always being motivated for their drinking habits not minding the risk involved. This motivation could be in the form of shouting, hailing and praising or inviting such a person to chair a party.

Adolescents observe the drinking motives of their peer group observe the rewarding consequences obtained by their peer group and then model the motives displayed by their peers. For example, those who go out with friends who drink for social motives might also learn to drink for the same motives themselves due to observation and imitation of these peer motives. It is also important to note that reinforcement and punishment influences the extent to which an individual performs an action. In other words, it influences the rate at which youths drink. This means that an adolescent who is punished in school or at home for drinking alcohol will not stop that action but reduce the frequency at which he drinks. Nigeria is a country where millions of people do not have the usual or socially acceptable amount of money or material possession where only a few people are comfortable. As a result, adolescents who are inflicted by this crisis who have friends who drink and at the same time are rich, try to learn their behavior. The reason is to gain their approval and also have a portion of these resources from their friends.

#### 4. Description of study area

Ibadan North Local Government Area of Oyo state was the area the research took place. It is one of the Local government area in Ibadan region, it was the founded by the Federal Military Government of Nigeria on 27<sup>th</sup> September 1991. It lies between longitude 4'53E and 4'55W. it is the largest local government in Ibadan with a land area of 145.58km<sup>2</sup> which is approximately 4.66% the total land area of the city. This geographic space is one of the local governments in Ibadan municipal. It is used to be a relatively dormant place but received more attention all of a sudden in terms of development because its location in the state capital of Oyo-state. This area is a host to many educational centers in Nigeria. It has over 100 secondary school, more than 300 primary school a polytechnic and the University of Ibadan (Filani, Akintola, and Ikporukpo, 1994:77)

#### 5. Methodology

The Survey Research Design was adopted for this study while the questionnaire was the only instrument used in gathering data. The population comprised of entire adolescents (ages 10 – 19) in Ibadan North Local Government of Oyo State, Nigeria. The Sample size of 432 was drawn from the entire population of males and females from six (6) communities within the twelve (12) wards in the Local Government Area.

Two Sampling techniques were adopted for this study. The stratified sampling technique was used to group the local government into Wards and six (6) communities were randomly selected out of the twelve (12) Wards within the Local Government. Secondly, the purposive sampling technique was used in selecting the respondents based on their age. The Sample Size of four hundred and thirty (432) consisting of seventy – two (72) respondents from each of the six (6) selected communities. The samples were made up of two hundred and thirty – two males (232) and two hundred (200) females.

The instrument for data collection was the questionnaire and this was because the adolescents were not willing to discuss freely or openly their involvement in alcohol consumption. This ruled out the possibility of

using the interview method to elicit information on the study.

However the data gathered from the use of questionnaires were analysed using the Statistical Package for the Social Sciences. The descriptive statistics of frequencies and percentages was used to analyze all sections of the questionnaire. The inferential statistics of multiple regression and chi-square were used to analyse variables on social and demographic characteristics and reasons for alcohol consumption. The decision criterion for accepting or rejecting the hypothesis was set at 0.05 level of significance. The chi-square statistics and regression were chosen for being appropriate because of its usefulness for establishing the degree of relationship among the test items and testing of the influence of the independent variables on the dependent variable (alcohol consumption).

## 6. Discussions and Presentation of Results

Four hundred and thirty two (432) copies of the study questionnaire were administered out of which three hundred and thirteen (313) were filled correctly. The data analysis was therefore based on this final figure.

### 6.1 Social and demographic characteristics of the respondents

This segment discusses the social and demographic characteristics of the respondents. Table 1 shows the frequency distribution of the respondents' social and demographic characteristics. It shows that 36.4% of the respondents are females while 63.6% are males. This shows that more males participated in the study probably due to the patriarchal dominance in the study area. Data on the respondents' marital status shows that 98.4% were not married and 0.3% were separated or divorced. This large proportion of the unmarried respondents is expected given the fact that only adolescents participated in the study area, where the average age for marriage is between 22-25 years for females and 25-30 years for males. This shows that because they are adolescents they are yet to acquire the basic necessities of life and might still be under parental control.

The mean age of the respondents was 17.2 years though their ages ranged from 13-20 years. This findings show that respondents in their late adolescence dominated the study. Concerning the respondents' ethnicity 72.8% were Yoruba and 1% were Hausas. The explanation for this could be due to the fact that they study area is largely dominated by the Yorubas. The respondents' religious affiliation shows that 55.9% are Christians and 0.3% claimed to be traditional worshippers. This implies that majority of this Christians are likely to abstain from alcohol consumption mainly because of its harmful effects on health and dislike of its taste and/or smell (Moore and Weiss, 1994). The respondents' occupation shows that 90.1% were students and 0.1% indicated they were farmers. This implies that people now know the worth of education. Also, the governments' policy on Universal Basic Education is a likely explanation for the predominance of the respondents who claimed to be students. Also, the respondents' education shows that majority which constitutes 51.9% are still in secondary school and 0.6% indicated others for whose education did not fall within the option stated. This implies that majority of the respondents' are not likely to be drinking alcohol. Data on the respondents' income shows that only 82 gave information about their monthly income. The reason for this could be that the parents, sponsors or self do not think there is any need for it and that they are capable of settling their expenses as they arise. The data also shows that 43.9% earned below N2,000 and 3.7% earned between N4,001 and N6,000 per month. This result could be because of the fact that majority of the respondents are students and parents/guardian do not believe in exposing their children to huge amount of money. Income in the context of this study refers to all money available to the respondents through their parents, sponsors or self. The data concerning the respondents' living arrangement shows that 71.9% lived with their mother and father and 0.65 lived with their spouse. This implies that majority of the respondents are still young to afford an apartment of their own. It also implies that the respondents' are unlikely to develop substance-abuse problems (Steinberg, 2002). However, some studies have recorded the



situation in which children indulge in delinquent act including alcoholism at young age despite their parental control. Family disorganization is likely to be a major cause of such situation.

**Table 1: The Respondents' Social and Demographic Characteristics**

CHARACTERISTICS	CATEGORIES	FREQUENCY	PERCENT
Sex	Female	114	36.4
	Male	199	63.6
	<b>Total</b>	<b>313</b>	<b>100</b>
Marital status	Not married	307	98.4
	Married	4	1.3
	Separated/divorced	1	.3
	<b>Total</b>	<b>312</b>	<b>100</b>
Age(years)	13	3	1.0
	14	24	7.7
	15	31	9.9
	16	50	16.0
	17	52	16.6
	18	65	20.8
	19	74	23.6
	20	14	4.5
	<b>Total</b>	<b>313</b>	<b>100</b>
	Mean: 17.2 SD: 1.7		
Ethnicity	Hausa	14	4.5
	Igbo	52	16.7
	Yoruba	227	72.8
	Others	19	6.1
	<b>Total</b>	<b>312</b>	<b>100.0</b>
Religious affiliation	Christianity	174	55.9
	Islam	136	43.7
	Traditional	1	.3
	<b>Total</b>	<b>311</b>	<b>100.0</b>
Occupation	Student	282	90.1
	Self-employed	22	7.0
	Private sector	4	1.3
	Public sector/civil servant	1	.3
	Unemployed	3	1.0
	Farming	1	.3
	<b>Total</b>	<b>313</b>	<b>100.0</b>
Highest level of education	Primary	7	2.2
	Secondary(Completed)	141	45.2
	Other	162	51.9
	<b>Total</b>	<b>2</b>	<b>.6</b>
		<b>312</b>	<b>100.0</b>
Monthly income(₦)	N0-N2,000	36	43.9
	N2,001-N4,000	13	15.9
	N4,001-N6,000	3	3.7
	>N6,000	30	36.6
	<b>Total</b>	<b>82</b>	<b>100.0</b>
Living arrangement	Mother	23	7.3
	Father	16	5.1
	Mother and father	225	71.9
	Spouse	2	.6
	Relative	15	4.8
	Friends	11	3.5
	Self	17	5.4
	Others	4	1.3
	<b>Total</b>	<b>313</b>	<b>100.0</b>

### 6.2 Respondents' parental background characteristics

This segment discusses the respondents' parental background. Table 2 shows the frequency distribution of the respondents' parental background characteristics. The data on respondents' mothers' highest education shows that 30.1% had been to the university and 6.4% which constituted the least had only primary education. This implies that majority of their mothers are educated. The finding on father's highest education shows that 42.8% had been to the university and 4.1% have had only primary education. This implies that their social status is likely to affect the respondents' type and frequency of alcohol consumption. The respondents' mother's occupation shows that 49.8% were self-employed and 0.6% indicated they were students. This implies that majority of them are not working for the government but engaging in an activity in order to earn income. It also means that they are able to monitor the activities of their children or wards thereby not exposing them to risky behavior. Considering respondents' father's occupation, 37.4% constitute the private sector and 0.7% constitutes the unemployed. This also implies that majority of them are not working for the government. The bar chart in figure 2 and figure 3 compares the father and mother status using their occupation. It shows that the fathers' status is higher than the mothers' status considering the fact that majority of the fathers work in private sector and therefore has stable income. The data also shows that 50.3% of the respondents which constituted the majority indicated they lived in a flat or duplex and 21.320.4% which constituted the least indicated they lived in a single room or room and parlour. This indicates that majority of the respondents' parent can afford to live in a flat or duplex taking into cognizance that such residences are more expensive than a single room and self contained house.

**Table 2: Respondents' Parental Background Characteristics**

PARENTAL CHARACTERISTICS	CATEGORIES	FREQUENCY	PERCENT
Mothers' highest level of education	Primary	12	4.1
	Secondary	38	13.1
	Polytechnic/College of Education		
	University	57	19.7
	Postgraduate	124	42.8
	<b>Total</b>	59	20.3
Fathers' highest level of education	Primary	12	4.1
	Secondary	38	13.1
	Polytechnic/College of Education		
	University	57	19.7
	Postgraduate	124	42.8
	<b>Total</b>	59	20.3
Mothers' Occupation	Student	5	.6
	Self-employed	155	49.8
	Private sector	69	22.2
	Public sector	67	21.5
	Unemployed	3	1.0
	Others	15	4.8
<b>Total</b>	311	100.0	
Fathers' Occupation	Self-employed	96	31.5
	Private sector	114	37.4
	Public sector	77	25.2
	Unemployed	2	.7
	Others	16	5.2
	<b>Total</b>	305	100.0
Residence/dwelling unit	Single room/room and parlour	64	21.3
	self contained	85	28.3
	Flat/duplex	151	50.3
	<b>Total</b>	300	100.0

### 6.3 Respondents' awareness and knowledge of alcohol consumption

The frequency table in this segment shows the awareness and knowledge of alcohol consumption among adolescents. It indicates that 57.5% have drunk alcohol while 42.5% have never drunk alcohol. Also, 37.2% indicated 'yes' to the question if they still drank alcohol while 62.8% indicated 'no' to the question. This drop in the percentage of those who have drunk alcohol to those who still drink could imply that the possible consequences of drinking alcohol have been identified and evaluated (Fischhoff et al, 1999 cited in Dworkin, 2006). Those who still adhered to alcohol consumption have defined the substance as desirable and acceptable through the interaction with their peers (Crawford and Novak, 2008). It also indicates that despite the fact that majority of the respondents live with their mother and father, some of them still drink alcohol. This could imply that it is either their parents are aware of it or alcohol is consumed without their knowledge. The data on the respondents' perception of the best age to drink alcohol shows that 67.6% of the respondents were of the view that drinking should start between 16 and 20 years and 9.6% were of the view that drinking should start from 26 years. This finding implies that majority of the respondents are of the view that the ability to exhibit self control when drinking alcohol starts from late adolescence (Blakemore & Choudhury, 2006; Posner & Rothbart, 2000; Wiers et al., 2007 cited in Percy, 2008).

Considering the respondents' experience of place of first alcohol drink, 40.9% which constituted the largest proportion indicated that they first consumed alcohol at a party, while the least which constituted 1.2% indicated that they consumed it from a church. This means that adolescents can be exposed to alcohol at parties either through their peers or friends. The data on best time to drink alcohol shows that 51% believe that the best time to drink alcohol is in the evening while 4.3% believe in the morning. This implies that alcohol is viewed as a substance which has a sedative effect capable of making one feel less anxious or more relaxed.

**Table 3:** The respondents' awareness and knowledge of alcohol consumption

AWARENESS AND KNOWLEDGE	CATEGORIES	FREQUENCY	PERCENT
Ever drunk alcohol	Yes	180	57.5
	No	133	42.5
	<b>Total</b>	313	100.0
Still drinking alcohol	Yes	112	37.2
	No	189	62.8
	<b>Total</b>	301	100.0
Best age to start drinking alcohol	<16years	14	10.3
	16-20 years	92	67.8
	21-25 years	17	12.5
	>25 years	13	9.6
	<b>Total</b>	136	100.0
Place of first alcoholic drink	Home	28	11.6
	Party	99	40.9
	Friends	39	16.1
	Bought it	15	6.2
	Church	3	1.2
	Others	58	24.0
	<b>Total</b>	242	100.0
Best time to drink alcohol	Morning	11	4.3
	Afternoon	18	7.1
	Evening	130	51.0
	Anytime	41	16.1
	Others	54	21.2
	<b>Total</b>	254	100.0

#### 6.4 The respondents' predisposition to alcohol consumption

Table 4 below shows that 54.9% of the respondents are of the belief that one can be asked to drink alcohol against one's desire while 45.1% are of the belief that one cannot be asked to drink alcohol against one's desire. This implies that in order to fit into a group it is possible to accept an alcoholic drink against one's desire. This agrees with the findings of Adeyemo (2007) who indicated that the compelling need to fit into and belong to a group of friends may be a motivating factor in alcohol use. The data also shows that 60.9% of the respondents are of the belief that it is good to refuse alcohol from closest friends while 39.1% are of the belief that it is not good to refuse alcohol from closest friend. This implies that friends are presumed not to exert a substantial influence in young people's drinking patterns. This finding is contrary to the study conducted by Kemppainen's et al (2008). They indicated that best friend's alcohol use has been shown to be the most important predictor of adolescents' own alcohol use in every sub-sample (Kemppainen, et al., 2008). The data also shows that 54% of the respondents believe that one can be abused or laughed at if one refused alcohol while 46% believe that one cannot be abused or laughed at if one refused alcohol. This implies that an adolescent is likely to drink alcohol when pressure is exerted.

Furthermore, 67.2% of the respondents are of the belief that it is good not to drink alcohol even if one is the only one who is not drinking among friends while 32.8% believe that it is good to drink alcohol even if one is the only one who is not drinking among friends. The reason for the latter figure could be due to the perception 'that everyone is drinking' (Adeyemo, 2007) or might imply the need to attain peer approval or increased social status (Percy, 2008). The data also shows that 58.3% of the respondents believe that one cannot be discouraged by friends not to drink alcohol while 41.7% are of the belief that one can be discouraged by friends not to drink alcohol. This implies that majority of the respondents do not believe that an adolescent is not likely to be stopped by his friends from drinking alcohol.

Concerning the respondents' data on belief that alcohol will not help one get along with close friends, 78.3% indicated that alcohol will not help one get along with close friends while 21.7% indicated that alcohol will help one get along with close friends. This implies that the compelling need to fit into and belong to a group of friends may not be a motivating factor in alcohol use. In addition, 78.4% were of the belief that alcohol will not make friends like you while 21.6% were of the belief that alcohol will make friends like you. This implies that majority of the respondents do not believe that alcohol consumption can be used to facilitate socialization. Also, 63.5% respondents believe that alcohol consumption will not make one look matured while 36.5% believe that alcohol consumption will make one look matured. This implies that majority of the respondents do not view drinking alcohol as a way of attaining maturity. This is contrary to the study conducted by Benthin, et al, (1993) cited in Adeyemo (2007) who indicated that one of the reasons adolescents engage in risky behavior is to attain social maturity. The data also shows that 85.8% of the respondents believe that alcohol drinking is not because of being shy while 14.2% believe that alcohol drinking is because of being shy. This implies that majority of the respondents view drinking alcohol as a natural or day to day activity, not requiring any conscious thought (Anderson, 1999). Lastly, 69.9% of the respondents believe that alcohol drinking is not because of being bold while 30.1% believe that alcohol drinking is because of being bold. This also implies that majority of the respondents believe that drinking alcohol is like a natural or day to day activity which requires no conscious thought.

**Table 4:** The respondents' predisposition to alcohol consumption

	CATEGORIES	FREQUENCY	PERCENT
Belief that one can be asked to drink alcohol against one's desire	No	137	43.8
	Yes	167	53.4
	Total	304	100
Belief that it is good to refuse alcohol from closest friend	No	119	39.1
	Yes	185	60.9
	Total	304	100.0

Belief that one can be abused or laughed at if one refused alcohol	No	138	46.0
	Yes	162	54.0
	Total	300	100.0
Belief that one can be abused or laughed at if one refused alcohol	No	138	46.0
	Yes	162	54.0
	Total	300	100.0
Belief that it is good not to drink alcohol even if one is the only one who is not drinking among friends	No	100	32.8
	Yes	205	67.2
	Total	305	100.0
Belief that one can be discouraged by friends form drinking alcohol	No	175	58.3
	Yes	125	41.7
	Total	300	100.0
Belief that alcohol will not help one get along with close friends	No	65	21.7
	Yes	235	78.3
	Total	300	100.0
Belief that alcohol will not make friends like you	No	65	21.6
	Yes	236	78.4
	Total	301	100.0
Belief that alcohol consumption will not make one look matured	No	110	36.5
	Yes	191	63.5
	Total	301	100.0
Belief that alcohol drinking is not because of being shy	No	43	14.2
	Yes	260	85.8
	Total	303	100.0
Belief that alcohol drinking is not because of being bold	No	90	30.1
	Yes	209	69.9
	Total	299	100.0

### 6.5 Gender and alcohol consumption

Table 5 below shows that 67.5% of the female respondents have not drunk alcohol while 71.9% of the male respondents have drunk alcohol. The chi-square tests show that there is a significant relationship between gender and alcohol consumption. Table 4.5.2 indicates that 79.8% of the females do not still drink alcohol while 47.2% of the male respondents still drink alcohol. It also shows that 4.4% of the female respondents and 3.5% of the male respondents did not respond probably due to the fact that they do not drink. The chi-square test result shows that there is significant relation between gender and adolescents who still drink alcohol. This means that the higher the population of males the higher the propensity to drink alcohol. The findings shown above imply that drinking alcohol is more acceptable among males than among females in the Nigerian society. This also implies that if the females are questioned on whether they drink alcohol, they are likely to report that they do not drink alcohol.

**Table 5:** Gender and history of alcohol consumption  
have you ever drank alcohol \*sex crosstabulation

			SEX		TOTAL
			FEMALE	MALE	
Ever drunk Alcohol	Yes	Count	37	143	180
		% with in sex	32.5%	71.9%	57.5%
	No	Count	77	56	133
		% within sex	67.5%	28.1%	42.5%
Total		Count	114	199	313
		% within sex	100.0%	100.0%	100.0%
CHI-SQUARE TEST					
			VALUE		
Pearson Chi-Square		46.051(b)	Df	Asymp.sig (2-sided)	
		.358	1	.000	
Contingency					



**Table 5.1:** Gender and regular alcohol consumption do you still drink alcohol \*sex crosstabulation

			GENDER		TOTAL
			FEMALE	MALE	
Still drinking	Yes		18	94	112
		% within sex	15.8%	47.2%	35.8%
	No	Count	91	98	189
		% within sex	79.8%	49.2%	60.4%
	No	Count	5	7	12
	Response	% within sex	4.4%	3.5%	3.8%
Total		Count	114	199	313
		% within sex	100.0%	100.0%	100.0%
CHI-SQUARE TESTS					
		Value	Df	Asymp.sig (2-sided)	
Pearson Chi-Square		31.396(b)	2	.000	
Contingency coefficient		.302			

### 6.6 The respondents' understanding of the implication of alcohol consumption

Table 5.1 indicates that 19.3% of the respondents had experienced effects from drinking alcohol while 80.7% of the respondents had not experienced any effect from drinking alcohol. This implies that majority of the respondents have little knowledge of alcohol and its effect (Onohwosafe et al 2008). It also implies that even with these effects some of these respondents still drink alcohol. These effects could also help explain why some of the respondents who have drunk alcohol stop drinking. Some of these effects as indicated by the respondents as indicated in table 4.5 include unconsciousness (24.1%), unruly behavior (2.2%), and dizziness (22.2%) and body pain (13.0%).

### 6.7 Hypotheses Testing

**HYPOTHESIS ONE:** There is a significant association between peer influence and alcohol consumption.

Table 7 (A) shows that respondents who have ever drunk alcohol and who believe that one can be discouraged by friends from drinking alcohol constitute 69.6% while respondents who believe that one cannot be discouraged by friends from drinking alcohol and who have drunk alcohol constitute 50.3%. On the other hand, respondents who have never drunk alcohol and who believe that one can be discouraged by friends from drinking alcohol is higher (49.7%) compared to respondents who believe that one can be discouraged from drinking alcohol (30.4%). Explanations for this abstinence from alcohol could be due to strict parental control or ones religious affiliation. The table also tests the relationship between respondents who have ever drunk alcohol and peer influence. The table shows that there is a significant relationship between respondents who have ever drunk alcohol and peer influence ( $X^2 = 11.191$ ,  $p=0.001 < 0.05$ ). This implies that peer influence can encourage an adolescent from tasting or having drunk alcohol.

The findings above indicate that it is possible for an adolescent's friend to initiate first alcoholic drink. This can be possible if there is absence of alcoholic drinks in the home and the need to have a taste of one or it could be due to the adolescent's religion which might have prevented him or her from having a taste of this alcoholic drink. This is because certain religions do not accept one to drink alcohol. Also, it could be due to the advertisement of the alcoholic beverages that are displayed on the media such as the advertisement of Guinness that would have initiated the urge to drink alcohol. As a result peers or friends who might be celebrating their birthday and with the disposition of alcoholic beverages by the parents of the celebrant

would have been encouraged by the friend to have a taste of alcohol or just drink for once by the celebrant, considering the fact that majority of the respondents indicated getting their first drink from a party. Even within the party, the adolescent might have been referred to as a 'baby' which would have been embarrassing and in order to prove them wrong ends up engaging in this act.

Another explanation for this could be due to the imitation of close friends who are seen as role models. This means that to be like these role models one will tend to imitate their behavior or personality by drinking alcohol if they drink and not drinking if they do not.

**Table 5.2 (b):** The cross tabulation of respondents who still drink alcohol and peer influence

			Belief that one can be discouraged by friends not to drinking alcohol		Total
			No	Yes	
Do you still drink alcohol	Yes	Count % within belief that one can be discouraged by friends not to drink alcohol	65 37.1%	45 36.0%	110 36.7%
	No	Count %within belief that one can be discouraged by friends not to drink alcohol	105 60.0%	75 60.0%	180 60.0%
Total		Count %within belief that one can be discouraged by friends not to drink alcohol	175 100.0%	125 100.0%	300 100.0%
CHI-SQUARE TEST					
			Value	Df	Asymp.Sig(2 - sided)
Pearson Chi-square			.312	2	.856
Likelihood Ratio			.308	2	.857
Linear-by-Linear Association			.300	1	.580
N of Valid Cases					

a. 1 cell (16.7%) have expected count less than 5. The minimum expected count is 4.17

### 6.8 Socio-economic background and alcohol consumption

**HYPOTHESIS TWO:** Socio-economic background will jointly and independently influence alcohol consumption among adolescent.

Using regression analysis, the P value ( $P=0.006$ ) $<0.05$ . This shows that socio-economic background (type of house, father's occupation, sex, ethnic, marital status, occupation, living arrangement, mother's highest education, religious affiliation, highest level of education, mother's occupation, father's highest education) jointly and independently influences the alcohol consumption. However in table using chi-square test it indicates that it is only religious affiliation that independently influences alcohol consumption. This is because  $P(0.03) < 0.05$ . The relationship between these two variables is negative. This means that the more religious parents or guardians are the more they are likely to discourage their children or wards from drinking alcohol. This can account for the reason why some adolescents do not drink alcohol. One of the values preached by religion is obedience to parents/obedience. Therefore in order to abide by this and not be recognized as a deviant, most adolescent will want to obey particularly when they have been warned by their parents or wards or religious leaders from drinking alcohol.

**Table 5.3:** The determinant of alcohol consumption

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	79.572	12	6.631	2.411	.006(a)
	Residual	651.886	237	2.751		
	Total	731.457	249			

A. predictors: (constant), type of house, father's occupation, sex ethnic, marital status, occupation, persons living with, mother's highest education, religious affiliation, highest level of education, mother's occupation, father's highest education.

B. Dependent Variable: Alcohol Scale.

#### Coefficients (a)

Model		Unstandardized Coefficients		standardized Coefficients	t	Sig
		B	Std. Error	Beta		
1	(Constant)	7.109	1.444		4.923	.000
	Sex	-.379	.243	-.107	-1.560	.120
	Ethnic	-.198	.173	-.073	-1.138	.256
	Religious affiliation	-.498	.228	-.148	-2.185	.030
	Occupation	-.281	.210	-.087	-1.335	.183
	Marital status	.405	.733	.036	.553	.581
	Highest level of education	.351	.208	.116	1.684	.093
	Living arrangement	-.128	.078	-.108	1.642	.102
	Mother's highest education	-.047	.121	-.032	-.389	.698
	Mother's occupation	-.006	.109	.004	.054	.957
	Father's highest education	.029	.123	.019	.232	.817
	Father's occupation	.074	.094	.053	.788	.432
	Type of house	-.042	.078	-.035	-.539	.590

**HYPOTHESIS THREE:** There is a positive correlation between volume of alcohol consumed and career aspiration

The table below shows the cross tabulation of maximum quantity that can be consumed by adolescents and career aspiration of respondents which has been categorized into professional and non-professional aspiration. It shows that respondent who drink less than one bottle of drink in a day and who have aspirations which are non-professional constitute 23.2% which is higher compared to those who desire to have aspirations within professional ambition, 33.3% compared to 17.7%. There are 12.1% respondents who indicated that they can drink between four to five bottles of alcohol and who desire to be non-professionals in life compared to 4.8% respondents who desire to be professionals in life. Lastly, 12.1% who can drink more than five bottles of drinks and who desire to be non-professionals in life is higher compared to 3.2% of the respondents who desire to be professionals in life. This is consistent with the findings indicated by MacPherson (1998), alcoholics tend to gravitate towards jobs that require no great efforts or are not taxing.

Table 5:4 The cross tabulation of ambition and alcohol consumption

		Ambition		Total
		Professional	Non-Professional	
Maximum Quantity (Volumes in bottles)	<1 Count	46	14	60
	% within ambition	74.2%	42.4%	63.2%
	2-3 Count	11	11	22
	% within ambition	17.7%	33.3%	23.2%
	4-5 Count	3	4	7
	% within ambition	4.8%	12.1%	7.4%
	>5 Count	2	4	6
	% within ambition	3.2%	12.1%	6.3%
Total	Count	62	33	95
	% within ambition	100.0%	100.0%	100.0%
CHI-SQUARE				
		value	Df	Asmp.sig(2-sided)
Pearson Chi-square		9.951 <sup>a</sup>	3	.019
Likelihood Ratio		9.812	3	.020
Linear-by-Linear Association		8.923	1	.003
N of Valid Cases		95		
A. 4 cells (50.0%) have expected count less than 5. The minimum expected count is 2.08.				

## 7 Conclusion

Adolescence is a transitional stage of physical and mental human development that occurs between childhood and adulthood. It is a period when every child look forward to and has the belief that they are no longer children. This predisposes them to certain risk behavior such as alcohol consumption which has been discussed above. The influence of socioeconomic status is very important in explaining why adolescents are predisposed to alcohol consumption which determine to a large extent who an adolescent would be or become in generations to come.

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