

**THE ROLE OF FORMAL EDUCATION, IN MITIGATING  
ABUSE OF ALCOHOL AMONG PUPILS: A STUDY OF GRADE  
8-12 PUPILS IN SELECTED SECONDARY SCHOOLS IN  
LUSAKA DISTRICT.**

**BY**

**SUNSHINE NAMASIKU SIAFWA**

**A Dissertation submitted to the University of Zambia in Partial  
Fulfillment of the requirements for the award of the Degree of Master of  
Education and Development**

**THE UNIVERSITY OF ZAMBIA**

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## **DECLARATION**

I Sunshine Namasiku Sifwa, do hereby declare that the work contained in this dissertation is my own work and that it has not been submitted for a degree at this or any other University, and that it does not include any published work or material from another dissertation except where due reference has been made.

Signed:.....

Date:.....

**APPROVAL**

This dissertation of SUNSHINE NAMASIKU SIAFWA has been approved as partial fulfillment of the requirements for the award of Master of Education and Development by the University of Zambia.

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## **ABSTRACT**

Alcohol consumption has occurred for thousands of years World over and for some people it has become a pass-time habit. Nearly every country in the world has citizens who consume alcohol to an extent that, they abuse the substance. It is noted that in many parts of the world, drinking alcoholic beverages is a common feature of social gatherings. Despite there being measures to control alcohol consumption in many societies, many people still abuse the substance. Citizens of various nations start drinking alcohol at ages that vary according to locality. The enforcement of minimum legal drinking ages also varies widely among countries. In many nations the law is not generally enforced unless alcohol is abused and associated with behavioral problems.

This study was undertaken to explore the role of formal education in mitigating alcohol abuse by pupils in Zambia. Data was collected in selected schools in the Northern Zone of Lusaka district. Ten secondary schools were sampled six government, two private and two community schools. The research design was a combination of qualitative and quantitative. Self administered questionnaires were given to randomly selected pupils and the sample representative in the selected schools was 22 respondents per school, involving two administrators, four teachers and sixteen pupils. For qualitative approach one to one interviews using semi-structured interview guide was conducted with pupils and teachers. Focus group discussion guide with pupils were used by the researcher.

The findings of the study revealed that the causes of early alcohol intake were well known among the pupils themselves, peer influence being the main one. Findings on the second objective which was to establish the extent of sensitization of pupils on alcohol abuse, revealed that there was inadequate sensitization in schools. The findings further showed that the gap on sensitization was created owing to lack of deliberate policy on alcohol abuse. The study also revealed that the pupils knew that alcohol abuse had an effect their learning achievements and this was the third objective. The findings also showed that among the suggested measures to be taken, the respondents recommended formal education as the most favoured intervention.

## **DEDICATION**

To my late parents; Nathan Dombosha Siafwa and Eleanor Munyati Siafwa, though departed they have inspired me to become what I am today. May their souls rest in peace. To my wonderful sons; 2<sup>nd</sup> Lieutenant Cheenda Malambo, Lance Shamikobo, Kenneth Malambo and Nchimunya Zaza Malambo for their undying moral and financial support during my research. To my sisters, Dorcas, Chipso, Junza, Mukonka and my only surviving brother Abel Siafwa for all rounded support. My friends Eunice Sinyemu and Ebbie Munsanje for the encouragement they gave me. To all of you, I owe my success.

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I would also like to acknowledge the Heads of the schools I went to collect data from for the cooperation they rendered. To my research assistant Eunice Sinyemu for all the help rendered during the period of data collection and analysis. I owe my success to you all. May the Good Lord continue blessing you abundantly.

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## ACRONYMS

**AUDIT-** Alcohol Use Disorders Identification Test

**NHTSA -** National Highway Traffic Safety Administration

**NTSB -** National Transportation Safety Board

**MLDA-** Minimum Legal Drinking Age

## CAGE

**C** - Have you ever felt you should **cut down** on your drinking?

**A** - Have people **annoyed** you by criticizing your drinking?

**G** - Have you ever felt bad or **guilty** about your drinking?

**E** - **Eye opener:** Do you need a drink first in the morning to steady your nerves?

## TWEAK

**T** - **Tolerance:** How many drinks can you hold?

**W** - Have close friends or relatives **Worried** or complained about your drinking in the past year?

**E** - **Eye Opener:** Do you sometimes drink the morning when you get up?

**A** - **Amnesia** Did you drink and you could not remember?

**K(C)** - Do you sometimes feel the need to **Cut down** on your drinking?

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