

**ALCOHOL DRINKING HABIT AND HEALTH STATUS AMONG GURUNG
COMMUNITY IN HANSPUR, VDC, KASKI**

A Dissertation

Submitted to the Tribhuvan University

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Master Degree in Sociology**

By

Buddhi Sagar Tiwari

Symbol No: 480253

T.U. Regd. No: 40848-93

Tribhuvan University

Faculty of Humanities and Social Sciences

Department of Humanities and Sociology/ Anthropology

Prithwi Narayan Campus

Pokhara, Nepal

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LETTER OF RECOMMENDATION

This is to certify that **Mr. Buddhi Sagar Tiwari** has completed this dissertation entitled "**Alcohol Drinking Habit and Health Status Among Gurung Community in Hanspur, VDC, Kaski**" under my supervision and guidance. I, therefore, recommend this dissertation for final approval and acceptance.

Date: April, 2012

Sukra Raj Adhikari

Teaching Assistant

Department of Sociology/Anthropology

Prithvi Narayan Campus

Pokhara, Nepal

LETTER OF APPROVAL

We hereby certify that the dissertation entitled "**Alcohol Drinking Habit and Health Status among Gurung Community in Hanspur, VDC, Kaski**" submitted by Mr. Buddhi Sagar Tiwari to the Department of Sociology/Anthropology, Prithvi Narayan Campus, Pokhara, in the partial fulfillment of the requirements for the Degree of Master's of Arts in Anthropology has been found satisfactory in scope and quality. Therefore, we accept this dissertation as a part of the mentioned degree.

Members of Dissertation Evaluation Committee

Mr. Sukra Raj Adhikari

Research Supervisor

Krishna K.C. PhD

External Examiner

Shanti Bhusal

Head, Department of Sociology/Anthropology

T.U., PNC, Pokhara

Date: April, 2012

RECOMMENDATION BY LANGUAGE EDITOR

This is to certify that I have gone through the draft of dissertation entitled "**Alcohol Drinking Habit and Health Status among Gurung Community in Hanspur, VDC, Kaski** " prepared by Mr. Buddhi Sagar Tiwari as a language editor and made necessary correction and improvements there in. I have been impressed by his intelligible presentation of facts through the medium of plain and correct English

Date: April, 2012

(Khimananda Poudel)

Teaching Assistant

Department of English

Prithvi Narayan Campus

Pokhara, Nepal

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ABSTRACT

This study entitled "Alcohol Drinking Habit and Health Status among Gurung Community in Hanspur, VDC, Kaski " was carried out to examine the health status of alcohol users. It studies the relationship between practice and social value, the practice and age, practice and literacy, practice and occupation, practice and sex as well as the alcohol related health problems upon the practioners.

The study is based on primary as well as secondary sources of data. Total 150 population were taken as sample. Interview schedule and observation forms were applied as tools for collection of primary information.

In terms of education, the community seems backwarded. Where as 13 percent were illiterate and 42 percent were only primary level, 45 percent were primary level passed graduate in schooling. More than half respondents had agricultureas occupation. About two-third (72%) respondents were males and only 28 percent were females.

In Gurung community, alcohol is essential for their feast and festivals by culture. Therefore majority of respondents (75%) prepares alcohol in their home and use home made alcohol. Only some (12%) were found involved in fighting, quarreling after drinking. The majority of respondents (74%) drinks alcohol everyday.

A great majority of the respondents had started to drink alcohol before the age of twenty. Most of the respondents reported that they had supported for drinking alcohol by their family members (47%), friends pressure (42%). About half percent respondents (48%) drink three glass per day. Most of the respondents reported that the causes of drinking alcohol are cultural impact habit (48%), relief from physical and mental stress (20%) and for enjoyment (24%).

Majority of the respondenst reported sickness due to alcohol (52%). Among them Gastritis (42%), Body pain (28%), Faint (12%), Blood Pressure high (8.67%), Tuberculosis (2%) and others (7.33%). Majority of the respondents reported feeling without alcohol shivering (52%) second majority felt body pain/malaise (42%) and irritation (4%).

At the end of this study, it is concluded that alcohol, used by Gurung community is common in that study area. Various reason are responsible for it.

Among them illiteracy, their culture, peer pressure, community, knowledge etc are the most important ones. It is requested to conduct similar types of studies in other communities with large sample size and different methodology.

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ACRONYMS

CWIN	:	Child Worker in Nepal
INGO	:	International Non Governmental Organization
NGO	:	Non Governmental Organization
TU	:	Tribhuvan University
USA	:	United State America
VDC	:	Village Development Committee
WHO	:	World Health Organization