

CHAPTER -I

INTRODUCTION

1.1 Background of the Study

Alcohol, the word itself is derived from the Arabic " Al Kohl". It originally referred to a fine powder of antimony used for staining the eyelids and gives rise to speculation on the expression. "Here's mud in your eye! The word evolved to describe any finely ground. Substance, they the essence of a thing, and eventually came to mean, "Finely divided spirit on the essential spirit of the wine. Nineteenth century temperance advocates tried to prove that the alcohol is derive from the Arabic 'Alghul' meaning ghost or evil spirit (Kinney, 2000).

Alcohol, in the context of Nepal, *Raksi* is a traditionally distilled alcoholic beverage in Tibet and Nepal. It is often brewed at home. *Raksi* is usually made from *kodo* (millet) or rice, different grain produce different flavor. It is a strong drink, clear like Vodka, Gin, tasting somewhat like Japanese Sake. There are 47 alcohol, 5 Beers and 4 wine industries in Nepal (Mahat et al, 2011). *Jand/chhang* (Nepali beer), homemade *Raksi* and local *Raksi* are the most common drinks in Nepal. Alcohol is produced at home and industry. Both national and multinational companies are involved in producing distilled and brewery products. A total number of large medium and small alcohol industries registered in ministry of Industry (2000), was 68 (36 distilleries, 8 breweries and 24 small scales) industries. There are about a dozen brands of beer and several brands of Whiskey, Vodka, Rum and Scotch that are produced in Nepal. Among them, all beers and several alcohol products are of international brands (Dhital, 2001).

Alcohol is worldwide a social and medical problem. Alcohol consumption rate of south East Asia are considered to generally low about 50% for men and 5-10% for women. Murray and Lopez (1996) estimated that globally in 1990 alcohol contributed to 1771, 6000 deaths. Some 82% of this burden of death, illness and injury falls on regions of world classified (developing). A case study in Lalitpur has shown that contribution of alcohol in suicide incidence (Maharjan, 1998). Alcohol and the drug abuse is a worsening problem in Nepal. As Dr. Christine writes commented "alcoholism is rampant throughout Nepal. In the cities in some areas of the Terai other equally hard drug are being abused and people are becoming addict (Kevini, 1989).

Alcohol abuse causes over 100000 deaths in the United State and Canada each year. It is the drug most commonly abused by children ages 12 to 17. Alcohol –related motor vehicle accidents are the leading cause of death in teenager. People who drink alcohol are more likely to engage in high-risk sexual behavior. There can be depressed sexual response, disordered sugar metabolism, and premature ageing. Mothers who drink even moderate amount have a higher risk of producing a child with the congenital defects called the fetal alcohol syndrome while it is hard to measure all there effects, it is also hard to measure the involvement in crime, accidents, poor job performance, relationship problems, broken hearts, and broken families (Robson, 1998).

The annual cost of alcohol related damage is estimated to be 90-100 billion. The role of alcoholism in death is certainly under estimated. Dr. Janice Phelps correctly said: perhaps the saddest thing that can be said of this disease is that the most alcoholics die with alcoholism without ever knowing that they are not alcoholics, nor done the medical profession know (Park, 1997).

According to E. Epstein (1998) the misuse of alcohol represents out the leading cause for preventable death, illness and injury in many societies throughout the world. Alcohol consumption is associated with a variety of adverse health and social consequences.

Adverse effects of alcohol have been demonstrated for many disorders including cirrhosis of liver, mental illness, several types of cancer, pancreatitis, and damage of the fetal among pregnant women. Alcohol is also strongly related to social consequences such as drinking, driving and fatalities, aggressive behaviors, family disruption and reduced productivity. Alcohol is alcohol: ethanol, the active ingredient in any alcoholic beverage is the same whether found in beer, wine, or liquor. Long-term use of alcohol can be cause cirrhosis. Alcohol poisoning and death can occur if alcohol consumed in excess, whether in single instance or over an extended period of time (Behrouz, 2003).

1.2 Statement of the Problem

Alcohol use is associated with thousand of fatalities and has been correlated with homicide, assaults, family violence and chronic heavy drinking can be lead to neurological damage as well as damage to the heart, liver however light drinking has been associated with an increase heart attack. Hard liquor damages the drinker morality leading to the variety of antisocial, immoral and criminal behavior (Ray et al, 2002).

Alcohol abuse is getting major serious problem on every year in Nepal. The estimate population of substance abusers is about 60,000 in Nepal. Saathi (1997) found that alcohol abuse was the second biggest causes behind crime against women and girls. Cwin (1998) found that 10% of the violence against women is attributed to alcohol use by the spouse. Similarly, 90% of the road accidents are attributed to drink driving, about

16% of the children in Kathmandu left home due to alcohol use in the family. The major types of impact on children lives are violence against children, torture, children themselves initiated to substance use, indebtedness and poverty due to alcohol use in the family.

Alcohol is not itself good or bad. Sometime it is used for drug or medicine. Hanson, an American sociologist regards alcohol use in continuum for the most harmful to the normal and sometimes beneficial one. World Health Organization (2004) estimates that around 2 billion people worldwide consume alcohol. It is a burning issue in the world. Many reports and researchers show that alcohol drinking is associated with many kinds of social, economic, and political problems. Alcoholics are suffered by many kinds of diseases.

Achham was one the first alcohol Dry Zone (alcohol-prohibited area) in 2044 B.S. in Nepal which is also isolated and backward district. The committee had been organized under the coordination of Chief District Officer (CDO), which helped to stop the wine to sell and consume in Achham. The committee had a rule who consume the alcohol, he had to pay Rs.2300 for punishment and who sold and produced alcohol in Achham, and he had to pay Rs.6300 for punishment. But the committee hadn't applied the rule and regulation for the consumer and seller or producer of alcohol. The blackmail and supply of alcohol had spread day by day under prevention to police administration and district political leaders. *Sanphebagar, Jayagadh, Binayak, Kamal Bazar, and Tunibagar* are main trade center of wine. There are so many small Bhatti in every village. Homemade *Raksi* and distilled alcohol is available in every small shops of each VDC. The consumers take a bottle of beer paying Rs.500 in very high price. Wine sellers sell the low quality distilled wine from Rs.500 to 2000. It is also so high expensive. But the alcohol users buy

alcohol paying expensive price (Shah et al, 2011). Before 2nd popular movement & the period of Maoist People's war, Alcohol was totally banned in Achham. There was no alcohol and no alcoholics. Somebody consumed alcohol in secret.

After 2006, alcohol distilleries beverages and homemade *Raski* started to be available in this area. Paying high price, they consume alcohol. Now Achham is open area like other district of Nepal. I think about 99% male have taste of alcohol in this study area. Some of them are becoming alcoholic. They spend their time to consume alcohol and fight each other. They don't care and rare their family and children. They don't give food and clothes to their family but they drink. Many of cases are related with alcohol abuse in my study area. If there is no food in their house, they drink alcohol with debt. Teachers, village political leaders, farmers and labors also consume alcohol in public sphere and local shops. They quarrel at the day, evening, and even night. They pollute the calm environment of village. The ten years to old people have taste of alcohol. There are so many cases like as rape, murder, intra and inter family violence. Achhami alcohol abusers are still drinking in openly street and public spheres. Alcohol users of these places consume so much. Teenager also takes alcohol in secretly. Why do they drink alcohol? Who drinks alcohol too much? Where do they drink? When do they drink? How much do they drink? What do they do after drinking? What are the main factors which motivate to drink them? What are the main attitudes and aims towards alcohol drinking? Why they are becoming drunkard or alcoholic day by day? What are the main reasons or causes and consequences of drinking alcohol? How is the relation among the alcohol users and their neighbors and society? This study is designed to find out the causes and

consequences of alcohol abuse in this area and the following questions come into existence as curiosity for the study.

1.3 Objectives of the Study

The general objective of the research is to study of causes and consequences of alcohol drinking of the *Tin Toshi*, Achham. The specific objectives are as follows:

-) To describe socio-economic status of users
-) To identify major causes of alcohol abuse
-) To identify risk behavior, problems and consequences of alcohol abuse

1.4 Rational of the Study

Alcohol abuse is a serious and complex global problem that has been increasing in geometrical ratio in Nepal. It is one of major steps in battle against alcohol abuse to find out the various cause and consequence of alcohol abuse in Achhami alcohol abusers. Alcohol abuse is being the cause of HIV/AIDS, Hepatitis, sexually transmitting infection, heart, liver and neurological damage etc. Other common problems are as they drink more in premature deaths mainly due to overdose, fallen accidents and fighting each others in public sphere and houses. Thus, the silence is maintained to break this exist and might become a serious threat for the development of society and the country. If these social harms are not be solved in time by various collaborative efforts, the society will sink completely in the ditch of poverty. The study is helped to realize by the family, society and the nations about the alcohol abuse.

Many alcoholic spend their time drinking alcohol and verbal abuse and fight each other. These behaviors lead the society into dark hole of future. The substance abuse and addiction influence social, cultural, economic environment. Most worth is spent to consume alcohol to maintain their psychological, physical withdrawal symptoms. Social system, value norms and culture are exaggerated because of the increasing number of alcohol abusers. It is highly affected to the economy because the substance users are mostly busy to collect and consume alcohol. They are wasting their productivity social, cultural values. Alcohol abuse creates psychological problems and physical or psychological dependency. They have to pay fine as a cause of alcohol drinking and selling. The earning time and career become lost due to being alcoholic. As a result, the alcohol users loose many things like as, money, time, good health, morality and socio-cultural status. Alcohol users are also one of the community people and members of society, which ultimately leads the society towards underdevelopment of society and nation. Therefore this study is conducted to identify socio-economic status, cause and consequence of alcohol use, alcohol related problems among *Tin Toshi* VDCs of Achham.

1.5 Organization of Study

The organization of the study is objectively and there are eight chapters. First chapter deals introduction of the study. It deals brief description of alcohol use in world and Nepal, and statement of the problems, objectives and rational of the study. Second chapter deals literature review and some key concepts of alcohol. The research methodology is described in third chapter. Similarly, forth chapter for geographical setting and chapter five to seven is to explore and describe research finding. Last chapter deals summary, conclusion and recommendation of study.

CHAPTER- II

REVIEW OF LITERATURE

2.1 Review of Previous Study

Alcohol use is closely related with the caste system of Nepal. Many people foster the use of alcohol beverage according to their social and cultural tradition. The people of *mangoloid* origin used alcohol for the purpose of rituals and on religious occasion as well as for social drinking during festivals and special occasion like birth and death, on the other hand, the Hindu society, based on the code of Manu, prohibited alcohol use among the higher caste of *Brahmin* and *Chhetri*. The societal structure lay out by the semi-legendary and hierarchy (Mohan et al, 1995).

Consumption of alcohol is prevalent among almost all-ethnic groups irrespective of the caste hierarchy. Traditionally the whole Nepalese society is segmented on the basis of alcohol use, *Matawali* are traditionally alcohol users and producers also and *Tagadharies* are traditional alcohol non-users. Most ethnic groups and untouchables the lower strata of Hindu hierarchical caste system used to take alcohol in their everyday life, whereas *Brahmin, Chhetri* and *Thakuri* the higher strata of the Hindu hierarchical caste system did not use to drink alcohol. However, the cultural barriers for the consumption of alcohol have almost disappeared and estimated that almost one-half the Nepalese population consumes alcohol. Dhital (2001) argues that about 60% of the Nepalese population has experienced alcohol and 41% have taken it during the last 12 months. Among those who have ever drunk alcohol 38% were found to be using it regularly (15 day in 30 days) and 10 % are daily user (more

than 20 days in a month) more men than women drink (21% female as compared to 50% taking) any types of beverage in the last 30 days.

Some historians also linked the loss of territory in Nepalese history as the result of excessive use of alcohol. Prithvi Narayan shah, the king of Gorkha strategically chosed the day of Indra Jatra (25, Sept.) a local festival, when the people were drunk, so as it conquer the *Newar* of Kathamandu.

It is argued that the use of foreign alcohol among ruling elite has started since the period *Janga Bahadur Rana*, the prime Minister of Nepal, who visited England in 1850. He and his entourage that followed him to his European travel seemed to have developed the taste and introduced alcohol among the rich and powerful novels of Nepal who were erstwhile strict follower of Hinduism. After that western alcohol beverages like white horse and black horse became internalized in the palaces. "Jang Bahadur's son enjoyed drinking wines, spirits and imported alcoholic drinks in large quantities. Almost every evening the young sons of the PM (Jang Bahadur) hosted drinks and dinner parties in their homes. The invitee very willingly joined in the parties and drank freely. Every alcohol drink was then classified as wine in Rana house. But most popular drinks were John Exshaw NO.1, Cognac, White Horse, French and Portuguese red wine. They often drank straight and consumed several bottles in one sitting. Some of the young ladies were also addicted to alcoholic drink (Vaidya, 1993).

Some historians argue that Nepalese soldiers recruited in the British army were sent to suppress Mutiny in India, during 1857. These Nepalese soldiers who were involved in First World War and the Second World

War were also the main agent to popularize western drinking habits in the society (Subedi, 1999).

Alcohol is used to welcome guests in some ethnic group in Nepal. They expend money to buy alcohol. It is used to increase their socio status in their society. But it has so many disadvantages than advantages. It stimulates (impresses) youth to fight each other in the street or gang fight. It creates intra-family violence. Alcohol drinking is sometime associated with robbery, poverty, rape and sexual harassment. It may lead to suicide, murder also in the society. Heavy drinking can lead premature death of alcohol abusers. A family may be ruined if one of the member is heavy drinker. About 14% crimes are associated with alcohol drinking in Nepal (Sharma, 2000).

2.1.1 Causes of Alcohol Drinking

Alcoholism or alcohol abuse is a complex health problem which is a burning issue in the world. The WHO (2004) estimates that around 2 billion people worldwide consume alcohol.

Freema and Parry (2004) state that there are so many reasons for alcohol drinking they are mentioned as follows;

-) Alcohol as a social lubricant
-) Use of alcohol in ritual
-) Social sharing
-) Drinking alcohol is accepted and even expected behavior
-) Taste and quality
-) Alcohol as a reduce stress
-) Drinking as a means of dulling “the pain of poverty” or other hardships of life

-) Environment of the state of intoxication
-) Lack of information
-) Responding of peer pressure
-) Pressure from advertising/ following role-models
-) Alcohol as a part of social control

Dhital (1999) finds that part of food, recreation, to forget sorrow. Medicine problem solver, status symbol, social lubricant and ritual are main causes of alcohol drinking. But she doesn't seek that there are so many causes like as lack of education and information about alcohol abuse which leads to make many people alcoholics.

Societal change (breaking joint family system, disintegration of the community network, migration toward town and cities, unable to cope financially the person feels trapped in the circulars natural of consumerist) □ hippies and introduction of the drug culture, personal and family problems, societal acceptance of alcohol consumptions, peer instruction of drug and alcohol are causes of alcohol drinking. Mr. T.B. Gearge wrote, young Nepalese who were in contact with those tourists, were impressed by their life style and philosophy associated with encouragement of alcohol and drug abuse (Tamrakar, 1996).

The Tharu community use alcohol for the purpose of worshipping the God. The other are to get relax after hard working into the field as many are engaged in agriculture profession, to serve the guests alcohol is considered as an essential item and many husbands encourage their wives to get together (Sharma, 2004).

Some reasons that teens use alcohol and other drugs are: curiosity, to feel good, reduce stress and relax to fit in and to feel older. From a very young age, kids see advertising messages showing beautiful people

enjoying life- and alcohol. And because many parents and other adults use alcohol socially-having beer or wine with dinner (www.google.com).

2.1.2. Consequences of Alcohol Abuse

Alcohol use is a serious and complex global problem that has been increasing in geometrical ratio. Identifying and eliminating problem-drinking behaviors are important for many reasons. Alcohol use is also linked to an increase in injuries, including those resulting from automobile crashes, falls and fires. Not only does the risk of injury increased with that amount of alcohol consumed, but this risk begins to rise at relatively low levels of consumption. Problem drinking may also contribute to unsafe sex practices leading to an increased incidence of HIV/AIDS, hepatitis and other sexually transmitted diseases. Finally, higher levels of alcohol consumption are associated with a greater risk of negative health effects including weekend immune system, tuberculosis, coronary, heart disease, liver cirrhosis and cancer. One study by the University of Washington found that people who regularly have more drink in a row starting at age 13 were much more likely to be overweight or high blood pressure by age of 24 than their non-drinking peers. People who continue drink heavily damaging their organ, such as liver, heart and brain (National Institution on Alcohol Abuse of Alcoholism, 2000).

In 2000, alcohol was responsible for 4% of the global burden of disease more or less equal to the diseases caused by tobacco use (4.1%). Alcohol was estimated to have caused 1.8 million deaths. 3.2% of all death globally contribution to the global of burden of disease was considerably higher in developed (9.2%) than developing countries in part due to the greater consumption of alcohol in these countries and in part due to the high burden from other disease in developing countries (such as AIDS,

malaria, childhood illness etc.). alcohol consumption contributes to disease , injury disability and premature death more than any other risk factor in developing countries with low morality, where alcohol is responsible for 6.2% of disability adjusted life years lost. In high mortality regions including afro-country was calculated to 1.6% for South Africa the estimated burden due to alcohol (death and disability) has been calculated to be 7%, 10.5% for males and 3.1% for females. There are many negative consequences of alcohol. There are not taken into account in analysis global burden, such as the affects like biological, brain, central nervous and muscular system, liver, heart, blood cells etc. (Freema et al, 2004).

Drinking was specially linked to rape and house breaking offences. Subsequent research in Cape Town, Durban and Johannesburg in three phases between 1999 and 2000 (Parry et. al 2004) found that overall 15% of arrestees indicated that they were under the influence of alcohol at the time alleged offence took place. Regarding violent offences, arrestees indicated that they were under the influence of alcohol of 25% of weapon related offences, 22% of rape and murders, 14% of assault cases and 10% of robberies. Level of alcohol-related crime was particularly high for family violence offences at 49%. Arrestees also indicated that they were often under the influence of alcohol in cases involving property offences for example, 22% of cases involving house breaking and 12% of cases involving the theft of motor vehicle. When asked why they consumed alcohol or other drugs in relation to crimes, many arrested indicated they consumed there substance in order to give them courage to commit the crime. In Tianjin, china, a study of inmates found that 50% of assault offenders had been drinking alcohol prior to incident (WHO, 2005).

A study in Delhi, India, compared families where the husband drank at least three times a week compared to those where the husband drank only once a month, in the first group 24% of household income was spent in alcohol compared with 2% in the other families. The family with the drinker had significantly more debts and their debts were twice as large. Mother who drinks alcohol in a binge fashion while pregnant and exceed 5 drinks per week per occasion is especially at risk for fatal alcohol syndrome (FARR, 2005).

Donald (2002) argues that in the 15 to 24 age range the leading cause of death are accident, homicide and suicides. All have a strong correlation with drug and alcohol use. The American safety council estimated that over 50% of all accidental death in this country are related to alcohol or drug abuse.

Alcohol definitely harms our health, although the respondent don't agree that alcohol is responsible factor of health problem, the researcher claims that mainly heart burn, loss of appetite and loss of sleep are the main consequences of alcohol (Sharma, 2004).

Chirika (1996) says that people of India who drink alcohol manufactured from the distilleries in their own country often lose their lives and became blind due to poisoned alcohol, specially due to mixture of methyl alcohol(which is cheap) in ethyl alcohol. According to Nepal Bureau of Standard and Metrology" the percentage of alcohol must be in between 11.5% to 35%. But the percentage of alcohol which has been collected for this study lies in between 20 % to 58% i.e. mainly between 40 to 58% which is higher than the standard value, for this we come to know that people of Kathmandu are drinking the alcohol of higher percentage about 20% higher than standard value, due to high percentage of alcohol most of

the people of Kathmandu suffer from many disease like tuberculosis of lungs, alimentally cancer, heart problem etc.

Moser and MacIiwaine (2000) found in their study that most of violence was related with alcohol drinking. Social violence including alcohol related sexual violence was most common in Guatemala. The most frequently cited causes factor of alcohol abuse were intra-family violence and conflict, family disintegration parental mistreatment, poverty and disillusion with employment prospects, peer pressure also played a part in causing alcohol consumption. The major consumption of alcohol abuse in the home were intra-family violence and economic hardship cited all communities, outside of the home, economic violence, such as robbery and sexual violence were perceived as affects of alcohol abuse. Breadwinners use the family budget to buy alcohol. The alcohol and drug abuse can lead to the death of family “because your wife treats you badly” marriage without love or premature marriage and leisure pursuit members, which through the subsequent lack of labor capacity in the household can lead to family having less food. Alcohol destroys the home and jobless (not only does it means that the family is left with no food but alcoholic lose their jobs as well). Alcoholism was not only associated with verbal, physical and sexual violence against women but also with the mistreatment of children. Alcohol drinking was also associated with crime of passion like as street fight and bar or brothel fight, rubbery and sexual harassment of girl and women.

It is estimated that in the United States, 11% of children under the age of 18 are living in a family with a parent in need of alcohol or substance abuse treatment. These children deserve special attention. In an atmosphere of conflict, tension, and uncertainly, their needs for warmth, security and even physical care may be inadequately met. In a family

where adult roles are inconsistently and inadequately filled, children, lack good model to form their own identities. It is more likely than to their peer as they enter into relationships outside the home, at school, or with playmates. A trouble child may be the single of an alcohol problem in family (Kinney 2000).

2.2 Some Key Concepts

Alcohol Abuse

A person who frequently engages in risky drinking may have a more severe alcohol problem-Alcohol abuse. A recognized medical condition, alcohol abuse is the regular use of alcohol despite recurrent adverse consequences.

Moderate Drinking

Moderate drinking is drinking that doesn't usually cause-problems for the drinker or society and is considered low risk. In united state, moderate drinking is usually defined as

-) Men no more than two drinks per day.
-) Women no more than one drink per day.
-) Over age 65: no more than one drinks per day.

Risky Drinking

Risky drinking includes heavy or excessive drinking, such as binge drinking (drinking four or more drinks on a single occasion for females and five or more drinks for male (NIAAA, 2000).identifying risky drinking behavior may lead to the early detection and prevention of the more serious problem of alcohol abuse and dependence.

Alcohol Dependence

If you talk about drug dependence or alcohol dependence, you are referent to a situation where someone is addicted to drugs or is an alcoholic.

The most severe problem is also alcohol-dependence, also referred to as alcoholism or alcohol addiction.

Alcohol dependence is a persistent condition approximately two-thirds of persons who are alcohol dependent will still be dependent in 5 year.

Alcoholic

An alcoholic is a person who cannot predict with accuracy what will happen when he takes a drink.

An alcoholic is a very sick person victim of an insidious, progressive disease which all too often ends fatally. An alcoholic can be recognized diagnosed and treated successfully.

The Chinese have a saying that goes: “the man takes a drink, the drink takes a drink and then the drink takes the man”-alcoholic.

Alcoholism

Alcoholism is a disease in which a person drinks alcohol even though drinking hurts his or her life. Alcoholics often find that they have problems with people close to them with school or work and with other parts of their lives.

Alcoholism can happen after a month or years of drinking. It is a disease that gets worse the more the person keeps drinking without treatment. It can destroy both emotional and physical health and can lead to death.

Alcoholism is often called a family disease because it hurts the lives of family members and other who are close to the alcoholic. For the alcoholic to get well, family member's organ must take part in treatment.

People with alcoholism

- J Can be of any age.
- J Many feel a physical need and craving for alcohol.
- J Cannot be cured, but must get treated to stop drinking often don't drink, they have a drinking problem.
- J Will develop serious health problems if the disease is not treated.
- J Can recover and get back their lives with treatment.

CHAPTER-III

RESEARCH METHODOLOGY

3.1 Rationale of the Selection of the Study Area

The location to the selected area is *Tin Toshi*, Achham. *Tin Toshi* means there are three VDCs: *Toshi*, *Dhamali*, *Ranivan*. *Achham* was the first alcohol dry zone in Nepal, where was banned to sell and drink for 25 years. Now it is open district to drink and sell alcohol like other districts. The study area, *Tin Toshi* is far from the Mangalsain, Head quarter of Achham. Most of the male take alcohol in different occasions. There are so many alcohol abusers in *Tin Toshi*. Alcohol drinking is a fashion in the study area. Different age group people have experienced of alcohol drinking. *Bahun*, *Thakuri*, *Chhetri*, *Kami*, *Damai*, *Das* and *Magar* people are living in the *Tin Toshi*. It is appropriate site for the study. That's why, this area is selected for the study on alcohol abuse.

3.2 Research Design

Information such as socio-economic status, causes and problems, consequences of alcohol drinking is collected. Descriptive and exploratory design is used in this study. Socio-economic profile, individual and social problems, causes and consequences of alcohol use are explored in this study.

3.3 Nature and Source of Data

The nature of data is qualitative and quantitative as well as. The problem of alcohol use, consequences, risk behaviors are explorative. The source of data is both from primary and secondary. The primary data is collected

from field work and secondary data is collected from various types of relevant literatures such as book, journal, articles, internet, research agencies and CBS reports.

3.4 Universe and Sample

Alcohol user of *Tin Toshi*, Achham is the universe for this study. There are so many alcohol users; most of them are non- alcoholic. I found that there are 120 alcohol abusers in *Tin Toshi*. They drink alcohol every day. I have selected sample using purposive sampling method. Among them the alcohol abusers, ten alcohol abusers are taken from each VDC as a sample for the study, including 30 as a whole. Sampling size represented the age, sex, caste, occupation of the alcohol abusers of *Tin Toshi*.

3.5 Data Collection Techniques

3.5.1 Semi Structured Interview

Semi-structured interviews have been used for selected respondents (alcohol abuser) in this study. I have conducted interviews with 30 alcoholic people from different categories. In addition to the alcoholic persons, I have interacted with the family members of alcoholic persons. I have asked with spouses, parents and other family members of alcoholic persons to know the causes and consequences of alcohol abuse, alcoholic behaviors at familial level. I have asked about why they drink, what happened to the family after they become drunkard. To know about above mentioned issues I have interviewed with 30 alcoholic persons and their family members.

3.5.2 Field Observation

Observation is one of the important techniques to collect various types of data at natural level. The alcoholic people, their dressing, languages, behavior, attitudes are also observed during the study period because it is also important part for good research. The participant observation is done. During observation I have observed the range of their drinking, their familial conditions. In addition to it I have observed about their activities what they do after drinking.

3.5.5 Data analysis and Interpretation

It is analytical processes to achieve proposed of research goal and objective. Data are organized and categories of the processing and analysis. Tabulation and coding are numerical process. Frequently, it is editing on the finding, analyzed and describe. Quantitative data are presented in tabular form and qualitative data are described simply.

3.5.6 Limitation of the Study

The selected area for this study is a small unit called *Tin Toshi*, Achham. The study represents alcohol abusers, their families and VDC of Achham. The study does not represent other part of the country and other ethnic groups and regional, caste and class. The objective of the study is only partial fulfillment of requirement for Master of Arts in Sociology due to the lack of time and budget.

CHAPTER - IV

GEOGRAPHICAL SETTING OF THE STUDY AREA

4.1 Geography

Achham district is situated in the far western part of Nepal. Achham is surrounded by Kalikot and Dailekh in the east, Doti in west, Bajura and Bajhang in the north and Surkhet in south. Its total area is 1692 Square kilometers (SKM). Its Head quarter, Mangalsain lies 1326m from sea level. The study area, *Tin Toshi* (Toshi, Dhamali and Ranivan) of Achham is surrounded by *Dailekh* in east, *Bayala* and *Muli* VDCs of Achham in north, *Ghodosain* and *Dhungachalna* in the west and *Nada*, *Turmakhand* and *Bhairabsthan* VDCs of Achham in the south respectively. The longest river of Nepal, *karnali* follows in the east part of this study area. It has unique geographical setting. It looks like a small valley. This study area is covered by small green hill. The famous temple of Achham *Tिताउदा त्रिपुरासवारी* lies in this area.

4.2. Population

The population of the study area like other VDC in Nepal is mixed of variety caste system, mainly Brahmin (*Dhamala, Rimal, Jaishi, Devkota, Neupane, Upadhyaya, Adhikari, Ghodasaine* etc), Thakuri (*sombansi and Raskoti*), Kshetri (*Bista, Chalaune, Bogati, Bayak, Budha, Majhi, Saud Bohara, Khadka* etc) , Dalit (*Kami, Sunar, Damai, Das, Dholi*). Ethnic people *Magar* also live there in *Punepata, Dhamali*. The total of Population of the study area is 10,005. The size of population of the study area of *Bahun, Thakuri, Kshetri, Dalit* and *magar* are 3,416, 1,012, 3,226, 2,522 and 29 respectively. Among them there are 4817 male and 5188 female. (District Profile of Achham, 2067)

4.3. Resources and Facilities

Alcohol drinking is one of the serious problems in the study area. It is also global problem. This problem is recognized by district administration office. There are so many NGOs & INGOs are working in Achham. They are working there in health, education, irrigation and agriculture & social sector. But they are not working with alcohol problem. There is no any agenda in alcoholic people in the program of NGOs. The government is a major resource of the study. There are no any facilities for transportation. Bus or other vehicles are not available there. People carry their necessary things by *doko* (carrying bag made by bamboo).

4.3. Religion and Temple

There are so many small temples like *Bandali, Masto, Kul Devta*, and other God: *Shiva, Krishna, Ram, Devi, Kalika* etc. The main temples are *Titaua Tripureswari, Bagaldevu Shivaji Gupha, Bandali.Masto and kul Devtas*. In these three VDCs, there are only Hindu people. Ethnic people *Magar* live in *Punepata* of *Dhamali* VDC. At past they were the followers of Buddhist religion but now a days they follow Hindu religion because of assimilation of culture.

4.5. Pocket Area of Alcohol User

According to social mapping with alcohol abusers there are so many small village market like *Tunibagar, Kunigada, Syalekara, Tulta, Bagurkhal (Ranivan), Baskanda, Dhaida, Dahakhal, Chauka, seudekhet (Toshi), Punepata, Thatikhand, Dhamali, Deutala, Palchaur, Gailad (Dhamali)* are main pocket area of Alcohol users. Local homemade *Raksi Jand*, distilled alcohol like *Sophy, Karnali Pouch, Virgin, beer* etc are available in the small village shop and home also.

CHAPTER V

SOCIO-ECONOMIC PROFILE OF RESPONDENTS

5.1 Socio-economic Profile of Respondents

This chapter deals socio-economic profile of alcohol users of *Tin Toshi*, Achham. In this chapter collected data are arranged in table to calculate frequencies of percentage distribution are analyzed under the following heading and table:

-) Age and Sex Composition
-) Marital Status
-) Caste
-) Education Status
-) Occupation
-) Types of Family
-) Daily Expenditure
-) Financial Dependency

5.1.1. Age and Sex Composition

Age and sex composition is important for the analysis. Age and sex ascribed status of man. Age is categorized at the age of 15-25, 26-45, 46-60 and 60 above. There is close co-relations between alcohol use and age and sex composition. The following table shows the distribution of respondents by age and sex.

Table: 1 Age and Sex composition

S. N.	Age	Sex		Respondents	Percentage
		M	F		
1	15-25	2		2	6.6
2	26-45	15		15	50
3	46-60	8	1	9	30
4	60 above	3	1	4	13.3
	Total	28	2	30	100

Source: Field Survey – 2012

Out of 30 respondents, 50% alcohol abuser are between 26 to 45 years, 30% are mostly between 46 to 60 and 6.6% youth are in between 15 to 25. 13.3% of respondents are from age of 60 years above.

Table 1 indicates that the age group 26 to 45 years having large number of alcohol user. In this report the prevalence of the alcohol users are at the age range of 26 to 45 years. The figure shows that the second highest digit of alcohol users from 46 years above. The study found that there are more male alcohol users than female alcohol users in *Tin Toshi*, Achham. Majorities of male are 94.4% and female are 6.6% of this study. Female alcohol users are no alcoholic.

5.1.2. Marital Status

The marital status of the respondent is given in the following table

Table: 2 Marital Status of respondents

S.N.	Marital Status	Respondents	percentage
1	Married	24	80
2	Unmarried	4	13.3
3	Living separate	2	6.6
	Total	30	100

Source: Field Survey -20012

Above table shows that 80% of respondents are married, 13.3% are unmarried. Similarly, 6.6% of respondents are from living separate who lost husband or wife. There are 80% alcohol users are married, it is not good for family settlement. In the context of Nepal, most married women depend on income of their husband but due to the alcohol abuse there is problem of family survival.

5.1.3. Caste

Caste is a form of social stratification which involves a system of hierarchically ranked, closed endogamous strata. In the study area, *Bahun, Thakuri, Chhetri, Dalit* and Ethnic people *Magar* also living there. People of different casts drink alcohol nowadays. There is no restriction to drinking alcohol. The caste of the respondent is given in the following table.

Table: 3 Castes of the Respondents

S.N.	Caste	Respondents	percentage
1	Bahun	5	16.6
2	Thakuri	7	23.3
3	Kshetri	8	26.6
4	Dalit (kami,Damai, Dholi)	8	26.6
5	Ethnic group Magar	1	3.33
	Total	30	100

Source: Field Survey -20012

A majority of alcohol user 26.6% amongst caste from Kshetri, 23.3% of alcohol user are Thakuri, 16.6% from Bahaun, 26.6% of respondents are from Dalits, they are categorized in Kami,Sunar, B.K.,Damai, Das, Dholi etc. and 3.33% from Ethnic group (Magar).

5.1.4. Education Status

Education is core variable to change behavior of person of life. In this study, education status is categorized in illiterate, Primary, Secondary, +2, Bachelor level and master level. The education status of respondents is given following table.

Table: 4 Education Statuses of Respondents

S.N.	Education Status	Respondents	percentage
1	Illiterate	1	3.3
2	Primary	5	16.6
3	under SLC	8	26.6
4	SLC pass	7	23.3
5	10+2	6	20
6	Bachelor level	3	10
7	Master level	-	-
	Total	30	100

Source: Field Survey -20012

Table shows that out of 30 respondents 26.6% are under SLC, 23.3% respondents are SLC passed. 20% respondents have passed Intermediate level, 10% respondents have passed bachelor level, 10% respondents from primary and 3.3% are from illiterate alcohol user in this study area. The finding shows that most of youth who have been dropped out school from use more alcohol use than others. They have not good opportunity for golden life. One of the major causes of alcohol abuse is unemployment in the region.

5.1.5. Occupation

The most of the people in the study area are from very low income group. Their economic condition is very poor. Some people are depending on agriculture and domestic work. So many people go to India for survival. They work there poorly job and get low salary. Some of them are teacher in the local school as a government job. Most people are living in

absolute poverty. Some alcoholics are shopkeeper in the village. The occupation of respondents is given following table.

Table: 5 Occupation status of Respondent

S.N.	Occupation	Respondents	percentage
1	Service	8	26.6
2	unemployed	7	23.3
3	Agriculture and domestic work	5	13.3
4	Local businessman	6	20
5	students	2	6.6
6	Labor	2	6.6
	Total	30	100

Source: Field Survey -20012

Table 5 indicates that out of 30 respondents, 26.6% alcohol user are in service holder as teacher, 23.3% respondents are totally employed, and they go to India for six month of the year. They do politics in village level 13.3% respondents are depending on agriculture and domestic work. 20% alcohol abusers are local businessman and alcohol seller, and a few respondents are student and labor. Previous secondary data shows that unemployment is major cause of alcohol abuse. Most of alcoholics are from service holder and local businessperson and local political leader. Labor also drinks alcohol but they are no alcoholic.

5.1.6 Types of Family

The study presents types of family of alcohol abuser of the study area most of them are from joint family and nuclear family. Lack of proper parental guide and lack of responsibility is more responsible for alcohol abuse. The types of family are given in the following table.

Table: 6 Types of Family of Respondents

S.N.	Types of Family	Respondents	percentage
1	Joint family	16	53.3
2	Nuclear family	14	46.6
	Total	30	100

Source: Field Survey -20012

Above table 6 indicate that 53.3% alcohol abusers are from joint family and 46.6% are nuclear family. There is no gap between joint and nuclear family. The bad environment of family also makes person alcoholics. Family is affected by the problem of alcohol abuse also.

5.1.7. Daily Expenditure of Alcohol Abusers

It is proved that alcoholic people leave to eat food but they cannot leave alcohol. They don't think about themselves and their family's future. Alcohol users become unproductive and trustless person in the society. Because of alcoholic nature, they spend money only in alcohol. It makes economically poor to the family. Daily expenditure of alcohol users is given below in ratio.

Table: 7 Daily Expenditure of respondents

S.N.	Daily Expenditure	Respondents	percentage
1	Less then Rs.100	4	13.3
2	Rs.100-200	10	33.3
3	Rs.200-400	12	40
4	Rs 300-500	4	13.3
5	Rs 500- 700	-	-
	Total	30	100

Source: Field Survey -20012

Table 7 reflects that 40% respondents spend Rs. 200-400 per day for alcohol drinking, 13.3% respondents spend Rs.300-500 and 33.3% alcohol users spend 100-200 rupees per day in ratio.13.3% of respondent are from less than Rs.100. They lose a lot of money to drink alcohol from their salary or any kind of work. If they had no money they drink in debt or credit.

1.1.8 Financial Dependency of Alcohol Abusers

A majority of alcohol abusers are financially depending on their family, relatives and themselves. Financial dependency is loss of productivity for the nation and their family. The financial dependency of alcohol user is given in the following table.

Table: 8 financial dependencies of respondents

S.N.	Financial dependency	Respondents	percentage
1	Self dependent	13	43.3
2	Family dependent	15	50
3	Dependent on relatives	2	6.6
	Total	30	100

Source: Field Survey -20012

43.3% of respondent depend themselves. They have own income to drink alcohol or they drink on debt. But they don't think about their family. 50% of respondents are financial dependent on their family to survive. 6.6% of alcohol users are dependent on their relatives. Financially dependency is more burden them and their family. They cannot solve their family's problem. Finally alcoholic loose their relatives and family dependent is serious problem for the economy.

5.2. Types of Alcohol Available

In the study area, a number of different types of alcohol are common. *Jand* (Nepali Beer) is available there; it is rarely linked with heavy drinkers or alcoholics, who drink various types of distilled alcohol. Mostly, *jand* is used by *Magar* people and non alcoholic people, who drink alcohol sometimes. *Sophi* (*Dhunka* in local language) is most widespread; it is mostly used by heavy drinkers in the communities. *Sophi* is freely available in the local village shops and even home. It is extremely cheap. Other distilled alcohol, as *Super Peg*, *Dom*, and *Virgin* are also available there. These types of alcohol are drunk by them who

have access to money. They are teachers, village political leaders and government service holders.

Raksi is also available in each ward of these villages, which is made by local people. They are unskilled and untrained people, it means they don't know how to prepare it or how to make it. It is made from sugar (*Bheli*) and grain. According to the communities' people, it is cheaper than other distilled alcohol and also expensive than *Dhunka*. They complained that the authorities (the police) did not pay attention for its selling. They themselves consume it secretly. According to the health worker, homemade *raksi* is more dangerous for health because it has more quantity of alcohol. *Raksi* is called as '*Kothada, local tharra* etc. Alcoholics drink it so much in the village.

Another alcohol beverage is beer which is also available there. It is rarely linked with alcoholics, who consume local homemade *raksi* and *karnali Sophi* and other distilled alcohol. Types of alcohol in current use by respondents are given in the following table.

Table: 9 Types of Alcohol in Current Use by Respondents

S.N.	Type of alcohol	Respondents	percentage
1	<i>Raksi</i> (homemade)	8	26.6
2	Distilled alcohol	22	73.4
	Total	30	100

Source: Field Survey -20012

The table shows that 73.4% alcoholic drink distilled alcohol which is low quality of alcohol and it has high quantity of alcohol like *Sophy, Karnali Pouch, Dom, Super Peg* etc. Only 26.6% of alcoholics sometime take

home made *Raksi* which is dangerous for health then distilled alcohol because homemade *Raksi* is made by unskilled or untrained person. If they did not get homemade *Raksi*, they take *Dhunka* also. In conclusion, there is no limitation of alcohol drinking among them.

Types of alcohol are also given in the following box.

Box No. 1 Types of Alcohol Available

Karnali Sophi (Dunka, Theuka)
Homemade Raksi (local Tarra, Kothana)
Virgin (distilled alcohol)
Vision (distilled alcohol)
Joshila (distilled alcohol)
Dudiya (distilled alcohol)
Super peg (distilled alcohol)
Contexa (distilled alcohol)
Gin
Rum
Royal Stag
Beer

5.3 Characteristics of Alcohol abusers

Alcoholics who drink heavily are given title names such as; *Dhunke*, *Theuke*, *12 ghante*, *24 ghante*, *Raksiwala*, *Daruwala*, *jadyaha*. Especially, excessive use of alcohol is linked with poverty. Alcohol abuse is widespread in the societies. The majorities of heavy drinkers in communities are male from *Thakuri*, *Kshetri* and *Dalit*. They drink

alcohol heavily and dangerously. A woman, whose husband had died because of excessive use of alcohol, said that 90% of men are drinking alcohol in her village. Only, those who believe on God and Goddess don't drink alcohol. They belong to their God and Goddess. They are priests and *Dhamies*.

Sometimes, some women also drink alcohol not as heavily as men. Some of women use it for pain killer. They believe that stomach ache (a problem by gastric) is cured by alcohol. They can sleep easily drinking alcohol. An alcoholic said that most of alcohol seller women drink alcohol every day. Alcohol was necessary for them. A 35-year-old man pointed out that few women had drinking problem, not in whole. While men drink even in public place like village market, women drink at home in private. However, some women found drinking on the village market; they are heavily suppressed from household. According to alcohol seller of *Toshi* VDC, All age groups drink alcohol and mostly boys begin to drink at the age from 15.

Most of alcoholics don't bath for several weeks even month. They don't wash their face and hands. Their clothes are torn. There is no button on the shirt and no zip on the pant. When they drink heavily, they can't control themselves and walk like animal. They scold in vulgar language those who hate them and go far from them. One village political leader said that alcohol abusers are ornaments of village market. Sleeping on the way is common for alcoholic man whether the way may clean or dirty. Street fight, gang fight and quarreling with family are also common for alcohol abusers. The so-called educated people speak in English language when they drink alcohol. They also urinate on the streets or way and expose themselves ignoring others. One the one hand it contaminates the environment, on the other hand, it is also linked with lack of respect.

Alcohol abusers think how to get drink alcohol only. They don't think about the bread of their family. They wait them who give them money or alcohol. When a man asked them, how are you? He says, "I am in tension, if you give me one *Dhunko*. I will be tension free." If he did not give money to him, He did not talk with him they are always laying on the alcohol. People don't go near the alcohol shop because alcoholics beg money to buy alcohol. Most of landowner use alcohol as a instrument to make labor happy for their agriculture or any other kinds of works. They provide alcohol for labor instead of wage. Labor is happy when he gets alcohol. He does easily his work. Alcohol is becoming give and take instrument of this society.

Alcoholics in Achham

-) Drink much daily
-) Don't believe on God
-) Sleep well and have no pain when they drink
-) Do not bath, are dirty
-) Do not care their clothing, are untidy
-) Use vulgar language and English also
-) Fight and quarrel
-) Sleep and urinate in the streets
-) Focus only in alcohol, not in family members
-) Don't talk and happy when they don't drink

CHAPER- VI

CAUSES OF ALCOHOL ABUSE

6.1 Causes of Alcohol Abuse

In the previous study, the major cause of alcohol drinking are unemployment, discrimination, marginalization, alienation, assimilation of culture, poverty, lack of proper education, social structural change, religion, lake of parental guide, failure, and status of symbol. On the other hand, part of food, to forget sorrow, medicine problem solver, social lubricant, curiosities, to feel good, reduce stress and relax are further causes of alcohol abuse. In this study area, I found the same causes of heavy alcohol consumption. Most common causes are unemployment, pain of poverty, lack of proper parental guidance, social cultural change, failure, peer pressure, curiosity, enjoyment and lack of proper education. The causes of alcohol abuse are given in the following table.

Table10. Causes of Alcohol Drinking of Respondents

S.N.	cause of alcohol drinking	Respondents	percentage
1	Peer pressure	4	13.3
2	Failure	7	23.3
3	Pain of Poverty	5	16.6
4	Unemployment	4	13.3
5	Lack of Proper Parental Guide	5	16.6
6	Curiosity	3	10
7	Enjoyment	2	6.6
	Total	30	100

Source: Field Survey -20012

The table presents frequencies and percentage of current causes of alcohol drinking among the sample alcohol abuser. The identification of the causes and its ratio are significant for the study. 23.3% of respondents' major cause is failure. When people become failing of any work, they would be in tension and nerves. They would take alcohol or other licit and illicit drug or substances. Failure is main cause of alcohol abuse for alcohol users. Many alcohol abusers are suffered by social and family problem in the study area. They feel that there is no hope and opportunity in future. They want to free from tension by drinking alcohol. This cause is related with stress, depression and hopelessness. 16.6% of alcohol abusers informed that pain of poverty is major causes of alcohol abuse. They want to forget sorrow and sleep without any stress. They have so many problems which are related with poverty. They cannot solve their and family problem. "13.3% of respondents are unemployment. We could not read at childhood period because of poverty, but we can not get any kinds of job and work in the village", they added. Unemployment is a major cause of alcohol drinking. 6.6% of respondents' main cause of alcohol drinking is to enjoy and to feel relax. It is also a cause of alcohol drinking. I have found the study area that government service holders, so called political leaders drink alcohol for relax and enjoy.

There are so many causes of alcohol drinking. Curiosity, failure, hopeless, lack of proper parental guide, tension, tragedy, depression etc are major cause of alcohol drinking. In the study, many alcohol users say that they are in tension because of failure of their life. The percentage of respondents proves that failure is a major cause of alcohol drinking. As a second causes are poverty, reduce stress and enjoy. Unemployment is also major cause of alcohol drinking but the study area. There are some

alcoholics from rich family and service holders as a teacher and village shopkeeper. Village alcohol sellers are becoming alcoholic also. A few respondents inform that ignorance, peer pressure, enjoy are responsible for alcohol drinking.

The key causes of alcohol abuse are also presented in the following diagram and its interpretation on the topics.



6.1.1 Peer Pressure

Peer pressure or ‘bad company’ is a major cause of alcohol drinking. I interviewed about 30 respondents. They mostly use alcohol. They consume alcohol every day. Some of them have no time and limitation of alcohol drinking. They go directly to the shop where alcohol is available after work and often spend all the time drinking with friends. One woman from *Toshi*, complained that her husband was a heavy drinker who forgot

about his wife and children during drinking with alcoholics friends. A young person, 29 years old, *Ram Bahadur Shahi* (name changed) is a drunkard. He is educated person. He is from joint and good family in the village. He did not take any kinds of substances like tobacco and alcohol until he had appointed as a primary teacher in the village. He passed S.L.C. and became a teacher in local school. Most of the teacher of the school used to drink alcohol at every evening. The head master of the school also involved in alcohol drinking. Alcohol drinking was considered as luxury and high status symbol among them. He came in contact with them gradually. In first, he became a supplier of their necessary things like cocks and alcohol from village. He served them happily. After some days, they gave him pressure to drink alcohol, they told him, "*Ram Sir, tapaille pani piunu parchha. Hami piune, tapai napiune yar, alikati ta linuhos. Yadi aja tapaille linu bhayana bhane hami pani lidaiunau.*" It means that you also have to drink a half of glass of alcohol. Today if you did not take, we also don't take it. You are not our friend. He told me, "I could not reject their frequent offer and took a half of glass of alcohol closing the eyes. Its taste was strong. I smoked too. That was my first day of alcohol drinking and smoking."

After that time, every evening he used to take alcohol in gradually. Nowadays he always drinks alcohol in evening. Some time he drinks in early morning, if he got alcohol. He has two sons and three daughters. He cannot solve problems of his family because he spends much money from his salary drinking alcohol. Nowadays he becomes alcoholic. He has to drink alcohol everyday. Some time he does not go to school to teach the students. He said, "Financial crisis in the family is major result of alcohol drinking and other result is that nowadays nobody respects and believes me. Even my family doesn't trust me." He added," if my peers (staff) had

not pressured me to drink alcohol, I would not be an alcoholic, I want to avoid alcohol drinking but I cannot. I can give up my family but I don't give up alcohol." Dependency to drinking is main problem for him. 4 respondents accept that peer pressure is a major cause of alcohol abuse. They also revealed out that their cases of alcohol drinking were the same to *Ram Bahadur*. Now they are also suffered by alcoholic habit. That's why, peer pressure is one of the major causes of alcohol abuse.

6.1.2. Failure

If one person couldn't meet his target place, he/ she lose his/her hope. The failure makes a man as alcoholic and drug abuse. He wants to forget his previous failure and live free life. Failure is one of the major causes of alcohol abuse. In the field study, I found that one of the causes of drinking of those seven respondents (23.3%) is failure. One of them, 36 years old, married handsome person, *Bharat Joshi* (name changed) is alcoholic because of failure. His family background was good than other in his neighborhood. He used to read at the local school in his village. He was weak in the study but he had all facilities for study.

When I met him, he was drinking alcohol. First, he did not want to share with me about alcohol drinking. I myself joined with him in drinking. He said, "I could not read in time. My friends are job holder now. Their Scio-economic status is good. I cannot compete with them. I can not do anything till now. I failed in every work." Leaving the study, he started to do business. He could not success in the business. He had to stop the business. He started to drink alcohol in every evening. He lost a lot of money gambling. Nowadays, he wants to be a good social worker in the village. Nobody believes because of his alcoholic habit. He said, "When I had good economic status, everybody respected me. Today I have no

money, everybody hate me. They don't listen me. Alcohol is my close friend nowadays. I can't do anything. There is no hope in the future. I have been failed in every work." He has 3 sons and 2 daughters in his family. He cannot solve the problems of his family. "Financial crisis and burden of family, physical and psychological problem are major result of alcohol drinking," he added.

6.1.3 Pain of Poverty

There, many people are living below the line of poverty. It is a backwardness place of the district and even nation. They work hard but the out put of the work could not afford for whole year. There are so many unskilled and uneducated people. They can't get job and opportunity in the village. They have to go to India to survive. They have to work there in poor job as a porter, pot cleaner and watchman etc. It makes them alienation. To forget sorrow they drink alcohol in India. Around 16.6% alcoholics' pain of poverty is a cause of alcohol drinking. A person 45 years old, *Dhan Bahadur* (name changed), is an alcohol user. He is married. He has only three daughters and no son. He spent a lot of time in India. His friends were poor in India. They used to take alcohol early in the morning. He started to drink alcohol at the age of 16.

He came back from India when he was 35 years old. Now he has no any kinds of property. He is a landless person. He works in village as porter. He has no limitation of drinking alcohol. He always drinks alcohol to forget his sorrowful life. He said, "*If I were not a poor, I did not go to India. If I would not go India, I would not be an alcoholic.*" Indian poor job is related with poverty. Poverty is also related with alcohol abuse. He accepts that poverty is major cause of alcohol drinking. He has no aim of future. Other respondents have same cause of alcohol drinking. A

respondent said to me," *I become happy when they give me alcohol instead money.*" He is a labor. It becomes a culture in the society. *Dhunka* (distilled alcohol) is give and take equipment of this society. It is exchanged with the work. Similarly, a 60 years old, educated person said that the most common cause of alcohol drinking is poverty that made some men as heavy drinkers. Poverty is a primary cause of alcohol drinking in the study area.

6.1.4. Unemployment

Unemployment is a major problem of the nation. It is also a burning issue. In the study area, most of the people are dependent on agriculture, domestic work and Indian poor job. The employed one can fulfill his requirements but one who is not employed. He cannot fulfill his basic needs. In field study, it is found that among them, 4 respondents' unemployment is major cause of alcohol drinking. They are handsome and educated person. They did not get any opportunity or job till now. Most of youths have experience of alcohol drinking.

One of the respondents, who are unmarried, 26 years old, *Raju Saud* (name changed) has passed B.A. but he has not got job yet. Every evening even day he drinks alcohol. His father is a farmer in the village. He could not study further due to the poverty. He told me with friendly," I passed B.A. I couldn't get job but my junior friends got. I have no access in anything in the village and district. I am always in confusion, what to do? I cannot do farming. I have so much leisure time. My peers are also unemployed. Gambling and alcohol drinking is main medium to pass time for us. Now a day I drink alcohol every day because of unemployment." Other respondents have same experience of alcohol drinking. A young person said to me, "until/unless I got the job, I will be

drinking alcohol." This statement shows that unemployment is a major cause of alcohol drinking.

6.1.5. Lack of Proper Parental Guidance

A family problem is also frequently cited as root cause of alcohol abuse. Parental mistreatment is a key reason for turning a person into alcohol abuser. Most of fathers are illiterate. They had no good knowledge how to manage the family. They are suffered from poverty. Indian poor job is major source for them to survive. Most of fathers go to India. Mother and her children live in the home. Mother don't take care their children properly. They don't know whether their children read or not. When fathers send money from India, Mothers don't know how many rupees they sent? Many sons are guardian at home. They have access over money and freedom. They spend money out of their study. 30 years old, married, *Bikas Bista* (name Changed) is an alcohol abuser in the village. He has 3 sons. His old father has been in India to earn money. He spends his time by playing card and drinking alcohol. Nobody disturb him. His parents never scold him although they know his bad habit. He used to go to school but did not read properly because his friends were not good. He could not pass SLC. He left the school and started to play card and drink alcohol every day.

He said, "In my childhood period, my friends did not use to read properly in school. They always used to escape from school after interval time and involved in gambling in secret place on the way. I followed them and used to play gambling. I had always access with money because my father used to send money for my study. There was no fear in my home. My mother never disturbed me what I would want. My mother loved me so much. She did not do anything knowing my bad habit." He added, "I

have three sons. I have become father now. Nowadays my father does not send money. My wife and children also do not believe me. Now I can't live give up to drink alcohol, alcohol is my life. If I had proper parental guidance, I would not be an alcoholic." Now he wants to avoid alcohol however he cannot because he has become dependency. One man, forty years old, from *Dhamali* said, "When parents drink in front of their children, they also want to follow them". So, Lack of proper parental guide is a major cause of alcohol drinking.

6.1.6. Curiosity

Different alcohol users have different cause of alcohol drinking. Curiosity is also a cause of alcohol drinking. In the study area, 95% (15-19 year) teenagers have experience of alcohol use. Most of adolescents want to show them that they have been matured by smoking, drinking and other activities in the society. In that period, psychological and physical changes begin to appear amongst the adolescent. A Kind of psychological crisis appears in the period of adolescent. They want to learn and take knowledge from their family and neighbors. They follow their all kinds of activities. When parent drink in front of their children they want to follow them.

Among the respondents, for someone, curiosity is the main cause of alcohol drinking. A respondent of 28 years, *Anup chalaune* (name changed) has same cause. In interview time he told me that his father always used to drink alcohol in every evening, sometimes even day also. His father had some friends also. They come to home and drunk alcohol with happily. They talked about the social activities and made plan what to do in the village. He looked them and heard their future plan. At that time he was only sixteen years old. He wanted to be matured person like

them. He said" I had a curiosity about the alcohol drinking, why they drink? How is the taste of alcohol? One day, my father gave me money to bring alcohol from another village. I went there with my friend, *Ramesh*. We took the taste of alcohol in the way. Its taste was not good. My school teachers used to take alcohol in festivals and *jatra* in the village. I wanted follow him. I wanted to be teacher and village political leader. One day I drank alcohol in *jatra*. My father did not do any thing knowing my habit. After that time, I started to drink alcohol now I become addict of alcohol." He added, "Curiosity is major cause of alcohol drinking in my case."

6.1.7. Enjoyment

Alcohol is a kind of liquid which is taken for enjoyment and entertainment in different festivals party, happy and sad moment. Enjoyment is one of the causes of alcohol drinking. Among them, 6.6% respondents have enjoyment is a major cause of alcohol drinking. One of them is a teacher in local school, *Mr. Sanjay Sharma* (name changed), is an alcohol user. He always drinks alcohol every evening. His family background was good. He is well educated person. He has 2 sons and 1 daughter. His relationship among the family is good. He said, "I have no any kind of tension, I satisfy with my job and family, but I drink alcohol for enjoyment." He wants to live without tension. Truly his family environment is nice then other alcohol user in the village. He has been taking alcohol for 8 years. His daily expenditure is around 2 hundred per day. Every evening alcohol drinking is a part of food for him.

He said," alcohol is not bad thing itself, misuse of alcohol is dangerous for health and family. I want to give up alcohol but I couldn't give up yet. Although I spend little money to drink alcohol, I am unable to save

money. Financial crisis is a main result of alcohol drinking." Another respondent, Mr. *Bibek* also drinks alcohol for enjoyment. He is also educated and his economic background also good than other neighbors. He is 27years old. He wants to spend life by enjoying and entertaining. Other respondents also take alcohol in festivals for enjoyment. Enjoyment is one of the major causes of alcohol drinking.

6.2. Knowledge about the Bad Happenings:

The agencies against alcohol abuse and experts have found only limited success in accurate information. Alcohol users have spread through out the world. Knowledge about alcohol also plays vital role for its use and abuse. It is important part of the exploration about cause of the alcohol abuse.

Table: 11. Knowledge before Alcohol use of Respondents

S.N.	Knowledge before alcohol use	Respondents	percentage
1	known	21	70
2	Unknown	9	30
	Total	30	100

Source: Field Survey -2012

Majority (70%) of alcohol users had previous knowledge about its consequences of alcohol abuse. Out of them, 30% had no knowledge about alcohol abuse. It is completely ignorance. Most of the people know the consequences of alcohol abuse it means that they had knowledge of alcohol abuse but the question is why a person falls in alcohol abuse? Because, for it, many other causes had played the vital role for alcohol abuse.

6.3 Family Relationship

Some of the study indicates that the relation between father and mother is important part of child development. If family environment is not favorable for children, their behavior may be disorder. It is one of the factors of alcohol abuse. Most of the people guess that there is no good relationship in the family of alcohol users. The relation in the family is given in the following table as per respondents.

Table: 12 Relations in the Family of Respondents

S.N.	Relation	Respondents	percentage
1	Good	3	10
2	bad	15	50
3	Normal	9	30
4	Not known	3	10
	Total	30	100

Source: Field Survey -20012

The table shows that 50% of respondents' relation in the family is bad. Out of 30% respondents have normal, 10% respondents' family relation is good. Only 10% respondents don't know about the family relation. The data shows that bad relation in the family is also main cause of alcohol abuse because most of respondents have no good family relationship.

6.4 Rearing and Caring

In the child's development, education, family and social environment play significant role to assure their future. Hence, childhood may be the important stage concerning to alcohol abuse. Good rearing and caring determines the good habit of children and their future. Following indicators show that some of the fact concerned with time

Table: 13 Times Spent on Childhood of Respondents

S.N.	Time Spent on Childhood	Respondents	percentage
1	Inside the home	3	10
2	Outside with peers	18	60
3	Reading and writing	3	10
4	Domestic work	6	20
	Total	30	100

Source: Field Survey -20012

The above table shows that 60% of the alcohol users were outside the compound of house with their peers on the childhood period. And indicator shows that 20% of respondents were in domestic work and 10% of alcoholics spent on reading and writing in childhood period. It means that most of the alcohol user has spent childhood period with peers. They could not be reared and cared in good way. Family could not give the time to socialize them in the better way. So the alcoholic abuse is associated with the negligence in rearing and caring by their parents. It is found that who were outside home, were affected by alcohol because of the 'bad company'.

Some key informants' view of Alcohol Abuse

In this study, social cultural change is also main cause of alcohol drinking. According to Mr. *Nirpa Bista*, In-charge of Health Post of Dhamali, alcoholic environment, social sharing, reduce stress and ignorance of alcohol drinking are main causes of alcohol drinking.

Similarly, Mr. *Ganesh Dhamala*, Teacher of Siddheswori H.S.S.Dhamali, says that failure, lack of proper parental guidance, lack of good

knowledge of alcohol and status of symbol are causes of alcohol drinking.

Mr. *Khem Raj Dhungana*, the president of Industrial & Commercial Union of Achham, says that reduce stress, pain of poverty are causes of alcohol drinking. He also added, “Unemployment is a major cause of alcohol drinking. Mr. *Mahajit Shahi*, Ex-President of School Management Committee (SMC) in Siddeswori H.S.S. Dhamali, Achham says, “misuse of alcohol is main cause of alcohol drinking. They have no good knowledge of alcohol use. Imitation of drunkard’s activities is a cause of alcohol drinking. They (drunkard) are respect person of the society. According to the In-charge of *Bairabsthan* Police Station, *Kunigada*, Mr. *Ram Sing Bista* says that frustrations, guardian’s negligence, lack of proper education are main causes of alcohol drinking. He adds that there are many alcohol related cases in his office. Family violence is main result of alcohol drinking mainly women are affected by their alcoholic husbands in the study area. Political biasness is also main cause of alcohol use.

According to parent, the main cause of alcohol drinking is unemployment and lack of proper education of the state. Many sons are educated but they did not get job. It is related with exclusion. It creates bad follow ship and different type of problem in the society.

6.6 Case Study of Alcohol Abuser

Case No. 1

Mr. *Akash Neupane* (name change) was born in *Ranivan* VDC in 2040. Now he is 28 years old married and unemployed alcohol abuser. He lives with joint family. The main economic resource of his family is agriculture

and domestic work. Some time his father goes to India to earn some money for six months. There are 9 members in his family. He has also 2 sons and one daughter. He is the elder son of his family. His parents are illiterate. They cannot read and write but his father was shopkeeper in the village in his childhood period. His father used to sell alcoholic beverages and also drink at every evening. His childhood period was outside the compound to play with his peers, they did not go to read. He went to school when he was six years old. Mostly he used to fight with his friends in school and scold to the teacher also. The relation between father and mother was no good at that moment. His parents did not take care and suggest to him. His father used to scold and beat him every evening when mother complained his behavior. When he failed in class six his father beat him. After that time, he never went to school. He used to spend his childhood period with his peer in the jungle. He used to smoke tobacco and bhang in jungle with his peers and escape from home.

He thought "*padhi lekhi ke kam*"; it means that he does not see the future path on study. He started to steal money from shop and took cigarettes for his friend. When his father knew his behavior, he beat him and tied him with rope in the pillar of his house whole night. Then, he escaped to India with his friends when he was 13 years old. He reached *Nainital* of India and started to work at hotel as a pot cleaner for three years. He started to drink alcohol and take tobacco freely. There was no fear of his parents. He forgot his family and did not save money. Leaving the hotel, he became as a conductor of truck. He involved with those person who had no hope on future. His father brought him back from India. His parents feel that "*Nepal ma padhayar ke hunchha ra*", it means there is no hope and opportunity in village or Nepal. He had got marriage with a local girl

when he was 17 years old. He feels that there is no hope on the future and difficult to compute with other friends after marriage.

He again escaped from home and went to Bombay with his friend. He worked there as a watch man and involved in stealing with theft. He started to drink alcohol so much. He earned money by looting and came back home. He started to sell alcohol at village and drunk also. He could not success in his business. He left it he started to drink wandering the whole day. He lost a lot of property by drinking alcohol and gambling with friends. Now he has become drunkard. He cannot solve his economic problem. His economic status is going down day by day. The relation is no good among his family members because of his alcoholic habit. He always fights and quarrels with his family. Fighting and quarreling is common behavior for him.

He said," my peer group was not good at childhood period." Lack of proper guidance and failure are the major causes of alcohol drinking. He said, "I have no good skill to earn money at village. Indian poor job is main source to survive for me. Unless I went to India, I wouldn't be an alcoholic." He correctly said that Indian poor job is related with alcohol abuse. He is always in confusion what is happening in his life. He is always in tension about future of his family. He thinks only but cannot do any thing, nobody believes to him. His daily expenditure in drinking is about 200 to 300 rupees in ratio. Financially, nowadays he is totally dependent on his the family. He said," loss of weight, loss of memory power, disease of addiction and financial crisis are main problem of alcohol abuse. He told me that he had got experience of police custody because of robbery in India." He had a lot of wound in his body. "Joint pain and heart burn are major physical problem and financial crisis and lack of trust are main consequences of alcohol abuse," he added.

Case No.2

Mr. *Prakash Kshetri* (name changed) was born in *Toshi* VDC in 2044 B.S. Now he is 24 years old married and unemployed alcohol abuser. His hobby is social work and listening music. His daily expenditure is less than NRs. 200. He is self dependent to survive. His family background is nuclear. His family depends on agriculture now. He has one sister and one brother. He is the youngest son of his parents. His childhood period was outside the compound of house to play with peers. His peers were not good at that time. He used to go to school with his friend at local school. He was neither good nor bad in study during school life. He used to be a monitor of his class. He never frightened with teacher and his friends. He used to fight with his friends in school. His family economic status was basically good in the village. His father was local political leader and shopkeeper. His father used to drink alcohol every evening. He was a lovely son of his family at childhood period. His parents never disturbed of his work what he would want. They wanted to make him good son but he was poor in study. He had no interest in reading and writing at that period. His parents did not take care of his habits and did not suggest to him, what to do and what not to do. He passed S.L.C. in second division. He joined class eleven in the 10+2 school near in the village. The relation between father and son was not good because of alcohol drinking.

When he married without any permission of his parents, he was only 17 year old and studying in class eleven at that time. They spent a lot of money in his marriage. His father started drink so much when he married. His father left the local business. Economic condition of his family decreased after marriage. He tried to go gulf country but he could not. He searched job for his wife and himself also. His wife is also educated. He knocked the door of political leader and NGOs but he could not success

to get the job for his wife. He started to work on local NGO in village as social mobilizer. He could not solve his basic needs doing that poor job. At last, he left the job and remained unemployed. His father also started to quarrel with family. The environment of family became bad day by day. He separated from his parents. He feels that there is no hope on the future and difficult to compete with his friend. He started to drink alcohol secret place. He became frustrated because of failure. At last he became a friend of them who always used to drink alcohol. He started to make noise at home in the night. His family environment became noisy. He started to fight at home with his wife and other families. He has no limitation of alcohol drinking. Nowadays he always drinks alcohol. He says, “My behavior is going worse because of unemployment. My peer group is not good at this time. So-called respect persons of the society don’t hear my voice and they don’t come near me. Sometime to hearing the employed voice I drink alcohol.”

He accepts that the economic crisis in the family and loss of weight are major consequences of alcohol drinking. Lack of trust is also main result of alcohol drinking. “My neighbors even my family doesn’t trust me because I drink alcohol”, he said. Unemployment is a major cause of alcohol drinking. Marginalization and discrimination, lack of denial power are major factors of employment. Lack of proper parental guide and too much freedom are other causes of alcohol drinking. He said, “Early and immature marriage may be a cause of alcohol drinking in my case.

Case No.3

A young person, age 38 years old, Mr. *Arun Kshetry* (name changed) is an alcoholic in Dhamali VDC, Achham. He is married and unemployed

alcohol user. His hobby is social work and enjoyment. His daily expenditure was around 500 to 700 rupees in early days. His family background was joint. His father was rich than other neighbor in the village. He is the youngest son of his parents. He has two sisters and one brother. He wasn't suffered by any problem in his childhood period. His parents were illiterate. He used to go at local school. He used to smoke tobacco with his local peers when he was reading class six. They did not go to school. He used to escape from school because he had no interest on study. His parents did not take care and suggest him. They did not know about his bad habit. He involved on gambling with his peers escaping from school. He used to steal money from his house. When he failed in class seven or he could not pass seven class examinations, he left the school and started to take substances. His father scolded to him knowing his bad habit. He had got marriage pressure of his parents when he was 14 years old.

After married, he thought that he would be matured person on the society. He started to drink alcoholic substance in open sphere. His initial choice was *jand*. It is called Nepali beer. He felt that there was no hope on the future. The condition of his friend was good at that time. He started business but he couldn't success in his business. He lost a lot of money in business and alcohol drinking. Every time, his family environment was noisy. He was the key person of this kind of noisy environment. There were too much discussion and quarreling between two pillars of guardianship in his parents. He wanted to be a social worker and a political leader. At that time nobody neglected to him because of his rich position. His followers or supporter were also alcohol users. He said, "I couldn't be a good leader because of my alcoholic habit. When i had access of money, everybody respected me. Now I have no money,

nobody trusts me.” His economic status is going down due to the alcohol abuse. Now he has three daughter and two sons. He is separate from his brother. He has become drunkard. He cannot leave to drink alcohol. "My peers told me what to do to gain higher education? My peer group was not good at that time, when I am thinking today" he said.

His initial cause of alcohol drinking was curiosity. He said, "Different people have different cause of alcohol drinking. In my case, lack of proper guidance and failure are main causes of alcohol drinking. I am drinking alcohol to reduce stress of family and poverty.” In ratio, he spends 200-300 rupees per day in alcohol drinking now. Yesterday he used to give money, today he beg money to drink alcohol. Alcohol abuse brings a man in foot path. He has got experience of different types of alcoholic beverages. He has got many problems due to the alcohol abuse. He said," physical, mental, financial and social discrimination are main problems of alcohol drink. Now he is suffered from many wound in the body, financial crisis and liver cirrhosis. Quarreling and fighting are common event in his life. He has visited police custody many times due to alcohol drinking. "The weakness, loss of memory power, unproductive and financial crisis are major consequences of alcohol drinking," he added. "Family stress, lack of trust is also consequences of alcohol abuse.”

Case No. 4

Handsome young man, age 33 years old, Mr. *Mukesh Sharma* (name changed) is an alcohol user of *Toshi VDC*. His marital status is single now. He used to go to school. He studied up to class 12 only. He is now unemployed. His hobby was to be an artist in his life. He is from joint family and he has good computer skill. His daily expenditure was less

than Rs. 300/- on daily basis and financial dependency was with his peers and family.

His family background was good. His father died when he was 12 years old. He was the lovely son of his parent. Mr. *Mukesh* used to go to school with his friends. He was good boy of the school. But his close friends weren't good. He involved with them and started to take Gutkha, Surti and Cigarettes also in school time. He escaped from home and went to India with his friends. He stayed there for 3 years. He used to watch films there. He followed role-models in India. He started to drink alcohol and other substances in India with his Indian friends. He wanted to be a singer also. His brother brought him back from India. When he came back from India, he began to go to school again and passed S.L.C. His brothers never take care and suggest to him. He feels that there is no hope on the future and difficult to compute other friends. This feeling played vital role for alcohol abuse to him. He used to smoke and drink with his friends. When he was 14/15 years old, he used to take chares due to the peer pressure. He said, "I had four peers to drink alcohol at school time. When he passed SLC, his brothers wanted him to get marriage. But he had no interest in marriage. He joined campus in Surkhet at education campus. He met some friends there. They are also alcohol abuser. They made him friend. He did not feel financial crisis because his brothers had provided NRs 5000-7000 rupees per month, he never run out of money. He said to me, "my friends told me that what to do to gain higher education? But my peer group was not good at that time when I remember today." He said that following reason of alcohol abuse in my case:

-) Peer pressure
-) Lack of proper parental guidance

His brother stopped to provide money after they knew that he is a alcohol abuser. He could not read and stay in Surkhet. He again went to India. Now he is 33 years old. He is still unmarried. No girl wanted to marry with him after knowing his alcoholic habit. When I had asked him what is your reason for alcohol drinking now? Then he said that 'compulsion to maintain withdrawal symptoms.' He has got experience of many alcoholic beverage and drugs also. He has many problems due to the alcohol abuse. Physical mental, social discrimination are major problems of alcohol abuse. Financial crisis and lack of trust are also major results of alcohol drinking. As he told me that he has got experience of sex with more than 15 sex worker. It is high risk for the HIV and other epidemic diseases. But he has no risk of such kinds of disease. He said that most of the alcohol users wanted to save money to purchase alcohol. Quarreling and fighting are common behavior for him. He has got experience of police custody due to the alcohol related crime. He said "loss of memory power, joint pains, dependency, lack of trust, financial crisis are major consequences of alcohol abuse."

CHAPTER VII

RISK BEHAVIOR, PROBLEMS AND CONSEQUENCES

7.1 Risk behavior of alcohol abusers

Alcohol and other licit and illicit substance use and supply are a crime in the context of many countries, although the study was concerned to research alcohol related crime. The time passed after alcohol drinking is important part of the risk behavior of alcohol abuser. Common sexual activities are more risk due to the alcohol abuse. The alcohol related common sexual contact of alcohol abuse. It is a high risk factor of HIV/AIDS and other epidemic diseases. There are 62 HIV positive and 22 other epidemic transmitted diseases in the study area (District Profile of Achham, 2011). I have found that two HIV positive alcohol abusers in the study area. The study is focused following common sexual practice of respondents.

Table: 14 Common sexual contacts of respondents

S.N.	Common sexual contact	Respondents	percentage
1	yes	3	10
2	No	27	30
	Total	30	100

Source: Field Survey -20012

The table presents ratio of common sexual contact of alcohol users. Among them, 10% respondents accepted that they had common sexual contact in India with sex worker. They had sexual relation with them without using any means of safe sexual activities. It is high risk factor for

HIV/AIDS and other epidemic diseases. Two respondents are suffered by HIV. 90% of respondent did not involve in that cases. But after drinking most of the alcohol abusers want to involve in sexual activities.

7.2 Criminal Behaviors

The crimes most frequently committed by alcohol users. Most of them involve in theft, looting, corruption and black mailing for the money to drink alcohol. If they did not get to drink, they fight and quarrel in family and neighbor and with even alcohol seller. There are so many hidden cases like rape, murder, looting which are related with alcohol abuse.

Table: 15 Criminal behaviors of respondents

S.N.	Criminal behavior	Respondents	percentage
1	Fighting/ quarreling	26	86.6
2	Robbery/theft/looting	4	13.4
	Total	30	100

Source: Field Survey -20012

The table shows the alcohol related crime of alcohol abusers. Among the respondents, 86.6% alcoholics are accepted that fighting and quarreling is a major crime brought by alcohol abuse. They quarrel at home and fight with neighbors. It is a common activity of alcohol abusers. 13.4% respondents have attempted to do robbery and looting in the community. The study finds that fighting and looting are frequent happening due to the consequence of alcohol abuse.

7.3. Problem of Alcohol Abuse

7.3.1 Individual and Physical Problem

When individual begin to drink alcohol. They accept the obvious risk to their personal health and well being, both physical and psychological. This is a major obstacle encountered when attempting to overcome alcohol dependency. The problem is exacerbated if the user has also become adjusted to criminal behavior. The morality rate of alcohol user is increasing day by day in the world. Alcohol addiction is a type of habit. The physical and individual problem of respondents is given in the following table.

Table: 16 Individual and physical problems of respondents

S.N.	physical problems	Respondents	percentage
1	Weight loss	9	30
2	Joint pain	6	20
3	Wound	12	40
4	Liver cirrhosis	3	10
	Total	30	100

Source: Field Survey -20012

The table presents that physical and individual problems depend on different variables. 40% respondents are suffered from the wound in the body. They have so many wounds on the body due to the injury falls and fighting with others. 30% of respondents are suffered form the problem of weight loss. Weight loss is a major result of alcohol abuse. 20% are

suffered from joint pain and 10% alcoholic are suffered by liver cirrhosis. It is not cured if he/she does not give up drinking alcohol.

7.3.2 Financial Problems

Financial problem for alcohol user is a common problem. Most of people of these VDCs are below the line of poverty. Indian poor job and traditional agriculture system is main source for survival of these VDCs. Few person works as government service holder as a teacher and social mobilizer in few NGOs. Financial problem is also a major problem for common people of this study area. Alcohol user use to pay a lot of money for alcohol and alcoholic crime as a punishment. They purchase alcohol on their daily life in debt. In the context of financial problem the study found the following situation.

Table: 17 financial problems of respondents

S.N.	Financial Problem	Respondents	percentage
1	yes	28	93.3
2	No	2	6.7
	Total	30	100

Source: Field Survey -20012

The table presents status of alcohol abusers for the financial problem and indicates that 93.3% alcoholics have informed that they have financial problems. They said that nobody trust them for finance. The robbery and theft due to the financial crisis is common for alcoholics. A few 6.7% alcoholics have no financial problems who are form local well family person, teacher and local businessman.

7.3.3 Family Problems

Family problem is one of the major results of alcohol abuse. Most of the families have been suffering from alcohol abuse. The families of alcohol abusers have different types of problems. There is no peace on their soul and cannot sleep easily at night. They cannot solve their necessary needs because the key persons of the families spend house budget by drinking alcohol. Lack of trust, break relation, financial crisis, and depression on family are main family problems of the respondents. The family problems of respondent are given in the following table.

Table: 18 Family problems of respondents

S.N.	Family problems	Respondents	percentage
1	Lack of trust	8	26.6
2	Break relation	4	13.3
3	Stop to help	6	20
4	Depression on family	12	40
	Total	30	100

Source: Field Survey -20012

The table presents ratio of family problems of alcohol abusers. 40% respondents have depression on family which is a major common problem in the family. Similarly, 26.6% respondents accept that lack of is a major result of alcohol abuse. The family of alcoholic does not trust them. 20% respondents accept that their family stops to help them and 13.3% have break relation in the family. Most of the family of alcoholics have psychosocial and socioeconomic problem.

7.3.4 Mental Problems

Mental problem is also major result of alcohol abuse. Alcoholic people of the study area have different types of mental problem. They are always in tension, depression. They cannot sleep in the night easily. Loss of memory, sleeplessness, and anxiety are mental problem of alcohol abusers. The mental problems of respondents are given in the following table.

Table: 19 mental problems of respondents

S.N.	mental problems	Respondents	percentage
1	depression	3	10
2	Anxiety	4	13.3
3	Tension	15	50
4	sleeplessness	6	20
5	Loss of memory	2	6.6
	Total	30	100

Source: Field Survey -20012

The above table indicates that mental problem is a major problem of alcoholics. It is categorized on deferent variable. 50% respondents are suffered from tension. 20% alcoholic have sleeplessness. 6.6% respondents accept that loss of memory is a mental problem which is related with alcohol abuse. 13.3% respondents are suffered from anxiety and 10% alcoholics are in depression.

7.4. Consequences of alcohol drinking

Misuse of alcohol may be major cause of destroy family, society or even nation. Alcohol abuse is serious and complex global problem. In the previous studies found that social crime, intra-inter family violence, socio-economic problem, psychological and physical problem, poverty, premature death are the major consequences of alcohol abuse. Verbal, physical and sexual violence with women, lack of respect, robbery, rape, murder, suicide, theft, lack of trust are also consequences of alcohol abuse. In the study area, there are also same consequences of alcohol abuse. They are: social crime, premature death, financial crisis, dependency, physical and psychological problem, violence in family and HIV/AIDS and other epidemic etc.

Table: 20 Consequences of Alcohol Drinking

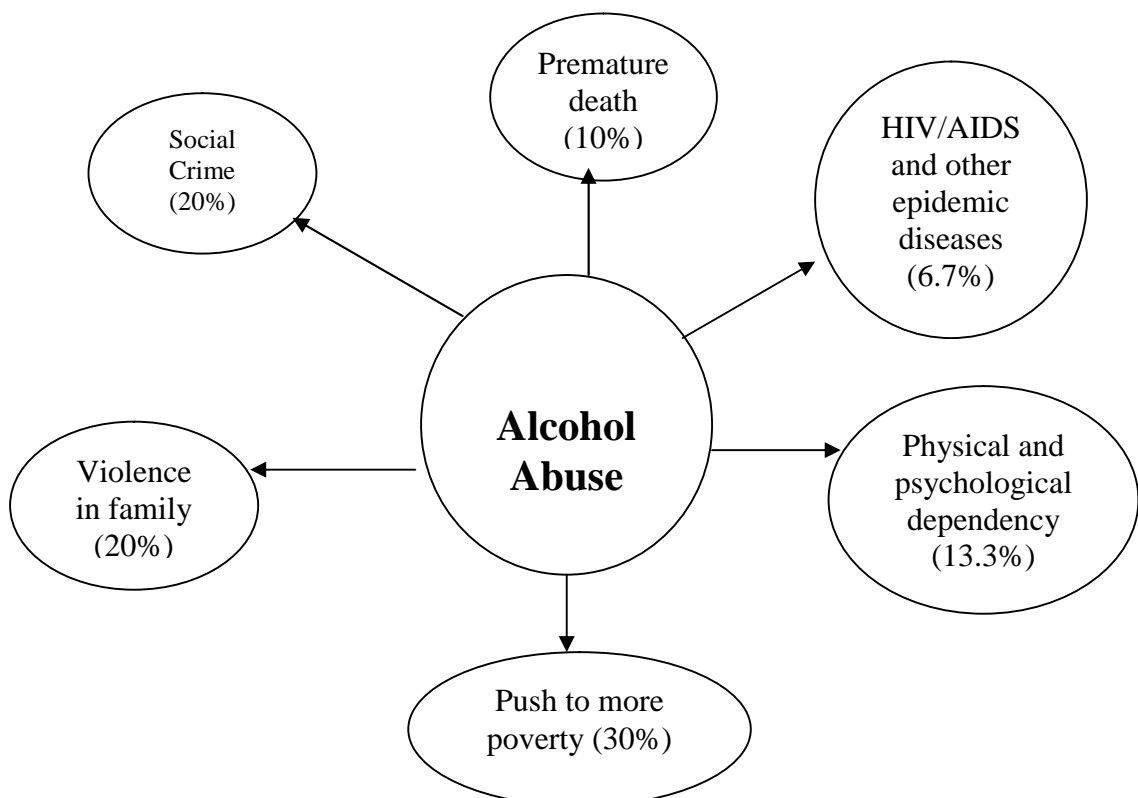
S.N.	Consequences	Respondents	percentage
1	Social crime	6	20
2	Push to more Poverty	9	30
3	Premature death	3	10
4	Physical & Psychological dependency	4	13.3
5	Violence in house	6	20
6	HIV/AIDS and other epidemic	2	6.7
	Total	30	100

Source: Field Survey -20012

Above table presents consequences of alcohol abuse. Out of 30 respondents, 30% informed that poverty is a major result of alcohol abuse because they lose their property by drinking alcohol. They have no goal

of life. They live only to drink alcohol. Financial crisis is main result of alcohol drinking. Alcohol abuse creates poverty in the family even society. 20% alcohol abusers accept that violence in house is also major consequence of alcohol abuse. 20% of respondents informed social crime committed by alcohol user in the study area. It is also consequences of alcohol drinking. They accept that alcohol related crime is increasing in the society. 6.7% respondents informed that liver cirrhosis, HIV/AIDS and other epidemic disease are major consequences of alcohol abuse. Among them two alcoholic are suffered by HIV and liver cirrhosis. Problem drinking may also contribute to unsafe practices of sex which leads to an increased incidence of HIV/AIDS, hepatitis, and other sexual transmitted disease. 10% alcohol abusers accepted that premature death is also a result of alcohol drinking. Many people lose their life in risk injury using the alcohol.

The major consequences of alcohol abuse are also given the following tree diagram and its interpretation on the topic also.



7.4.1. Social Crime

Crime is one of the results of alcohol abuse. The crime is most frequently committed by alcohol abusers. About seven respondents also accepted that crime is a consequence of alcohol abuse. Quarrelling in the family and fighting with friends and neighbors are common behavior of those alcoholic people. Alcohol abuse is also associated with verbal, physical and sexual violence on the women in the *Jatra* (festival), particularly the rape of women and girls. Women and children are afraid to go near by shops because the alcoholic use vulgar language. An eighteen-year-old girl said that she did not like going near the village market because of the drunks who “touched her” or racked her”.

Some women/girls are afraid to go ‘*Chaupadi* Goth’ in menstruation period because of fear of attacking by alcoholics. Some women were raped by alcoholics during the time of menstruation but they could not say about these kinds of cases in public. Drank men also urinated in the public ways. One woman, from *Dhamali* said that drunkard man stole water pot to drink alcohol. Some alcoholics steal goat and cock from the village. Theft and robbery is also related with social crime.

A student of 15 year-old, who is reading in tenth class, said that he could not read and sleep easily because drank man in his neighborhood cried whole night and quarreled with his family every night. The environment of the village is disturbing. This statement proves that social crime is major consequences of alcohol abuse.

7.4.2. Premature Death

The mortality rate of alcohol abuser is increasing day by day. According to the Accident Fact Edition report of Nation Security Council, 1989, in

each one minute, one man is died in accident due to the alcohol abuse. Alcoholic may die if he drinks heavy alcohol. His family members may die due to the lack of food because the alcoholic man spends whole family budget in drinking alcohol. They can give up their family and job. But they can not give up drinking alcohol. So, these kinds of activities may lead their family to starvation and it can create the crisis in the family. Alcohol abusers sell all their own property in order to be able to drink. A woman, 35-year-old noted that she had no food to feed her children because her husband finished the family budget in drinking alcohol.

Out of thirty, three respondents accept that premature death is a consequence of alcohol abuse. An alcohol abuser said that a 38-year-old, educated person died due to drinking alcohol. He was drinking alcohol for ten year. He was government service holder. He had been affected by liver cirrhosis due to the alcohol abuse. Liver cirrhosis a kinds of disease which does not cure when alcoholic doesn't give up alcohol. Similarly, a woman, who lost her husband due to the alcohol abuse, said that sometimes, her husband used to drink alcohol before marriage. He never left to drink alcohol until his death. (Weeping) He died at the age of 40 due to the heavy alcohol drinking. Many people lost their family members due to the alcohol abuse. These cases prove that premature death is a consequence of alcohol abuse.

7.4.3. Push in More Poverty

Poverty is also related to alcohol abuse. Most of alcoholic people are from good family in these villages. An alcohol abuser, from *Dhamali* VDC is unemployed. His economic status was good when he did not used to drink alcohol. Now he has become addition of alcohol. He always

drinks alcohol even in the day. He has one son and four daughters. He works hard but he always goes to the shop from work place and drink alcohol with peer. He come back home late when his children are on the bed. He spends his whole salary to drink alcohol. His salary is not enough to drink alcohol to him. He sold his land and ornament of his wife for alcohol drinking. His family does not get sufficient food.

Sometimes they have to sleep without eating. Even in the crisis of food in the home, he drinks alcohol at any cost. His wife said that her children did not know about what is good food and nice clothes. They play with mud in front their house instead of going to the school. This proves that poverty is also main consequence of alcohol abuse. One young alcoholic's woman said that his husband never work in the field, he always drinks alcohol by stealing money from house. Her family is suffered by poverty. She has no food to feed her children and no money also in her house. Her children also don't go to school due to the lack of money to buy school dresses and books. So, alcohol abuse leads a man or family in the poverty.

7.4.4. Psychological and Physical Problem

Many alcoholic people have lost their life due to the alcohol abuse. Some of alcoholics have become handicapped and lame in accident during the alcohol abuse. Some alcoholic cannot sleep whole night properly. Physical and psychological problem is one of the major consequences of alcohol abuse. A 34-year-old, married *Rakesh Dhamala* (named changed) could not walk properly because he met an accident when he was full drunk alcohol. Now he is lame.

A woman of 33-year-old said that her husband is an alcoholic. He cannot sleep without drinking. He has to drink alcohol for sleep. He is always in

depression. He never talks with her without alcohol. He is depending with family now. There are so many cases related with physical and psychological problems by drinking alcohol in the study area. Physical problems of alcohol abuse: loss of weight, joint pain, wound, heart burn, handicapped and psychological Problems: loss of memory, sleeplessness, depression anxiety, tension, stress, dependency, are major psychological and physical problems of alcohol drinking.

7.4.5. HIV/AIDS and other Epidemic diseases

Alcohol abuse is also associated with HIV/AIDS and other epidemic diseases. Few respondents accept that HIV/AIDS also is consequence of alcohol abuse. I interviewed with around 30 alcoholic people there. They always drink alcohol. Alcohol is their part of food. A 43-year-old, married alcoholic man said that he had experience of common sex with sex worker in India by drinking alcohol. He had friends from east part of Nepal. His friend used to go to prostitute for sex. One day, he also drank alcohol with him and went to prostitute. After that time going prostitute became a habit for him. Now he is suffered by HIV/AIDS but his families have no HIV/AIDS. He is drinking alcohol still now. He has no interest to live. He accepted, "if I had not drunk alcohol, I would not go to prostitute. If I did not go to prostitute, I would not be HIV positive."

The alcohol related common sexual contact is high risk for HIV and other epidemic diseases. In another case, a young man is infected with epidemic disease. He accepted that this disease was linked with alcohol abuse. There are 62 people with HIV positive and 22 other epidemic diseases in the study area. Two HIV positive alcoholics accepted that HIV and other epidemic diseases are most spread by alcoholic people.

These cases prove that HIV and epidemic diseases are result of alcohol abuse.

7.4.6. Violence in Family

Alcohol abuse is related to different types of violence. Violence in family is one of the major results of alcohol abuse. It is more commonly seen as an outcome of alcohol abuse. This is not only associated with verbal, physical and sexual violence against women but also with the mistreatment of children. Many alcoholics fight and quarrel with family for small fault. Quarreling is common behavior of alcoholics. Many women are beaten by their alcoholic husbands. Every evening, they are afraid of their husband. Somewhere, women also beat her husband because their husband always drinks alcohol. Some women quarrel with alcohol seller because he gives alcohol to her husband with debt. Every time, the environment of house is disturbed. An old woman, 60-years-old said that her neighbor is alcoholic. Every evening even night, he beat her wife and children. When he came home in the night, his children used to escape from house. She could not sleep easily at night because of violent environment of her neighbors.

In another case, a young boy of 13 year, from *Toshi* noted that he hide from his father when he came home from shop in evening because his father was a drunkard. He also pointed that his father often sent him out to buy alcohol (*Dunka*) from local shop or home where alcohol is available. If he did not go, his father beat him badly and scolded also. These cases prove that violence is one of the major consequences of alcohol abuse.

CHAPTER - VII

SUMMARY, CONCLUSION AND RECOMMENDATION

7.1. Summary

Tin Toshi (Toshi, Dhamali and Ranivan VDCs) lies in eastern part of Achham. It has 10005 populations in total. It is almost 1326 meter above sea level. Mainly *Bahun*, *Thakuri*, *Kshetri* and *Dalit* (*kami*, *Damai*, *sunar*, *Dholi* etc) are inhabitant in *Tin Toshi*. A few ethnic people, *Magar* also live in *Punepata*, *Dhamali*. Alcohol abuse is one of the serious problems of this study area. This is not widely recognized by social organization, community and media. Unproductive human manpower, crime and burden of families are increasing in the society due to the alcohol abuse. On the other hand many youth are becoming unemployed. They do not get the job and opportunity. They also involve drinking alcohol in secretly. In this context, this study concentrated of socio-economic status, types of alcohol, cause of alcohol abuse, risky behavior of alcohol users, problem and consequences of alcohol abuse. The objectives were as follows.

1. Socio-economic Status of alcohol abusers
2. Causes of alcohol abuse
3. Risky behavior, Problem and Consequences of alcohol abuse

The sociological study on alcohol abuse was carried out by adopting descriptive. The data were collected using semi-structure interview participatory approaches, focus group discussion and case study. Purposive sampling method was used for sampling. Sampling size is represented the age, sex, caste, occupation of alcohol abuser. The collected information was classified according to research objectives.

The major findings are: among them, most of the alcoholics are in between 26 - 45 years they are married. A few percentages of alcoholics are from age group of 15 - 25 and above 46 years. There are 94.6% male alcohol users and a few 6.3% are female alcohol users. Women are those who prepare *raksi* in the home. Similarly, some alcoholics are those who have lost their husband or wife. Among 30 respondents, most of the alcoholics are from *Thakuri*, *Kshetri* and *Dalit* than *Bahun*. In ratio there are more alcoholics from *Thakuri*. Majorities of alcoholics are under SLC, SLC passed and 10+2 passed. Among them only 6.3% are illiterate they are ignorant of alcohol abuse. 40% respondents' expenditure ratio is 200 to 400 rupees everyday. Most of them are unemployed and depend on agriculture and domestic work. Some of the respondents are from government service holder, teachers. The alcoholics are from both joint and nuclear family. There is no vast gap between joint and nuclear family in this study.

It is found that most of the respondents are depending themselves in finance. Some of them depend on their family and relatives 73.3% alcoholics take distilled low quality alcohol which is very cheap. Harmonious environment of the family may be a proper way to avoid alcohol. In this study found that 50% respondents have no good relation in family. Only 10% respondents have good relation in the family. It shows that disturbance or bad relation in the family is a cause of alcohol use. But mostly 70% alcoholics had knowledge about consequences of alcohol abuse. 30% are ignorant. It is proved that ignorance is not a major cause of alcohol drinking. 13.3% respondents accepted that the cause of alcohol drinking is peer pressure and 10% respondents accepted that they had curiosity. The main cause of alcohol abuse is failure (23.3%) due to the marginalizing, discrimination, burden of family and lack of

adjustment in the society. pain of poverty (16.6%), unemployment (13.3%), and lack of proper parental guidance (16.6%) are major consequences of alcohol abuse. A few 10% alcoholic drink alcohol for enjoy. 90% alcoholic had strong desire to give up alcohol drinking. The finding shows that there is a willingness to avoid alcohol abuse.

A few respondents had common sexual contact experience which is high risk for HIV or other epidemic diseases. They have suffered from transmitted diseases. 90% of respondents have no experience of common sexual practices. 86.6% alcoholic are involved on fighting and quarreling and 13.3% of respondent were involved in robbery and theft. It is criminal activity. 93.3% of respondent are suffered by financial problem. 40% of respondents' family is in depression due to the alcohol drinking of the alcoholic family members.

The joint pain (40%) is a major physical problem of alcohol abuse. loss of weight (36.6%), wound (20%) and liver cirrhosis (10%) are health problem of alcohol users. financial problem (93.3%) is major family problem due to the alcohol drinking. depression, lack of trust, break On social relation, crisis of finance are major problem of alcoholic. In this study I found that social crime, poverty, dependency, financial crisis are main results of alcohol abuse. 30% of respondents accept that push in more poverty is one of the major consequences of alcohol drinking. HIV/AIDS or other epidemic disease, losses of productivity, premature death are also consequences of alcohol abuse.

7.2. Conclusion

It is conclude that majority of alcohol abuser s of between 26 to 45 years are involved on alcohol abuse. In field researcher found that 99% male (above 15 year) had experience of alcohol drinking. There are more male

alcoholic than women. It is conclude that *Thakuri, Kshetry* and *Dalit* are more affected by alcohol abuse then *Bahun* in ratio. Education and employment create hope to the people but so called education person are mostly involving to drink alcohol. A few scholars thought unemployment is cause of alcohol drinking. This study found that some alcoholics are from government service holders and rich family of the village. Most of the family members are alcohol users in the society. Father is key person of alcohol user in family of *Tin Toshi*. In previous study, it has found that tension, stress, family burden, social cultural change, alcoholic environment, lack of proper education, poverty, ignorance, lack of proper parental guide, failure, unemployment, relax and peer pressure are main cause of alcohol abuse. In this study, I found that main causes of alcohol abuse are as follows;

-) Lack of proper parental guidance
-) Peer pressure
-) Pain of poverty
-) Curiosity
-) Enjoyment
-) Unemployment
-) Failure
-) Lack of proper education
-) Stress

It is conclude that *Sophi, Karnali Pouch* (in local language '*Dunka*') and other low quality distilled alcohol are current drinking alcohols which are very cheap and have very low quality. They are popular among them. In these varieties of drinks the quantity of alcohol is very high, which is dangerous for health. Home made *raksi* is also popular

in the study area. The main consequences of alcohol abuse are as follows;

-) Social crime
-) Premature death
-) Violence in family
-) Push to more poverty
-) Physical and psychological dependency
-) HIV/AIDS and other epidemic diseases

Loss of weight, joint pain, wound& liver cirrhosis are physical problem of alcoholics. Loss of memory, sleeplessness, depression, anxiety &tension are major mental problem of alcoholics. It is concluded that financial problems make the people run after money and develop lack of trust of nobody believe them because of alcoholic habit. Financial crisis is major problem to alcohol abusers on their daily life. Depression, anxiety and financial crisis are other family problem due to the alcohol drinking. Dependency, poverty, social crime, police custody, HIV/AIDS or other epidemic diseases are major consequences of alcohol abuse. A few alcoholics accepted that they involved in common sex partners. There is unsafe sex behavior among alcohol user due to the alcohol abuse with partners. It is high risky for HIV/AIDS and other epidemic diseases. The major consequences of alcohol abuse are social crime, poverty, premature death, violence in house and HIV/ AIDS and other epidemic diseases.

7.3. Recommendation

- ❖ It is strongly recommend that government should adopt inclusive policy to control alcohol abuse as well as preventive.
- ❖ The clear responsibility to observe and develop the behavior of child is most important part. I strongly recommend that parents should have clear responsibility to take care their vulnerable child for prevention of alcohol abuse.
- ❖ In this study, it is found that even educated people, who have the knowledge about the alcohol abuse, are also involved in drinking. Therefore, it is strongly recommended that education system should be scientific, practical and fruitful in daily life.
- ❖ It is found that unemployment is a major cause of alcohol abuse, so it is strongly recommended that the government should provide the job opportunity who are unemployed
- ❖ Outside of compound with peers on childhood without any plan and goal is a risk for alcohol abuse. That's why it is strongly recommend that more take care in necessary on childhood period.
- ❖ It is strongly recommend that parents should be more careful to their children in the adolescent's period. It is also risk period; they may involve in smoking and take tobacco and drug.
- ❖ It is strong recommended that tobacco should not use in the family to prevent alcohol abuse because tobacco affects to the central nerves system of human being. The toxicities increase in to the body and crate alcohol dependency.

- ❖ It is recommended that the government should be band in its selling and buying by the children.
- ❖ It is recommended that priorities should be focused on existing treatment because majorities of alcoholic want to give up alcohol drink.
- ❖ It is recommended that Government and NGOs should launch awareness programmed of alcohol abuse in the village.
- ❖ It is recommended that Tobacco and alcohol should ban in the family. Family is a first school of child.
- ❖ It is recommended that *Aama Samuha and child clubs* should be formed and they have to be given authority to prevent alcohol abuse by the government

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ANNEX -1

The Causes and Consequences of Alcohol Abuse: a Case Study from Tin Toshi, Achham

(In-depth Interview)

Code No.

Date of Interview:Interview time:

Ward No. VDC...

Objective of Study

-) To describe background of alcohol abusers.
-) To find out first choice of alcohol abusers.
-) To identify main cause alcohol abuse.
-) To describe health hazard and consequences of alcohol abuse,
-) To identify risk behaviour of alcohol abusers.

1. Socioeconomic Status of Alcohol Abusers

-) Age
-) Sex
-) Marital
-) Status
-) Education
-) Occupation
-) Type of family
-) Daily expenditure
-) Financial Dependency

2. Family Background of Alcohol Abusers

-) Relation between father and mother
-) Time spent on childhood
-) Alcohol in family

3. Alcohol Related Problems and Its Consequences

-) Physical problems
-) Mental problems
-) Family problems
-) Disease
-) Criminal behavior
-) Sex partners:

4. Others

Initial choice of substance

-) Current alcohol used (within one year)
-) Duration of alcohol use
-) Times of alcohol use (each day)
-) Knowledge before alcohol use
-) Cause of alcohol abuse
-) Consequences of alcohol abuse

ANNEX -2

Case Study Format

The Causes and Consequences of Alcohol Abuse: a Case Study from Tin Toshi, Achham

Objective of Study

-) To describe background of alcohol abusers.
-) To identify main cause alcohol abuse.
-) To identify consequences of alcohol abuse,
-) To identify risk behaviour of alcohol abuser.

General questions

-) Are you happy with your life? Yes () no ()s
-) Are your family members happy with you? Yes () no ()
-) Are your relatives and neighbours satisfied with you? Yes () no ()
-) Do you quarrel and fight with your friends? Yes () no ()
-) Do you quarrel in your family? Yes () no ()
-) Do you feel that you are rejected in your society? Yes () no ()
-) Do your family member care and support to you? Yes () no ()