

CHAPTER-I INTRODUCTION

1.1 Background of the Study

Dumraha Namuna Village Development Committee (VDC) lies between 26⁰20' to 26⁰53' latitude and 87⁰41' longitudes. The altitude of the VDC is 359.89m to 1200m from the sea level. The boundary of the study area limits up to the Ramdhuni Bhasi municipality in Sunsari district in the east and Prakashpur VDC in the west. Similarly, Inaruwa Municipality in the south and Bakluari VDC and Bharaul VDC in the North. It is linked with Arta and Bhalwahi Mahendra Highway. It is about 25km far from Jhumka and 20km are from Inaruwa, District headquarter of Sunsari. There are 18493 populations. The total Tharu population is 1935 in this VDC. The male population 900 and female population is 1035. There are 200 house-holds.

The family is a social group characterized by common residence, economic, co-operation and reproduction. It includes adults of both sexes at least two of whom maintain socially approved sexual relationship and one or more children of their own or adopted the ones living together. Nepal is a country of many diverse ethnic and cultural groups. Health is a way of life. Life style refers to the way of living or the way people live. Life style also has significant impact on health.

Health is related deeply to life style, which includes ways of living, personal hygiene habits and behaviour. Life style reflects social value, attitudes and activities of the individuals. To a large extent, life style depends on the occupation of the head of the household, the income level of the family life. Family life status is determined by many factors like social, cultural, economic, education, occupation health behaviour and so on. In Tharu community, they are not so many educated people and their social culture is different from other communities. Most of Tharu use alcoholism so their family life status affects the health and socio-economic status. Tharu is a Janjati Adibasi of the Terai region. They had a lot of land before 50 years ago. They were the richest people in this area. While drinking wine. They destroyed their properties without eating food, whole day they passed their time by taking alcohol (wine). They had no problem of money. If they had no money to drink wine they sold their properties in the few money by taking loan with other caste people. Who had come

from mountain in this area? In this way, Tharu people were sold the land in alcohol due to lack of education. Some one who regularly drinks too much alcohol and cannot stop the habit. A liquid that has no colour and taste drinks that make you drunk. Food drink such as wine and beer that can make you drunk.

Nepal is one of the less developed and poor countries in the world. It is evident from the fact that the GNP per capital income in 2005 was estimated to be US\$ 300 and more than 42% of the people are living under absolute line of poverty. It is to be noted that 87% of these people belong to the rural area of these 87% are rural. The total population in 2001 was 2,31,51,423 million and 26,494,504 in 2011. Terai covers 50.2 percent of the total population. Nepal is basically an agricultural country with a subsistence traditional mode of production. More than 81% of the country's working population are engaged in agricultural production.

Nepal is also a country of many diverse ethnic and cultural groups. More than 75 ethnic groups are identified like Brahmin, Kshetri, Magar, Gurung, Tharu, Rai, Limbu, Newar, Tamang, Sherpa, etc. The total population of the Tharu is 1737470 in Nepal. They use alcohol in each festival and except festival, they use alcohol like wine and beer. Alcoholic drinks like wine, rum, whisky, brandy, beer etc. are harmful to our health. Some people may invite you to try such drink. You should not try these at all. They are not good for our health. People take a lot of drinks and become drunk. Such people can create trouble for others.

According to Oxford Dictionary, alcohol is a colorless liquid specially an intoxicant in the wine, beer and spirits etc. Liquid containing this, other compound of this type. By pharmacological definition, "Alcohol is a drug and may classified as a sedative, tranquillizer, hypnotic or anesthetic, depending upon the quantity consumed". Of all the drugs, alcohol is the only drug whose self-induced intoxication is socially acceptable. Over the past 30-40 years increasing percent of young people have started to drink alcohol. Further alcohol is an important etiological factor in suicide automobile and other accidents and injuries and death due to violence. The health problems for which alcohol is responsible are only part of the total social damage, which is also an effect on family life and socio-economic status.

Health is a way of life. Life style refers to the way of living or the way the people live. Life style reflects social value, attitudes and activities of the individuals. A healthy life style helps to promote health and poor life style has ill effect on health. Alcoholism is a word which many people use to mean alcohol dependence (alcohol addiction).

Alcohol is widely used in our society. Most individuals drink alcohol in ways that do not increase risk for alcohol use. Alcohol dependence is the medical term for alcoholism. This timeline presents events in the history of alcohol and drinking over the past 12,000 years. The natural History of Alcoholism Revisited (1995) is a book by psychiatrist George E. Vaillant that describes two. Fermented beverages existed in early Egyptian Civilization, and there is evidence of an early alcoholic drink in China. Drinking alcoholic beverages can have other effects on the body, such as those listed below (Alcohol and the brain). Alcoholism is a genetically influenced condition (Goodwin, 1985, Schuckit, 1985). Also, there is the risk is for greater for children of alcoholic mothers than alcoholic.

In conditions typical of NHS alcohol treatment centres, a British study confirmed that taken as directed.

Alcohol consumption, types of Alcoholic Beverages and Risk of venous. 29 Jun 2007, New research on alcoholism shows that there are five types of alcoholics in the U.S. Alcohol consumption is wide spread among preteens and teens. According to one national survey, one in four eighth. Alcohol is widely used in our society. Most individuals drink alcohol in ways that do not increase risk for alcohol use. In the united states. In wechsler's study, 44 percent of the students surveyed reported binge drinking, defined as having five consecutive drinks in a row for. This study of alcohol abuse and alcoholism as it relates to personnel security is prepared. Excessive alcohol use can cause the pancreas to produce toxic substances that interfere with proper.

Regular alcohol use even if consumed in moderation can result in cumulative, deleterious health effects cancer sites linked to alcohol use include the mouth, pharynx (throat), larynx (voice box).

Drinking alcohol affects the body in many ways. These effects can lead to physical and mental changes that can put. This article is about the class of chemical compounds. For beverages containing ethanol see alcoholic beverage. For other uses, see alcohol (disambiguation).

In chemistry, an alcohol is any organic compound in which the hydroxyl functional group (-OH) is bound to a saturated carbon atom. The term alcohol originally referred to the primary alcohol ethyl alcohol (ethanol), the predominant alcohol in alcoholic beverages.

It is a broad term for any drinking of alcohol that results in problems. The alcohol industry has also been criticised for being unhelpful in reducing the harm of alcohol. Ethanol is thought to cause harm partly as a result of direct damage to DNA caused by its metabolites. Most significant of possible long-term effects of ethanol. An addition, in pregnant women, it causes fetal alcohol syndrome. Many primary alcohols are metabolized into aldehydes then to carboxylic acids whose toxicities are similar to acetaldehyde and acetic acid.

Tertiary alcohols cannot be metabolized into aldehydes and as a result they cause no hangover or toxicity through this mechanism. Some secondary and tertiary alcohols are less poisonous than ethanol because the liver is unable to metabolize them into toxic by-products. This makes them more suitable for pharmaceutical use as the chronic harms are lower. Other alcohols are substantially more poisonous than ethanol, partly because they take much longer to be metabolized and partly they take much longer to be metabolized and partly because their metabolism produces that are even more toxic. The word alcohol, appears in English as a term from a very fine powder in the sixteenth century. It was borrowed from French, which took it from medical Latin. Alcohols have an odor that is often described as 'biting' and as 'hanging' in the nasal passages. Alcohols, like water, can show either acidic or basic properties at the OH group. Alcohol has a long history of several uses worldwide. It is found in alcoholic beverages sold to adults, as fuel, and also has many scientific, medical and industrial uses.

1.2 Statement of the Problem

Alcohol is a drug and may be classified as a sedative, tranquilizer hypnotic or anesthetic depending upon the quantity consumed. Alcohol is the only drug whose self induced intoxication is socially acceptable. Over the past 30-40 years increasing percent of young people have started to drink alcohol. In Tharu community most of the people use alcohol which effects the health or socio-economic status directly or indirectly. Screening for problem drinking and alcoholism needs to become an integral part of the routine health. It's no secret that alcohol consumption can cause major health problems, including Denial is one of the biggest obstacles to getting help for alcohol abuse. Health. problems caused by excessive drinking can include liver disease. Heavy drinking can cause alcoholic hepatitis. It is possible to have a problem with alcohol, even when it has not progressed to the point of alcoholism. No more study has been conducted on "Use and effect of Alcoholism in Tharu community", which is the burning problem of Nepal as well as less developed community like Tharu community. So, the problem is started as 'Use and effect of Alcoholism in Tharu community of Dumraha Namuna VDC Sunsari District. Alcoholism seriously hamper the body's ability to digest food, absorb vitamins, and produce hormones which regulate metabolism. On the other hand, alcohol contain calories, reducing the patient's feeling of hunger, so he/she consequently may not eat enough proper food to supply the body with essential nutrients. Eventually it results into malnutrition. Alcohol may cause hardening of the liver. The person suffers from gastric catarrh, windy spasms and heart burns. The person becomes irritable, unreliable, socially withdrawn and irresponsible. Stomach pain and bleeding of stomach. Shaking of hands or even of the whole body when alcohol is not taken. Breakdown of family relationships. Economic problems because of money spent on alcohol and loss of work. Bodely co-ordination and balance may be impaired. Loss of judgment and dulling of the sense.

1.3 Objectives of the Study

Health is wealth: so if health is lost everything is lost. Health is component of human beings that permits on to live happily and successfully. It helps towards attaining the goal and ambitions of life. Life style refers to the way of living or the way of people to live. Life style reflects social value, attitudes and activities of individuals. The health problem is only part of the total social damage. It is related to the socio-

economic status in family life. So, the main purpose of this study was to evaluate the alcohol use and its effect in Tharu community of Dumaraha Namuna VDC Sunsari District. The specific objectives of this study are as follows:

1.3.1 To identify the situation of alcoholism use in Tharu community.

1.3.2 To find out the effect of alcoholism Tharu community.

1.4 Significance of the Study

Alcohol is a drug and may be classified as a sedative tranquilizer hypnotic, an anesthetic depending upon the quantity consumed. Alcohol is the only drugs whose self-induced intoxication is socially acceptable. So in Tharu culture it is also acceptable for all age-groups. The study ways of life style of people in a community and their individual life style also have a significant impact on health. Life style reflects social value, attitudes and activities of the individuals. Family life status is determined by many factors like socio-culture, economic status, education, occupations and so on. Health is wealth so if health is lost everything is lost. Our daily used foods determine our health. Health is a major component of human beings that permits one to live happily and successfully. It helps towards attaining the goal and ambitions of life. In Tharu community, the people use too much alcohol but they have not known about the effect of public health and health in family life. So, the points referring to the significance of this study are as follows:

1.4.1 The study will help to find out the effect of alcoholism.

1.4.2 It will be useful to identify the situation of alcoholism use in Tharu community.

1.4.3 It will be helpful to the young or alcoholic person to change their health behaviour and public health in family life.

1.4.4 It will be useful to the researchers, experts, teachers, generalists, students and other concern person for further similar study.

1.4.5 It will provide further guidelines for NGOs, INGOs to lunch their program against the alcohol user community or Tharu community.

1.5 Delimitation of the Study

Considering the objectives, the points of delimitation of the study are given below:

1.5.1 The study evaluates in Tharu community residing ward numbers 1, 3, 4, 5,6 and

9 of the Dumraha Namuna VDC, in Sunsari district. So, the result obtained from the study does not represent the whole Tharu community in Nepal.

1.5.2 The study found out the public health of alcoholism user Tharu community.

1.5.3 The study found out the situation of alcoholism use in Tharu community.

1.5.4 Interview took with 144 out of the total 200 households in the VDC.

1.5.5 Interview took with male and female of 15 years of age and above, who practices alcohol in Dumraha Namuna VDC in Sunsari.

1.5.6 Interview took with the help of the simple random sampling method

1.5.7 The researcher has used descriptive method for this study. In this chapter study area, sampling procedure, tools and instrument, data collection and treatment of data are described.

1.6 Operational Definition of the Key Terms

Alcohol:- Alcohol is an intoxication liquid that immediately intoxicates its users.

Alcohol:- It is legally consumed in most of the countries around the world.

Alcoholic: Someone who regularly drinks too much alcohol and cannot stop the habit.

Alcohol non-user:- The person who never uses alcohol.

Alcoholism:- Individuals who are hooked by alcoholism can develop gastritis or pancreas damage.

Alcohol user:- The person who is used to drink a variety of wine.

Community:- A body of persons sharing the same political or social and religious conditions.

Economic Status:- The status of related to the economic condition of a man.

Family:- Family is the original social institution from which all their institutions develop.

Health:- Health is an invaluable assets of human life. Healthy power is essential for development of the society and the country. Healthy people can involve in different income generating activities which help to acquire quality of life. Healthy people are physically fit and energetic so that they can increase their efficiency in work which increase productivity and helps to maintain quality of life.

Life Style:- Life Style refers to the way of living or the way the people live.

The use of alcohol:- It has been traditional practice in all human societies. Different

people use it for different purposes in different manner. Some people use it as a form of religious rituals. Some use it in some special ceremonies and others use it to entertain themselves at the meeting with friends and family.

Social Status:- The status of social members in the community.

Unhealthy People:- They cannot contribute their family and nation despite their willingness. Instead of this a large amount of family income needs to be spent in their treatment. Due to this, needs of the family members cannot be fulfilled and it becomes difficult to maintain quality of life in the family.

CHAPTER-II

REVIEW OF RELATED LITERATURE AND CONCEPTUAL FRAMEWORK

2.1 Review of Theoretical Literature

Nepal is a developing country, where about 30 percent of people are living in under poverty line and only 53.74 percent people are literate out of the total population. Literate people achieve every success in their life, which contribute to develop the nation. Without education we cannot imagine development of our-self as well as our country. So, Nepalese people are facing various socio-economic problems such as poverty, incident, violence and negative feelings with each other in society caused by the excessive use of alcohol.

There is no specific literature published as yet in the area of alcohol user community and effect on family life in socio-economic status. But a few articles are published in the area of family life, social economic status in separately. A note worthy piece of literature about family life education for B.Ed. Course is written by lecturer Som Nath Dhakal.

Some seminar papers on community based drugs abuse in Nepal have been presented on seminars and work shops and studied. Some national and international programmes for drug advisory programmes have done on convention for SAARC convention on nercotic drugs and psychotropic substance in 1990. so some related or nearly related literature are mentioned below MC-Gettingon (1989), At first Dr. Heberdin of England had mentioned that the liver of the alcoholic is hard (stuff).

Drinking by adults serve as a role model for the young. The identification of risk factors is essential for prevention. Murray and Lopez (1996) estimated that globally in 1990 alcohol contributed to 771,6000 death. Some 8% of this burden of death, illness and injury fall on regions of world classified.

WHO (2000), Chronic alcohol use can damage any organ systems. Besides the well-known liver complications, there can be enlargement of the heart weakening of the heart muscle called cardiomyopathy and subsequent heart failure. There is an

increased risk of mouth, throat, stomach, colon, liver, breast and other estrogen related cancers.

It is the drug most widely used by vulnerable 13-17 years old teenagers. In fact many young people drink for the solve purpose of getting drunk. There is a hidden epidemic of alcoholism in the elderly as well. So all ages are at risk (The way up newsletter vol. 78,20-12-2000)

The way up Newsletter vol. 32.15-12-2001 (2001), The fear and unrest stirred up by the recent attacks upon human civilization may have stimulated some to engage in more escapist behaviour attempting to avoid or minimize anxiety and emotional pain. This is understandable but in the long run can cause anxiety as well as other emotional symptoms, since excessive indulgence can create imbalance in the brain. There is also the risk of damaging the nerves of the whole body.

CWIN (2001), children of alcoholics are 4 times more likely to develop alcoholism. There is a 25.50% life time risk for sons or brothers of severe alcoholic males. If one identical twin is alcoholic, there is a 55% chance that the other will also be the same, whereas if one it sexed fraternal twin is alcoholic there is 28% chance the other will be. Males have a 4 times greater risk than females, though the rate is increasing in women.

So it can be concluded that alcohol has been a great problem in human community and it influences not only other factors it grips the socio-economic effect on family life too.

The Bureau of Alcohol, Tobacco, fire arms and explosives (ATF) is federal law enforcement organization within the united states department of justice.

Mechanisms of enzyme action (2 February, 2016), different enzymes that catalyze the same chemical reaction are called isozymes.

Chemistry (5 January 2016), the different substances on their composition, and how to unite them again, and exalt them to a higher perfection.

Forgery and manipulation of wines, different concentrations of alcohol in the human body have different effects on a person. The effects of alcohol depend on the amount 80 k.b. 08:15, 3 february 2016.

Cancer of the pancreas, drinking alcohol excessively is a major cause of chronic pancreatitis, which in turn predisposes to pancreatic 99 K.B. 14:53, 20 January 2016.

State of consciousness, wakefulness, having a sense of selfhood, and the executive control system of the mind.

Smuggling (2016), trafficking and the smuggling of weapons (illegal arms trade), as well as the historical staples of smuggling, alcohol and tobacco are widespread.

2.2. Review of Empirical Literature

Nagle (1991), Although, the proportion of women consuming alcohol is in general lower than that for man, greater proportion of those (as compared to man) may become dependent of alcohol.

Nagle (1991), Alcohol or drug abuse risk is associated with more than half the reported suicides in the world. Five-Ten times more alcohol abusers attempt suicides as compared to non-abusers.

Pauline Odea (1993), The elderly are at increasing risk of loss of a spouse or significant other new onset or weakening of medical illness, loss of social or retirement, a family history of alcoholism and previous alcohol use or abuse, for these people any alcohol may be too much. For these with serious medical conditions, those with allergies to the ingredients of alcohol drink such as grains, yeast, potatoes, grapes, jumpier.

Gyanwali (1198), our society tolerates and condones drinking alcohol. Though we spend a great deal of time and money in the war against drug, alcohol is the most common and dangerous of the addicting drugs.

Epstein (1998), there may be depressed sexual response, disordered sugar metabolism and premature aging. Mothers, who drink even moderate amount, have a higher risk of producing a child with congenital defects called the fetal alcohol syndrome. While

it is hard to measure the involvement in crime, accidents, poor job performance, relationship problems, broken hearts and broken families.

Epstein (1998), Alcohol is a worldwide social and medical problem. The age at which people start drinking has also declined (19:1995). Alcohol and consumption rate in south East Asia are considered to be generally low about 50% for men and 5-10% for women.

Effects of minimum drinking age laws on alcohol use, related behaviors and traffic crash involvement among American youth 1976-1987.

The center of alcohol studies is the first interdisciplinary research center devoted to alcohol use and alcohol-related problems and treatment. Evolving in the late 1930s and 1940s at the Yale university laboratory of applied physiology and Biodynamics which was directed by Yale physician Howard W. Haggard, the section on alcohol studies headed by E.M. Jellinek, pursued studies of the effects of alcohol on the body, which broadened into a wide perspective of alcohol-related problems.

The increasing demand for information about alcoholism led the center to found the summer school of alcohol studies in 1943.

In 1944, the center also began the Yale plan clinics, the first ever outpatient facilities for the treatment of alcoholism.

The Yale plan for business and industry, forerunner of current day employee assistance programs, also began in the mid- 1940s, in response to requests from business and industry having to cope with employment shortages during world war II.

Another of Dr. Haggard's contributions to the field was the founding of the quarterly journal of studies on alcohol in 1940.

Today the journal of studies on alcohol and drugs remains a foremost journal in the field and is one of the top ten most cited substance abuse journals. The center of alcohol studies was the leader of the movement to recognize alcoholism as a major public health problem and to have the American Medical Association accept alcoholism as a treatable illness, a policy it formally adopted in the 1950s.

Alcohol consumption can have adverse social and economic effects on the individual drinker, the drinker's immediate environment and society as a whole. Indeed, individuals other than the drinker can be effected, for example, by traffic accidents or violence. It has an impact on society as a whole in terms of resources required for criminal justice, health care and other social institutions.

Alcohol consumption can effect work performance in several ways:

Absences: There is ample with alcohol dependence and drinking problems are on sick leave more frequently than other employees, with a significant corts to employees, employers, and social security systems. In Costa Rica. An estimated 30% of absenteeism may be due to alcohol. An Australia, a survey showed that workers with drinking problems are nearly 3 times more likely than others to have injury related absences from work.

Work accidents:- In Great Britain, up to 25% of workplace accidents and around 60% of total accidents at work may be linked to alcohol. In India about 40% of work accidents have been attributed to alcohol use.

Productivity:- Heavy drinking at work may reduce productivity. In Latvia, 10% of productivity losses are attributed to alcohol performance at work may be affected both by the volume and pattern of drinking. Co-workers perceive that heavy drinkers have lower performance, problems in personal relationships and lack of self direction, though drinkers them selves do not necessarily perceive effects on their work performance.

Unemployment:- Heavy drinking or alcohol abuse may lead to unemployment and unemployment may lead to increased drinking.

Drinking alcohol effects the body in many ways. These effects can lead to physical and mental changes that can put alcohol users and others at risk of injury or death possible dangers include falls, household accidents, and car crashes.

When a person drinks beer, wine or another alcoholic drink, the alcohol quickly enters the bloodstream and is then carried throughout the body. The alcohol gets broken down through metabolism, the process of converting substances we consume to other compounds that the body either users or removes. Alcohol is distributed throughout

the body, affecting the brain and other tissue, until it is completely metabolized. A drink of alcohol stays in the body for about 2 hours after being consumed. This period of time can vary depending on the person's weight, gender, and other factors. When a person drinks, the concentration of alcohol in the blood builds to a peak, and then decreases as metabolism breaks the alcohol down. At first, alcohol often makes people feel relaxed and happy. Later, it can cause downiness or confusion.

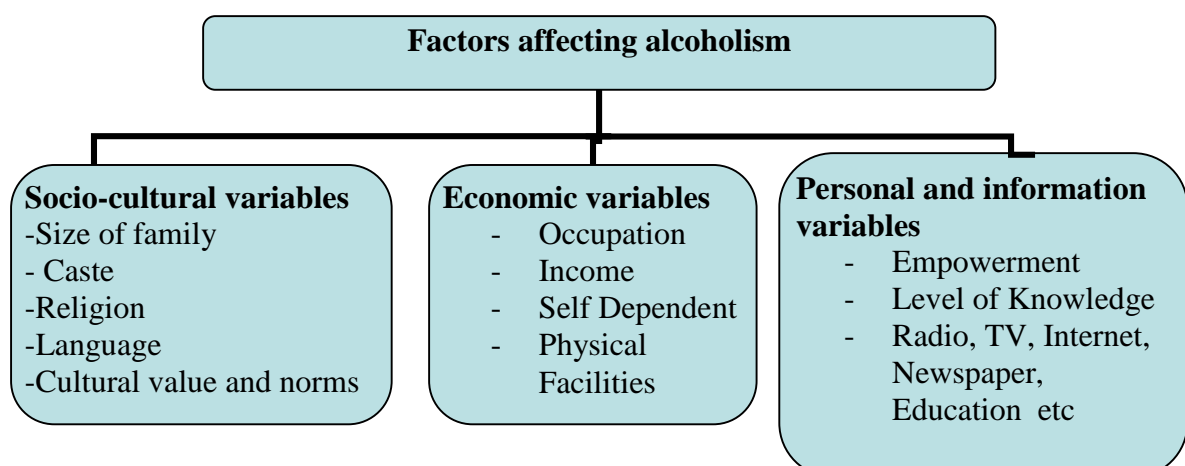
2.3 Implication of the Review for the Study

The literature review has helped in my study in following ways.

- i. To determine the topic of the study
- ii. To implement various programs to the concerned field.
- iii. To identify the related field for the study
- iv. To gain additional knowledge about research methods.
- v. To compare the old finding of the study with the present one.
- vi. To evaluate the recent research.
- vii. To give reference to the further studies related to the topic.
- viii. To implicate for the theory and practice of individual psychotherapy with adults.
- ix. To review of studies of the Hamilton Depression Rating Scale in Healthy Controls.
- x. To turn their attention to the theory of relativity and its implications regarding our nation of time.

2.4 Theoretical/Conceptual Framework

Conceptual framework for research in plant evolutionary biology according to Ernst Mayr. It is for service modelling and refinement, information system frontiers.



If these variables play the positive role students' knowledge and practice of personal hygiene and sanitary will be good. If these variables do not play positive role, the students' personal hygiene and sanitary practice will be negative.

CHAPTER-III

METHODS AND PROCEDURES OF THE STUDY

This study follows descriptive research method which attempts to study "Use and effects of alcohol in Tharu community". The aim of this chapter is to present the methods and procedures of the study were used in conducting the study. For the field survey quantitative and quantities tools were used.

3.1 Design and Method of the Study:

The study follows the descriptive type of research method to facilitate in identifying the use and effects of alcoholism in Tharu community. The research has applied the descriptive type of quantitative research design.

3.2 Population Sample and Sampling Strategy:

Personnel, farmer, VDC member who use alcohol were selected total 144 respondents as the population of the study. The total Tharu people's households of Dumraha Numuna VDC were 200 in wards 1, 3, 4, 5, 6, and 9. The total sample size for this study was more than seventy percent household selected from various strata such as consumer, producer health worker etc. who use alcohol.

First of all, the researcher identified the total 200 households of Dumraha Namuna VDC Sunsari Wards 1, 3, 4, 5, 6 and 9 with the help of Dumraha Numana VDC. 144 households were selected by the simple random sampling method. It was selected 144 households with lottery system from 200 households.

3.3 Study Area/Field:

Dumraha Namuna VDC of Sunsari District were selected by Tharu community.

3.4 Data Collection Tools and Techniques:

For purpose of data collection, the researcher used interview schedule for the primary data and other concerned books, research report and journals were used for the secondary data. A technique is a method of doing some task or performing something. Away of doing something by using special knowledge or skill.

3.5 Data Collection Procedures:

In order to collect the data, the researcher visited the selected households with the approval letter of VDC chair person. The researcher used interview schedule and general observation. In order to collect the data, the researcher visited the VDC chairperson with a request letter from Department of Health Education, Janta Multiple Campus Itahari Sunsari explained the objectives and importance of the study. After getting approval letter the VDC, researcher organized the meeting with social leaders. Then after, the researcher entered in the community and started listing households. After listing households, the required households (i.e. 144 respondents) were selected using the simple random sampling method. Then the researcher went door to door visit and collected required data after explaining the purpose of study and making a favorable situation. The views, opinions and behaviour expressed by respondents and observed by the researcher during the interview were recorded by keeping a note and it was kept confidential for ethical consideration. The duration of data collection was taken 14 to 20 days.

3.6 Data Analysis and Interpretation Procedure:

After collecting the necessary data from the respondents, possible errors and in consistencies were removed. The data was processed with the help of master table and carefully edited so as to ensure its quality. The required frequency and table were generated on the basis of collected data and objectives of the study.

Furthermore, the information were classified, categorized and sub-categorized according to the nature of obtained data. The data were analyzed through tables, and percentages and they were used for processing, analyzing and interpreting. Since this is a descriptive study the quantitative information were interpreted and explained in detail. Possible discussion was added to clarify the collected information from the respondents.

CHAPTER- IV

ANALYSIS AND INTERPRETATION OF RESULTS

4.1 Analysis of Data and Interpretation of the Results

4.1.1 Demographic Profile

Study was focused on the Alcohol practitioner of Tharu Community on Dumraha Namuna VDC, Sunsari. So, Demographic study has included the data related to same group of Tharu Community. The data were taken on the following areas.

The selected total household of the study area is 144. It is about 70 percent out of the total household here. Among the selected respondents, 55.8 percent are male and 44.2 percent are female.

4.1.2 Religious Composition

Nepal is religiously diversified nation in the world. Besides that there is religious tolerance within a king dom. There are different types of religions existing in Tharu Community in Dumraha Namuna VDC, Sunsari which is shown in table No:- 1.

Table No. 1 Religious Composition

S.N	Religion	No. Population	Percentage
1.	Hindu	1850	95.61
2.	Buddhist	50	2.58
3.	Christian	35	1.81
	Total	1935	100%

The table no. 1 shows that 95.61 percent of people are Hindus and 2.58 percent are Buddhists. Similarly 1.81 percent are Christians in Dumraha Namuna VDC, Sunsari.

In this Dumraha Namuna VDC, most of the Tharu people are Hindu. Similarly the Christian Tharu people are so less. The Tharu people are also Buddhist. In national census shows that the Tharu people 2.58 percent are Buddhist but in this VDC, the Buddhist Tharu people are according to the national census.

4.1.3 Occupational Status

Directly or indirectly, occupation also affects our health Education, Health behaviour, Knowledge and Socio-economic Status. Hence in this study, occupation of respondents is analyzed and they are shown in table No. 2.

Table No. 2- Occupational Status

S.N	Occupation	No. of respondents	Percentage
1.	Agriculture	80	55.6
2.	Service	40	27.8
3.	Business	10	6.9
4.	Other	14	9.7
	Total	144	100%

Table No. 2 above shows that highest percentage of respondents are involved in service, most of Tharu people are employed in national and international which shows that 27.8 percent respondents are involved in service. The lowest percentage of respondents are involved in business, which shows that 6.9 percent respondents are involved in business. Similarly 55.6 percent of Tharu people are involved in agriculture and 9.7 percent people are involved in other occupation.

The highest percentage of Tharu people are involved in service because most of Tharu people are employed in national and international.

The lowest percentage of Tharu people are involved in business because they have no so many idea for business. Similarly second highest percentage of Tharu people are involved in agriculture because they have no job after returning from foreign country. If they have no any job they are involved other occupation like labour to fulfil their family life.

4.1.4 Marital Status

Marriage plays an important role in women and baby's health directly as well economic status and living standard. In developing country like Nepal, early marriage

is the major cause of early pregnancy and rapid population growth, which affects on socio-economic status in family life and their health status.

According to law of Nepal, they have no authority to marriage at the below 18 years. But in Tharu community most of young people get below 18 years. In this study marital status is also analyzed and shown in table no. 3 below.

Table No. 3- Marital Status in Study Respondents

S.N	Marital Status	Qty.	Percentage
1.	No. of married respondents	110	76.4
2.	No. of unmarried respondents	34	23.6
	Total	144	100%

The table No. 3 shows that 76.4% respondents were married, and 23.6 % respondent were unmarried.

Table No. 4- Age and Sex specific of married Respondents

S.N.	Age group	No. of male respondents	No. of female respondents	Male percent	Female percent
1.	14-19	13	18	21.67	36
2.	20-24	20	15	33.33	30
3.	25-30	19	10	31.67	20
4.	31- Above	8	7	13.33	14
	Total	60	50	100	100

The table no. 4 shows that 21.67 percent male respondents were married below 19 years. Similarly 36 percent female respondents were married below 19 years. 33.33 percent male respondents were married at the age of 20-24 years, similarly 30 percent female respondents were married at the age of 20-24 years. 31.67 percent male respondents were married at the age of 25-30 years. Similarly 20 percent female respondents were married at the age of 25-30 years. 13.33 percent respondents were married at the age of above 31 years. Similarly 14 percent female respondents were married at the age of above 31 years.

4.1.5 Educational Status

Educational always plays crucial role in the all round development of a nation. It is an indicator of civilization of society. Education is our third or insight eye so it can be said that education is the backbone of the nation.

Those people who can read and write are called literate. Those people who cannot read and write are called illiterate. Generally educated persons do not prefer to take the quality wine which is expensive in Nepal. In Tharu community the majority of the people are illiterate and they use alcohol without knowing its bad effects on their health. The literate people who form the minority in the Tharu community also use alcohol as if drinking alcohol was part of their tradition and culture life. The highest percentage of Tharu people are used alcohol because they are illiterate. But literate tharu people use alcohol but they are so limited. One of the causes more alcohol is illiterate.

Table No. 5- Educational Status

S.N.	Educational Status	No. of Respondents	Percentage
1.	Illiterate	90	62.5
2.	Literate	54	37.5
	Total	144	100

Level wise educational Status	No. of respondents	Percentage
i) Primary Level	20	37
ii) Lower Secondary Level	15	27.8
iii) Secondary Level	10	18.5
iv) Higher Level		
a) +2 level	5	9.3
b) Diploma Level	3	5.6
c) Master Degree	1	1.8
Total	54	100

The table no. 5 shows that 37 percent primary level use alcohol. 27.8 percent lower secondary level respondents use alcohol. 18.5 percent secondary level respondents use alcohol. Similarly the table shows that Higher Level Tharu people also use alcohol

likewise 9.3 percent +2 level respondents use alcohol 5.6 percent Diploma level respondents use alcohol. Similarly, 1.8% master level respondents use alcohol.

4.1.6 Income

Income of family is an important determinant factor of their status. If family income is sufficient they can fulfil their needs and their status is high in the society. Monthly income of respondents family is divided into four groups as rupees below 3000, Rs. 3000-5000, Rs. 5000-10000 and Rs. 10000-25000 respectively. The level of monthly income of respondents family is shown in tale no. 6.

Table No. 6- Level of Monthly Income

S.N	Monthly Income	No. of Respondents	Percentage
1.	Rs. 3000	10	6.9
2.	Rs. 3000-5000	20	13.9
3.	Rs. 5000-10000	90	62.5
4.	Rs. 10000-25000	24	16.7
	Total	144	100

In general family income of Tharu community is good enough to maintain their life. Most of Tharu people are involved in foreign country service so that their family income is comparatively high in the society. This study shows that 6.9 percent respondents have monthly income below Rs. 3000, 13.9 percent respondents have monthly income Rs. 3000-5000. 62.5 percent respondents have monthly income Rs. 5000-10000. 16.7 percent respondents have monthly income Rs. 10000-25000. Similarly shows that in Tharu community their family income is satisfactory. Some of them have better income. This is also reason that they use alcohol whether it is cheap or expensive.

4.1.7 Alcohol User Person

In Tharu Community most of the people use alcohol but it is still to know how many males and how many females are the alcohol users. We are also to know when they actually start drinking wine. In order to get the right answers to such questions. We have to make inquiries, search the data and analyze them.

4.1.8 Alcohol user person with Sex

The sex also plays a vital role in the habit of drinking alcohol. In Tharu Community there is not too much gap with sex; so the male sex and female sex both use alcohol. Sometimes they drink together and sometimes they drink separate. However in festivals the male and female persons drink alcohol sitting together.

Table No. 7. Alcohol user person with sex

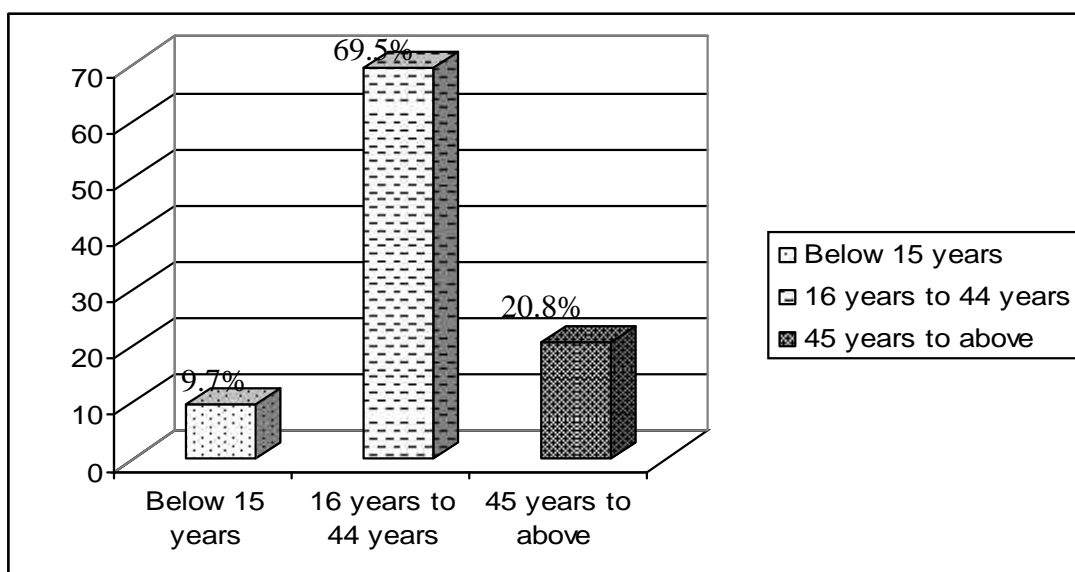
S.N	Sex	No. of Respondents	Percentages
1.	Male	100	69.4
2.	Female	44	30.6
	Total	144	100

Most of Tharu people use alcohol. The table no. 7 shows that 69.4% male respondents use alcohol. Similarly 30.6% female respondents use alcohol. It shows that in Tharu community male people use more alcohol, but female person also use alcohol.

4.1.9 Alcohol user person with age group

The age also plays a vital role in the habit of drinking and enjoying. Mainly at the teenage, people start to drink alcohol. The teenagers are the beginners of drinking wine. The main reason for their early start is that the peer groups insist on using it. The teenagers are also found curious to experience new things. As a result drinking alcohol becomes a new experiment in their life.

This study shows that 9.7% persons of Tharu start alcohol below 15 years. Similarly most of alcohol user persons are over 16 years of age. 69.5% respondents alcohol user persons are between the age of 16 years to 44 years. 20.8% respondents use alcohol over the age of 45 years. This study shows that most Tharu people use alcohol but did not know much about its effects on their health and socio-economic status.

Figure: 1 alcohol user persons with age groups

The older people use more alcohol because they are jobless or unemployed. The younger Tharu people also use alcohol because they fear pressure, family pressure are the reason to use alcohol.

4.1.10 Quantity of Alcohol use

There has always been a debate as to the dose of alcohol to be used at one time. In fact, there is no hard and fast rule for drinking alcohol. At festive occasions and festivals, people use it more than the other ordinary occasions. When there is a gathering of two or more two guest or strangers, they begin to drink together. It is, therefore proved that the time and dose of alcohol has some role to play in this respect. We can find out the effects considering how much the users have used alcohol on certain occasions and in their daily life too. Questions related to this fact were asked to respondents and the result is given below.

Table No. 8- Quantity of using Alcohol Per Day

S.N	Quantity	No. of respondents	Percentage
1.	1 glass	30	31.58
2.	One bottle	20	21.05
3.	Not fixed	45	47.37
	Total	95	100

The table No. 8 shows that 47.37 percent respondents are not sure about how much alcohol they use. It means sometimes they use one glass (250ml) of alcohol and sometimes they use more than one bottle (750ml). If alcohol is used in a limited quantity in view of a person's health and the climate in which he lives, it is good for him. But if someone uses it as an addict without considering his own health, the weather and his economic condition, it is bad for his health. 21.05 percent respondents use alcohol 1 bottle (750ml) daily which is dangerous for health and so on. Similarly 31.58 percent respondents use alcohol 1 glass (250ml) daily. In general Tharu people use more alcohol. They are not fixed to use alcohol so that it's effects also increase the rate of socio economic and health status.

4.1.11 Types of Alcohol Use

Alcohol is various types like Beer, Whisky, Rum, Home made Raksi etc. all alcohols are intoxicating but they have various effects on health. The degree of intoxication differs. So the users should consider the quality and quantity of wine themselves. Wine being made at home, it is increasingly being used among the Tharu community. The rate of alcohol use is ever increasing. Most of Tharu people are found of drinking home made alcohol, which is made from foods and fruits. They make the alcohol themselves at home. Tharu people are involved in foreign service in countries; so they learn to use market production alcohol also. The following table shows the types of alcohol the Tharu people have used so far.

Table No. 9- Types of Alcohol

S.N	Types of Alcohol	No. of Respondents	Percentage
1.	Home made Alcohol (Raksi)	120	83.3
2.	Market production alcohol (Beer, Whisky, Rum etc)	20	13.9
3.	Both	4	2.8
	Total	144	100

The home-made alcohol (commonly known as Raksi) is used at a greater percentage. The reason is that is easily available for the users. If they cannot get it, they begin to

use alcohol which they can get from the market. In the table above 83.3 percent of respondents use home-made alcohol and 13.9 percent respondents use market production alcohol. Similarly 2.8 percent respondents use both types of alcohol. This study shows that Tharu people use home made alcohol so that it is increasing ratio also high to use alcohol.

4.1.12 Causes of Alcohol Use

There are several causes for the excessive use of alcohol among the alcohol users in Tharu community. Some respondents say that they use alcohol for the sake of enjoyment. Some other say that they use it so as to reduce their tiredness and mental tension. The teenagers and the young ones use it as a new experience in their life. Their curiosity to test wine makes them the habitual users of alcohol. It is therefore, significant to find out the causes and suggest ways to reduce the bad effects of alcohol.

Table No. 10 Causes of Alcohol Use

S.N	Causes	No. of Respondents	Percentage
1.	Cultural habit	45	31.3
2.	To release physical & mental tension	33	22.9
3.	For enjoyment	40	27.8
4.	Curiosity to test wine	8	5.6
5.	In party/festival	6	4.1
6.	Due to the pressure from peers & relative	7	4.8
7.	The reason unknown	5	3.5
	Total	144	100

The table no. 10 shows that 31.3 percent people had taken the alcohol by cultural habit, 22.9 percent respondents had taken alcohol to release physical and mental tension or to reduce anxiety. In Tharu community they have their own culture. In their culture, 4.1 percent respondents use alcohol in party or festival. 27.8 percent respondents had taken alcohol to enjoy. 5.6 percent respondents take alcohol to feel

the taste. 3.5 percent respondents had taken alcohol by unknown. Sometimes they also use alcohol under the pressure of their peers and relatives. In Tharu culture they use more alcohol. Sometimes their family also pressure to use alcohol that's why it also cause to use alcohol.

4.1.13 Production of Alcohol

Most of Tharu use home-made alcohol. They make alcohol themselves in their home. There are various sources of materials from which wine or alcohol is made. Fruits and food are the major stuff for making wine.

Table No. 11- Production of Alcohol

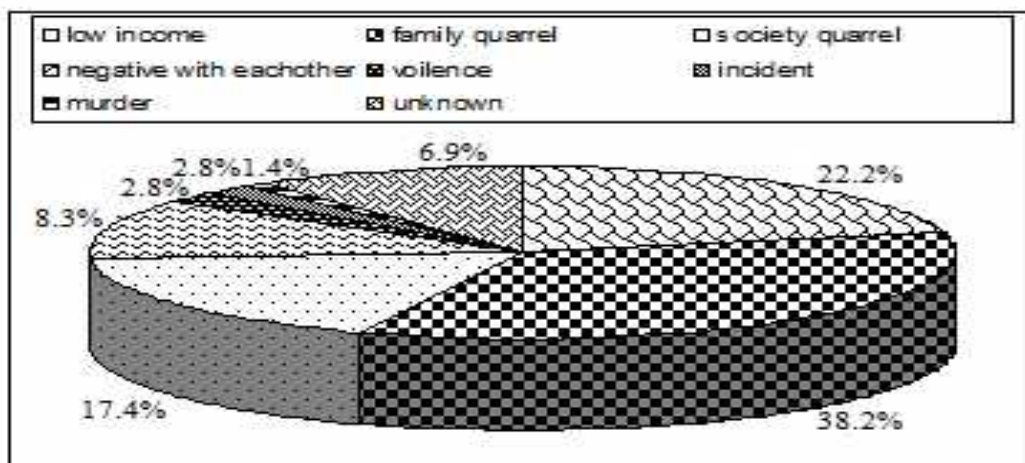
S.N	Cause	No. of respondents	Percentage
1.	Foods	50	55.6
2.	Fruits	30	33.3
3.	Others	10	11.1
	Total	90	100

The table No. 11 shows that 55.6 percent respondents use foods to make alcohol. 33.3 percent respondents use fruits. Similarly, 11.1 percent respondents use other materials. Other materials means to use sugar etc. alcohol is injurious to health but the quantity of alcohol is good by made of food, fruits alcohol also good but alcohol made by other things so dangerous because of alcohol percent not mentioned.

4.1.14 Effect on Socio-Economic Status

Socio-economic status of the people is an important determinant factor of the development as well as an important factor of health condition. There are so many effects of alcohol drinking on socio-economic status like low income, family quarrel, negative attitude to each other, violence etc. the researcher evaluated the socio-economic status which is known in the following table.

Figure 2: Effects on Socio-Economic Status

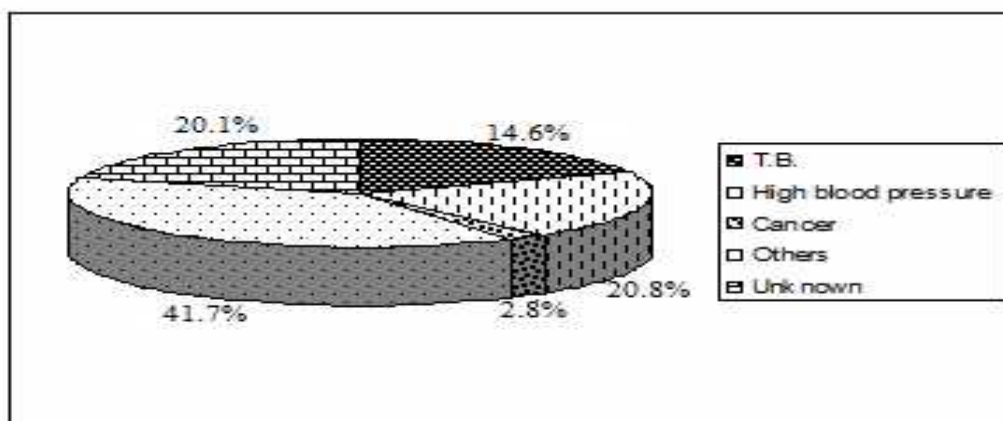


The figure no. 3 shows that 38.2% people had family quarrel. 22.2% people had low income, 17.4% people had society quarrel, 8.3% people had negative with each other, 2.8% people incident. Similarly 2.8% respondents had violence, 1.4% respondents had murder. Likewise 6.9% respondents were ignorant about the effects of the alcohol or they were not interested to tell about the effect of alcohol. This study shows that the biggest problem is family quarrel. There are so many effects of alcohol drinking on socio-economic status like low income, family quarrel negative attitude to each other, violence etc. The study shows that the biggest problem is family quarrel in Tharu people.

4.1.15 Effect on Health of Alcohol

Alcohol creates many health problems. It is already mentioned that it has negative effects on mental, emotional and physical health. In Tharu community the respondents didn't agree they had to bear adverse effects from alcohol. But the researcher has detected the bad results of alcoholic users or alcohol practioners.

Figure 3: Effects on Health Status



The study shows that 20.8% respondents were affected with high blood pressure, 14.6% respondents were affected with T.B. Similarly 2.8% respondents suffered from cancer, 20.1% respondents were ignorant about the effects of alcohol. 41.7% respondents were affected from other health problems like head ache, vomiting, gastric, ulcer, etc. so alcohol also affects the health status in family life.

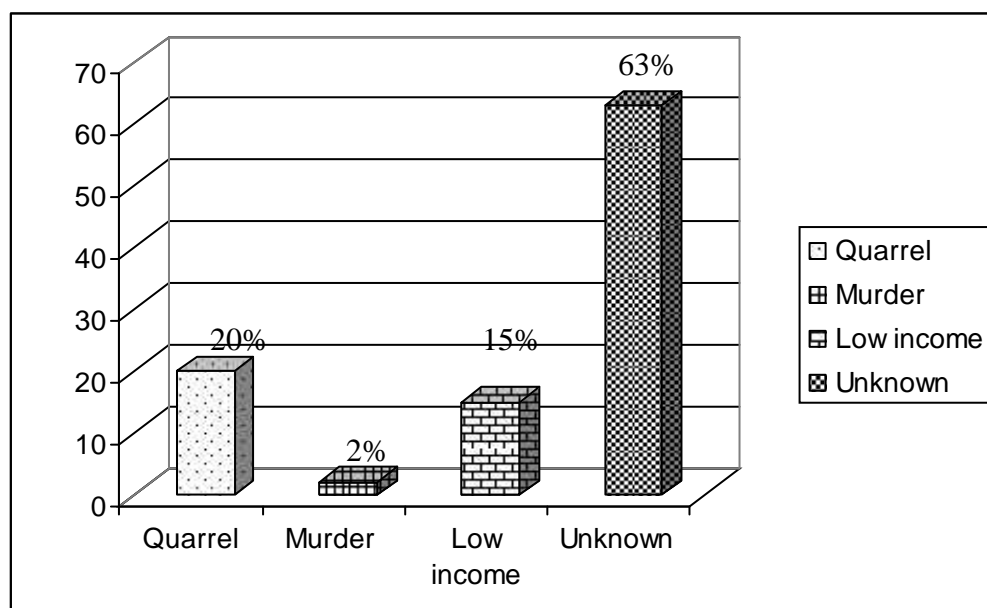
Alcohol causes so many effects on physical and mental state of the users. Headache, vomiting, gastric, nausea etc. are the immediate effects of alcohol. High blood pressure, T.B, cancer, jaundice, hepatitis etc are the long term effects of alcohol. But the users of alcohol do not know anything about such bad consequences.

The highest percentage of effects from high blood pressure in Tharu people. The lowest percentage of effects from T.B. in Tharu people. Similarly, alcohol cause so many effects on others causes like vomiting headache, nausea etc.

4.1.16 Effects on Family of Alcohol

Alcohol brings many problem in family it makes quarrel and murder. It effects on mental, emotional and education. There are so many effects of alcohol using on family like simple quarrel, murder and low income etc. The researcher evaluated the family of alcohol which is known in the following figure.

Figure 4: Effects on Family of Alcohol

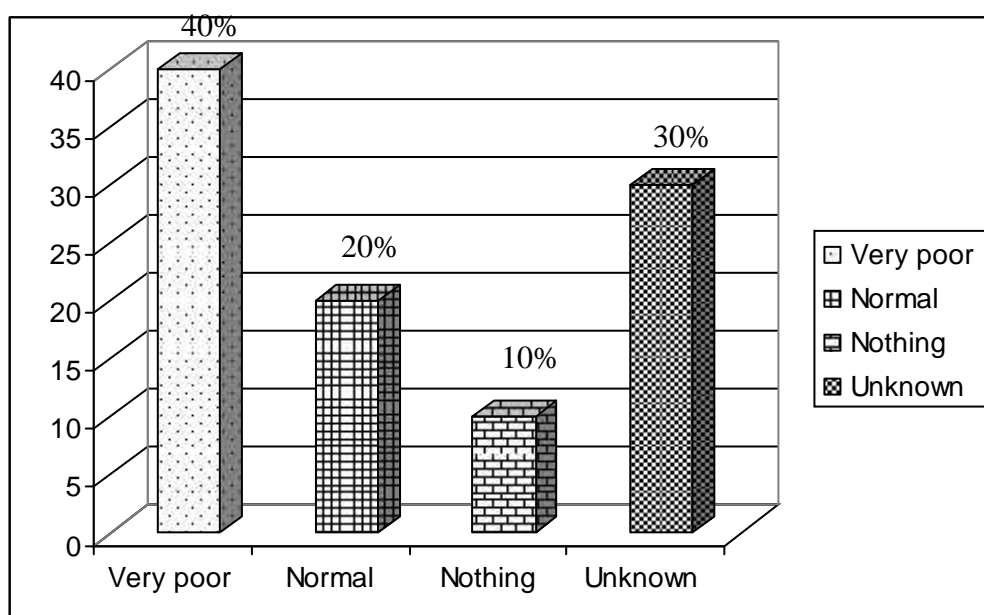


The study shows that 20 percent respondents were affected with quarrel, 15 percent respondents were affected with low income and 2 percent respondents were affected with murder. So, alcohol affects on family.

4.1.17 Effects in Economic Status of Alcohol

Alcohol creates many problems to solve family's needs. It takes life of people and destroys properties. The study shows that the greatest problem in Tharu community.

Figure 5: Effects in Economic Status of Alcohol



The figure No. 5 shows that 40 percent respondents had very poor, 20 percent respondents had normal, 10 percent respondents had nothing and 30 percent respondents unknown.

4.2 Summary

The study has been done about 'Use and Effects of Alcoholism in Tharu Community of Dumraha Namuna VDC of Sunsari District.' They are analyzed and interpreted in terms of percentages. Identify the situation of alcoholism use in Tharu community. The study will help to find out the effect of alcoholism. Interview taken with 144 out of the told 200 households in the VDC. The total Tharu peopl's households of Dumraha Namuna VDC were 200 in wards 1, 3, 4, 5, 6 and 9 male respondents were

69.4 percent and female respondents were 30.6 percent. In the interview taken with the users of alcohol, it was found that 62.5% respondents were illiterate; so they use alcohol easily but 37.5% are literate. A few respondents who are literate also use alcohol in Tharu community. In general, it was found that even the educated ones are the users of alcohol. They know the bad results and effects of alcohol; still they can not leave the habit of drinking alcohol as it has become a matter of habit and culture.

The researcher reviewed literature directly or indirectly related to the represent study. It was found that alcohol is dangerous for health and socio-economic condition. Alcohol is cancer for society. It slowly affects health, social value, economic condition etc. But the people do not know about its harmful effects. Today's need is the reduction of alcohol use to its minimum. People's attitude and government role should be changed. Appropriate education from both sides is needed for its proper treatment.

The study is based on the descriptive method. The study is based on both primary and secondary sources of data. The primary data were taken through interview schedule with interview. The secondary data were collected by different authentic reports, newspaper, bulletin, email, internet etc. after collecting necessary data, they are tabulated under different headings and sub headings.

4.3 Discussion and Findings

The respondents were of various ages and economic status. The practice of alcohol among Tharu people is not uncommon, but the researcher got the amazing picture from the Tharu community of Dumraha Namuna VDC Sunsari. The summary of finding can be stated as follows.

The terms of education, the community seems back ward. The literate people too are just literate. Among them only 37.5 percent of the respondents are literate and the remaining 62.5 percent of the respondents are illiterate.

1. Twenty seven point eight percent of respondents are in service, 55.6 percent of the respondents are in Agriculture, 9.7 percent of the respondents are in other occupations and 6.9 percent of respondents are businessmen.

2. Thirty one point three percent of respondents drank alcohol as matter of culture, 22.9 percent of respondents drank occasionally, 27.8 percent of respondents drank for enjoyment, 5.6 percent of respondents drank to know about the test.
3. Tharu people make alcohol in their own home; so all respondents confessed to drink home made, through some times they used the wine made in a foreign country.
4. The study revealed so many social effects of alcohol use 38.2 percent respondents are affected with family quarrel; 17.4 percent of them affected from social quarrel, 8.3 percent of the respondents suffered from negative feeling to each other, 2.8 percent of them had to suffer from violence, 2.8 percent of them had to suffer from unpleasant incident and 1.4 percent suffered with the murder case as well.
5. Alcohol has also bad effects on the economic conditions of the its users. 20 percent of the respondents suffered as a result of maximum expenditure on alcohol. This has a cumulative effect on each member of the family.
6. The study has also revealed that the state of health of alcohol-user is affected with the symptoms of headache, vomiting, loss of appetite etc. 41.7 percent are affected in this manner. Similarly 20.8 percent respondents are affected with high blood pressure, 14.6 percent respondents are affected with T.B and 2.8 percent respondents are affected with cancer. 20.1 percent respondents seem to be ignorant about their health being affected with alcohol.
7. Fifty five point six percent respondents use food to make alcohol, 33.33 percent respondents use fruts, 11.1 percent respondents use other materials.
8. Eighty three point three percent respondents use homemade alcohol, 13.9 percent respondents use market production alcohol, 2.8 percent respondents use both types of alcohol.
9. Forty seven point thirty seven percent respondents are not sure to use alcohol, 21.05 percent respondents use alcohol one bottle daily, 31.58 percent respondents use alcohol one glass daily.
10. Thirty seven percent primary level use alcohol, 27.8 percent lower secondary level respondents use alcohol, 18.5 percent secondary level

respondents use alcohol, 9.3 percent + 2 level respondents use alcohol, 5.6 percent diploma level respondents use alcohol, 1.8 percent master level respondents use alcohol.

11. Income of family is an important determinant factory of their status. 6.9 percentage respondents have monthly income below Rs.3000, 13.9 percent respondents have monthly income Rs.3000-5000, 62.5 percent respondents have monthly incomes 5000-10000 and 16.7 percent respondents have monthly income Rs.10000-25000.
12. Alcohol user person with sex 69.4 percent male respondents use alcohol and 30.6 percent female respondents use alcohol.
13. This study show that 9.7 percent persons of Tharu start alcohol below 15 years, 69.5 percent respondents alcohol user persons are between the age of 16 years to 44 years and 20.8 percentage respondents use alcohol over the age of 45 years.

CHAPTER-V

CONCLUSION AND RECOMMENDATION

5.1 Conclusion

Alcohol practice is a common phenomenon in Tharu community of Nepal, the situation is not different in this community. The main cause for alcohol practice is their culture. For worshipping their God, Alcohol is necessary. The other reasons are to get relaxed after working hard in the fields as men are engaged in agriculture profession. To respect the guests alcohol in agriculture profession. To respect the guests alcohol is considered as an essential thing. Many relatives and friends encourage themselves to get together. Another interesting fact is that many of practitioners use home made wine which is popular by the name of 'Chhang' which is considered equivalent to beer etc. percentage of alcohol is low.

Since they use homemade alcohol (Raksi) which is made by ruining or rotting millet, rice, corn, fruits etc., they don't feel any burden economically. Majority of the respondents do not have to spend more on alcoholic drinks from the market.

5.2 Recommendation

Though the aim of present study is to find out the alcohol practitioners in Tharu Community, their attitude towards alcohol, relationship with age, health status and socio-economic status, it is a clear fact that the alcohol practice should be discouraged. Minimizing the practice of alcohol is needed not only. For the Tharu community in Dumraha Namuna VDC in Sunsari it is a common problem for the whole Nepalese society. So, the following suggestions will be helpful for all societies where alcohol is being used increasingly day by day.

5.2.1 Policy Related

The points of policy related are given below:

1. The educated person of that community should take leadership to reduce alcohol practice.
2. Those who have become addicted drinking wine should be sent to treatment or rehabilitation centre.
3. Government can circulate awareness education by means radio and T.V with suitable programmes.

4. NGOs and INGOs too can help by making it a part of their programmes.
5. The message about harmfulness of alcohol should be provided by radio and television in Tharu language.
6. It will help to make health awareness curriculum for further education.

5.2.2 Practice Related

Alcohol is one kind of slow poison. It is also mild depressant. At first, people use for test while using alcohol is changed them into habit.

1. Most of the alcohol practitioners are illiterate immediate. Health awareness education should be provided as a campaign against the excessive use of alcohol.
2. The Tharu culture in this respect appears to be most traditional. They need to refine the old system. They need to develop a new culture based on modern education.
3. If a campaign against the use of alcohol is started, friends and relatives who encourage drinking wine may slowly begin to discourage themselves.
4. To know their knowledge and attitude about alcohols effects both alcohol users and non-users should be involved as a respondents.

5.2.3 Further Related

Based on the findings and conclusion, the following area of research is forwarded.

- 1) A comparative study could be carried out on the alcohol practitioner service seeking behaviour between remote and urban areas.
- 2) Some studies of use and effect of alcoholism could be done in rural areas or other communities of the country.
- 3) This is just a descriptive type of study therefore, analytical study is further research related.
- 4) The educated persons of that community should set the example that festivals can be celebrated without alcohol.
- 5) This type of research should be done other districts also.

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**TRIBHUVAN UNIVERSITY
FACULTY OF EDUCATION
JANTA MULTIPLE CAMPUS
APPENDIX
INTERVIEW SCHEDULE
USE AND EFFECTS OF ALCOHOLISM IN THARU
COMMUNITY OF DUMRAHA NAMUNA VDC OF SUNSARI DISTRICT**

House owner's name.....

Religion

Types of Family

.....

Education

Family member

.....

Marital Status

.....

1. How many members are there in your family belonging to the following age groups?

- a) 0 to 5 years.
- b) 6 to 10 years
- c) 11 to 15 years
- d) 16 to 45 years
- e) 45 years and above.

2. How old were you when you got married?

- a) 14-19
- b) 20-24
- c) 25-30
- d) 31 to above.

3. What is the occupation in your family?

- a) Agriculture
- b) Service
- c) Industries
- d) Business

4. What is the main income source in your family?

- a) Agriculture
- b) Survive
- c) Business
- d) Foreign country

5. Do you have enough for your income service?

- a) Yes
- b) No

6. If you have not enough source of income, what will you do?

- a) Labour
- b) To product by alcohol
- c) Loan
- d) Steal money

7. Why do you produce alcohol?

- a) For personal
- b) To respect for relative
- c) To increase income
- d) To respect your culture

8. Which materials are used for alcohol production?

- a) Food
- b) Fruit
- c) Others

9. When do you use alcohol?

- a) On festival occasion
- b) Usually
- c) Sometimes

10. Who uses more alcohol?

- a) Male
- b) Female

11. Why do you use alcohol?

- a) For enjoyment
- b) For cultural reason
- c) Release physical and mental tension

12. How do you learn to use alcohol?

- a) By Family
- b) By Friends
- c) By Culture

13. Which age group uses more alcohol?

- a) 5 to 15 years
- b) 16 to 45 years
- c) Above 45 years

14. How old were you while you started to drink alcohol?

- a) Below 15 years
- b) 15 years to 24 years
- c) 25 to 30 years
- d) Above 31 years

15. Which alcohol do you use?

- a) Home made (raksi)
- b) Beer
- c) Rum
- d) Whisky

16. How do you get alcohol?

- a) At your neighbours
- b) In the market

17. How much money do you spend for alcohol?

- a) 10%
- b) 25%
- c) 50%
- d) More than 50%

18. Is the alcohol use good for health?

- a) Yes
- b) No

19. Why do the male personal use more alcohol?

- a) to pass the time
- b) for the save of culture
- c) for enjoyment
- d) for reason of unemployment

20. Why do Tharu Community use alcohol more than other community?

- a) By cultural reason
- b) No education
- c) The reason not known

21. How much of alcohol do you use daily?

- a) One glass
- b) One bottle
- c) More than one bottle
- d) Not fixed

22. What is the effect of alcohol on your family?

- a) Simple quarrel
- b) Murder
- c) Suicide
- d) Low income

23. Any accident happened because of the use of alcohol?

- a) Beating
- b) Simple quarrel
- c) Steal
- d) Murder
- e) Socide

24. What is the effect in your society cause by use of alcohol?

- a) Nothing
- b) Simple quarrel
- c) Negative with each other

25. What is the effect in economic status by with the use of alcohol?

- a) Very poor
- b) Normal
- c) Nothing

26. What is the effect on your family?

- a) Simple quarrel
- b) Murder
- c) Low income

27. Is educative person also using alcohol?

- a) Yes
- b) No

28. Any violence happened as a result of alcohol use?

- a) Sometimes
- b) Usually
- c) None

29. What types of accident happened?

- a) Murder
- b) Quarrel

30. What are the effects on your society?

- a) Family quarrel
- b) Society quarrel
- c) Nothing

31. What is your family income per month?

- a) Below Rs. 3000
- b) Rs. 3000-5000
- c) Rs. 5000-10000
- d) Rs. 10000- 25000