

**USE AND EFFECTS OF ALCOHOL IN THARU COMMUNITY**

**BY**

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FACULTY OF EDUCATION  
JANATA MULTIPLE CAMPUS  
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ITAHARI, SUNSARI  
2016**

## DECLARATION

I hereby declare that to the best of my knowledge this thesis is my original no part of it was earlier for the candidature of research to my any university.

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## **RECOMMENDATION**

This is to certify that Mr. Dip Narayan Chaudhary has completed his research work entitled "Use and Effects of Alcoholism in Tharu Community" for the partial fulfilments of Master's Degree in Health Education under my supervision. To my knowledge this work has not been submitted for any other degree.

I recommend this thesis for final evaluation

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## ABSTRACT

This is a field based study which is conducted to find out use and effects of alcohol in Tharu Community of Dumraha Namuna VDC of Sunsari District. It was carried out to examine the status of alcohol practioners in the society. It studied the relationship between the literacy, practice and economic status, practice and social status as well as the alcohol related health problems upon the practioners.

The study is based on primary as well as secondary sources of data. The total 200 respondents were taken as sample size. Interview schedule and observation forms were applied as tools for collection of primary information.

In terms of education, the community seems backward. Those who were literate. Among the whole population 37.5% were literate.

Majority of the respondents had sufficient income. Similarly the main occupation of respondents were agriculture.

In Tharu community, they had early marriage. Most of young people married below 18 years. Male respondents less than female were married below 19 years. Most of female respondents were found to have been married below 19 years. Most of the people got married below 31 years.

A great majority of the respondents had started to drink alcohol between the age of (16-44) years. Less of the respondents had started at the age of below 15 years.

In Tharu community people use alcohol (Raksi) since their childhood. Most Tharu people make alcohol in their own home. So all respondents confessed to drink home made alcohol. In present time majority of the respondents i.e drink alcohol mostly following culture. Some of respondents drink with their friends. Similarly the respondents drink alcohol by family pressure. 32 percent of respondents take one glass (approx. 250ml), 32 percent of respondents drink one bottle (approx. 750ml) and 36 percent of respondents were not fixed to drink alcohol.

The study has revealed to many socio-economic effects. The majority had family quarrel, had low income had society quarrel, had negative with each other, the minor of respondents had violence and had accident.

They did not agree as to the physical problem they had due to the use of alcohol though most of respondents were suffering from heart burn, headache, epigastric pain, vomiting etc. The second cause respondents suffering from high blood pressure and so also suffering from T.B.

At the end of this study, it is concluded that alcohol use by Tharu community is common in that study area. Various reasons are responsible for it. Among them illiteracy and their culture are the most important ones. It is requested to conduct similar type of studies in other community with large sample size and different methodology.

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**Dip Narayan Chaudhary**  
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## ABBREVIATIONS

ATF	-	Alcohol, Tobacco, Firearms
AUP	-	Alcohol User Person
B.Ed	-	Bachelor of Education
CAU	-	Causes of Alcohol Use
CH	-	Cultural Habit
DL	-	Diploma Level
ES	-	Educational Status
FE	-	Faculty of Education
FQ	-	Family Quarrel
HBP	-	High Blood Pressure
HMA	-	Home Made Alcohol
HPED	-	Health and Physical Education Department
INGOS	-	International Non-Government Orginations
LMI	-	Level of Monthly Income
LSL	-	Lower Secondary Level
MD	-	Master Degree
MS	-	Marital Status
NGOS	-	Non-Government Orginations
PA	-	Production Of Alcohol
PL	-	Primary Level
QAU	-	Quantity Of Alcohol User
RC	-	Religions Composition
SAARC	-	South Asian Association for Regional Co- Operation
SCES	-	Socio-Economic Status
SL	-	Secondary Level
TB	-	Tuberculosis
TV	-	Television
TU	-	Tribhuvan University
UHP	-	Unhealthy People
VDC	-	Village Development Committee
WHO	-	World Health Organization