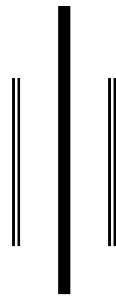


**A SOCIOLOGICAL STUDY ON
CAUSES AND CONSEQUENCES OF ALCOHOL USE
AMONG URBAN AND COUNTRYSIDE PEOPLE**

A Dissertation

Submitted to the Faculty of the Humanities and Social Sciences
Department of Sociology/Anthropology, Prithivi Narayan Campus
In the partial fulfillment of the requirements for the Masters' Degree in
Sociology



Submitted By:

Ramchandra Gurung

Roll No.: 145/062

Exam Roll No.: 480577

T.U. Registration No.: 29807-89

Tribhuvan University

Faculty of the Humanities and Social Sciences

Department of Sociology/Anthropology

Prithivi Narayan Campus

Pokhara, Nepal

April, 2013

Letter of Recommendation

This is to certify that Mr. Ramchandra Gurung has completed the dissertation entitled “*Causes and Consequences of Alcohol Use among Urban and Countryside People*” under my close supervision and guidance. To the best of my knowledge, the study is original of its kind and carries useful information regarding the Causes and Consequences of Alcohol Use among the drunker of multi-ethnicities of Urban and Rural societies of Nepal.

As it has been found completed, I, therefore; forward this dissertation to the dissertation committee for the final acceptance and approval.

Sukra Raj Adhikari

(Research Supervisor)

Department of Sociology/Anthropology

April, 2013

Approval Letter

This dissertation “*Causes and Consequences of Alcohol Use among Urban and Countryside People*” accomplished by Mr. Ramchandra Gurung has been accepted and approved as the partial fulfillment of the requirements for the Masters' Degree of Humanities in Sociology by the undersigned members of the dissertation evaluation committee.

Members of the Dissertation Evaluation Committee

Research Supervisor

Department of Sociology/Anthropology

Mr. Sukra Raj Adhikari

External Examiner

Associate Professor

Dr. Vikash Kumar K.C.

Head of the Department

Department of Sociology/Anthropology

Prithivi Narayan Campus, Pokhara

Mrs. Shanti Bhusal

Date: April, 2013

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Ramchandra Gurung

April, 2013

Abstract

This is a covert type study which has used alcoholic and alcohol users from the urban and the countryside societies as the key respondents making descriptive and elaborative lives stories to examine the causes and consequences of alcohol use. I purposively chose them, who are belonged to different ethnicities as the respondents to make descriptive alcohol cases during my field visits to their communities. For this, the prevalent literatures both theoretical and empirical were thoroughly examined to guide the study so that it could be given a different flavor. Case studies backed by observations and in-depth interviews were used to collect the qualitative data as the research methodologies. Such data have been elaborately presented making 28 cases exclusively.

As the study is about to examine the causes and consequences of alcohol use among urban and rural people, the death ritual pae, chhewar, marriage, putpate, ghasu rite, kaita puja, chandi puja, putpurahu etc were found as ritual causes and the social environment, availability, circle, family conflict, break ups, job nature, advertisement, poor self-esteem, poverty, gambling, stratification of castes as matawali, unemployment, leisure time etc were found as social causes to use alcohol. So far the consequences are concerned, damage to the image, disorganization, violence, delinquency, tragedy, adversity, negation etc were social consequences of alcoholism with hypertension, chronic headache, stomachache, loss of appetite, sleeplessness, tremor of hands, TB etc were health consequences so far followed by poverty, economic crisis and backwardness of drinking people as economic consequences of alcoholism.

The study shows that the hot cake issue poverty prevailing among them, who are living at their adult ages and could not get enlisted in the army, is directly connected with alcoholism due to which they are unable to do much for their

betterments. Also, it can be expected that poverty will remain for many decades to come because the sole cause the alcoholism has not been endorsed yet. The volatile drinking environment has been number one obstacle to impart a positive change in a rural community. The human capability and potentiality could not have been enhanced and harnessed because of the alcoholism. The large number marginal groups in the state are living below the poverty line who use alcohol excessively. So, the issues concerning with alcoholism should be endorsed to minimize the prevailing poverty everywhere which is like a social virus and spreads fast amidst the poverty.

On the other hand, the equal share and representation too have been contemporary issues for the excluded, deprived and unprivileged groups in Nepal neglecting the merit. The constitutional making process was derailed and withheld due to the equal share issues in the division of federal states which is a vague issue in such countries like Nepal constituting of more than hundred diverse ethnicities and walk of lives. Therefore, the first attempt should be for merit making of those unprivileged and deprived people so that they could harness their capabilities and skills for the nation building process. For these all, they should be detached from alcoholism. Anti-alcohol campaigns should be effectively launched to endorse the underdevelopment and backwardness issues of those Janajatis and Dalits. We have witnessed so many national and international campaigns against women violence, HIV/AIDS etc but the main cause alcoholism remains always overshadowed. So, some interventions and initiative measures are to be launched to mitigate the alcohol problems.

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Glossary of Local Terms

Achyon	: The youngest son (G)
Airakh	: Homemade liquor (T)
Anti	: A liquor container (Ne)
Argaun	: The death ritual of Gurung (N)
Ayela	: Homemade liquor (Ne)
Bajee	: The beaten rice (Ne)
Bharti	: Enlistment to the army (N)
Bhatti	: Liquor selling small restaurant/inn
Bistas	: The wealthy upper castes, generally used by the Dalits in rural areas (N)
Calechara	: The front line man in the marriage procession carrying a stick fitted with a steel arrow head (G)
Chelis	: Sisters and Daughters (N)
Chhang	: Home brewed alcohol (G)
Chhempara	: A representation of the dead body during the death rite (N)
Chhewar	: The first hair cut ceremony of a son (N)
Chhoba se	: Fatty meat (G)
Chunba	: Initiation (G)
Chhyantu	: A circular dance during the death ritual (N)
Dautharakhle	: The person who reads out the name rolls of dead persons during the death rite, the <i>pae</i> (G)
Dal Bhat	: The Nepali staple food of rice (N)
Dohori	: A duet folk song (N)
Dhiyanama	: The female appointed to operate HH tasks during the <i>pae</i>
Ghantu	: An ancient cultural dance based on the story of king Parshuram and queen Yamphabati
Ghantuni	: The ghantu dancers
Ghantu guru	: The ghantu song singer
Ghasu	: The death rite on 10 th day (Ne)
Gyawa	: A death ritual of the Serpas/Tamangs
Ghyapren	: The Grg priest to conduct death rites (G)
Gyawa	: A death ritual of the Serpas/Tamangs
Han	: The homemade liquor/alcohol (M)

Jhaand	: Home brewed alcohol (N)
Jhyaure	: A local folk dance (N)
Jyoin chela	: The son-in-law (N)
Kasi	: The youngest daughter (G)
Khainji	: A record keeping person during the pae (G)
Khaye kuri	: A pot to put Newari rice beer (Ne)
Khegi	: The priests (Lama, Ghyapren, Pachyu) (G)
Khe ma puja	: Ancestral worship (G)
Khlipre	: A Grg priest to conduct the death rites
Korasi/Kurasi	: The process conducted to get approval from the bride's parent side by offering a big fat sheep, liquor, celroti and other garments which is like a dhogbhet and sometimes it requires mediation too
Koseli	: Gift/present
Kul puja	: The ancestral worship
Lahure	: An army personal
Maruni	: Krishna chalitra dancers during the putpute
Mhokra	: The eldest daughter's husband
Nani	: The eldest daughter (G)
Nehedhiyan	: The first approaching house for the marriage by elopement (G)
Ngyae chala	: The traditional Grg dress (G)
Nokcha	: The Rai priest (R)
Pa	: The home brewed liquor/alcohol (G)
Pachyu	: The Grg priest (G)
Pae	: The Grg's death rite (G)
Paindi	: The Grg astrologer (G)
Pakka porahi	: The finalization of marriage (Th)
Pathonba/Sonsera	: Three times liquor offering (G)
Phapur	: The marriage finalization process among the Thakalis (Thak)
Poot porahau	: The birth rite in one year (Th)
Puja	: Worship
Putpute	: Krishna chalitra followed by a benefaction ceremony to the eldest son
Raksi	: Locally brewed alcohol (N)
Rodhi	: A house for nightly gatherings (G)
Rodhirba	: The leading person of a rodhi

- Tepa-ghyampa: A huge mud pot to contain liquor (Ne)
- Thagu : The eldest son (G¹)
- Tena : To transfer gotra to the groom's side for which he should offer chha suki (Rs. 1.50) to the parents of the bride (G)
- Tharsikhle : The person responsible for bamboo flag pole in the *pae*
- Thegana : The initiation of putpute by guru with playing a madal (G)
- Theki : A wooden pot

¹ G - Gurung, M - Magar, N – Nepali, Ne – Newar, R – Rai, T – Tamang, Th – Tharu & Thak – Thakali

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ACRONYMS

ABC	: Avoid Bad Circle
ABV	: Alcohol By Volume
ACAP	: Annapurna Conservation Area Project
AD	: Anno Domini
AIDS	: Acquired Immune Deficiency Syndrome
ANM	: Auxiliary Nursing Mid-wife
ARO	: Area Recruiting Officer
Bdr	: Bahadur
BGP	: British Gurkhas Pokhara
BP	: Blood Pressure
BS	: Bikram Sambat
CBS	: Central Bureau of Statistics
CHD	: Child
CMW	: Community Maintenance Worker
DAO	: District Agriculture Office
DM	: Diabetes Mellitus
DOSA	: Department of Sociology/Anthropology
EU	: European Union
Grg	: Gurung
GWS	: Gurkha Welfare Scheme
HIV	: Human Immuno-Deficiency Virus
HQ	: Headquarters
ICD	: International Classification of Diseases
IDE	: International Development Enterprises
ILR	: Indefinite Leave to Remain
INGO	: International Non-governmental Organization
JCO	: Junior Commission Officer
JICA	: Japan International Cooperation Agency
JKLF	: Jammu Kashmir Liberation Front
KMTNC	: King Mahendra Trust for Nature Conservation
KAAA	: Kadoorie Agricultural Aid Association
LIBARD	: Local Initiatives for Bio-diversity Research and Development
LTTE	: Liberation Tamil Tigers Elam
NGO	: Non-government Organization
NHDSA	: National Household Survey Drug Abuse
NTNC	: National Trust for Nature Conservation
NIAAA	: National Institute on Alcohol Abuse and Alcoholism
OIC	: Officer In-charge
PN	: Prithivi Narayan
RTA	: Road Traffic Accident
SLC	: School Leaving Certificate
SAMHSA	: Substance Abuse and Mental Health Services Administration
TB	: Tuberculosis
UCO	: Unit Conservation Office
UCLA	: University of California, Los Angeles

UK : United Kingdom
UP : Under Proof
US : United States
UNDP : United Nations Development Program
WATSAN : Water and Sanitation
WHO : World Health Organization
WSMC : Water and Sanitation Management Committee
VDC : Village Development Committee