

Religio-ethical effects of alcohol consumption among teenagers in Lagos

Joseph Moyinoluwa TalabiDepartment of Religions and Peace Studies,
Lagos State University,
Ojo, Lagos State, Nigeria.**Abstract**

Alcohol consumption has become entrenched and prevalent among teenagers all over the world. In Nigeria, young people have easy access, a liberal drinking environment and an increasingly low level of parental regulation with pressure from peers group regarding alcohol consumption. Studies on the effect and risk of alcohol consumption among teenagers are burgeoning. These studies have significant findings on the nature of drinking patterns and the effect of alcohol consumption among teenagers. However, there are few scholarly works that have considered the religious perspective to alcohol consumption. This research paper, therefore, examines religio-ethical effect of alcohol consumption among teenagers in Lagos. The paper engages the use of questionnaires and ethical appraisal of the topic understudied. Data were collected from 384 teenagers (students) using google-designed questionnaires. The study establishes alcohol consumption has religio-ethical effects such as disrespecting of law and order, breed criminality, sexual promiscuity, disengage from the fellowship of the brethren, health consequences – mental disorderliness; liver cirrhosis, and social consequence like family disintegration, political thug; social unrest. This study recommended that religious groups, public and non-governmental organizations should coordinate campaigns to inform teenage students about unhealthy drinking and that the legislation should also renew future decisions about the consumption of alcohol by students

Keywords: Alcohol Consumption, Christian Ethics, Norms, Religion and Teenager.

Introduction

Alcohol consumption has become entrenched among teenagers in recent times. In Nigeria, young people have easy access, a liberal drinking environment and increasingly low level of parental regulation with pressure from peers group regarding alcohol consumption. The consumption of alcoholic drinks such as beer and wine is important aspect of food culture in Nigeria. It is therefore common for alcoholic beverages to be served at all special occasions such as New Year, Valentine's Day, college graduation, student parties, wedding parties and so on. Studies have revealed that drinking in excess is detrimental to moral structure of the society. In fact, alcohol consumption has been identified as key factor that causes crime, child neglect and abuse, workplace absenteeism.¹

¹M. Ramstedt, "Alcohol Consumption and the Experience of Adverse Consequences: A Comparison of Six European Countries," *Contemporary Drug Problems*, 29, 2002, 549 –



World Health Organisation establishes that almost 4% of all deaths worldwide are attributed to alcohol consumption, being higher than deaths from violence, tuberculosis or acquired immune deficiency syndrome (AIDS).²

In several studies, heavier alcohol consumption and alcohol abuse were observed among male university students.³ Due to its significant consequences for religion and education among those aged 15 – 29, risky alcohol consumption among adolescents, especially students, is becoming a key public health priority. Alcohol use by young people accounts for over 10% of the total burden of illness and injury.⁴ Alcohol consumption, particularly among college and university students, is much more common among teenagers than among the public. Due to easy access, liberal environment, low level of parental control, social conformity and peer pre-conformity, the number of drinkers of alcoholic beverages is increasing, not only in Nigeria but worldwide day by day.⁵

According to available data on alcohol consumption among young people, there are three general types of motives for drinking: social purposes or *camaraderie*, emotional escape or relief or tension reduction, and mood enhancement.⁶ The most common reasons given for alcohol use were for social purposes and partying or celebration; male students were more likely to consume alcohol for relaxation, excitement and social reasons, while female students tended to drink for celebratory purposes and its taste.⁷ The prevalence of alcohol use among Nigerian university teenagers was 40.6 percent.⁸ Southwest region has the lowest per capita alcohol intake rate in Nigeria, at just 1.5 liters per year, with 83 percent of the population not drinking alcohol. From religious perspectives, alcohol use is totally forbidden in Islam and Christianity also has a somewhat conservative view towards alcohol consumption especially among the Pentecostal circles.⁹ While diverse measures are being taken all around the world to minimize alcohol intake among teenagers, it seems the government of Nigeria is somewhat not doing enough in this regard. Considering the health implication and moral consequence of alcohol consumption, it is essential that critical assessment and evaluation be done in this regard. This study therefore

575, also E.C. Tse, "A Comparative Analysis of Alcohol Consumption Pattern among Global University Students," *International CHRIE Conference*, (Massachusetts: University of Massachusetts, 2011), 45.

²WHO, *Global Status Report on Alcohol and Health*, (Geneva, Switzerland: World Health Organization, 2011), 111.

³O. Abayomi et al. "Psychosocial correlates of Hazardous Alcohol use among Undergraduates in Southwestern Nigeria," *General Hospital Psychiatry*, 35(3), 2013, 320 – 324.

⁴WHO, *Global Status Report: Alcohol Policy*, (Geneva: World Health Organization, Department of Mental Health and Substance Abuse, 2004), 82.

⁵S. Burns et al. "A Cross-Sectional Evaluation of an Alcohol Intervention Targeting Young University Students," *BMC Public Health*, 16, 2016, 610.

⁶C. Cronin, "Reasons for Drinking versus Outcome Expectancies in the Prediction of College Student Drinking," *Substance Use & Misuse*, 32(10), 1997, 1287 – 1311.

⁷S. Griffiths et al. "Alcohol use among Entrants to a Hong Kong University," *Alcohol and Alcoholism*, 41(5), 2006, 560 – 565.

⁸O. Abayomi et al. "Psychosocial correlates of Hazardous Alcohol use among Undergraduates in Southwestern Nigeria," *General Hospital Psychiatry*, 35(3), 12.

⁹S.C. Martin, "The SAGE Encyclopedia of Alcohol: Social, Cultural and Historical Perspectives," *SAGE Publication*, 2014, 78.

is an academic undertaking to analyse from point of view of Christian ethics religio-effect of alcohol consumption among South West Nigeria teenagers using Lagos as a context.

Literature Review

Different fields and scholars delved into the issue of alcoholism from different points of view. In *Health Technology Case Study, 22: The Effectiveness and Cost of Alcoholism Treatment*, Medical field considered alcoholism as a disease caused by physiological malfunction and requires treatment by a physician.¹⁰ By implication, alcoholism is a disease that needs the attention of physicians.

According to medical field, alcoholism is caused by biological, chemical and genetic etiological factors. They formed a disease theory that proved alcoholism as a disease. Alcoholism syndrome follows a particular course of progressive deterioration unless the problem is addressed. But, Jellinek believed that the only effective form of treatment is that whose goal is of total abstinence from alcoholic beverages. Though, according to him, he maintained that only the gamma and delta forms of alcoholism could be considered diseases. And the use of the disease theory became prevalent by him and was used to refer to various alcohol-related problems. Alcoholism is considered a medical condition in which someone frequently drinks too much alcohol and become unable to live a normal and healthy life. World Health Organization published a detailed report on alcohol and other psychoactive substance entitled "*Neuroscience of Psychoactive Substance Use and Dependence*." The report states that:

Dependence has not previously been recognized as a disorder of the brain in the same way that psychiatric and mental illnesses were not previously viewed as being a result of a disorder of the brain. But, the recent advances in neuroscience made it clear that dependence is as much as a disorder of the brain as any other neurological or psychiatric illness.¹¹

By World Health Organization, its emphasis is laid on the concept of disease theory of Alcoholism. It is likened to diabetes disease because it has a progressive process and likely symptoms. In other development, Jellinek supported this idea in his Alcoholism chart which shown the progressiveness of the disease and the terminal of the disease if no intervention is done to it.¹² They then agreed that alcoholism fits the definition of a disease.

Clyde M. Narramore, a renowned Psychologist in *The Psychology of Counselling*, defines alcoholism as;

¹⁰"Health Technology Case Study, 22: The Effectiveness and Cost of Alcoholism Treatment," <http://www.princeton.edu>, Accessed 10/09/2021.

¹¹"World Health Organization," <https://www.en.wikipedia.org>, Accessed 09/09/2021.

¹²"Alcoholism Disease," <https://www.en.wikipedia.org>, Accessed 09/09/2021.

...addiction to alcohol; a disease condition caused by habitually drinking too much alcoholic liquor (removal of inhibition at the expenses of lowering of efficiency, neglect of responsibility). It threatens mental and physical health. In severe psychosis, usually associated with one or more of the following personality characteristics: anxious-worried, unsecured; mood-easily depressed: sensitive-punchy: withdrawn-alone, unwanted; resentful-chip on the shoulder; unreliable-quite a failure; a dependent-quite a failure and finds companionship with other alcoholics.¹³

In essence, alcoholism is a behaviour that entails being depended on alcohol. The person who engages in alcoholic drink never mind the consequence(s) that he or she may encounter alongside with the action, he or she do not mind. It is also considered or described as a physical compulsion together with a mental obsession. It is a craving for alcohol. The alcoholic often yields to that craving at the worst possible time. He knows neither when nor how to stop drinking. The alcoholic has a distinct physical desire to consume alcohol beyond their capacity to control it, regardless of all rules of common sense. Nothing deters such an alcoholic from drinking alcohol.

According to Joseph M. Talabi et alin *AIPGG Journal of Humanities and Peace Studies*, Alcoholism is expressed as a disease characterized as the habitual intake of alcohol. It is a chronic alcohol use to the degree that interferes with physical or mental health or with normal social or work behaviour.¹⁴Alcoholism is a disease that produces both physical and psychological addiction.¹⁵ In the *Concise Dictionary of Pastoral Care and Counselling*, Glenn made this view that alcoholism is a complex illness of the whole person. Extensive research of over four decades has failed to discover a simple cause to explain why some social drinkers became addicted and others with similar drinking pattern over many years do not.¹⁶ One of the central findings of a large body of research that has explained the psychosocial causes or ethology of alcohol use is that there are multiple pathways to behaviour that involves alcohol consumption.¹⁷ Collins opined that,

If people are asked why they abuse or dependence on alcohol, few are likely to mention their heredity, family background, or cultural group as the main causes. More often, abusers will mention how alcohol or another

¹³M.C. Narramore, *The Psychology of Counselling*, (Michigan: Zondervan Publishing House, 1960), 274.

¹⁴J.M. Talabi, D.F. Asaju and D. Oguntola-Laguda, "Usage of Religious Language and their Effects on Religious Experiences among Yoruba Christians: A Critical Analysis," *AIPGG Journal of Humanities and Peace Studies*, Vol. 2, No 2, 2021, 9.

¹⁵<http://www.healthyplace.com>, Accessed 03/09/2021.

¹⁶H.A. Glenn, *The Concise Dictionary of Pastoral Care and Counselling*, (Nashville: Abingdon Press, 2010), 4.

¹⁷C.R. Cloninger, S. Sigvardsson and M. Bohman, "Type I and Type II Alcoholism: An Update," *Alcohol Health Research World*, 20(1), 1996, 18 – 25.

substance will help them deal with stress, reduce tension, or meet psychological needs.¹⁸

Likewise, mental or emotional issues such as depression may cause people to turn to alcohol drinking to feel better. Drinking, taking psychoactive substances, or engaging in other addictive behaviour can help abusers reduce anxiety or depression, calm or increase aggressive or sexual drives, create a sense of euphoria or well-being, escape reality, satisfy curiosity, defy authority, reduce inhibitions, gain peer approval, or get spiritual insights.¹⁹ People who are bipolar are very susceptible to turning to alcohol and other self-medicating. Similarly, those who are suffering from low esteem may also result in alcohol as a form of liquid courage.²⁰

Joseph M. Talabi in his *AIPGG Journal of Humanities and Peace Studies* opined that Alcohol abuse or alcoholism is seen or appraised as the product of living in a particular social and cultural milieu.²¹ Drinking habits may be regarded as learned but socio-cultural interpretation is that these behaviours are the result of a lifelong socialisation and acculturation process. Oates asserted that “drinking alcohol is learned behaviour and not inherited knowledge.”²² Some have even suggested that learned social and cultural factors probably are primary determinants of which only certain psychologically vulnerable people become addicted. Simone and Donovan averred that “from a socio-cultural perspective, alcohol abuse is seen as the product of living in a particular social and cultural milieu.” Glenn observed that in all cultures, social disapproval of drunkenness is much stronger for a woman than for a man. This probably accounts for the considerably lower rates of addiction among women.²³

In an article in the *Journal of Applied Social Psychology*, Enneth and Bauman noticed that from the earliest recorded use of alcohol, drinking has been a social activity, and both consumption and behaviour have been subjected to self-control. They maintained that “attempts at prohibition have never been successful except when couched in terms of sacred rules in highly religious cultures. Alcoholism is tied to the social and cultural environment of the drinker.”²⁴ The relationship between alcohol consumption and social events is complex. This is because, social, health and economic concerns such as crime, illness, premature death and significant loss in productivity are all affected by

¹⁸G.R. Collins, *Christian Counseling: A Comprehensive Guide*, (Nashville: Thomas Nelson Publishers, 2007), 664.

¹⁹A.Y. Mark, E.B. Richard and W.M. Barrent, *Modern Psychopathologies: A Comprehensive Christian Appraisal*, (Downers Grove: Intervarsity Press, 2005), 187 – 189.

²⁰V. Wicklin, *Substance Abuse in Christian Perspective on Social Problem*, (Indianapolis, IN: Wesley, 1992), 379 – 397.

²¹J.M. Talabi, “Philosophical Discourse on the Decolonisation of the African Mind,” *AIPGG Journal of Humanities and Peace Studies*, Vol. 2, No 2, 2021, 7 – 8.

²²W. Oates, *Alcohol In and Out of the Church*, (Nashville, Tennessee: Broadman Press, 1966), 14.

²³H.A. Glenn, *The Concise Dictionary of Pastoral Care and Counselling*, 5.

²⁴Enneth and Bauman, “Moderators in the Relationship Between Parental and Peer Characteristics and Beer Drinking by Early Adolescents,” *Journal of Applied Social Psychology*, 21(20), 1999, 1699 – 1711.

alcohol and drug abuse. According to Mushanga, in his book titled *Crime and Deviance: An Introduction to Criminology* puts that,

The use of alcoholic beverages is an ancient custom among many African communities, as it is in other parts of the world. The preparation of fermented beverages was one of the early technologies that were developed over millennia. Unlike the use of other drugs, the consumption of alcoholic beverages has never been illegal.²⁵

In essence, according to Mushanga, an alcoholic beverage is considered to have social and cultural usage. A noticeable percentage of the Nigerian is making use of alcoholic beverage for traditional and other social values. It is observed that in marriage ceremonies, the use of alcoholic wine is important even against the vehement opposition of Pentecostal and evangelical churches in Africa, with Nigeria as a typical example. Without mincing word, wine consumption is part of African life. It is used in burial ritual, oath taking and consultation of the ancestors. The members of society drink alcoholic beverages for relaxation and rest after the day work. During various victuals, intoxicating alcohol is associated sometimes with the supernatural power of the gods, says Welcome and Pereverzev.²⁶ In another word, alcohol is also given as gifts during pride prize ceremony. Even though some use alcohol as a daily drink, generally, intoxication is considered as a sign commented by Welcome and Pereverzev.²⁷

Historically, Theresa and Rwomire affirmed that usually the consumption of alcoholic beverages was restricted to elders of the community and drinking was social rather than individual activity. Women were generally excluded from drinking but not entirely.²⁸ High dependence on alcohol is positively associated with its accessibility. Many social analysts, who had examined drug problems in Africa, commented that accessibility is one of the leading determinants to its consumptions. In the absence of legal restriction and enforcement, age is not a factor in having access to alcoholic beverages in the Nigerian society.²⁹ Cultural norms and beliefs have been identified as strong predictors of both current drinking and frequent heavy drinking.³⁰ Cultural norms vary by context and place. Some alcohol researchers have used multilevel approaches to distinguish among the causal effects of individual and neighbourhood norms.

For example, in *Culture of Drinking and Individual Problems with Alcohol Use*, Ahem, Galea & Hubbard found that neighbourhood norms against drunkenness

²⁵T.M. Mushanga, *Crime and Deviance: An Introduction to Criminology*, (Nairobi: East African Literature Bureau, 1988), 117.

²⁶M.O. Welcome and V.A. Pereverzev, "The Culture of Alcohol Use: An African Perspective," *European Psychiatry*, 1952, 128 – 130.

²⁷M.O. Welcome and V.A. Pereverzev, "The Culture of Alcohol Use: An African Perspective," *European Psychiatry*, 128 – 130.

²⁸Theresa and Rwomire, *Alcohol Consumption*, (Chicago: Moody Press, 1978), 4, 5.

²⁹Theresa and Rwomire, *Alcohol Consumption*, 5.

³⁰S. Brooks-Russell, "Longitudinal Relationship Between Drinking with Peers, Descriptive Norms, and Adolescent Alcohol Use," *Prevention Science*, 15(4), 2013, 497 – 505.

were a more robust and stronger predictor of binge drinking than permissive beliefs held either by the individual or family and friends. They submitted that if an individual lived in a neighbourhood that frowns on binge drinking, that individual was less likely to drink; even if he or she believed it is acceptable to do so.³¹ Furthermore, the literature on community influence on alcohol use focuses primarily on environmental aspects such as neighbourhood characteristics and opportunities for alcohol purchasing and consumption. For example, one study found that individuals who lived in a neighbourhood with a poorly built environment characterized by inferior building conditions, housing and water, and sanitation indicators were 150 percent more likely to report heavy drinking compared with those living in better-built environments.³² Other studies have examined the spatial epidemiology of neighbourhoods regarding alcohol availability, individual consumption, and community disorganisation and violence.³³ This signifies that spatial relation between alcohol outlets and individual consumption may also be a key to explaining different rates of alcohol use across racial or ethnic groups.

In addition, Clinebell had argued that the socio-cultural factors as a strong predisposing reason for alcohol addiction; but added that the most important factors for alcoholism seem to be the availability and attractiveness of alcohol in a particular cultural group. He averred that on one hand, if a person with a strong need for anxiety reduction lives in a setting which imposes heavy social penalties (like loss of social standing) on drunkenness, he will probably turn to non-alcoholic escapes. On the other hand, if a person who in spite of his inner conflicts can manage his interpersonal relations with fair adequacy without alcohol is placed in a group which encourages the habit of excessive consumption of alcohol, he may come to employ alcohol addictively.³⁴

Moreover, it has also been discovered that living in a disadvantaged neighbourhood at an early age in life has long-term effects on the concerned individual. According to Trucco and others, in their studies in an article titled *Development and Psychopathology*, they claimed that "childhood exposure to violence leads to increased exposure to delinquent peers and alcohol use. Whatever a person sees and feels every day has a greater possibility of influencing one's behaviour."³⁵ In another study, realizing how easy it is to get alcohol, witnessing neighbourhood drug dealing, and seeing peer drink were all

³¹Ahem, Galea and Hubbard, "Culture of Drinking and Individual Problems with Alcohol Use," *American Journal of Epidemiology*, 167(9), 2008, 1041 - 1049.

³²Bernstein, Galea and Ahern, "The Built Environment and Alcohol Consumption in Urban Neighbourhoods," *Drug and Alcohol Dependence*, 91(2), 2007, 244 - 252.

³³Cohen, Ghosh-Dastidar and Scribner, "Alcohol Outlets, Gonorrhoea, and Los Angeles Civil Unrest: A Longitudinal Analysis," *Social Science and Medicine*, 62(12), 2006, 362 - 371.

³⁴H.J. Clinebell, *Understanding and Counselling the Alcoholic through Religious and Psychology*, (New York: Abingdon Press, 1968), 59.

³⁵Trucco, Codler and Wiczorek, "Early Adolescent Alcohol Use in Context: How Neighbourhoods, Parents and Peers Impact Youth," *Development and Psychopathology*, 26(2), 2014, 425 - 436.

been confirm associated with increased alcohol use.³⁶Summarily, the issue of alcoholism from a social and cultural perspective, attitudes value and beliefs are key to the involvement of the people of that cultural milieu. They are determinant factors in taken alcohol beverages. In addition, the accessibility of the individual also contributes greatly to the habit of consumption of alcohol in the socio-cultural settings. Every culture has its own pattern attach to use of alcohol. Cultures differ widely in the psychological and social functions that are assigned to alcohol use. From the foregoing, it can be seen that Studies on the effect and risk of alcohol consumption among Nigeria, teenagers inclusive are burgeoning. These studies have significant findings on the nature of drinking patterns and the effect of alcohol consumption among the people. However, there is few scholarly works that have considered the religious perspective to alcohol consumption especially among teenagers.

Christian Ethics on Alcohol Perspective

A specifically Christian perspective is obviously also of importance to the worldwide Christian Church. This might seem self-evident, and yet it is apparently not a matter about which the Church is currently greatly concerned; at least insofar as that concern may be judged by heatedness of public debate and content of published works. Whereas in the nineteenth century the matter of temperance or, more correctly, total abstinence from alcohol consumption was a major concern of study among Christians, now the popular ethical concern is apparently with matters. Whereas in the nineteenth century a large proportion of Christians in all denominations (and all Christians in some denominations) in Europe and North America concluded that they should remain abstinent from alcohol, now the majority conclude that moderate alcohol consumption is ethically uncontroversial and generally unremarkable.³⁷And indeed twenty-first-century Christians continue to be concerned about morbidity and mortality on a much lesser scale when it is due to other causes or when it is encountered in other contexts.

Furthermore, the Christian ethics of alcohol misuse tell some interesting stories of how scripture, tradition and reason variously interact and assume greater or lesser importance from one generation to the next in terms of their importance as a basis for ethical argument. It might, however, be argued that God is best kept out of the argument and that the ethics of alcohol are best analysed by human reason alone. Richard Holloway, for example, has argued that the ethical analysis of alcohol and other drugs in society is a matter of "moral calculus," which is concerned with the tension between freedom and personal morality on the one hand, and the public good on the other. Among his arguments against involving God in the debate appears to be his concern about the influence of what he considers to be a fundamentalist superstition that alcohol are inherently evil. He rightly recognises that the ethical arguments concerning

³⁶Chung, Pederson and Kim, "Racial Differences in Type of Alcohol Beverage Consumed during Adolescence in the Piftsburg Girls Study," *Alcoholism: Chemical and Experimental Research*, 38(1), 2014, 285 – 293.

³⁷T.L. Toomey, C. Rosenfeld and A.C. Wagenaar, "The Minimum Legal Drinking Age: History, Effectiveness, and Ongoing Debate," *Alcohol Health and Research World*, 20(4), 2016, 213 – 218.

alcohol use are more complex than this, and draws attention to the failures of prohibition, and to the plurality within society which makes it unlikely that such negative absolute views will ever again achieve widespread consensus. But this seems to imply that the only contribution that theology has to make to such debate is one of offering unpopular and native moral absolutes.

Material and Methods

The sample size of the study was estimated as 384 by using the ungrouped one-stage random likelihood sampling method, as presented by Cochran. Data were collected from teenagers’ students who answered questionnaires online. Descriptive statistics and the Chi-squared test of independence were used to determine whether significant associations existed between alcohol consumption and the demographic characteristics of the teenagers.

Results and Discussion

The mean age of the teenager students was 21 years, according to survey results. The majority of participants were female (54.2 percent). Of the teenager students, 17.2%, 27.6%, 25.5% and 29.7% were in college in the first, second, third and fourth years, respectively. The teenager students’ average household size was 4.6 people. Regarding the area of the family home, 60.2%, 31.5% and 8.3% of the families of the students lived in the town and village, respectively. Moreover, ₦36, 049 was the average monthly household income. The majority of teenager students (62.5%) lived in their family home or apartment and 37.5% lived with 3 – 4 roommates in a dormitory. The number of teenager students living in a house or apartment was higher than in a dormitory, a condition that is possibly due to the more liberal climate, such as easy access to bars and places where alcohol can be bought, less stringent restrictions, and access to night events, including participation in traditional folklore activities for teenager students.

The study also showed that 54.9% of teenager students were smokers and were more likely to drink alcohol. The number of non-drinking students is higher than drinking students (52.6 percent) (47.4 percent). Nigerian culture is based on strong family relationships, family values, reverence for behavioral family and cultural norms, and these factors are likely to affect the choice as to whether or not to drink alcohol. In comparison to the students, only 19.8 percent of the fathers of the teenager students and only 4.7 percent of their mother’s use alcohol, which means that other variables often impact personal choices about alcohol consumption (Table 1).

Table 1: The Consumption of Alcohol and Cigarettes by Teenager Students

Options	Frequency		Percentage (%)	
	Yes	No	Yes	No

Teenager Student using Alcohol	182	202	47.4	52.6
Father using alcohol	76	308	19.8	80.2
Mother using alcohol	18	366	4.7	95.3
Smoking tobacco	211	-	54.9	-
Idols using alcohol	92	113	44.9	55.1

To investigate the disparity between the socio-demographic characteristics of respondents and alcohol consumption, a Chi-square independence test was used in Table 2. On average, at the age of 16, teenager students had their first drink, and as their average age rose, the drinking alcohol percentage also increased. The latest study reveals that 63.2% of older students and 40.9% of teenager students drink alcohol ($P < 0.01$) respectively. In comparison to 30.7 per cent of female students, 71.2 per cent of male teenager students drink alcohol ($P < 0.01$). These findings illustrate the conservative norms that apply to women's religious consumption of alcohol in Nigeria. Male teenager students also drank alcohol at a higher rate than women in Brazil, the USA and many European countries, and alcohol abuse was found in male university students.³⁸ As well as the age of adolescents, the percentage of drinking alcohol increased as students spent each additional year at university, presumably because teenager students made new friends each year and had social events, small meetings and parties, but the Chi-Square test result was not statistically significant ($P > 0.05$). In addition, teens residing in smaller households were more likely than larger households to drink alcohol ($P < 0.05$).

The children of parents who consume alcohol are reported to be more likely to drink alcohol than the children of non-drinking parents.³⁹ In the current report, the percentage of adolescents who drink alcohol whose parents also drink alcohol was higher than the percentage of teenager students who drink alcohol but whose parents do not drink alcohol; 81.6% of teenager students whose fathers drink alcohol also drink alcohol. Results showed that there was a strong and statistically relevant correlation between the alcohol consumption of the father and the alcohol consumption of the teenagers ($P < 0.01$). A similar outcome was observed between the use of alcohol by the teenager and the use of alcohol by the mother ($P < 0.01$).

³⁸A.A.D.S. Pedrosa et al. "Alcohol Consumption by University Students," *Cadernos de Saúde Pública*, 27(8), 2011, 1611 - 1621.

³⁹B.F. Grant and D.A. Dawson, "Age at onset of Alcohol Use and its Association with DSM-IV Alcohol Abuse and Dependence: Results from the National Longitudinal Alcohol Epidemiologic Survey," *Journal of Substance Abuse*, 9, 2017, 103 - 110.

Furthermore, teens who smoke were more likely than non-smokers to use alcohol ($P < 0.01$). This outcome is somewhat similar to Bilgic et al and Akbay and Kafas' Turkish Studies.⁴⁰ A major factor in alcohol consumption was also the residential environment of the family; teenagers living in the city were more likely to drink alcohol than those whose families live in suburbs and villages, possibly due to a more liberal lifestyle and easier access to alcohol. In addition, household income had an effect on alcohol consumption and was statistically significant ($P < 0.05$). Teenagers with higher incomes from households were more likely to drink alcohol than teenagers from household with lower income. Whether or not the teenager has Holy Communion with drinks alcohol also affects alcohol consumption. França et al reported that 56% of Christian teenager students overestimated the prevalence of heavy episodic drinking behavior in their peers. Moreover, among Nigerian university students, 72% of male and 51% of female teenager students consumed alcoholic drinks with their peers. According to this study, teenagers whose idols used alcohol were more likely to consume alcohol; 88.9% of teenagers whose idols drink alcohol also consume alcohol more properly ($P < 0.01$).

Table 2: The Factors Affecting Alcohol Consumption of Teenagers

Options	Not Consuming Alcohol (%)	Consuming Alcohol (%)	Chi-Square	P-Value
Age				
P-Value	59.14	40.86	11.332	0.003
20 – 21	49.37	50.63		
≥22	36.84	63.16		
Gender				
Male	28.85	71.15	62.632	0.000
Female	69.32	30.68		
Class				
First year	54.55	45.45	4.5666	0.206
Second year	51.89	48.11		

⁴⁰A. Bilgic, W.J. Florkowski and C. Akbay, "Demand for Cigarettes in Turkey: An Application of Count Data Models," *Empirical Economics*, 39(3), 2009, 733 – 765.

Third year	45.92	54.08		
Forth year	40.35	59.65		
Household Size				
≤4	34.12	65.88	41.761	0.000
≤ 5	54.37	45.63		
≥6	77.14	22.86		
Marital Status				
Married	47.94	52.06	5.282	0.017
Divorced	22.73	77.27		
Christians using Alcohol for Holy Communion				
Yes	19.57	80.43	41.668	0.000
No	64.60	35.40		
Father using Alcohol				
Yes	18.42	81.58	31.906	0.000
No	54.55	45.45		
Mother using Alcohol				
Yes	11.11	88.89	9.973	0.001
No	49.18	50.82		
Smoking Tobacco				
Yes	27.96	72.04	70.945	0.000
No	71.10	28.90		

Area of Family Residence				
City	41.13	58.87	9.245	0.010
Village	59.38	40.63		
Household Income				
Lower Income	56.59	43.41	7.818	0.020
Middle Income	46.34	53.66		
Higher Income	39.39	60.61		
Accommodation				
House/Apartment	37.08	62.92	27.299	0.000
Dormitory	64.58	35.42		
Work Status				
Not Working	48.99	51.01	3.443	0.064
Working	33.33	66.67		

Religio-Ethical Effect of Alcoholism among Teenagers

Alcoholism has some positive effects. According to the science, every human body needs 0.2 – 0.8% of alcohol for body metabolism. Alcohol is needed in the body for its metabolism. Culturally, alcohol is used to celebrate social ceremonies such as cultural festivals, child-naming, burial, marriage, housewarming and settling of quarrels between families and communities. In religious texts, it was said that wine encourages gladness of the heart (Psalms 116). It is also used to express hospitality to the guests. It serves people as an expression of hospitality to visiting guests. Presenting of offering of alcoholic beverages is also an expression of hospitality to visiting guests. It encourages sociability and socialization. In sociability and socialization, the peers and friends company together. Factors of socialization and acculturation are ethnicity, age, socio-economic class, religion, gender and occupation or professions that are seen which shape an individual behaviour or involvement in alcohol uses. Many teenagers are socialized in the culturally prescribed beliefs, attitudes, values and behaviours toward alcohol.

In spite of the values that alcohol users might have derived from it, there are negative effects which are not beneficial to the stakeholders. The consequences of Alcoholism fall on whom? Who bear the consequences of alcohol dependency, alcohol mis-use, alcohol abuse, and alcoholism? The following people share out of the consequence or effect of alcoholism of which the teenagers drink – the teenagers, his family, his peer groups, school and society. Every moral action has consequences for the fellow performing an action or the neighbour. Moral action of a man has consequences that befall on others too. There is consequential ethical theory that holds an act in term of morally okay or ethically alright if it results in a good conclusion. The theory examines a conduct or behaviour or action in the ultimate basis for its judgment about its rightness or wrongness of that conduct, behaviour or action.

Every action or choice procures a consequence. The consequence is the result or outcome of that action which end up in pleasure or pain. It may befall the actor or those that are around him. The consequential theory on an account of morality claims that the moral value of an act, rule or policy depends on the consequence that result from that action or otherwise. It answers the question of the contribution of the action to the welfare of the actor or those around him. It calculates the net benefit of an action or performance whether beneficial or dis-benefit to the person, neighbour, family and society at large. This will then aid to determine the goodness or badness of it. Every advantage of the past is judged in the light of the final result or outcome. Action is only immoral or unethical when the result is in bad conclusion. The writer of proverb has this idea when he said “look not thou upon the wine when it is red,” (Proverb 23: 31). The ‘reddishness’ of it, is the pleasant of the wine. The colour attracts, and seemly advantageous, but when a person falls into it and drink it, it can make that person to misbehave. It is said earlier above that, the wine can attack the soul of man which can lead him into shame and disgrace. When man considers the reddish of the wine, no matter how strong such a man may be, the prestige and respect that he wears, the reddish wine will wear off the prestige and respect. It will disrobe the glory of such a man.

In essence, the bible also speaks of consequences of an action or performance. Therefore, every moral act has its own consequences and that should inform everyone when he decides on any action or performance. An old man once said to his young children, that “there is nothing you want to do that may be impossible for you. You can do all you could, but consider the consequence.” The action of drivers on the issue of alcoholism or alcohol dependence is possible with them as long they made up their mind to drink whether in small quantity or heavily. They must be aware that there is consequence for it. In the long run, alcohol consumption consequences can be seen in term of physical and psychological consequences, social consequences, spiritual consequences, health consequences and economic consequences.

Social Consequences

This relies on the effects of alcoholism, alcohol dependence, alcohol abuse, heavy drinking of alcohol beverages or misuse of alcohol as it can serve as glue or disintegrate the relationship of people, family, social set up of a community

or society. The social consequences of addiction to alcohol affect the individual, the immediate family, the co-workers, neighbours, the church and the general society. Alcohol addiction is linked to many social ills which affect people connected or otherwise connected to the teenagers.

In another vein, no one, not even the manufacturer of alcoholic beverages or intoxicated drunks today can advocate heavy drinking, they can resolve to a moderate drinking. The question of alcohol can only be moderate versus total abstinence. The effect of small quantities of beverage alcohol in human efficiency becomes a focal point. If moderate drinking interferes with efficiency, alcohol should be ruled out, says Hearn.⁴¹ From the view of Hearn, he presupposed that, alcohol reduces human efficiency. This is also in line with the findings from this research. Many of these drivers who would perform better loose proficiency and efficiency after taking of the alcohol beverages. Alcohol consumption has reaction time. It does affect the drinkers and reduce the extent of time or period to be spent in the work. It reduces their efficiency. Hearn then advocates that, if alcohol can do that, the only solution to the problem is to rule out alcohol from his way. It cannot allow him to achieve purpose and be profitable to himself and society. In addition, to the above view, the hangover results into the loss of time and of efficiency. This is because hangover is part of the effect of alcoholic after they have been drunk and prevent them not to fully participate in their work in next day. Heavy drinking at the workplace is capable of reducing productivity.

Moral Consequence

The issue of morality is a concern with ethical behaviour of right and wrong. It deals with the conduct or behaviour of an individual which is praiseworthy or not, good or bad, right or wrong. Moral conduct is that which conforms to a standard of what is good and right or bad and wrong. It then implies and applies to the conduct that generate out of the result of intake of intoxicated drinks. The intake of alcohol beverages destroys moral values of a person. Alcohol acts as a demoralizing agent especially if more alcohol beverages are consumed and the habit of drinking is formed. People under the influence of alcohol will do things they would not do in the full possession of their moral faculties. It leads to gross of sins. The continued use of alcohol beverage points to all vices of unmoral and immoral living. The destruction of moral values is worse than the loss of physical health.

Conclusion and Recommendations

The results of this study showed that socio-demographic factors such as age, gender, marital status, and alcohol use for Holy Communion, number of household members, parental status, parental drinking status, residence area, household income and form of accommodation were statistically important factors and therefore played an important role in the consumption of alcohol among teenagers in the south-western region. Teenagers who lived with roommates, alone or shared a house with other students, away from their

⁴¹C.A. Hearn, *Alcohol: The Destroyer*, (Michigan: Zondervan Publishers, 2003), 69, 70.

families, were more likely to drink alcohol than students who lived with their families or in dormitories. The teenagers suggested that social event and group gatherings, the release of anxiety, recovery from the burden of family or everyday life issues, and because their parents drink, were the most common reasons why they drank alcohol.

Excessive alcohol use has adverse effects on teenagers by causing issues with economic, educational, environmental health, antisocial behavior, and increased risk of injury, self-harm, and suicide. In Nigeria, with the exception of age, there are no laws and regulations relating to the purchase of alcohol, but its consumption is controlled by society for fear of health problems, religious and economic reasons, social and family pressure, fear of addiction and tradition. In the recommendations, the government should consider taking a more important role in efforts to reduce the consumption of alcohol among teenagers, especially male and underage students. Moreover, this research provides information about teenagers' use of alcohol that can be included in the making of future decisions about alcohol laws. Also, public, religion organisations and non-governmental organizations should organize programs to educate teenagers about harmful drinking, rather than only the suppression of drinking.

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