

**UGANDA MARTYRS UNIVERSITY**

**AN ASSESSMENT OF THE INFLUENCE OF ALCOHOL ON DOMESTIC VIOLENCE**

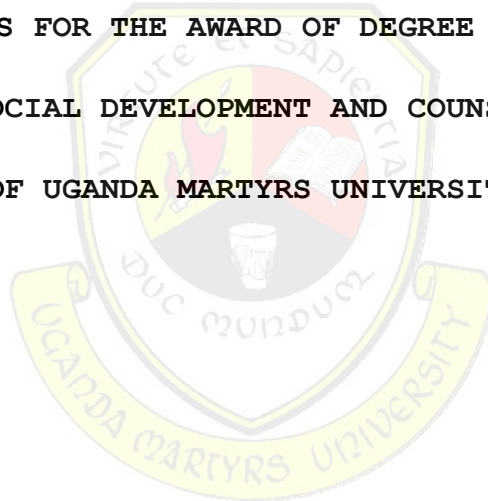
**A CASE STUDY OF IGAYAZA PARISH KIBALE DISTRICT**

**A RESEARCH DISSERTATION SUBMITTED TO THE FACULTY OF HUMANITIES  
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**BY**

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## **DEDICATION**

This piece of work is dedicated to my dear husband Mr. Eric Tirwomwe who has always been there for me especially when it comes to financial issues, thank you very much. I also dedicate it to my dear sons, Ankunda Joel Taremwa and Nuwamanya Blessing. I am very proud to be called your mother.

I cannot forget to thank my family members especially my parents Mr. and Mrs. Tumwesigye Josephat, my sisters; Tumwine Tumwesigye, Tumuhairwe Tumwesigye, Tusingwire Tumwesigye Turinawe Tumwesigye, Tumuranye Tumwesigye and lastly my dear brother Tumusiime Tumwesigye. I really thank you very much for the prayers.

Lastly I thank my friends. God bless you all.

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## **ABSTRACT**

The purpose of the study was to assess the influence of alcohol on domestic violence in Igayaza Parish, Kibale District. The objectives of the study were; to examine the various causes of increasing alcoholism, to examine the rate of increasing alcoholism in relation to domestic violence and to examine measures put in place to minimize the effects of alcohol and domestic violence.

Literature on the various causes of alcoholism, the rate of increasing alcoholism in relation to domestic violence as well as measures that can be adopted to reduce alcoholism and domestic violence was reviewed as presented by various scholars.

The findings reveal that there are a number of factors that contribute to the high incidence of alcoholism in Igayaza Parish Kibale District as also confirmed by 46% of the respondents who mentioned that alcoholism is mainly caused by culture and traditions that embrace alcohol consumption as part of praising their gods and spirits. According to the research conducted, drug and alcohol abuse have a direct correlation between these emerging domestic violence issues. The findings on the effect of alcohol consumption on married people reveals 42% mentioned domestic violence as the major effect of alcoholism whereby the when the family members resort to alcoholism they become violent and they cannot control their tempers, hence this increases emotional and physical abuse in homes.

The researcher concluded that there is a strong linkage between alcoholism and domestic violence since majority of the families with alcoholic partners many cases of domestic violence where reported compared to families without alcoholic partners.

The researcher recommends that there is need for non-governmental organization, government, schools and religious institutions to educate people on the effects of drugs. Stringent rules and regulations (laws) must be legislated so as to reduces and deter people from abusing drugs; hence reducing domestic violence. There is a need for guidance and counseling programs to be introduced in all villages, churches and schools as a way of helping people who are already drug addicts and those who have been physically or emotionally abused in the past.

## **CHAPTER ONE**

### **BACKGROUND OF THE STUDY**

#### **1.0 Introduction**

This chapter presents the background of the study, statement of the problem, objectives of the study, research questions, scope of the study, the significance of the study, definitions of terms used and conceptual frame work on the influence of alcohol on domestic violence in Igayaza Parish Kibale District.

#### **1.1 Background of the study**

Alcohol is a colorless, volatile, flammable liquid synthesized or obtained by fermentation of sugars and starches and widely used, either pure or denatured, as a solvent and in drugs. However, Alcoholism, or alcohol dependence, is the most severe form of alcohol abuse. (O'Farrell, T. J., et al., 2000). It is a chronic habit characterized by the consumption of alcohol at a level that interferes with physical and mental health and with family and social responsibilities. An alcoholic will continue to drink despite serious health, family, or legal problems. Alcoholism is influenced by both genetic and environmental factors. Alcoholism is chronic and it lasts a person's lifetime, usually follows a predictable course and has recognizable symptoms (Garcia M. C., et al., 2005)

Alcohol abuse and alcoholism cut across gender, race, and ethnicity. Nearly 14 million people in the United States are dependent on alcohol. More men than women are alcohol dependent or have alcohol problems which are highest among young adults ages 18-29 and lowest among adults ages 65 and older. Also, people who start drinking at an early age have a greater chance

of developing alcohol problems at some point in their lives (Popova, S., et al, 2009)

Globally, domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. (O'Farrell, T., et al 2000). Whereas the United States Department of Justice (2000) defines domestic violence as, "a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate Partner." Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

Recent global prevalence figures indicate that about 1 in 3 (35%) of women worldwide have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime from alcoholic husbands. Most of this violence is intimate partner violence. (Voas, R. B., et al, 2011) Worldwide, almost one third (30%) of women who have been in a relationship report that they have experienced some form of physical and/or sexual violence by their intimate partner. Globally, as many as 38% of murders of women are committed by an alcoholic or substance abusing intimate partner (Pridemore W. A., 2010).

The influence of intimate partner violence is of wide-range. For the victim, health effects include physical injury (which for some women may lead to pregnancy complications or miscarriage), emotional problems leading to suicide, suicidal ideation and

depression, and alcohol or drug abuse as a method of coping. (World Health Organization, 2015)

Alcohol harm is experienced not only by drinkers but by those around them, including families, friends, colleagues and strangers. There is a strong relationship between alcohol and domestic abuse, violence and sexual assault. Whilst alcohol should not be used as an excuse for those who perpetrate violence and abuse, neither should its influence be ignored. Research on global alcohol use and domestic violence typically finds that between 25% and 50% of those who perpetrate domestic abuse have been drinking at the time of assault, although in some studies the figure is as high as 73%. However, cases involving severe violence are twice as likely as others to include alcohol, and other research found that the risk of rape was twice as high for attacks involving drinking offenders, (Kypri, K., et al, 2003).

It is important to note that, every 15 seconds a woman is battered in the United States by her husband, boyfriend, or live-in-partner. (Room R, et al, 2005) Other research has found that half of all women will experience some form of violence from their partners during marriage, and that one-third are battered repeatedly every year. Although official estimates of domestic violence rely largely on FBI, police and emergency reports, many women also report domestic violence to friends, relatives, churches, synagogues, physicians and nurses. These sources of information are not included in national crime surveys. In addition, most reports do not show the number of violent incidents experienced by battered women and their children (Markowitz, S. 2010)

In African countries such as Nigeria, Kenya and South Africa, while the drinking of alcohol makes violence worse, it may also become an escape for the person being abused, which in turn escalates the cycle of domestic violence even further (Pridemore WA. (2010). This violence can affect any children exposed to the situation in a number of negative ways. When one looks at alcohol abuse and domestic violence, it is easy to see that there are connections between the two behaviors. This happens because the cost of alcohol increases stress on the family and reduces the normal common sense blocks on socially unacceptable behaviors. In other words, when one is intoxicated, violence feelings and tendencies are exacerbated by the loss of inhibitions and increase in stress (Leonard, K. E., et al, 2009).

Alcohol abuse is responsible for the high incidence of domestic violence in Ugandan communities, according to a report presented to parliament by jurists. Some 92% of 6,000 people surveyed by the Uganda Law Reform Commission reported some form of domestic violence was taking place in their communities. Most Ugandans say domestic violence which has become a topical subject of recent, is mainly caused by alcoholism, according to a new poll. Police records show that 137 cases of domestic violence were officially reported in 2015 of which 156 people lost their lives (UBOS & Ministry of Health -Uganda, 2015).

The report cited several types of domestic abuse, including sexual violence, drunkenness, psychological torture, confiscation of property, physical and bodily harm, adultery, use of abusive language, nagging and marital rape. The commonest form of domestic violence as a result of alcoholism reported was physical abuse and sexual abuse, including beating, torture, biting and stabbing, which accounted for 36 percent of

the respondents, while 25 percent was psychological abuse and alcohol abuse. Some incidences have resulted in loss of life.

In Kibale District Western Uganda, domestic violence is looked at as a normal but harmful conflict among intimate partners with women being the victims in most cases. According to the country's 2006 National Demographic and Health Survey 68% of women in Uganda have experienced some form of domestic violence and are disproportionately poor, poorly educated and disadvantage (UBOS, 2006). There is a lot of alcohol consumption which results into domestic violence in Igayaza Parish, Kibale District, Western part of Uganda. Domestic violence is associated with many negative impacts such as Neglect of family, Psychological torture, loss of respect from people, and even death, among others. So far, some measures have been put in place such as community sensitization, imprisonment of perpetrators, enactment of laws on domestic violence and yet domestic violence still remains as a big challenge.

Since there have been no attempts to establish whether alcoholism has been a major influence on domestic violence in Kibaale district. Therefore this inspired the researcher to conduct this study.

## **1.2 Problem Statement**

The high level of domestic violence is attributed to a number of factors, notably alcoholism. According to George Namyaka, the district LC5 chairperson, Kibaale is the leading producer of waragi in the country. Over 10,000 litres of waragi are produced monthly in Igayaza Parish. Every household in Kibaale brews waragi. Most of the residents start drinking in the morning. By afternoon, they are drunk which has resulted in increased

murders and domestic violence (Kibaale district annual report 2015).

According to the area police crime report (2015) out of the 89 cases of domestic violence reported, alcoholism was the leading cause of violence in the district. Men in Kibaale begin drinking alcohol early in the morning, leaving the women at home to look after their children. When they return home, they pounce on the women and slaughter them like animals. Hence, it was upon this background that the researcher intends to assess the influence of alcohol on domestic violence in Igayaza Parish Kibale District.

### **1.3 General objective**

To assess the influence of alcohol on domestic violence in Igayaza Parish, Kibale District.

### **1.4 Specific objectives**

1. To examine the various causes of increasing alcoholism.
2. To ascertain whether alcoholism influence domestic violence.
3. To examine measures put in place to minimize the effects of alcohol and domestic violence.

### **1.5 Research Questions**

1. What are the various causes of increasing alcoholism and domestic violence?
2. How does alcoholism contribute towards domestic violence?
3. What are the measures put in place to minimize the effects of alcohol and domestic violence?



## **1.6 Scope of the study**

### **1.6.1 Conceptual Scope**

The study was conducted to assess the impact of alcohol on domestic violence in Igayaza Parish, Kibale District. The researcher further examined the various causes of increasing alcoholism and its impact on domestic violence. It also investigated the contribution of alcohol addiction towards domestic violence in Igayaza Parish.

### **1.6.2 Time frame of the study**

The research was conducted in a period of 5 months, from January to June 2016. However, the data to was used to cover information concerning domestic violence and alcohol abuses for the past 10 years; that is, between 2006 and 2016.

### **1.6.3 Geographical location of the study**

The study was conducted in Igayaza parish, Kibale District in western part of Uganda. This area has been considered given the escalating rate of alcohol consumption coupled with domestic violence.

## **1.7 The significance of the study**

The study may sensitize the community on the danger of domestic violence related to alcohol hence there may be change in people's behavior of drinking which usually results into domestic violence.

The study was good for local government since this may be discussed in their forum and possible measures may be put

in place to discourage too much drinking which normally leads to domestic violence.

The study may also benefit the Non-Governmental Organizations in the area so that they may lay a Strategy) of sensitizing communities about the dangers of over consumption which leads to domestic violence.

The study findings may also help policy makers most especially Members of Parliament and the police to come up with policies which prevents over consumption of alcohol since alcohol plays a role in domestic violence. The study will awaken the necessity for enactment and enforcement of the domestic violence bill.

The study may enrich the existing literature on alcohol and domestic violence which can be of use for other researchers elsewhere conducting research or on related topics. It will help other people to be aware of the impact of alcohol on domestic violence, hence trying to avoid too much alcohol consumption thus, discouraging domestic violence.

The study may provide appropriate solutions in the fight against domestic violence, especially when alcohol is the leading cause. As a result, this may empower communities to actively participate in reduction of domestic violence.

### **1.8 Justification of the study**

The relationship between alcohol and domestic violence in Igayaza parish Kibaale District is complicated. The high domestic crime level is attributed to a number of factors, notably alcoholism at the top of the list. According to the Kibaale district report (2015) alcohol use preceded 47% of domestic assaults, but only 31% of non-domestic assaults, 92%

of men who assaulted their female partner had used substances on the day of the assault; 67% of those had used both cocaine and alcohol while 30 - 40% of men who assaulted their partners were drinking at the time of the assault. Among men arrested for domestic violence, those who abused substances were more likely to later be incarcerated, and their partners were more likely to request an order of protection.

Kibaale District is leading in brewing alcohol and many cases of domestic violence have been recorded in the 2015. In other words this study was conducted to establish tentative solutions to alcoholism and domestic violence

## **1.9 Definition of terms**

### **Domestic Violence**

This refers to abusive behavior in a family involving the partners where one misuses his or her power and control over others or gender and abuse him or her physically, psychologically, emotionally and economically (Caetano R, et al 2001)

**Intimate partner violence** refers to any behavior within an intimate relationship that causes physical, psychological or sexual harm to those in that relationship, (Kypri K, Langley JD, 2003). It includes acts of physical aggression (slapping, hitting, kicking or beating), psychological abuse (intimidation, constant belittling or humiliation), forced sexual intercourse or any other controlling behaviour (Leonard KE. 2005)

**Harmful use** is defined as; a pattern of alcohol use that causes damage to health.

**Hazardous use** is defined as; a pattern of alcohol use that increases the risk of harmful consequences for the user. [www.who.int/substance\\_abuse/terminology/who\\_lexicon/en/](http://www.who.int/substance_abuse/terminology/who_lexicon/en/))

**Alcohol use is categorised in the following forms:** drink but not to excess, occasional drinker and regular drinker, (Room R et al 2005.

### 1.9 Conceptual frame work of the study

#### INDEPENDENT VARIABLES

- Alcoholism**
- Stress
  - Peer pressure
  - Addiction
  - Culture and traditions

#### DEPENDENT VARIABLES

- Effects of Domestic violence**
- Neglect of family
  - Psychological torture
  - Drainage of family economy
  - Imprisonment
  - Loss of respect from people
  - Deprives one freedom
  - Loss of family relation
  - Poor upbringing of children

#### INTERVENING VARIABLES

- Traditional justice system like local council chief.
- Government policies and legal policies bills by parliament
- Civic education and awareness on too much drinking alcohol involving elders
- Non-governmental organizations programs like sensitization public on dangers of domestic violence
- Community mobilization

Source; Quigley, B. M., and Leonard, K. E. (2015)

## **Description of the framework**

The framework above indicates alcoholism as the major independent variable with dimensions such as Stress, Peer pressure, Addiction, Culture and traditions which influence domestic violence that involves neglect of family, psychological torture, drainage of family economy, imprisonment, loss of respect from people, loss of family relation, poor upbringing of children and sexual violence.

However, this relationship has a number of intervening variables which determine the consumption of alcohol, and these include; traditional justice system like local council chief, government policies and legal policies bills by parliament, civic education and awareness on too much drinking alcohol involving elders, non-governmental organizations programs like sensitization of public on dangers of domestic violence, community mobilization and coordination between community leaders.

For instance, government policies to control alcohol drinking habits prohibits people from alcohol abuse hence reducing domestic violence and when there is lack of full implementation of such policies will induce alcohol abuse hence escalating the effects of domestic violence.

## **Conclusion**

This chapter provides the general introduction of the study includes; the objectives, research questions, conceptualized variables and how significant the study findings may be to the various stakeholders.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.0 Introduction**

This chapter reviewed literature on alcohol and its impact on domestic violence in Uganda, the various causes of alcoholism, the rate of increasing alcoholism in relation to domestic violence as well as measures that can be adopted to reduce alcoholism and domestic violence as presented by various scholars.

#### **2.1 Alcohol and domestic violence in Uganda**

Alcohol use in Uganda is a widely accepted social activity, embedded in the local culture and tradition. It is an integral part of the entire rural culture and a catalyst in social interactions. Cultural functions such as weddings, births, deaths and funeral rites, and circumcision ceremonies cannot be complete without alcohol (Isralowitz R., 2004). Culture as a cause of alcohol consumption is implicated as a cause of high level of alcohol consumption in Uganda. For example, in some cultural groups, when a child is given a name, it is also given alcohol to mark the occasion.

The fact that alcohol is included in customs signifies the importance of alcohol in people's lives. In many rural homes, home-brewed alcohol is something that is always in a home. Waragi is considered food and traditionally, guests thank their hosts "for the cooking" after drinking together or having "porridge" together. Drinking alcohol is seen as a duty one has to fulfill. When the gourd is passed around among a group of men, it is difficult to refuse the drink (UNBS, 2010). My opinion is that alcohol as part of custom should not be accepted

as it is leading social issues such as domestic violence which no cultural can allow.

Locally produced alcoholic beverages include beers with alcoholic content which ranges from 10-20% volumes, spirits whose alcohol content ranges from 30-70% volume, and adulterated alcohol containing other toxic impurities. Moonat, S & Pandey, SC (2012) reveals that there have been cases of sporadic alcohol poisoning from adulterated alcohol with poisonous compounds such as methanol, nickel, and manganese.

In most urban centers of Uganda, many shops serve as bars in early afternoon till late night selling all kinds of alcohol ranging from the locally brewed crude liquors to industrial kinds. Since 75% of the population is rural based, most of the alcohol is crudely and locally made from sugarcane, banana juice, maize flour, wheat flour, cassava flour and pineapple juice, since they are easy and cheaper to get. Such alcohol is not regulated, high density of toxic substances do not accrue income to government and still eludes the Uganda National Bureau of Standards. (UNBS, 2015). It is clear the government and the National standards board must be blamed for excessive use of alcoholism and the production of poor quality alcohol that is killing people in the country.

Developments indicate an increasing trend in alcohol consumption. According to World Health Organization (WHO) Uganda is ranked as leading consumer of alcohol in the world with Per Capita alcohol consumption in Uganda, 19.5 litres, closely followed by Luxembourg at 17.54 litres and the Czech Republic at 16.21 litres (World Health Organization [WHO] report, 2005). Alcohol ranks high (6<sup>th</sup> position) in generating domestic revenue in Uganda. About 10% of revenue comes from alcohol and this has

been reportedly to be steadily increasing since it is rooted in a very strong culture of alcohol acceptance. The lack of a clear national alcohol policy coupled with weak and poorly enforced laws provides fertile ground for increasing the availability and accessibility of alcohol in Uganda (Ministry of Health [MoH] - Uganda, 2010). According to this study, it is a very bad recognition for all Ugandans thus this study must close this gap and bring down the statistics which the researcher believed were based on biased statistics without reaching the grass roots.

According to Galanter M. et al, (2008), male to female domestic violence levels in Uganda are high and associated with both alcohol consumption and the male partner's perceived risk of HIV. According to a study conducted by researchers from the Johns Hopkins Bloomberg School of Public Health (2010), approximately one in three women living in rural Uganda reported being physically threatened or assaulted by her current partner. The findings from the study suggest possible links between the risk of domestic violence and alcohol consumption and women's perceived risk of HIV infection from their male partner (Moonat, S., et al 2012). The above findings are generalized and focus on Uganda as a whole without specifying any particular region or Sub County; hence not specific. So this study seeks to provide accurate findings from a specific local setting.

Recent information shows that alcohol is undermining the environment necessary for the care of children in homes. Alcohol has escalated child abuse, domestic violence and hygiene-related problems in homes. Reports also indicate that many households face problems of compromised health and nutrition care because husbands spend a lot of household income on alcohol, leading to the collapse of household's economic security (Morgan-L. A., et al 2006). Reports also indicate that men start drinking alcohol



in bars as early as 8:00am and rarely contribute to the family economy.

Alcohol has also been blamed for the increasing cases of extra-marital affairs which lead to domestic violence. The interaction between all these individual and social factors implies the need for comprehensive policy measures to reduce alcohol-related harm, not just for the drinkers but also to protect those individuals and groups, especially children, youth and women who are at a risk of being negatively affected by drinking (Voas R. B., et al 2011) This research establishes that it is necessary to control alcoholism when the government not only make laws but also puts in more efforts to implement these laws, hence this study will have to ascertain the reasons why the government does not follow and fails to implement the laws on alcoholism.

## **2.2 The various causes of alcoholism**

Morgan-L. A., et al (2006) identifies alcoholism as a specific type of addiction. There is no one single known cause of alcohol addiction, there are multiple causes. Alcohol dependency develops when one drinks so much that chemical changes in the brain occur. These changes increase the pleasurable feelings one gets when drinking alcohol, which makes one want to drink more often, even if it causes harm. Alcoholism typically develops gradually over time, and its consumption is known to run in families. This means that alcohol dependency is a learned deviant behavior which can be controlled through advocacy.

Alcoholism is also known as alcohol dependence and alcohol use disorder. It occurs when one drinks so much that the body eventually becomes dependent on or addicted to alcohol. When this happens, alcohol becomes the most important thing in one's

life. People with alcohol dependence will continue to drink even when drinking causes negative consequences, like losing a job. They may know that their alcohol use negatively affects their lives, but it's often not enough to make them stop drinking (World Health Organization, 2010). This researcher proves that alcoholism is an addictive behavior based on one's personal life and peer influence.

Genetic, psychological, social and environmental factors can impact how drinking alcohol affects one's body and behavior. Theories suggest that for certain people, drinking has a different and stronger impact that can lead to alcohol use disorder. Over time, drinking too much alcohol may change the normal function of the areas of your brain associated with the experience of pleasure, judgment and the ability to exercise control over one's behavior. (Agrawal A., et al, 2009). This implied that craving for alcohol to try to restore good feelings or reduce negative ones.

The biological causes of alcohol addiction include each person's unique physiology and genetics. People differ in the degree to which they like or dislike a particular addictive substance or activity. Some people may enjoy a substance or activity so much that it becomes very tempting and difficult to resist (Arnold John P 2005).

Some people may have a deficiency in their capacity to resist certain types of impulses. Thus, these folks would be at greater risk for developing an addiction because of their genetic vulnerability. Oddly enough, even normal human brain functioning, and its chemistry, make people vulnerable to addiction. Our normal brain chemistry and functioning motivates people us to repeat behaviors that are pleasurable such as sex,

and eating, (Weinsheimer R. L. et al 2005) This researcher means that the literature lacks statistics and evidence for instance it is not showing the rate at which a person can become alcoholic as a result of having a grandfather who was alcoholic. Therefore the research to be carried out sought to provide reliable evidence on whether alcoholism can be hereditary.

Smart, L. (2007) notes that psychology also helps us to understand the causes of alcohol addiction, a harmful behavior. Psychological research has helped us to understand why people repeat certain behaviors, even when these behaviors are harmful. This is because people learn to anticipate some benefit from the addiction even though it is harmful. These benefits can range from stress reduction, relief from boredom, pleasurable sensations, coping with negative feelings or situations, or simply the benefit of avoiding withdrawal symptoms. People have varying abilities to cope with unpleasant emotions or circumstances. When people have poor coping skills they are more vulnerable to addiction. Likewise, people have varying degrees of stress and varying skills in stress reduction. People with high stress and lack stress reduction skills, are also more vulnerable to addiction. This means that vulnerability caused by social economic factors is a key aspect influencing that makes people to become alcoholic

Li, H. Z., et al (1994) finds that psychological research also helps us to understand that motivation is critical. Without sufficient motivation, people cannot easily change unhealthy behaviors. Simply being aware of an alcohol problem is usually insufficient motivation to discontinue unhealthy behavior. However, psychologists can help strengthen people's motivation through therapy and specialized techniques. Many psychological disorders such as depression and anxiety often co-occur with

addiction, and subsequently make people more vulnerable to addiction. This is because people may use alcohol to temporarily relieve the unpleasant symptoms of these disorders. This research similarly agrees that people start taking alcohol when stressed because even people with relationship problems may decide to develop drinking habits as a way to forget their problems.

Socio-cultural influences also contribute to the development of alcohol addiction. For our purposes, the term culture describes a group's learned and shared pattern of values and beliefs which guide group members' behavior and their social interactions. When a culture accepts or tolerates drunkenness, the members of that culture are more vulnerable to addiction with the greatest social influence as the family. This is how culture is transmitted from one generation to the next. Children learn from their family members about alcohol use, or misuse (Berggren, H. et al., 2006). This research agrees that in some cultures and traditions may encourage alcoholism and there are traditions that tend to allow men to drink and also promotes silence among women especially when it comes to domestic violence. Therefore this study will investigate the social-cultural factors influencing alcoholism in this particular study area.

Spirituality is another causal factor that can determine whether an addiction develops and flourishes. Spirituality reflects a belief that life has a meaning and purpose. This definition is inclusive and respectful. It includes the many different, specific beliefs that people have about that meaning and purpose. For some people, spirituality includes specific beliefs that there is something bigger and greater than our individual existence. People might call this a higher power; a God; many gods; the life force; the universe; Source; or Spirit (to name

just a few). For other people, there is no higher power or religion attached to that belief. These people derive meaning and purpose through a personal set of values and goals. The lack of a meaning and purpose in life leads to a disconnection from ourselves and each other. As addiction progresses this disconnection increases (Tracy S. J., 2005). This means that disconnection among communities causes a failure to live in harmony with the universal laws or principles that ordinarily guide our behavior. These specific universal laws and principles may vary according to different faiths and religions. Nonetheless, the lack of a spiritual anchor can also lead to the development of an addiction to alcohol. Therefore this study intends to establish whether such gaps existed around the study area and provide ways of handling such challenges.

### **2.3 The rate of increasing alcoholism in relation to domestic violence**

There is a strong link between alcohol and violent crime. In 2010/11, according to the British Crime Survey (2010/11), the victim believed the offender to be under the influence of alcohol in almost half (47%) of violent incidents (around 917,000). This was the case in 65% of incidents of stranger violence and 39% of domestic violence incidents (Arnold, John P 2005). These levels have remained steady in recent years, despite the fact that overall alcohol consumption has fallen by 18% since 2004. This research believes that the more people become alcoholic, the more they become alcoholic, the more they become violent. Therefore this research will prove the validity of this hypothesis.

Rösner S., et al,. (2010) reveals that alcohol misuse is consistently found in a high proportion of those who perpetrate

domestic abuse and sexual assault, and it has been found that within intimate relationships where one partner has a problem with alcohol or other drugs, domestic abuse is more likely than to occur. However, the impact of alcohol on domestic abuse and sexual assault is complicated.

Agrawal A., (2009) argues that where alcohol is involved in domestic abuse, much of the evidence suggests that it is not the root cause, but rather a compounding factor, sometimes to a significant extent. Domestic abuse agencies agree that alcohol misuse should not be seen as taking responsibility away from those who commit domestic violence. In the past, domestic abuse organizations have not always focused on the role of alcohol because they primarily work with the victim, although some are now engaging on a policy and practical level with perpetrators and their use of alcohol. The research believes that alcoholism is the independent cause of domestic violence in Igayaza Parish, Kibale District. Therefore, this study intends to investigate how alcoholism as a factor influences domestic violence in the community.

Alcohol use by the victims of domestic violence is also a complicated issue. At times it can be misinterpreted and used against the victim, yet in some domestic violence scenarios victims are likely to turn to alcohol as a means of coping with their experiences of abuse. While the majority of domestic abuse is attributable to men, and men are more likely to be recorded as using alcohol, it can impact in a variety of other ways. At times it can fuel child- to-parent violence, and alcohol seems to be particularly significant where both partners use violence. (Agrawal A., et al, 2009). This means that domestic violence can also lead to alcoholism, therefore this study seeks to gather

evidence to prove whether domestic violence is strongly related to domestic violence in Igayaza parish.

Alcohol is associated with incidents of physical and severe physical domestic violence, and this is also true for incidences of sexual assault. There does not seem to be a relationship between alcohol and other non-physical types of domestic abuse however, such as emotional or financial abuse. Research finds a positive association between alcohol outlet density and male-to-female personal violence, which is stronger among couples who report having alcohol-related problems than among couples with no alcohol-related problems (Schwandt et al, 2010). This means that there is strong evidence that alcohol consumption stimulates violence among men and women, thus it is not just a gender issue but rather a universal problem.

According to the Women's Rural Advocacy Program, alcohol abuse combined with domestic violence results in increased injury to the battered spouse and the Connecticut Clearinghouse notes that among risk factors for domestic abuse frequent drinking is a leading one. However, Schwandt M. L., et al (2010) finds that the relationship between alcohol and domestic abuse is complicated, and alcohol use can have various effects on both the perpetrators and victims. These can be situational factors central to the assault itself, such as cognitive impairments caused by alcohol, or more distant but equally important factors, such as negative stereotypes or alcohol expectancies about sex, where men may expect to feel more powerful, disinhibited and aggressive after drinking. While it may not always be the case, research does suggest that it is a problem of drinking that is more likely to be associated with domestic abuse than drinking per se. Therefore this study proposes to establish violence as an effect of excessive alcoholism.

Alcohol is well documented as a risk factor responsible for many aggressive and violent acts. Indeed, about 60% of murders are committed under the influence of alcohol. In terms of domestic abuse, research typically finds that between 25% and 50% of perpetrators have been drinking at the time of assault, although in some studies the figure is as high as 73%. Research with police officers in the North East of England found some officers unable to remember the last time they went to solve a domestic incident where alcohol was not involved, with 93% of them regarding alcohol as having a 'large impact' on domestic violence. Cases involving severe violence are twice as likely as others to include alcohol, and other research finds that the risk of rape was twice as high for attacks involving drinking offenders (Moonat, S., et al 2012). Therefore this study shall follow up to prove and determine whether the various cases of domestic violence in Igayaza Parish are as a result of alcoholism.

Morgan L. A., (May 2006) notes that there are a number of reasons why this may be the case, such as perpetrators intentionally using alcohol to justify sexually aggressive behavior, or drinking to help someone overcome internal inhibitions to perpetrating an act of sexual violence. In addition, some men drink heavily in social situations that could lead to sexual assault. Alcohol also has a psychopharmacological effect on cognitive functioning and can cause drinkers to misread and disregard the degree of sexual interest in their victim, potentially a key factor in rape and sexual assault. Therefore this study intends to prove whether it is true that alcohol addicts are not responsible for their violent actions.

Combined with lowered inhibitions, this can lead to aggression when inaccurate expectations are not met. An additional factor



may be that certain personality types increase both the propensity to drink heavily and to commit sexual assault. There is also research that has found men who committed sexual assault to be more hostile towards women and lower in empathy than other men. (Galanter O., et al 2008). Domestic abuse groups have raised this as an important issue and emphasized the need for care to be taken in order to avoid the use of damaging victim-blaming narratives that ultimately make matters worse for those caught up in domestic abuse. The campaign against government posters stating that 'one in three reported rapes happen when the victim has been drinking' demonstrates this, as they were seen as shifting the blame onto rape victims.

Alcohol has been found to be associated with victimization, with research finding victims of domestic assault to have higher alcohol consumption than those non-victims, and that the risk of violence increased with levels of consumption. There are many reasons why victims of domestic abuse may drink. Amongst those caught up in long-term domestic abuse, there is evidence that they may use alcohol to cope with the effects of domestic abuse. Indeed, one study finds that women who suffer domestic abuse from their partners are twice as likely to drink after the abuse as their violent partner (Galanter O., et al, 2008). This meant that domestic violence may also influence alcoholism. Therefore this research intends to find whether women experiencing domestic violence can become alcoholics.

In cases of rape and sexual assault outside of relationships, other explanations for why a victim may have been drinking range from social stereotypes portraying women who drink as more sexually available and therefore making them more prone to being targeted for sexual assault, to the cognitive defects brought about by drinking. In cases of rape this last point can be

particularly problematic as alcohol consumption can impact upon a victim's 'capacity to consent', causing legal problems where victims have knowingly consumed alcohol. According to the Bureau of Justice Statistics, two-thirds of victims suffering violence by a current or former spouse or partner report that the perpetrator had been drinking compared to less than one-third of stranger victimizations. Among spouse victims, three out of four incidents reportedly involves an offender who had been drinking (World Health Organization, 2015). This meant that alcohol increases sexual desires of people hence resulting into increased sexual violence cases such as premarital rape and defilement of one's own children.

According to a 1999-2014 study, women assaulted by intimate partners during the past 12 months reported significantly higher substance abuse as well as other health-related problems. Of those women experiencing physical violence, 33 percent reported drug and alcohol problems, compared to 16 percent of those who did not experience violence. Domestic violence also has an effect on other family members. A study in Massachusetts finds that children who witnessed abuse of their maternal caregiver were 50 % more likely to abuse drugs and/or alcohol. Among victims of domestic violence, alcohol played a role in 55% of the cases, while drugs played a role in only 9% of the cases; for spousal violence, alcohol was a factor in 65% of the cases, versus only 5% for drugs (Osborn & Matthew Warner, 2014). This means alcoholism is a major cause of domestic violence in America. Therefore this study intended to provide local data proving whether domestic violence cases are significantly caused by alcoholism in Igayaza parish.

## **2.4 Measures to reduce alcoholism and domestic violence in Uganda**

Moonat, S., (2012) urges that majority of people who try to give up an addiction will fail - most of these individuals will relapse within the first couple of days of abandoning alcohol. It often takes repeated attempts before the individual is finally able to break free of alcohol or drugs, and some people never get to this point. There are a number of reasons why people fail to go through with their intention to end the substance abuse. If the individual understands these reasons, and takes actions to overcome them, it will mean that they can enter sobriety without the need for repeated relapse. One must keep in mind that alcohol abuse, no matter what the claim of the abuser, is not an excuse or reason for mixing alcohol abuse and domestic violence. (Berggren, et al 2006) this meant that eliminating alcoholism alone may not stop the violence, as the violent tendencies existed. Therefore this study intended to provide solutions to both domestic violence and alcoholism.

The Uganda Law (Traffic and Road Safety, 1998, Cap .361, Section 112-118) forbids driving a motor vehicle with blood alcohol concentration above the prescribed limit. The law provides for blood tests and use of breath analyzer tests. Section 117 provides for a definition of a prescribed limit meaning an alcohol proportion of blood as the Minister may prescribe by regulations. According the New Vision newspaper, Wednesday 2008, 55 people were arrested by police in one week in April for drunken driving. Indeed police has operationalized this section of the law and from time to time makes surprise checks and arrests. This meant the fight against alcoholism could be surely minimized by proper implementation of the existing laws however

corruption and lack of manpower to enforce the laws remains strong barriers.

It is necessary then to treat both problems of alcohol abuse and domestic violence at the same time so as to create lasting changes in behavior. While this is known, both domestic violence programs and alcohol abuse programs often lack the resources to cross educate with one another. What this means is that people in this common situation must dual enroll and sometimes that is extremely difficult (World Health Organization, 2015). This meant that it was hard to stop someone from drinking alcohol without first solving the root causes of alcoholism so one must have to quit the bad peer groups, solve the relationship problems with his partner or agree to stop adultery.

In addition, regulating availability of alcoholic beverages by restricting hours of sell and reducing the demand for alcohol through taxation and pricing are two of the most cost-effective strategies for Uganda and communities to reduce or prevent alcohol-related harm. Among the most successful targeted interventions are deterrence-based policies directed at drink-driving and violence in places where alcohol is drunk. The imposition of blood alcohol concentration limits for drivers, strongly enforced through highly visible sobriety checkpoints and random breath-testing by police, can have a sustained effect on drink-driving and reduce the associated accidents, injuries and deaths. Improved management practices within drinking venues can reduce levels of violence on those premises (Babor, T. 2013). This meant that although restricting hours of selling alcohol and taxation laws by the government of Uganda may be serious solutions to alcoholism, this was not working in Uganda due to the low level of implementation and in most cases when

the price for alcohol beverages increase, people turn to local whisks which are even more dangerous to their health.

Most addicts will have periods in their life when they are more susceptible to the idea of quitting their addiction. This usually happens after they have been messed up badly and feel full of remorse. It can also occur when the individual is suffering because of bad hangover symptoms. On such occasions the person is unable to deny how bad their situation has become, and this means that they develop the willingness to stop the behavior. Reaching this point is no guarantee of success because most addicts will have felt this way hundreds of times and still continued with the abuse. In order for this brief period of willingness to mean something the individual needs to take action right away. Otherwise they can easily slip back into their denial once the pain and remorse has subsided. (Xu, X., et al 2011). This meant that alcoholism can only be quitted when the addict is able to realize that it was a very bad habit however most times women are voiceless and whenever they try to help their husbands domestic violence definitely increases.

Berggren. E., et al (2006) notices that people seek medical supervision when detoxing, while one can certainly stop drinking alcohol on a person's own without relying on a 12 step program or a counselor (although it's certainly something worth considering), the actual process of detoxing from alcohol can be extremely dangerous. Alcohol detox only takes around 2-4 days on average, but if a person has abused alcohol for years and years, there is a risk of serious side effects, including death. Do not mess around, check himself into an in-patient alcohol treatment facility and let professionals help you safely detox. This meant that this study intended to confirm the reasons why an alcohol addict decides not to take ups medical advices from doctors and

sometimes they do not complete the treatment and resume their drinking habits.

Gifford, M., (2009) argues that in order to reduce alcoholism, physical health is very important, Start taking up physical activities that you enjoy, educate yourself about nutrition, and quit any other vices that may be impacting ones physical health, such as smoking. Exercise is so powerful that some addicts and alcoholics have managed to quit simply by channeling their focus, energy, and meaning in life towards living a healthy lifestyle. A good hard workout can put one in a powerful, meditative state, and healthy living can be a code through which you can live one's life. Healthy living can help one learn about one's-self, and it can also help one meet many amazing people who share similar healthy lifestyle goals. Furthermore, getting in shape can be a tremendous boost to ones self-esteem. This meant that controlling alcoholism normally required building self-esteem which would help one get rid of negative thoughts and reduce anxiety.

#### **2.4.1 Engaging Communities to Prevent Underage Drinking**

A key obstacle to preventing underage alcohol use is the fact that young people often are in situations where drinking is tolerated or even reinforced. School-based interventions simply cannot address every situation. However, community-based efforts particularly when a school-based prevention curriculum also is in place can help reduce alcohol use among youth and young adults. These efforts include limiting alcohol sales to minors, increasing enforcement of underage drinking laws, and changing alcohol policies at community events, as well as increasing public awareness about the problems associated with underage drinking (Gifford, M., 2009). This means that alcohol campaigns

to stopping the sales of alcohol to people above 18 years are not effective.

Setting up large-scale community-wide prevention efforts presents another set of challenges. Successful programs require the cooperation of a broad coalition of community members representing diverse backgrounds, resources, and ideas. Community boundaries must be clearly defined. Adding more components can increase costs and require long-term support in order to achieve community-wide outcomes. Clearly defining the goals for prevention efforts in the community, and determining ways to measure progress to those goals, may be a challenge as well. This means that the community should always be involved in the successful control of alcoholism and domestic violence.

#### **2.4.2 Family-Focused Interventions**

Hasin, D., (December 2003) states that family factors strongly influence whether a young person will start to use alcohol and this is because family influences are so pivotal in shaping adolescent problem behaviors, programs that focus on parenting practices parent-child communication, parent-child bonding, and effective family management can reduce problem behaviors in children and adolescents. Family-focused interventions can be successful both for general populations and for families with adolescents who exhibit more serious delinquent behaviors. This meant that alcoholism and domestic violence can be prevented by using programs targeting young adults.

Prevention strategies showing the most success with this age-group include providing brief motivational intervention approaches, cognitive-behavioral interventions, and challenging students' expectations about alcohol. Osborn, M., et al (2014) asserts that motivational interventions focus on enhancing the

student's motivation and commitment to change his or her behavior. Typically delivered in one or two sessions, such sessions can take place by mail, online, or in person. Cognitive-behavioral interventions seek to change behavior by helping the student to recognize when and why he or she drinks too much and then providing tools for changing that behavior.

Challenging students' expectations about alcohol includes raising their awareness of how alcohol influences health and wellbeing and correcting misperceptions about how much drinking is really going on among their peers (Salz, R. F., 2011). These approaches are particularly effective when coupled with individualized feedback from trained counselors or from the students themselves using Web-based materials and other resources (O'Malley, P.M., and Johnston, L.D. 2002). This research does not believe that online alcohol control measures are important for people in rural communities such as Igayaza Parish who even do not have access to the internet and computer skills. Therefore this study intended to provide relevant strategies to prevent alcoholism and domestic violence.

Workplace prevention programs can help address some of the factors that may accompany abusive drinking. For example, lifestyle campaigns have shown promise in encouraging workers to ease stress, improve nutrition and exercise, and reduce risky behaviors such as drinking, smoking, and drug use. Programs that promote social support and worker peer referral to substance abuse or other treatment programs can be beneficial. Such campaigns also may include brief interventions that involve personal assessment of an individual's drinking rates and related problems. (Ames, G. M., et al 2011). This means that most adults are employed, workplace programs can potentially reach audiences and populations that otherwise would not have



access to a prevention program. Companies have the opportunity to offer a range of support programs, for example through employee assistance or medical care programs. These programs benefit not only employees and society in general, but also employers, who can reap savings in medical costs and higher worker productivity.

#### **2.4.3 Government Policy and Laws about Alcohol**

According to Warner O. M., (2014), public policy often addresses the circumstances surrounding abusive drinking by particular groups. Such policies also can help prevent the adverse consequences of alcohol consumption in wider audiences, and on a larger scale, than any other category of interventions. Changes to laws and policies related to alcohol's availability and the consequences of its use lead to significant gains in public health. For example, from 1983 to 1997, when all 50 States enacted basic impaired-driving laws, the United States saw a remarkable drop in alcohol-related fatal crashes, accounting for 44 percent of the reduction in the total number of such accidents.

These laws included lowering the legal blood alcohol content (BAC) limit for drivers to 0.10 and then to 0.08; immediately suspending the license of a driver arrested with BAC higher than the legal limit; raising the minimum legal drinking age to 21; and enacting the zero-tolerance law for drivers younger than 21, who are not permitted to have any alcohol in their systems while driving (Voas, R.B., and Fell, J.C. 2011). This meant that the government was the major stakeholder in the control of alcoholism and domestic violence if it used its organs effectively.

Increasing the price of alcoholic beverages (for example, through raising taxes) leads to decreased consumption, both in the general population and in certain high-risk groups, such as heavier drinkers and adolescents and young adults. (Godfrey A., 1997; Chaloupka W., 1996). This means that price increases can help reduce the risk of adverse consequences of alcohol consumption and abuse, including drinking and driving, alcohol-involved crimes, liver cirrhosis and other alcohol-related mortality effects, risky sexual behavior and its consequences.

In 2005, the Federal Government received about \$8.9 billion from alcohol excise taxes, with State governments collecting another \$5.1 billion (Xu, X., et al 2011). This means that setting a high price rate for alcohol beverages significantly reduces on the drinking habits of people. In fact, this meant that price increases may be particularly effective in reducing youth drinking, because heavy drinkers in young populations are more affected by price than are heavy drinkers in the general population.

Other policy areas offer more tools to address alcohol-related problems in youth and adults, and community-based prevention programs often make these their focus. Such areas include laws and regulations related to the minimum legal drinking age and sales to underage youth; privatization or monopolization of alcohol control systems (production, distribution, or sales); monitoring of alcohol outlet densities; and limits on the hours and days of alcohol sales. Restrictions in these areas make alcohol less available and have been effective in reducing alcohol abuse and related problems, as noted in major policy reviews (Popova, S., et al 2009). This means that there is a need for enforcement of policies and restriction on alcoholism has such policy can be effective in controlling alcoholism.

To address the problem of alcohol availability from commercial providers, communities have conducted enforcement campaigns using compliance checks. During these checks, law enforcement officers supervise attempts by underage youth to purchase alcohol from licensed establishments. When an illegal sale is made, penalties are applied to the license holder and/or the clerk or server who made the sale. Such compliance checks can significantly reduce sales to minors (Preusser et al. 1994; Grube 1997). State and local laws providing for graduated administrative (as opposed to criminal) fine and license suspension penalties for establishments that sell to minors may improve the effectiveness of these enforcement efforts because the increased certainty of penalties is a key component of deterrence-based approaches (Ross 1992). This means the imprisonment of violent alcoholic is a reliable measure for controlling alcoholism and domestic violence

Jill Littrell (2014) stated that there are other policy tools to reduce access to alcohol from commercial sources include requiring servers of alcohol to be trained to detect false age identification, designing drivers' licenses to clearly indicate whether someone is underage, and banning or regulating home deliveries of alcohol. Studies evaluating server-training programs show that such programs by themselves are unlikely to reduce sales to underage youth (Howard-Pitney et al. 1991; Toomey et al. 2001). This means the training programs may be useful, however, for creating a political climate that decreases resistance to enforcement campaigns that can effectively reduce sales to minors.

Homel, R., et al (2003) argues that policy tools for limiting youth access to alcohol from social providers attempt to reduce the frequencies of underage drinking parties and of adults illegally providing alcohol to youth. Communities can also require beer kegs to be registered at the time of retail sale. This research believes that although many possible policy strategies have been identified that may help reduce social access to alcohol, little research has been done to evaluate the specific effects of these strategies. Therefore this research will be a stepping stone to prove the effectiveness of the existing strategies.

Laixuthai C., (1993) argue that policies also can help reduce the economic availability of alcohol. A large number of econometric studies have clearly demonstrated an inverse relationship between price and consumption of alcohol-that is, higher prices result in reduced consumption. (For more information on the effects of price on alcohol consumption, see the article in this issue by Chaloupka and colleagues, pp. 22-34.) This means that higher alcohol price setting policies may substantially reduce both the frequency and the amount of teen drinking, even among youth who are already heavy alcohol consumers

#### **2.4.4 Educational/awareness programs**

In his 1989 review of the literature on effectiveness of alcohol prevention strategies for adolescents, Moskowitz noted that the majority of prevention approaches utilized with college students were based on weak or non-existent theory and had virtually no empirical support for their efficacy. Research evaluations of these approaches have tended to suffer from a number of methodological limitations, particularly small sample sizes,

nonrandom samples and often lack of or non-comparability of control or comparison conditions (Ziemelis, 1998). This meant that despite these weaknesses, informational/educational approaches are still the most commonly utilized techniques for individually focused prevention on college campuses.

Cognitive-behavioral skills-training programs are a relatively newer addition to the college drinking prevention repertoire than are educational or awareness approaches. Many cognitive-behavioral programs also incorporate information, values clarification and/or normative reeducation components, but do so within the context of teaching skills to modify beliefs or behaviors associated with high risk drinking. Cognitive-behavioral programs range from specific alcohol-focused skills training to general life skills training with little or no direct relationship to alcohol, (Kigozi K. 1997).

## **Conclusion**

The literature above reveals that the various study conducted on alcoholism and domestic violence have hardly managed to avail conclusive solutions to alcoholism and domestic violence, hence, this justifies the necessity for this study to be conducted in a rural setting such as Igayaza parish. Preventive measures are especially important for young people, a group at particular risk for the consequences of alcohol use. Communities, schools, and workplaces provide essential venues for reaching risky drinkers with prevention messages and strategies. Notably, research continues to support the development of new approaches and new ways of delivering effective prevention messages.

## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

#### **3.0 Introduction**

This chapter highlights the methods used in obtaining data on the study objectives. It included research design, study area and population, sample size and selection, sampling instruments, data collection methods, data analysis, ethical consideration and limitations.

#### **3.1 Research Design**

A descriptive qualitative research approach was used to obtain study findings. This study was classified as qualitative if the study is primarily to describe a situation, phenomenon, problem or event, if the information is gathered through the use of variables, measured on nominal or ordinal scales and if the analysis is done to establish the variation in the situation, phenomenon or problem without quantifying it. For example, the description of an observed situation (Ranjit. 2011). The researcher chose qualitative research because it allows flexibility in all aspects of the process such as describing a situation.

#### **3.2 Study Area**

The study was carried out within Igayaza Parish. Kibale District which is located in the western Uganda and with many cases of alcoholism and domestic violence.

#### **3.3 Study Population**

Population as a totality of all subjects that conform to a set of specification, comprising the entire group of persons that is

of interest to the researcher and to whom the research results can be generalized. Polit and Hungler (1999). The study targeted women who were the major victims of women domestic Violence and also men from homes with no previous cases of domestic Violence in Igayaza Parish.

### **3.4 Sample Size**

A representative sample of sixty (60) respondents from the study population which includes (35) women and (25) men in Igayaza Parish are to be used. Five villages from Igayaza Parish as a representative sample from which 15 respondents are selected and 5 key informants who included LCI chairmen for each village.

### **3.5 Sampling methods and procedure**

This study used purposive sampling in which certain units in the universe were purposively selected. These samples were used by the researcher in order to understand and get a well balanced view of how persistent domestic Violence of women affected development in Igayaza Parish, Kibale district.

The study also used cluster sampling where by the population was divided into N groups, called clusters according to the five villages. The researcher then randomly selected n clusters to include in the sample. The number of observations within each cluster  $M_1$  is known, and  $M = M_1 + M_2 + M_3 + \dots + M_{N-1} + M_N$ . Each element of the population was assigned to one, and only one, cluster (village).

Convenience sampling was also used simply one where the respondents from the five clustered village making up Igayaza Parish were selected for inclusion in the sample basing on the easiest access.

### **3.6 Methods of data collection**

Polit & Hungler 1990 define data as information obtained during the course of an investigation or study.

#### **3.6.1 Observation**

Marshall and Rossman (1989) define observation as the systematic description of events, behaviors, and artifacts in the social setting chosen for the study. Lrlandson. Harris. Skipper and Allen (1993) further explain that observation help the researcher to describe the existing situation using the five senses, providing a written photography of a situation under study. This method was preferred because it provided the researcher with many ways to check for nonverbal expression of feelings.

#### **3.6.2 Questionnaires**

The questionnaires were developed and hand delivered to the respondents in their respective villages by the help of local leaders. The questionnaires were formulated to address the study subject which they were then be collected by the researcher after two weeks upon which the researcher processed the information collected to come up with statistical findings. The questionnaires were designed to collect data from the community members.

#### **3.6.3 Interview**

According to Pamela D., (2006) an interview is a method of data collection, information or opinion gathering that specifically involves asking a series questions: involves a dialogue between people where personal social interaction occurs. Interview was looked at as the verbal conversation between two or more people



with the objective of/collecting relevant information for the purpose. The interview guide was designed for the women local leaders and law enforcers in the area.

### **3.7 Data collection instruments**

Data collection instruments are devices used to collect data such as interview guides, questionnaires, observation, and focus group discussion and check list (Seaman (1991). The different instruments were used in data collection as explained below:

#### **3.7.1 Semi structured Questionnaire:**

The researcher used semi structured questionnaires containing probing questions were used during oral interviews, and also some were sent to the subjects who cannot be reached in person. These were carefully filled and kindly sent back by the respondents, analysed to supplement the interviews and documents.

#### **3.7.2 Interview guide**

An interview is a verbal interchange, often face to face, though the telephone may be used, in which an interviewer tries to elicit information, beliefs or opinions from another person Burns (1907). Any person to person interaction, either face to face or otherwise, between two or more individuals with a specific purpose in mind is called an interview.

Interviewing was one of the major tools of collecting this data since some people in this target population do not know how to read and write, therefore verbal interviewing was convenient for them the questions can be explained to them by the researcher.

#### **3.7.3 Observation Checklist**

According to Mashall and Rossmany, (1989) observation is a systematic description of events, behaviour and art facts in the social setting chosen for the study. In addition Observation is a purposeful, systematic and selective way of watching and listening to an interaction or phenomenon as it takes place. Non-participant observation in which the researcher remains a passive observer, listened to activities and drawn conclusions were used.

#### **3.7.4 Focus group discussion**

Greeff (2002) describes focus group discussion as one used when the researcher is looking for the range of ideas or feelings that people have about the situation, problem, phenomena or event. In addition Greeff explain that; a focus group can comprise of six to ten participates and adds it that the number of focus group assembly in each particular study and even depends on the research purpose of the study. Each focus group discussions was composed of 3 community members from each village.

#### **3.8 Data Analysis**

This is a process of bringing order, structure and meaning of the mass of collected information. (Creswell in De vos 2005). The data was analyzed using statistical and descriptive methods. In relation to the objectives, themes and categories were identified from the observation, questionnaires and interviews.

#### **3.9 Ethical consideration**

The researcher assured the respondents of confidentiality that is the information obtained was kept secretly and it was only for study purposes. The researcher also advised the respondents

not to use their names to make it easier for the respondents to be free and participate voluntarily hence appropriate information was collected.

### **3.10 Limitations**

**The researcher encountered difficulty in transport and communication:** it was hard to reach some places because the place is too hilly and some roads in the rural areas are impassable due to water logged potholes and since the study involved moving from one village to another it was necessary to budget and inform the persons concerned early enough. However passing this information was also difficult because of poor network of mobile telephones in Kibale and the information max land to a person who is so forgetful.

**The weather:** both rainy and dry weather caused difficulties for the researcher's movement from one place to another. The researcher bought gum boots and an umbrella for the harsh weather conditions.

**The topic:** some respondents were not open enough to talk about issues concerning domestic Violence for fear of say, being divorced in case the husband finds out. The researcher guided them that the only way to control the problem of domestic violence was by talking about it.

### **Conclusion**

This chapter availed a concrete cover-up on how the researcher selected the respondents, gathered the study findings, and identified suitable data collection instruments as well as data analysis tools that were deemed essential to ensure that reliable and valid information was obtained amidst the numerous constraints.

## CHAPTER FOUR

### DATA PRESENTATION AND ANALYSIS OF FINDINGS

#### 4.0 Introduction

In this chapter, the researcher presents, analyzes and interprets the findings of the study beginning with the background information of the respondents in accordance with the study objectives.

#### 4.1 Background Information

Descriptive statistics were used to describe the response rate and the biographic characteristics of the respondents which included; gender, age, education and marital status. This information was useful in comprehending the nature of the subjects that were being studied.

**Table 1; A pie chart showing the response rate**

<b>Variable</b>	<b>Frequency</b>	<b>Percentage</b>
Response	50	87
No response	10	13
<b>Total</b>	<b>60</b>	<b>100</b>

Source; primary data

Findings in the table above indicate that 87% of the respondents provided valid information in time for data analysis in the questionnaires while 13% represents those who were interviewed as they did not know how to read and write.

#### **4.1 Demographic characteristics of respondents**

##### **4.1.1 Age of the respondents**

The study considered age as a one of the important demographic determinant of alcohol consumption.

**Table 2:** Showing the age of respondents

<b>Variables</b>	<b>Frequency</b>	<b>Percentage</b>
18 -28	10	20%
29 -38	8	16%
39-48	15	30%
49 and above	17	34%
<b>Total</b>	<b>50</b>	<b>100.0%</b>

Source: Primary Data

The above table shows that 34% (17) were aged 49 and above 30% (15) of the respondents were aged 39-48, 20% (10) were aged 18 - 28 followed by 8 respondents aged between 29-38 with 16%. This implies that the highest percentage of the respondents were mature people capable of providing reliable information on alcohol and domestic violence. Thus the information obtained was deemed viable to the study. The high frequency for age groups of 39-48 as well as 49 and above means that these were most collaborating respondents to participate in the study.

#### 4.1.2 Gender of respondents

Gender was considered as an important determinant of the alcohol consumption habits as well as the experience of domestic violence.

**Table 3: Respondent's gender**

<b>Sex</b>	<b>Frequency</b>	<b>Percentage</b>
Female	30	60
Male	20	40
Total	50	100

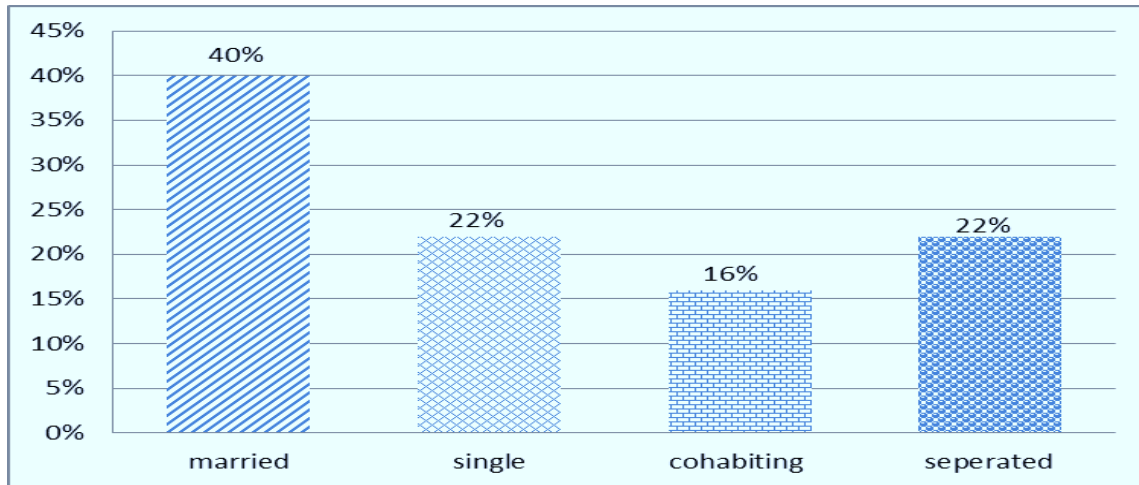
Source: Primary data

Results of table 2 above show that, 40% (20) of the respondents were male, and 60% (30) were female. This meant that females were willing to participate in the study since they were the most concerned category of the study. However, the study obtained balanced views from both genders to avoid biasness.

#### 4.1.2 Marital status of the respondents

The researcher sought to determine whether marital status has an impact on alcohol consumption and domestic violence. The results are presented in the figure below

**Figure 1:** A bar graph showing the marital status of the respondents



**Source:** Primary data

The findings of the study reveals that majority of respondents 40% were married, while 22% were single, also 22% had separated and 16% were cohabiting. This implies that (40%) of the respondents had family responsibilities indicating that they were in position to provide valid and relevant information on domestic violence.

#### 4.1.3 Level of education of the respondents

**Table 4:** Responses on qualifications of respondents

Responses	Frequency	Percentage %
Primary	5	10
Secondary	10	20
Technical institutions	30	60
University	5	10
<b>Total</b>	<b>50</b>	<b>100</b>

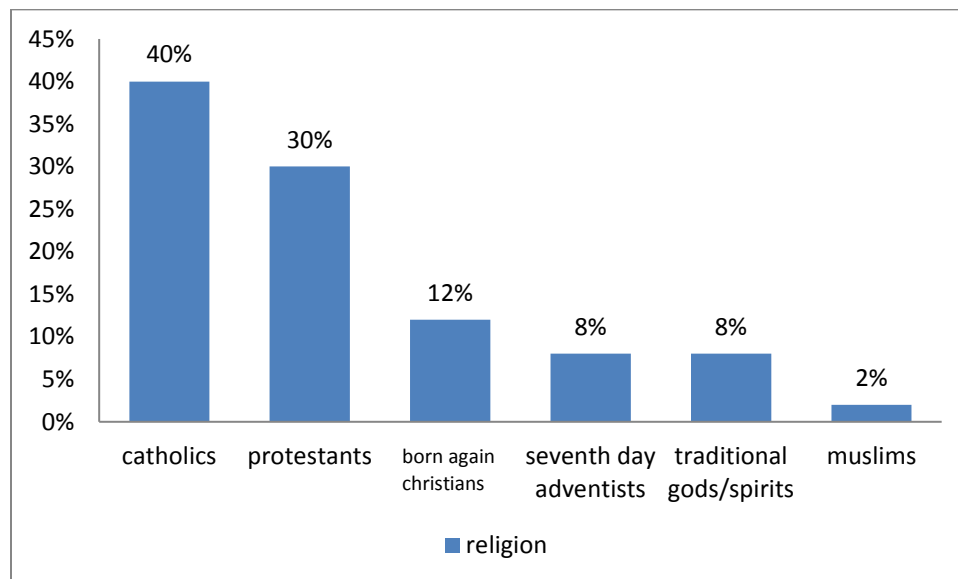
**Sources:** Primary Data

Table three above shows that 30 respondents who constitute 60% of the respondents were having certificates from technical institutions, 10 respondents who make up 20% of the respondents stopped in secondary schools, 5 respondents who constitute 10% had Bachelor's Degree and Master's degree from universities. The findings indicate that majority (90%) of the respondents who participated in the study were educated, hence capable of providing adequate knowledge about the causes, and effects of alcoholism.

#### 4.2.1 Religion of the respondent

The researcher sought to establish the religious affiliations of the respondent. The findings are presented in the figure below

**Figure 2: a bar graph showing the religion of respondents**



**Source: primary data**



The findings indicate that 20 respondents representing 40% of the respondents were Catholics, 15 respondents constituting 30% were Protestants, 6 respondents making 12% were Born-Again Christians, while 4 respondents representing 8% were seventh day Adventist and also 4 respondents representing 8% believe in their traditional gods/spirits and on only respondent constituting 2% were Muslims. This implies that 40% representing 20 respondents who were Catholics, hence they were in position to provide information on alcoholism and domestic violence.

#### **4.2 People's alcohol consumption trends in Igayaza Parish, Kibale District**

The first objective of the study stated that "alcoholism is the major cause of domestic violence in Igayaza parish". Therefore to examine the causes of alcohol consumption, the researcher used various questions relevant to this objective.

**Table 5: Shows findings on People's alcohol consumption trend in Igayaza Parish, Kibaale District**

<b>Variable</b>	<b>Frequency</b>	<b>Percentage</b>
Day	16	32%
Night	14	28%
Weekends	12	24%
Always	8	16%
<b>Total</b>	<b>50</b>	<b>100</b>

**Source: primary data**

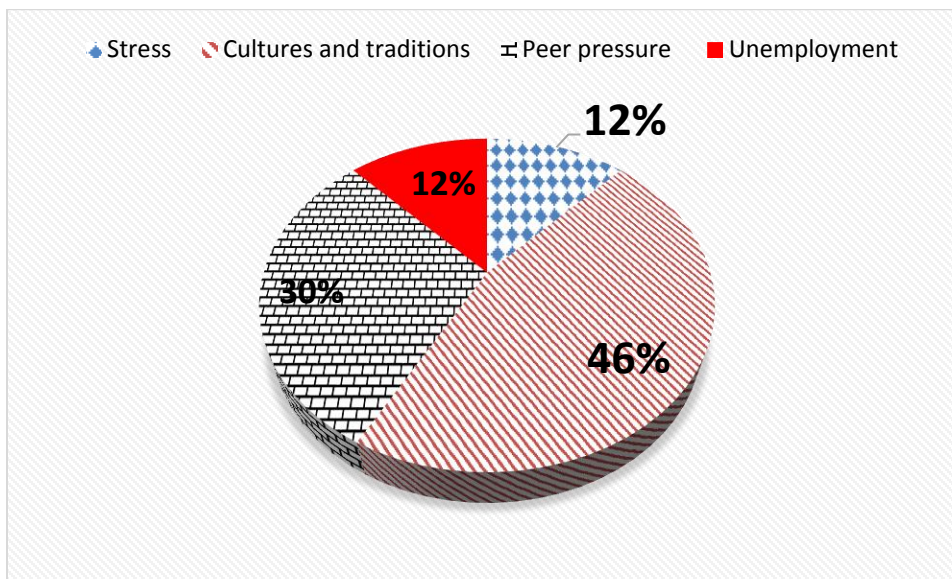
Findings in the table above indicate that 32% (16) of the respondents mentioned that people of Igayaza take alcohol during day, 28% (14) mentioned that people take alcohol at night, 24% (12) agreed that people often take alcohol on the weekends while 16% (8) mentioned that people always take alcohol. This implies

that all respondents agreed that they had seen people taking alcohol mainly during day.

#### 4.2.1 The major causes of alcoholism in Igayaza Parish Kibaale District

The following reasons were provided on the causes of alcoholism in Igayaza parish Kibaale district.

**Figure 3:** Shows the causes of alcoholism in Igayaza parish



**Source: primary data**

Findings indicate that 46% mentioned that alcoholism is mainly caused by cultures and traditions followed by peer pressure with 30%, unemployment and stress had 12% each. This implies that cultures and traditions are a major cause of alcoholism.

In an interview, one community traditional leader explained that;

*“Taking alcohol was part of worshipping their gods on ceremonies”*

Nevertheless the catholic priest further explained that;  
*"Although the catholic religion discourages domestic violence, it does not prohibit alcohol consumption"*

This research agreed with Berggren, H. et al,. (2006) notification that cultures and traditions encourage alcoholism and there are traditions that tend to allow men to drink and also promotes silence among women especially when it comes to domestic violence. Therefore this study will investigate the social-cultural factors influencing alcoholism in this particular study area.

#### **4.2.2 Effect of alcohol consumption on married people**

The study sought to establish how alcohol consumption affects married people. The findings are presented in the table below.

**Table 6:** Shows responses on how alcohol consumption affects married people

<b>Effect</b>	<b>Frequency</b>	<b>Percentage</b>
Domestic violence	21	42%
Poverty	13	26%
Family neglect	9	18%
Divorce	7	14%
Total	50	100%

**Source: primary data**

Table 5 above shows 21 respondents, a percentage of 42% mentioned domestic violence as the major effect of alcoholism, 13(26%) of respondents mentioned poverty followed by 9(18%) who mentioned family neglect and 14% mentioned divorce. This implies that domestic violence and poverty are the major effects of alcoholism among married people.

Also the qualitative data from the interview indicates that;

*"Poverty is very rampant among households where there is an alcoholic partner while the chairman also mentioned that he always get cases from women reporting their husbands as a cause of domestic violence as a result of alcoholism"*

The findings disproved the argument by Agrawal A., (2009) that where alcohol is involved in domestic abuse, much of the evidence suggests that it is not the root cause, but rather a compounding factor, sometimes to a significant extent.

#### **4.3 Influence of alcoholism on domestic violence**

The following reasons were provided on the influence of alcoholism on domestic violence

**Table 4:** Shows the influence of alcoholism on domestic violence

<b>Variable</b>	<b>Frequency</b>	<b>Percentage</b>
Alcohol makes people violent	15	30%
Alcoholism increase sexual desire which lead to adultery and domestic violence	12	24%
Alcohol makes people angry and short tempered	7	14%
Alcoholism increase the rate of poverty as it drains house hold income	10	20%
Alcoholism makes people abusive	6	12%
<b>Total</b>	<b>50</b>	<b>100</b>

**Source: primary data**

Findings in the table above show that 30% representing 15 respondents mentioned that alcohol makes people violent, 24% representing 12 respondents mentioned that alcoholism increase

sexual desire which lead to adultery and domestic violence, 14% representing 7 respondents mentioned that alcohol makes people angry and short tempered, 20% representing 10 mentioned alcoholism increase the rate of poverty as it drains house hold income while 12% representing 6 respondents mentioned that Alcoholism makes people abusive. This implies that alcoholism is a major cause of domestic violence as it makes people angry, increase sexual desire and adultery, makes people short tempered and also increase poverty.

From the interview, an elderly male respondent emphasized that;

*“There will be no peace in the family where there is alcoholism and poverty the partners are always quarrelling and even they become adulterous which increase tension at home”.*

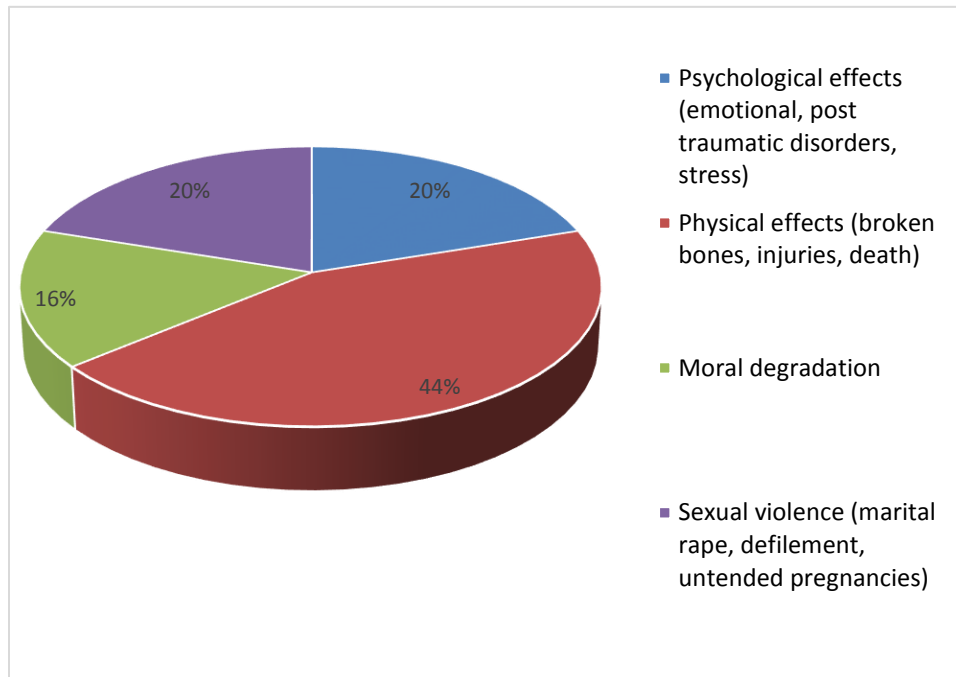
The study findings complements the result by Osborn & Matthew Warner, (2014) that women assaulted by intimate partners during the past 12 months reported significantly higher substance abuse as well as other health- related problems. Of those women experiencing physical violence, 33 percent reported drug and alcohol problems, compared to 16 percent of those who did not experience violence

The findings were also in line with Smart, L. (2007) findings that psychology also helps us to understand the causes of and effects of alcohol addiction as harmful behavior.

#### **4.4 The major effects of domestic violence as a result of alcoholism**

The researcher sought to establish the major effects of domestic violence as a result of alcoholism in Igayaza Sub County. The findings are presented below

**Figure 5: Show responses on the major effects of domestic violence as a result of alcoholism in Igayaza sub county**



Source; primary data

Findings indicate that 44% of the respondents mentioned that the major effect of domestic violence due to alcoholism are physical effects, such as broken limbs, injuries, wounds and death, 20% mentioned that there are psychological effects such as emotional unrest, also 20% mentioned sexual violence such as defilement, marital rape and unintended pregnancies, 16% mentioned moral degradation, as kinds grow up violent and abusive. The findings imply that the major effects of domestic violence are physical, psychological and sexual violence.

One community member added that

*"Children who grow up from families with indents of alcoholism and domestic violence in the future have high chances of beating up their spouses and most times they are involved in sexual act at very young ages as they are*

*neglected by the parents. Such kids become irresponsible citizens as the dropout of schools due to poverty, peer pressure and ignorance”.*

The findings supplement the statement by Schwandt that alcohol is associated with incidents of physical and severe physical domestic violence, and this is also true for incidences of sexual assault, (Schwandt et al, 2010).

The results are also supportive to the statement that alcohol harm is experienced not only by drinkers but by those around them including families, friends, colleagues and strangers. The finding is also supported by the fact that; there is a strong relationship between alcohol and domestic abuse, violence and sexual assault (Kypri K, & Langley JD. 2003)

#### **4.5 Measures initiated to control alcoholism in Igayaza parish**

All respondents agreed that there were various measures initiated to control alcoholism. The findings are as presented in the table below.

**Table 7:** Measures initiated to control alcoholism in Igayaza parish

<b>Measures</b>	<b>Frequency</b>	<b>Percentage</b>
Restricting hours of opening bars	30	60%
Government policy to imprison violent drunkards	1	2%
Community seminar and sensitization programs	19	38%
<b>Total</b>	<b>50</b>	<b>100</b>

Source: primary data

The findings revealed that findings in the table above indicate that 60% (30) mentioned Restricting hours of opening bars and closing bars is one of the measures introduced to control alcohol consumption 38% (19) mentioned that community seminars and sensitization programs have been initiated to overcome the effects of alcohol where that the community member come for free counseling sessions and only 2% seconded that government policies can held to control alcohol since there was lack of effective monitoring, implementation and evaluation of such policies hence alcoholism and domestic violence have remain rampant in Igayaza parish.

The findings were in line with the argument by Gifford, Maria, (2009) that increasing enforcement of drinking laws, and changing alcohol policies at community events, as well as increasing public awareness about the problems associated with alcoholism can control domestic violence.

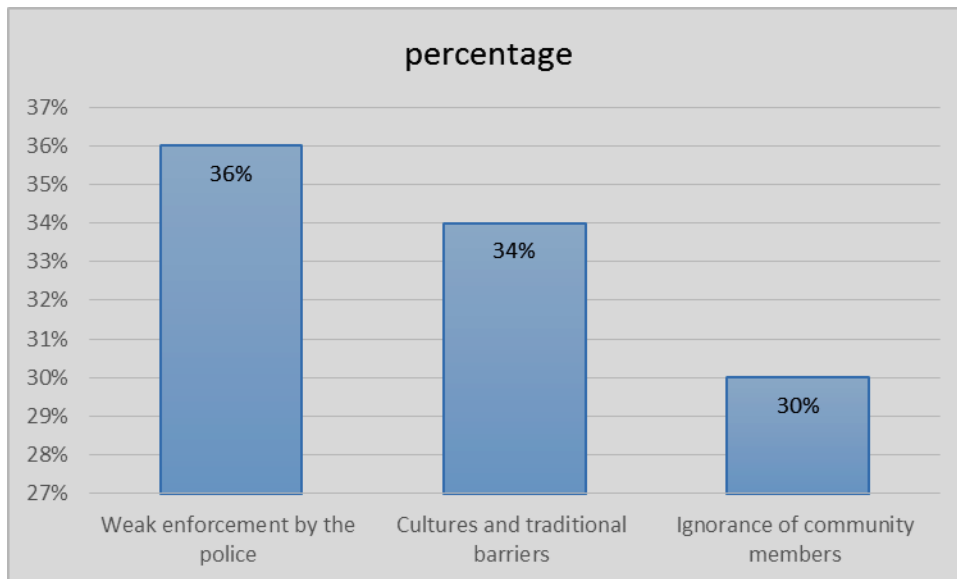
The findings also supplement the statement from the Ministry of education - Uganda that the lack of a clear national alcohol policy coupled with weak and poorly enforced laws provides fertile ground for increasing the availability and accessibility of alcohol in Uganda (Ministry of Health [MoH] - Uganda, 2010)

#### **4.6 The factors limiting the success of the strategies mentioned of alcohol control in Igayaza parish**

The researcher realized that despite the various efforts to control alcoholism in Igayaza parish, the vice is continuously increasing among men and the youth. Thus it was paramount to determine the limiting factors as a way to uproot alcoholism from Igayaza community.



**Figure 6; The factors limiting the success of the strategies mentioned of alcohol control in Igayaza parish**



**Source; primary data**

Findings in the figure above indicate that 36% (18) of the respondents mentioned weak enforcement by the police as a serious factor limiting alcoholism control strategies followed by 34% (17) of the respondents who mentioned cultures and traditions while 30% (15) mentioned community members are still ignorant about the effect of alcoholism or either they are aware but they are not ready to quit from the habit hence even when seminars and counselling sessions are held in the villages, the turn up is very low hence alcoholism has turned out to be one of the contemporary issues bothering Igayaza parish as a rural community. Therefore in order to control alcoholism and its effects on the community, efforts must be doubled to deal with the above strategies.

**Table 8:** Shows suggested strategies to control alcoholism

<b>Response</b>	<b>Frequency</b>	<b>Percentage (%)</b>
Using heavy fines on the bar owners for opening bars and selling alcohol during day	12	24%
Government and the police should give rewards for the community members who report alcoholic individuals involved in domestic violence	14	28%
Imprisoning law enforcement officers found drunk or in bars	20	40%
Counseling, guidance and rehabilitation centers	4	8%
<b>Total</b>	<b>50</b>	<b>100</b>

**Source: primary data**

The findings indicate that majority of the respondents who constituted 40% (20) mentioned that imprisonment of law enforcement officer found drunk or in bar would be the starting point towards eradicating alcoholism, 24% (12) of the respondents mentioned that control of alcoholism requires using heavy fines on the bar owners for opening bars and selling alcohol during day, 28% (14) of the respondents mentioned that the government and the police should give rewards for the community members who report alcoholic individuals involved in domestic violence where as 8% mentioned that provision of counseling, guidance and rehabilitation centers can help control alcoholism. This implies that the struggle to reduce

alcoholism and finally domestic violence require combined effort right from the community, law enforcers, NGOs and the government through sensitization, implementing policies, and promoting awareness through counseling and guidance.

### **Conclusion**

In this chapter the researcher was able to clearly present, analyze and interpret the study findings whereas comparisons were made to attest the study findings with the corresponding literature from various studies which supported the researcher in formulation of valid conclusions and reliable recommendations.

## **CHAPTER FIVE**

### **SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

#### **5.0 Introduction**

This chapter presents the summary of findings on an assessment of the impact of alcohol on domestic violence, conclusions, recommendations and the areas for further research.

#### **5.1 Summary of Findings**

The findings reveal that there are a number of factors that contribute to the high incidence of alcoholism in Igayaza Parish Kibale District as also confirmed by 46% of the respondents who mentioned that alcoholism is mainly caused by culture and traditions the embrace alcohol consumption as part praising their gods and spirits

According to the research conducted, drug and alcohol abuse have a direct correlation between these emerging domestic violence issues. The research findings indicate that, domestic violence is caused by high rates of alcohol abuse used by these insensitive people. Batterers abuse drugs and alcohol which in turn increases the probability of domestic violence. Alcoholism and domestic violence interact and they are correlated hence both of them should be addressed simultaneously. A few cases of domestic violence can offer adequate guiding and counseling or health services programs for drug and alcohol abusers.

The findings on the effect of alcohol consumption on married people reveal 42% mentioned domestic violence as the major effect of alcoholism were by the when the family members resort to alcoholism they become violent and they cannot control their tempers hence this increases emotional and physical abuses in

homes. This confirms that domestic violence is highly influenced by alcoholism.

The findings reveal that there are measures initiated to control alcoholism in Igayaza parish. This is confirmed by 60% who mentioned setting restricting hours of opening bars and closing bars is one which restricts consumption of alcohol during working hours. However government policies to control alcohol are not efficient due to lack of effective monitoring, implementation and evaluation hence alcoholism and domestic violence have remain rampant in Igayaza parish.

## **5.2 Conclusion**

Therefore it can be concluded that an increase in alcohol consumption will significantly result into increased domestic violence. The results are supportive to the statement that alcohol harm is experienced not only by drinkers but by those around them including families, friends, colleagues and strangers. Hence there is a strong relationship between alcohol and domestic violence and sexual assault.

According to the study findings, alcoholism has wider negative effects sexual abuse, psychological abuse or emotional abuse, verbal abuse, financial abuse, economic abuse and physical abuse. The research therefore concludes that the perpetrators of domestic violence can either be the female or male as can be the victims of alcoholism. However, most of the data collected after conducting research shows that, abused victims are mostly female and battered men cases are rare. Drug abuse was rated as the major cause of the problems. A partner who is abused can become lame, die and lack social power of interaction hence staying in an isolated life from his or her friends.

Based on the study findings, the researcher concludes that an authority, especially the government has not fully addressed the problem of alcoholism and domestic violence concerns. The government has failed to apply the appropriate laws to arrest and prosecute the sellers of alcohol in the community. The research further blamed the people who have been victims of domestic violence for failing to report such incidences to the authorities for action to be taken. Proper policies and laws should be formulated to assist in settling alcoholism and family disputes.

### **5.3 Recommendations**

The researcher recommends that there is a need for guidance and counseling programs to be introduced in all villages, churches and schools as a way of helping people who are already drug addicts and those who have been physically or emotionally abused in the past. Guidance and counseling married couples on domestic violence will help reduce such incidences by 87%. Therefore, the findings are effective and reliable since it has suggested the most possible and practical solutions to be monitoring and implementation of laws/policies, closing of bars during day and community sensitization.

The researcher recommends that there is need for non-governmental organization, government, schools and religious institutions to educate people on the effects of drugs. Therefore stringent rules and regulations (laws) must be legislated so as to reduces and deter people from abusing drugs; hence reducing domestic violence. Because the researcher has articulated on facts, this makes the findings to be reliable and effective in dealing with the menace of alcohol consumption being a major cause of domestic violence. This is because it

targets all people in the society hence effective because it aims at solving the problem using facts.

The researcher recommends that the Ministry of health and Civil Society Organization to intensify campaigns on human rights and the effects of gender violence in a country. The sensitization campaigns learned should assist those who suffer because they are ignorant about support services and their human rights. The Ministry of Health should establish information giving channels to the parent students and support staff. There should be educational curriculum that supports proper family living. Lessons on good family practices and general family life education should be emphasized in schools to control alcoholism from the grassroots.

The government should consider training of family counselors and dispatch them to serve in the local communities even at the divisional levels. The government should also initiate self-help projects among the poor communities in order to alleviate the problem of alcoholism.

The researcher recommends that community members and non-organizational bodies should intensify their activities in the local areas. It has been the case that the urban communities have more access to special hospitals and support services than rural communities. Therefore this study therefore calls for extension of support services to rural communities.

#### **5.4 Suggestions for further research**

The research recommends that further research should be conducted in the following areas;

- i. To assess the cultural beliefs that perpetuate gender based domestic violence in other communities.
- ii. A comparative study on the rate of violence among married partners in rural and in urban areas.



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## APPENDICES

### Appendix I: QUESTIONNAIRE

Dear respondent,

I am TUGUME TUMWESIGYE a student of Uganda Martyrs University carrying out a research on "Assessment of the impact of alcohol on domestic violence. A case study of Igayaza parish Kibaale district." Please complete this questionnaire as honestly as you can to enable me form a balanced view of your experiences about issues related to the research views. The information provided will be treated with high confidentiality for academic purposes only. Therefore you are requested to spare some few minutes of your time to respond to the questions.

**Instructions;** Please tick the appropriate box or fill in the blank spaces provided

#### SECTION A (BIO DATA)

1. Age bracket

- |           |                          |                  |                          |
|-----------|--------------------------|------------------|--------------------------|
| i. 18-28  | <input type="checkbox"/> | iii. 39-48       | <input type="checkbox"/> |
| ii. 29-38 | <input type="checkbox"/> | iv. 49 and above | <input type="checkbox"/> |

2. Gender

- |            |                          |
|------------|--------------------------|
| i. Male    | <input type="checkbox"/> |
| ii. Female | <input type="checkbox"/> |

3. Marital status

- |                  |                          |              |                          |
|------------------|--------------------------|--------------|--------------------------|
| i. Married       | <input type="checkbox"/> | iii. Widowed | <input type="checkbox"/> |
| ii. Single       | <input type="checkbox"/> | IV. Divorced | <input type="checkbox"/> |
| v. Single parent | <input type="checkbox"/> |              |                          |

4. Religion .....

5. Area of residence .....

**SECTION B**

**ALCOHOLISM AND DOMESTIC VIOLENCE**

6. How often do you see people consuming alcohol in your community?

- Day
- Evening
- Night
- Weekends
- Always

7. What are the major causes of alcoholism in your community?

- 1. Stress
- 2. Cultures and traditions
- 3. Peer pressure
- 4. Unemployment

Please specify others

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8. How does alcohol consumption affect married people?

1. Domestic violence

2. Family neglect

3. Divorce

4. Poverty

Please specify others

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---

9. How does alcoholism influence domestic violence?

Alcohol makes people violent

Alcoholism makes people angry and short tempered

Alcoholism makes people abusive

Alcoholism increases the rate of poverty as it drains household incomes

Please specify others

---

10. What are the major effects of domestic violence that results from alcohol consumption in your community?

Psychological effects (emotional, post traumatic disorders, stress)

Physical effects (broken bones, injuries, death)

Moral degradation

Sexual violence (marital rape, defilement, untended pregnancies)

Please specify others

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11. Mention measures that have been used to control alcoholism in your community?

Restricting hours of opening bars

Government policy to imprison violent drunkards

Community seminar and sensitization programmes

Please specify others

---

12. What are the factors limiting the success of the strategies mentioned above?

Weak enforcement by the police

Cultures and traditional barriers

Ignorance of community members

Please specify others

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13. In your own opinion, suggest measures that can be used to control both alcoholism and domestic violence in your community?

Please specify others

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**Thank you very much. God Bless you**

## **Appendix II: Interview guide checklist**

I am TUGUME TUMWESIGYE a student of Uganda Martyrs University carrying out a research on "Assessment of the impact of alcohol on domestic violence. A case study of Igayaza parish Kibaale district"

The information provided will be treated with high confidentiality for academic purposes only. Therefore you are requested to spare some few minutes of your time to respond to the questions.

1. How often do you see people consuming alcohol in your community?
2. What are the major causes of alcoholism in your community?
3. What are the categories of people taking alcohol in Igayaza sub-county?
4. How does alcohol consumption affect married people?
5. How does alcoholism influence domestic violence?
6. What are the major effects of domestic violence that results from alcohol consumption in your community?
7. How have local leaders and the police responded to alcoholism and domestic violence in your community?
8. Mention measures that have been used to control alcoholism in your community?
9. What are the factors limiting the success of the strategies mentioned above?
10. Suggest measures that can be used to control both alcoholism and domestic violence in your community?

### **Appendix III: Observation checklist**

1. Are there people taking alcohol in the community?
2. What time do people start taking alcohol in the community?
3. The major age groups, gender and age in the community taking alcohol.
4. Are law enforcement officers taking alcohol while on duty?
5. How do alcoholics behave in their families after taking alcohol?
6. Are there any physical effects on family members from homes where alcohol is brewed and taken often?
7. How are women and children emotionally effected by alcoholism?
8. Whether the police and community leaders are actively involved in implementing anti-alcohol laws.
9. Are community members aware of the anti-alcohol laws, penalties for drinking during working hours, underage (18 years) drinking and selling alcohol to underage youth.

## **Appendix IV: Focus Group Discussion Guide**

I am TUGUME TUMWESIGYE a student of Uganda Martyrs University carrying out a research on "Assessment of the impact of alcohol on domestic violence. A case study of Igayaza parish Kibaale district"

The information provided will be treated with high confidentiality for academic purposes only. Therefore you are requested to spare some few minutes of your time to respond to the questions.

1. How often do you see people consuming alcohol in your community?
2. What are the major causes of alcoholism in your community?
3. What are the categories of people taking alcohol in Igayaza sub-county?
4. How does alcohol consumption affect married people?
5. How does alcoholism influence domestic violence?
6. What are the major effects of domestic violence that results from alcohol consumption in your community?
7. How have local leaders and the police responded to alcoholism and domestic violence in your community?
8. Mention measures that have been used to control alcoholism in your community?
9. What are the factors limiting the success of the strategies mentioned above?
10. Suggest measures that can be used to control both alcoholism and domestic violence in your community?

**End**