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(Participant 6)

Latendress, Mulawu and Matemba (2011) further argue that the mistreatment of children, including sexual abuse, physical abuse and neglect, may also lead to childhood psychopathology and later to drinking problems. Habits are constructed from the environment where one stays. From the perspective of social constructivism, most of the children who are raised this way will start drinking alcohol at tender ages and they will not even complete grade twelve as they become alcohol addicts at tender ages. They also start selling alcohol and produce their kids at tender ages, leading to a cycle of addiction (Latendress, et al. 2011).



#### **5.4 Theme 2: Coping with stressful**

The study ascertained that women's coping strategy of stressful life events or situations. Most of the participants cited stress as the main psychological cause, thus they resorted to alcohol use as a remedy. Stressful life events or situations is the mental and emotional strain felt by an individual which brings about depression, anxiety, irritability, denial, and anger. It may cause such symptoms as raised blood pressure or headaches or both. This study revealed the following stressful situations resulting in woman alcohol consumption. Alcohol is often used to reduce the tension of an impending or actual event (Barry, 2013).

Some participants have experienced an abusive and difficult relationship with their parents during their childhood. During their adulthood, the participants experienced high conflict within

relationships with their partners and family members. Some of the participants felt that they carried their negative attitude from their original families into their intimate relationships. Two participants stated that they used alcohol to escape or cope with their problems. Alcohol helps reduce stress and focus attention elsewhere for a while, but the problems remain well after they stop drinking (Barry, 2013).

*“I drink to forget my problems and have peace with the whole world.”*  
(Participant 3)

*“Heavy drinking makes me relax and feel like I am in control of the world.”*  
(Participant 5)

Women expecting alcohol to relieve their feelings and having a coping style characterized by avoiding rather than confronting life issues all combine to make it more likely that an individual will be motivated to drink to cope with stress. In this instance, drinking can reduce stress in certain people and under certain circumstances. Individuals often drink alcohol to decrease anxiety to cope with stress, especially related to the tension of an actual event, impending anxiety (Bachman, 2009).

*“I have a lot of family members to take care of and I cannot afford to buy food for them. I can only drink alcohol to forget this burden on my shoulder.”*  
(Participant 8)

*“I grew up with my grandmother with no idea about where my mother was. At the age of 15 my grandmother disclosed that my mother had tried to kill me when I was a baby and had run away to Angola. Since that time, I am not psychologically fine; it affects me a lot. I started to be absent from school in*

*order to drink alcohol to forget the problems because I feel I'm a useless and helpless person and tried to commit suicide.” (Participant 5)*

These findings concur with the findings of Chacter and Daniel (2011) who stated that some individuals may fail to cope with emotional stress and may resort to alcohol abuse. (Agrawal, et al., 2010) pointed out that a lack of coping responses among people who attempt suicide exists as they may see no other way of resolving their problems or ending their unendurable psychological or physical pain.

#### **5.4.1 Sub-theme 2.1: Stress around lack of financial resources for family upkeep**

Financial resources are important in the day to day running of families. Due to unemployment some Namibian families are unable to meet the basic family demands. This stresses mothers (women) mostly as children always bother them with food or other basic demands which they cannot provide. Hence, they go out to drink alcohol to run away from being bothered. This is indicated by the following participant.

*“My husband does not work and I am not having a sustainable income. We are having four children and these children need food, clothing and school fees. My husband is very lazy. He cannot even go and find work, so tell me how we survive. The father of my kids does not help me and I suffer alone in raising the kids. The children cry to me for food and other stuff which I cannot provide sometimes and this pains me so much. I tend to drink alcohol so that I am not bothered because I don't want to be stressed.” (Participant 1)*

*“The type of job I am working does not sustain me and my family that much. It is really stressful for me if I think of how I will support my family. I am a single mother having four children and my husband died, so that leaves me as the sole provider. The only way to rub these emotions is through alcohol drinking.” (Participant 8)*

The above quotations reveal that alcohol can help an individual relieve stress about a particular situation. For as long as the problem of too many family responsibilities is not solved, it will always be there even when someone becomes sober. These findings corroborate with the findings of Simons and Arens (2007), who point out that experiencing negative emotions such as anxiety or depression, expects that alcohol will relieve these feelings. Thus, having a coping style characterized by avoiding rather than confronting life issues, all combine to make it more likely that an individual will be motivated to drink to cope with stress. To most women, the failure to provide for their family needs is a stressing experience; hence they deal with it through drinking alcohol. These findings concur with earlier findings of Chacter and Daniel (2011) and Kowalski (2009) who pointed out that people who drink heavily are motivated by various stress related matters.

#### **5.4.2 Sub-theme 2.2: Escaping emotions of separation or divorce**

Couples separation is agreement not to live together as husband and wife while remaining married. Divorce is an official ending of a marriage by an official decision in a court of law (Lee, et al, 2009). Both separation and divorce result in a couple not being together. To some women, this emotionally affects them as their communion and attachment to the partner is jeopardized and a lot of complications such as property ownership come up (Braun, Clark, & Virginia, 2007). Married women had the least of chances of being engaged in heavy alcohol use as compared

with women in all other categories of living arrangements (that is, cohabiting or living with parents, in a dormitory, alone, or in other arrangements), who showed relatively high chances (Debie, 2009). A different study by Huselid (2009) also indicated that becoming engaged (that is, making a commitment to a relationship) had a similar but less powerful effect on drinking compared with marriage, whereas becoming divorced led to increased drinking behavior. The participants described it as follows:

*“My husband left me two years back and I am not able to cope with this situation since my children are still schooling and I’m unemployed, I opt to drink alcohol to forget him. (Participant 8)*

The findings from this study are supported by the study of Sloan, Grossman and Platt, (2011), who attribute people’s motives to drink alcohol in order to cope with distress or depression, or to escape from negative feelings. In addition, Deal and Gavalier (2011) point out that heavy drinking is part of a style of coping with stress that involves denying or avoiding one’s negative emotions, and that individuals are more likely to engage in denial or avoidance of emotions. Couple separation or divorce is one emotional stress factor women would want to forget or hide.

#### **5.4.3 Sub-theme 2.3: Coping with loneliness**

Loneliness is a subjective experience that can cause a great deal of discomfort (Braun, Clark, & Virginia, 2007). It is a type of undesirable state that a person experiences when they are feeling a strong sense of emptiness and solitude. It can also be defined as an unbearable feeling of separateness from other people (Carey, 2014). According to the findings of this study, coping with loneliness or solitude was a motive behind alcohol use amongst women in Oshana region.

The study showed that single women felt lonely when home, hence each one resorted to going out to socialize with other individuals for company. Furthermore, the single women do not have spouses who control or restrict them in going out to consume alcohol; hence, they have autonomy which includes alcohol use.

*“I stay alone at my flat; all my children are at boarding schools. Currently, I do not have a boyfriend whom probably I can be with. The majority of my friends are housewives and mostly they will be with their families. This leaves me lonely in my boring house, so I resort to going out to drink and hope to make new friends there.”*  
(Participant 4)

These findings are similar to the earlier findings of Latendress et al. (2011) and (Armstrong & Abel, 2009) who observed that alcohol could be used by many as a coping strategy for loneliness. Participants indicated a feeling of loneliness which made them join a peer group and become heavy alcohol drinkers. They described the loneliness as follows:

*“I have good friends who like to go out during weekends and I’m always remaining in the hostel. My friends like to go to the clubs. One day I decided to join them and I drank a lot. Since that day, I started using alcohol every day.”* (Participant 3)

What may have once been just drinks with friends becomes drinking at every social function and feeling the overwhelming urge to drink if alcohol is not part of the event. Cronin (2012) explored drinking behavior in relation to loneliness and found that some individuals drink heavily for them to cope with loneliness.



### 5.5 Theme 3: Social interactions

Sociability is a personality trait that triggers the ability to be fond of the other people's company and is defined by Schuckit and Smith (2008) as the play-form of association, that is, the pleasurable, joyful and delightful experience that comes out of people's interaction in society. Imagine the perfect social situation, when you are having fun with peers, chatting, laughing, joking and enjoying the sheer delight of being together (Jovchelovitch, 2007).

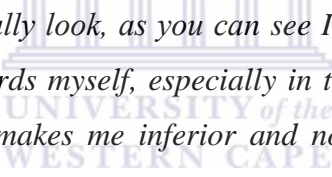
*"I am working and after work I like to go straight home but feel bored. One day one of my friends asked me to go with her to a bar to have some drinks. Then after that day I started to drink more till late." (Participant 7)*

*"Most of my friends go out to drink and I cannot stay at home alone. I have to go out and drink with them; at least I feel good in the company of people who are drinking. I don't want to be isolated or left out. We can drink as long as we have a sponsor. It helps me to socialize with friends." (Participant 4)*

Studies by Cronin (2012) on women who are involved in heavy drinking in Southern Namibian reflected a weak relationship between sociability and heavy drinking. Mustonen, Beukes and Du Preez (2013) noted a positive relationship between drinking and sociability. Mustonen et al. (2013) suggested that women who have some heavy drinking experiences (but not a great deal) appear most integrated into the drinking community. Thus, extraversion/sociability may be related to drinking rates among women, but less related to drinking problems (Sher & Trull, 2014).

### 5.5.1 Sub-theme 3.1: Boost low self-esteem and confidence

Self-esteem is a term used in psychology to describe how humans evaluate themselves overall in relation to self-worth and can be described as the confidence and satisfaction that the individual has with their own life (Agoabasa, 2012). Low self-esteem is the lack of confidence in one's merit as an individual person's self-confidence. It is a feeling of distrust or uncertainty in one's abilities, qualities, and judgment. This results in being nervous or timid in the company of other people, thus failing to perform or fulfil obligated intentions. This study found out that some women with low esteem took alcohol to boost or increase their self-confidence (Agrawal, et al., 2010). To them alcohol removes nervousness and the feeling of being timid, thereby improving their mood:

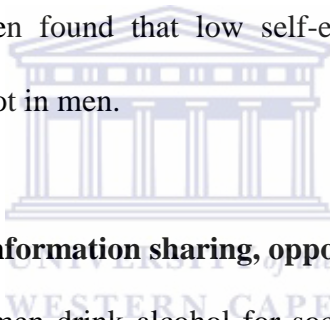


*“You know the way I physically look, as you can see I am fat and unattractive. I have a negative feeling towards myself, especially in the eyes of everyone, I feel insecure and unloved. This makes me inferior and not to believe in myself. In order to deal with this, alcohol comes to my rescue. I feel elevated and more confident when I am under the influence of alcohol.” (Participant 4)*

*“Alcohol makes me feel like I am in control because it elevates my moral and confidence. Without alcohol, I feel powerless and intimidated; through drinking I gain power and control over everything.” (Participant 5)*

Low esteem is a determining factor towards alcohol consumption. Individuals who have issues around their physical appearance can easily develop feelings of low self-worth. In the modern world, there is too much emphasis placed on physical beauty and feelings of being unattractive will lead to a low self-esteem. Low self-esteem is one of the characteristics of alcohol addictive

personality (Gill, 2008). People will use alcohol to increase their self-confidence; they become less concerned with what other people think of them. The individual begins to rely on alcohol in order to cope with life. This is in-line with the study of Brennan, Harrel and Mahatma, (2012), who found out that some individuals who drink heavily as a result of a low self-esteem as individuals would want to uplift their esteem through taking alcohol. From the social constructionist perspective, individuals believe that their social esteem is low and want to uplift it so that they are not isolated from the rest of the community that surrounds them. Therefore, they may opt to drink heavily to meet this social need (Chacter & Daniel, 2011). A study by Carey (2014), on the relationship between frequency and problems of drinking of a community sample of young men and women found that low self-esteem predicted an alcohol heavy drinking diagnosis in women but not in men.



### **5.5 .2 Sub-themes 3.2: Business information sharing, opportunities and connections**

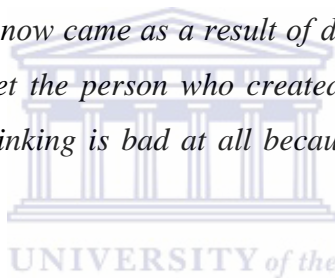
The study revealed that some women drink alcohol for socialization so that they can hook or grab business connections and opportunities and also exchange business information with counterparts. Most business people gather and chill at drinking spots and some adventurous women also follow to such spots and drink as well as to follow business opportunities:

*“I am running a small business in catering, I need tenders and contracts so I need to be connected to the right people, I mean other business people as well. Most of the business people gather at specific drinking places. In order for you to access them, you should drink with them. It is through the drink you get business opportunities and other useful information because some of the people are well connected.”*  
(Participant 5)

*“I started to drink when I had a meeting with my friends who were interested to support me on my business, and since then I started drinking heavily.” (Participant 4)*

These findings are in conjunction with Neufeld, et al, (2009) who argue that one of the primary functions of alcohol intake noted by anthropologists is its role as a social bonding mechanism and symbolic marker of intimacy. As people chill out till late, they meet other individuals whom they can partner and do business with and end up creating business opportunities for them:

*“The current job I am doing now came as a result of drinking. If I didn’t spend time drinking, I wouldn’t have met the person who created the business opportunities I have now. I wouldn’t say drinking is bad at all because it has made me who I am today.” (Participant 3)*



These findings corroborate with the findings of (Agrawal et al., 2008) who found out that as individuals drink, they create social bonding and platforms for information sharing. The desire to keep hope that one day one will meet with people who may change their lives makes some individuals want to be in bars more often, therefore resulting in recurring heavy drinking.

#### **5.6 Theme 4: Social economic status**

Social marginalization/exclusion has been associated with high prevalence of alcohol use. Drinking patterns and outcomes of drinking are correlated with an individual’s socio-economic status, including employment and income level (Barry, 2013). Studies suggest a positive

relationship between being a current drinker and an individual's education level and income (Chacter & Daniel, 2011; Barry, 2013; DeBoer, Schippers & Van der Staak, 2010). Higher rates of alcohol abuse have been reported among the indigent and homeless although there is variation across countries (Agoabasa, 2012). Women's socio-economic status (SES) and educational level form important factors that influence one's well-being (Debie, 2009).

### **5.6.1 Sub-theme 4.1 Lower social economic status**

If an individual feels that he/she is of a lower social economic status, he/ she feels isolated and feels unacceptable to their current community or environment. Braun, Virginia and Clarke (2007) point out that some individuals drink heavily for them not to worry about their socio-economic levels. Drinking heavily makes them feel that they are ok and will make them stop worrying about their low socio-economic status. Heavy drinking makes them have a sense of belonging and a sense of comfort. Participants in the study reflected that a low socio-economic status was one of the reasons that made women drink heavily in Oshakati. The following emerging sentiments support and validate this theme:

*“I grew up in the limited economic status; my parents were unemployed.”(Participant 3)*

*“I came to know money at the age of ten when I went to stay with my aunt and started buying alcohol....” (Participant 5)*

*“My entire family members are working and I am the only one who is not working and this haunts me a lot. So when I get money, I just drink.”(Participant 2)*

*“My friends are all drinking alcohol after work and all from well-off families...”  
(Participant 8)*

Social cultural factors such as poverty and low socio-economic status, which affect early development within the family, such as lack of mutual attachment, ineffective parenting and chaotic environment have been shown to be critical important indicators of risk (Agrawal et al., 2008). Thus, this is in line with the WHO (2014) who has shown that there are more drinkers in the higher socio-economic group and abstainers are much more common in the poorest social group. People with lower- socio-economic status appear to be more vulnerable to tangible problems and consequences of alcohol consumption.

Although alcohol use has effects on individual people from all walks of life, and has been identified among all SES groups and nationalities, those most affected are poverty-stricken and bear the greatest burden (Armstrong & Abel, 2009). Those that are from wealthy families who drink heavily do so because they are frustrated by other social aspects. Some may be wealthy but are lonely and this loneliness can drive them into becoming heavy drinkers (Cronin, 2012). The study by Chacter and Daniel (2011) has shown that the use of alcohol is relatively high in low SES women. A study by Coles (2010) regarding drinking behavior, showed that individuals who drank heavily were those with lower education and lower income. The implication here is that, women from lower socio-economic standings were more likely to engage in heavy alcohol use whereas women who were highly educated and had a higher socio-economic status were less likely to engage in heavy alcohol use. The participants expressed their voices as follows:

*“Sometimes I feel isolated and I feel that I did not achieve as much as I should have achieved. I wasted my time at high school. I didn’t work so hard, I feel useless.”*  
(Participants 5)

*“When I look at what my colleagues have achieved, I feel life did not treat me so well. Therefore, heavy drinking makes me forget about all these since it allows me to relax my mind for a while.”* (Participant 2)

Based on these sentiments from above, it can be stated that low social status is a contributing factor towards alcohol abuse among women. On a contradictory note, a different study by Gill (2008) showed the link between status and consumption appears to go further than the drinking habits of female high-fliers. There is evidence to suggest an association between education and consumption levels (Ureydarius & Patel, 2014). This study found out that the more educated women are, the more likely they are to drink alcohol on most days and to report having problems due to their drinking patterns, and the relationship is stronger for females than males.

#### **5.6.2 Sub -theme 4.2: Lack of occupation**

Lower socio-economic class is typified by poverty, homelessness and unemployment. People of this class, few of whom have finished high school, suffer from lack of medical care, adequate housing and food, decent clothing, safety, and vocational training (Agoabasa, 2012). This study showed that women in the lower social class are idle most of the times due to lack of occupation and of being unemployed. In order to keep themselves occupied, they resort to drinking alcohol heavily to kill or while up time (Lee, Sudore, Williams, Lindquist, Chen, & Covinsky, 2009). They expressed their voices as follows:

*“Since I am unemployed, I usually find myself having nothing to do almost all the time and it’s so boring you know. So I can only find what to do through drinking either at home or here at the bar. I feel occupied hence, drinking does it for me.”*  
(Participant 2)

*“I was working as an engineer at a certain Company. Most of the time I knock off late and I don’t have time to cook for myself. I like to buy beer at the nearest bar and go home very late. I started being absent from work due to papalas. Currently, I lost my job due to alcohol misuse.”* (Participant 4)

These findings relate with Agoabasa (2012) who says that social marginalization is associated with high prevalence of alcohol heavy drinking. The study by Armstrong and Abel (2009), agrees with the findings of this study as it mentions that higher rates of alcohol abuse have been reported than among the indigent and homeless although there is variation across countries. Although alcohol use affects individuals from all walks of life and has been identified among all SES groups and nationalities, those most affected are poverty-stricken and bear the greatest burden (Cronin, 2012).

### **5.7 Theme 5: Positive mood enhancement**

Every behavior an organism in engages involves information from the primary senses, such as vision, hearing (audition), and touch. Mood enhancement involves the improvement or addition to the strength in the general way of thinking and feeling about something, thus producing desirable outcome (Cronin, 2012). Alcohol alters mind and sensory information, thus influencing

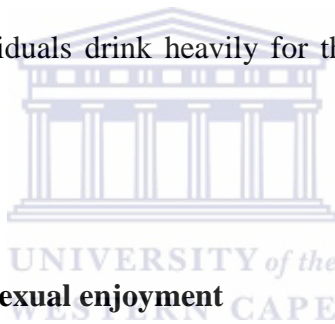


perception of time, thinking, behavior, mood and sensational feeling (Kowalski, 2009). The study revealed the following positive mood enhancing constituencies they encountered:

*“When I drink alcohol it makes me feel good and I feel like I am in control of the world.”(Participant 5)*

*“Alcohol makes me feel good and it makes me have strength from whatever is worrying me.” (Participant 1)*

These findings concur with earlier findings of (Agoabasa, 2012; Merrill, Read & Barnett, 2013) who stated that some individuals drink heavily for them to have a positive mood enhancement.



### **5.7.1 Sub-theme 5.1: Increasing sexual enjoyment**

According to Abraham Maslow’s pyramid of hierarchy of needs, sex is a physiological need which must be satisfied in order to move up the hierarchy (Deress & Azazh, 2012). In satisfying this physiological need, the study found that some women consume alcohol in order to encounter feelings of great happiness or pleasure.

*“Sex is one of the tying ropes of a man and woman relationship and it should be interesting or done well as it is vital. I personally take alcohol to spice up my sex life.” (Participant 6)*

*“I enjoy having sex more when I am drunk than sober. Alcohol stimulates me more and adds the pleasure.” (Participant 2)*

*“I feel good when I am having sex under the influence of alcohol.” (Participant 5)*

The findings of this study showed that women drink alcohol because they want to increase their sexual pleasure. (Lader & Meltzer, 2010) are in support of this finding who in their study found that high-sensation-seeking men and women consumed more alcohol than their low-sensation-seeking counterparts. High sensation seekers consumed more alcohol for enjoyment mood and body effects for a greater variety of experience-changing. In addition to this notion, (Humphreys & Moos, 2009) stress that many alcoholics drink alcohol to improve their mood and restore their spirits, among them is that alcohol increases sexual enjoyment. In many women, alcohol increases sexual arousal and desire for sex (Gill, 2008). Psychologically, alcohol has also played a role in sexual behavior and Cronin (2012) reported that women who were intoxicated believed they were more sexually aroused than before consumption of alcohol. Alcohol can influence the capacity for a woman to feel more relaxed and in turn, be more sexual (Agoabasa, 2012).

### **5.7.3 Sub-theme 5.2: Seeking relaxation**

Relaxation is an enjoyable activity that provides a change and relief from effort, work, or tension, and gives pleasure, especially to hard working people (Martinic & Measham, 2008). The findings showed that relaxation can be added as an extra dimension through alcohol consumption. Some women find relaxing after working more pleasurable when they are drunk.

*“I am a hard working woman who has achieved a lot in life. As you know when you work, you also need time to rest. The rest of a hard working person is not an*

*ordinary rest; it should be filled with joy and cheerfulness. The bottle (alcohol) for me ensures I relax happily and peacefully.” (Participant 3)*

*“Usually, I drink alcohol to rest or relax. To me drinking alcohol is a lubricant which facilitates and aids my happiness when I am at home mostly when I am not very busy.” (Participant 2)*

Closely related to relaxation is the sensation of feeling happy and cheerful. Results of a survey on drinking habits by Kidorf, Sherman, Johnson and Bigelow, (2015) revealed that approximately half the drinking respondents reported this effect. Roberts and Robins, (2012) reported that subjects who had consumed alcohol were happier and laughed more than a comparable group who had not consumed any alcohol. From the social constructivist perspective, individuals construct their own reality; what they feel is the best for them (Berger & Luckmann, 1996). Therefore, some women drink heavily because they believe that when they are drunk, they relax and are at peace with everything.

## **5.4 Conclusion**

This chapter presented and discussed the findings of the social-physiological determinants of alcohol use in women in Oshana region. The first part of this chapter presented the demographic information of the participants followed by the main findings presented in themes and sub-themes supported by relevant literature. This chapter unveiled that there are several psychosocial determinants of heavy drinking among women and that although these individuals may be aware of the negative effects of heavy drinking like losing their valuable jobs among others, they

still cannot learn much from these repercussions and they continue to drink heavily and further destroy their future since it seems that alcohol has taken control of them.

In the next chapter, the conclusion and recommendations of the study will be presented.

## CHAPTER 6

### CONCLUSION AND RECOMMENDATIONS

#### 6.1 Introduction.

This chapter will present a summary of the study, the conclusions of the findings and recommendations for future research. The aim of this study was to explore the psych-social determinants of women living with heavy alcohol drinking in Oshana Region. The study adopted a qualitative research approach defined as a “form of systematic empirical enquiry into meaning (Christensen & Johnson, 2012). The research’s main question for the study was “*What are the psycho social determinants of heavy alcohol drinking among women in Oshana, Namibia?*” The question was answered in Chapter 5 where research findings were presented and discussed.

The study had two main objectives namely to:

- explore and describe the reasons of women’s alcohol use in the Oshana Region.
- explore and describe the psychological and social factors that affect women’s drinking.

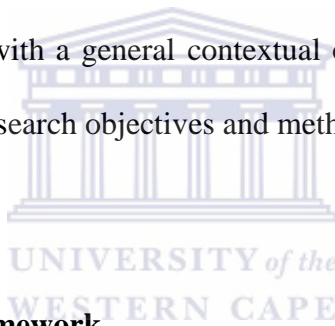
The collected data was analysed, from which five main themes emerged that were elaborated on in Chapter Five. Literature and theory was used to substantiate, explain, compare and contrast the findings of this study. A brief summary on each of the previous chapters, as well as conclusions and recommendations from the findings will be presented in the following sections.

## **6.2 Summary of the chapters.**

The summary of the study provides a brief account of the chapters, without going into detail, as they have been thoroughly discussed already.

### **6.2.1. Chapter 1: Introduction of the study.**

This chapter provided the reader with a general contextual overview of the research study, the research problem, research goal, research objectives and methodology used to execute the study.



### **6.2.2. Chapter 2: Theoretical framework.**

The second chapter presented the theoretical framework which forms the underpinning framework of the study. In this study, the social constructionist theory was used to explain the drinking behaviours of women who drink heavily in Oshakati. In this chapter, the justification of adopting this theoretical framework was also elaborated in detail.

### **6.2.3. Chapter 3: Literature review.**

In Chapter 3, the research presented a comprehensive review of literature. The literature which was explored mainly focused on women and alcohol in Namibia and literature was also used to

explore the various psychosocial determinants of heavy drinking and the negative consequences associated with heavy drinking with specific focus on women.

#### **6.2.4. Chapter 4: Research methodology.**

This research chose and used an explorative and descriptive design with a qualitative approach as the best suited in seeking to achieve the study's aim. Chapter 4 elaborated more on research methodology and the steps used to complete the research study successfully. This chapter presented the research design (explorative and descriptive) approach (qualitative), description of the studied population (women using alcohol) and sampling strategies (random and snowball) which were adopted in the study. In this study, the samples were women who are heavy alcohol drinkers. The data was collected by means of semi-structured face-to-face interviews. In addition to that, this chapter also presented issues of data collection and analysis, and ethical issues which were considered in the study.

#### **6.2.5. Chapter 5: Presentation and discussion of the findings.**

Chapter 5 presented a discussion of the main findings which were presented in the form of theme and sub-themes that were generated from the in-depth interviews which were carried out. This chapter also presented the demographic information of the eight participants in the study. With the five themes which emerged in the study, literature and theory was used to substantiate, explain, compare and contrast the findings of this study. Specifically, the following themes emerged from the study:

#### **6.2.5.1. Theme 1: Family influence.**

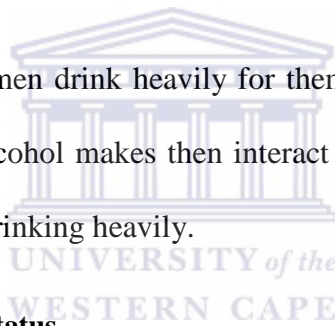
The study unveiled that family influence is one of the main determinants for heavy drinking. The study found out that women drink heavily because of the way the family has socialised them.

#### **6.2.5.2. Theme 2: Coping with stressful life events or situations.**

The study also established that women drink heavily because they want to cope with stressful situations or events in their lives. In this case, they heavily take alcohol for them to cope with their situations for a while.

#### **6.2.5.3. Theme 3: Social interactions.**

The study also found out that women drink heavily for them to interact with friends and other partners. Their heavy uptake of alcohol makes them interact and fit well with whoever they are interacting with who will also be drinking heavily.



#### **6.2.5.4. Theme 4: Social economic status.**

The study also unveiled that women drink heavily as a way of trying to ignore their low social economic status. When such women drink heavily for a while, they will not think of their low social and economic status.

#### **6.2.5.5. Theme 5: Positive mood enhancement.**

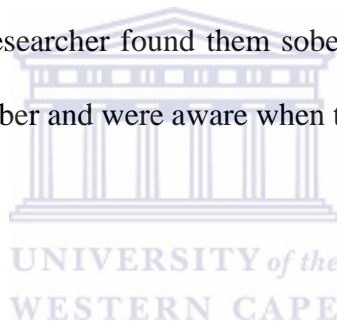
The study also elicited that women drink heavily for them to remain high, that is, for positive mood enhancement. Drinking heavily makes them feel good and keeps their moral high.

#### **6.2.6. Chapter 6: Conclusion and recommendations.**

Lastly, Chapter 6 presents the conclusions and recommendations of the study. It presents an overall summary of the chapters covered in the study, as well as the limitations that need to be observed simultaneously with the findings of the study. The chapter also provides recommendations for future research.

### **6.3 Limitations of the Study.**

All the participants in the study were women who drink heavily and was sampled using random and snowball sampling strategy. Since the participants were drunk most of the time, the researcher had to arrange for suitable time to interview them when they were sober. More visits were required to ensure that the researcher found them sober. The interviews were done only when the participants were fully sober and were aware when they consent to be interviewed.



### **6.4 Recommendations.**

#### **6.4.1 Recommendations to the MOHSS.**

The Ministry of Health and Social Services is the department responsible for the rehabilitation of women who drink heavily in the study. Some of the participants in the study lost their jobs as a result of heavy drinking.

- Therefore, the study recommends that more rehabilitation centres need to be built so that heavy drinking women can be rehabilitated for them to live a healthy and non- alcoholic life again.
- The service providers should improve service delivery by increasing awareness campaigns targeting women and young girls on alcohol abuse.



- Social workers should always refer women and young girls with alcohol problems to rehabilitation centres and sustain aftercare services to prevent rehabilitated clients from relapse.
- It is important for social workers to be trained specifically on the management of substance abuse in the field and sustain preventative programmes of alcohol abuse.
- The government, through MoHSS, should provide and facilitate the provision of incentives for ordinal community members to enhance programmes and services delivery related to harmful of alcohol.
- It is vital for stakeholders to be involved in regional planning and budget for the implementation of activities related to reducing heavy drinking amongst women.

#### **6.4.2 Recommendations to family members.**

The role of the family cannot be undermined in helping the women who drink heavily improve their situations.

- The family can be strengthened further so that norms and values can be instilled while children are still young and effects of heavy drinking are taught and avoided.

#### **6.5 Suggestions for further research**

This study was done in Oshana Region, Oshakati and Ondangwa which are big towns in Northern Namibia. Therefore, studies need to be done in other Namibian towns to:

- Compare the findings so as to have a better understanding of the psychosocial determinants of heavy drinking among women in Namibia.

- Compare if these psychosocial determinants are comparable between men and women in Namibia.
- Find ways to assist the children of these women who drink heavily so that they can be assisted not to follow the same drinking trends of their mothers.
- 

## **6.6 Conclusion**

This chapter presented the summary of the chapters in the study, followed by a summary of the main findings emanating from the study. It also presented recommendations and areas for further research.

A qualitative approach was used to answer the research question, thereby attaining the research goal and objectives of the study. The results of this study provided insight into the psychosocial determinants of heavy drinking among women. This last chapter of the study provided the reader with a summary and the conclusions of the preceding chapters, from the introduction, theoretical framework, literature review, applied methodology and the presentation of the research findings.

A number of recommendations were made to the Ministry of Health and Social Services and the families of any individual who drinks heavily, based on these results. In addition, the researcher made suggestions for future research. In conclusion, the study is expected to add new knowledge to a limited body of literature on alcohol use in Namibia.

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## APPENDIX A: INFORMATION SHEET (ENGLISH)



# UNIVERSITY OF THE WESTERN CAPE

Private Bag X 17, Bellville 7535, South Africa

*Tel: +27 21-9592459 Fax: 27 21-959 3686*

**E-mail: [cjerasmus@uwc.ac.za](mailto:cjerasmus@uwc.ac.za)/[liezillejacob.phd@gmail.com](mailto:liezillejacob.phd@gmail.com)**

### INFORMATION SHEET

**Project Title:** Exploring the Psycho-Social determinants of heavy alcohol drinking amongst women in Oshana, Namibia

#### **What is this study about?**

This is a research project being conducted by **Ms Hilya N Shikoyeni** at the University of the Western Cape. We are inviting you to participate in this research project because you are using alcohol. Your contribution in this study is crucial to alleviate the challenges and experience of being an alcoholic. The purpose of this research project is to explore the psycho social determinant of women who have heavy alcohol drinking.

#### **What will I be asked to do if I agree to participate?**

You will be asked to sign the consent form. You will take part in one on one interview with the researcher that is expected to take 60 minutes. You may choose not to answer any question or topic you are not comfortable with. Permission to use a record voice will be requested from you. At the conclusion of the interview, the researcher will summarize their understanding of your experience and will ask you to add anything you think they may have missed.

#### **Would my participation in this study be kept confidential?**

Your personal information will be kept confidential. To help protect your confidentiality, your real names will not be included in the data collection sheets and all information collected will be locked in cabinets and password protected computers. The researcher will use codes to represent your names and

only the researcher will have access to such information which will link you to the collected data. During the time when data collected will be reported about this research project, your identity will be protected.

In accordance with legal requirements and/or professional standards, I will disclose to the appropriate individuals and/or authorities information that comes to our attention concerning child abuse or neglect or potential harm to you or others.

All the data will be kept in password protected computer files known only to the researcher. Data collection sheets and audio tapes will be kept safely in a lockable filing cabinet accessed only by the researcher. All raw data including written documents and tapes will be destroyed after three months of the final dissertation being marked and graded. If I write a report or article about this research project, your identity will be protected.

**What are the risks of this research?**

Risks from participating in this research study mainly include discomfort around providing private or sensitive information. Should the discussion result in pronounced emotional discomfort or trauma, the researcher will provide references for further counselling to the participant. There are no other known risks associated with participating in this research project. The interview questions will focus on your experience of being woman having alcohol use disorder. All human interactions and talking about self or others carry some amount of risks. We will nevertheless minimize such risks and act promptly to assist you if you experience any discomfort, psychological or otherwise during the process of your participation in this study. Where necessary, an appropriate referral will be made to a suitable professional for further assistance or intervention.

**Is any assistance available if I am negatively affected by participating in this study?**

Where necessary, an appropriate referral will be made to a suitable professional for further assistance or intervention.

**What are the benefits of this research?**

There are no direct benefits to you for participating in this study. This study is not designed to help you personally, but the results may help the researcher learn more about psychosocial determinant of heavy alcohol drinking amongst women. We hope that, in the future other people might benefit from this study

through improved living standard and alert them about the psychosocial determinants of women`s drinking alcohol.

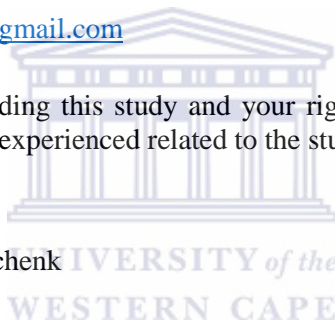
**Do I have to be in this research and may I stop participating at any time?**

Your participation in this research is completely voluntary. You may choose not to take part at all. If you decide to participate in this research, you may stop participating at any time. If you decide not to participate in this study or if you stop participating at any time, you will not be penalized or lose any benefits to which you otherwise qualify.

**What if I have questions?**

This research is being conducted by **Hilya N Shikoyeni**, a student pursuing a **Masters in Child and Family Studies** at the University of the Western Cape, South Africa. If you have any questions about the research study itself, please contact Hilya Ndeapo Shikoyeni ko +264 221391(Namibia) or +264 812563080., or email at: [hmandoya@gmail.com](mailto:hmandoya@gmail.com)

Should you have any questions regarding this study and your rights as a research participant or if you wish to report any problems you have experienced related to the study, please contact:



**Head of Department:** Professor R. Schenk  
Department of Social Work

**Dean of the Faculty of Community and Health Sciences:** Professor J. Frantz

University of the Western Cape

Private Bag X17

Bellville 7535

South Africa

**This research has been approved by the University of the Western Cape’s Senate Research Committee and Ethics Committee.**

## APPENDIX B: INFORMATION SHEET (OSHIWAMBO)



**UNIVERSITY OF THE WESTERN CAPE**  
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**E-mail: [cjerasmus@uwc.ac.za](mailto:cjerasmus@uwc.ac.za)/[liezillejacob.phd@gmail.com](mailto:liezillejacob.phd@gmail.com)**

### **Ombaapila yomaulele**

Oshipalanyolo\_shoproyeka:\_Ekonakono lyontseyonkalonawa yomatokolo gaakiintu mokulongitha omalovu pwahalandulathano.

### **Eyilongo ndino oyili kombinga yashike?**

Eyilongo ndino tali ningwa ku Hilya Ndeapo Shikoyeni koshiputudhilo shopombanda sha Western Cape, mo South Africa. Otatu ku hiya wu kuthe ombinga mepekaapeko ndika molwaasho oto longitha iikolitha. Egwedhelopo lyoye meyilongo ndino olyasimana okutidhapo omaupyakadhi gokukala omulongithi gwiikolitha. Elalakano lyepekaapeko ndino okukonaakona omatokolo gaakiintu mokulongitha iikolitha pahalandulathano.

### **Oshike tandi pulwa ndi ninge uuna ndiitayela okukutha ombinga?**

Otoka pulwa wu shayine ofooloma yepitikilo. Oto ka kutha ombinga moonkundathana pokati koye nomupekaapeki ndhono tadhhi kutha ominute omilongo hamano. Oto vulu wu kale inoo yamukula omapulo uuna wuuvite inoo mangeluka. Epitikilo lyokukwata ewi lyoye oto keli indilwa. Kengongo lyoonkundathana omupekaapeki ota ngongo euveko lyawo pantsewo yoye notaye ku pula wu gwedhepo kehe shono to dhiladhila sha pukithwa.

### **Ekuthombinga lyandje meyilongo ndino olya gamenwa tuu?**

Omawuyebele gopawumwene otaga gamenwa. Edhina lyoye lyoshili itali kwatelwamo mombaapila yegongelo lyomawuyebele. Omawuyebele agehe ga gongelwa otaga patelwa muusikopa. Omupekaapeki otaka longitha oonomola dhakalelapo edhina lyoye na omupekaapeki owala tavulu okumona omawuyebele waholola. Ethimbo uuna omawuyebele taga gongelwa kombinga yomapekaapeko, uukwatya woye otawu kala wa gamenwa, shi nasha niipumbiwa yopaveta ya pitikwa, otandi ka holola koohandimwe uuyebele mbu tawuya, kutse shinansha nomahepeko gaanona kungweye nenge kuyalwe.omawuyebele agehe otaga pungulwa mocompiwuta yagamenwa na oyishiwike owala komupekaapeki. Ombapila yokugamena yomawuyebele nokakwatamawi otawu kala megameno wa patelwa mosikopa notawu mon

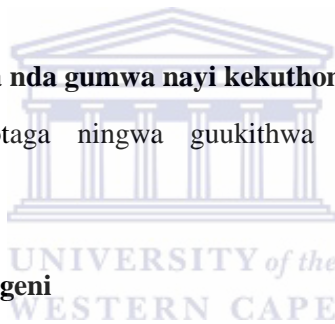
ika owala komupekaapeki.Omawuyelele agehe mwakwatelwa oonndokumende dhashangwa otadhi hanagulwa po konima yoomwedhi ndatu dhomushangwa gwa hugunina uuna gwatalwa nogwa pewa **oopente.**

### **Omaupyakadhi geni gelipo kombinga yomapekaapeko ngano?**

Uupyakadhi mokukutha ombinga meyilongo ndino owakwatelamo okwaahamanguluka mokugandja uuyelele wopaumwene nenge mbo tawu nikitha oluhodhi. Omupekaapeki ota gandja omawuyelele kaakuthimbinga kombinga yaamboka taa vulu okugandja ehungomwenyo. Kapuna we omaupyakadhi galwe genasha nekuthombinga momapekaapeko nga. Omapulo goonkundathana otaga ka kala kombinga yontseyo yoye okukala omukulukadhi ena uupyakadhi mokunwa iikolitha. Omakwatathano pokati komuntu nomuntu noshowo okwiipopya ngweye mwene nenge okupopya kombinga yaantu yalwe oshina uupyakadhi meyilongo ndi. Onkene otatu kambadhala okushonopeka omaupyakadhi goludhi ndoka nokuku kwathela uuna wakakala inoo manguluka pamadhiladhilo pethimbo lyekuthombinga meyilongo ndi.

### **Opuna tuu mpa puna ekwatho uuna nda gumwa nayi kekuthombinga lyandje meyilongo ndino?**

Mpa sha pumbiwa, omakwato otaga ningwa guukithwa kaalongelwe yopombanda shinasha nokukwathelwa.



### **Omawuwanawa gomapekaapeko ogeni**

Kapuna omawuwanawa gothaathaa kungweye okukutha ombinga meyilongo ndi. Eyilongo ndino inali etwapo okuku kwathela ngweye mwene, ashike iizemo otayi vulu oku kwathela omupekaapeki iilonga oshindji kombinga yomatokolo gaakiintu mokulongitha omalovu pahalandulathano. Otuna eyinekelo kutya, monakuyiwa aantu yalwe otaya vulu okumonamo omawuwanawa gasha meyilongo ndi tashi pitile melandululonkalo nokuyalondodha kombinga yomatokolo gaakiintu taya longitha omalovu.

### **Ondina ngaa okukutha ombinga momapekaapeko, na otandi vulu tuu okuhulitha po ekuthombinga lyandje ethimbo kehe?**

Ekuthombinga lyoye mepekaapeko ndino olyopayiyambo. Oto vulu wu hogolole okwaahakutha ombinga nande nande. Ngele wa tokola waaha kuthe ombinga mepekaapeko ndino, oto vulu wu mwene ethimbo kehe, kuna mpo no pewa egeelo nenge wu kanithe omawuwanawa gasha ngono wega ilongela.

### **Uuna ndina epulo?**

Epekaapeko ndino otali kwatelwa komeho ku Hilya Ndeapo Shikoyeni, omulongwa tiilongo kombinga yaanona nomazimo koshiputudhilo sha Western Cape, mo South Africa. Ngele owuna omapulo genasha nelongo lyomapekaapeko lyolyene mona Hilya Ndeapo Shikoyeni ko +264 221391(Namibia). Onomola yopeke +264 812563080.

Uuna wuna omapulo gasha kombinga yeyilongo ndika noshinasha nuuthemba woye mokukutha ombinga mepekaapeko ndika nenge wa hala okulopota uupyakadhi washa wa tsakaneka shinasha neyilongo ndika, kwatathana

Omukuluntu: **Professor R. Schenk**

Oshikondo shonkalonawa:

Oshikondo shoshigwana nuudjolowele Professor J. Frantz

Ko University ya Western Cape

Oshako x 17

Yili mo Bellville 7535

South Africa

Omapekapeko ngano oga pitikwa ko sikola yopombanda University ya Western Cape shapitila moka komitiye komapekapeko no kakomotiye komulandu mpango kosikola.



**APPENDIX C: CONSENT FORM (ENGLISH)**



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**CONSENT FORM**

**Title of Research Project:**

*Exploring the Psycho-Social determinants of heavy alcohol drinking amongst women in Oshana, Namibia*

The study has been described to me in language that I understand. My questions about the study have been answered. I understand what my participation will involve and I agree to participate of my own choice and free will. I understand that my identity will not be disclosed to anyone. I understand that I may withdraw from the study at any time without giving a reason and without fear of negative consequences or loss of benefits.

Participant's name.....

Participant's signature.....

Date.....

**APPENDIX D: CONSENT FORM (OSHIWAMBO)**



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**CONSENT FORM**

Oshipalanyolo shomapekaapeko thaneko: Ekonakono lyontseyonkalamwenyo yomatokolo gaakiintu mokulongitha omalovu paahalandulathano moNamibia.

Eyilongo ondeli hokololelwa Melaka ndi ha ndi uvu. Omapulo gandje kombinga yeyilongo oga yamukulwa. Onduuvite kutya ekuthombinga lyandje otalika kwatelamo shike nondiitaala nondazimina kutya okukutha ombinga ehogololo lyandje nehalo lyandje. Onduuvite kutya uukwatya wandje itawu ka hololwa na itawu kuulikwa komuntu gulwe. Onduuvite kutya Otandi vulu okuninguluka okukutha ombinga meyilongo ndika ethimbo kehe nokaapuna egandjo lyetompelo noshowo pwaana uumbanda woshilanduli nenge okukanitha omauwanawa gasha.

Edhina lyomukuthimbinga.....

Eshayinokaha lyomukuthimbinga.....

Esiku.....



**APPENDIX E: WOMENS' INTERVIEW GUIDE**

**Date of Interview:** ..... **Venue of Interview:**.....

**Interview starting time:**..... **Interview ending time :...(50-60)minutes**

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**This Interview guide has four sections: Section A, Section B, and Section C and Section D**

**Section A: Demographic information**

**Section B: Heavy drinking women's' experiences with alcohol**

**Section C: Psychosocial determinants of heavy drinking**

**Section D: Recommendations by the women**

**Section A: Demographic information**

\*What is your marital status?

\*How many kids do you have?



---

**Section B: Heavy drinking women's' experiences with alcohol**

\*For how long have you been drinking alcohol?

\*What is your drinking frequency in a day (number of beers per day)?

\*What type of alcohol do you drink?

\*When do you drink heavily?

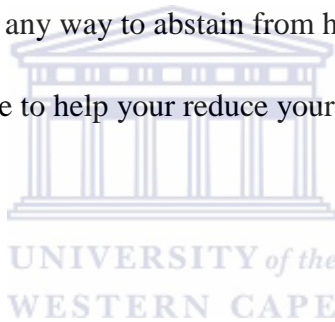
\*How do you classify your drinking habit (probe)?

**Section C: Psychosocial determinants of heavy drinking**

- 
- \* Why do you drink heavily? (Probe for more)
  - \* What happens to you if you do not drink heavily? (Probe)
  - \*What factors do you think influence your drinking habit? (Probe)
  - \*Do you know of any negative consequences of heavy drinking? (Probe)
  - \*Have you been take to any rehabilitation center because of your drinking? (Probe)

**Section D:        Recommendations by the women**

- \* Does the government help you in any way to abstain from heavy drinking? (Probe)
- \*What do you think need to be done to help your reduce your heavy drinking of alcohol (Probe).



## APPENDIX F: ETHICAL CLEARANCE



**OFFICE OF THE DEAN  
DEPARTMENT OF RESEARCH DEVELOPMENT**

24 July 2015

**To Whom It May Concern**

I hereby certify that the Senate Research Committee of the University of the Western Cape approved the methodology and ethics of the following research project by:  
Mrs HN Shikoyeni (Social Work)

Research Project: Exploring the psycho-social determinants of heavy alcohol drinking among women in Namibia

Registration no: 15/4/64

Any amendments, extension or other modifications to the protocol must be submitted to the Ethics Committee for approval.

The Committee must be informed of any serious adverse event and/or termination of the study.

A handwritten signature in black ink, appearing to read 'Josias'.

*Ms Patricia Josias  
Research Ethics Committee Officer  
University of the Western Cape*

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E: [pjosias@uwc.ac.za](mailto:pjosias@uwc.ac.za)  
[www.uwc.ac.za](http://www.uwc.ac.za)

A place of quality,  
a place to grow, from hope  
to action through knowledge



UNIVERSITY *of the*  
WESTERN CAPE