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## THE IMPACT OF NUBIAN GIN (*CHANG'AA*), ON UNEMPLOYED CHRISTIAN YOUTH, IN MATAYOS SUB COUNTY, BUSIA COUNTY, KENYA

**Authors:** <sup>1</sup>Emmanuel Wanzala, <sup>2</sup>Mary Getui, <sup>3</sup>Maurice Owinyo

<sup>1,2&3</sup>The Catholic University of Eastern Africa.

P.O BOX 62157 00200, Nairobi, Kenya

Website: [www.cuea.edu](http://www.cuea.edu)

**Chief Editor**

Web:

[www.ijsdc.org](http://www.ijsdc.org)

Email:

[info@ijsdc.org](mailto:info@ijsdc.org)

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**Abstract:** *The impact of chang'aa abuse on unemployed Christian youth in Matayos Sub County, Busia County is far reaching, leading to domestic violence, divorce, loss of lives, unemployment, family instability and rampant crime. The escalating effects have led to an outcry by the inhabitants' of Matayos Sub County. The youth who use chang'aa, frequently experience chang'aa related disorders that could be distancing them from their parents and society. The target population from which the researcher derived the results was 102 people, 77 youth were administered questionnaires, 15 youth took part in focus group discussion, 10 leaders who included Busia County Director of Alcohol, Matayos Sub County Commissioner, two church leaders, Chief, three Sub Chiefs, Police Officer and Matayos Sub County youth officer were administered interview guides. Stratified sampling was used to sample various youth groups. Quantitative data obtained through questionnaires and qualitative data obtained through interview guides and focus group discussions were analysed in narrative form and presented in form of charts and frequency tables. The results of the study were as follows: The study revealed that there are several factors that lure unemployed Christian youth to Chang'aa abuse. These include socialization, leisure, peer pressure, depression among other factors. The study further noted that socializing is the most frequent reason as to why unemployed Christian youth consume Chang'aa. One key informant stated that the majority of the youth view chang'aa consumption as being "cool" and an essential part of their daily socializing. In fact, youth who don't indulge in Chang'aa consumption are considered as cowards and out-dated. However, Chang'aa abuse has its own adverse impact among the unemployed Christian youth who abuse Chang'aa. The impacts are: domestic violence, divorce, early pregnancies, deaths, diseases, prostitution and school drop-outs. The youth were found dead in ditches, rivers and runoff after drinking too much. They were also found to be drinking in excess before they can eat food hence interfering with the body functioning and thereby killing them directly. In addition, those abusing chang'aa were found to be involved in prostitution and this in turn led to death because of the sexually transmitted infections. Finally, the government, the church and the society has put up measures to curb Chang'aa abuse in the area. As much as the government plays a major role in curbing Chang'aa abuse in the area, the role of the church could not be undermined. Church leaders have taken an active role to deal with the Chang'aa menace. The study recommended that further measures be put in place by all facets of the society to curb Chang'aa abuse in Matayos Sub County.*

**Key Words:** *Nubian gin, Christian youth, Chang'aa, unemployment*

## 1.1 Study background

The impact of *chang'aa* on unemployed Christian youth in Matayos Sub County is increasingly becoming a challenge to their well-being thereby exposing them to various hazards. Brewing and selling *chang'aa* is the order of the day in nearly all villages in Matayos (NACADA, 2017). It is not unusual to find an entire family engaged in selling *chang'aa* as a source of livelihood. Locals blame it on unemployment and abject poverty at household level. Matayos Member of Parliament Geoffrey Odanga affirms that Matayos has got no industry where youth can be employed (KNA, 2013). He urges youth to identify viable projects to improve their living standards. According to Obonyo (2013), youth unemployment is a ticking time bomb waiting to explode, this is so true of Matayos where approximately 21% of youth aged 15-29 are unemployed and 30% of youth are living on less than One, United States dollar a day. (KNBS, 2009). The youth have argued that they cannot afford certified brews because they are very expensive. The relatively cheap cost of *chang'aa* is a reason why youth, especially in Matayos consume it. Despite youth unemployment, little is known about how best to smooth the school to work transition in Matayos or how to boost human capital. This is a critical problem. The impact of *chang'aa* on unemployed Christian youth in Matayos has attracted the attention of the County government, National Drug Policy (NDP), Christian Churches, Non-Governmental Organizations and National Agency for the Campaign Against Drug Abuse (NACADA, 2017) in an effort to reverse the emerging trend in Matayos Sub County.

### Etymology of Nubian gin (*chang'aa*)

This product is known as *NUBIAN GIN*, resulting from the belief that the art of distilling was introduced into Kenya by immigrating Nubians during the First World War. (Saint Hilaire & Weibel, 1977). The production and consumption of locally made spirits started in Kibera during the early 1900s when retired Sudanese soldiers (commonly referred to as Nubians) first inhabited the area (de Smedt, 2009). Using traditional distillation techniques, Nubian women successfully commercialized the production of Nubian gin by the 1920s. During the late 1960s and 1970s new migrants copied the Nubian distillation techniques and produced their own spirits which they called *chang'aa* (Parsons, 1997)

### 1.2 Statement of the Problem

The problem of unemployed Christian youth indulgence in *chang'aa* drinking is of concern to families, Christian churches and the community in Matayos Sub County. Intervention measures by the government and the church have been initiated but the problem persists. Most youth leaving school and remaining unemployed have mostly entered drinking of *Chang'aa*, a trend that continues to worry their families' and Christian communities in Matayos Sub County. The situation has been aggravated by shortage of employment opportunities to cater for the youth leaving schools, compelling them to remain in the villages. Majority of youth in Matayos derive solace in excessive drinking of *chang'aa*, instead of controlling the rate at which they consume the liquor. A report by Kenya News Agencies (KNA, 2015), affirms death of Hillary Makona, a thirty year old youth, who hails from Matayos, as having been found dead in a swamp near River Sio, his friends affirmed they left him at a *Chang'aa den*. A report by (NACADA, 2017) affirms confessions of a drug addict Charles Gregory, who has been admitted in Matayos Referral hospital severally due to injuries incurred while drunk, his plight moved NACADA chief executive Victor Okioma to affirm that, *chang'aa* abuse is a real menace and cited unemployment and lack

awareness of Youth Enterprise Fund to have led to the youth resorting to *chang'aa* abuse. *Chang'aa* drinking has devastating effects to relations and that the family with an alcoholic youth displays; domestic violence, separation, divorce, poverty and negative family interactions. For children, parents represent authority to be looked up to, not only for provision of basic necessities but also for provision of guidance and counselling as they grow up. Many Christian parents in Matayos are reported to default on their social roles as nurturers, thereby making youth vulnerable to negative experiences that put them as well as society at risk. Furthermore, parents with *chang'aa* problem spend the meagre family resources on illicit brews in the village at the expense of family needs. The valuable time that could be spent on family development issues is taken up by drinking activities. In view of the above this study sought to investigate the impact of *chang'aa*, on unemployed Christian youth in Matayos Sub - County, Busia County, Kenya.

### **1.3 Research Objectives**

The overall objective of the study was to investigate the impact of *Chang'aa* abuse, on unemployed Christian Youth in Matayos Sub – County, Busia County; to achieve this; the study used the following specific objective

#### **Specific objective**

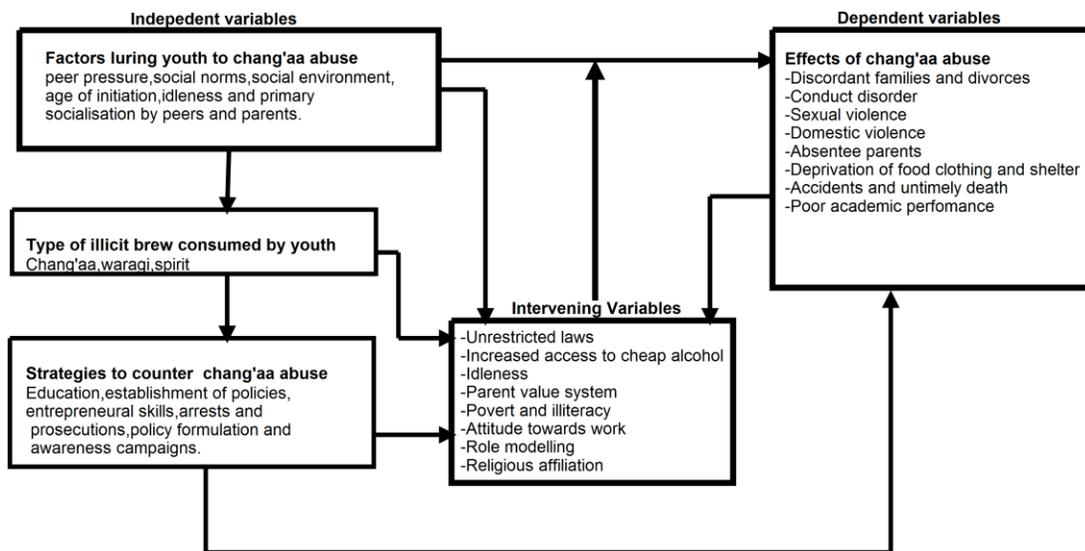
To determine the impact of *chang'aa* abuse, on unemployed Christian youth in Matayos Sub County, Busia County, Kenya.

### **1.4 Justification of the study**

Although excessive use of illicit alcohol is prevalent in societies, studies on impact of *chang'aa* abuse on unemployed Christian youth, in Matayos Sub – County, Busia County has not been fully addressed. There is also no reliable population based data available about consumption of illicit alcohol in rural communities. This has been established by extensive search in archives, libraries and NACADA, so as to ascertain the originality of this study. Illicit brew has profound effects on health and causes socio economic, environmental and political problems. Illicit brew has been associated with domestic violence and increase in moral decay. According to NACADA (2017), cheap alcohol across the Uganda border has also encouraged alcohol abuse; commonly trafficked drugs are *chang'aa* and second generation alcohol that are mostly packed in sachets. It is worrying to note that *chang'aa* appears to have a marked effect of spawning moral decadence.

### **1.5 Conceptual Framework**

A conceptual framework is an illustrative presentation of the relationship between variables (Mugenda and Mugenda, 2004). It highlights the relationship and interaction between independent, dependent and intervening variables. An independent variable influences another variable; it causes an effect because they predict the amount of variation that occurs in another variable. The following conceptual framework shows the independent variables as the indicators of *chang'aa* abuse, intervening variables as the factors that contribute to *chang'aa* abuse, and the effects that manifest after *chang'aa* abuse on unemployed Christian youth as dependent variables.



**Figure 1: Conceptual framework**  
 Source: *Own conceptualization, 2019*

### 1.6 Review of Empirical Study

The harmful use of alcohol results in 2.5 million deaths globally each year. Studies conducted by WHO (2011) showed 320,000 young people between the age of 15 and 29 died from alcohol – related causes, representing 9% of all deaths in that age group, which is the leading risk factor in the Western Pacific and America and the second largest in Europe, Alcohol is a central nervous system depressant, and has been shown to cause impairments in judgement, sometimes resulting in poor decision (WHO, 2011).

#### *Illicit Brew as a cause of Crime*

A study in the United States of America revealed that abusive men with severe alcohol problems were violent and inflicted serious injuries on their partners (Frieze, 1978). Young people who drink are more likely to be both perpetrators and victims of violence. Clark (2004) reported increased risk of conduct disorder, major depressive and anxiety disorders in children of parents with alcohol problems. However, Vingilis (1981) in response to the question whether young people charged with alcohol related offences are problem drinkers

Although there is evidence of a relationship between alcohol use and crime among the youth, a number of reviewers have cautioned against assuming a simplistic relationship.

This work seeks to fill the gap left by scholars on illicit brew as a cause of youth involvement in crime by looking at other risk factors such as individual differences and contextual variables which plays a significant role. Adults who met criteria for diagnosis for certain psychiatric disorders such as antisocial personality disorder, depression have an increased risk of getting involved in crime. However, alcohol may facilitate offending in those who are already predisposed.

### ***Illicit Brew as a cause of risky sexual behaviour***

In the same study 10 – 14% of married women were reported to have been sexually harassed. Alcohol use is associated with high risk sexual behaviour. It is also associated with sexual violence and sexual abuse. Alcohol reduces performance in sexual activity. Women become frustrated due to impotent nature of their husbands. (NACADA, 2002). Cooper (2002) observes that, there is a link between drinking and students decisions to have sex and with forms of risky sex such as having multiple or casual sex partners.

Although alcohol use and sexual behaviour covaried this did not mean that alcohol use causes risky sexual behaviour since there may be another unknown factor that links the two.

The National Institute on Alcohol Abuse and Alcoholism (NIAA) in the United States report that people with alcohol use disorders are more likely to contract HIV/AIDS than the general population. Alcohol use is correlated with having first sexual experience at a younger age, Leigh et al (2008) concluded that, lifestyle factors such as a propensity for risk taking, sensation seeking or unconventionality might lead to both alcohol and unprotected sex in first sexual encounters. This research seeks to fill the gap left by scholars on illicit brew as a cause of risky sexual behaviour by establishing other lifestyle factors that can trigger risky sexual behaviour such as propensity for risk taking, sensation seeking and unconventionality. First sexual encounters might be linked to personality factors rather than a causal effect of alcohol that this current work will address comprehensively.

### ***Effects of illicit brew on personal health***

Alcohol has both short term and long term effects on personal health. The short term effects on drinking too much alcohol include: slurred speech, drowsiness, confusion, poor co-ordination, dizziness, vomiting and blurred vision. The long term effects of drinking too much alcohol over a period of years are; liver damage (cirrhosis), stomach ulcers, irritation of pancreas, it also leads to prevention of the kidney, from maintaining a proper balance of fluids and minerals, widening of the veins and arteries resulting in headaches and loss of body heat. This current research seeks to fill the gap left by scholars on effects of illicit brew on personal health by highlighting the need for health promotion campaigns that inform youth of the possible consequences of their actions. A clear understanding of the feelings and attitudes of the youth prior to the development of specific strategies to curb alcohol consumption is key. Caution against targeting too widely when attempting to address excessive alcohol consumption among youth is significant.

### ***Illicit brew as a cause of family break up***

Many families have separated and divorced due to excessive drinking of alcohol. (WHO, 2004) The user becomes frustrated, hopeless and depressed. The family does not have basic human needs necessary for survival. This research seeks to fill the gap left by scholars on illicit brew as a cause of family break up by highlighting the importance of quality relationships between parents and children, furthermore, continued involvement of both parents to offset the risks posed by divorce and living in a single parent household.

## 1.7 Theories Framework

### *Social Learning theory*

According to Bandura (1977), the social learning process can be defined as one where a person acquires new information and forms of behaviour or attitudes from other persons. These groups may include family, peer groups and the larger community. We learn from direct experience and he advances that alcoholism develops within a social situation or atmosphere within social groups. The social interactions that have the greatest influence are with the people who mattered to us as we grew up. This includes parents, other family members; it might also include neighbour or teacher. People have a powerful need for social interaction, therefore it becomes important to consider the compelling social nature of many addictions, and many types of addiction require at least the cooperation of other people.

### *Stepping Stone Theory of Alcohol Abuse*

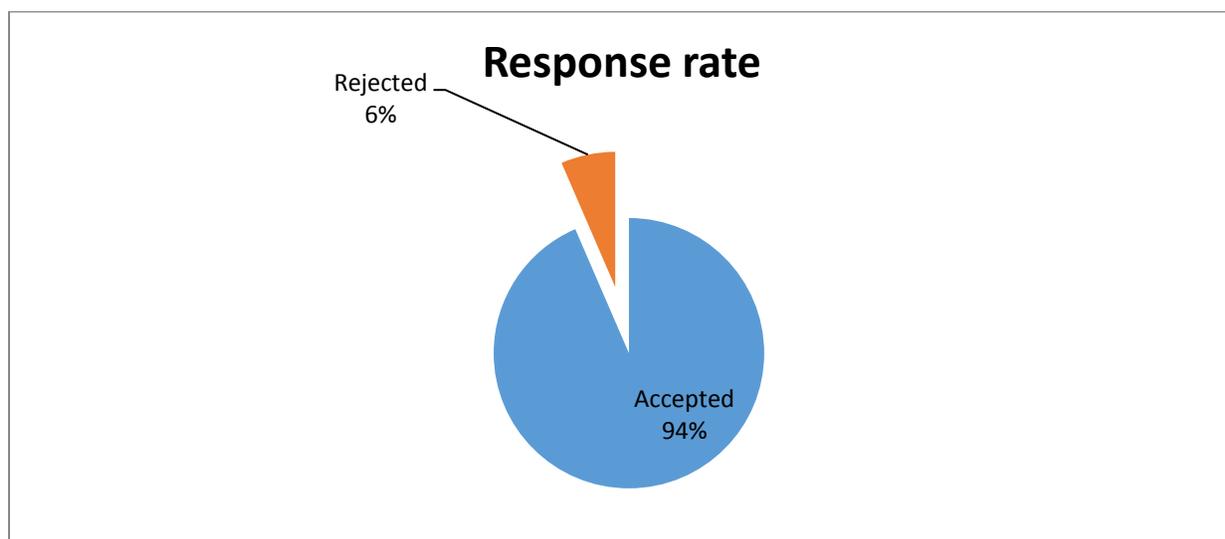
According to the Stepping Stone Theory, the use of one substance or drug greatly increases the probability of using another substance. The next substance is assumed to be more dangerous than the first (Anthony, 2012). That process is believed to continue with even more dangerous drugs. The theory predicts that people who use home – made mild brews progress to buying spirits and mix with the mild brew to make it stronger. They will probably go on to drink stronger alcoholic drinks. Each step is seen as leading to the next step in alcohol abuse. (Anthony, 2012).

## 1.8 Research Methodology and Data Collection Instruments

This study used Questionnaires, interview guides, Focus group discussion guides and observation schedule. The study used both secondary and primary sources of data. Secondary data included, online sources for instance journals, textbooks, articles both in print and online. Primary data was collected from participants in Matayos Sub County, Busia County. Content analysis is widely used qualitative research technique. Rather than being a single method, current applications of content analysis show three distinct approaches: Conventional, directed or summative. Here content analyzed were contents associated with topic of study or multimedia material for example, photos and websites. The content examined include, Causes of *chang'aa* abuse, impact of *chang'aa* abuse, strategies to counter *chang'aa* abuse on unemployed Christian youth in Matayos Sub County, Busia County. The study used structured interview, structured interviews are essentially, questionnaires, in which a list of predetermined questions are asked, with little or no variation and with no scope for follow up questions to responses that warrant further elaboration. Consequently, they are relatively quick and easy to administer and may be of particular use if clarification of certain questions are required or if there are to be literacy or numeracy problems with the respondents. However, by their very nature, they only allow for limited participant responses and are, therefore, of little use if depth is required. Interviews were being done to the key informants who are leaders in Matayos Sub County. From the same structured interview, the questionnaires were formulated and had Sub sections guided by research objectives. The questionnaires were hand delivered to the sampled participants who are Youth in Matayos Sub County. Observational schedule was also used; observational research (or field research) is a type of correlation (non – experimental) research in which a researcher observes ongoing behaviour. It is simply studying behaviours that occur naturally in natural contexts.

### 1.9 Research Findings

Out of the target population of 922 respondents, a sample of 92 was drawn. Out of the 92 respondents, 15 participated in focus group discussion hence only 77 respondents were issued with questionnaires. Additional 10 community members provided additional information which was used to add information to the responses from the questionnaires. Therefore, a total of 77 questionnaires were distributed. All the 77 questionnaires were returned, however 5(6%) were discarded for various reasons including incorrect entries, invalid information among other reasons. The remaining 72 questionnaires (94%) were accepted and analysed. According to Mugenda & Mugenda (1999), a response rate of 50% is adequate for analysis and reporting. A rate of 60% is good and a response rate of 70% and over is excellent. This is graphically represented by figure 2.



**Figure 2: Response Rate**

Source: *Field data, 2019*

**Table 1: Age**

| Age (Yrs)     | Frequency | Percentage  |
|---------------|-----------|-------------|
| 15-20 (Yrs)   | 19        | 26.4%       |
| 21-29 (Yrs)   | 29        | 40.3%       |
| 30-35 (Yrs)   | 13        | 18.0%       |
| Above 35 Year | 11        | 15.3%       |
| <b>Total</b>  | <b>72</b> | <b>100%</b> |

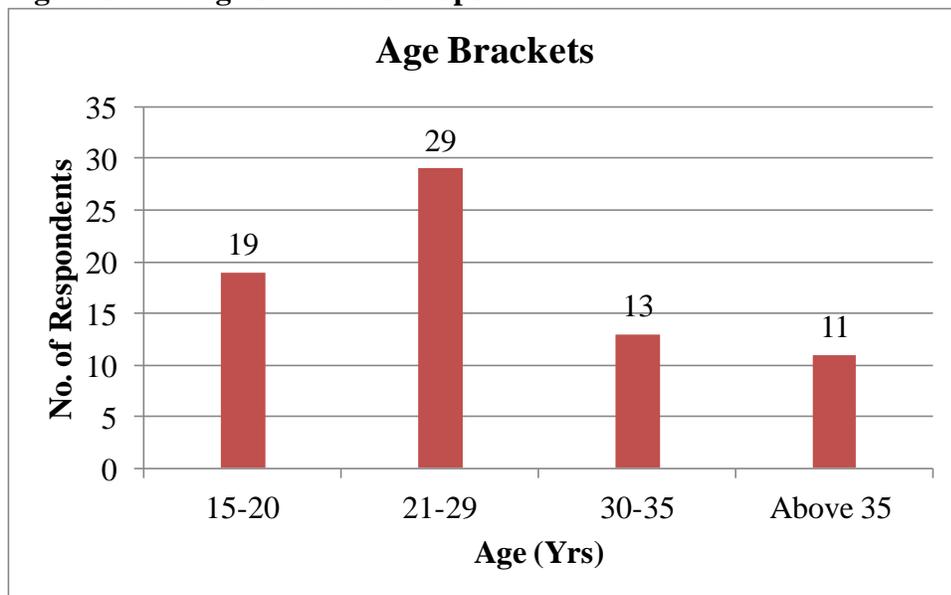
Source: *Field data, 2019*

With regard to the age factor, the age bracket of 15-20 years comprised of 19 (26.4%) of the respondents. On the other hand, the age group of 21-29 years comprised of 29 (40.3%) of the respondents. In addition, the age group of 30-35 years recorded 13 (18.0%) of the respondents and the respondents who were over 35 years of age were 11 (15.3%). This means that the majority of the respondents were youths (35 years and below). It also shows that almost all the age groups

were represented in the selected sample of the study

**Respondents’ age categories**

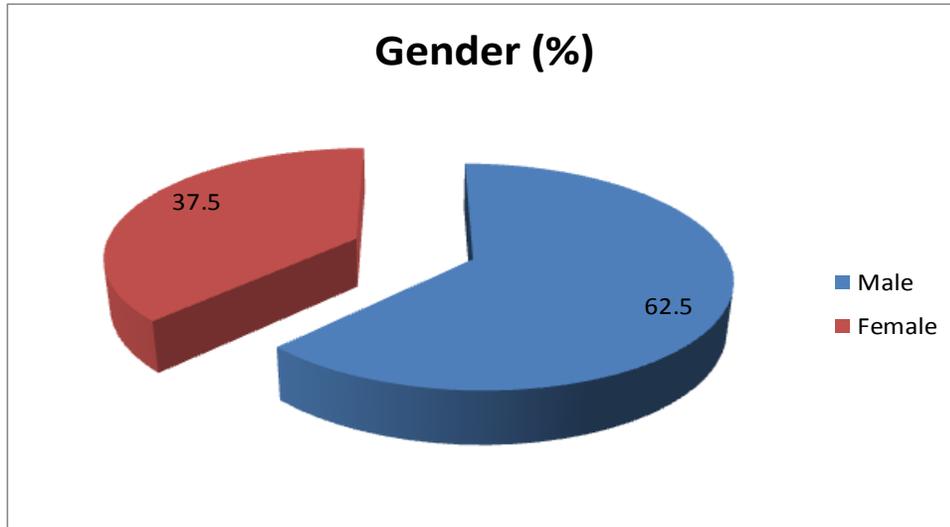
**Figure 3: The age brackets of respondents**



Source:Feld data, 2019

**Figure 3: Gender of the Respondents**

The gender of the male youth participating in the study was comprised of 45(62.5%) respondents. The gender of the female comprised of 27 (37.5%) respondents. This means that more male youth in Matayos Sub County engage in the use and abuse of *chang’aa* compared to female youth. This observation was heightened by Grant(1998) that men who stay at home and take care of their families are considered “Sissies” hence acting as a driving force for men to visit bars so as to assert their masculinity(Grant,1998). Further, this concurs with Commonwealth of Australia (2011&2014) report which observed that men consume more alcohol than women. This means that both the genders were included in the study, hence the perspective of both genders contributed to the findings of the study.

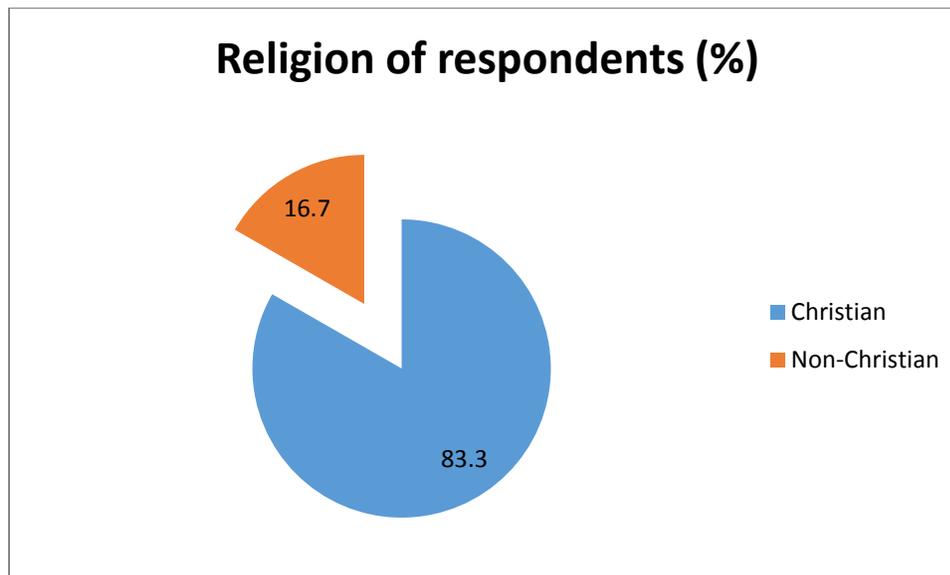


**Figure 4: The gender of the respondents**

Source: *Field data, 2019*

### Religion

The study revealed that 83.3% of the respondents were Christians while 16.7% were Non-Christians. Non-Christians were due to the fact that, some of those who drink do not have any religious affiliation. Majority of the residents are Catholics and Anglicans. One Key Informant, (Priest) said, “most homesteads in the study area go to catholic church that includes the youth due to among other reasons the relaxed restrictions on alcohol, and modest drinking is not banned in Catholic Social Teachings”.



**Figure 5: The religion of the respondents**

Source: *Field data, 2019*

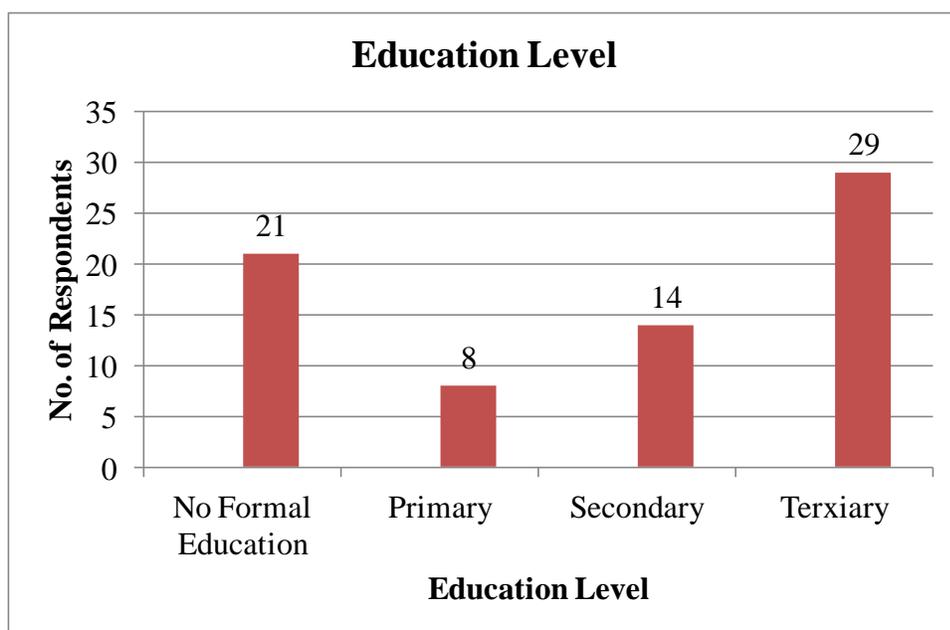
**Table 2: Education Level**

| Academic Qualification | No Formal Education | Primary | Secondary | Tertiary |
|------------------------|---------------------|---------|-----------|----------|
| No. of respondents     | 21                  | 8       | 14        | 29       |
| Percentage (%)         | 29.2                | 11.1    | 19.4      | 40.3     |

**Total = 72 (100%)**

**Source:** *Field data, 2019*

The findings further established that the total of 8 (11.1%) of the respondents had attained primary school level of education, 14 (19.4%) of the respondents had attained secondary school level of education. In addition, 29 (40.3%) of the respondents had attained tertiary level (these were both holders of diploma and degree certificates). This means that the majority of the respondents had at least attained secondary school level of education. It also shows that the selected sample was almost all inclusive academically, hence it was deemed fit to provide reliable data.

**Figure 6: The education level of respondents**

**Source:** *Field data, 2019*

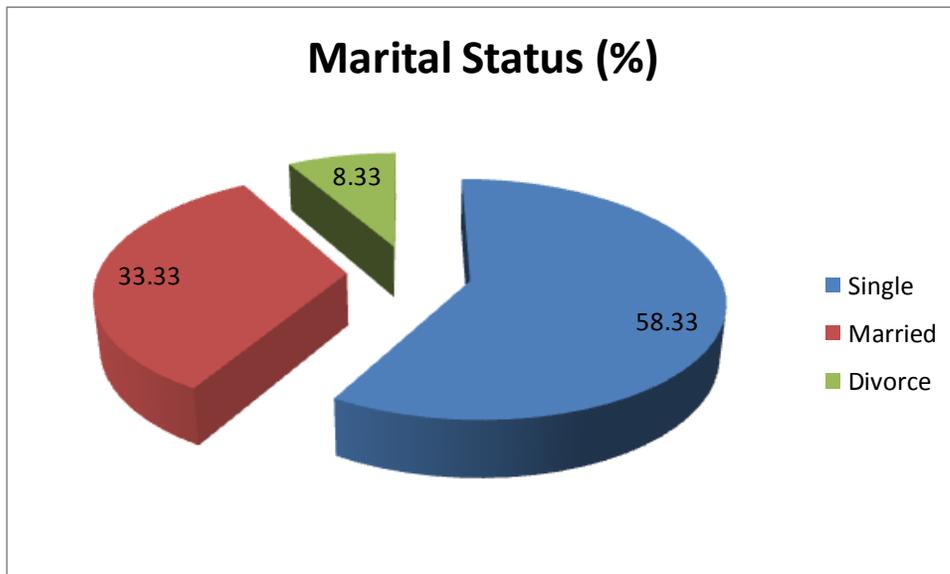
**Table 3: Marital Status**

| Marital Status | Single | Married | Divorced | Total |
|----------------|--------|---------|----------|-------|
| Frequency      | 42     | 24      | 6        | 72    |
| Percentage     | 58.33  | 33.33   | 8.33     | 100%  |

**Source:** *Field data, 2019*

The study revealed that the greatest percentage of the respondents, that is, 58.33% were single since majorities were youth. This was opposed to the married which were at 33.33% and the

divorced at 8.33%. One Key Informant (Pastor) cited “female church members complaining of frustration arising from alcoholic husbands. “This therefore implied more of the married Youth engaged more in drinking *chang’aa* than those who were unmarried.”

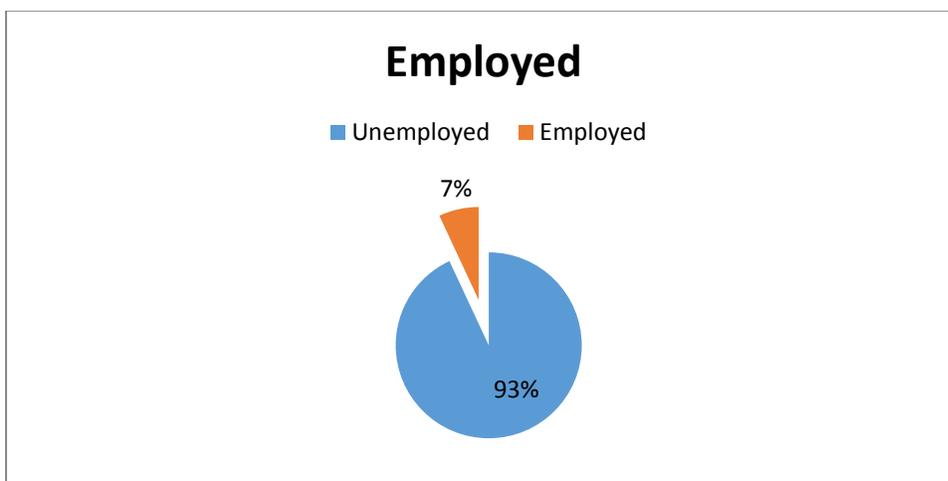


**Figure 7: Marital status of the respondents**

Source: *Field data, 2019*

**Employment Status of the respondents**

According to the study findings, 93% of the respondents were unemployed while 7% were employed. However, it emerged from the discussions that even the employed 7% were working in the informal sector with bare minimum wage.

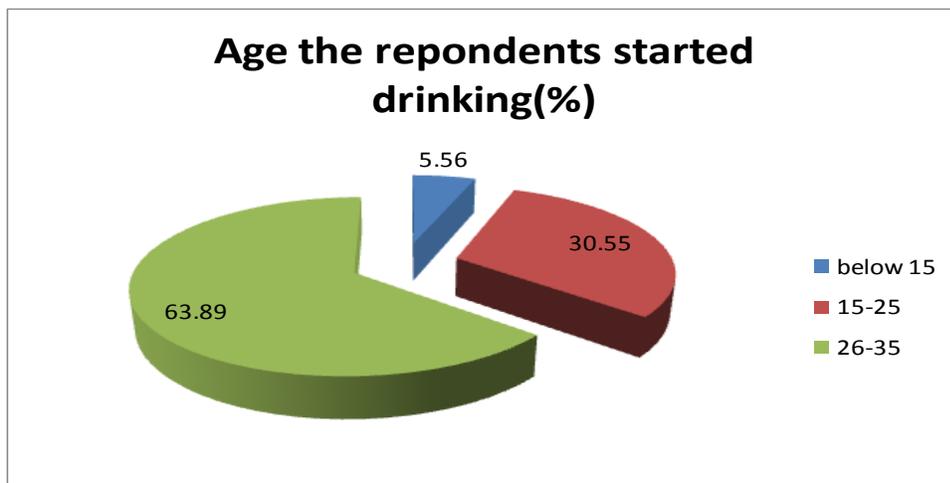


**Figure 8: Employment status of respondents**

Source: *Field data, 2019*

**Factors luring unemployed Christian youth in Matayos Sub – County, Busia County into *chang’aa* abuse**

This study sought to find out the distribution of the respondents in terms of age bracket they started drinking *chang’aa*, the findings were as follows: -

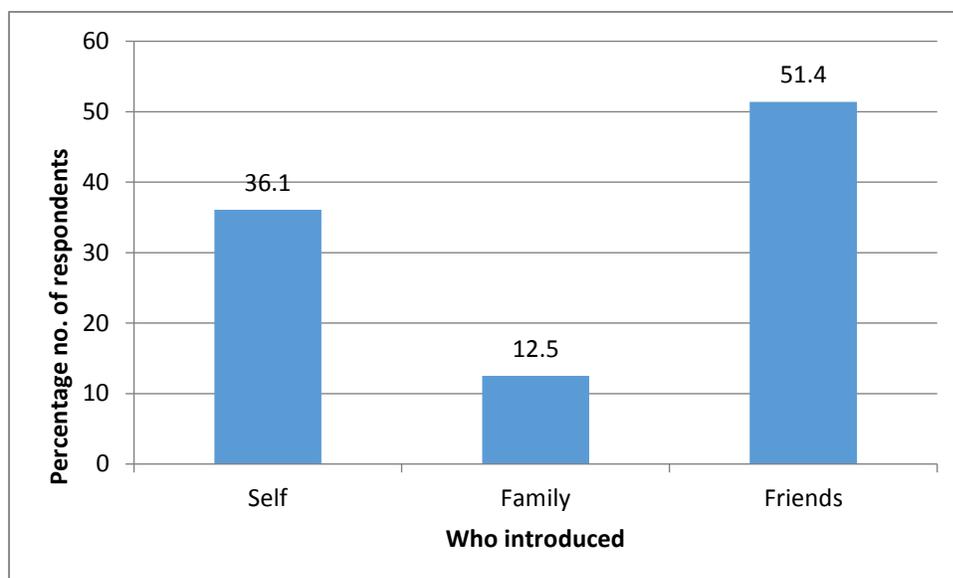


**Figure 9: Starting to drink age**

Source: Field data, 2019

**Who introduced respondents to *chang’aa* consumption**

The research revealed that most of the respondents started drinking *chang’aa* between the ages of 26 and 35 years (63.89%) while 30.55% of them started drinking between ages 15 and 25 years. Those who started drinking *chang’aa* below the age of 15 years were 5.56%. From the results, the likelihood of drinking *chang’aa* increased with the age of an individual. The results were in agreement with the findings of a study done in US which recorded that the earlier the age at which people begun drinking, the more likely they were to become alcohol dependent later in life (Grant, 1997). The age at which youth started drinking was shown to predict their experience of alcohol related problems later in life. Youth move from experimentation to regular consumption and some to harmful consumption. (Fergusson, 1994).



**Figure 10: Who introduced respondents to *chang'aa* consumption**

Source: *Field data, 2019*

The greatest percentage of the respondents were introduced to drinking by their friends (51.4%) while 36.1% of the respondents got into the abuse by themselves. 12.5% were introduced by their families. Activities of an individual tended to be influenced by friends' characters that were in most cases of the same age group or social class. Peer pressure pushed people to drink while others start drinking because their parents drunk (Wanyoike, 2003).

**Table 4: Reasons for drinking *chang'aa***

| Reasons       | No. of Respondents | Percentage (%) |
|---------------|--------------------|----------------|
| Leisure       | 18                 | 29             |
| Socialize     | 25                 | 34.72          |
| Peer Pressure | 10                 | 13.8           |
| Depression    | 8                  | 11.11          |
| Other         | 11                 | 15.28          |
| <b>Total</b>  | <b>72</b>          | <b>100%</b>    |

Source: *Field data, 2019*

The above findings show that socialization with friends is the highest precipitator towards *chang'aa* abuse by the youth at (34.72%). This is interpreted to mean that youth have a tendency to get into bad groupings, which in turn results into peer pressure causing *chang'aa* abuse. This is supported by Turner et al., (2006), who affirms that, peer group homogeneity may result from processes of selection into groups or conformity to existing members of a group. This is echoed by Potter (2002), who reports that, majority of young people, having friends who drank was a clear incentive towards drinking. The majority drank only when with friends and peer pressure was identified as a strong contributing factor. Peers may influence other young people to engage in or refrain from substance use through peer group structure and social networks. (Pearson & Michelle,

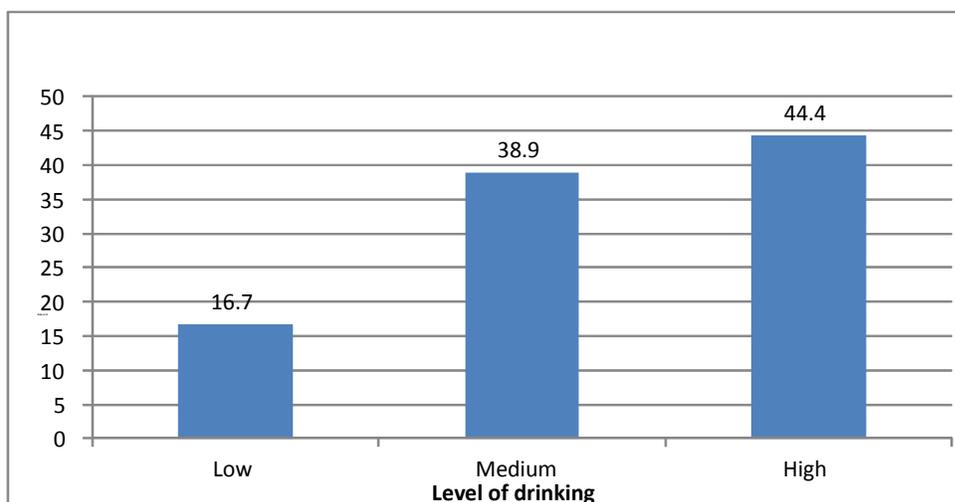
2000). Studies of social networks examine the connections between each member of the population.

According to Scott (2000), social networks are patterns of friendship, advice, communication, or support that exists among members of a social system, furthermore, they advance that both risk taking and non-risk taking behaviour is learned in the context of peer clusters. The findings correlate with Chou (2002) in primary socialization theory, who argued that the environment plays a major role in shaping the behaviour of an individual. These findings are further confirmed Bonnie (2004) who concurred with primary socialization theory that individuals who have early alcohol socialization, would end up becoming alcoholics at a later stage.

Other reasons for drinking *chang'aa* include leisure, peer pressure and depression. These are in line with the first objective that sought to establish factors luring unemployed Christian youth in Matayos Sub – County, Busia County into *chang'aa* abuse. The findings of the study correspond with Medina-Mora (2005) who says that contextual factors such as poverty, depression, social factors and availability of substances are important determinants of the level of consumption and associated problems. In Matayos Sub County, poverty, low level of education and unemployment are contributory factors to the situation.

**Rate of *chang'aa* drinking**

When the respondents were asked to rate their level of drinking, it was discovered that 44.4% of them were drinking *chang'aa* highly, 38.9% at a medium rate while 16.7% had a low rate of drinking. This is in agreement with Focus Group Discussion where youth admitted that their drinking habits had gradually changed from occasional to frequent drinking. One Key Informant (Chief) rated the youth in the area as high drinkers who drunk almost on daily basis, but constrained by lack of money for drinking frequently.



**Figure 11: Rate of *chang'aa* drinking**

Source: *Field data, 2019*

## The impact of *chang'aa* abuse on unemployed Christian youth, in Matayos Sub – County, Busia County

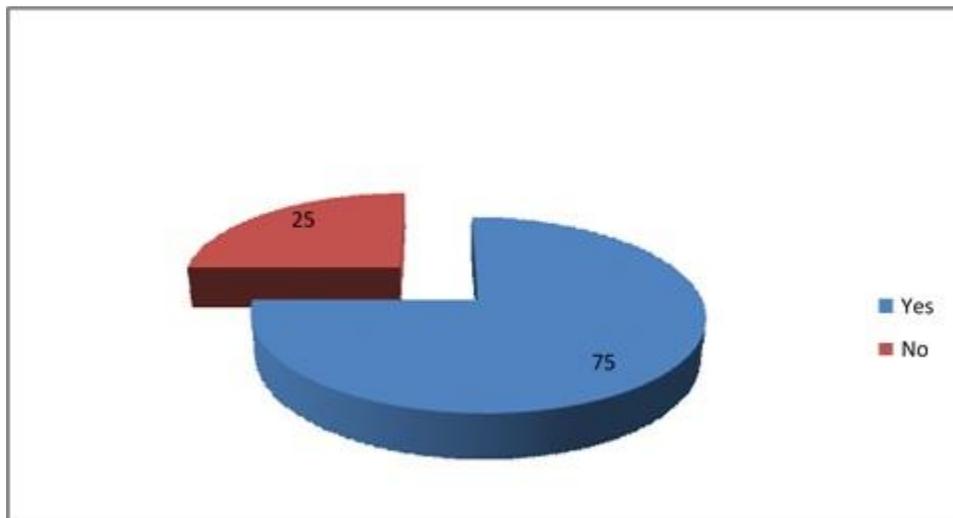


Figure 12: Impact of *chang'aa* abuse on unemployed Christian youth

Source: Field data, 2019

In the fulfillment of the first objective, the study found out that 75% of the respondents were aware of the adverse effect of *chang'aa* abuse while 25% were not aware. The greatest danger established by this research was domestic violence that was found out to be at 22.22%. This was followed by divorce (19.44%), early pregnancies (16.67%), deaths (12.5%), diseases (11.11%), prostitution (9.72%) and school drop-outs at 8.33%. Married *chang'aa* abusers were found out to be beating their wives resulting in domestic violence and even divorce. They were also found out to be falling dead in ditches, rivers and runoff after drinking too much. They were also found to be drinking in excess before they can eat food hence interfering with the body functioning and thereby killing them directly. In addition, those abusing *chang'aa* were found to be involving in prostitution with the opposite sex and this in turn leads to death because of the sexually transmitted infections. From a study conducted by the US Department of Health and Human Services (2000), alcohol use has been associated with increased risk of injury in a wide variety of settings including road traffic accidents (vehicles, bicycles, and pedestrians), falls, fires, injuries related to sports and recreational activities, self-inflicted injuries or injuries resulting from interpersonal violence.

Fuller (1995) and Li et al (1997) also observed that the presence of alcohol in the body at the time of injury may be associated with greater severity of injury and less positive outcomes. They further noted that the other effects are violent behavior and suicides as well as impairing the drinkers' ability to think and proneness to emotional responses. This corresponds with the outcomes of the study which mentioned violence, diseases, and deaths as some of the adverse impacts of *chang'aa* consumption.

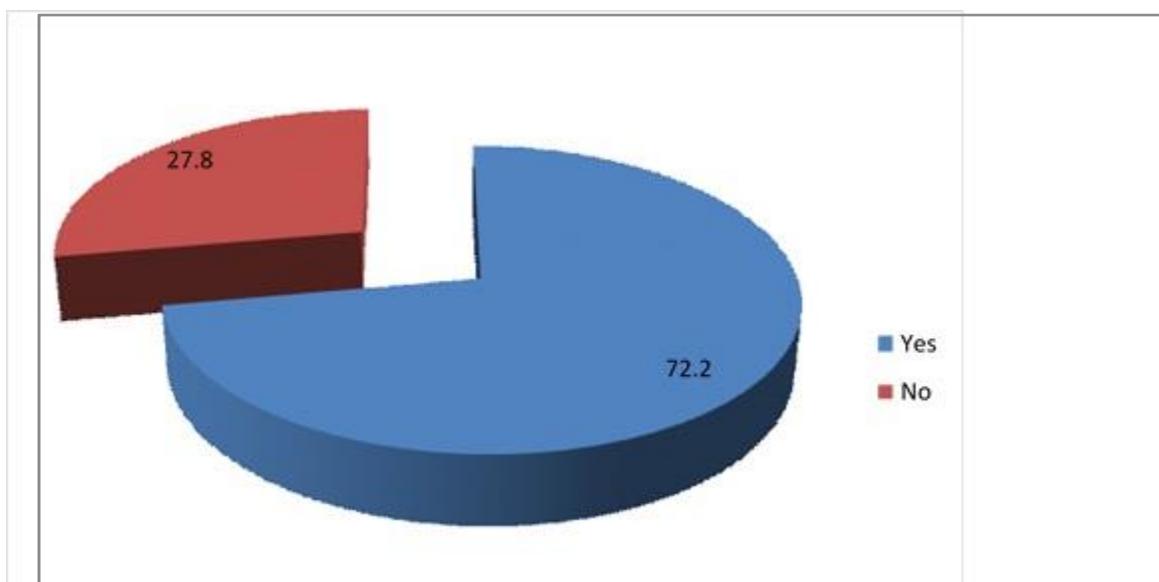
**Table 5: Dangers of *chang'aa* abuse**

| Dangers           | No. of Respondents | Percentage (%) |
|-------------------|--------------------|----------------|
| Deaths            | 9                  | 12.5           |
| Diseases          | 8                  | 11.11          |
| Prostitution      | 7                  | 9.72           |
| School Drop-outs  | 6                  | 8.33           |
| Domestic violence | 16                 | 22.22          |
| Divorce           | 14                 | 19.44          |
| Early pregnancies | 12                 | 16.67          |
| <b>Total</b>      | <b>72</b>          | <b>100%</b>    |

Source: *Field data, 2019*

### Awreness on whether *Chang'aa* use causes unemployment

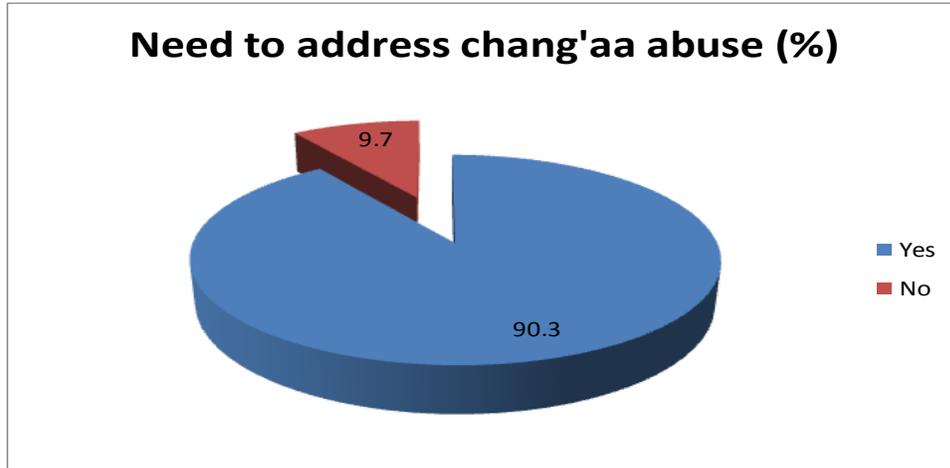
The youth were further engaged to find out whether they were aware that *chang'aa* abuse causes unemployment among the youth and 72.2% of the respondents were aware while 27.8% were not aware. This was interpreted to mean that lack of employment is also an impact of *chang'aa* abuse. One Key Informant (Chief) said that, most youth who consumed *chang'aa* and had attained training frequently lost employment through alcoholism. This therefore implied that most school leavers could not secure jobs without further training and those trained could not sustain employment due to *chang'aa* drinking.



**Figure 13: *Chang'aa* use and unemployment**

Source: *Field data, 2019*

**Strategies in place to counter *Chang'aa* abuse on unemployed Christian youth in Matayos Sub – County, Busia County**

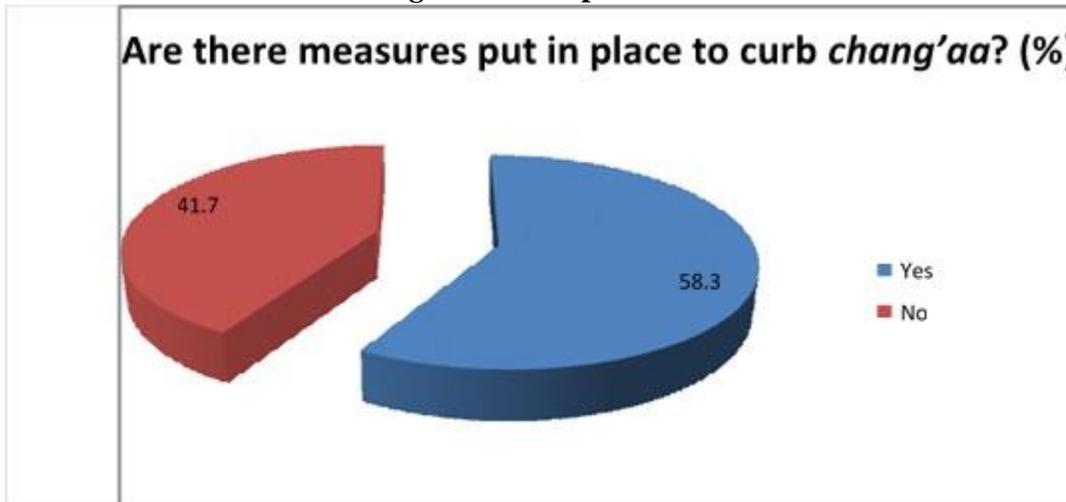


**Figure 14: Need to address Chang'aa abuse**

Source: *Field data, 2019*

90.3% of the respondents thought that there was need to address *chang'aa* abuse among the youth while only 9.7% did not think so.

**Measures to curb *chang'aa* consumption**



**Figure 15: Are there measures to curb chang'aa consumption?**

Source: *Field data, 2019*

**Table 15: People putting measures in place**Source: *Field data, 2019*

|                          | No. of Respondents | Percentage (%) |
|--------------------------|--------------------|----------------|
| <b>Religious leaders</b> | 16                 | 22.22          |
| <b>Government</b>        | 26                 | 36.11          |
| <b>Policy makers</b>     | 16                 | 22.22          |
| <b>Society</b>           | 14                 | 19.44          |
| <b>Total</b>             | <b>72</b>          | <b>100%</b>    |

In line with the third objective, it was found out that there were already measures put in place to counter *chang'aa* abuse among the Christian youth. The government led in curbing it by 36.11%, followed by both religious leaders and policy makers at 22.22% and lastly the society at 19.44%. One Key Informant (Pastor) said, "Some youth had confessed in church that they had quit drinking but later resumed doing so" This implies that there was some efforts by some respondents to quit drinking and which could be strengthened by pastoral counseling interventions. According to Edwards (1980), alcohol abuse occurs due to breakdown in religious and traditional regulations. In support of the above view, Acuta (1988) advances that alcohol abuse exists due to breakdown in traditional regulations. Religion acts like a custodian, if one is to adhere to its teaching. Where teachings are relaxed one tends to backslide, thus, it is true religion without rules is devoid of piety and character.

Similarly, Baer (2002) reports that, students who are more religious and more committed to traditional values drink less. Religion was significantly and independently related to reduce frequency of heavy drinking compared to students with no religious affiliations.

Indeed it is true that religion inculcates values and nurtures somebody within a restrictive environment. Religion acts as a custodian hence one cannot indulge in reckless drinking because of one's identity but, drinking is a question of one's choice. Furthermore, Berkowitz (1986) advances the idea that more frequent attendance at Religious services and greater strength of faith were linked to less problematic drinking in US college students.

Additionally, there were measures suggested by the youth of Matayos Sub-County that can be put in place to curb *chang'aa* abuse. These included counseling sessions (33.3%), putting regulations about *chang'aa* at work (29.2%), continuous awareness on the effects of *chang'aa* abuse (13.9%), (32.7%), rehabilitating *chang'aa* addicts (12.5%) and evangelism (11.1%).

### 1.10 Conclusion

The study revealed that there are several factors that lure unemployed Christian youth to *Chang'aa* abuse. These include socialization, leisure, peer pressure, depression among other factors. The study further noted that socializing is the most frequent reason as to why unemployed Christian youths consume *Chang'aa*. One key informant stated that the majority of the youth view *chang'aa* abuse as being "cool" and an essential part of their daily socializing. In fact, youth who don't indulge in *Chang'aa* abuse are considered as cowards and outdated.

However, *Chang'aa* abuse has its own adverse impacts among the unemployed Christian youth who abuse *Chang'aa*. These impacts include: domestic violence, divorce, early pregnancies, deaths, diseases, prostitution and school drop-outs at 8.33%. Married *chang'aa* abusers were found out to be beating their wives resulting in domestic violence and even divorce. They were also found out to be dead in ditches, rivers and runoff after drinking too much. They were also found to be drinking in excess before they can eat food hence interfering with the body functioning and thereby killing them directly. In addition, those abusing *chang'aa* were found to be involving in prostitution, this in turn leads to death because of the sexually transmitted infections.

Finally, the government, the church and the society has put up measures to curb *Chang'aa* abuse in the area. As much as the government plays a major role in curbing *Chang'aa* abuse in the area, the role of the church could not be undermined. Church leaders have taken an active role to deal with the *Chang'aa* menace.

### 1.11 Recommendations

Based on the above study, and taking cognizance of the effects of *chang'aa* abuse in Matayos Sub County, the researcher makes the following recommendations:

- All institutions around the family should come together and support the victims of *chang'aa* abuse through education and sensitization, moral support, provision of alternative engagement as a source of livelihood other than *chang'aa* trade and revision of policies governing the licensing of alcoholic drinks.
- The church should come out strongly to establish programmes for addicts and families that are directly affected by *chang'aa* abuse. They should also ensure that youth are rehabilitated or given alternative source of livelihood so as to recover from habitual drinking.
- The families should make a personal decision to fight *chang'aa* abuse through community policing approach of development in the community by the community and for the community.
- The government should through its *Kazi Kwa Vijana* provide employment and business opportunities to the youth and resources to facilitate curbing *chang'aa* consumption among youth.

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