

**ALCOHOL CONSUMPTION ON FAMILY WELL-BEING AND DEVELOPMENT IN  
WANTONI, MUKONO MUNICIPALITY**

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**UGANDA CHRISTIAN  
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## DECLARATION

I hereby declare that this research dissertation is my original work, not plagiarized and not been submitted to any other institution for award

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## APPROVAL

This is to certify that this research dissertation has been developed under my supervision and has been approved for the award of the degree of Bachelor of Social work and social Administration of Uganda Christian University

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Date: **13/04/2026** .....

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The tremendous assistance rendered to me by my friends, family cannot be taken for granted. may God bless you all

## **ABSTRACT**

This study looked at how drinking alcohol affects the wellbeing and development of families in wantoni, Mukono municipality, Uganda. The study had three main goals one being to see how drinking alcohol affects family wellbeing and relationships, to find out how drinking alcohol affects the income of households and the development of families in wantoni. The study used Ecological Systems Theory by Urie Bronfenbrenner from 1971, which explains how people around us and our environment affects.

The study used a mix of research methods including talking to people and giving them questionnaires. The people who were part of the study included the heads of households, adult family members, local leaders, and people who drink alcohol in Wantoni. The study was supposed to include 15 people for interviews, fourteen people actually completed the interviews, which is a good response rate of 93.3%. The information that was collected was analyzed using methods like counting and percentages, as well as by examining the stories people and the themes that emerged

The findings of the study revealed that excessive alcohol consumption negatively affects families in many ways. It causes problems in relationships, emotional instability, and harms children. Many participants reported conflicts, domestic violence, and neglect of responsibilities in their homes. They also explained that parents often fail to maintain strong relationships with their children at home, leaving many children emotionally affected and unhappy.

The study found that alcohol consumption reduces the money available for important family needs such as food, education, healthcare and savings. Alcohol abuse further leads to job loss, low productivity, financial difficulties, and poverty. In addition, alcohol consumption causes serious health problems such as liver disease, stress, depression, accidents, injuries and poor mental health, which affects not only the drinking's but their family members.

The study concluded that alcohol consumption has negative effects on the wellbeing and development of families in wantoni, Mukono municipality. The study therefore recommends that the government should strengthen laws to control alcohol consumption, social workers should provide counseling and awareness programs about the dangers of alcohol abuse, community leaders should educate people about the harmful effects of drinking, and families should be supported to reduce the impact of alcohol consumption and improve their wellbeing.

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## **CHAPTER ONE**

### **1.0 INTRODUCTION**

A research report intended to meet specific objectives of a research topic of study “**Alcohol consumption on family wellbeing and development in wantoni Mukono municipality**”

This chapter will highlight about the background of the research problem, problem statement, the general objectives/aims of the study, the research questions, significances of the study, justification, limitations and delimitations, scope of the study, conceptual frame work as well as the summary of the chapter

### **1.1 BACKGROUND OF THE STUDY**

#### **Historical background**

The historical background provided a brief reminder of when alcohol and alcohol consumption came into existence through different generations till when it was circulated in the world.

The emergency of alcohol was urged to have developed from the early 1870s in the United States of America and it is also believed that the alcohol was developed by Vin Mariani who came with an idea of producing wine that was named after her as Miriani’s wine but it contained coca. People used the alcohol and cocaine mixtures as a medical remedy. The emergency of the scientists and the lawmakers led to the concerns from these professionals.

By the early 1900s, many nations began to implement formal alcohol control systems and then prohibition laws to control the rising concerns over public health and social orders. Despite these legal restrictions, alcohol consumption remained deeply embedded in the social fabric of societies globally, evolving into the complex regulatory and cultural landscape we see today.

#### **Conceptual Background**

Alcohol was defined as a toxic and psychoactive substance with dependence producing properties that has been consumed globally across many centuries (World Health Organization, 2022). Alcohol consumption was understood as the act of ingesting beverages containing Ethanol, typically through oral consumption. The family is defined as a fundamental social group consisting of people living under the same household authority, usually related by blood, marriage. Family welfare refers to the holistic wellbeing of the

family members in the given society. It normally compasses of the social, psychological, emotional, and physical health of each members ensuring their stable support within the environment.

### **Contextual Background**

The research was carried out around the community of wantoni, Mukono municipality which is amongst the 79 villages that make up the municipality which is a local government entity. In this community the economic status of the people in the area was found moderate because the residents were unemployed which led to idleness hence alcohol consumption and also the other activity of prostitution that is mainly carried out around bars. Because of the single parenthood that forces them to do so, many single motherhood and fatherhood which maybe influences the consumption of alcohol among the people in families.

#### **1.2 Problem statement**

Alcohol consumption is a common practice in many communities in Uganda. While moderate alcohol use may be socially accepted, excessive and harmful drinking has become a serious social and economic problem Many adults including the heads of households and young people are drinking much alcohol. This is causing a lot of problems for families, community members and leaders say that drinking much alcohol leads to fighting's at home, money problems and not taking care of responsibilities, it also makes people not to work hard, drinking alcohol can lead to violence, not taking care of children.

According to the WHO (2008), estimate that there are about 2billion people worldwide that consume alcohol. Of the 2billion, approximately 76.3 have a diagnosable alcohol use disorder, such as excessive drinking and alcohol dependence. Worldwide, adults (age 15 years and older) consume on average 5 liters of pure alcohol from beer, wine and spirits every year

This research intends to find out how drinking alcohol affects families in wantoni, Mukono municipality, then also to find out how drinking alcohol affects the money of families, the relationships between family members, how parents take of their children and overall life of families

### **1.3 Research objectives**

To examine the physical and mental health consequences of alcohol consumption on family members in wantoni

To assess the effects of alcohol consumption on household income on families in wantoni

To explore the health related effects of alcohol consumption on families in wantoni.

### **Research Questions**

What are the effects of alcohol consumption on family well-being and development in wantoni, Mukono municipality?

Examine the effects of alcohol consumption on household income on families in wantoni.

What are the health effects of alcohol consumption on families in wantoni?

### **1.4 purpose of the study**

To examine the impact of alcohol consumption on family wellbeing and development within wantoni, Mukono municipality

### **1.5 Scope of study**

The scope of this research is defined by three scopes of the study, the time scope, geographical scope and the content scope that were guiding me in carrying out the research exclusively as explained in details below in the next paragraph.

#### **The content scope**

The research study was guided by three objectives as outlined in subchapter. To statistically measure the correlation between levels of alcohol consumption within families and indicators of family well-being to quantify the prevalence of alcohol-related problems within families in Wantoni

To examine the relationship between alcohol consumption and financial stability of families in Wantoni

#### **The geographical scope**

The research was conducted in wantoni, located within Mukono municipality in Mukono district, this spot was chosen mainly because of high rates of alcohol use seen in families

around wantoni. Also the area's economic situation played a role in this choice. It's got a moderate economy and not many job options, which seem to contribute to the problem of alcoholism in the community.

### **The time scope**

My research focused at the period of 2020-2022 where alcohol consumption was so rampant among the families when COVID-19 lockdown was there.

### **1.6 Justification of the study**

The research was carried out on families within wantoni that were suffering from alcohol consumption due to the impacts imposed on their development and wellbeing and more other reasons that were not known to why people in the area consumed alcohol in this community of wantoni. Therefore, the research was carried out in order to find out the unknown health conditions and economic impacts that alcohol consumption had on the families of people living within wantoni.

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

The research study was developed to investigate the impact of alcohol consumption on the general wellbeing and development of families in wantoni, Mukono municipality. By putting all the aim and focus from the individual cases to the entire family system, the study also highlights how alcohol misuse affects the fundamental unit of families within the community. The families in wantoni, the research is of primary importance to residents of wantoni because it identifies the possible strategies to reduce harmful alcohol consumption, therefore the findings help family members understand the direct relationship between alcohol use and erosion of family stability, health, and economic growth where by it provides a roadmap for healthier domestic environments.

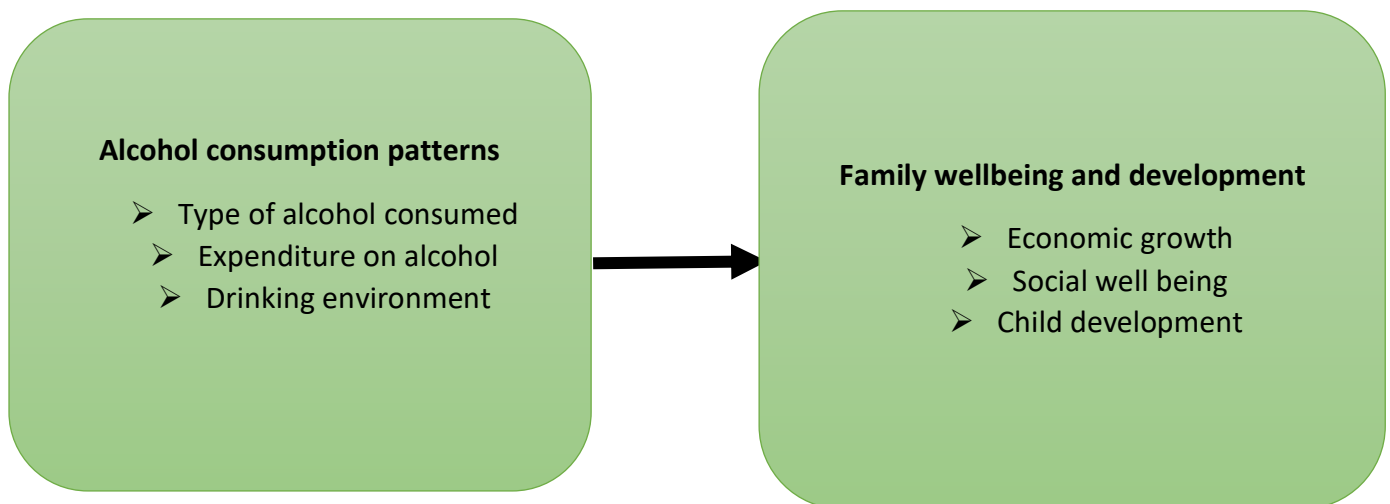
The social workers: Driven by the value of service and the promotion of proper social functioning, this study provides social worker with a localized evidence base. They can also use these findings to design targeted intervention programs, such as community-based rehabilitation, family counselling services and support groups within the community of wantoni

District leaders: As leaders in the community and at the district level in Mukono, this research study really acts like an important tool for shaping policies. It is packed with data driven insights that show how alcohol economic growth. By tackling these issues head on,

you can help create a more stable community. It is crucial to ensure that the growth of the municipality isn't held back by the social problems that come with substance abuse.

Policy makers. Through this research shall provide a detailed and evidence-based paperwork on how alcohol consumption impacts the family wellbeing and development in the area. Various strategies and guidelines can be designed and for the better of the safe of the area. This study adds on the existing knowledge about substance abuse in urbanizing areas of Uganda. It can be a reference point for future researchers who want to explore the connections between public health, family sociology,

### **1.8 conceptual framework.**



On the independent variable, the conceptual framework above elaborated more on how the alcohol consumption patterns such the type of alcohol, income levels and drinking environment on the family well-being and development, the economic growth, social well-being, child development as the dependent variables.

## **CHAPTER TWO: LITERATURE REVIEW**

### **2.0 Introduction**

The literature review was conducted to examine existing research papers, journal articles, and other scholarly works related to this study. This review helps to identify gaps in previous studies that need further investigation. By reviewing the available literature, the researcher gains a clear understanding of what is already known about the topic and what has not yet been adequately addressed. The literature review is guided by the research objectives developed for this study and provides a strong foundation for the research.

### **2.1 Theory**

This study on alcohol consumption and its effects on family wellbeing and development in Wantoni Mukono Municipality was guided by the Ecological Systems Theory developed by Urie Bronfenbrenner in 1971. The theory focuses on understanding individuals within their social environment and explains how different social systems influence people's lives. It provides a useful framework for examining how individuals are affected by their interactions with family, community, and broader societal structures.

The theory identifies several interconnected systems, including the microsystem, meso system, exo system, and macro system. These systems represent different levels of social influence, such as family relationships, household income, community interactions, and health conditions. All these factors are closely linked to the social environment in which people live and can significantly influence their behavior and wellbeing. Therefore, this theory was adopted to help explore, assess, and understand the effects of alcohol consumption on family wellbeing and development within the community.

### **2.2 Effects of Alcohol Consumption on Family Well-being in Wantoni, Mukono Municipality**

Alcohol consumption remains a common practice in many communities, including Wantoni in Mukono Municipality. High levels of alcohol consumption have been associated with negative effects on family well-being, particularly in relation to family relationships, emotional stability, and economic security. Alcohol is a psychoactive substance with dependence-producing properties and has been widely consumed for many years (World Health Organization, 2022).

In Wantoni, alcohol consumption has been observed to affect families by reducing household income due to increased expenditure on alcohol, leading to financial strain. Excessive alcohol use also contributes to poor communication among family members, conflicts, and domestic

violence, which undermine family harmony. These challenges negatively affect the social, emotional, psychological, and physical well-being of family members.

### **2.3 Alcohol Consumption and Family Development**

Family development refers to the ability of a family to achieve economic stability, maintain healthy relationships, and support the growth and well-being of its members. Alcohol consumption can hinder family development by diverting resources away from essential needs such as education, healthcare, and housing. Families affected by excessive alcohol consumption often experience reduced productivity, increased poverty, and limited opportunities for long-term development.

In Wantoni, Mukono Municipality, alcohol-related challenges may slow down family progress and contribute to persistent social and economic problems. Therefore, understanding the effects of alcohol consumption on family development is important for designing interventions that promote healthier families and sustainable community development.

Alcohol consumption among individuals is influenced by several factors, including cultural beliefs, employment levels, and income differences. For instance, people with higher incomes may afford alcohol more easily, while low prices of alcoholic drinks (as low as UGX 500) and weak law enforcement in many communities make alcohol readily accessible. Because of this, alcohol use has become common in many households. This study therefore aims to examine how alcohol consumption affects the family wellbeing of single mothers.

According to Carlos A. and Angela T. (2018), alcohol consumption contributes significantly to family conflicts and emotional stress, which often reduce love, unity, and solidarity within families. Their findings indicate that excessive alcohol use leads to negative emotions, poor communication, and weakened family relationships. In families headed by single mothers, alcohol consumption has been associated with strained attachments between family members, as individuals tend to neglect family responsibilities and challenges. Abondo et al. (2018) further explain that persistent alcohol use can result in serious consequences such as family breakdown and, in extreme cases, death of family members, which greatly disrupts normal family functioning.

Skemeth (2016) notes that in situations where a spouse or another family member engages in excessive alcohol consumption, family relationships are often negatively affected rather than strengthened. Castillo et al. (2022) further point out that families affected by alcohol addiction tend to experience limited protection and supervision, especially when addicted

members use inappropriate language or engage in irresponsible behavior. Such actions may expose other family members to serious risks, including crime, violence, and theft.

Shozi P.N. (2020) explains that single mothers are particularly vulnerable to alcohol misuse due to the numerous challenges they face, such as loneliness, the burden of single parenthood, and financial pressure. These difficulties may push some single mothers toward alcohol as a coping mechanism. Shozi's study also suggests that emotional support between single mothers and other family members often weakens as a result of alcohol-related behaviors, leading to strained relationships within the household.

The research conducted by Kendler et al. (2016) on the effects of marriage and alcohol use disorders indicates that single mothers who consume alcohol are at a higher risk of developing alcohol-related problems. This increased risk further affects family stability and the overall wellbeing of children in such households.

Alcohol use disorder has been found to significantly damage marital and family relationships. In many cases, excessive alcohol consumption by one partner leads to constant conflict, emotional strain, and eventual breakdown of the marriage. As family relationships deteriorate, the affected individual may develop alcohol use disorders, which often require financial resources for treatment and therapy. This situation places additional strain on the family, especially when funds are diverted toward managing alcohol-related health problems.

Despite the existing literature on alcohol consumption and family wellbeing, notable gaps remain. Previous studies have not adequately examined the separation and emotional distance that occurs among family members as a result of alcohol misuse. In some households, family members may leave their homes due to frustration with ongoing challenges and irresponsible behavior caused by alcohol consumption. As a result, relationships within the family become strained, leading to poor communication and weakened family bond

### **2.3 Effect of Alcohol Consumption on Household Income and Family Wellbeing**

The study established that many households in Wantoni, Mukono Municipality experience challenges in income generation as a result of excessive alcohol consumption. Evidence from the findings indicated that high expenditure on alcohol reduces household income, as money that would otherwise be used for basic needs such as food, education, healthcare, and savings is instead spent on alcohol (Omondi et al., 2016).

Families affected by alcohol consumption also face serious financial pressures, especially when resources are diverted toward treating alcohol-related illnesses and complications. These challenges limit the ability of households to save and invest, which in turn contributes to persistent poverty and poor family wellbeing (Murphy et al., 2016). As a result, family development is negatively affected due to reduced financial stability.

Although the production and sale of alcohol contribute to employment opportunities through breweries, bars, and related businesses, the negative effects at the household level often outweigh these benefits. While some household members may earn income from alcohol-related activities, excessive consumption undermines productivity and economic progress within families (Nakamya & Romstad, 2020).

Furthermore, Cooke et al. (2023) note that alcohol consumption within households is associated with social challenges such as discrimination, neglect of family responsibilities, and strained relationships among family members. Children in such families are particularly affected, as alcohol misuse may limit parental care, emotional support, and access to basic needs, thereby hindering overall family wellbeing and development.

Alcohol consumption has been found to affect the ability of households to sustain stable income and productive livelihoods. According to Kim et al. (2018), excessive alcohol use is associated with mental and physical health problems that reduce an individual's capacity to work effectively. In many households, alcohol consumption leads to reduced productivity, absenteeism, and failure to complete assigned tasks, which negatively affects employment stability and income generation.

Furthermore, alcohol-related physical weakness and health complications often contribute to job loss or limited employment opportunities. When household members lose their sources of income, families struggle to meet their basic needs, resulting in financial stress and reduced family wellbeing (Torsheim, 2015). This situation limits household income generation and affects long-term family development

The study also indicates that households where alcohol consumption is minimal or absent tend to have more stable income levels compared to those where alcohol use is frequent. Families affected by excessive alcohol consumption often experience financial instability, while households that abstain from alcohol are more likely to manage their resources effectively and maintain stable income levels. This income gap highlights the negative impact of alcohol consumption on household economic stability in Wantoni, Mukono Municipality

## **2.4 Health related effects of alcohol consumption on families in wantoni**

Many people have studied how alcohol consumption affects families. Room, Babor and Rehm (2005) say that drinking much alcohol is not just a personal problem, but also a big problem for public health that affects families and communities. When people drink much they can get sick with things like liver disease, heart problems and mental health issues. When someone in a family gets sick because of alcohol the whole family feels sad and worried. They also have to spend a lot of money.

The World Health Organization (2018) says that drinking much alcohol makes people sick kills them too early and makes them not work as well especially in countries that are not rich. In places like Wantoni in Mukono Municipality, where many families have businesses, alcohol-related sickness reduces the money they can make and affects the whole family. This means that families have money for things like school fees, healthcare and a safe place to live.

Orford (2013) says that addiction to alcohol makes families very stressed and sad. The people who live with someone who drinks much often feel anxious, scared and not safe. Sometimes drinking much leads to fighting at home problems in relationships and families breaking apart. This makes families not work well together and makes everyone feel bad.

McCrary and Epstein (2009) also say that drinking much affects how families talk to each other and make decisions. When people are drunk they can make choices do risky things and not take care of their children. This can lead to diseases like HIV/AIDS, which makes families have more problems socially and financially.

Also drinking alcohol for a time can lead to mental health problems like depression and memory loss. When parents are addicted to alcohol their children might not get the care and love they need which can affect how well they do in school and their future.

Leonard and Eiden said in (2007) that when parents drink much it causes problems in their relationships and with their children leading to emotional problems and poor family life. In Wantoni, where many people work jobs or have small businesses, when parents drink too much it often leads to fights, less attention for the children and weaker family bonds. This affects how stable and successful the children are.

Sher et al. and others found in (1991) that kids who grow up in homes where there is alcohol misuse are more likely to have emotional problems. In Wantoni we see that kids from

families where alcohol's a problem often gets neglected miss school and do not do well academically. Some kids are exposed to fights at home which can affect how they behave and the choices they make in life.

Rehm and others said in (2009) that alcohol is a part of the global problem of disease and economic costs. In Wantoni, when the heads of families' drink much it reduces how much they can work increases medical bills and limits how much they can save. The money that could be used for education fixing homes or starting businesses is often spent on alcohol or treating alcohol-related sicknesses. This slows down how families can grow and makes it harder for them to get out of poverty.

Caetano and others found in (1998) that alcohol consumption is linked to violence between partners. In Wantoni we hear from locals that alcohol-related violence at home contributes to injuries, trauma families breaking apart and emotional harm to women and kids. This makes families less stable. Affects how well they live.

From a development perspective alcohol consumption in Wantoni affects not individual health but also how the community grows economically and socially. When families are struggling with alcohol-related health issues they are less able to take part in community

## **CHAPTER THREE: METHODOLOGY**

### **3.0 Introduction**

This chapter comprised research design, the methods of data collection, the instruments of data collection, the anticipated constraints of the research, the type of data to be collected, the sampling techniques and sample of the data collection as well as the attached methodological instrument.

### **3.1 Research design**

This study used a mixed methods research design, which combines both qualitative approaches. This approach allows the researcher to combine numerical measurement and statistical analysis with in-depth insights from participant's experiences. This provides a comprehensive understanding of how alcohol consumption impacts family well-being and development.

This study used a mixed methods research design, which combines both qualitative approaches. This approach allows the researcher to combine numerical measurement and statistical analysis with in-depth insights from participant's experiences. This provides a comprehensive understanding of how alcohol consumption impacts family well-being and development.

### **3.2 Area of study**

The study was conducted in Wantoni, Mukono Municipality, which is located in Mukono District, Central Region of Uganda. Wantoni has mixed settlements, local trading centers and varied socio-economic activities making it a suitable place to examine community health and family dynamics. The choice of wantoni was informed by reports from stakeholders indicating prevalent alcohol use and its potential effects on households.

### **3.3 Sources of information**

The research used both primary and secondary sources

#### **3.3.1 Primary sources**

Household surveys were conducted using questionnaires administered directly to participants. In-depth interviews were conducted face-to-face with selected participants to explore experiences and perceptions. Focus group discussions were held with community members discussing views on alcohol and family dynamics.

#### **3.3.2 Secondary sources**

Local administrative records and reports from Mukono Municipality Health Office were used. Existing research government publications and scholarly literature related to alcohol

use and family impacts were used. Records from NGOs and community support programs dealing with alcohol-related challenges were used.

### **3.4 study population**

The target population for this study included household heads and adult family members aged 18 and above residing in Wantoni. It also included informants, such as local leaders, health workers and community elders with knowledge about community health and family well-being. Alcohol consumers identified through snowball referrals were also included for narratives.

#### **3.4.1 Sample size**

The sample size for the survey was determined using a formula. This formula yielded a sample of 384 households. After adjusting for non-response and household availability the final required sample was set at 420 households.

For interviews 20 key informant interviews were conducted and 6 focus group discussions were held with 8-10 persons per group.

$$no = \frac{Z^2 p(1-p)}{e^2}$$

Where by

Z= standard normal deviate (1.96 for 95%CI)

P= estimated proportion of alcohol affected households (assumed at 0.5 for maximum sample)

E= margin of error (0.05)

### **3.5 Sampling techniques**

A multi-stage sampling approach was used. First Wantoni was divided into zones or villages. Then households within each zone were selected systematically using household listings. For interviews respondents who had experienced alcohol use within the family were selected.

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

This research used the following data collection methods

#### **3.6.1 In-Depth Interviews**

In-depth interviews were conducted with selected participants to obtain descriptions of personal experiences with alcohol use within the family, emotional and economic effects on family members and coping mechanisms and social consequences. Interviews were semi-structured with ended questions.

### **3.6.2 Data collection tools**

A structured questionnaire was used to capture quantitative variables, including alcohol consumption patterns, household socio-economic characteristics, indicators of family well-being and perceived impacts on family development. The questionnaire was pre-tested and administered by trained research assistants.

**Focus group discussions** were held separately with community members, female community members and youth groups. Discussions centered on perceptions of alcohol use in its cultural context and its perceived impact on family relationships and community well-being.

Data collection Instruments such as the pens, pencils, were used in the collection of the responses. The recorders also were used on the permission of the respondents. Which captured the responses from those fast speaking speakers that were be used as a reference while analyzing the content.

## **3.7 Data quality control**

### **3.7.1 Validity**

Respondents were given a self-administered English questionnaire. The various respondents were surveyed using both structured and open-ended questions. For the purpose of interviewing respondents, an interview schedule was created. The purpose of using an unstructured interview guide was to get adequate information from the respondents. An interview schedule facilitated a more in-depth conversation and helped to elicit more private and sensitive information. The data collected was used to support or validate conclusions drawn from the questionnaire or from observation.

### **3.7.2 Reliability**

Following the collection of data, respondents decided this. It gauged the respondent's internal consistency.

## **3.8 Data collection procedure**

The field introductory letter was collected from the university at the school of social sciences under the social work and social administration department, this letter was presented to the different dignitaries at municipal council and to the local leaders of wantoni community which shall be followed by the researcher.

### **3.8.1 Data analysis**

This research used the descriptive data Analysis method while analyzing the findings. As according to (Fisher & Marshall, 2009), the descriptive analysis helped in summarizing the

collected data into meaningful data which used the narratives, the thematic way which enabled the research

Cher develop meaning out the data collected in the field. Descriptive data analysis involved computing frequencies, percentages, and measures of central tendency.

### **3.9 Ethical consideration**

The participant's confidentiality maintained and highly treasured in the collection of the data.

The research participants used the pseudo names that include X, Z, V and numbers like 1, 2 and 3 especially during the answering of the research questions. The work that was produced and presented was fully for the researcher unless where they borrowed some knowledge on the prior conducted research which all was referenced on the last page

## **CHAPTER FOUR**

### **DATA ANALYSIS, PRESENTATION AND INTERPRETATION OF RESULTS**

#### **4.0 introduction**

This chapter presents the findings, analysis, interpretations, captures the response rate, demographic characteristics of the respondents. The findings and results are presented in the form of narratives and tables to demonstrate the demographic findings

#### **4.1 Data analysis and presentation of findings**

##### **4.1.0 the response rate**

The study targeted a sample size of 15 participants from wantoni, Mukono municipality, Uganda, a total of 15 interview guides were administered to the respondents. Out of these 14 interview guides were successfully completed while 1 interview guide was not completed. The responses obtained included information from informants and community members providing valuable insights into the effects of alcohol consumption on family well-being and development within the community in wantoni. Out of the 14 completed responses, 8 interviews were conducted in Luganda, the spoken local language in the area while 6 interviews were conducted in English. The use of both languages helped me to obtain detailed information from respondents, especially those who were more comfortable expressing themselves in their local language. The high response rate of 93.3% (14 out of 15 participants) provided data for analysis and enhanced the reliability of the study findings on alcohol consumption.

##### **4.1.1 Analyzing the socio-demographic characteristics of the respondents**

The following information was collected according to the demographic data of the respondents and when the respondents were requested to write their age in years, the respondents were proved to be around age of 28 years and 45 years old. Below down information reading the age of respondents from the filed

**Table 1: Showing age of respondent**

Variables	Number	Percentage (%)
<b>Age</b>		
28-33	5	38.5%
34-38	5	38.5%
39-45	4	23.0%
<b>Total</b>	<b>13</b>	<b>100%</b>

From the table 4.1, the majority of participants fell into the age of 28-33, and 34-38 age ranges in that five people each representing 38.5% of the respondents. while the 39-45 group was the least represented which constituted 23%. Although there were 14 total potential respondents, the table reflects only 13, this is due to 1 respondent who requested that their age remain private.

#### **4.1.3 Demographic information on gender**

The other information on demographic circle was collected on gender, gender of the respondents was of a key determinant factor in analyzing the factors related to alcohol consumption amongst families in wantoni. All the participants and respondents were men who take alcohol since the researcher aimed at getting firsthand information from the right people who had some experiences and information and in position to answers all those research questions.

**Table 2: Showing Type of marriage (marital status) of the respondents**

Variable	Number(n)	Percentage (%)
Divorced	3	21.4%
Single	7	50%
Separated	2	14.3%
Widow	2	14.3%
<b>Total</b>	<b>14</b>	<b>100%</b>

Table 4.2 shows that mostly the high percentage of respondents were single people with 7 people accounting for 50% followed by the Divorced ones with 3 at the percentage of 21.4%

and widowed who were represented by 2 people each representing 14.3% and the least numbers was the separated which was represented by 2 respondents at 14.3% This means that despite the challenges and perceptions about alcohol consumption on family well-being and development. The number of the people who consume alcohol remains outstanding as compared to those who have not tried out the drinking.

**Table 3: Showing Occupation status of respondents**

Status	Number	Percentage (%)
Employed	6	50%
Unemployed	7	42.9%
Unclear	1	7.1%
<b>Total</b>	<b>14</b>	<b>100%</b>

Table 4.3 shows that the most respondents were unemployed a total of 7 respondents making up a percentage of 42.9% 6 respondents who were employed representing 50%, 1 respondent did not disclose any information about his employment status living it unclear yet making up a percentage of 7.1% the results show that most respondents were unemployed, this means many of these people lack money. Since the most number of respondents was unemployed, when they don't have a job mostly rely on friends to get alcohol, in bars and other social places, this can affect how much and where people drink.

**Table 4: Showing Type of jobs and income earned by the respondents**

Type of job	Income earned	Number	Percentage(%)
Retail shops	Shs. 500,000 and Shs. 150,000	2	33.3%
Business	Shs. 600,000	1	16.7%
Works in bars	Shs. 250,000	1	16.7%
Farmer	Shs. 400,000 and Shs 350,000	2	33.3%
Total		<b>6</b>	<b>100%</b>

Basing on the above table, the respondents earned between 150,000 to 600,000 which made it very possible and clear that this people in wantoni can afford alcohol substances such as beer. The retail shops and farmer each constitute 33.3% of the employed respondents, while business and bar work each at 16.7%

The employment status of families also revealed the relationship between alcohol consumed and family relationships which stands higher chances of influencing the nature of the families in this community.

**Table 5: Showing Types Alcohol commonly consumed by the respondents**

<b>Type of Alcohol consumed</b>	<b>Number of respondents</b>	<b>Percentage(%)</b>
Local brew (malwa, waragi)	7	50%
Beer	4	28.6%
Spirits/liquors (vodka, whiskey)	2	14.3%
Others (Amaretto)	1	7.1%
<b>Total</b>	<b>14</b>	<b>100%</b>

Table 4.4 shows that the majority of respondents out of the 14 successful ones. 7 respondents consume local brews like malwa and waragi making up a percentage 50% while 4 respondents confirmed that they consume beer with a percentage 28.6% 2 respondents consume spirits/liquors like vodka and whiskey totaling to 14.3% and then 1 respondent at 7.1% consume different like Amaretto and others

## **4.2.0 THE FINDINGS OF THE STUDY**

### **4.2.1 Introduction**

The findings of the study have been presented in compliment with the specific objectives of the research study. The respondent to the research questions of the study were 15 in total and then 14 respondents were able to complete the responses to the questions that were designed to meet the objectives of the study. Each and every respondent was able to answer on each objective that was designed as presented below

### **4.2.2 The effects of alcohol consumption on the family well-being and development**

The study findings collected showed that alcohol consumption has significant effects on the family well- being and development in wantoni, Mukono municipality. The data that was collected from respondents indicated that excessive alcohol consumption amongst some parents negatively influences family relationships, emotional stability of those families and the overall development of the family members, not leaving out the children at different levels. From the information collected in wantoni community, respondent 1 reported that alcohol consumption sometimes leads to bad behavior at home. She explained that when “we take much we lose control and get angry” meaning that when parents drink a lot of alcohol they lose control and get angry easily causing quarrels and misunderstandings, this creates fear and tension amongst family members making affection on peaceful environment full of

healthy family living. Another respondent admitted by saying that alcohol consumption causes conflicts between family members and extended relatives. They explained that when we drink heavily we are seen as irresponsible and careless about family obligations, this act weakens relationships between families and their relatives that are not within the family. The respondent stated that children within these families where parents drink much alcohol experience distress, she explained that children worry about their parent's behavior and fear the consequences of their drinking habits. In some incidents children feel embarrassed when their parents behave irresponsibly while drunk.

From the data collected from the field, respondent 1 admitted that alcohol consumption affects his family relationship because "it makes him violent." Alcohol consumption has led to misunderstandings with in-laws because they think he is irresponsible and those not take care of this family (respondent 2). "Children worry about my drinking which strains them," said respondent 3. Respondent 4 answered that her children fear to approach her because sometimes she doesn't get time for them. Alcohol consumption made her separate with child and even parents neglected her (respondent 5). The sixth respondent replied with a lot of confidence that he did not have any issues with any family member and his children did not have any problem with their mother's drinking of beer. The respondents further reported that alcohol has brought her issues with their children especially the elder who quarrels with her mother everyday saying to her, "alcohol is going to make you sick."

The findings also showed that alcohol consumption affects the quality of interaction between parents and children, a respondent explained that when these parents drink a lot become unpredictable or harsh towards children as some result children may even fail to share their problems or challenges to their parents, later more respondent one indicated that excessive drinking leads to neglect of responsibilities within the home. Respondent 6 explained that when he drinks frequently spend a portion of their money(income) on alcohol instead of investing in family development, this leads to difficulties, poverty and poor living conditions within these families, divorce.

#### **4.2.3. The effects of alcohol consumption on Household income and family development**

The study found out that alcohol consumption has an influence on household income and the general well-being of families in Wantoni, Mukono Municipality. The people who took part in the study explained that drinking much alcohol often affects the economic stability of

families. This is because a large portion of household income is spent on buying alcohol than meeting essential family needs like food, and other requirements. This situation affects the ability of families to provide for necessities like food, education, healthcare and proper housing. For example, one of the people who took part in the study said that alcohol consumption affects the ability of some family members to do their work properly. This person explained that individuals who drink alcohol frequently sometimes fail to go to work regularly or do their duties properly because of hangovers or poor physical condition after drinking alcohol. As a result, their productivity goes down which eventually affects the income they earn. This can have consequences on the financial well-being of families hence affecting the household. Another person who took part in the study said that alcohol consumption contributes to financial management within households. This person explained that individuals who drink alcohol regularly tend to spend a lot of their income on alcohol leaving resources to support their families. In some cases, the money that would have been used for paying school fees buying food or meeting expenses is instead used to buy alcoholic drinks. The study also found out that alcohol consumption affects the saving culture within families. One of the respondent who took part in the study explained that many individuals who drink alcohol frequently find it difficult to save money for family needs, planning for emergencies or investing in productive activities a significant portion of their earnings is spent on alcohol and social activities at bars. This situation limits the growth and long-term development of families hence affecting everyone in the family.

Some families even experience insecurity because of alcohol consumption. When income is spent on alcohol families often struggle to meet their needs. For example, some families may not have food lack money for children's school requirements or fail to pay medical bills when family members fall sick. These challenges negatively affect the well-being and stability of families.

Then another respondent reported saying Alcohol consumption also affects family development by reducing investment in activities that are done. One of the respondent who took part in the response explained that some individuals prioritize spending money on alcohol than investing in income-generating activities like small businesses, farming or saving groups but instead use that money to consume a lot of alcohol and even sometimes end up buying for colleagues that they drink with or found at the drinking point as a result, families lose opportunities to improve their status and living standards. some families are forced to rely on borrowing money to survive because of alcohol consumption. One of the respondent who took part in the response said that when income is frequently spent on

alcohol families may face shortages that force them to borrow from friends, relatives or local money lenders. This can lead to debt accumulation and further financial stress within the household that sometimes can cause effects on the children.

#### **4.2.4 The health related effects of alcohol consumption on families in wantoni**

The study found out that alcohol consumption affects families in wantoni in many ways, people who drink alcohol a lot do not just harm their health but they also hurt the well-being of their family members that they stay with health problems issues that make it hard for their stay and develop. 1 respondent amongst the 14 respondents said that drinking alcohol frequently cause health problems, these problems make it hard for people to do their work and to take care of their families. When family members are sick they cannot work and earn money so these families spent a lot of money on care which causes more stress on the family. The second respondent who as answered the research questions said that drinking a lot of alcohol can cause long term health problems like liver disease. When people drink a lot of alcohol for a long time they can get very sick and weak hence need to go to the hospital. This affects not the person who drink but also their family members who have to take care of them, this study also found that alcohol consumption can affect the health of family members. Children who grow up in homes where their parents drink a lot of alcohol may feel scared, anxious or insecure, this hurts their health and development within the family.

Some respondents in the study said that alcohol consumption can cause stress and mental health problems in families where parents drink alcohol in that when people drink a lot they may argue with their family members. Cause tension in the home. This may make the family members feel sad, depressed or frustrated. They also added on saying alcohol consumption can also lead to violence in families, one respondent in this response said that when people drink a lot of alcohol they may lose control and hurt their family members which may cause harm to family members.

The study found out that people who drink a lot of alcohol may not take care of themselves after drinking, they may not eat well, make good exercise or go to the doctor when they are sick, this can cause health problems, affect the well-being of their families that they belong to. Three respondents answered to the research questions saying that when they spend a lot of money on alcohol they may not be able to take care of their children's health which makes children more sick. 2 respondents admitted that they got accidents and injuries caused by massive drinking of alcohol whereby they lacked energy to walk ending up falling in busy roads with moving cars.

This study found out that health problems caused by alcohol can affect family development in the term, when family members are sick they may not be able to take care of the family members which brings more problems in the family concerning health issues.

## CHAPTER FIVE

### DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS

#### 5.0 INTRODUCTION

This chapter interprets the findings presented in chapter 4, conclusion and recommendations. The content in this chapter is based on primary and secondary data that was collected in chapter two (Literature Review). The chapter sought to discuss the effects of alcohol consumption on family wellbeing and development in Wantoni, Mukono municipality. To discuss the effects of alcohol consumption on family well-being and development in Wantoni Mukono municipality.

To discuss the effects of alcohol consumption on Household income and family development. To discuss the health related effects of alcohol consumption on families in Wantoni. The study conducted through administering the interview guides to the respondents and asking them questions. The data was collected from 14 respondents who were able to complete the interview guides and 1 of the respondents did not provide any information to be used in this research study. The following are the discussions of the key outcomes of the research study under the guidelines of the research objectives

#### 5.1 The effects of alcohol consumption on the family Relationships and well being

My study found out that when parents or guardians in Wantoni, Mukono Municipality drink much alcohol it affects the relationships in their families and the well-being of their family members. The people I talked to said that many families have problems because of much drinking. Some of them said that drinking much alcohol causes misunderstandings, fights and they stop talking to each other. This makes the family members, the children feel sad and unsure about what is going on.

The respondents reported that some parents who drink much alcohol do not take care of their responsibilities. The people I talked to said that these parents do not give their children the love and support they need and they do not have money to take care of them. As a result, the family members feel like they are not loved. They do not feel safe. This is what other studies have found out too like the one done by Kendler and his friends in 2016. They said that drinking much alcohol makes families not work well together.

The study found out that drinking alcohol causes fights and problems in families. Some of the people I talked to said that when someone is drunk they can get angry say things and even hit their family members. This makes everyone in the family feel scared and not trust each other. The children are especially affected by their parents drinking. They feel worried and sad.

The data collected showed that drinking alcohol affects how family members feel about each other. In families where the parents drink a lot the family members do not. Care for each other as much. They also do not do things together as a family. Sometimes the children do not even want to talk to their parents because they're afraid of what they might do when they are drunk. This makes the family relationships even weaker.

The study also found out that drinking alcohol hurts the families in Wantoni, Mukono Municipality in ways. Many of the people I talked to said that the money that could be used to buy food pay for school and take care of the family's health is spent on alcohol instead. This means that the families cannot improve their lives and make their future better. This is what Carlos and his friends found out in 2018 too. They said that drinking much alcohol makes families poor and not get along with each other.

The second respondent said that drinking alcohol is bad for families. It causes fights makes family members feel sad and scared and makes it hard for parents to take care of their children. To make families better we need to tell people about the dangers of drinking much alcohol and we need to help families who are having problems.

## **5.2 Effects of alcohol consumption on household income and family development**

Based on the data collected in table 4.2 presents that alcohol consumption has a significant influence on household income and family development in wantoni, Mukono municipality. The study indicated that excessive drinking of alcohol by some family members reduces their productivity and ability to effectively participate in income generating activities within the area. In many cases, respondents reported that individuals who frequently consume alcohol often fail to perform the duties they are supposed to do due to hangovers and poor health conditions that come in after drinking alcohol. This reduces their ability to work consistently and earn sufficient income to support their families.

The findings also revealed that alcohol consumption contributes to job loss and reduces employment opportunities, the third respondent indicated that individuals who frequently consume a lot of alcohol sometimes are perceived as unreliable by employers due to absenteeism and poor performance at work, as a result some workers lose their jobs and even

fail to secure stable employment opportunities. This situation and condition reduces household income and makes it difficult for families to meet their basic needs such as food, healthcare, housing and education for children which in turn affects family development.

The study findings showed that a significant amount of household income is sometimes spent on alcohol and related social activities in bars, respondents revealed that some family members prioritize alcohol consumption over family responsibilities since they spend a lot on drinking than helping families which leads to the misuse of household financial resources. The money that would otherwise be used to support children's education, health care and also house hold development is spent of alcohol consumption. This pattern of expenditure contributes to financial strain within households and increases the level of poverty among families. Previous studied have also shown that excessive alcohol consumption can lead to alcohol use disorders that may further weaken individual's ability to manage health related problems and manage financial resources effectively (Ormond et al., 2016).

The findings also revealed that alcohol consumption negatively affects the saving culture within households. The sixth and thirteenth respondent explained that frequent use of alcohol limits the ability of families to save money for the future plans and investments or other related problems. As a result, households remain financially vulnerable and unable to plan for long term development. The absence of strong saving culture limits opportunities for economic growth of these families and hence causing the effects on households.

The findings show that persistent consumption of alcohol was found to contribute to unemployment and reduced economic productivity among some community members. Alcohol dependency affects individual/s ability to maintain stable employment and do their responsibilities effectively. This situation reduces household income levels and negatively affects the overall development of families within the community (Kim et al., 2018)

However, a few respondents indicated that alcohol consumption sometimes creates social interaction opportunities where individuals from different perspectives and communities meet people who may connect them to small business activities or causal work, through these networks, some are reported to have gained some small generating income that slightly improved their household income. Despite these few positive experiences, the overall findings of the study indicate that alcohol consumption generally undermines household income stability and negatively affects family well-being and development in wantoni, Mukono municipality.

### **5.3 Health related effects of alcohol consumption on families in wantoni.**

From the data collected it is clear that drinking much alcohol can cause a lot of health problems for families. Some family members who drink much often get sick feel weak and their bodies do not work as well as they should. This makes it hard for them to do things and take care of their families. Drinking alcohol all the time can also cause health problems that affect the family. People who drink much may become dependent on alcohol and get other health problems that need medical help. This means families have to spend a lot of money on care which takes away from other important things they need.

Some respondents reported saying drinking alcohol can cause emotional problems in families. When people drink much it can cause stress, anxiety and make them feel unstable (Tumwine et al., 2022) This can make it hard for families to get along. Can create a bad home environment. Sometimes drinking alcohol can even cause fights. Make family members feel bad. The other respondent reported that they also contracted health issues such as the sexually related disease like HIV/AIDS and other STDs during the influence of alcohol that made some family members make poor decisions and judgmental (respondent 12). Alcohol led some of family members into failure to sleep, physically weak and also led to depression among family members who consume it a lot.

The findings also found that drinking alcohol can increase the risk of accidents and injuries in families. When people drink much they may not be able to think clearly and can get hurt. These injuries can take a time to heal which can affect how well families work.

### **5.4 CONCLUSION**

The study concluded that alcohol consumption has profound negative impact on the family well-being and development on households and some key factors included coming home in late hours, giving limited time to children and use of inappropriate words before the family members. On the effect of alcohol consumption on household income and family development were found to be benefiting from alcohol consumption and the rest approved that alcohol consumption was totally affecting their income. In this study it was found that there were many health-related effects from alcohol consumption such as severe prenatal complications, migraine headaches and distress.

## **5.5. RECOMMENDATIONS**

### **Recommendation to the government**

The government through its ministries and local government authorities, should strengthen the regulation and control of alcohol sales and consumption within communities. This can be achieved by enforcing existing laws that regulate the licensing of alcohol outlets, limiting operating hours, and restricting the sale of alcohol to minors and then public awareness campaigns on the dangers of excessive alcohol consumption and its impact on family welfare, productivity and community development, these programs can be implemented through community meetings, local media and public media and education institutions within the communities to ensure that this information reaches even the lowest person in the village

The government should therefore support community based rehabilitation and counselling services if not there it should formulate some in such communities where there are cases of alcohol consumption for individuals struggling with alcohol dependency.

### **To the professionals**

To the professionals like social workers, and other helping professionals have to sensitize the public by teaching about the consequences of drinking alcohol through counseling, family therapy and community education in order to assist these families.

Professional should also collaborate with local leaders, health workers and community organizations if any to identify families affected by alcohol misuse and provide appropriate psychosocial support, Early intervention programs in order to prevent family conflicts, domestic violence and financial instability associated with alcohol abuse.

### **To the community leaders and local authorities**

To the community leaders including local council authorities, religious leaders and cultural institutions should play an active role in promoting responsible behavior within the community, this can be done through organizing community dialogues, awareness campaigns and support groups that encourage individuals to reduce harmful drinking habits. The local leaders should ensure that alcohol businesses operate responsibly within the community

### **To individuals and families**

People should be encouraged to drink and understand how drinking too much alcohol can hurt their families in the long run. Families members should support each other in living lives

and use their money for important things like education, healthcare and family welfare instead of drinking too much alcohol.

The families should also seek help and counseling when alcohol starts to cause problems, financial strain or other social issues.

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**APPENDIX**  
**CONSENT FORM**

**Introduction**

The research on the Alcohol consumption on family well-being and development in wantoni, Mukono municipality. Conducted by Wandera viane Abwoka, a third year social and social Administration student at Uganda Christian University. The main objective of this research study is to examine the impact of alcohol consumption on family wellbeing and development in wantoni, Mukono municipality.

**Expectations**

The participants are expected to engage fully in both group and individual interviews to ensure that the research objective is fully accomplished

The interviews are expected to take between 30 and 45 minutes. Participation is open through interview rules shall be set to ensure effective and balanced data collection from the field.

All information provided shall be treated with the strictest confidentiality to protect the identity by use of pseudonyms such as (F, W, A, U)

If you have any questions, further clarification regarding this study, please feel free to contact the researcher:

Phone no. +256754891538

Email. [Viane2147@gmail.com](mailto:Viane2147@gmail.com)

**Consent**

By signing below, you indicate that you have read and fully understood the information provided above and voluntarily agree to participate in this study.

Signature.....

Date.....

**UGANDA CHRISTIAN UNIVERSITY  
SCHOOL OF SOCIAL SCIENCES**

**BACHELOR OF SOCIAL WORK AND SOCIAL ADMINISTRATION**

**QUESTIONNAIRE**

My name is **Wandera viane Abwoka**, I am a student pursuing a Bachelor's degree in social work and social Administration I am carrying out a research study on **“Alcohol consumption on family wellbeing and development in wantoni, Mukono municipality”**

All responses will remain strictly anonymous, confidential and solely used for academic research purpose.

**Section A**

A background information

1. Age.....

2. Gender:

Male  Female

3. Marital status:

Single  Married  Divorced  Widowed

4. Education level:

No formal education  primary  Secondary  Tertiary

5 occupations.....

6. Household size.....

**Section B: Alcohol consumption patterns**

7. Do you consume alcohol?

Yes  no

8. If yes, how often do you consume alcohol?

Daily  weekly  occasionally  only during social events

9. Type of alcohol commonly consumed:

Local brew (malwa, waragi)

Beer

Spirits

Others (specify)

10. Approximate amount spent on alcohol per week (UGX).....

11. At what age did alcohol consumption start? .....

**Section c: Effects on family well being**

12. Has alcohol consumption affected household income?

Yes  No

13. If yes, how?

Reduced savings

Increased debts

Neglect of basic needs

Others (specify)

14. Has alcohol use caused conflict in the family?

Yes  No

15. Have children's education or school attendance been affected?

Yes  No

16. Has alcohol use led to domestic violence in the household?

Yes  No

17. How would you rate overall family well-being?

Very good  Good  Fair  Poor

**Section D: Family development indicators**

18. Does the household have stable income?

Yes  No

19. Has alcohol consumption affected family health?

Yes  No

20. Are children's basic needs adequately met?

Yes  No

**Section E: Possible solutions**

21. What measures can reduce alcohol related problems?

Community sensitization  strict law enforcement  counseling services

Religious interventions  others (specify)



# UGANDA CHRISTIAN UNIVERSITY

A Centre of Excellence in the Heart of Africa

February 26<sup>th</sup>, 2026

## TO WHOM IT MAY CONCERN

Dear Sir/Madam

Re: **INTRODUCTORY LETTER FOR RESEARCH**

This is to introduce to you **WANDARE VIANE Abwoka** Registration number **S23B15/056**, a student of Uganda Christian University, pursuing Bachelor's degree in Social Work and Administration. He is expected to carry out research in the final year under the guidance of a university supervisor in partial fulfillment for the requirements of the above-mentioned award.

Topic: **"Alcohol consumption on family wellbeing and development in Wantoni Mukono Municipality"**

The purpose of this communication is to request your office to allow him collect data from your organization. Any assistance rendered to him will be highly appreciated.

Yours faithfully,  
  
26 FEB 2026

Doreen Kukugiza  
Coordinator, Research & Fieldwork Programmes  
Tel: 0773395349  
Email: dkukugiza@ucu.ac.ug

A Centre of Excellence in the Heart of Africa

**BUDGET:**

No	ITEM	AMOUNT
1	Stationery	40,000
2	Airtime	10,000
3	Internet	50,000
4	Transport	43,000
5	Meals	60,000
6	Binding	70,000
	Total	<b>273,000</b>