

**EFFECTS OF ALCOHOL USE ON RISKY SEXUAL BEHAVIOR AMONG YOUTH
IN MUKONO: ARTICLE REVIEW AND VARIABLES ARTICLE 1: PATTERNS OF
ALCOHOL CONSUMPTION AND RISKY SEXUAL BEHAVIOR**

SHARON ANGARUKAMU

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**A DISSERTATION SUBMITTED TO THE SCHOOL OF SOCIAL SCIENCES IN PARTIAL
FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF THE DEGREE OF
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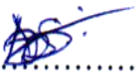


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DECLARATION

I certify that this dissertation is entirely original with no submissions to academic institutions.

Signature..........

Date28th April, 2026.....

Sharon Angarukamu

REG. NO:

APPROVAL

The supervisor has given her approval for this dissertation to be submitted.

Signature 

Date 27 April 2026

Name: Mr. Kabanda Lewis Carl

DEDICATION

I dedicate this study to my family, especially my parents, who helped, encouraged, and guided me all the way to college. Above all, I am grateful to God for his direction and provision in finishing this dissertation.

ACKNOWLEDGEMENT

I owe a debt of gratitude to my supervisor, Mr. Kabanda Lewis Carl, for his professional guidance, commitment, availability, and efficient supervision.

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LIST OF ABBREVIATIONS

AIDS : Acquired Immunodeficiency Syndrome

CAGE : Cut Annoyed Guilty Eye Opener

SDG : Sustainable Development Goal

STI : Sexual Transmitted Infections

ABSTRACT

The study examined the effects of alcohol use on risky sexual behavior and violence among youth in Uganda. It specifically focused on; describing the patterns of alcohol consumption among youth in Uganda based on existing literature, analyzing the risks associated with alcohol use and risky sexual behavior among youth in Mukono District, and examining the effects of alcohol consumption on youth, particularly in relation to violent behavior.

The study was carried out using a cross-sectional survey research design where quantitative research approach was also used. The data was collected using questionnaires and during data collection; simple random sampling method was used. A sample size of 92 respondents who are Bachelor of Law students that are currently on-sem was used in the study although 80 of them responded to the study.

The study findings revealed that alcohol consumption among youth in Uganda is highly prevalent and normalized, driven by factors such as peer pressure, social environments, accessibility, stress, and unemployment. From the findings of the study, it is clear that alcohol abuse has been shown to be a significant risk factor for risky sexual behavior, such as having unprotected sex, having several sexual partners, poor judgment, as well as exposure to sexual exploitation, hence increasing chances of getting infections, teen pregnancy, and HIV/AIDS. In addition, it emerged from the study that drinking alcohol increased the tendency of youth engaging in violent behavior such as fighting and domestic violence among others, which had negative consequences for their well-being.

As a way of solving the problem of risky behaviors associated with alcohol abuse by youth, recommendations have been provided as follows: there should be increased awareness about the dangers of alcohol abuse; strict regulation of alcohol availability; provision of youth counseling services; provision of alcohol and sexuality education in schools and the community; and partnership among all stakeholders.

CHAPTER ONE: INTRODUCTION

1.1 Background to the Study

Alcohol consumption remains one of the most significant and persistent public health challenges globally, with particularly severe implications for young people. According to the World Health Organization, alcohol contributes to over 3 million deaths annually worldwide and accounts for approximately 5.3% of all global deaths, making it one of the leading risk factors for disease burden, especially among individuals aged 15–29 years (WHO, 2021). Globally, alcohol use among youth is associated with a wide range of adverse outcomes, including injuries, mental health disorders, risky sexual behavior, and interpersonal violence. The vulnerability of young people is largely attributed to developmental factors such as ongoing brain maturation, heightened sensation-seeking behavior, and susceptibility to peer influence. In both developed and developing countries, alcohol consumption has increasingly become embedded in youth socialization processes, often normalizing excessive drinking patterns and increasing exposure to risky environments.

In sub-Saharan Africa, and particularly in Uganda, the burden of alcohol consumption is disproportionately high. Uganda is consistently ranked among the top alcohol-consuming countries on the continent. National estimates indicate that per capita alcohol consumption among individuals aged 15 years and above stands at approximately 9.41 liters of pure alcohol annually, exceeding the global average (WHO, 2021). However, emerging evidence suggests that consumption levels among youth may be significantly higher than national averages. Reports indicate that young people, particularly those aged 15 and above, engage in alcohol consumption at disproportionately high rates, with some estimates suggesting consumption levels reaching up to 25.8 liters per capita among heavy youth drinkers (Monitor Uganda, 2025). This trend highlights the increasing normalization of alcohol use within youth populations and raises concerns about its long-term health and social consequences.

In Uganda, youth are officially defined as individuals aged between 18 and 30 years under the National Youth Policy, although broader demographic analyses often extend this range to include individuals aged 15–35 years due to socio-economic transitions and delayed entry into stable adulthood (Uganda Bureau of Statistics, 2020). This demographic constitutes the majority

of Uganda's population, As 75% of the population in Uganda is below 30 years old, making it one of the youngest countries worldwide. The "youth bulge" in the Ugandan society provides both advantages and disadvantages; however, the main problem associated with the young population is that it imposes a lot of pressures on the social service system, employment mechanisms, and health care infrastructure.

Although they constitute a considerable share of the population, the youth faces a number of socio-economic and systemic issues that make them more likely to abuse alcohol and suffer from related consequences. The first key challenge is unemployment/underemployment. According to statistics published by the Uganda Bureau of Statistics (2020), youth unemployment rates are very high; in particular, it is stated that about 13% of the young population is unemployed, whereas a lot more people can be characterized as underemployed or working informally. Moreover, other research sources suggest that in case disguised unemployment is included in the analysis, the share of economically disadvantaged youth becomes considerably higher. The inability to earn a living, social exclusion, and unemployment-related stress lead to increased propensity to of using substances as a means of coping.

When facing unemployment, there are a variety of issues that young people in Uganda experience; these include poverty, inadequate access to quality education, rapid urbanization, and being exposed to an environment that is associated with risks like informal settlements. Overcrowded urban slums with poor conditions and risk of crime provide youths with opportunities not only for socializing but also for engaging in activities aimed at alleviating stress or other challenges. Research was done among youth in the slum areas of Kampala and it was established that roughly 31% had used alcohol during the past year; almost half of those youths were problem drinkers according to CAGE screening tool (Nielsen et al., 2020).

Several factors can be cited to justify the high rate of consumption of alcohol by young Ugandans. For one, the abundance and low cost of alcohol products, especially the homemade ones like waragi and malwa, make it easy for anyone including teenagers to access and consume alcohol products. The absence of effective policies regulating alcohol Unregulated Sale and Consumption Second, peer influence is also a significant factor in adolescent alcohol consumption due to a need to fit into the group, establish an identity or respond to peer pressure. Finally, culture and society have played a significant role in normalizing alcohol consumption,

especially amongst males. Factors related to mental and emotional wellbeing also influence alcohol consumption among the youth population. Stress, joblessness, school pressures and even family instability can make young individuals prone to alcohol consumption as an escape mechanism from their problems. Furthermore, media influence and the use of strong marketing campaigns by alcohol firms encourage adolescents to develop a positive perception about alcohol consumption, making it even more acceptable to this vulnerable group.

High alcohol consumption is associated with many adverse consequences for the youth population and wider community. The youth have increasingly engaged in risky sexual behaviors, such as having multiple sexual partners, inconsistent use of condoms and participating in transactional sex, which has contributed to issues such as STI and HIV infection and gender-based violence.

For example, a study conducted by Tumwesigye et al. (2014) established that the consumption of alcohol among university students in Uganda is highly associated with engaging in sexual activities with more than one partner as well as inconsistent use of condoms in cases where alcohol consumption precedes or accompanies such activities.

Even though the available studies regarding alcohol use among youth in Uganda have been quite substantial, it is clear that a very crucial gap exists regarding the linkage of evidence on alcohol consumption and its influence on both risky sexual behaviors and acts of violence using a unified analysis approach. Available studies have mainly looked at the issue from an independent viewpoint and have not examined how alcohol affects various aspects of youth behaviors simultaneously. Such a gap poses a great difficulty in ensuring that policies are made and implemented based on evidence. The main aim of this study is to help fill this important gap.

1.2 Problem Statement

The level of alcohol intake among the youthful population in Uganda has reached alarming levels. Various national and international reports reveal that Uganda is among the nations with high alcohol intakes in the African continent, with per capita consumption standing at around 9.41 liters of pure alcohol for each individual aged 15 years and above (World Health

Organization, 2021). However, current findings point out that alcohol intake has become even higher among the youthful population especially aged between 15 to 24 years old where dangerous practices like binge drinking and situational alcohol intake have become rampant among this age group. According to several studies, 22.7% of young individuals in this age group indulge in sexual practices associated with alcohol intake which include unprotected sexual acts, having sexual encounters with different partners, and alcohol-fueled sexual activities (UNFPA Uganda, 2019). In urban slum areas, 31% of youth report alcohol use within the last one year and some of them are identified as problematic alcohol users (Nielsen et al., 2020). The problem is made worse by the socio-economic and demographic characteristics of the youths in the country. Youths, broadly defined as anyone within the age bracket of 15 to 35 years, make up the majority of the population, but many of them suffer from such problems as unemployment, underemployment, and unstable jobs that cannot provide them with enough income. In its report, the Uganda Bureau of Statistics (2020) indicated that the percentage of unemployed youths in the country was quite high, meaning that a number of youths were not only unemployed, but also worked in the informal sector. While younger ones between the ages of 15 and 19 were mostly in schools, older ones between the ages of 20 and 24 years were out of school and universities, which made them more susceptible to drinking alcohol on a regular basis. As for youths aged 25 to 35, they tended to have unstable jobs and delay in building a career. Consequently, they drank alcohol frequently.

Though the literature on youths' alcohol abuse and its effects is increasing gradually, it still lacks adequate information on the impact of alcohol use on risky sexual behaviors and violence among youth in Uganda. Most of the previous studies address these issues separately and do not make an attempt to incorporate the results in order to gain insight into the linkages that exist between alcohol use, risky sexual behavior, and violence. Moreover, due to the inconsistency in the definition and measurement of key variables in the literature, it is hard to develop a coherent body of knowledge that would support the policy-making and intervention design. Due to the absence of integrated and structured evidence, the initiatives to address the problem of youth alcohol abuse in Uganda have been ineffective. The aim of the current study was to analyze the relevant literature and draw conclusions about these linkages in order to help develop appropriate strategies and policies.

1.3 Purpose of the Study

One of the main objectives of this research is to conduct a thorough literature review on various scholarly works to examine the impacts of alcohol consumption on risky sexual behavior and violence among youth in Uganda with the specific aim of identifying, analyzing, and conceptualizing the key variables in the literature reviewed.

1.4 Objectives of the Study

1.4.1 General Objective

To examine the impact of alcohol consumption on risky sexual behavior among youth in Uganda by conducting an article review.

1.4.2 Specific Objectives

- i. To identify the patterns of alcohol consumption among youth in Uganda from available literature sources.
- ii. To assess the risk involved in alcohol consumption and risky sexual behavior among youth in Mukono district.
- iii. To evaluate the impacts of alcohol consumption on youth, especially their violent behavior.

1.5 Research Questions

- i. What are the patterns of alcohol consumption among youth in Uganda from available literature sources?
- ii. What are the risks involved in alcohol consumption and risky sexual behavior among youth in Mukono district?
- iii. What are the impacts of alcohol consumption on youth, especially their violent behavior?

1.6 Significance of the Study

The current study offered insight to policymakers regarding the connection between alcohol use and detrimental behaviors among youths in Uganda. Social workers and health educators gained a comprehensive understanding of significant risk factors and how they influence risky youth behaviors through this study, and thus will be better equipped to plan intervention programs. In terms of academia, this study enriched the field of literature by defining various variables used in research and setting up future research methodology.

1.7 Scope of the Study

This literature review involved studies published in reputable journals and gray literature related to alcohol use, risky sexual behavior, and violence among youths in Uganda. This study only considered research conducted within the geographical region of Uganda or those with considerable findings from Ugandan respondents.

CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction

The usage of alcohol by youth has emerged as a crucial public health and socio-economic problem both at the global level and at that of Uganda. On the global level, harmful use of alcohol is responsible for approximately three million deaths yearly; this figure represents an estimated five-point-three percent of all the deaths reported on an annual basis around the world (World Health Organization [WHO], 2018). Moreover, harmful use of alcohol has become more difficult to control in the Sub-Saharan region owing to inadequate regulatory mechanisms, increasing levels of urbanization and growth in the number of youthful populations. Uganda is one country that has one of the youngest populations in the world; the number of people in Uganda aged below thirty years exceeds seventy-five percent (World Bank, 2020).

In this chapter, a review of literature on three main themes shall be conducted. These themes are alcohol consumption among youth in Uganda, the relation between alcohol consumption and risky sexual behavior (specifically, among the Mukono youth and in areas similar to Mukono), and alcohol consumption effects among youth.

2.2 Patterns of Alcohol Consumption among Youth in Uganda

Alcohol consumption among Ugandan youth is common, and the problem starts early on in life during adolescence. According to studies, alcohol consumption increases with age, with 26.8% of adolescents aged 15-19 years consuming alcohol as opposed to 52% among youths aged 20-24 years (Francis et al., 2021). It is clear that the problem is escalating with time due to increased social interactions as well as growing independent among young people, leading them to take up alcohol regularly. Early exposure to alcohol poses significant risks because it can develop into a dependence on alcohol.

In many cases, especially in urban and peri-urban settings such as Mukono, socio-economic conditions like poverty, unemployment, lack of education, and few social outlets contribute to alcohol consumption. A survey was carried out among youth in informal settlements in Kampala City to determine their level of alcohol use. Results indicated that 31% of youth in the community consumed alcohol at least once in the past year. Of the sample population, about half

were found to be problem drinkers, measured using CAGE screening questions (Swahn et al., 2020). The ease and accessibility of alcohol also worsen the issue. Alcohol products produced locally are affordable and widely available, thus easily attainable by youths, even underage ones. Lack of stringent laws governing the consumption of alcohol and the acceptance of alcoholism in some societies also contribute to the high levels of alcohol consumption. Peer pressure is another contributing factor because most young individuals adopt behaviors witnessed among their peers. Research conducted by Kabwama et al. found out that youths who had friends that consumed alcohol were much more likely to engage in the same activities (2016).

In addition to the above factors, Uganda is characterized by very high youth unemployment levels, standing at 13% nationally and much higher in urban centers (Uganda Bureau of Statistics [UBOS], 2021). Most young adults experience frustration from unemployment issues, which leads to stress, idleness, and alcohol consumption.

2.3 Alcohol Use and Risky Sexual Behaviour among Youth

Research findings indicate a strong correlation between alcohol use and engaging in unsafe sexual practices among youth. The consumption of alcohol leads to decreased cognitive functions and loss of inhibition, leading to increased impulsiveness and poor decision-making regarding sexual engagements. In Uganda, several studies show that young people who drink alcohol tend to participate in unsafe sexual activities such as multiple partners, inconsistent condom use, and sexual relations for financial benefits (Tumwesigye et al., 2014). Such risky sexual practices expose individuals to STIs including HIV/AIDS and unwanted pregnancies.

The combination of rural and peri-urban settings in districts like Mukono presents unique socio-economic challenges for the youth, making them vulnerable to alcohol use and risky sexual practices. The majority of young people are unemployed or working informally, while others are still schooling despite exposure to peer pressure and evolving social trends. Statistics from UNFPA (2019) show that about 22.7% of young Ugandans aged 15-24 years indulge in risky sexual practices in the company of alcohol.

The social context of alcohol use, which includes bars, parties, and social events, also plays an additional role in increasing risky sexual behaviors. In such cases, alcohol consumption serves as a facilitator that helps initiate interactions that can potentially result in sexual activities; at the

same time, alcohol also makes an individual more vulnerable to coercion, manipulation, and unhealthy sexual practices. Specifically, gender differences are highly significant since young girls tend to become victims of sexual abuse and exploitation during alcohol consumption (Kyegombe et al., 2019).

Moreover, there appears to be a cyclical nature of alcohol consumption and risky sexual behaviors among adolescents. Young individuals who practice risky sexual behaviors might use alcohol as an escape, while the consumption of alcohol increases the probability of risky sexual behaviors.

2.4 Effects of Alcohol Use on Youth: Violence and Social Harm

The consumption of alcohol by young people has been associated with violence and other social problems. Alcohol interferes with how the brain works, thereby reducing the capacity for self-restraint, making people aggressive and impairing their decision-making processes. Research done in Uganda shows that about 46% of young people who take alcohol have committed or experienced violence due to alcohol (Swahn et al., 2018). This encompasses fights, cases of intimate partner violence, and communal violence.

Violence resulting from alcohol consumption is more common among youth living in urban and peri-urban areas within the settings where they drink. The lack of proper regulation within such venues makes them suitable environments for aggressive acts and criminal behaviors. Cases of assault, theft, and disturbance have been noted among youth abusing alcohol, especially those not working who spend most of their time in bars and drinking joints (Ssewanyana et al., 2020).

In addition to direct acts of violence, excessive alcohol consumption affects the social and economic welfare of the youth population. Alcohol abuse is linked to poor educational outcomes, school dropout, and decreased productivity. Moreover, excessive alcohol consumption is linked to mental disorders, such as depression and anxiety, making it difficult for young individuals to contribute to the growth of the country. Besides, alcohol use leads to road traffic accidents and injuries, which account for most disabilities and deaths among youth (WHO, 2018).

Alcohol impacts are exacerbated by existing socio-economic disparities. Individuals who come from disadvantaged backgrounds are more likely to consume alcohol and suffer from its adverse

effects, including violence and marginalization. Therefore, measures addressing both the consumption of alcohol and the socio-economic determinants of the youth are required to deal with this problem. The measures should involve multiple sectors, including youth.

2.5 Research Gap

From the analyzed literature, it becomes clear that drinking among youths in Uganda is prevalent and determined by a number of factors that include demographics, social aspects, and economics. The two main factors that alcohol consumption is linked to are unsafe sex behavior and acts of violence, which affect public health and national development greatly. Despite the availability of research that links alcohol consumption to these behaviors, a general synthesis is missing as there are no well-established definitions of the main variables involved.

More specifically, the lack of empirical research within the particular socio-economic and demographic environment of districts such as Mukono calls for more in-depth investigation of the problem. Thus, this research aims at addressing this gap by giving an analysis of previous literature regarding this topic, namely the links between drinking, unsafe sexual behavior, and violence among youths in Uganda.

CHAPTER THREE: METHODOLOGY

3.1 Introduction

This chapter gives the methodology used in the present study, with a detailed explanation of procedures and strategies employed for data collection and analysis. It declares the research design, the study area, the population under focus, sampling techniques, and sample size. It also clarifies the data collection method, data processing and analysis methods, and the steps taken to ensure data quality and reliability. The chapter further discusses anticipated limitations of the study and ethical concerns observed while carrying out the research.

3.2 Research design and approach

A research design presents a systematic plan for the gathering and evaluation of records, wherein the take a look at can cope with its goals correctly with minimal bias (Wang & Cheng, 2020). This study employed the use of a cross-sectional survey research design in which data are collected as soon as from decided on respondents. This design was appropriate for analyzing the outcomes of alcohol use on risky sexual behavior amongst students at Uganda Christian university, as it allowed the researcher to apply descriptive and inferential records such as correlation and regression to set up relationships among variables at the same time as being low in cost in phrases of time, price, and sources (Kazdin, 2021).

The study undertook a quantitative research approach to allow objective size and analysis of variables. Quantitative data was accrued using based questionnaires administered to Bachelor of Law students at Uganda Christian University. This method allowed for the collection of standardized data regarding alcohol consumption and the erratic nature of sexual practices, considering statistics and generalizations. The use of quantitative techniques makes it possible to ensure accuracy, validity, and the ability to make meaningful observations about the link between alcohol consumption and sexual risk-taking by adolescents.

3.3 Study area

The study took place at the Uganda Christian University (UCU), situated at Plot 67-173, Mukono Hill, Bishop Tucker Road, P.O. Box 4, Mukono, Uganda. The reason for choosing this university for this research is that it admits adolescents from various origins, allowing for

population for analyzing alcohol use and its effects. The university environment, which incorporates social gatherings, peer interactions, and clean get right of entry to access alcohol, makes it the best setting to investigate how alcohol intake affects volatile sexual conduct amongst students.

3.4 Study population

A study population encompasses the entire group of individuals or entities pertinent to a research question, from which a sample is, selected (Schoch, 2020). The target population for this study was the Bachelor of Law students from Uganda Christian University that are on-sem in this Easter semester. According to the Admissions Office Records of Uganda Christian University (2026), there are a total of 120 Bachelor or Law students in 3rd year, 2nd semester who are currently on-sem in this Easter (January) semester and was included in this study as the target population.

3.5 Sample size determination

Sample size, as defined by Katamba & Nsubuga (2014), is the part or subset of the entire population. The following formula developed by Taro Yamane in 1970 was used to calculate the sample size:

$$n = \frac{N}{1 + N(e)^2}$$

“n” is sample size, “N” is population, “e” is error (0.05) or level of confidence 95%

“N” (population) = 120 Bachelor or Law students in 3rd year, 2nd semester who are currently on-sem in this Easter (January) semester

$$n = \frac{120}{1 + 120(0.05)^2}$$

$$n = \frac{120}{1 + 120(0.0025)}$$

$$n = \frac{120}{1 + (0.3)}$$

$$n = \frac{120}{1.3}$$

n = 92 selected Bachelor of Law students in 3rd year, 2nd semester who are currently on-sem in this Easter (January) semester.

3.6 Sampling methods

This study used a simple random sampling method in the selection of respondents. Simple random sampling was carried out for Bachelor of Law students in 3rd year, 2nd semester who are currently on-sem in this Easter (January) semester at Uganda Christian University. The researcher obtained an updated list of these students from the Admissions Office and selected a random representative sample where every student had an equal chance of being chosen. This technique ensures that there is no selection bias, thereby increasing the representation within the study. This ensures that the results of the study represent the opinions of students who engage in alcohol consumption and risky sexual behaviors at Uganda Christian University.

3.7 Sources of Data

Primary data

The data were obtained directly from the subjects, which ensure that the data are accurate and relevant to the objectives of the research. The researcher used structured questionnaires, which were filled by the students of Uganda Christian University. The technique ensures that there is first-hand data about the students' consumption of alcohol and risky sexual behaviors.

Secondary data

The secondary data was obtained from literature sources that relate to alcohol consumption and risky sexual behavior. The sources considered were journal articles, reports from universities, policy documents, textbooks, and previous studies. The secondary data provides contextual background information that adds support to the analysis of the primary data.

3.8 Data collection method

3.8.1 Survey

Surveys are methods through which data concerning specific variables are collected systematically from populations of respondents. The current study collected quantitative data related to risky sexual behavior and alcohol usage by using standardized surveys on students enrolled for Bachelor of Laws in 3rd year, 2nd semester on-sem students during this current Easter (January) semester at Uganda Christian University. The survey had structured questions that sought to establish data pertaining to alcohol usage, peer influences, availability of alcohol, sexual decision making, usage of condoms, involvement in multiple sexual partnerships, and risks associated with risky sexual activities. It was appropriate to use this research design because it can collect data from relatively large samples quickly and analyze it statistically..

3.9 Data collection instrument

3.9.1 Questionnaires

The research employed the structured questionnaire approach, where respondents were supposed to fill in questionnaires consisting of closed questions and specific choices for answers. Therefore, the respondents provided answers that best described their perception and experiences concerning alcohol consumption and engaging in high-risk sexual activity. Restricting the choice of answers into pre-set answers increases reliability, minimizes confusion, and avoids extraneous variables in the measurement process. The questionnaire was divided depending on the research variables, which were alcohol consumption practices, peer influence, availability of alcohol, sexual behavior, condom use, and decision-making. A Likert scale of five levels was adopted, which included a rating from 5 to 1: strongly agree to strongly disagree..

3.10 Data collection procedure

After receiving a recommendation and introduction letter from Uganda Christian University on how to perform the research and administer guidelines for the questionnaires, the researcher sought clearance from the management of Uganda Christian University to undertake research among the selected respondents. With the approval, the researcher went ahead and approached the respondents to administer questionnaires to them..

3.11 Validity and reliability of the research instruments

3.11.1 Validity

The reliability of the instruments in terms of measuring what the researcher seeks to measure is what we refer to as validity (Sürücü & Maslakçi, 2020). In this study, content validity has been ensured through presentation of the questionnaire and interview guide to experts in the areas of digitization, business, and research methods. The purpose of the exercise is to determine the effectiveness of the questions in capturing the concepts under the topics of digital transformation and business efficiency. A content validity index (CVI) is then calculated as follows:

Content validity Index (CVI) = Relevant items by all judges as suitable

Total number of items judged.

An acceptable content validity index is considered to be at least 0.70, meaning that the instrument is suitable for collecting data (Duckett, 2021).

3.11.2 Reliability

It measures the stability and consistency of instruments used to ensure that the instruments yield consistent data across similar conditions (Mellinger & Hanson, 2020). The measurement of reliability involved carrying out a pilot test involving ten students from Uganda Christian University, which were not in the study population. The pilot test data was subjected to analysis through Cronbach's alpha measure using Statistical Package for Social Science (SPSS). When Cronbach's alpha reached 0.70, then reliability was said to be acceptable because the instruments reliably measured variables in the topic under investigation (Duckett, 2021).

3.12 Data Analysis

3.12.1 Analysis of quantitative data

The quantitative data collected through the structured questionnaire was coded, keyed, and analyzed using Statistical Package for Social Sciences (SPSS), version 20. The descriptive statistics were derived for each research variable by presenting the trends observed through the responses in form of frequency distribution, percentage, mean, and standard deviation. The

aggregate response scores were derived on the five-point Likert scale by combining Strongly Agree with Agree as one response and Strongly Disagree with Disagree as another category. The Pearson correlation coefficient was applied in testing the strength and nature of the relationship between the independent variables (financial stress due to tuition, living expenses, and financial support stress) and academic performance. The positive correlation coefficient suggested the presence of a direct relationship, while a negative sign denoted an indirect association between the variables).

3.13 Ethical Considerations

Principles of ethics guide the process of research such that participants are accorded justice and dignity (Pietilä et al., 2020). In this research, informed consent was obtained from all the participants after a proper briefing of what the study entails, how it would be conducted, and most importantly, their rights such as the ability to withdraw anytime without facing any form of sanctions. Voluntariness and non-coerciveness were guaranteed. Confidentiality and anonymity were assured in that names of participants would be omitted, and all the data will be kept in a safe place, where only the answers would be analyzed and interpreted.

Additionally, non-maleficence and beneficence were practiced in this research. Efforts were made to reduce any kind of harm or suffering to respondents by making sure that all the questions regarding consumption of alcohol and risky sexual behavior are asked with respect. The research was conducted with the intention of providing useful information on the impact of alcohol use on risky sexual behavior in youths at Uganda Christian University and contributing to the knowledge base of this particular institution.

3.14 Limitations and delimitations of the study

Some limitations were recognized in this research that hampered the research process and generalization of results.

Limited time was one of the limitations, since the researcher had little time at their disposal for conducting the research activities. To counteract the problem, a timetable that would allow adequate time to be spent on different research activities was developed.

In addition to the limited time, there were some financial limitations since the researcher could not afford to pay for all expenses associated with the research. Therefore, the researcher aimed to raise enough money in advance to cope with these issues.

Moreover, lack of information was an issue, because there were those who did not want to participate in the research or did not have accurate answers to the questions asked. To solve the problem, the researcher took some follow-up measures.

CHAPTER FOUR: PRESENTATION AND INTERPRETATION OF FINDINGS

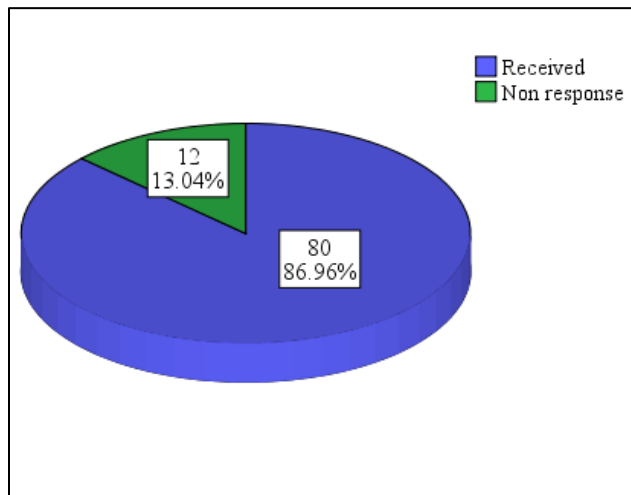
4.1 Introduction

This chapter presents and discusses the results of analysis that has been done to look at the specific objectives of the study and in relation to the reviewed literature. The study was carried out using questionnaires with students doing Bachelor of Law that are currently on-semester in the Easter semester at Uganda Christian University. The findings are presented with the help of tables for purposes of clarity and interpretation.

4.2 Response rate

A total of 92 questionnaires were distributed and 80 were fully filled and returned. The response rate for the questionnaires was therefore 87.0% as shown in the figure below;

Figure 1: Response rate



Source: *Primary data*

Figure 1 above shows a summary of the response rate, indicating data was collected from a reasonable number of respondents who are students doing Bachelor of Law that are currently on-semester in the Easter semester at Uganda Christian University, hence, the collected data and the findings are sufficiently representative of the population, based on Creswell (2017) indication that a response rate of 50% is adequate for analysis and reporting; a rate of 60% is good and a response rate of 70% and above is excellent. Therefore the response rate of 87.0% was excellent

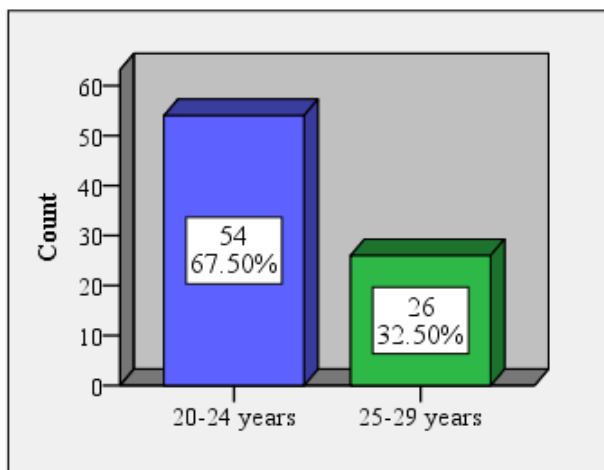
and sufficient enough. The reason as to why the research was unable to get 100% response rate was due to the fact that most of the respondents were unwilling to participate yet there was little time left for report submission.

4.3 Findings on demographic characteristics of respondents

This section presents the general background information about the respondents in relation to their age, gender, marital status, occupation, place or residence, religion, length of stay in Mukono, attended alcohol awareness program, and number of their household members that drink alcohol as shown in the table below;

4.3.1 Age of the respondents

Figure 2: Gender

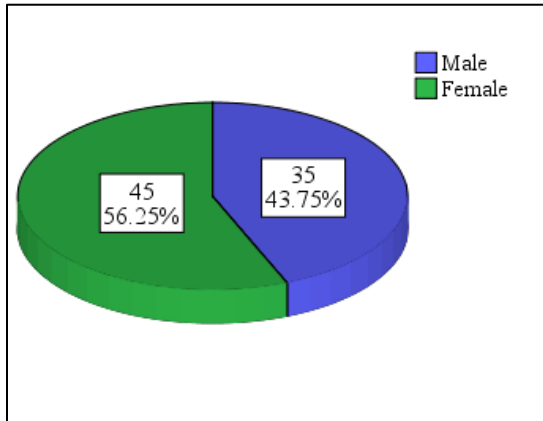


Source: *Primary data*

Findings in the figure 2 above, majority of the respondents had been aged 20–24 years represented by 67.5%, observed by using those aged 25–29 years represented by 32.5%. This means that maximum members had been inside the decrease young people age bracket, suggesting that the take a look at in large part captured perspectives of more youthful university students.

4.3.2 Sex of the respondents

Figure 3: Gender

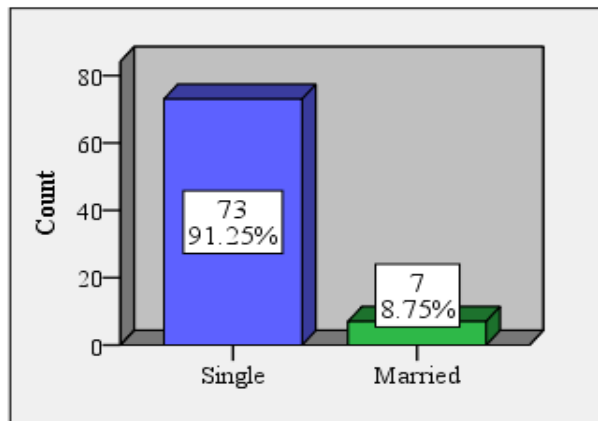


Source: *Primary data*

Findings in the figure 3 above show that most of the respondents were female represented by means of 56.2%, followed by male respondents represented by 43.8%. This indicates that ladies constituted a slightly large percentage of the examine sample in comparison to males.

4.3.3 Marital status of the respondents

Figure 4: Marital status



Source: *Primary data*

Findings in the figure 4 above revealed that the overwhelming majority of respondents are single represented by 91.2%, at the same time as a totally small percentage of respondents are married

represented by 8.8%. This indicates that most of the respondents are single which is normal for university students.

4.3.4 Year of study of the respondents

Table 1: Year of study

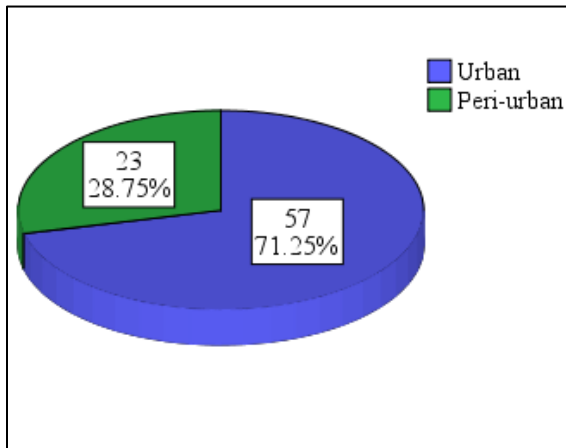
Year of study	Frequency	Percentage (%)
3 rd year 2 nd Semester	80	100.0
Total	80	100.0

Source: *Primary data*

The research findings in table 1 above additionally discovered that all of the respondents are in 3rd year: 2nd semester represented by 100.0%. This shows uniformity in academic stage, which means the records represent the university students on the equal level of study.

4.3.5 Place of residence of the respondents

Figure 5: Place of residence

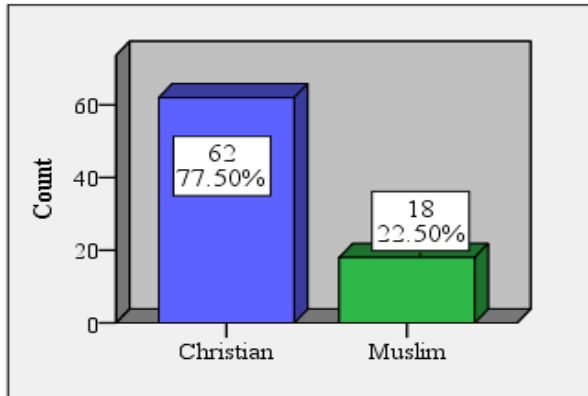


Source: *Primary data*

Findings in the figure 5 above established that a larger percentage of respondents reside in urban areas represented by 71.2%, as compared to those from peri-urban areas represented by 28.8%. This shows that maximum students in this study come from urban settings, despite the fact that a tremendous variety additionally lived in peri-urban areas.

4.3.6 Religion of the respondents

Figure 6: Religion of residence

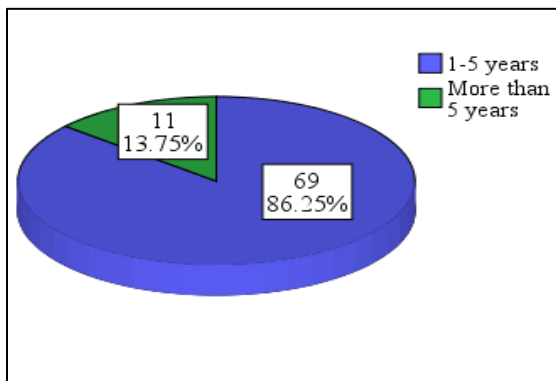


Source: *Primary data*

Findings in the figure 6 above showed that the majority of respondents are Christians represented by using 77.5%, at the same time as a smaller proportion is for Muslims represented by 22.5%. This displays that most members belonged to the Christian religion given that the institution is a Christian University although it embraces unity as Muslims are also admitted in the school.

4.3.7 Length of stay in Mukono of the respondents

Figure 7: Length of stay in Mukono



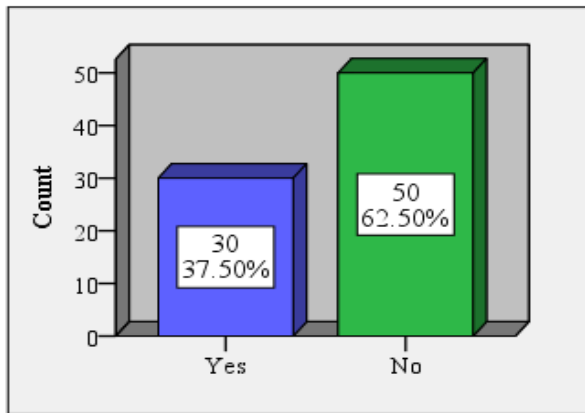
Source: *Primary data*

Findings in the figure 7 above revealed that most respondents have stayed in Mukono for 1–5 years represented by 86.2%, whereas a smaller percent have stayed for greater than five years

represented through 13.8%. This suggests that the general public have been notably current residents, possibly due to their college enrollment.

4.3.8 Alcohol awareness program attendance by the respondents

Figure 8: Alcohol awareness program attendance

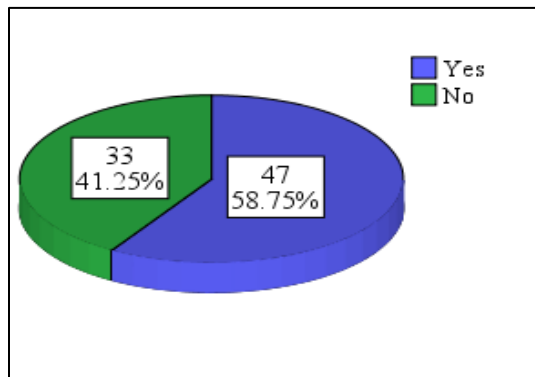


Source: *Primary data*

Findings in the figure 8 above established that the majority of respondents have never attended alcohol awareness programs represented by 62.5%, while a smaller percentage have attended such alcohol awareness programs represented through 37.5%. This shows restrained publicity to alcohol-related focus tasks most of the respondents.

4.3.9 Whether respondents' household members drink alcohol

Figure 9: Do any of your household members drink alcohol?



Source: *Primary data*

Findings in the figure 9 above pointed out that a bigger proportion of respondents pronounced that family members drink alcohol represented by using 58.7%, as compared to folks that pronounced no alcohol use of their households represented by 41.3%. This indicates that alcohol intake is found in many respondents' home environments.

4.4 The patterns of alcohol consumption among youth in Uganda

Table 2 summarizes respondents' responses on the patterns of alcohol consumption among youth in Uganda by using a Likert scale where SA (Strongly Agree), A (Agree), N (Neutral), D (Disagree) and SD (Strongly Disagree).

Table 2: The patterns of alcohol consumption among youth in Uganda

Statements	Extent of agreement and disagreement				
	SA	A	N	D	SD
	F (%)	F (%)	F (%)	F (%)	F (%)
Alcohol consumption is common among youth in my community.	20 25.0%	48 60.0%	00	2 2.5%	10 12.5%
Many young people start drinking before age 18.	13 16.2%	60 75.0%	00	4 5.0%	3 3.8%
Alcohol is easily accessible to youth in Mukono.	22 27.5%	50 62.5%	2 2.5%	6 7.5%	00
Youth drink alcohol mainly during social gatherings.	14 17.5%	55 68.7%	3 3.8%	8 10.0%	00
Alcohol consumption among youth has increased in recent years.	11 13.8%	49 61.2%	00	20 25.0%	00
Peer pressure encourages youth to drink alcohol.	19 23.8%	57 71.3%	00	4 5.0%	00
Locally brewed alcohol is commonly consumed by youth.	5 6.3%	60 75.0%	00	15 18.7%	00
Alcohol consumption is viewed as normal among youth.	42 52.5%	24 30.0%	00	10 12.5%	4 5.0%
Youth drink alcohol mostly during weekends.	23 28.8%	35 43.7%	6 7.5%	11 13.7%	5 6.3%
Youth drink alcohol to cope with stress.	19 23.7%	38 47.5%	7 8.8%	15 18.7%	1 1.3%
Bars and entertainment places encourage youth drinking.	21 26.3%	34 42.5%	5 6.3%	20 25.0%	00

Both male and female youth drink alcohol.	23 28.8%	35 43.7%	10 12.5%	12 15.0%	00
Alcohol advertisements influence youth drinking.	24 30.0%	40 50.0%	00	16 20.0%	00
Youth drink alcohol to gain confidence socially.	20 25.0%	42 52.5%	00	18 22.5%	00
Unemployed youth drink alcohol more frequently.	19 23.8%	53 66.3%	00	7 8.8%	1 1.3%

Source: *Primary data*

Table 2 represents the descriptive statistics on the patterns of alcohol consumption among youth in Uganda. According to the study, 85.0% of the respondents agreed that alcohol consumption is common among youth in their community, whereas 15.0% disagreed with the statement. This implies that alcohol use is widespread among youth, indicating a high level of normalization of drinking behavior within the community.

The findings further revealed that 91.2% of the respondents agreed that many young people start drinking before the age of 18, while 8.8% disagreed with the statement. This implies that early initiation into alcohol consumption is prevalent among youth, exposing them to potential long-term health and behavioral risks.

In addition, the study showed that 90.0% of the respondents agreed that alcohol is easily accessible to youth in Mukono, whereas 7.5% disagreed and 2.5% were neutral about the statement. This implies that the ease of access to alcohol increases the likelihood of its consumption among youth.

The results also indicated that 86.2% of the respondents agreed that youth mainly drink alcohol during social gatherings, while 10.0% disagreed and 3.8% were neutral about the statement. This implies that social environments play a significant role in influencing alcohol consumption among youth.

Moreover, the results established that 75.0% of the respondents agreed that alcohol consumption among youth has increased in recent years, whereas 25.0% disagreed with the statement. This implies a growing trend of alcohol use among youth, which may be a public health concern.

The findings also established that 95.1% of the respondents agreed that peer pressure encourages youth to drink alcohol, while 5.0% disagreed with the statement. This implies that peer influence is a major driver of alcohol consumption among youth.

Furthermore, the findings revealed that 81.3% of the respondents agreed that locally brewed alcohol is commonly consumed by youth, whereas 18.7% disagreed with the statement. This implies that affordable and accessible local brews significantly contribute to alcohol consumption patterns among youth.

The study also revealed that 82.5% of the respondents agreed that alcohol consumption is viewed as normal among youth, while 17.5% disagreed with the statement. In other words, this means that culture's acceptance and normalization of alcohol drinking plays a role in promoting alcohol drinking among youths.

Besides, from the research results, 72.5% of the participants agreed that youths drink alcohol most during weekends, 20.0% of them disagreed and 7.5% were neutral on the issue. This means that youths tend to drink alcohol when engaged in fun or leisure activities.

In addition, it was found that 71.2% of the participants agreed that youths consume alcohol in order to handle stress while 20.0% of them disagreed and 8.8% were neutral on the matter. This shows that some youths tend to drink alcohol to relieve themselves from stress.

Finally, 68.8% of the participants agreed that pubs and entertainment centers influence youths into drinking alcohol while 25.0% disagreed and 6.3% of them were neutral regarding the issue.

It was also shown that 72.5% of the respondents agreed that both males and females indulge in alcohol drinking, with 15.0% disagreeing and 12.5% remaining neutral to the statement. It suggests that there is a high prevalence of alcohol use among both genders among the youths.

Moreover, it was shown that 80.0% of the respondents agreed that alcohol advertisements influence youths' alcohol drinking behaviors, with 20.0% disagreeing with the statement. It indicates that media plays an important role in influencing youths' attitudes towards alcohol consumption.

Additionally, it was also found that 77.5% of the respondents agreed that alcohol consumption by youths helps build their social confidence, while 22.5% disagreed with the statement. It suggests that youths indulge in alcohol drinking to enhance their social confidence.

Finally, it was revealed that 90.1% of the respondents agreed that unemployed youths are likely to consume alcohol frequently, while 10.1% disagreed with the statement. It suggests that youths who lack employment opportunities may engage in excessive alcohol consumption due to boredom and frustration.

In summary, the findings show that drinking alcohol by youth is a common practice and there are many aspects that impact the habit. The significant levels of correlation between almost all the statements show that alcohol is widely practiced and is normalized. This means that young people are likely to engage in risky behavior due to alcohol drinking.

4.5 The risks associated with alcohol use and risky sexual behavior among youth

Table 3 summarizes respondents' responses on the risks associated with alcohol use and risky sexual behavior among youth in Mukono District by using a Likert scale where SA (Strongly Agree), A (Agree), N (Neutral), D (Disagree) and SD (Strongly Disagree).

Table 3: Risks associated with alcohol use and risky sexual behavior among youth

Statements	Extent of agreement and disagreement				
	SA	A	N	D	SD
	F (%)	F (%)	F (%)	F (%)	F (%)
Youth who drink alcohol are more likely to engage in risky sexual behavior.	23 28.8%	51 63.8%	00	5 6.3%	1 1.3%
Alcohol reduces the ability to make safe sexual decisions.	19 23.8%	53 66.3%	00	7 8.8%	1 1.3%
Youth often have sex after drinking alcohol.	21 26.3%	54 67.5%	00	4 5.0%	1 1.3%
Alcohol increases chances of having multiple sexual partners.	23 28.8%	51 63.8%	00	4 5.0%	2 2.6%
Youth who drink alcohol are less likely to use condoms.	20 25.0%	58 72.5%	00	2 2.5%	00
Alcohol leads to unplanned sexual encounters.	19 23.8%	57 71.3%	00	4 5.0%	00
Alcohol consumption increases risk of STIs.	21 26.3%	34 42.5%	00	5 6.3%	20 25.0%
Alcohol use increases teenage pregnancy risk.	20 25.0%	48 60.0%	00	2 2.5%	10 12.5%
Alcohol increases vulnerability to sexual exploitation.	13 16.2%	60 75.0%	00	4 5.0%	3 3.8%
Alcohol encourages transactional sex among youth.	22 27.5%	50 62.5%	2 2.5%	6 7.5%	00
Alcohol influences youth to engage in sexual activities they would avoid.	14 17.5%	55 68.7%	3 3.8%	8 10.0%	00
Parties involving alcohol often lead to sexual relationships.	11 13.8%	49 61.2%	00	20 25.0%	00
Youth regret sexual decisions made while drunk.	19 23.8%	57 71.3%	00	4 5.0%	00

Alcohol increases sexual coercion risks.	5 6.3%	60 75.0%	00	15 18.7%	00
Alcohol contributes to the spread of HIV among youth.	23 28.8%	35 43.7%	10 12.5%	12 15.0%	00

Source: *Primary data*

Table 3 represents the descriptive statistics on the risks associated with alcohol use and risky sexual behavior among youth in Mukono District. According to the study, 92.6% of the respondents agreed that youth who drink alcohol are more likely to engage in risky sexual behavior, whereas 7.6% disagreed with the statement. This means that drinking alcohol greatly increases the chances of engaging in risky sexual acts among young people.

Further analysis of the data provided showed that 90.1% of the participants stated that alcohol negatively impacts one's capacity to make safe sexual decisions, compared to only 10.1% of those who disagreed with the idea.

Another aspect discussed was the fact that 93.8% of the respondents stated that youth tends to engage in sexual acts after drinking alcohol, compared to only 6.3% of those who did not agree with the idea put forward.

Additionally, the analysis showed that 92.6% of the respondents agreed that alcohol increases the chances of having several sexual partners at the same time, compared to only 7.6% of those who disagree with this statement.

Lastly, 97.5% of the participants stated that youth who are under the influence of alcohol tend to avoid using protection in the form of condoms, compared to only 2.5% of those who disagreed with this notion.

Further, the results showed that 95.1% of the respondents agreed that alcohol causes unplanned sex, while 5.0% disagreed with the statement made. This means that alcohol causes unplanned and unprotected sex.

Additionally, the results obtained from the survey showed that 68.8% of the respondents agreed that alcohol use increases the probability of sexually transmitted infections, while 31.3% disagreed with the statement made. This indicates that even though many people believe that alcohol can cause STIs, some individuals are unaware of the risks associated with alcohol abuse.

Moreover, the results obtained from the survey revealed that 85.0% of the respondents agreed that alcohol use increases the likelihood of teenage pregnancies, while 15.0% disagreed with the statement. This means that alcohol causes irresponsible sexual behavior leading to teenage pregnancies.

Lastly, 91.2% of the respondents agreed that alcohol makes one vulnerable to sexual abuse, while 8.8% disagreed with the statement made. This means that individuals under the influence of alcohol are more susceptible to sexual assault.

Further, it was established that 90.0% of the respondents felt that alcohol facilitates transactional sex among the youth, 7.5% disagreed with this and 2.5% remained neutral. This shows that the intake of alcohol may force youth into economic-sexual interactions.

Also, 86.2% of the respondents confirmed that alcohol encourages youth into sexual activities they might otherwise not participate in, 10.0% disagreed with this statement and 3.8% were neutral. This means that alcohol reduces inhibitions and consequently causes regrettable or unwanted sexual activities.

It was found that 75.0% of the respondents agree that there is increased sexual relationship at alcohol parties, while 25.0% disagreed with the statement. This means that social settings characterized by alcohol play a major role in determining sexual relationships.

Furthermore, 95.1% of the respondents agreed that the youth regrets sexual choices when drunk, while only 5.0% disagreed with the statement. This means that sexual relations under the influence of alcohol are usually regrettable experiences for youth.

Finally, it was found that 81.3% of the respondents agreed that alcohol increases sexual coercion threats, while 18.7% disagreed with the statement. This indicates that alcohol consumption could be part of the reasons why there might be a lack of clear consent or violations.

Finally, it was noted that the percentage of respondents who strongly believed that alcohol is one of the contributing factors to the spread of HIV infection in youth stood at 72.5%, while those who disagreed accounted for 15.0%. This implies that alcohol consumption increases the chances of HIV infections in youth.

Generally, from the results above, it can be concluded that alcohol consumption is significantly linked to risky sexual behaviors like unprotected sex, having multiple sexual partners, unplanned sex, and vulnerability to sexual exploitation among others. The high percentages of agreements show that alcohol consumption is linked to poor sexual decisions, which increases risks of contracting STDs, teenage pregnancy, and HIV infections among young people in Mukono district.

4.6 Effects of alcohol consumption on youth in relation to violent behavior

In Table 4 below shows respondents' opinions on the effects of alcohol consumption on youth with regards to violent behavior. The Likert Scale includes SA (Strongly Agree), A (Agree), N (Neutral), D (Disagree) and SD (Strongly Disagree).

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Table 4: Effects of alcohol consumption on youth, in relation to violent behavior

Statements	Extent of agreement and disagreement				
	SA	A	N	D	SD
	F (%)	F (%)	F (%)	F (%)	F (%)
Alcohol consumption increases aggression among youth.	42 52.5%	24 30.0%	00	10 12.5%	4 5.0%
Youth who drink alcohol are more likely to engage in fights.	23 28.8%	35 43.7%	6 7.5%	11 13.7%	5 6.3%
Alcohol contributes to domestic violence.	19 23.7%	38 47.5%	7 8.8%	15 18.7%	1 1.3%
Youth under alcohol influence lose self- control.	21 26.3%	34 42.5%	5 6.3%	20 25.0%	00
Alcohol leads to conflicts among friends.	23 28.8%	35 43.7%	10 12.5%	12 15.0%	00
Alcohol contributes to crime among youth.	24 30.0%	40 50.0%	00	16 20.0%	00
Youth who drink alcohol are more likely to become victims of violence.	20 25.0%	42 52.5%	00	18 22.5%	00
Alcohol increases verbal abuse.	20 25.0%	48 60.0%	00	2 2.5%	10 12.5%

Alcohol can lead to destruction of property.	13 16.2%	60 75.0%	00	4 5.0%	3 3.8%
Alcohol-related violence is common in my community.	22 27.5%	50 62.5%	2 2.5%	6 7.5%	00
Youth who drink alcohol engage in dangerous behavior.	14 17.5%	55 68.7%	3 3.8%	8 10.0%	00
Alcohol contributes to road accidents involving youth.	11 13.8%	49 61.2%	00	20 25.0%	00
Alcohol negatively affects youth relationships.	19 23.8%	57 71.3%	00	4 5.0%	00
Excessive alcohol affects youth mental health.	5 6.3%	60 75.0%	00	15 18.7%	00
Reducing alcohol consumption could reduce violence.	19 23.8%	53 66.3%	00	7 8.8%	1 1.3%

Source: *Primary data*

Table 4 represents the descriptive statistics on the effects of alcohol consumption on youth, particularly in relation to violent behavior. According to the study, 82.5% of the respondents agreed that alcohol consumption increases aggression among youth, whereas 17.5% disagreed with the statement. This means that alcohol is one of the factors that cause aggressive behavior among the youths that may turn into violent acts.

Further, the study findings also show that 72.5% of the respondents agreed that alcohol causes fighting among the youths, while 20.0% disagree and 7.5% of the respondents remained neutral about the statement. It shows that youths taking alcohol are very likely to get involved in physical confrontations.

Furthermore, it was seen from the data collected during the study that 71.2% of the respondents agreed that youths drinking alcohol may lead to violence within the family setup while 20.0% disagreed with the statement and 8.8% of the respondents remained neutral about the statement.

Moreover, it was also seen from the results of the study that 68.8% of the respondents agreed that the youths drinking alcohol lack self-control while 25.0% of the respondents disagreed and 6.3% remained neutral about the issue.

Further, the data obtained from the survey conducted also show that 72.5% of the respondents agreed that alcohol causes conflicts among friends.

It means that consumption of alcohol puts pressure on relationships and causes conflict among peers.

On the other hand, the findings showed that 80.0% of the respondents agreed that consumption of alcohol leads to crimes among the youths, while 20.0% disagreed with the statement. It means that there is a strong link between alcohol use and criminal acts among the youths.

Moreover, the findings revealed that 77.5% of the respondents agreed that youth who consume alcohol are more vulnerable to being violent victims, while 22.5% disagreed with the statement. It means that consumption of alcohol is not only associated with violent acts but also makes the youths victims.

Furthermore, the findings revealed that 85.0% of the respondents agreed that consumption of alcohol leads to abuse, while 15.0% disagreed with the statement. It means that consumption of alcohol causes abuse among the youths.

Lastly, the study findings showed that 91.2% of the respondents agreed that consumption of alcohol leads to destruction of property, while 8.8% disagreed with the statement.

Furthermore, the results revealed that 90.0% of the respondents agreed that violence due to alcohol abuse is common within the community, 7.5% disagreed, and 2.5% were neutral with the statement. This means that violence as a consequence of alcohol abuse is common within the community.

It was further found out that 86.2% of the respondents agreed that those young people who consume alcohol get involved in activities that put themselves at risk, while 10.0% disagreed and 3.8% were neutral with the statement. This means that alcohol consumption puts young people in risky situations.

Further findings from the study also revealed that 75.0% of the respondents agreed that alcohol consumption is associated with road accidents amongst young people, while 25.0% disagreed with the statement. This means that road accidents are commonly experienced amongst young people who abuse alcohol.

It was also found out that 95.1% of the respondents agreed that alcohol consumption has adverse effects on social interactions and relationships, while 5.0% disagreed with the statement.

Further, the research indicated that 81.3% of the respondents concurred that the consumption of excessive alcohol would impact adversely on the mental state of the youth, but 18.7% of the respondents opposed that claim. This means that there are psychological impacts of alcohol consumption on the youth, thus causing problems in their mental well-being.

Finally, it was found out that 90.1% of the participants agreed that reduction in alcohol consumption will lead to less violence; however, 10.1% of the respondents did not agree. This means that reducing the consumption of alcohol will contribute greatly towards minimizing violence among youth.

In summary, from the study conducted, it is clear that alcohol consumption has adverse impacts on the youth. Particularly, the results reveal that alcohol consumption leads to aggression, crime, conflicts, and harm, physical and otherwise. Therefore, reduction in alcohol consumption by the youth can help reduce instances of violence.

CHAPTER FIVE: SUMMARY, DISCUSSION, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

Findings discussions in relation to the literature review and also summarizing all the findings presented in chapter four in line with the research questions, drawing conclusion, giving recommendations, and finally suggesting some areas for future studies are included in this chapter.

5.2 Summary of findings

The findings indicated that alcohol consumption among youth in Uganda is quite high and well accepted since most of the participants affirmed that drinking is prevalent, starts from a young age, and is easily obtainable. Moreover, peer pressure, social events, and activities carried out during weekends are the main drivers of alcohol consumption, apart from other reasons such as stress, unemployment, and the need to be socially confident, which are also important in encouraging drinking behavior. In addition, the environment, which consists of bars, entertainment centers, and advertisements for alcohol, contributes greatly towards the promotion of alcohol consumption among youth. The findings also indicate that alcohol consumption among youth is not only confined to males but also females who partake in drinking, especially those that are produced locally, which are affordable and available.

In addition, the research findings have indicated that alcohol usage is highly correlated with risky sexual behaviors among youths in Mukono district, where the majority of respondents believed that alcohol intake makes them more likely to indulge in risky sexual activities such as unprotected sex, having multiple partners, and unwanted sexual intercourse. The other findings are that alcohol usage affects decision making and judgment concerning sexual issues and thus leads youths into performing acts which they would not normally undertake, such as engaging in transactional sex and sexual relations while under the influence of alcohol. In addition, alcohol makes people more vulnerable to sexual abuse, coercion, and risky sexual activities for which they later regret. Alcohol is also linked to various problems among youths, such as sexually transmitted diseases, teenage pregnancies, and infection with HIV, even though the respondents were unsure about these health issues.

Finally, the study revealed that the consumption of alcohol among youths in the district of Mukono causes some significant negative impacts, especially as they encourage violent tendencies among youths. A high percentage of respondents confirmed that alcohol tends to fuel aggression, encourages physical fighting, fuels domestic violence, and diminishes one's ability to control his/her actions, hence creating conflict even among friends and committing some criminal offences. Furthermore, the consumption of alcohol was cited by the respondents to promote verbal abuse, property damage, undertaking risky behaviour, road accidents, and negative impact on interpersonal relations and mental state. Most significantly, it is worth noting that decreasing alcohol consumption can contribute towards reduction of violence since the consumption of alcohol is closely related to the occurrence of violence..

5.3 Discussion of findings

5.3.1 The patterns of alcohol consumption among youth in Uganda

From the study results, it becomes apparent that there are high levels of alcohol usage by youth in Uganda. They are prevalent and normalized by having early exposure to ingesting at a young age and easy accessibility. The findings have relevance to the literature through Kalungi et al. (2024) who found that youths living in urban slums in Kampala experience excessive-risk alcohol use due to early exposure and large availability. Moreover, according to Nielsen et al. (2020), youths experience common alcohol usage since social acceptance encourages their intake habits. Nevertheless, it contrasts with Cho and Yang (2023) whose meta-analysis showed that, in some circumstances, youths experience less prevalence in alcohol consumption due to strict parent monitoring and regulation.

The study findings indicated that peer pressure, social events, and recreational activities greatly influence alcohol usage by youths, along with others such as stress, unemployment, and social self-confidence. These results coincide with Namuwonge et al. (2024), who asserted that peer influence and social relations significantly impact hazard behavior, including alcohol consumption, among adolescent girls in Uganda. Moreover, Salaam, Tumwesigye, and Kinyua (2018) found that social activities and peer norms contribute to increased alcohol abuse issues and difficulties among adolescents in Kampala. On the other hand, some sources, such as Pozuelo et al. (2022), stress that individual mental disorders, including depression, are not

always directly associated with social drivers, implying that socio-economic determinants are more influential than psychological problems in influencing alcohol consumption by certain adolescents.

The research results showed that young people from both sexes were actively involved in drinking, with homemade alcohol being consumed more frequently because of its cost and availability, while environmental influences, such as bar visits, entertainment places, and alcohol advertisements, were essential for stimulating alcohol consumption. These results are consistent with Hlahla et al. (2024), who indicated that risky alcohol consumption among children could be attributed to environmental influences and convenient access to alcohol.

Moreover, Rehm et al. (2017) stressed the point that environmental marketing of alcoholic beverages increases youth risk of exposure to health hazards, including infections. However, according to some studies, for example, Tumwesigye et al. (2014), university students are likely to consume more alcohol drinks manufactured by companies compared to those brewed locally, hence signifying that status and socioeconomic standing affect the choice of alcohol consumption and associated behaviors. In most cases, the research results show that social, economic, and environmental factors combine to shape youth alcohol consumption, as per modern studies on risky alcohol behaviors.

5.3.2 The risks associated with alcohol use and risky sexual behavior among youth

The results from this study revealed that consumption of alcohol plays an important role in determining risky sexual behaviors in Mukono District since the risk of indulging in hazardous sexual practices such as engaging in sex without protection, having multiple sexual partners, and participating in unexpected sexual acts becomes high. The findings coincide with the study conducted by Cho & Yang (2023) who did a meta-evaluation which reveals that alcohol consumption by children and teenagers is highly prevalent and increases the likelihood of risky sexual behavior since their judgment becomes poor, and they become less inhibited. On the other hand, Hlahla et al. (2024) conducted a study in Zimbabwe which discovered that risky alcohol consumption among the youth correlates positively with increased participation in risky sexual practices, showing that the effects of alcohol on sexual practices are universally consistent. Nonetheless, Srahbzu & Tirfeneh (2020) argue that although alcohol emerged during the same

period, some adolescents in Ethiopian schools indulged in risky sexual behaviors independent of alcohol consumption.

These research findings indicated that alcohol affects judgment and lowers children's capacity to make good sexual judgments, leading to activities like sex for money and engaging in sexual relations while drinking. The research findings are aligned with the work of Tumwesigye et al. (2014), which showed that university students in Uganda while under the influence of alcohol became prone to having sexual affairs they would normally avoid, showing the impact of alcohol in cognitive functioning and inhibition control. Also, according to Bizuwork et al. (2022), children in Northeast Ethiopia were found to make poor sexual decisions when affected by alcohol, revealing the detrimental psychological effect of alcohol on sexual decision making. Nonetheless, Yunengsih and Setiawan (2021) argued that other factors, such as exposure to pornographic material and repetitive behavioral tendencies, could also contribute to unstable sexual behavior without alcohol intake, suggesting that alcohol is just one out of several interrelated factors.

The research findings revealed that alcohol use will increase vulnerability to sexual exploitation, coercion, and fitness risks including sexually transmitted infections, teenage pregnancies, and the spread of HIV. The findings relate with Omoponle and Veronica (2023), who found that in-school youth ingesting alcohol faced heightened publicity to coercive sexual studies and negative reproductive fitness results. In addition, Wakasa et al. (2021) highlighted that sexually skilled secondary faculty students who consumed alcohol had been more likely to file sexually transmitted infections and unplanned pregnancies, confirming the public fitness outcomes of alcohol-associated volatile behavior. Conversely, Pozuelo et al. (2022) mentioned that depressive signs and symptoms and other psychosocial factors on occasion play a bigger position than alcohol in influencing unstable behaviors among children in positive low- and middle-earnings countries, suggesting that the relationship between alcohol and sexual threat is complex and mediated by additional mental health or socio-economic conditions. Standard, the findings reinforce that alcohol intake is a giant motive force of hazardous sexual practices and related health risks among teenagers, aligning with a considerable body of present day studies.

5.3.3 Effects of alcohol consumption on youth in relation to violent behavior

From the research findings, it became observed that consumption of alcohol by youths within the district of Mukono raises aggression and leads to physical battles. These findings connect with the literature, thanks to Salaam et al. (2018), who identified that problem using among the youth in Kampala was strongly associated with acts of violence such as physical fights, property damage, and disorderly actions. Nielsen et al. (2020) also added that alcohol use among the slum dwelling youth of Kampala was associated with high levels of aggression, verbal abuses, and criminal activities, thus, connecting alcohol usage with aggression among the youth. However, on the other hand, Rehm et al. (2017) suggested that even though alcohol usage might be responsible for behavioral harm, some acts of violence committed by children may not be due to alcohol alone but rather due to social and economic stresses, hence suggesting alcohol as one of many factors leading to aggression in children.

These research findings indicated that drinking hampers self-control skills and promotes participation in unpredictable and dangerous sports, which include avenue injuries, and engaging in situations that expose one to danger. These findings connect with the literature through the works of Kalungi et al. (2024), where the study found that adolescents within the slums of Kampala in Uganda involved in risky use of alcohol showed signs of poor judgment and poor decision-making skills and engaging in risky behaviors, including unsafe mobility and risky leisure activities. Additionally, Namuwonge et al. (2024) noted that peer pressure and alcohol use by adolescents girls in southwestern Uganda contributed to increased risk-taking behaviors, also associating the two variables with impulsive and risky actions. On the other hand, some scholars, including Srahbzu and Tirfeneh (2020), hold the view that not all risky behaviors among young individuals can be attributed to drinking, since some young people may engage in such behaviors without necessarily involving themselves in substance abuse, for instance, peer influence or curiosity.

The research findings revealed that drinking adversely affects interpersonal relations and mental health, resulting in violence among youths, both perpetrators and victims.

The results correlate with the literature review, where Kalungi et al. (2024) and Salaam et al. (2018) found out that high levels of alcohol consumption by children led to social conflict

situations, increased emotional disturbance, and poor relationships with both their own families and peers. Moreover, Omoponle and Veronica (2023) noted that while studying in college, those youngsters who consumed alcohol were prone to conduct themselves in ways that resulted in interpersonal conflicts and emotional distress. However, according to Yunengsih and Setiawan (2021), while alcohol leads to such negative consequences, there may be various other factors that could affect adolescents' psychological well-being, including the exposure to harmful media and addictive tendencies.

5.4 Conclusions

The research therefore shows that the consumption of alcohol by the youthful population in Uganda is a relatively common phenomenon, socially accepted, and promoted with the help of a combination of several factors. Peer pressure, social events, stresses, unemployment, and the need to build social confidence are identified as major determinants while access through bars, entertainment places, and advertisements adds another dimension to consuming alcohol. Both male and female youngsters actively participate in alcohol consumption behavior with locally made ones being popular owing to affordability. These indicate that the consumption of alcohol is well-rooted within the child subculture, which makes it widespread behavior putting the youths at risk, including risky and unhealthy behaviors.

Further, the study reveals that the consumption of alcohol among the youth has a great contribution to the occurrence of unpredictable sexual behaviors. Consuming alcohol hinders decision-making, lowers the capacity to make safe sexual choices and makes the young men and women susceptible to practicing unprotected sex, engaging in multiple sexual relationships, exchanging sex for money or other favors, and getting involved in other risky sexual behaviors. As a result, there are increased risks of contracting sexually transmitted diseases, teenage pregnancy, and even HIV.

Conclusion

Lastly, it can be stated from the study that alcohol intake by the youths results in increased cases of violence and competitions that affect personal and network security, as well as relationship development. From the findings above, alcohol has been established to increase aggression levels, cause physical fights and domestic violence, increase cases of verbal abuses, destruction

of assets, and participation in violent activities such as street fights. These implications reveal strong relationships between alcohol intake and violence incidences that prove a need for decreased alcohol consumption to reduce youths' aggressions, improve psychological wellbeing and general social stability in the community.

Recommendations

From the findings of the study, the following recommendations emerge regarding the impact of alcohol use on risky sexual behaviors among youths in Mukono;

5.5.1 Recommendation for practice

The study recommends awareness training programs that educate young people in Mukono on the negative impacts of alcohol intake, especially in promoting risky sexual behaviors.

Strict regulation and monitoring of alcohol availability in the form of bars, recreational facilities, and regional alcohol sales are suggested by the study as another area where attention is needed in order to prevent adolescents from coming in contact with it and using it at an early stage.

Another recommendation of the study is on the requirement for counseling and assistance programs aimed at young people to help them handle social pressure, stress, and unemployment in healthier ways other than using alcohol.

Furthermore, the study calls for the inclusion of alcohol and sexual education among college youth and networks so as to encourage safer sex behavior, decision-making, and prevention of sexually transmitted diseases and pregnancies among the youths.

Last but not least, coordination efforts among the local authorities, network leaders, and parents are required to minimize alcohol-related violence and increase control among the young people.

5.5.2 Social work policy recommendations

Policies regulating alcohol accessibility among young people need to be developed and enforced. Licensing and regulation of local bars, entertainment joints, and locally brewed alcohol have been suggested.

Policies incorporating youth-friendly sexual and reproductive health care services at educational institutions can also be recommended, where young people can access both counseling and prevention services.

Another recommendation includes formulating policies that lead to institutionally established social work services in schools and universities that incorporate professional counseling units for alcohol abuse and risky sexual practices.

Combining alcohol policy and sexual health prevention policies has also been recommended in the study.

Finally, nationwide sensitization campaigns on the danger of alcohol abuse and how it leads to risky sexual activities can be recommended to help young people understand the dangers associated with the above vices.

5.5.3 Social practice gaps

One of the important gaps that were found out from the research is the lack of available youth-focused counseling and psychosocial interventions aimed at helping adolescents cope with alcohol abuse and risky sexual behavior.

A gap can be seen on the education side as well where youth are not adequately educated about the connection between alcohol drinking and engaging in risky sex behaviors.

A further problem is that there is little effective regulation and supervision to regulate access to alcohol consumption, particularly in bars and from locally produced beer.

Another gap is seen regarding the inclusion of education on alcohol abuse and sexual health into school and college curriculums, which means youth are not getting enough information to make proper decisions.

Lastly, a lack of community and parental supervision over their children's behavior contributes to such problems in youth.

5.6 Areas for further research

Future researches should concentrate on studying the long-term psychological and social impacts of risky sexual behavior caused by alcohol on adolescents in Mukono, concentrating on factors such as intellectual wellbeing, relationship stability, and possibilities in life.

Future researches should also be concentrated on examining the role played by family relationships, parental control, and community support in preventing teenagers from drinking alcohol and engaging in risky sexual behavior.

Lastly, future researches should also be devoted to studying the efficiency of various intervention methods, including peer education, counseling, and campus awareness initiatives, in decreasing drinking and ensuring safe sex for adolescents in Uganda.

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APPENDICES

Appendix 1: Questionnaire

Introduction

I am Sharon Angarukamu, a student pursuing a Degree of Bachelor of Social Work and Social Administration at Uganda Christian University. I am working on a study titled “Alcohol consumption and risky sexual behaviors among youth in Mukono District.” Your contribution is essential to the type of data needed for this study, which is why you were chosen to take part. Your submitted information will be kept completely secret and used only for academic purposes. Kindly spare some few minutes to respond to the following questions.

Instructions: Tick (✓) the option that best represents your answer. All responses are confidential and used for academic purposes only.

Section A: Demographic Information

Question	Option 1	Option 2	Option 3	Option 4
1. Age	15–19	20–24	25–29	30–35
2. Gender	Male	Female	Prefer not to say	
3. Marital Status	Single	Married	Divorced	Widowed
4. Year of study	1 st year	2 nd year	3 rd year	4 th year
5. Place of Residence	Urban	Peri-urban	Rural	
6. Religion	Christian	Muslim	Other	
7. Length of stay in Mukono	<1 year	1–5 years	>5 years	
8. Attended alcohol awareness program?	Yes	No		
9. Household members drink alcohol?	Yes	No		

Section B: Patterns of Alcohol Consumption

Tick one: Strongly Agree (SA), Agree (A), Neutral (N), Disagree (D), Strongly Disagree (SD)

Statement	SA	A	N	D	SD
Alcohol consumption is common among youth in my community.					
Many young people start drinking before age 18.					
Alcohol is easily accessible to youth in Mukono.					
Youth drink alcohol mainly during social gatherings.					
Alcohol consumption among youth has increased in recent years.					
Peer pressure encourages youth to drink alcohol.					
Locally brewed alcohol is commonly consumed by youth.					
Alcohol consumption is viewed as normal among youth.					
Youth drink alcohol mostly during weekends.					
Youth drink alcohol to cope with stress.					
Bars and entertainment places encourage youth drinking.					
Both male and female youth drink alcohol.					
Alcohol advertisements influence youth drinking.					
Youth drink alcohol to gain confidence socially.					
Unemployed youth drink alcohol more frequently.					

Section C: Alcohol Use and Risky Sexual Behavior

Tick one: Strongly Agree (SA), Agree (A), Neutral (N), Disagree (D), Strongly Disagree (SD)

Statement	SA	A	N	D	SD
Youth who drink alcohol are more likely to engage in risky sexual behavior.					
Alcohol reduces the ability to make safe sexual decisions.					
Youth often have sex after drinking alcohol.					
Alcohol increases chances of having multiple sexual partners.					
Youth who drink alcohol are less likely to use condoms.					
Alcohol leads to unplanned sexual encounters.					
Alcohol consumption increases risk of STIs.					
Alcohol use increases teenage pregnancy risk.					
Alcohol increases vulnerability to sexual exploitation.					
Alcohol encourages transactional sex among youth.					
Alcohol influences youth to engage in sexual activities they would avoid.					
Parties involving alcohol often lead to sexual relationships.					
Youth regret sexual decisions made while drunk.					
Alcohol increases sexual coercion risks.					
Alcohol contributes to the spread of HIV among youth.					

Section D: Effects of Alcohol Consumption and Violence

Tick one: Strongly Agree (SA), Agree (A), Neutral (N), Disagree (D), Strongly Disagree (SD)

Statement	SA	A	N	D	SD
Alcohol consumption increases aggression among youth.					
Youth who drink alcohol are more likely to engage in fights.					
Alcohol contributes to domestic violence.					
Youth under alcohol influence lose self- control.					
Alcohol leads to conflicts among friends.					
Alcohol contributes to crime among youth.					
Youth who drink alcohol are more likely to become victims of violence.					
Alcohol increases verbal abuse.					
Alcohol can lead to destruction of property.					
Alcohol-related violence is common in my community.					
Youth who drink alcohol engage in dangerous behavior.					
Alcohol contributes to road accidents involving youth.					
Alcohol negatively affects youth relationships.					
Excessive alcohol affects youth mental health.					
Reducing alcohol consumption could reduce violence.					

Thank you very much for your cooperation