

An Examination of the Prevalence of Alcohol Associated Physical Dating Violence by Gender Amongst Students of the Institute of Science and Technology in Nakuru County, Rift Valley, Kenya

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Abstract: Dating violence is recognized as a universal concern that occurs among all races, ages, cultures and socioeconomic levels in the world. It may assume sexual, physical and emotional abuse. It may be influenced by various factors, alcohol included. It may reduce self-control and leave students incapable of discussing a non-violent decision to conflicts that are in relations. This study try to find and examine the prevalence of alcohol associated physical dating violence by gender among college students college students at RVIST, Nakuru County, Kenya. This research took on a descriptive survey design. The research involved purposive as well as stratified random sampling techniques. The study population consisted of 3484 and a sample of 346 students was used. The research data was collected using a questionnaire, considered reliable after yielding Cronbach coefficient of 0.74 in a pilot study. The examination of data was through distinct measurements utilizing PC based Statistical Package for Social Sciences (SPSS) 20.0. The study discoveries uncovered that the common liquor related physical dating viciousness is higher among male as compared to female. There is a need sexual orientation touchy specific frameworks to make attention to physical dating brutality and to help casualties.

Keywords: Alcohol Use, Association, College Students, Gender, Physical Dating Violence.

1. INTRODUCTION

According to Bureau of Justice Statistics and Crime⁶, dating violence take the form physical, sexual and emotional mistreatment, perpetrated by a present or an ex- dating spouse. According to Colleen¹⁰, risk factors that are associated with dating violence include; experiencing parental violence, childhood violence, alcohol, and, anger skills. However this study focused on alcohol-associated physical dating violence among college students.

Alcohol's chemical name is ethanol and whose chemical formula is C₂H₅OH. It is produced by the process of fermentation²⁹. Ethanol is the intoxicating ingredient in alcoholic beverages. However it has multiple usages, for recreation, curative, and religious purposes⁴. Commercial alcohol production, distribution and use are recognized for its revenue generation for the government. The central impact of liquor in people happens on the cerebrum. It influences the focal preparing component for the scholarly process, for example, recognition, consideration, cognizance, considering, putting away and recovery of memory, discernment improvement, critical thinking and insight. The impacts are in some cases short or enduring²⁶. When used in low levels alcohol can help a person feel relaxed and less anxious. However, used in high levels, alcohol can have detrimental effects on one's health as well as social relations and financial well-being.

Institute of Science and Technology in Rift Valley (RVIST) is a technical Kenyan college, located in the Nakuru County. RVIST has Main and Nakuru Town Campuses. Main Campus is located 10km from Nakuru Town along Nakuru- Njoro road. It is next to Kabasis Trading Centre that provides accommodation for some students. It stands as a great threat to students academic and their socio-economic life. A baseline survey on alcohol and drug abuse prevalence revealed that alcohol sellers at Kabasis admitted that students were their largest market². College students experience several challenges. The challenges often encountered by students include; academic, anxiety, identity, sexuality, and interpersonal relationships¹⁹. These challenges may put the students at risk of alcohol use¹⁶. At RVIST, the baseline survey revealed that 79% of students agreed that there was a high prevalence of alcohol abuse among college students². According to Schulenberg, & Maggs³² alcohol usage may be responsible for students with an provided students with opportunities to ease the transition to college. It does that by providing social relations or outlooks of maturity, or helping to handle with new stresses and prospects. One of the alcohol's effects is associated with ensued violence between partners in a relationship, commonly referred to as dating violence.

Numerous learners might experience, consistently in their lives, an immense scope of nerves on an individual, interpersonal and societal level. According to Biswalo, M.⁵, most of the students find college years to exemplify unique challenges. Being in college is significant as one experiences own growth and decision making concerning one's values within a stressful academic environment. College students start to have their first romantic relationships. Besides, they do not understand of what entails healthy and unhealthy conducts in dating relationships; they are especially susceptible to being targets of dating violence. College students are extremely vulnerable to dating violence since they are involved in romantic relationships during adolescence and young adult stage. According to O'Keefe²⁸, there are three unique types of dating savagery; physical, passionate and sexual. Consequently, this study took a gander at physical, types of dating savagery as clarified by O'Keefe²⁸.

In Kenya, dating violence among students would be classified as a sexual offense and is punishable by law. It is captured by the Sexual Offenses Act No.3 of 2006. The individual is liable to a crime of abuse of the position of trust. He or she is therefore, and is liable on verdict to imprisonment for a term of ten years and above. Alcohol use is on the increase, despite the fact that there are laws in place. Past research indicates a high occurrence of courting violence and liquor use among college students¹⁴. It is in that regard that that the study sought to investigate the prevalence of alcohol associated physical dating violence among college students at RVIST, Nakuru County, Kenya.

Statement of the Problem:

Rift Valley Institute of Science and Technology admits students across Kenya, from different backgrounds and provides cultural diversity. College life for many students signifies freedom. In adjusting to the new environment, these students most of who are emerging from adolescence acquire dating partners. With limited interpersonal skills and peer influence, the students occasionally get involved in alcohol use and dating violence. According to Mbagaya²², alcohol use can predict dating violence among college student. Students involved in abusive association believe that abusive language, physical aggression or sexual assaults are acceptable in dealing with other people. According to the Dean of Students RVIST, some of the students had been expelled from the college while others were taken to the police station because of these accidents. The challenges posed by alcohol use and dating violence have been recognized by RVIST. The college through its work plan has put structures to address these issues and set aside a budget. The baseline study at RVIST reveals that alcohol use was prevalent and affected interpersonal relationship. The prevalence of alcohol associated dating violence at RVIST is not documented.

Purpose for the Study:

The reason behind the examination was to look at the pervasiveness of liquor related physical dating savagery by sexual orientation among undergrads at RVIST, Nakuru County, Kenya.

Targets of the Study:

This study is a consequence of the accompanying goal:

- i) To inspect the pervasiveness of liquor use among understudies at RVIST, Nakuru County, Kenya
- ii) To establish the prevalence of alcohol associated physical dating violence among college students by gender at RVIST, Nakuru County, Kenya

Research Questions:

The study addressed the following research question:

- i) What is the level of prevalence of alcohol use among college students by campus at RVIST, Nakuru County, Kenya?
- i) What is the level of prevalence of alcohol associated physical dating violence among college students by gender at RVIST, Nakuru County, Kenya?

Significance of the Study:

The study may play a significant role in technical colleges because it would examine the prevalence of alcohol associated physical dating violence by gender among college students at RVIST, Nakuru County, Kenya. It is expected that the results of the study may provide insights towards magnitude of alcohol associated physical dating violence by gender. The information gathered may be of much help to the college managers in establishment of specialized systems to assist victims of dating violence. The results would be used to create awareness for parents, counsellors, peer advisers and students in regard to association of alcohol consumption with physical dating violence. This knowledge may reduce alcohol associated physical dating violence among college students.

2. LITERATURE REVIEW

2.1 Alcohol Use among college Students:

Alcohol has widespread use due to its multiple daily usages for recreation, curative and religious purposes⁴. This increase is due to the developmental phase college students are going through. Wechsler, Lee, Kuo, & Lee³³, support the issue as they had earlier concluded that the transition to college life is the main risk period, and students take alcohol. According to NIAAA²⁷ during school years, learners pass through a stage of vulnerability, in a new surroundings regarded as places with significant peer influence, and habitually aggressive campaign of alcohol use. This may be ascribed to the point that alcohol is obtainable and affordable to most college students. Liquor intake in Kenya amongst the youth is evident. A study in Nairobi, and the findings were that alcohol was the most abused drugs in 58% followed by tobacco with 38 %²⁴. Some of the adverse alcohol-related consequences for the teen population include: unsafe sexual behavior that leads to unplanned pregnancies. Others include Human Immunodeficiency Virus (HIV) as well as sexually transmitted diseases, reduces the levels of human capital procurement; (career progression); personal violence, criminal activities; and increased risk of alcohol poisoning and overdosing¹⁵. These are adverse effects.

Empirical review suggests that the commonness of alcohol consumption is more among male students than female students. According to Engs, Hanson, & Diebold¹², in their study among college students in the north east localities of the United States, established that alcohol use was higher among male students than female students. One of its argued effects is associated with ensued violence between partners in a relationship, commonly referred to as dating violence. Research has supported the fact that liquor use is connected with likelihood of executing dating roughness (Luthra, & Gidycz, 2006). This supported by Mbagaya²², who purported that alcohol use may predict physical dating violence among college students.

2.2 Physical Dating Violence:

Dating brutality is a sort of personal accomplice roughness. Centers for Disease Control, (2000), characterizes private accomplice viciousness as genuine or undermined practices that may be physical, sexual, psychological, or stalking violence by existing or former close partners. According to Sexual Assault Prevention and Awareness Center SAPAC, (2012). 53% of the victims of domestic violence were beaten by a boyfriend or girlfriend. Physical violence is the most used type of dating violence; it account 60% of all cases of dating violence O'Keefe²⁸. This was supported by²⁰, who established that 62% of students have familiarity with physical abuse. In recent study, approximations of physical assault perpetration amongst college students vary from 20% to 50%. The prevalence are high and therefore this study sought to examine physical dating violence.

This is the deliberately utilization of power against the individual that poses dangers, physical damage, mischief, and torment. Physical misuse in dating brutality includes beating, pushing, pushing, and whatever other unwelcome trade with the casualty's body²⁷. The perpetrator overacts in an undesirable manner to a target's behavior, and develops physical aggressiveness; their dating partner becomes more aggressive, and this may lead to more violence. This does not only cause physical pain or bodily harm, but could also lead to learnt helplessness, while the perpetrator would develop

aggressive disorder violence³¹. A study in Kenya, on the predominance of dating violence among students in public technical institutions in Nyanza Province, Kenya found out that perpetration and victimization of dating violence ranged between 80% and 97% across gender¹⁴. He specifies the type of dating violence. While an investigation of pervasiveness, structures and hazard impacts of dating savagery between students of Maseno University, Mbagaya²², found that 32.3% were culprits while 30.0% of them were victims of physical dating viciousness. This study specified the type of dating violence; however it does not look at gender and association of dating violence with alcohol. It emerges however prevalence are higher in technical institute than in university. According to ATMDC², at RVIST, a baseline survey showed that 75% of the students stated that alcohol use affected their interpersonal relationship.

In Kenya, a study by Mbagaya⁵⁰, claimed that 32.3% were of the people were perpetrators and 30.0% and sufferers of physical dating violence respectively. However Mbagaya²² did not examine the prevalence of alcohol associated dating violence by gender

3. THEORETICAL FRAMEWORK

The commonness of liquor related dating brutality among understudies might be clarified by different speculations. However, no one theory captures all aspects of alcohol use and dating violence equally well. This study was based on Rational Emotive Behavior Theory. It is a theory used to explain the association of alcohol use with physical dating violence, as alcohol modifies cognition processes to realize diverse means of feeling and behaving. Alcohol modifies one's cognition which may be associated with physical dating violence.

Rational Emotive Behaviour Theory (REBT) is founded on the notion that emotions and behaviours are products of cognition processes¹⁰. It is conceivable for human beings to rectify or adjust cognition processes to achieve different ways of feeling and behaving. REBT was developed by a scholar named Albert Ellis in 1955. According to REBT, change can occur at a superficial level, and one can feel better by altering one's body chemistry by either exercising or medication¹¹. Therefore, when alcohol is used, it modifies and affects cognition processes that determine behavior. This straight away impacts on the cognitive and physical function, decreasing self control and making individuals minimal ability of negotiating a non-violent resolve of conflicts in dating relationships. Alcohol use, self-esteem and relationship satisfaction modifies cognition processes which in turn determine emotions that would cause dating violence. Ellis¹¹, stresses that people act on basis thoughts and emotions. Thoughts and emotions are affected by alcohol; therefore dating violence is associated with alcohol use. REBT principles can be used for alcohol use and dating violence in individual counselling. Focusing on REBT as an education process Corey¹, may also be used since individual counselling may not adequately meet all counselling needs for students. Guidance and counselling department may, therefore, provide learning resources for students. The resources should include but not be limited to books, magazines and tapes.

4. RESEARCH METHODOLOGY

The research used descriptive survey research design. According to Gall, Borg, & Gay¹³, my inlege, descriptive survey design is a method of gathering data for answering questions about the recent status of the subjects (behaviour, attitudes, values and characteristics) in a study. This study inspected the predominance of liquor related physical dating roughness among undergrads at RVIST. The graphic study outline technique was, along these lines, proper and valuable in investigating and inspect the way of the impact of liquor use has on physical dating viciousness among undergrads. This research design was used because it is an efficient approach to gathering descriptive data about characteristics of a sample of a population, their current practices, conditions or needs. The study was conducted on the students of from the Institute of Science and Technology in Rift Valley (RVST) at Njoro and Nakuru Town Campus with a population of 3484 students, of these 2340 students were in Njoro Campus (most of who live in college hostels), and 1144 were in Nakuru Town Campus. To determine the sample size the table suggested by Kathuri & Pals (1983) was used. It offered a representative sample size of 346. The study used the Stratified random sampling technique to select female and male students from Njoro Campus and Nakuru Town Campus.

5. RESEARCH FINDINGS

This segment introduces the discoveries in appreciation to target 1 which looked to build up the predominance of liquor use by understudies educating in Rift Valley Institute of Science and Technology. The study was sharp in figuring out what rate of understudies utilized liquor, in a journey to set up liquor use pervasiveness among undergrads in Rift Valley Institute of Science and Technology and the outcome was as given in Table 1.

Table 1: Alcohol use among college students from the Institute of Science and Technology

Response	Frequency	Percentage
Yes	93	28.1
No	238	71.9
Total	331	100

The findings show that 71.9 percent of the participants did not use alcohol, while 28.1 percent that they used alcohol. This showed that the average percentage of students using alcohol in both college campuses at RVIST stood at 28.1 percent. The prevalence of 28.1 percent established in this study was higher than the 21.9 percent established by NACADA²⁶ Rift valley provinces according to a report by NACADA²⁴ was described as high. This means that the situation is growing from bad to worse. However, a comparison with the national prevalence among the students as provided by Atwoli, Mungla, Ndung'u, Kinoti, & Ogot³, which was 51.9 percent shows that the prevalence at RVIST was lower. Among the studies from African countries, the highest users of alcohol was South African study with a prevalence rate of 39.1 percent among college students¹² This prevalence is high among college students yet according to Mbiti²³, most communities in Kenya prohibited the youth from using alcohol. Gender was considered to have an influence on alcohol use among students, so to determine whether this fact was true or not, the study considered it necessary to determine its relationship with alcohol. The findings were as given in the cross tabulation in Table 2.

Table 2: Gender and Alcohol Use

		Male	Female	Total
Do you use alcohol	Yes	65	25	93
Percentage		70	30	100

The findings show that 70 percent of students who use alcohol are male students and 30 percent female students. This implied that a larger proportion of male students as compared to female students used alcohol. This finding is in concurrence with Engs, Hanson, and Diebold¹² study among researchers going to school in North Eastern United States, which established that alcohol use was higher among male students than female students. This finding is not different from the global, 68% of the total populations of college students engage in heavy drinking with the males' rate being higher (26.4%) than that of females (9.6%)¹⁸. The finding this has higher prevalence of male and female alcohol use than the prevalence globally. The second objective sought to determine the prevalence frequency alcohol associated physical dating by gender the results were indicated in Table 3.

Table 3: Prevalence of Alcohol Associated Physical Dating Violence by Gender

	Gender			
	Male		Female	
Response	n	%	n	%
involved	71	37.0	32	20.8
Not involved	121	63.0	122	79.2
Total	192	100	154	100

Table 3 indicates that the prevalence alcohol associated physical dating violence is more in male 37% than in female 20.8% college students. The Rates of physical dating savagery in school individuals are expanding all around and are going from 16.7%²¹ to 48%¹. When findings in this study are compared with Mbagaya²², which indicated that 32.3% - 30.0% of the participants were involved in physical dating violence, there is a marked raise 37%-20.8%. This may be due to the fact than male use more alcohol than women and are likely to engage in alcohol associated dating violence.

6. SUMMARY

Centered on the study objectives and paper analysis, this is a brief of main research results: The predominance of liquor use was higher for male than female amongst undergrads at RVIST. The prevalence of alcohol associated physical dating violence in was higher among the male than among female students.

7. CONCLUSION

Basing on the paper objectives, and summary the subsequent is the conclusion of key research findings: Male students were vulnerable to alcohol use. It can be concluded that gender is a strong determinant on the prevalence of alcohol use at RVIST. Physical dating violence associated with alcohol in college students is actually on the rise and high among male than female. However generalization should be done with caution since data was collected from one institution only. Given the above conclusions, this study makes the following recommendations: There is a need to have gender sensitive specialized systems to assist victims of physical dating violence as well as to create urgently awareness among female students. Therefore, this would reduce alcohol associated physical dating violence.

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