

ABSTRACT

The study was carried out in Nyakio location in Nyandarua County with an objective to assess the effects of excessive alcoholism among youths aged 20-35 years, explore the measures taken to reduce the excessive alcoholism and whether there is any support group helping in reducing excessive alcoholism among youths.

Methods: A descriptive cross sectional study design was used to collect data through a quantitative approach. A total of 201 youths were interviewed using close ended and open ended questionnaires. The data was summarized in a data master sheet, statistical package for social scientists software was used to analyze the data.

Results: The study revealed that 50.7% were female, 56.2% had attained education up to secondary school level, 27.4% lived in Mukeu and Kageraini. Majority of the respondents were farmers(47.3%) and Catholics by religion(44.8%). Most of the youths confirmed to be consuming alcohol(82.6%) taking more than five bottles in a day(30.3%). Many youths confessed to be experiencing social economical effects. The prevalence of alcohol taking was high despite the Mututho Law put in place.

Conclusions: The study concluded that the prevalence of alcohol taking was high despite the Mututho law put in place and that social economical and physical effects were being experienced by the users. Many support groups have been put in place to fight with the excessive alcohol consumption among youths. The study recommended use of civil servants, spiritual leaders, field health officers, lowering the price of agricultural inputs like fertilizers and strict following of Mututho Law