

ABSTRACT

Background:

The number youths consuming alcohol is increasing day by day and despite the governments' intervention there has been practically no difference. The severity of the disease, how often someone drinks, and the alcohol they consume varies from person to person. Some people drink heavily all day, while others binge drink. Youth have merged as a meaningful category world over and cultures spread rapidly from developed to developing countries and alcohol is the most widely abused psycho active substance in the world

Aim: The aim of the study was to determine the factors contributing to alcohol addiction among youth aged 16-27years attending Alcohol and Drugs Unit, Butabiika Mental Referral Hospital.

Methods: A cross sectional, interview based survey involved patients at attending alcohol and drugs unit in Butabiika Mental Referral Hospital. The patients were invited to complete the questionnaire concerning their personal factors contributing to alcohol addiction, the individual's attitude towards alcohol consumption and the awareness of the consequences of alcohol consumption. Data was collected and analyzed using SPSS software.

Results: 42% of the youth between 19-21 years of age drink alcohol, 20% of the youth between 16-18 years of age consume alcohol, 19.3% of the youth between 25-27 years of age consume alcohol and 18.7% of the youth between 22-24 years of age consume alcohol.

Both the youth who did not attend school and those whose highest education level was tertiary institutions, both have the same percentage (26.7%) in terms of consuming alcohol whereas 27.3% attained education up to secondary level and 19.3% their highest education level was primary.

Conclusion: The number of youth is drinking each year is escalating and the age they are starting to drink is getting lower every year. Public health interventions aimed at reducing the levels of alcohol use in the country need to take the youth aged 16-27 years in the population into consideration as their awareness towards the dangers of consuming alcohol are not well known to them.

Recommendations: Adequate practical training regarding alcohol addiction should be emphasized right from the schools and also continuous training and follow up on patients who have been previously been admitted due to this vice of consuming alcohol should be provided to the relatives of the patients.