

GENERAL SATISFACTION WITH LIFE; A DETERMINANT OF ALCOHOL AND TOBACCO USE AMONG MEN IN PLATEAU STATE

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ABSTRACT

Introduction: Satisfaction with life is a subjective well-being of an individual. Alcohol and tobacco are often consumed by people of various cultures and backgrounds and for various reasons. Alcohol is an intoxicating liquid substance that is obtained from diverse sources; it is consumed for relaxation, celebration and/or socialization. Tobacco is a substance that is obtained from plant source of which products can be smoked, chewed, sucked or snuffed. It is a substance that has been classified as harmful at all levels of use because of the deleterious health effect it has. General life satisfaction could be a predictor of human behaviour, this can affect all aspects of health; physical, mental and social. Life satisfaction could be high where an individual has a good sense of wellbeing about oneself or low when a person feels inadequate and dissatisfied with life, both extremes of life satisfaction can cause individuals to act in a certain way. This study aims to assess overall life satisfaction as a determinant of alcohol and tobacco use.

Methods: Data for this study was obtained from the Nigerian Multiple Indicator Cluster Survey (MICS) 2017 database. Data on adult males in Plateau State were extracted and variables on General satisfaction with life, alcohol and tobacco use were obtained. Analysis was carried out using the Statistical Package for Social Sciences (SPSS) Version 23.0 software. Frequencies were obtained for socio demographic variables, overall life satisfaction, alcohol and tobacco use were determined. Cross tabulations were done to compare the association between overall life satisfaction and alcohol/tobacco use at a level of significance set at $p \leq 0.05$.

Results: A total of 558 adult males were recruited for the survey, the mean age was 27.79 ± 9.74 years. Most of the respondent 464 (83.2%) reside in rural areas. About half of them 286 (51.3%) have secondary/technical education. A total of 207 (37.1%) respondents admitted to being generally satisfied with life. One hundred and seventy-three (31%) of respondents have ever drunk alcohol and from those who drink, 35 (21%) of them drink alcohol for most days of the month. Of all the respondents that were satisfied with life, 195 (94%) consumed 2 alcoholic drinks per occasion and all of them took alcohol less than 10 days in a month. There was no statistically significant association between overall life satisfaction and ingestion of alcohol. Only 40 (7.9%) of respondents have ever tried smoking cigarette with only 2 (0.4%) currently smoking cigarettes. There was no statistically significant association between overall life satisfaction and current status of cigarette smoking.

Conclusion: There is no statistically significant relationship between overall life satisfaction and alcohol/tobacco use among men in Plateau state. This finding might be attributed to the high number of missing values on variables on alcohol and tobacco use. The total response rate in some cases were less than 5% of the total respondents. If primary data can be generated for the same variables, the findings might be different from what was found in this study. There is a need for more research to be carried out on this topic.

Keywords: *Overall life satisfaction, alcohol consumption, tobacco use*

INTRODUCTION

Satisfaction with life refers to the subjective well-being of an individual. Many factors are responsible for this perception some of which are physical, mental or social.¹ It is the assessment of one's wellbeing over time as against a feeling or experience at a point in time. Terms such as happiness and quality of life are sometimes used synonymously with life satisfaction, but they all have different meanings and are used in different contexts.²

Alcohol is an intoxicating substance that is obtained from diverse sources and varies from culture to culture, different societies have different views about alcohol consumption, but generally, it is a liquid substance that is consumed for relaxation, celebration and/or socialization and has intoxicating effects.³ Depending on the quantity and strength of alcoholic beverage consumed, it has the ability to alter one's state of cognitive thinking and judgment. Alcohol consumption is known to have effect on the medical, social, economic and mental aspects of one's life with widespread negative effect on productivity and self-esteem.⁴ Alcohol use refers to the rational, occasional and social use of alcohol in small to moderate quantities while alcohol abuse refers to the excessive use of alcoholic beverages over a period of time. Some terms used to describe problems of alcohol use include; heavy drinking, binge drinking and alcoholism.³

Tobacco is a substance that is obtained from plant source of which products can be smoked, chewed, sucked or snuffed. It is a substance that has been classified as harmful at all levels of use because of the deleterious health effect it has.⁵ It is a highly addictive substance and mostly used alongside alcoholic beverages. People who consume either tobacco with or without alcohol can self-appraise their life satisfaction based on these social habits.⁶

General life satisfaction could be a predictor of human behaviour, this can affect all aspects of health; physical, mental and social.⁷ Life satisfaction could be high where an individual has a good sense of wellbeing about oneself or low when a person feels inadequate and dissatisfied

with life, both extremes of life satisfaction can cause individuals to act in a certain way.² Alcohol and tobacco use are a major public health concern worldwide. Harmful alcohol use accounts for about 3 million deaths annually and a causal factor for over 200 diseases. Alcohol use is responsible for 5.1% of the global burden of disease and contributes to early onset of disease and death. It has been linked to an increase in incidence of Tuberculosis and HIV/AIDS.⁸ The World Health Organization (WHO) reported a per capita alcohol consumption among males in Nigeria at 25.6 Litres in the year 2010, heavy episodic drinking among males aged 15 years and above was 19.4% of the total adult male population, these values were derived from those who consumed at least 60grams of pure alcohol on at least one occasion in the last 30days prior study.⁹ A study carried out in North central Nigeria revealed a prevalence of alcohol consumption of 42% among adults.¹⁰ A study in an urban community in Plateau state revealed a prevalence of alcohol use among adults of 60.8% with 32% of them with harmful use.¹¹

The tobacco epidemic is one of the worst Non-Communicable Disease (NCD) that the world has ever experience. Fifty percent of its users die as a result. Annually, 7 million deaths are due tobacco use with 6million occurring due to direct use.¹² In 2015, the World Bank stated that the smoking prevalence among adult males in Nigeria was 17.4%. The National Substance Abuse Survey of 2018 revealed a general substance abuse prevalence of 10% in the North central region among the general population.¹³

The sequelae of alcohol and tobacco consumption have detrimental effect on the health and wellbeing of its users and people in their environment, alcohol consumption has been linked to the development of certain cancers such as oesophageal cancer, gastric and liver cancers, Nigeria has been identified as a leading country as regards alcohol consumption in Africa.¹¹

Tobacco consumption is a singular most important risk factor in the development of NCDs such as cardiovascular disease (CVD), chronic obstructive airway disease (COPD) with 80% of its users in low and middle income countries where the

burden. Users are likely to die prematurely and live in poverty due to increase health care expenditure and families are deprived financially leading to economic hardship, hence children are forced contribute to the family economy some of them working on tobacco farms , handling fresh leaves that can lead to “green tobacco sickness”¹²

Alcohol and cigarette consumption also have mental and psychological effect such as reduced sleep, depression, loss of inhibition, risky social and sexual behaviours. Social effects include reduced or loss of productivity at work associated with decreased earnings as seen in heavy alcohol use.⁴ Tobacco use is highly addictive and constitutes a social nuisance from the smoke emanated from smoking, it is a major public health challenge because of the air pollution it causes and the Second Hand Smoke (SHS) inhalation that affects non-smokers who are found in the immediate environment of smokers. There are no safe levels of exposure to SHS because it affects children and adults alike in varying degrees. In children effect could manifest as ear infections, asthma and sudden infant death syndrome (SIDS), in adults, increased risk of CVD, development of lung cancers and reproductive health effect on women that could result in babies with Low birth weight.¹⁴

The Sustainable Development Goal (SDG) 3 aims to achieve good health and wellbeing for all. Target 3.5 is focused on preventing and treating substance abuse including narcotics and harmful alcohol use,¹⁵ hence a reduction in alcohol and tobacco use will improve health and wellbeing. Target 3.4 is to reduce by one-thirds premature mortalities from NCDs of which alcohol and tobacco use are major risk factors. This study seeks to establish the level of general satisfaction with life among men in Plateau state. Very few literature are available on the subject matter and were carried out on different groups such as undergraduates and secondary school teachers.¹⁶ Plateau state is not exempted from the economic challenges faced by sub-Saharan Africa and Nigeria, it also faces the burden of alcohol and tobacco use in all its ramifications, hence need to identify the factors that influence their use. There are suggestions and correlations as regards life

satisfaction in relation to alcohol and tobacco use, hence a need to verify these.¹⁷ This study enquired about general life satisfaction among men in Plateau state and how this influences their use of alcohol and tobacco.

METHODS

Study Area

The study area is Plateau State; it is one of the North Central States found in Nigeria. It is considered to be the twelfth largest state in the country.³ The state covers an area of 26,899 square kilometres, the State has an estimated population of about 3,206,531 people.^{3,4} There are 17 LGAs, 2 are predominantly urban and the rest are predominantly rural. The major income generating activity in the state is agriculture and the common crops cultivated are guinea corn, millet, cotton, potato, maize and beans. There are over 40 ethno-linguistic groups spread across the state such as Mwachavul, Berom, Afizere, Amo, Anaguta, Aten, Bogghom, Buji and Challa. These ethnic groups have a similar cultural way of life.⁵

Sampling Technique

Data for this study was obtained from the Nigerian Multiple Indicator Cluster Survey (MICS) 2017 database. Data on adult males in Plateau State were extracted and variables on General satisfaction with life, alcohol and tobacco use were obtained. Analysis was carried out using the Statistical Package for Social Sciences (SPSS) Version 23.0 software. Frequencies were obtained for socio demographic variables, overall life satisfaction, alcohol and tobacco use were determined. Cross tabulations were done to compare the association between overall life satisfaction and alcohol/tobacco use at a level of significance set at $p \leq 0.05$.

Data Analysis

Data was analysed using SPSS version 23 and results were presented in tables using frequencies, proportions, and charts.

RESULTS

A total of 558 male respondents participated in the study, their mean age was 27.79 ± 9.74 years. Most of the respondent 464 (83.2%) reside in rural areas. About half of them 286 (51.3%) have secondary/technical education. A total of 207 (37.1%) respondents admitted to being generally satisfied with life. One hundred and seventy-three (31%) of respondents have ever drunk alcohol and from those who drink, 35 (21%) of them drink alcohol for most days of the month. Of all the

respondents that were satisfied with life, 195 (94%) consumed 2 alcoholic drinks per occasion and all of them took alcohol less than 10days in a month. There was no statistically significant association between overall life satisfaction and ingestion of alcohol. Only 40 (7.9%) of respondents have ever tried smoking cigarette with only 2 (0.4%) currently smoking cigarettes. There was no statistically significant association between overall life satisfaction and current status of cigarette smoking.

Table 1: Socio-Demographic characteristics of Respondents

VARIABLES	FREQUENCIES (%) n=558
Area of Residence	
Rural	464(83.2)
Urban	94(16.8)
Highest Level of Education	
None	57(10.2)
Primary	101(18.1)
Secondary/Technical	286(51.3)
Higher	64(11.5)
Non-formal	18(3.2)

About 83% of respondents live in rural areas and 51.3% had either secondary or technical education.

Table 2: Alcohol and Tobacco habits of Respondents

VARIABLES	FREQUENCIES (%)
Ever tried smoking cigarette	
Yes	44(7.9)
No	481(86.2)
Ever tried using other forms of tobacco other than smoking cigarettes?	
Yes	3 (0.5)
No	522(93.5)
Currently smoking cigarette?	
Yes	23 (4.1)
No	21 (3.8)
Ever drunk alcohol	
Yes	173(31.0)
No	352(63.1)

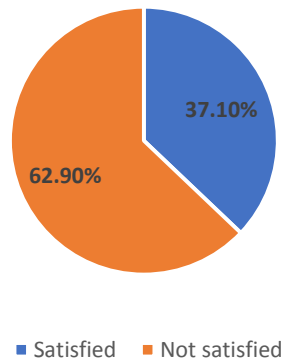


Figure 1: General life satisfaction among respondents

A total of 207 (37.1%) respondents admitted to being generally satisfied with life.

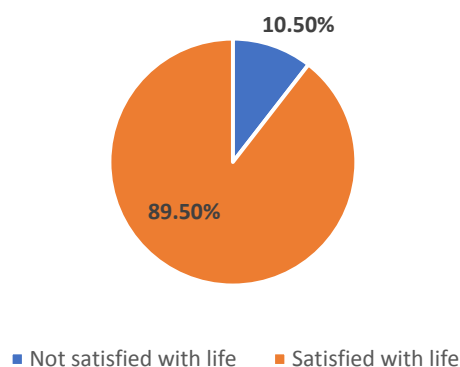


Figure 2: Level of general life satisfaction among men who consumed alcohol for 10 or more days in a month. ($\chi^2 = 1.569$, $df: 4$, $P=0.814$)

There was no statistically significant association between general life satisfaction and the ingestion of alcohol.

Only 44 (7.9%) of respondents have ever tried smoking cigarette with 23 (4.1%) currently smoking cigarettes. There was no statistically significant association between general life satisfaction and current status of cigarette smoking.

Table 3: Association between Level of Education and Overall Life Satisfaction

Education	Overall life satisfaction			
	Satisfied	Freq (%)	Not satisfied	Freq (%)
None		3* (13.6)		19 (86.4)
Primary		7(17.9)		32 (82.1)
Secondary/ Technical		15(9.9)		137(90.1)
Higher		2*(18.2)		9(81.8)
Non-formal		0*(0.0)		10(100)

$\chi^2 = 3.818^a$, $df=3$, $p= 0.282$ *cells with counts <5

There was no statistically significant association between the level of Education.

DISCUSSION

This study was an analysis of data obtained from the 2017 MICS database. All respondents were males between the ages of 15-49 years, similar to a study conducted among young men in Malawi on Satisfaction with Job and family life and its association with smoking and drinking alcohol.⁷ Compared to this study, the age ranges were between 15-24 years. In this study, 83% of respondents dwell in rural areas and this is similar to a study on prevalence and correlates of alcohol and use among semirural community dwellers in a Southwestern Nigeria.¹⁷ Thirty seven point one (37.1%) of respondents admitted to being generally satisfied with life, This value is lower than 88.5% obtained in a study conducted in Malawi.⁷ The lower values in this study could be due a relatively smaller number of respondents compared to the study in Malawi where the respondents were about 3000.⁷ Among respondents, 31% admitted even drinking alcohol while data for current alcohol use was missing from the data set, hence analysis could not be carried out. A study conducted in an urban community in Plateau state on alcohol use and associated factors revealed a current alcohol usage of 67% which is higher than that obtained from a study in Oyo state, where current alcohol use was 23.7%,¹⁷ this variation may be attributed to the differences in geographic location where cultural beliefs and practices are different. With 57% of them admitting to consuming one drink per sitting, this is similar to the findings of this study where 46% of respondents admitted taking 2 alcoholic drinks per sitting. The categories of drinks range from beer, gin, “burukutu” (locally brewed alcoholic drink), “Goskolo (locally brewed gin), palm wine and wine. In this study, 21% of alcohol users used it for most days of the month (i.e., >10days in a month) taking at least 1 drink on these occasions. There was no statistically significant association between overall life satisfaction and ingestion of alcohol in this study (P=0.814), a study conducted in Malawi also showed no statistically significant relationship between overall life satisfaction and alcohol use (p=0.585) and among 23.5% of those who smoked cigarettes or used tobacco products.⁷

Conclusion

There is no statistically significant relationship between overall life satisfaction and alcohol/tobacco use among men in Plateau state. This finding might be attributed to the high number of missing values on variables on alcohol and tobacco use. The total response rate in some cases were less than 5% of the total respondents, hence statistics could not be computed for some variables of interest. If primary data can be generated for the same variables, the findings might be different from what was found in this study. There is a need for more research to be carried out on this topic.

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